

Fat Loss Accelerator - Plant Toxicity Spectrum

(Note: Everyone is different when it comes to the the types of plants their bodies can tolerate. Feel free to experiment for yourself. For example, some people tolerate beans or broccoli just fine. A variety of plants are included in the FLA Meal Plan.)
Just remember that plants don't want to be eaten. Hence, the varying levels of toxicity. :)

Least Toxic

Avocados
Berries
Squash (without the seeds and skin)
Zucchini (without the seeds and skin)
Cucumbers (without the seeds and skin)
Sweet fruit (apples, oranges, mangos, bananas, etc.)
Olives
Dates
Honey (must be raw, organic, and unpasteurized)

Medium Toxic

White rice (DON'T EAT brown rice)
Roots/tubers (sweet potato, carrots, etc.)
Fermented vegetables (sauerkraut, kimchi, pickles, etc.)

Most Toxic

ALL refined grains and processed sugar
ALL artificial sweeteners (splenda, sweet n' low, aspartame, etc.)
ALL industrial seed oils (canola, soybean, sunflower, etc.)
Seed (chia, flax, pumpkin, etc.)
Kale
Spinach
Lettuce
Cauliflower
Broccoli
Brussels sprouts
Cabbage
Bok Choy
Watercress
Asparagus
Mushrooms
Brown rice
Nuts (almond, cashew, walnut, etc.)
Legumes
Peanuts
Nightshade (tomato, eggplant, peppers, etc.)
Grains (oats, quinoa, wheat, etc.)