

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

## Additional notes