

Food Guidelines for a Clean Eating - Junk Food Detox



Foods You Can Eat

Whole Grains:

Brown Rice, Oats, Barley

Legumes:

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits:

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables:

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini.

Liquids:

Spring Water, Distilled Water, Fruit smoothies, Fresh Vegetable Juices.

Others:

Seeds, Nuts, Sprouts

Foods to Avoid

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

Remember

This is a partial fast.

You eat, but only fresh produce. This will help decrease the craving of party or junk foods. The more often you eat this way, the less likely you are to return to craving junk.

Learn the Effects of the Food You Eat

You may decide to keep a food journal during this partial fast. You'll begin to notice what certain foods do to your body – how they affect energy, sleep patterns, and moods. If we really got in touch with what we eat and knew about the healing power of certain foods and also paid attention to the way certain foods erode our health, there would likely be some things we would never eat again.

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