

DELICIOUS DETOX
By Kasia and Francine

Absolute No No's

White Sugar (use agave syrup)
White Flour (use whole meal flour)
Non-organic red meat and poultry

Preferred Ingredients

1. **Fish** (trout, halibut, salmon, sardines, herring)
2. shrimp, shellfish
3. Organic meat and poultry (but only small amounts)
4. Organic dairy (butter, cheese, milk, yoghurt)
5. **Olive oil – cold pressed**, canola oil, flaxseed oil
6. Multigrain bread, sourdough bread (but only the one on natural sourdough starter)
7. whole wheat pasta (or white pasta al dente – not overcooked)
8. quinoa
9. Indian spices, especially **turmeric mixed with black pepper**
10. mint
11. thyme
12. rosemary
13. **garlic**
14. lentils
15. beans
16. tofu and soy products
17. ginger
18. **cabbage (all sorts)**
19. **broccoli**
20. **cauliflower**
21. **spinach**
22. organic lettuce
23. green beans

Preferred ingredients continued...

24. organic cucumbers
25. tomatoes
26. **onions**
27. **leeks**
28. shallots
29. chives
30. **parsley**
31. **turnips**
32. beets
33. carrots
34. apples, pears
35. organic berries (strawberries, raspberries, blueberries, blackberries)
36. organic pumpkin
37. flaxseed
38. dark chocolate
39. organic orange and lemon peel
40. lemons and oranges and grapefruit
41. organic grapes
42. fruits and veggies generally

Discouraged Ingredients (use sparingly)

1. Pork
2. Large fish (shark, haddock)
3. margarines
4. sunflower oil
5. non organic eggs and milk
6. honey and brown sugar
7. **all processed foods – those that can sit on the store shelves for months**

Please email your recipe to kasia.snyder at gmail dot com and include a photo, if you wish!