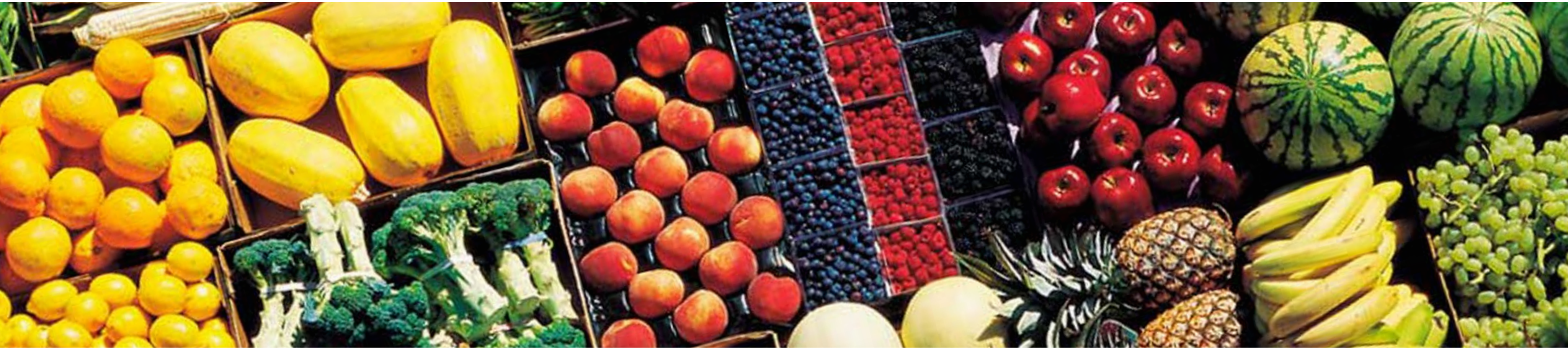


Bringing the 5-Star Body Cleanse Directly to You!



Welcome to your full list of Easy Detox nutritional guidelines.

The same list we give to 5-star chefs and our partner properties to create delicious and healthy meals, now available directly to you!

Explore the shopping aisles for detox friendly foods, detox avoid foods, and detox neutral foods.

Amrita detox diet and nutritional principles

The Hippocratic principle, “let food be thy medicine,” should be your guideline for the nutrition you feed your body with during your Amrita Easy Detox.

The Amrita Easy Detox approach to nutrition is moderate and flexible – as long as what you are putting into your body is “clean”. This means you are required to eat nutrient-dense, unprocessed, organic produce that will

support your body’s detox pathways during the Easy Detox process.

As a nutrition-based detox programme, Easy Detox is designed to fit in with your modern lifestyle. This is why we provide you with a list of detox-friendly recommendations so you can choose your own healthy, breakfasts, lunches, dinners and snacks during your Easy Detox:

What to eat

- Organic, non GMO food only
- Predominantly vegetarian diet – e.g. fresh fruits and vegetables should make up the bulk of what you eat
- Gluten-free grains and legumes - e.g. black/brown/wild rice, amaranth, hemp seeds, hempnuts, buckwheat, chia, millet, mesquite, oatmeal, quinoa, sorghum and teff
- For proteins choose natural yogurt, organic eggs, “clean” wild cold water fish (salmon, mackerel and sardines), nuts, seeds
- Healthy fats/oils- e.g. extra virgin olive, coconut and avocado oils (natural oils*)

What to avoid

- All meat, poultry and canned meat/fish products
- All foods containing gluten (cereals, breads, pasta, most noodles & confectionary)
- Sugar – honey & raw cacao is allowed
- All processed and canned foods, anything containing additives and preservatives – e.g. ketchup, mayonnaise, soya sauce, pickled/salted/smoked produce
- Coffee, black tea, soft-drinks & soda, processed fruit juices (only freshly squeezed, 100% organic fruit juice allowed), alcohol, cigarettes

How to cook

- Prefer raw, fresh salads with natural oil* dressings
- Soups, broths and stews
- Steamed, boiled, baked, air-grilled (no flames), poached, pressure cooked, crock pot/slow cooker
- Avoid all fried foods (unless lightly stir-fried/sautéed in natural oils*)

If you have any questions about specific foods or cooking methods during your Amrita Easy Detox, please ask us.

Nutritional Guides

Friendly



Enhance detox processes - applies the Amrita philosophy of "food as medicine" — this should be 50% or more of your food

Neutral



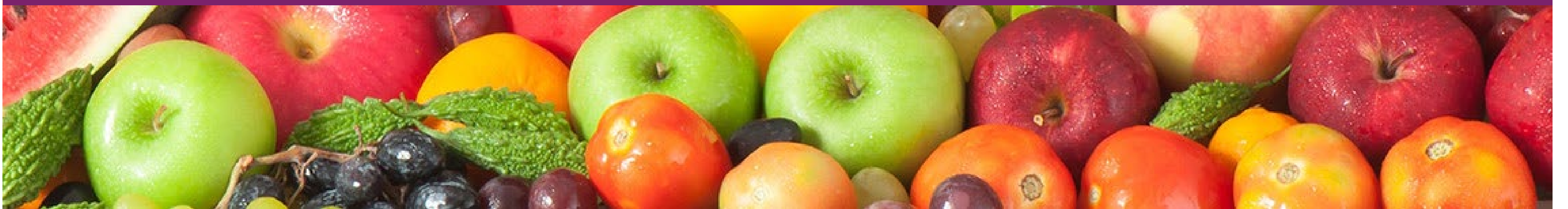
Neutral for detox - is merely "Food as food" — 50% or less

Avoid



Do not eat these

Fruits



- Apple
- Apricots (whole fresh fruit NOT dried)
- Avocado
- Banana
- Berries (blackberries, blueberries, boysenberries, bilberries, strawberries, raspberries, goji)
- Black olives
- Bread fruit
- Carambola = starfruit
- Cherries
- Citrus: Grapefruit, orange, lemon, lime
- Coconut, especially young coconuts
- Dates
- Figs
- Guava
- Jackfruit
- Kiwi
- Papaya
- Pear
- Plantain
- Tamarind

- Cantaloupe
- Cape gooseberry
- Carob
- Ceylon gooseberry
- Clementines
- Cranberries
- Currants
- Elderberries
- Giant granadilla
- Gooseberries
- Grapes
- Honeydew melons
- Lychee
- Mandarin
- Mango
- Mangosteen
- Mulberries
- Nectarines
- Passionfruit
- Peaches
- Pineapple
- Plums
- Pomegranate
- Pomelo
- Quince
- Rose Apple
- Sweet Grenadilla
- Tangerines
- Tomatoes
- Watermelon

- Canned fruits
- Packed fruits juices
- Sulphured dried fruits

Friendly



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Do not eat these

Vegetables



- Artichoke
- Beets
- Bell peppers, chilli
- Broccoli, broccoli sprouts
- Burdock Root
- Cabbage (purple cabbage is best)
- Carrot
- Cauliflower
- Coriander (Cilantro)
- Dark leafy greens Collard, spinach, Swiss chard
- Eggplant
- Fennel, dill
- Garlic, onions, spring onions, leeks, shallots, chives
- Ginger
- Green Peas, mange tout
- Kale, arugula, watercress
- Mushrooms
- Mustard Greens
- Okra
- Pumpkin / squash
- Radish, red, purple or Daikon
- Spinach
- Sweet corn
- Sweet Potato / Yam
- Watercress
- Wheatgrass
- Zucchini

- Asparagus
- Bok Choy
- Brussels Sprouts
- Celery
- Cucumbers
- Jalapeno Peppers
- Jerusalem Artichoke
- Kohlrabi
- Lettuce
- Parsnips
- Potato**
- Purple Asparagus
- Rhubarb
- Tomatoes
- Turnips

- Canned vegetables

Friendly



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Neutral



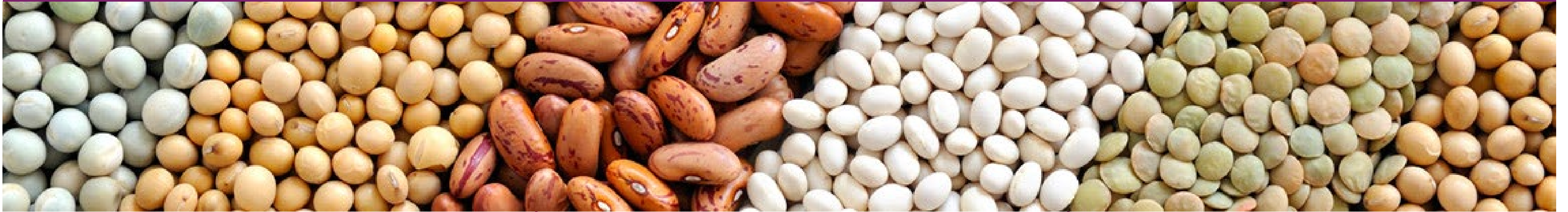
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Avoid



Do not eat these

Grains



- Amaranth
- Black, purple or brown rice
- Buckwheat / Soba noodles
- Chia seeds
- Einkorn
- Farro
- Flaxseed
- Hemp seeds, hemp nuts
- Kamut
- Kañiwa
- Mesquite
- Millet
- Oatmeal/oats
- Pitseed goosefoot
- Polenta
- Quinoa
- Sorghum
- Spelt
- Sweet Corn
- Teff
- Wild rice

- Brown Rice Bread
- Brown Rice Tortilla
- Muesli
- Oat Bread
- Popcorn
- White rice **

- All products containing wheat: pasta, bread...
- Barley
- Bulgur (Cracked Wheat)
- Corn Tortillas
- Cornbread
- Couscous
- Crackers
- Flour Tortillas
- Grano
- Grits
- Macaroni
- Noodles
- Pitas
- Pretzels
- Ready-To-Eat Breakfast Cereals
- Rye
- Spaghetti
- Triticale
- Wheat
- Wheat Berries
- White Bread
- White Sandwich Buns And Rolls
- Whole Grain Barley
- Whole Grain Cornmeal
- Whole Rye
- Whole Wheat Bread
- Whole Wheat Cereal Flakes
- Whole Wheat Crackers
- Whole Wheat Pasta
- Whole Wheat Pita Bread
- Whole Wheat Sandwich Buns And Rolls
- Whole Wheat Tortillas
- Whole Wheat Couscous

Friendly



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Do not eat these

Animal & fish proteins



- Anchovies
- Atlantic Mackerel.
- Caviar.
- Cod
- Haddock
- Halibut
- Herring.
- Organic eggs
- Organic yogurt
- Sardines.
- Trout
- Wild Barramundi
- Wild caught Atlantic Salmon
- Wild longfin squid

- Any seafood from the north Pacific Ocean (since Fukushima)
- Beef
- Bluefin Tuna
- Butter
- Catfish
- Chicken
- Eel
- Ice Cream
- King Mackerel
- Meat products – sausage...
- Milk
- Orange Roughy
- Pork
- Shark
- Shellfish & other seafood
- Swordfish
- Tilapia
- Tilefish

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Do not eat these

Beans



- Beans - Dried: Adzuki, Black, Mung, Pinto, Kidney
- Beans - Fresh: Broad bean, long bean
- Chickpeas
- Edamame
- Hummus
- Lentils (Dal)
- Lupin Beans
- Mungo beans (Black dahl, dahl gram)
- Peas (Chickpeas, split, yellow, green—dried)

- Bean Cheese
- Bean Curd
- Bean Paste
- Beans - Anaszi; appaloosa; Azufrado; Baby Lima; Bayo; Turtle; Bolita; Bonavist; Borlotti; Navy; Brown speckled cow; Calypso; Canaria; Chili bean; Christmas Lima; Coco; Coco Blanc; Crab-eye; Cranberry bean; Dermason; Egyptian; European Soldier; Eye-of-goat; Fagioli; Bola Roja; Great Northern; Haricot; Indian; Lingot; Lupini; Maicoba; Maine Yellow Eye; Mayocoba; Marrow bean; Mexican Red; Molasses Face bean; Mortgage Lifter; Orca; Pea Bean; Pearl Haricot; Peruvian; Pink Bean; Prince Bean; Purple Appaloosa; Rattlesnake; Red Ball; Red Eye; Roman; Salugia; Scarlet Runner; Shell; Sieva; Small red; Small White; Spanish; Steuben yellow-eye; Swdish brown; Tolosana; Tonues of fire; Trout Bean; Vallarta; White Pea Bean; Yankee; Yin-Yang
- Peanuts
- Pine Kernel

- Lablab Bean
- Soft Tofu
- Soy Cheese
- Soy Mayonnaise
- Soy Milk Skins
- Soy Nut Butter
- Soy Nuts
- Soy Sour Cream
- Soy Yogurt
- Soybean Paste

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Do not eat these

Oils & Fats



- Almond
- Avocado
- Canola (but MUST be Cold-pressed Organic)
- Coconut
- Flax seed
- Grapeseed
- Hemp seed
- Macadamia
- Olive
- Rice bran
- Sesame
- Walnut

- Palm oil (unrefined)
- Peanut oil (but MUST be Cold-pressed Organic)
- Sunflower (not for cooking)

- anything labelled "partially hydrogenated"
- Blended Vegetable Oil
- Corn oil
- Cottonseed oil
- Margarine
- Mayonnaise
- Soybean oil

Sweet



- Stevia

- Honey (dark, raw, organic)
- Maple Syrup

- Agave
- Aspartame
- Brown sugar
- Candies
- Coconut sugar
- Cyclamate
- evaporated cane juice
- HFCS (High Fructose Corn Syrup)
- Maple flavoured syrup
- raw, organic cane sugar
- Saccharin
- Sucralose
- Sugar

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Do not eat these

Fermented foods



- Bors
- Kefir
- Kimchi
- Kombucha
- Miso
- nut and seed cheeses
- Rejuvelac
- Sauerkraut
- Fermented Bean Curd

- Tempeh
- Natural Greek Style Yoghurt

Seeds & Nuts



- Almond
- Brazil Nut
- Cashew
- Chia
- Flax seed
- Ginko seeds
- Hazelnut
- Hemp seeds
- Lotus seed
- Macadamia
- Pecan
- Pine Nuts
- Pistachio Nut
- Pumpkin seeds
- Sesame seeds/Tahini
- Sunflower
- Walnut

- Butternut
- Chestnuts
- Juniper Berry
- Poppy seed