



## **Kapha Body Type**

### **Your Lean Jan Detox Plan Food List**

These are the items that you can eat on a regular basis during the program.

[Kichadi or Kichari](#) is your best cleansing food during the LJP. Replace one meal everyday with a small portion of Kichadi, heaped with salad of raw vegetable and your preferred spice.

#### **Fruit:**

You need to limit the amount of fruit that you consume. You are allowed only the following fruit:

Apples and pears,

Apricots

Kiwi,

Persimmon,

Pomegranate

Avoid all other fruit.

#### **Vegetable:**

All vegetable need to be eaten either lightly cooked or raw.

Asparagus,

Artichokes,

Bitter melon (karela),

Bok choy,

Beets,

Broccoli,



Carrots,

Cauliflower,

Celery,

Chilies,

Green and red peppers,

Green salads-especially mixed field greens and arugula,

Kale,

Chard,

Collards,

Turnip and beet greens,

Mustard greens,

Raw onions,

Radishes,

Spinach,

Sprouts or any kind.

**Grains:**

Whole grain buckwheat,

White or brown basmati,

Quinoa

Amaranth.

Avoid all other grains. Limit your portion of grain upto  $\frac{3}{4}$  cupful cooked grain per meal.

**Legumes:**



All legumes and beans are good for you except tofu, chickpeas including chickpea hummus. You may use butterbean, black bean or mung hummus. Recipes provided.

**Animal Products:**

Try to avoid meat. If you must have, try freshwater fish and game meats like venison, pheasant, or rabbit.

**Dairy Products:**

Dairy is not allowed during the Detox Plan.

Use rice or almond milk as alternatives.

**Oils:**

Cook only in olive or sunflower oil.

**Nuts and Seeds:**

No nuts are allowed. You may eat seeds:

Pumpkin,

Flax,

Sunflower.

If you are vegetarian and seeds are a main source of protein for you, sprout them first by soaking overnight in water then laying out to sprout for 1-2 days. You may then consume these sprouted seeds as often as required for maximum protein intake.

**Sweeteners:**

Only raw honey is allowed and if you are vegan then use molasses.

**Beverages:**

Only drink water at room temperature.

No carbonated or sweetened drinks are allowed.

Also avoid water or drinks from the fridge.

Drink [Redbush or Black Tea Masala Chai](#) made with rice or almond milk.