

JANE SCRIVNER DETOX

EVERYDAY SUPERFOODS

Fresh garlic, grapes, onions (any type), beetroot, carrot, fennel, Manuka honey or organic honey – limit to one teaspoon per day, blueberries, broccoli, spinach, tomatoes, watercress, cabbage (inc red).

FRUIT

Apples	Grapefruit	Paw-paw
Apricots	Grapes	Peaches
All Berries, including		
Bilberries	Greengages	Pears
Blackberries	Guavas	Pineapple
Blackcurrants	Kiwi fruit	Plums
Blueberries		
Bananas	Lemons	Pomegranates
Cherries	Limes	Prunes
Cranberries	Loganberries	Quinces
Currants (dried and fresh)	Lychees	Raisins
Damsons	Mangoes	Raspberries
Dates	Melons	Redcurrants
Figs	Mulberries	Rhubarb
Gooseberries	Nectarines	Strawberries
	Passion fruit	Sultanas

VEGETABLES Pretty much any vegetable, keep it balanced, don't become a potato head...

Artichokes, globe and Jerusalem	Cauliflower	Peppers (bell peppers, capsicums)
Asparagus	Celeriac	Plantain
Aubergines (eggplant)	Celery	Potatoes
Beans, French, runner, broad, butter, haricot, mung	Chicory	Pumpkin
	Chinese leaf	Radishes
	Courgettes (zucchini)	Spring greens
	Cucumber	Spring onions (scallions)
	Fennel	Swede
Bean sprouts	Kohlrabi	
Beetroot	Leeks	Sweetcorn (corn on the cob, maize)
Broccoli	Lettuce, all types	Sweet potatoes
Brussels sprouts	Marrow	Tomatoes
Cabbage, red, savoy, Squashes	Okra (ladies' fingers)	
spring, white and winter	Onions	Turnips
Carrots	Parsnips	Watercress
	Peas, all types	Yams
		Tomatoes

The nut list – any nuts excepting peanuts but here is a short list

The following nuts should be eaten raw, unsalted and fresh.

Almonds	Hazelnuts	Pine nuts
Brazils	Macadamia nuts	Pistachio nuts
Cashews	Pecans	Walnuts
Chestnuts		

The beans, grains, pulse, seed, herb and spice list – the list is long but here are a few suggestions

Aduki		
Alfalfa	Fennel	Pearl Barley
Basil	Lentils, puy, normal	Split peas
Black beans	Ginger, fresh	Sage
Cardamom pods	and powdered	Sesame seeds
Cayenne pepper	Kidney	
Lemon grass	Sunflower seeds	Soya (Edamame)
Chick peas	Marjoram	Tarragon
Chillies	Parsley	Thyme
Coriander, fresh and powdered	Pepper, fresh ground	Soy/edamame
Dill	Pumpkin seeds	Quinoa white and red
		Rosemary

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The non-dairy list

Goat's cheese	Sheep's milk	Soya milk
Sheep's cheese	Goat's yoghurt	Rice milk
Goat's milk	Sheep's yoghurt	Oat milk

The fish list – any fish and shellfish, but here are some readily available types

Cod	Mackerel	Sardines
Crab	Monkfish	Scampi
Haddock	Pilchards	Shrimps
Halibut	Plaice	Skate
Herring	Prawns	Trout
Lemon sole	Salmon	Tuna
Lobster		

The drinks list

Herbal teas, any	Juices, freshly	Water, hot, cold,
Honey in water	squeezed,	fizzy and spring,
Lemon juice in	pure and	with tap water
water	unsweetened,	for emergencies
	apple or grape or	only
	any juiced vegetable	

The miscellaneous list

Balsamic vinegar	Olive oil	Seaweed
Cider vinegar	Olives, green	Sesame oil
Grapeseed oil	or black	Tahini
Miso soup, miso paste		Quorn Tofu
Mustard,	Rice cakes,	Walnut oil
	unsalted	Oats
Guacamole	Pumpkin seed oil	Raspberry balsamic vinegar

Foods YOU CANNOT HAVE IN THE FIRST WEEK, BUT acceptable after day 7.

Avocados	Too much starch and fat and we tend to eat loads if we like them
Bananas	Too much starch and fat, ditto the above
Lentils	Too much gas. If you do find when you introduce them, that you are a little bit windy, then really limit your intake, or eat brown short grain rice instead for your bulk. It's the same with pulses, if they have this effect, then restrict consumption.
Mushrooms	Too much fungus
Oranges	Too acidic
Tomatoes	Too acidic

Banned Foods

Most people have allergies/intolerances/don't agree with certain foods or chemicals within processed foods. These intolerances sometimes occur because of an inflamed gut wall. Which becomes permeable to large food proteins. Once these get into the body they cause an allergic response which includes inflammation. The most common intestinal irritants are dairy produce, wheat, eggs, red meat, peanuts and coffee/caffeine

Alcohol	It's good to spend a month without!
Bread, pasta, refined white rice	Gluten/Wheat in the wheat flour can be difficult to digest, and some people are intolerant (their body has difficulty digesting easily)

Eggs

Caffeine	Saturated Fats, allergens. Chemical stimulant – even one cup a day should be possible to stop for the 30 days.....
Chocolate	Too much sugar and fat
Cow's milk/cheese, etc.	Lactose (milk sugar) can be difficult to digest
Added Salt	Too much salt results in potassium deficiency and water retention, naturally found in foods anyway
Added Sugar	Disturbs blood glucose levels, causing disturbed appetite and energy levels, naturally found in foods
Colourings/preservatives, E numbers	
Red and white meat	Fish is the healthiest animal protein, for this programme

Fizzy drinks/cordials etc	Nutritionally negative
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