



Begin From Within

Your Custom Wellness Plan

DETOXIFY Food Guide

- *Look for all natural products with no artificial ingredients.
- *Get as close to organic ingredients as possible.
- ***READ THE LABELS!** If it's packaged, more than likely it contains some sort of artificial ingredient.
- *Eat 5-6 small meals per day.
- *Drink at least 100 oz. of water per day.
- *Get creative! Combine several foods from the YES category together for some interesting flavors.
- *Avoid dining out, unless you can request the restaurant to prepare you food as naturally as possible.
- *Get plenty of rest, relaxation, fresh air and sleep – put your body in a “happy place!”

Absolutely YES . . .

- ❖ Fresh vegetables
- ❖ Fresh or frozen fruits
- ❖ 100% fruit or vegetable juices.
- ❖ Lean proteins
- ❖ Nuts (un-salted, un-roasted)
- ❖ Whole grains
- ❖ Rice
- ❖ Extra virgin olive oil
- ❖ Sea or vegetable salt
- ❖ Herbs and spices
- ❖ Vinegar
- ❖ Soy sauce
- ❖ **INDULGE Instant Meal found exclusively at Planet Beach®**

Absolutely NO . . .

- ❖ Processed foods
- ❖ White sugars
- ❖ White flour
- ❖ Salt
- ❖ Dairy
- ❖ Red meat
- ❖ Artificial ingredients, flavors, colors, etc.
- ❖ Caffeine*
- ❖ Alcohol

**If omitting caffeine entirely will give you headaches or make you irritable, then cut it down to one cup per day.*

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You are urged and advised to seek the advice of a physician before beginning any weight loss effort or regimen. Planet Beach® Nutrition is intended for use only by healthy adult individuals.