

Avoid These Foods During Your Detox:

- All gluten products (bread, baked goods, cereal, pasta, whole grains)
- All grains: rice quinoa
- All dairy from animal sources
- All beans: chickpeas, lentils, black beans, pinto, peanuts. (Green beans and soy beans are okay due to their low glycemic index.)
- All sugar
- Any prepackaged food from a store
- All alcohol
- Caffeine

Why no beans? Some beans trigger blood sugar spike and those that have lectins may cause inflammation and weight gain.