

NUTRITIONAL RECOMMENDATIONS

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INDICATIONS:

- ☐ Liver/Kidney deficiency with Heat
- ☐ Liver Detoxification
- ☐ Diabetes and prediabetes.
- ☐ Menopause, hot flashes
- ☐ Immune disorders such as allergies, hyperthyroidism.
- ☐ Chronic health conditions.
- ☐ Chemotherapy, radiotherapy.
- ☐ PCOS

TYPE OF FOODS AND INTAKE

LEGUMES: Eat daily (1 cup boiled)

Black bean, adzuki, kidney bean, lentils, mung beans, tofu, tempeh, garbanzo.

SEEDS AND NUTS: 3 tbsp/day. Seeds, Preferably powdered or grinded

Black sesame, sunflower seed, chia seed, pumpkin seed.

Walnuts, almonds, cashews, etc.

VEGETABLES: 2-4 cups daily

#1 CHOICE

Lettuce, kale, arugula, chard, artichoke, endives, spinach, green beans, zucchini, celery, parsley, cilantro, avocados, mushrooms, radishes, broccoli, asparagus.

Onions, leaks, peppers, parsnips, turnips, celery root, carrots, cauliflower.

Pumpkin, squash, beets, sweet potato.

FRUITS 2 cups a day

Berries, apples, pear, pineapple, watermelon, melon, nectarines, tangerines, oranges, peaches, goji berries.

FISH AND MEAT (1 serving a day)

All types of fish.

Lean meat as turkey, chicken, tenderloin.

WHOLE GRAINS: Eat Daily (1 cups boiled)

Black rice, oat, quinoa, spelt, brown rice, barley, buckweed.

EGGS AND DAIRY

All types of eggs (up to 2 eggs a day)

Organic dairy, non sugar added (3 cups a week)

Cheese: mozzarella, ricotta, soft cheeses (2tbsp once a while)

SPICES AND CONDIMENTS:

Fresh herbs such as cilantro, mint, oregano, rosemary, fennel, parsley, lavender, ginger, basil, curry, turmeric.

OILS: 3-6 Tbsp a day. Coldpress preferable

Sesame oil, olive oil, avocado oil, coconut oil, flaxseed oil, butter, ghee.

DRINKS AND BEVERAGES

Mint tea, green tea, dandelion teas, anise, fennel, nettle, hibiscus tea, rosehip tea.

Ginger juice, green juices.

Homemade broths.

COOKING METHODS PREFERRED

Raw, steamed, oven, stews, soups, pickled.

FOOD TO AVOID

- Refined carbs as crackers, breads, pastries, cookies, pizzas, pasta, white rice.
- Avoid greasy foods, sauces, fries, chips, pan fried, alcohol.
- Processed food high in sugar, carbs, salt, trans fats.
- Avoid processed vegan products as: cheese, seitan, butter.
- Gluten in general

BREAKFAST IDEAS

- Scramble egg with tofu, onion, green onion, asparagus, kale and tomato.
- Green smoothie with protein powder or peanut butter (apple, kale, strawberries, avocado, protein powder, water or unsweetened alternative milk or coconut water)
- Lean sausage with sauteed mushroom, spinach, potato and tomato.
- Shrimp Tacos.
- Greek yogurt with berries and low sugar cereal or oats.
- Veggie frittata.
- Gluten-free pancakes with fruit

SNACKS IDEAS

- Blood orange and grapefruit salad with cinnamon
- Green smoothie.
- Apples with almond butter.
- Avocado with lemon and olive oil.
- Greek yogurt with berries.
- Hummus with celery sticks.
- Kale chips

MEAL IDEAS

- Kale Salad with pickle onion, walnuts and orange.
- Curried Lentil, Tomato, and Coconut Soup
- Chicken bone broth
- Gingery Chicken Soup with Zucchini "Noodles"
- Slow-Roasted Salmon with Fennel, Citrus, and Chiles
- Quinoa, green salad, tomato.
- Kale, brussel sprout salad, and almond.
- Brothy poached chicken with mushrooms.

- Green salad with avocado, sunflower seeds, and poached egg.
- Cauliflower soup with chickpeas.

Source: <https://www.epicurious.com/recipes-menus/healthy-detox-recipes-gallery>

INTENTION AND LIFESTYLE RECOMMENDATIONS

- Establish a meal schedule.
- Prioritize self-care.
- Feeding all the senses sight (colors, observation of things we like or landscapes), hearing (music, accepting compliments) taste (food with pleasant flavor), touch (giving and receiving affection, hugs, massage).
- Exercise every day.
- Use natural, toxin-free cleaning products.
- Be in contact with nature
- Find a hobby you like
- Make art and craft