

Detox Food List

The main focus of the Gabriel Method Detox is on liquid cleansing: juices, soup broth, and detoxifying shakes. But if you feel like you're excessively hungry and need to eat something, that's just fine. Below is a list of easy-to-find highly detoxifying foods that you can use as a backup, in case your liquid cleanse is feeling like it's too much.

Omega-3 Shake



Flax or chia seeds ground up and mixed with water are a part of the cleansing schedule, but you can feel free to add them in as needed, up to 15 grams at a time to curb your hunger and to "fill you up."

Young Coconut



Young coconuts are extremely rich in electrolytes, and the young coconut meat is rich in the anti-fungal/anti-bacterial lauric and caprylic acids. You can find these at Asian grocers or specialty health food stores. Both the water and the meat can be eaten.

Blended Raw Soup (chilled)

Some people feel that they just have to eat something with a thicker consistency, and a raw blended soup can be a great option. Tomato is a great base for the soup, and adding in some salt, celery, bell pepper, vinegar and lemon, you get a creamy gazpacho-like raw soup that you can eat with a spoon. Get creative! Other ingredients you might add include avocado, carrot, or zucchini.



Raw Veggies

Sometimes you might feel like you just need to chew something.

If that's the case, cucumber sticks, celery sticks, and bell peppers are great snacks. They are water-dense, rich in minerals, and they are easy to digest leaving your body's resource free to focus on cleansing.



Salad w/Lemon Juice

If you're stuck in a situation where you need to eat out with friends, order a large vegetable salad, and squeeze some fresh lemon on it. Add salt and pepper to taste, and you've got a very simple meal that will give you a nice boost of fiber, micronutrients, and it'll digest very quickly and easily.



In many detox programs, self-deprivation is considered a must. This "no pain, no gain" mentality is rarely helpful, and in fact, your goal should be to find a healthy medium of balance. This is much more difficult and much more responsible long term. With that in mind, don't be shy about adding in some solid foods if you feel the need.