

KCLC Fast Food List

The following is a general list of foods you will consume on your detox plan. Please remember that according to recipes you choose to follow, you will need to add or removes items.

Fruits	Vegetables			Whole Grains and Legumes	Lean Protein
Apple – 1 med Apricot – 1 med Berries: blackberries & blueberries – 1 cup raspberries & strawberries – 1 ½ cup Cherries – 15 Fresh figs – 2 Grapes – 15 Grapefruit – 1 whole Honeydew melon – ¼ small Nectarine – 2 small Orange – 1 large Peach – 2 small Plum – 2 small Tangerine – 2 small Fruit juice – BoltHouse Farms, Arthurs	Asparagus Artichokes Bamboo shoots Bean sprouts Bell/other peppers Broccoli & broccoflower Brussels sprouts Cauliflower Celery Chives, onions, leeks, garlic Cucumber/dill pickles Cabbage (all types) Eggplant Green beans Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard or beet greens	Lettuce/mixed greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory Mushrooms Okra Radishes Snow peas Sprouts Tomatoes, tomato juice Water chestnuts – 5 whole Zucchini: yellow or summer, or spaghetti squash Salsa (sugar-free) Sea vegetables (kelp, etc)	Beets, winter, squash, such as acorn or butternut squash Sweet potatoes or yams – ½ med baked Carrots – ½ cup cooked or 2 med raw or 12 baby carrots Potatoes – white or red new potatoes	Brown rice Brown rice pasta Long grain white rice Whole flax seeds Buckwheat Quinoa Buckwheat and quinoa flour Arrowroot flour (as a thickener in recipes) Chickpea flour Beans and lentils (bulk red and green lentils, split peas, kidney beans, chickpeas and mung beans, etc.) Split peas; green, red and yellow	Tofu – baked or fresh Tempeh
Sauces	Frozen Food	Nuts and Seeds	Oils	Canned Foods	Condiments
Coconut milk Pomegranate reduction (from Mediterranean stores) or Pomegranate juice De-alcohol wine (organic or sulfite free) Dijon mustard (organic or sulfite free) Apple cider vinegar Balsamic vinegar (sulfite free) Tahini	Frozen berries Frozen peas	Almonds or hazelnuts – 10-12 whole nuts Walnut or pecan halves – 7-8 Pistachios, sunflower, pumpkin or sesame seeds – 2 tbsp Nut butter – 1 tbsp made from above nuts	Flaxseed oil (keep in fridge) Walnut oil Coconut oil Extra virgin olive oil Canola oil for cooking Mayonnaise made with canola oil or Vegenase Ripe or green olives – 8-10 medium	Canned beans (with no additives or preservatives)	Cinnamon Tamari soy sauce Vinegar, lime, lemon Other herbs/spices Dried herbs Honey (unpasteurized) Raisins (organic or sulfite free)