



Pitta Body Type

Your Lean Jan Detox Plan Food List

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

Fruit:

Coconut (especially milky ones) or coconut milk,

Pomegranate,

Sweet cherries,

Dates,

Figs,

Grapes,

Mangoes,

Melons,

Pears,

Pineapple - only ripe and sweet,

Sweet plums.

Avoid sour or unripe fruits.

Vegetable:

All vegetable must be cooked or steamed.

Asparagus,

Broccoli,

Brussels sprouts,

Cabbage,



Cauliflower,

Celery,

Cucumber,

Green beans,

Peas,

Sweet onions - cooked,

Sweet potatoes,

Turnips,

Zucchini or Courgette

Avoid especially orange or red colored vegetables (red peppers, carrots, pumpkins, tomatoes). Unfortunately, tomatoes aren't the best for you right now. Mixed baby greens are the only vegetable that you can eat raw at this time of year.

Grains:

Whole grain buckwheat,

Oats,

White rice,

Avoid gluten-containing grains (wheat, rye, spelt) and corn during the Detox Program.

Legumes:

All legumes or beans are good for you except for kidney beans and other red beans.

Animal Products:

If you must have animal flesh, try freshwater fish and organic poultry.

Dairy Products:

You may have dairy but use in moderation. The following are best for you.

Ghee,

Rice milk,



Soy milk

Oils:

You may use only ghee or coconut oil to prepare meals. Avoid all other oils and do not consume any fried food.

Nuts and Seeds:

Coconut,

Sunflower seed,

Lotus seed

Avoid all the other nuts and seeds as they can be too heating. If nuts and seeds are a main source of protein for you, then sprout them first by soaking overnight in water then laying out to sprout for 1-2 days. You may consume in salad, cereal or as a snack thereafter.

Sweeteners:

You may use all sweeteners sparingly, but the following are best for you.

Rice syrup,

Agave nectar,

Stevia

Beverages:

Warmed rice or soy milk,

Herbal teas made from Aniseed, Fennel, Liquorice.