

### **Avoid These Foods During Your Detox:**

- All gluten products (bread, baked goods, cereal, pasta, whole grains)
- All grains: rice
- All dairy from animal sources
- All beans: chickpeas, lentils, black beans, pinto, peanuts. (Green beans and soybeans are okay due to their low glycemic index. Should be organic if possible.)
- 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.