

Detox Diet at Kripalu

Vegetarian and Dairy-, Soy-, and Grain-Free

Food options

All vegetables including sea vegetables, raw vegetables, and most starchy vegetables (squash, sweet potato)

Fruits

Legumes (beans, peas, lentils) except soybeans and soybean products (edamame, tofu, tempeh, and miso)

Nuts and seeds

Oils (extra-virgin olive oil, etc.)

Herbal teas

Avoid

Animal meat

Fish

Poultry

Eggs

Dairy (cow-, goat-, sheep-milk products—cheese, yogurt, milk, cream, etc.)

Soy (soybeans, edamame, miso, tofu, tempeh, soy sauce, tamari, etc.)

Grains and grain products such as breads, cereals, pastas, crackers, tortillas, and foods made from these products

Fruit juices

White potato

Sugar, natural sweeteners (brown rice syrup, honey, agave, maple syrup, stevia, etc.)

Artificial sweeteners

Added salt and sea salt

Caffeine (coffee, green tea, black tea)

Alcohol

Excess portions of food and any food option that you suspect you are sensitive to

Eating suggestions

Start at the Buddha Bar

Add raw fruits and vegetables from the salad bar and sandwich bar

Focus on eating an amount that “gently satisfies” instead of overeating

Experiment with spices that promote detox including cayenne pepper, garlic, ginger, and turmeric