

FUNCTIONAL MEDICINE DETOX SHOPPING LIST

PLANT PROTEINS

- Bean Sprouts
- Beans (not baked beans)
- Legumes
- Lentils
- Natto
- Split Mung Beans
- Tofu (sprouted organic)
- Hummus
- Chickpeas
- Hemp Hearts

ANIMAL PROTEINS

- Buffalo
- Chicken
- Cod
- Cornish Hen
- Salmon
- Sardines
- Scallops
- Shrimp
- Turkey
- Trout
- Wild Game
- Anchovies

FATS

- Avocado
- Avocado oil
- Chia seeds

- Flax seeds
- Olive oil
- Olives
- Coconut oil
- Hemp oil

CARBOHYDRATES

- ✓ non-starchy veggies – eat in unlimited amounts, choose minimum of 3 different kinds per meal in various colors
- ✓ Starchy veggies – eat only if not trying to lose weight
- ✓ Fruits – eat only if not trying to lose weight

Non-starchy veggies:

Brassicales (Cruciferous) - Eat at least one portion of cruciferous veggies at each meal

- **Arugula**
- **Broccoflower**
- **Broccoli**
- **Broccoli sprouts**
- **Brussels sprouts**
- **Cabbage**
- **Cauliflower**
- **Horseradish**
- **Kohlrabi**
- **Radishes**

Detoxifying Leafy Greens

- **Bok choy**
- **Chard/Swiss chard**
- Chervil
- **Cilantro**
- **Endive**
- Escarole

Greens

- **Beet**
- **Collard**
- **Dandelion**
- **Kale**
- **mustard**

- **turnip**
- **Microgreens**
- **Parsley**
- **Radicchio**

Thiols

- **Chives**
- **Daikon**
- **radishes**
- **Garlic**
- **Leeks**
- **Onion**
- **Scallions**
- **Shallots**

Liver & Kidney Support

- **Artichokes**
- **Asparagus**
- **Beets, cubed**
- **Celeriac root**
- **Celery Sprouts**

Other

- Bamboo shoots
- Bean sprouts
- **Carrots**
- Cucumbers
- Eggplant
- **Fennel**
- Fermented Vegetables
- Green beans
- Jicama
- Lettuce, all
- Mushrooms
- Okra
- Peppers, all
- Salsa - unsweetened
- Sea vegetables
- Snap peas/snow peas
- Spinach
- Squash:, yellow, green/zucchini, spaghetti, etc.

- **Tomato**
- Tomato juice
- Turnip
Vegetable juice
- Watercress
- Water chestnuts

Starchy veggies:

- Beets
- Winter squash (acorn, butternut, Delicata, pumpkin) – 1 c.
- Root vegetables: parsnip, rutabaga – ½ c.
- Carrots, ½ cup cooked or 2 medium raw or 12 baby carrots
- Sweet potatoes or yams, ½ medium
- Plantain – 1/3 c or ½ whole

Fruits:

- Blueberries
- Blackberries
- Raspberries
- Cherries
- Strawberries
- Etc.

CONDIMENTS

- Lemon
- Himalayan sea salt
- Pepper
- Fresh herbs
- Dried herbs and spices (be cautious of spice blends that contain artificial or processed ingredients and sugar)

BEVERAGES

- **Filtered water** (with lemon or lime juice) - drink 1/2 body weight in oz/day
- Sparkling/mineral water – plain
- Tea: **dandelion**, herbal, etc.

