

Transition Foods:

Making the Detox-Lifestyle a breeze



The below table lists common toxic and non-ideal mainstream foods on the left and their higher-quality upgrades on the right. Although the transition foods on the right are not health generators per se, they are less toxic alternatives to make this lifestyle enjoyable and doable, in the long term. Some people use these foods in the beginning of their transition to get them moving in the right direction, and others use these throughout their lifetime. How you decide to utilise these transition foods depends on your current state of health and your long-term health goals.

This is a great resource to take with you when you go grocery shopping or out on the town. Refer to it often, and update it regularly as new healthy items hit the shelves!

MAINSTREAM FOOD	TRANSITION FOOD
White bread; white-flour bagels	Whole-wheat or sprouted-grain bread and bagels (Sol Breads, Essene bread or Ezekial 4:9 are great options)
Mainstream cookies	Freedom foods, Norganic, Orgran, raw goodie balls, or any raw treats you can find at your local health food stores
Mainstream chips	Guiltless Gourmet, Freedom Foods, or Absolute Organic or Thomas Chipman Organic Beetroot chips
Protein or energy bars	Dried fruit and nut bars, such as Emma & Tom's
Peanut butter	Any organic and natural nut butter, except peanut
Mainstream microwave popcorn	Absolute Organic Naked popcorn
White-flour pancakes with processed syrup	Whole-grain or sprouted-grain pancakes with all-natural maple syrup
White pasta with butter or marinara	Whole-wheat, spelt, buckwheat, or quinoa pasta with organic butter or organic tomato pasta sauce (Spiral Organics is my favourite option)
Mainstream pizza	Homemade pizza on sprouted grain or whole wheat pizza crust with marinara sauce, any tapenade you can find, and all the veggies you love. Add raw goat cheese if desired!
Hamburgers	Marinated portobello mushroom burger with sprouted-grain buns, or Sunshine Vegetable Burgers (avoid any soy-based veggie burgers)
Mainstream ketchup and mustard	Organic ketchup and mustard
Mainstream cooking oils	Small amounts of organic butter, or coconut oil/butter
Mainstream canned soup	Organic soups (Pitango brand is great and easy to find in supermarkets)
Cow's milk; soy milk	Goat's milk, nut milk (Pacific Brand), coconut water, coconut milk
Mainstream yogurt	Goat's milk yogurt, coconut yoghurt (Coyo brand or homemade)
Mainstream ice cream	Goat's milk ice cream, coconut ice cream (Cocoluscious and Spoil Me Raw)
Pasteurised juice	Unpasteurised natural juice, or pasteurised juice with no added ingredients (such as sugar!)