

FREE PRINTABLE GUIDE

# Heavy Metal Detox Grocery List + Meal Pairings

*A printable guide. The exact foods that bind, mobilize, and escort heavy metals out. Plus 7 ready-to-make meals using only foods on this list.*

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by **Andrea** at **TheWellthieOne**

Based on the Klinghardt 5-step detox sequence and Pompa cellular detox framework, adapted into a practical kitchen guide.

**TheWellthieOne.com**

*Educational guide. Talk to a functional medicine practitioner before starting active detox if you have a serious medical condition.*

## Foods That Move Mercury and Aluminum

Mercury comes from dental amalgams, large fish, and atmospheric fallout. Aluminum from cookware, antiperspirant, and vaccines. These foods mobilize and bind both for excretion.

### MERCURY MOVERS

*These bind and escort mercury out. Eat daily during active detox.*

FOOD	WHY IT WORKS	HOW TO USE
<b>Cilantro (fresh)</b>	Mobilizes intracellular mercury	<i>Pesto, smoothies, chimichurri</i>
<b>Wild blueberries</b>	Pulls mercury from brain tissue, antioxidants	<i>Smoothies, oatmeal topper</i>
<b>Chlorella (broken cell wall)</b>	Binds mercury in gut so it doesn't recirculate	<i>Capsules 30 min before meals</i>
<b>Atlantic dulse seaweed</b>	Sponges mercury from deep tissue	<i>Salads, snacks, soup</i>

### ALUMINUM PULLERS

*Aluminum is the second most common toxic load. These move it.*

FOOD	WHY IT WORKS	HOW TO USE
<b>Spirulina</b>	Binds aluminum, supplies bioavailable iron	<i>Smoothies, 1 tsp daily build up</i>
<b>Lemon water</b>	Citrate chelates aluminum	<i>First 16 oz on waking with raw lemon</i>
<b>Silica (cucumber, horsetail tea)</b>	Binds aluminum in blood	<i>Cucumber slices in water</i>
<b>Fresh ginger root</b>	Activates Phase 1 + 2 liver detox enzymes	<i>Tea, stir-fry, juicing</i>

# Foods That Move Lead and Cadmium

Lead stores in bone and re-releases under stress. Cadmium from cigarette smoke and water pipes.  
Different strategies for each metal.

## LEAD BINDERS

Lead stores in bone. These create the conditions to release and bind it.

FOOD	WHY IT WORKS	HOW TO USE
<b>Garlic (raw, crushed)</b>	Allicin binds lead, antimicrobial	Crushed raw, let sit 10 min before eating
<b>Pectin (apple, citrus peel)</b>	Binds lead in gut	Apple a day, citrus peel zest in cooking
<b>Brazil nuts (2 per day)</b>	Selenium offsets lead damage	Whole, raw, 2 max daily
<b>Beets + beet greens</b>	Betalains support liver, beet greens iron blocks lead absorption	Roasted, grated raw on salads

## CADMIUM CLEARERS

Cadmium is in cigarette smoke residue and some shellfish.

FOOD	WHY IT WORKS	HOW TO USE
<b>Zinc-rich foods (pumpkin seeds, oysters)</b>	Zinc competes with cadmium absorption	1/4 cup pumpkin seeds daily
<b>Vitamin C-rich foods (camu camu, kiwi, peppers)</b>	Reduces cadmium absorption, supports glutathione	Fresh fruit + raw peppers
<b>Quercetin foods (red onion, capers, apples)</b>	Protects kidneys from cadmium damage	Red onion in salads

# Liver Detox Support Foods

Heavy metals don't leave on their own. They have to be processed by the liver in two phases, then escorted out via bile. Skip any of these and metals just recirculate.

## PHASE 1 LIVER SUPPORT

Phase 1 makes toxins **MORE** reactive on their way to elimination. Need antioxidants alongside.

FOOD	WHY IT WORKS	HOW TO USE
<b>Cruciferous vegetables (broccoli, kale, cabbage)</b>	Indole-3-carbinol upregulates Phase 1	Lightly steamed, daily
<b>Beets</b>	Methyl donors for Phase 1 prep	Roasted with rosemary
<b>Turmeric + black pepper</b>	Curcumin boosts Phase 1 efficiency	Golden milk, curry

## PHASE 2 CONJUGATION

Phase 2 attaches a molecule to the activated toxin to neutralize it. Critical for safe excretion.

FOOD	WHY IT WORKS	HOW TO USE
<b>Eggs (pasture-raised yolk)</b>	Choline, sulfur amino acids for methylation	2-3 daily during detox
<b>Onions, garlic, leeks</b>	Sulfur compounds for glutathione synthesis	Raw or cooked, daily
<b>Cruciferous (again)</b>	Glucosinolates fuel glutathione	Steamed broccoli, raw cabbage
<b>Whey or grass-fed protein</b>	Cysteine for glutathione production	20-30g protein per meal

## BILE FLOW BOOSTERS

Bile is the trash bag that carries toxins out. Sluggish bile equals reabsorbed toxins.

FOOD	WHY IT WORKS	HOW TO USE
<b>Bitter greens (arugula, dandelion, radicchio)</b>	Bitter receptors stimulate bile release	Salad before main meal
<b>Beets</b>	Cholagogue (bile mover)	Daily small portion
<b>Artichoke</b>	Cynarin increases bile production	Steamed with lemon
<b>Castor oil packs (topical)</b>	Stimulates lymph + bile from outside	Over liver 30 min daily

## AVOID THESE

# Pause These Foods For 3-4 Weeks

During active heavy metal detox, these foods either add to toxic load or block the pathways you need open. Pause them for the duration.

## AVOID DURING DETOX

*These slow detox or add to toxic load. Pause for 3-4 weeks minimum.*

FOOD	WHY IT WORKS	HOW TO USE
<b>Tuna, swordfish, shark, large fish</b>	Highest mercury concentration	<i>Replace with wild salmon, sardines</i>
<b>Aluminum cookware + foil</b>	Leaches aluminum into food	<i>Use stainless steel, glass, cast iron</i>
<b>Conventional dairy</b>	Reduced glutathione, may carry hormones	<i>Pause or use sheep/goat sources</i>
<b>Alcohol</b>	Depletes glutathione, blocks Phase 2	<i>Pause completely</i>
<b>Processed seed oils (canola, corn, soy)</b>	Oxidative damage, blocks repair	<i>Use olive, coconut, avocado oil</i>
<b>High-sugar foods</b>	Feeds fungal overgrowth, blocks zinc	<i>Berries and stone fruit only</i>

# Ready-to-Make Meals Using This List

Every meal below uses only foods from the grocery list. Rotate through these for a week and you have built-in detox support.

## BREAKFAST

### Detox Smoothie Bowl

1 frozen banana + 1 cup wild blueberries + 1 tsp chlorella + handful cilantro + coconut milk + collagen scoop. Top with pumpkin seeds + Brazil nut.

## BREAKFAST

### Eggs Liver Plate

3 pasture eggs scrambled with garlic, spinach, and leek. Side of steamed broccoli with olive oil. Glass of lemon water.

## LUNCH

### Mercury Mover Salad

Mixed greens + grated beet + raw red onion + cucumber + roasted wild salmon + chimichurri (cilantro pesto). Lemon olive oil dressing.

## LUNCH

### Liver Soup

Bone broth base + kale + cabbage + carrot + turmeric + ginger + garlic + cilantro. Topped with sea salt and lemon.

## SNACK

### Detox Crackers Plate

Flax crackers + 2 Brazil nuts + sliced cucumber + zaatar olive oil dip + dulse flakes.

## DINNER

### Phase 2 Stir Fry

Wild salmon + broccoli + bok choy + onion + ginger + garlic + tamari + sesame. Side of cauliflower rice.

## DINNER

### Detox Roast

Roasted beets + dandelion greens + lemony quinoa + grass-fed chicken thigh + raw sauerkraut. Castor oil pack after.

*Want to know which metals are likely your biggest load?*

Use the free **Toxic Load Tool** at [TheWellthieOne.com/quiz](https://TheWellthieOne.com/quiz)

90 seconds, no email required to see your result. Personalized protocol delivered to your inbox.

**TheWellthieOne.com**

*Andrea Ellis is not a physician. This guide reflects personal experience and the Klinghardt and Pompa detox frameworks. Talk to a functional medicine practitioner before starting active detox.*