

WILD ROSE DETOX MEAL PLAN

PROTEIN FOODS 20-30% of Diet	STARCH FOODS 70-80% from Starch & Neutral foods	NEUTRAL FOODS 70-80% from Starch & Neutral foods
MOST RECOMMENDED Fish (any): can be over 20-30% of intake	MOST RECOMMENDED Almonds Millet, Buckwheat Rice (brown)	MOST RECOMMENDED Chives, Garlic, Ginger Onions (leeks, green onions, shallots) Tea (herbal without milk) Water
ACCEPTABLE Beef Coffee (black, 2 max per day) Eggs (whole) Grains (whole): barley, kasha, bulgur, spelt, kamut, amaranth, quinoa, oats, rye, wheat berries, brown rice, millet & buckwheat Lamb Lentils Liver Nuts (except almonds) Peas Poultry Pork Prunes (cooked) Rhubarb (cooked) Seeds Veal Wheat Germ	ACCEPTABLE Apples Apricots Berries Cherries Lemons Peaches, Pears, Plums & Nectarines Popcorn Potatoes (baked) Pumpkin, Squash, Yams, Sweet Potatoes Sesame seeds Tomatoes	ACCEPTABLE Arugula, Artichokes Asparagus, Avocado Beets, Bok Choy Broccoli, Brussel Sprouts Butter Cabbage, Carrots, Cauliflower Celery, Collards, Corn, Chards Cucumbers, Dandelion Eggplant, Endive, Escarole Herbs for seasoning Kale, Kohlrabi Lettuce, Mustard Greens Okra, Oils (olive, flax) Parsley, Parsnips, Peas Peppermint Peppers (all colours) Radicchio, Radishes Seaweeds, Sorrel Spinach, Sprouts Turnips, Water Cress
NOT RECOMMENDED Buttermilk Cheese (of any kind) Seafood (shellfish) Yogurt	NOT RECOMMENDED DURING THE PROGRAM Bananas, Currants Dried Fruit, Fruit Juices Flour, Grapes, Honey Malt, Maple Syrup Melons, Molasses Oranges, Pasta Pineapple, Raisins Tropical Fruit Processed Soup NOT RECOMMENDED AT ANY TIME Cakes, sweets & ice cream Cereal (processed) Fruit juices, pop, fizzy drinks Oily nuts Sugar (white or brown)	NOT RECOMMENDED Cottage cheese Mushrooms