

WHAT NOT TO EAT.

Check the list. If it's in, don't eat it!

1. Fried foods:

Fried egg
Fried or stir-fried beef
Fried or stir-fried pork
Fried or stir-fried chicken
Fried or stir-fried fish
Fried potatoes
Hamburgers
Sausages
Bacon
Vegetarian burgers and sausages
Meat balls

2. Deep fried foods:

Croquettes
Spring rolls
Schnitzel (veal, pork or chicken)
Chips

3. Cured and processed meats with nitrates. Read the labels! (salami, ham, Frankfurt sausages for hot dogs, meat balls, hamburgers, bacon, chorizo)

4. White flour/wheat products (you can replace them with whole wheat/spelt options, except Lasagna and Pizza which you should avoid):

White pasta
Lasagna
Cous-cous
Pizza
Bread
Bechamel sauce

5. White Rice. Replace it with whole-grain or black rice.

6. Pre-prepared or pre-cooked foods, even vegetarian.

7. Large amounts of cheese and cheese dishes (a small portion of cheese per day is fine):

Pizza

Macaroni cheese, lasagna, pizza etc

8. Fish high in mercury and other toxins:

Bluefish

Farmed salmon

Grouper

Mackerel (Spanish, Gulf)

Sea Bass (Chilean)

Tuna (Canned Albacore)

Tuna

Mackerel (King)

Marlin

Orange Roughy

Shark

Swordfish

Tilefish

Tuna

Farmed Salmon

8. Pastries and baked foods:

Croissants
Donuts
Cookies
Cakes (even the healthy ones)
Pain-chocolats
Muffins
Madelines
Brownies
Waffles
Raisin buns

9. Salty nuts (go for the unsalted and raw nuts)

10. Peanuts.

11. Mayonnaise (except home-made, in small amounts)

12. Bottled, commercial dressing. Replace it with your own, home-made.

13. Chocolate and chocolate products (except a small amount of 70% chocolate per day):

14. Coffee from Starbucks or any commercial brand (unless you drink black coffee or coffee with a little milk)

15. Full-fat dairy products

Full-fat milk
Cream
Custard
Full fat yogurt

16. Some oils and fats:

Butter (a small amount of grass-fed butter is ok, never cook with butter)

Margarines, even soja or healthy options

Palm oil

Corn oil

Soja oil

Sunflower oil

Vegetable oil

17. “Hidden high sugars” (you are better off eating some simple raw cane sugar, in moderation):

Agave Syrup

Sugars ending in -ose (fructose, lactose, maltose, etc)

Fructose and inverted fructose syrup.

Glucose and inverted glucose syrup.

Rice and brown rice syrups

Apple or other fruit syrup.

Malt syrups

Cane juice

Dehydrated cane juice

Cane juice solids

Dextrin

Maltodextrin

Barley malt

Beet sugar,

Caramel

Buttered syrup

Carob syrup

Date sugar

Fruit juice concentrate

Golden syrup

Corn starch

18. Artificial sweeteners

Artificial sweeteners	Sugar alcohols
Acesulfame potassium	Erythritol
Aspartame	Hydrogenated starch hydrolysate
Neotame	Isomalt
Saccharin	Lactitol
Sucralose	Maltitol
	Mannitol
	Sorbitol
	Xylitol
Advantame	

19. Chinese, Indonesian and Thai food from a restaurant or take-away.

20. Soda drinks, of any kind.

21. These alcoholic drinks:

Beer

Sweet and dessert wines

Cocktails

Liquors

***You can consume other alcoholic drinks, one unit per day, and two days per week should be without alcohol. If you are on total de-tox mission, avoid alcohol completely.**

