

14 Day Gut Check Detox/Cleanse

APPROVED FOODS

:

- Grass-Fed Beef (if possible)
- Organic / Pastured Chicken and Pork (if possible)
- Wild-Caught Fish (all the time, wild caught is WAAAY BETTER for you)
- Eggs

VEGETABLES

- Brussels Sprouts
- Broccoli
- Butternut Squash
- Spaghetti Squash (great for imitation noodles)
- Carrots
- Cauliflower (perfect for cauliflower rice)
- Eggplant
- Kale
- Lettuce (for salads of course)
- Mushrooms
- Onion
- Spinach
- Summer Squash
- Tomatoes
- Yams

- Zucchini

FRUIT:

- Berries
- Bananas
- Cherries
- Grapes
- Apples
- Grapefruit (great with morning eggs)
- Lemons and Limes
- Oranges

HEALTHY FATS:

- Avocados
- Coconut Oil
- Olive Oil
- Organic ghee
- Raw nuts

FOODS NOT ALLOWED OR LIMITED

(remember the less you eat of this, the better your results will be. It's all up to you)

- Limit the amount of dairy. This means no cheese, cow milk, yogurt, cream, sour cream, kefir, and butter.

- Limit the amount of grains. This means no corn, rice, quinoa, wheat, rye, millet, sorghum, amaranth, buckwheat, bulgur, or sprouted grains.
- Alcohol
- LIMIT or ELIMINATE Sugar
- Carrageenan, MSG, and Sulfites
- "Junk" Food NO PROCESSED GARBAGE
- FAST FOOD
- FRIED FOODS