



Vata 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:

Cantaloupe and other melons,

Coconut,

Dates

Fresh figs,

Grapes,

Mangoes,

Papayas,

Peaches,

Persimmons,

Sweet plums,

If some of these fruit are not available to you fresh, you may use dried fruit. Just soak the fruit overnight: dried coconut, figs, raisins, prune, dates and all nuts need to be soaked overnight before consuming.

The reheated fruit may be added to your Vata Detox Breakfast Porridge or you may create a little snack box contain 50 gram reheated fruit and 30 grams nuts to snack on in the morning.

Vegetable: it is important that you cook all vegetable before eating during this program. Vegetable may be sautéed or steamed.

Beets,

Carrots,



Jerusalem Artichokes,

Okra,

Sweet potatoes

Yams,

Turnips,

Winter squashes,

Other squashes,

Kale,

Spinach

Raw Tomatoes and Cucumbers only allowed on very on warm days.

Grains:

Rice (brown or basmati)

Whole grain oats

You need to avoid wheat as it is difficult for you to digest and may be inflammatory for your bowels.

[Kichadi or Kichari](#) is your best cleansing food during the detox plan – this is a Blend of Basmati or Brown Rice, Mung Bean, and spices. Eat this as often as you can. If possible have it for dinner every evening during the plan. You may change the flavour by adding different sautéed veg or warming spice.

Animal Products:

Try to avoid these during a cleanse as they are difficult to digest and slow down metabolism. If you are unable to avoid animal protein - then only seafood that is low in mercury is allowed. Find a list of [Low Mercury Fish](#).

Dairy Products: Avoid dairy if you can. But if you need to replace animal protein in your diet during this detox plan - Use fermented dairy like

Yogurt,

Curd,



Quark and

Kefir,

Choose organic and grass-fed milk sources.

Legumes: Avoid all legume apart from

Mung beans,

Miso (fermented soy bean)

Puy Lentils

Tempeh (made from fermented soy or other bean)

Oils: Use only ghee or sesame oil for cooking. Sesame oil is good for body and gum massage. You can add a few drops of rose geranium essential oil to the sesame oil that you use for body massage. This will make your bath smell wonderful and aromatherapeutic effect of these oils will soothe body and mind.

Nuts and Seeds: You can eat any nut as replacement for animal protein. Do use a variety of nuts and and consumer not more than 30 grams of nuts per day. Choose this year's fresh crop, not rancid old nuts. Use up this years Christmas nuts – last years need to be sown as seed.

Sweeteners: Only small amounts of the following sweeteners are allowed during the LJDP

Rice syrup,

Agave nectar,

Molasses

Beverages:

Warmed rice milk, almond milk,

[Redbush Masala Chai](#) or

Herbal teas – made from Fennel Tea, Ginger Tea