

True Cellular Detox™ Pyramid

Make the 3 Exchanges:

- 1. Grains:** Exchange grains for ancient grains (see menu plan for more info on grains)
- 2. Sugars:** Exchange processed sugars and artificial sweeteners for natural sweeteners and stevia
- 3. Fats:** Exchange toxic oils and choose healthy fats

Choose

- Organic, local, non-GMO foods
- Organic herbs & spices for extra flavor

Beverages

- Filtered water
- Organic coffee & tea
- Kombucha
- Organic wine (optional in limited quantity)



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