

# Cura Essentials Healthy Eating Guide

Below are the foods that you may enjoy throughout your detox, as well as those that are best avoided. Please consult with your Practitioner if there are any foods that you wish to eat but are not included in any of the lists.



## Protein

**Enjoy:** 1 palm-sized portion per meal, unless otherwise specified. Choose organic where possible.

- Chicken
- Beef
- Eggs
- Fresh fish (max. 3-4 servings/week) excluding those in the "Avoid" list. Calamari may be enjoyed as part of the fresh fish intake.
- Kangaroo
- Tempeh (Consume roughly two-palm-sized portions per meal)
- Tofu (Consume roughly two-palm-sized portions per meal)
- Turkey

### Avoid:

- All mince (unless made at home using meat from the "Enjoy" list).
- Duck
- Fish susceptible to higher heavy metal content such as tuna, king mackerel, marlin, swordfish, and shark.
- Lamb
- Pork
- Sausages
- Shellfish including prawns, oysters, mussels, crab. Cured/smoked meats and deli meats, i.e. smoked salmon, salami, ham, and so on. These foods are high in nitrates and are best avoided during detox.
- Tinned meat and fish
- Veal



## Nuts and Seeds

**Enjoy:** 1 small handful of raw, natural nuts may be consumed daily. Choose organic where possible. Nut spreads of these nuts and seeds are also appropriate. Limit to 1-2 tablespoons per day.

- Almonds
- Brazil Nuts
- Chia seeds
- Coconut
- Hazelnuts
- Linseeds/flaxseeds
- Macadamia nuts
- Pecans
- Pepitas
- Pine nuts
- Sesame seeds
- Sunflower seeds
- Walnuts

### Avoid:

- Peanuts (including peanut butter)
- Roasted and/or salted nuts



## Beans and Legumes

**Enjoy:** Limit to 1-2 servings per day. 1 serving = 30g cooked. Choose organic where possible.

- Alfalfa sprouts
- Azuki beans (adzuki)
- Broad beans
- Bean sprouts
- Black beans
- Borlotti beans
- Butter beans
- Peas or garbanzos
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Split

### Avoid:

- Flavoured and salted canned beans or those with additives, and preservatives. Canned food products are often combined with additives and preservatives to prolong shelf life. Cans themselves are also a common source of other chemicals such as Bisphenol-A (BPA) known to have adverse effects on health.



## Vegetables

**Enjoy:** Minimum of 4 handfuls of salad and 3 handfuls of vegetables per day. Choose organic where possible.

- All fresh vegetables
- Homemade or organic fermented vegetables such as kimchi and sauerkraut

### Avoid:

- Canned, dried/dehydrated, frozen and/or pickled vegetables



## Fruits

**Enjoy:** Limit to 3 servings daily due to high sugar content. 1 serving = 1 piece or 1 handful of chopped fruit. Choose organic where possible.

- All fresh fruits
- Fruits dehydrated at home without additives are permitted. If choosing frozen fruit, choose organic with NO additives.

### Avoid:

- Canned fruit due to added sugar and preservatives.
- Crystallized/candied fruit
- Dried fruit due to high sulphite content.



## Dairy/Dairy Substitutes

**Enjoy:** *Some individuals are sensitive to these products and they may therefore not be appropriate as part of the detox program. Consult with your Practitioner first for suitability.*

- Goat's milk products
- Organic, unsweetened nut milk
- Organic, unsweetened rice milk
- Organic, unsweetened soy milk
- Plain coconut yoghurt
- Sheep's milk products

**Avoid:**

- All dairy products made from cow's milk including milk, yoghurt, cheese, ice cream



## Grains/Grain Alternatives

**Enjoy:**

- Almond meal
- Amaranth
- Brown rice
- Buckwheat
- Coconut flour
- Corn
- Gluten-free flour
- Gluten-free natural rice cakes (as snack option only)
- Gluten-free natural rice crackers (as snack option only)
- Hazelnut meal
- Lupin
- Millet
- Polenta
- Quinoa
- Red rice
- Wild rice

**Avoid:** *All grains that contain gluten. Avoid processed wheat/gluten-containing grain products (i.e. refined white or wholemeal bread, wheat crackers/biscuits, and others)*

- Barley
- Oats (steel cut may be okay)
- Rye
- Spelt
- Triticale
- Wheat



## Oils

**Enjoy:** *Use cold pressed, organic oils where possible.*

- Coconut oil
- Flaxseed oil
- Macadamia oil
- Olive oil
- Rice bran oil
- Sesame oil
- Walnut oil
- Ghee

**Avoid:**

- Butter
- Canola oil
- Duck fat
- Fried foods
- Margarine
- Peanut oil
- Vegetable oil



## Dressings, Condiments, Sweeteners and Seasonings

**Enjoy:**

- All herbs and spices
- Garlic
- Homemade dressings and sauces
- Homemade dips and spreads (i.e. guacamole, hummus, tahini, and the like)
- Lemon juice
- Organic tamari
- Salt – Celtic, sea or Himalayan
- Stevia and sucralose

**Avoid:**

- Additives (i.e. MSG)
- Artificial colours
- Preservatives
- Sugar, honey, coconut sugar, rich bran syrup
- Aspartame, saccharine
- Commercially-made sauces and condiments
- Spice/Herb blends containing added salts, sugars, and artificial ingredients
- Wasabi



## Beverages

**Enjoy:** *Consume 2-3 litres of pure water daily. Choose organic where possible.*

- Herbal tea, green tea – not sweetened or flavoured.
- Juices made from fresh fruit and vegetables
- Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, and the like)
- Unflavoured sparkling mineral water

**Avoid:**

- Alcohol
- Black tea
- Caffeinated softdrinks
- Coffee
- Fruit drinks and cordials
- Reconstituted fruit juice
- Soft drink/carbonated beverages

**Additional Practitioner recommendations:**

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