LOW LECTIN LIVER DETOX DIET

Leaky Gut Healing Protocol — Larrea Naturopathic Medicine / Tecaya Health

Overview: This protocol focuses on avoiding foods high in lectins and compounds believed to damage the intestinal barrier and promote inflammation — supporting liver detoxification and gut healing simultaneously.

Timeline: The diet works best when used temporarily during gut repair rather than indefinitely. Most people experience **10–15 lbs of weight loss in 2–3 months.** Start with the strictest version and reintroduce foods carefully as symptoms improve.

FOODS TO AVOID

Grains

Nearly all grains are eliminated — they contain lectins, gluten, and proteins that irritate the intestinal lining and increase gut permeability.

- Wheat, barley, rye, oats
- Corn and corn products
- Quinoa, buckwheat, millet, sorghum
- Rice (occasional small amounts of white rice only)

Beans & Legumes

Among the highest lectin concentrations in any food group.

- Kidney beans, black beans, pinto beans
- Lentils, chickpeas
- Soybeans and all soy products
- Peanuts

Exception: Pressure-cooked beans — pressure cooking destroys most lectins.

Nightshade Vegetables

Contain lectins and alkaloids that worsen inflammation and autoimmune conditions — especially during the initial healing phase.

- Tomatoes
- White and red potatoes
- Eggplant
- Bell peppers, chili peppers, paprika
- Goji berries, tomatillos
- Ashwagandha herb

Conventional Dairy (A1 Casein)

Most dairy avoided due to A1 casein protein and lactose irritation.

- Cow's milk
- Most conventional cheeses
- Ice cream, yogurt from conventional dairy

Sometimes allowed: Goat milk, sheep milk, A2 dairy, certain aged cheeses.

Industrial Seed Oils

Pro-inflammatory and damaging to gut membranes.

- Canola, soybean, corn, cottonseed oils
- Sunflower oil, vegetable oil blends
- Margarine

High-Sugar Foods

Excess sugar feeds dysbiotic bacteria and yeast.

- Candy, soda, fruit juice
- Refined sugar, high-fructose corn syrup, agave
- Many high-sugar fruits

Processed Foods

Additives that disrupt the microbiome.

- Packaged snacks, fast food
- Processed meats with additives
- Artificial sweeteners
- MSG and chemical flavor enhancers

Certain Nuts & Seeds

Some contain lectins or mold risk.

- Peanuts (a legume, not a true nut)
- Cashews
- Pumpkin seeds, sunflower seeds

Preferred: Macadamia nuts, walnuts, pistachios.

Lectin-Rich or Unripe Fruits

Some fruits contain lectins in skins or seeds.

- Underripe bananas
- Cucumbers with seeds
- Squash with seeds
- Fruit skins and seeds when lectin-dense

Rotation Highlights

This plan improves on many gut/liver protocols by intentionally rotating:

- Seafood variety: salmon, cod, halibut, scallops, shrimp, sardines
- Prebiotic diversity: artichokes, fennel, leeks, onions
- Polyphenol sources: cacao, berries, olive oil
- Butyrate support: fiber + healthy fats

14-DAY MEAL PLAN — DAYS 1 THROUGH 7

DAY 1

Breakfast
Avocado bowl with hemp seeds, coconut yogurt, and blueberries

Lunch
Wild salmon salad with mixed greens, cucumber, avocado, olives, and olive oil lemon dressing

Dinner
Pastured chicken thighs roasted with garlic, asparagus, and mushrooms

Snacks
Macadamia nuts · Olives · Coconut yogurt with cinnamon

DAY 2

Breakfast
Pasture-raised eggs scrambled with spinach, onions, and avocado

Lunch
Sardine salad with arugula, artichoke hearts, capers, olive oil, and lemon

Dinner
Grass-fed lamb chops with roasted Brussels sprouts and cauliflower mash (olive oil and garlic)

Snacks
Walnuts · Fermented sauerkraut · Sliced cucumber with guacamole

DAY 3

Breakfast
Coconut yogurt parfait with chopped macadamias, chia seeds, and raspberries

Lunch
Large salad with grilled shrimp, avocado, radishes, cucumbers, and olive oil dressing

Dinner
Wild cod baked with herbs, served with sautéed broccoli and garlic

Snacks
Avocado with sea salt · Green apple slices with macadamia butter · Olives

DAY 4

Breakfast
Smoothie: coconut milk, avocado, spinach, collagen peptides, blueberries, cinnamon

Lunch
Turkey lettuce wraps with avocado, cucumber, fermented vegetables, and olive oil

Dinner
Grass-fed steak with sautéed mushrooms, onions, and roasted cauliflower

Snacks
Pistachios · Coconut yogurt · Artichoke hearts

DAY 5

Breakfast
Egg and vegetable scramble with mushrooms, kale, and onions

Lunch
Mediterranean bowl: wild tuna, avocado, olives, cucumber, arugula, olive oil

Dinner
Pastured chicken soup with celery, onions, cabbage, and herbs (bone broth base)

Snacks
Macadamia nuts · Fermented pickles · Small bowl of berries

DAY 6

Breakfast
Coconut yogurt with hemp seeds, cinnamon, and blackberries

Lunch
Grilled salmon over arugula salad with avocado, radishes, and olive oil

Dinner
Slow-cooked lamb stew with turnips, celery, onions, and herbs

Snacks
Avocado slices · Walnuts · Sauerkraut

DAY 7

Breakfast
Pasture-raised eggs with sautéed spinach, garlic, and avocado

Lunch
Chicken salad with olive oil mayo, celery, herbs, and lettuce cups

Dinner
Wild shrimp stir-fry with broccoli, bok choy, mushrooms, and coconut aminos

Snacks
Coconut yogurt · Macadamia nuts · Cucumber slices with tahini

14-DAY MEAL PLAN — DAYS 8 THROUGH 14

DAY 8

Breakfast
Chia pudding: coconut milk, chia seeds, cinnamon, crushed walnuts, blackberries

Lunch
Grilled chicken salad with arugula, fennel, olives, avocado, olive oil and lemon

Dinner
Wild halibut with sautéed Swiss chard, garlic, and artichoke hearts

Snacks
Macadamia nuts · Coconut yogurt · Olives

DAY 9

Breakfast
Avocado "boats" filled with pasture-raised eggs and herbs

Lunch
Shrimp and avocado bowl with cucumber, radish, dill, olive oil

Dinner
Grass-fed beef stir-fry with broccoli, bok choy, mushrooms, coconut aminos

Snacks
Sauerkraut · Walnuts · Cucumber with tahini

DAY 10

Breakfast
Smoothie: coconut milk, spinach, avocado, collagen, raspberries, cacao

Lunch
Wild salmon nori wraps with avocado, cucumber, and sesame

Dinner
Roasted pastured chicken with fennel, onions, and roasted cauliflower

Snacks
Pistachios · Green apple slices with macadamia butter · Fermented vegetables

DAY 11

Breakfast
Coconut yogurt with hemp seeds, cinnamon, and blueberries

Lunch
Mediterranean lamb salad with arugula, olives, cucumber, olive oil

Dinner
Seared scallops with sautéed spinach, garlic, and leeks

Snacks
Avocado slices · Artichoke hearts · Walnuts

DAY 12

Breakfast
Egg scramble with kale, mushrooms, onions, and avocado

Lunch
Sardines over mixed greens with olive oil, lemon, and capers

Dinner
Turkey meatballs (no breadcrumbs) with zucchini noodles and pesto (sheep cheese optional)

Snacks
Coconut yogurt · Macadamia nuts · Olives

DAY 13

Breakfast
Green smoothie: coconut milk, avocado, spinach, cinnamon, collagen

Lunch
Chicken and avocado lettuce wraps with fermented veggies and olive oil drizzle

Dinner
Wild cod with roasted Brussels sprouts and garlic cauliflower mash

Snacks
Sauerkraut · Pistachios · Cucumber slices

DAY 14

Breakfast
Chia and hemp porridge: warm coconut milk, cinnamon, crushed macadamias

Lunch
Grilled shrimp salad with arugula, fennel, olives, and avocado

Dinner
Grass-fed steak with sautéed mushrooms, onions, and steamed broccoli

Snacks
Coconut yogurt · Walnuts · Dark chocolate 85%+ (small amount)

Heal the gut. Support the liver. Reset the system.

This protocol works best when followed consistently for 2–3 months. Results include reduced inflammation, improved digestion, clearer skin, better energy, and meaningful weight loss. Reintroduce foods slowly and monitor your response.