

# “Detox Me Gorgoeus” – Food List

## Protein

Enjoy	Avoid
<i>Serving size: 1 palm sized portion per meal (3 meals per day) Unless otherwise specified. Choose organic where Possible.</i>	
<ul style="list-style-type: none"> <li>Chicken</li> <li>Eggs – 1-2</li> <li>Fresh fish - excluding those in the 'Avoid' list. Calamari can be enjoyed as part of the fresh fish intake.</li> <li>Kangaroo</li> <li>Tempeh*</li> <li>Turkey</li> <li>Organic grass fed beef (once-twice weekly)</li> </ul> <p style="font-size: small; margin-top: 10px;">* Consume roughly two palm-sized portions per meal</p>	<ul style="list-style-type: none"> <li>All mince</li> <li>Beef (standard)</li> <li>Duck</li> <li>Fish - tuna, king mackerel, marlin, swordfish and shark.</li> <li>Lamb</li> <li>Pork</li> <li>Sausages</li> <li>Shellfish</li> <li>Cured/smoked meats and deli meats * (i.e. smoked salmon, salami, ham, etc.)</li> <li>Tinned meat and fish</li> <li>Veal</li> </ul> <p style="font-size: small; margin-top: 10px;">* These foods are high in nitrates and are best avoided during detox.</p>

## Nuts and Seeds

Enjoy	Avoid
<i>Serving size: 1 small handful of raw, natural nuts may be consumed daily. Choose organic where possible.</i>	
<ul style="list-style-type: none"> <li>Almonds</li> <li>Brazil nuts</li> <li>Chia seeds</li> <li>Coconut</li> <li>Hazelnuts</li> <li>Linseeds/flaxseeds</li> <li>Macadamia nuts</li> <li>Pecans</li> <li>Pepitas</li> <li>Pine nuts</li> <li>Sesame seeds</li> <li>Sunflower seeds</li> <li>Walnuts</li> </ul> <p style="font-size: small; margin-top: 10px;">Nut spreads of these nuts and seeds are also fine. Limit to one to two tablespoons per day.</p>	<ul style="list-style-type: none"> <li>Peanuts (including peanut butter)</li> <li>Roasted and/or salted nuts</li> </ul>

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<b>Beans and Legumes (optional)</b>	
✓ Enjoy	✗ Avoid
<i>Serving size: Limit to 1 serve per day. (1 serve = 30 g cooked)</i> <b>Choose organic where possible.</b>	
<ul style="list-style-type: none"> <li>• Alfalfa sprouts</li> <li>• Azuki beans (or adzuki)</li> <li>• Broad beans</li> <li>• Bean sprouts</li> <li>• Black beans</li> <li>• Borlotti bean</li> <li>• Broad beans</li> <li>• Butter beans</li> <li>• Chickpeas or garbanzos</li> <li>• Kidney beans</li> <li>• Lentils</li> <li>• Lima beans</li> <li>• Mung beans</li> <li>• Navy beans</li> <li>• Pinto beans</li> <li>• Split peas</li> </ul>	<ul style="list-style-type: none"> <li>• Flavoured and salted canned* beans or those with additives, preservatives.</li> </ul> <p><small>* Canned food products are often combined with additives and preservatives to prolong their lifespan. Cans themselves are also a common source of other chemicals such as Bisphenol-A (BPA) known to have adverse effects on health.</small></p>

<b>Vegetables (includes salad vegies)</b>	
✓ Enjoy	✗ Avoid
<i>Serving size: Minimum of 4 handfuls of salad and vegetables per day. Choose organic Where possible.</i>	
<ul style="list-style-type: none"> <li>• Enjoy all fresh vegetables</li> <li>• Include ½ an Avocado daily when possible</li> <li>• Homemade or organic fermented vegetables such as kimchi and sauerkraut</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid canned, dried / dehydrated, frozen and/or pickled vegetables.</li> </ul>

<b>Fruits (optional)</b>	
✓ Enjoy	✗ Avoid
<i>Serving size: Limit to 2 serves daily due to high Sugar content. 1 serve = 1 piece or 1 small handful of Chopped fruit.</i>	
<ul style="list-style-type: none"> <li>• Enjoy all fresh fruits</li> <li>• Fruits dehydrated at home without additives are permitted.</li> </ul> <p>Note: if fruit is frozen, choose organic with no additives.</p>	<ul style="list-style-type: none"> <li>• Canned fruit due to added sugar and preservatives.</li> <li>• Crystallised/candied fruit</li> <li>• Dried fruit due to high sulphite content.</li> </ul>

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Dairy/Substitutes (optional)	
✓ Enjoy	✗ Avoid
<ul style="list-style-type: none"> <li>Organic, unsweetened nut milk (i.e. almond milk) – smoothies (1 cup)</li> <li>Organic, unsweetened rice milk – smoothies (1 cup)</li> <li>Plain coconut yoghurt – 1/3 cup as a treat</li> <li>Coconut Milk – smoothies / cooking</li> </ul>	<ul style="list-style-type: none"> <li>Avoid all dairy products made from cow’s milk, including milk, yoghurt, cheese, ice-cream.</li> </ul>

Grain/Alternatives (optional)	
✓ Enjoy – ½ cup or 1 serve daily	✗ Avoid
<ul style="list-style-type: none"> <li>Amaranth</li> <li>Brown rice, Red Rice, Wild Rice</li> <li>Buckwheat</li> <li>Corn (polenta)</li> <li>1 x slice of gluten free bread</li> <li>Gluten free pasta</li> <li>gluten-free natural rice crackers* (6-8)</li> <li>gluten-free natural rice cakes* (1-2)</li> </ul> <p>* As snack options only.</p>	<p>Avoid all gluten containing grains including:</p> <ul style="list-style-type: none"> <li>Barley</li> <li>Oats</li> <li>Rye</li> <li>Spelt</li> <li>Triticale</li> <li>Wheat</li> <li>Avoid processed wheat/gluten containing grain products (i.e. refined white or wholemeal bread, wheat crackers/biscuits, etc.)</li> </ul>

Oils	
✓ Enjoy	✗ Avoid
<p><i>Use cold pressed, organic oils where possible.</i></p> <ul style="list-style-type: none"> <li>Coconut oil</li> <li>Rice bran oil</li> <li>Flaxseed oil</li> <li>Sesame oil</li> <li>Macadamia oil</li> <li>Walnut oil</li> <li>Olive oil</li> <li>Ghee</li> <li>Avocado Oil</li> </ul>	<ul style="list-style-type: none"> <li>Butter</li> <li>Margarine</li> <li>Canola oil</li> <li>Peanut oil</li> <li>Duck fat</li> <li>Vegetable oil</li> <li>Fried food</li> </ul>

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<b>Dressings, Condiments, Sweeteners, Seasonings</b>	
✓ Enjoy	✗ Avoid
<ul style="list-style-type: none"> <li>• All herbs and spices</li> <li>• Garlic</li> <li>• Homemade dressings and sauces</li> <li>• Homemade dips and spreads (i.e. guacamole, hummus, tahini etc.)</li> <li>• Lemon juice</li> <li>• Organic Tamari</li> <li>• Salt – Celtic, sea or Himalayan</li> <li>• Stevia and Xylitol</li> <li>• Rice Malt (Small amounts for sweetening)</li> </ul>	<ul style="list-style-type: none"> <li>• Additives (i.e. MSG)*</li> <li>• Artificial colours*</li> <li>• Preservatives*</li> <li>• Sugar, honey, coconut sugar, rice bran syrup</li> <li>• Aspartame, saccharine</li> <li>• Commercially made sauces and condiments</li> <li>• Spice/Herb blends containing added salts, sugars, and artificial ingredients</li> <li>• Wasabi</li> </ul>

<b>Beverages</b>	
✓ Enjoy	✗ Avoid
<i>Serving size: Consume 2-3 L of pure water daily.</i>	
<ul style="list-style-type: none"> <li>• Herbal tea, green tea - not sweetened or flavoured. Choose organic where possible</li> <li>• Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, etc.)</li> <li>• Unflavoured sparkling mineral water</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Black tea</li> <li>• Caffeinated soft drinks</li> <li>• Coffee</li> <li>• Fruit drinks and cordials</li> <li>• Reconstituted fruit juice</li> <li>• Soft drink/carbonated beverages</li> </ul>