



Clean eating detox shopping list

Here is a list of all the foods that you can eat. You can choose when you eat them and what you eat from them. This plan is for you to design your own meals as long as you eat the food from the shopping list and nothing else. This is a clean eating plan, getting rid of all processed junk foods that make your body toxic and predisposed to holding on to fluid and body fat.

BASIC SHOPPING LIST

Choose from the following foods:

Proteins

Beef
Chicken
Duck
Turkey
Lamb
Liver
Kidney
Veal
Pork
Lean bacon
Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Fats

Use refined (unflavoured) or virgin (flavoured) coconut oil to cook with, you can get this directly from KSFL. You can dress and flavor your food with walnut or olive oil (don't cook with olive oil)
Nuts: macadamia / almonds / brazil – eat small amounts of these, if required, on training days!
Seeds in your breakfast greens smoothies

Other

Herbs & Spices are fine to enhance and flavour, but don't overdo it!
Coconut milk (minimal amounts for cooking)

Drink

Water -minimum 3 litres per day
Fruit teas
Red bush tea
Coconut water (small amounts, make sure 100% pure and no added sugar)
Licorice and Tulsi tea
No coffee, de-caff tea or coffee, or alcohol!

Carbohydrates

As much green veg as you can eat at every meal

Brown Rice (TRAINING DAYS if needed)
Basmati Rice (TRAINING DAYS if needed)
Sweet Potato (TRAINING DAYS if needed)
Courgette
Carrots (TRAINING DAYS if needed)
Parsnips (TRAINING DAYS if needed)
Bean sprouts (TRAINING DAYS if needed)
Swede (TRAINING DAYS if needed)
Cucumber
Broccoli
Rocket
Aubergine
Squash
All leafy greens Spinach, Kale, spring greens, lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple (TRAINING DAYS)
Lemons / Limes