

10-Day Detox Diet Food List

This 10-Day Detox Diet Food List supports the body's natural detoxification processes by focusing on whole, nutrient-dense foods. It eliminates processed foods, sugars, and inflammatory substances that may hinder detox.

| Detox phase (days 1-10) | |
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| During this phase, strictly adhere to the recommended food list while avoiding the restricted foods. This helps cleanse the body and optimize digestion. | |
| Safe foods to include | |
| Fruits | Vegetables |
| <ul style="list-style-type: none">✓ Apples, pears (high in fiber)✓ Berries (strawberries, blueberries – rich in antioxidants)✓ Citrus fruits (lemons, oranges – support immune function) | <ul style="list-style-type: none">✓ Leafy greens – Spinach, kale, collard greens, mustard greens, romaine lettuce✓ Cruciferous vegetables – Broccoli, cauliflower, cabbage, Brussels sprouts (rich in sulfur compounds)✓ Other vegetables – Asparagus, celery, cucumber, zucchini, squash, onions, garlic, sweet potatoes |
| Proteins | Healthy fats |
| <ul style="list-style-type: none">✓ Lean meats – Skinless poultry (chicken breast), lean beef cuts (avoid fatty parts)✓ Fish – Salmon, tuna (omega-rich)✓ Legumes – Lentils, beans (optional based on dietary needs) | <ul style="list-style-type: none">✓ Avocado✓ Olive oil, coconut oil |
| Grains & legumes (optional, depending on dietary preference) | Dairy alternatives & beverages |
| <ul style="list-style-type: none">✓ Whole grains – Brown rice, quinoa, gluten-free oats✓ Beans, lentils (additional plant-based protein source) | <ul style="list-style-type: none">✓ Unsweetened almond milk, coconut milk✓ Herbal teas, green tea (caffeine-free hydration) |
| Foods to avoid | |
| <ul style="list-style-type: none">• Sugar and sweeteners (refined sugar, high-fructose corn syrup)• High-starch foods (white bread, pasta, potatoes)• Industrial fats (processed oils, margarine)• Artificial additives and preservatives (flavor enhancers, colorings)• Caffeine (coffee, energy drinks)• Alcohol | |
| Reintroduction guidelines (after day 10, if needed) | |
| <i>Once the detox phase is complete, reintroduce eliminated foods gradually while monitoring for any adverse reactions.</i> | |
| <ol style="list-style-type: none">1. Introduce one food at a time – Choose an eliminated food and reintroduce it over 2-3 days.2. Monitor symptoms – Track any digestive issues, skin reactions, or fatigue in a symptom diary.3. Wait before introducing another food – Allow 3-4 days between new foods to pinpoint potential reactions. | |

Additional notes