



12-Day Parasite Cleanse Meal Plan

Foreword

Welcome to the 12-Day Parasite Cleanse Meal Plan! This plan is designed to support your body's natural detoxification processes while nourishing your gut, balancing hormones, and maintaining energy levels.

Parasites and gut imbalances can contribute to digestive issues, fatigue, cravings, and inflammation. By following this structured meal plan, you will be providing your body with anti-parasitic, nutrient-dense foods that help cleanse and restore balance.

This is not a restrictive diet. It is a nourishing approach to support your body's ability to heal. Expect to eat whole foods, lots of herbs and spices, and protein-rich meals that help eliminate unwanted pathogens while strengthening your immune system.

To maximize results, make sure to follow the guidelines outlined below.

Meal Plan Rules & Guidelines

Carbohydrate Rule

For optimal gut support and to prevent blood sugar spikes, starchy carbohydrates are included only at specific times:

Days 1-4: Starchy carbohydrates (e.g., fruit, root vegetables, or grains) are allowed at breakfast and dinner.

Days 5-12: Starchy carbohydrates are allowed only at breakfast.

Pumpkin Seeds, Flax Seeds & Psyllium Husk

To support gut health and aid in parasite elimination, include the following daily:

- Pumpkin seeds: ½ cup per day (rich in anti-parasitic compounds and zinc).
- Flax seeds OR Psyllium husk: 2 tbsp per day (fiber to support gut motility).

Alternate between psyllium husk and flaxseeds every few days for variety.

Hydration & Herbal Teas

Proper hydration is essential for detoxification. Drink at least 2-3 liters of water daily.

Herbal teas can further support the process:

- Ginger tea (anti-inflammatory, digestion support)
- Peppermint tea (soothes digestion, relieves bloating)
- Dandelion Root tea (liver supporting properties)
- Fennel tea (supports gut health, reduces bloating)



Cooking Preferences & Digestion Support

- Days 1-7: Prioritize cooked vegetables for easier digestion.
- Days 8-12: Gradually introduce raw vegetables, but cooked remains the preferred option.

All recipes are for one person. Dinner portions serve two, with the second serving intended for lunch the next day.

Meal Plan

Day 1

Breakfast: Coconut & Cinnamon Oatmeal Bowl

- ½ cup rolled oats
- 1 cup almond or oat milk
- ½ cup pumpkin seeds
- 2 tbsp flaxseeds
- 1 tsp ground cinnamon
- ½ tsp ground turmeric
- 1 tbsp unsweetened coconut flakes (optional)
- 1 cup mixed berries
- 1 tsp nut butter
- Honey or maple syrup (optional)
- 1. In a saucepan, combine oats and milk. Simmer for 5 minutes.
- 2. Stir in cinnamon and turmeric.
- 3. Remove from heat and add flaxseeds and pumpkin seeds.
- 4. Top with nut butter, berries and coconut flakes, drizzle with honey if desired.

Lunch: Spiced Beef & Cauliflower Rice Stir-Fry

- 150g ground beef
- 1 tbsp ghee
- 1 clove garlic, minced
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp ground coriander
- 1 cup cauliflower rice
- 1 cup sautéed spinach (1 cup measured raw)
- ½ tbsp fresh parsley, chopped (for garnish)
- Salt & black pepper to taste
- 1. Heat olive oil in a pan over medium heat. Add garlic, cumin, paprika, coriander, and sauté for 1 minute.
- 2. Add ground beef, cook until browned (~8-10 minutes), stirring occasionally.
- 3. Steam cauliflower rice & sauté spinach in a separate pan.



- 4. Garnish with fresh parsley before serving.

Dinner: Ginger-Turmeric Chicken & Roasted Root Vegetables

- 3-4 boneless, skinless chicken thighs (150-200g per serving)
- 1.5 tbsp olive oil
- 1 tbsp fresh ginger, grated
- 1 tsp ground turmeric
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1.5 cups diced pumpkin
- 1.5 cups diced carrots
- 1.5 cups diced parsnips
- 1 tbsp coconut oil, melted
- Salt & black pepper to taste
- 2 cups steamed kale or spinach (2 cups are measured raw)
- 1 tsp apple cider vinegar
- 1. Preheat oven to 400°F (200°C).
- 2. Mix olive oil, ginger, turmeric, garlic, and thyme for marinade.
- 3. Toss diced vegetables with coconut oil and season.
- 4. Arrange chicken and veggies on a baking sheet. Roast for 25-30 minutes.
- 5. Steam kale or spinach and drizzle with apple cider vinegar before serving.

Day 2

Breakfast: Green Smoothie Bowl

- 1 cup coconut water
- ½ cup pumpkin seeds
- 2 tbsp psyllium husk
- 1 cup spinach
- ½ avocado
- 1 tsp nut butter
- 1 frozen banana
- ½ tsp cinnamon
- 1 tbsp coconut flakes
- 1 scoop protein powder (whey or plant based)
- 1. Blend all ingredients until smooth.
- 2. Pour into a bowl and top with coconut flakes.

Lunch: (Leftovers from Dinner)

Dinner: Lemon Herb Salmon & Steamed Greens

- 2 salmon fillets (~150-200g per serving)



- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp paprika
- ½ tsp cumin
- Juice of 1 lemon
- 1 tsp lemon zest
- 2 cups steamed broccoli & zucchini
- 1 tsp apple cider vinegar
- Salt & black pepper to taste
- 1. Preheat oven to 375°F (190°C).
- 2. Mix olive oil, garlic, oregano, paprika, cumin, lemon juice, and zest.
- 3. Coat salmon and let marinate for 10 minutes.
- 4. Bake for 15-18 minutes.
- 5. Steam vegetables and drizzle with apple cider vinegar before serving.

Day 3

Breakfast: Chia-Flax Pudding with Berries

- 1 cup almond, cashew or oat milk
- 2 tbsp chia seeds
- 2 tbsp flaxseeds
- ½ cup pumpkin seeds
- ½ tsp vanilla extract
- ½ tsp cinnamon
- 1 cup mixed berries
- 1 tbsp coconut flakes
- 1 scoop protein powder (whey or plant based)
- 1. Mix chia seeds, flaxseeds, protein powder, and milk in a jar.
- 2. Refrigerate overnight.
- 3. Stir in vanilla and cinnamon before serving. Top with berries and coconut flakes.

Lunch: (Leftovers from Dinner)

Dinner: Coconut Curry Chicken & Veggies

- 4 boneless, skinless chicken thighs (~150-200g per serving)
- 1 tbsp coconut oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp paprika



- 1 can (400ml) coconut milk
- 1 cup carrots, chopped
- 1 cup zucchini, chopped
- 1 cup green beans, chopped
- ½ cup fresh cilantro, chopped
- Juice of ½ lime
- Salt & black pepper to taste
- 1. Heat coconut oil and sauté garlic, ginger, and spices for 1 minute.
- 2. Add chicken and brown on both sides.
- 3. Pour in coconut milk, add vegetables, and simmer for 20-25 minutes.
- 4. Stir in lime juice and garnish with cilantro before serving.

Day 4

Breakfast: Scrambled Eggs & Avocado Toast

- 2-3 eggs
- ½ avocado, mashed
- 1 slice gluten-free bread
- ½ cup pumpkin seeds
- ½ tsp turmeric
- ½ tsp smoked paprika
- 1 tsp butter
- Salt & black pepper to taste
- 1. Heat butter in a pan over medium heat.
- 2. Whisk eggs with turmeric, paprika, salt & black pepper.
- 3. Scramble eggs gently for 3 minutes until just set.
- 4. Toast bread, spread mashed avocado on top, and serve with scrambled eggs.
- 5. Sprinkle pumpkin seeds on the side or on top or eat them as a snack.

Lunch: (Leftovers from Dinner)

Dinner: Rosemary-Garlic Lamb & Roasted Vegetables

- 5-6 lamb chops (~150-200g per serving)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- 1 tsp ground cumin
- ½ tsp smoked paprika
- 1.5 cups diced pumpkin
- 1.5 cups diced Brussels sprouts
- 1 tbsp coconut oil, melted
- Salt & black pepper to taste
- 1. Preheat oven to 400°F (200°C).



- 2. Mix olive oil, garlic, rosemary, cumin & paprika. Coat lamb and marinate for 10 minutes.
- 3. Toss diced pumpkin & Brussels sprouts in coconut oil and season with salt & pepper.
- 4. Roast veggies for 25-30 minutes, flipping halfway.
- 5. Sear lamb chops in a pan for 3-4 minutes per side.
- 6. Serve half for dinner, store half for lunch tomorrow.

Day 5

Breakfast: Pumpkin Seed & Psyllium Smoothie

- 1 cup coconut water
- ½ cup pumpkin seeds
- 2 tbsp psyllium husk
- 1 cup spinach
- ½ avocado
- 1 tsp nut butter
- 1 cup frozen or fresh berries
- ½ tsp cinnamon
- 1 tbsp coconut flakes (optional)
- 1 scoop protein powder (whey or plant based)
- 1. Blend all ingredients until smooth.
- 2. Pour into a bowl and top with coconut flakes.

Lunch: (Leftovers from Dinner)

Dinner: Spiced Beef & Roasted Vegetables

- 400 ground beef (~150-200g per serving)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground coriander
- ½ tsp chili flakes (optional)
- 1.5 cups diced pumpkin
- 1.5 cups diced cauliflower
- 1 tbsp coconut oil, melted
- 1 tbsp fresh parsley, chopped (for garnish)
- Salt & black pepper to taste
- 1. Preheat oven to 400°F (200°C).
- 2. Toss pumpkin & cauliflower in melted coconut oil, season with salt & pepper.
- 3. Roast veggies for 25 minutes, flipping halfway.
- 4. Heat olive oil in a pan over medium heat. Add garlic, cumin, paprika, coriander, and chili flakes.



- 5. Add ground beef and cook until browned (~8-10 minutes), stirring occasionally.
- 6. Serve half for dinner, store half for lunch tomorrow. Garnish with fresh parsley.

Day 6

Breakfast: Coconut-Turmeric Chia Pudding

- 1 cup coconut milk
- 2 tbsp chia seeds
- 2 tbsp flaxseeds
- ½ cup pumpkin seeds
- ½ tsp turmeric
- ½ tsp cinnamon
- ½ tsp vanilla extract
- ½ cup diced mango
- 1 tbsp coconut flakes
- 1. The night before, mix chia seeds, flaxseeds, and coconut milk in a jar.
- 2. Stir well and refrigerate overnight.
- 3. In the morning, stir again and top with pumpkin seeds, turmeric, cinnamon, vanilla, mango, and coconut flakes.

Lunch: (Leftovers from Dinner)

Dinner: Ginger-Garlic Chicken & Bok Choy

- 2 boneless, skinless chicken thighs (~150-200g per serving)
- 1 tbsp coconut oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tbsp tamari or coconut aminos
- ½ tsp black pepper
- 1 tsp sesame seeds
- 1.5 cups bok choy, chopped
- 1 cup green beans, trimmed
- 1 tsp apple cider vinegar
- ½ tsp chili flakes (optional)
- 1. Heat coconut oil in a pan over medium heat. Add garlic, ginger, and black pepper, sauté for 1 minute.
- 2. Add chicken thighs, sear for 3-4 minutes per side until golden brown.
- 3. Pour in tamari and cover the pan. Let simmer for 10 minutes, flipping once.
- 4. Steam bok choy & green beans for 5-7 minutes, then drizzle with apple cider vinegar.
- 5. Serve half for dinner, store half for lunch tomorrow. Sprinkle with sesame seeds before serving.



Day 7

Breakfast: Green Detox Smoothie

- 1 cup coconut water
- ½ cup pumpkin seeds
- 2 tbsp psyllium husk
- 1 frozen banana
- ½ avocado
- 1 tbsp nut butter (almond or cashew)
- ½ tsp cinnamon
- ½ tsp fresh ginger (grated)
- Ice cubes (optional)
- 1. Blend all ingredients until smooth. Adjust thickness with coconut water.
- 2. Pour into a glass and enjoy.

Lunch: (Leftovers from Dinner)

Dinner: Turmeric Lentil Soup with Carrot & Celery

- ½ cup dried lentils, rinsed
- 2 cups vegetable or bone broth
- 1 tbsp coconut oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric
- ½ tsp cumin
- ½ tsp paprika
- 1.5 cups carrots, diced
- 1 cup celery, chopped
- 1 tbsp fresh cilantro, chopped (for garnish)
- 1 tsp apple cider vinegar
- Salt & black pepper to taste
- 1. Heat coconut oil in a pot over medium heat. Add onion, garlic, and ginger, sauté for 3-4 minutes.
- 2. Stir in turmeric, cumin, and paprika, cooking for 1 minute until fragrant.
- 3. Add carrots, celery, and lentils, followed by broth. Bring to a boil, then reduce to a simmer.
- 4. Simmer for 25-30 minutes until lentils are soft and soup thickens.
- 5. Stir in apple cider vinegar, season with salt & black pepper.
- 6. Serve half for dinner, store half for lunch tomorrow. Garnish with cilantro.



Day 8

Breakfast: Scrambled Eggs & Avocado on Sourdough

- 2-3 eggs
- ½ avocado, mashed
- 1 slice gluten-free bread
- ½ cup pumpkin seeds
- ½ tsp turmeric
- ½ tsp smoked paprika
- 1 tsp butter
- Salt & black pepper to taste
- 1. Heat butter in a pan over medium heat.
- 2. Whisk eggs with turmeric, paprika, salt & black pepper.
- 3. Scramble eggs gently for 3 minutes until just set.
- 4. Toast bread, spread mashed avocado on top, and serve with scrambled eggs.
- 5. Sprinkle pumpkin seeds on the side or on top or eat them as a snack.

Lunch: (Leftovers from Dinner)

Dinner: Spiced Beef & Cauliflower Rice Stir-Fry

- 400g ground beef (150-200g per serving)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground coriander
- 1.5 cups cauliflower rice
- 1 cup sautéed spinach
- 1 tbsp fresh parsley, chopped (for garnish)
- Salt & black pepper to taste
- 1. Heat olive oil in a pan over medium heat. Add garlic, cumin, paprika, coriander, and sauté for 1 minute.
- 2. Add ground beef, cook until browned (~8-10 minutes), stirring occasionally.
- 3. Steam cauliflower rice & sauté spinach in a separate pan.
- 4. Serve half for dinner, store half for lunch tomorrow. Garnish with fresh parsley before serving.

Day 9

Breakfast: Pumpkin Seed & Psyllium Smoothie

- 1 cup coconut water
- ½ cup pumpkin seeds
- 2 tbsp psyllium husk



- 1 cup kale
- ½ avocado
- 1 tsp nut butter
- 1 cup frozen or fresh berries
- ½ tsp cinnamon
- 1 tbsp coconut flakes (optional)
- 1 scoop protein powder (whey or plant based)
- 1. Blend all ingredients until smooth.
- 2. Pour into a bowl and top with coconut flakes.

Lunch: (Leftovers from Dinner)

Dinner: Lemon Herb Sardines with Roasted Vegetables

- 4-5 whole sardines (~150-200g per serving)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp fresh thyme
- Juice of ½ lemon
- 1 tsp lemon zest
- 1.5 cups roasted zucchini & bell peppers
- 1 tbsp coconut oil (for roasting veggies)
- ½ tsp smoked paprika
- Salt & black pepper to taste
- 1. Preheat oven to 400°F (200°C).
- 2. Mix olive oil, garlic, thyme, lemon juice, zest, paprika, salt & black pepper. Coat sardines and let marinate for 10 minutes.
- 3. Roast veggies for 25 minutes, flipping halfway.
- 4. Grill or bake sardines at 375°F (190°C) for 12-15 minutes, until crispy.
- 5. Serve half for dinner, store half for lunch tomorrow.

Day 10

Breakfast: Chia-Flax Pudding with Cinnamon & Berries

- 1 cup almond, cashew or oat milk
- 2 tbsp chia seeds
- 2 tbsp flaxseeds
- ½ cup pumpkin seeds
- ½ tsp vanilla extract
- ½ tsp cinnamon
- 1 cup mixed berries
- 1 tbsp coconut flakes
- 1 scoop protein powder (whey or plant based)
- 1. Mix chia seeds, flaxseeds, protein powder, and milk in a jar.



- 2. Refrigerate overnight.
- 3. Stir in vanilla and cinnamon before serving. Top with berries and coconut flakes.

Lunch: (Leftovers from Dinner)

Dinner: Rosemary-Garlic Lamb & Roasted Vegetables

- 5-6 lamb chops (~150-200g per serving)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- 1 tsp ground cumin
- ½ tsp smoked paprika
- 1.5 cups diced pumpkin
- 1.5 cups diced Brussels sprouts
- 1 tbsp coconut oil, melted
- Salt & black pepper to taste
- 1. Preheat oven to 400°F (200°C).
- 2. Mix olive oil, garlic, rosemary, cumin & paprika. Coat lamb and marinate for 10 minutes.
- 3. Toss diced pumpkin & Brussels sprouts in coconut oil and season with salt & pepper.
- 4. Roast veggies for 25-30 minutes, flipping halfway.
- 5. Sear lamb chops in a pan for 3-4 minutes per side.
- 6. Serve half for dinner, store half for lunch tomorrow.

Day 11

Breakfast: Coconut & Cinnamon Oatmeal Bowl

- ½ cup rolled oats
- 1 cup almond or oat milk
- ½ cup pumpkin seeds
- 2 tbsp flaxseeds
- 1 tsp ground cinnamon
- ½ tsp ground turmeric
- 1 tbsp unsweetened coconut flakes (optional)
- 1 cup mixed berries
- 1 tsp nut butter
- Honey or maple syrup (optional)
- 1. In a saucepan, combine oats and milk. Simmer for 5 minutes.
- 2. Stir in cinnamon and turmeric.
- 3. Remove from heat and add flaxseeds and pumpkin seeds.
- 4. Top with nut butter, berries and coconut flakes, drizzle with honey if desired.



Lunch: (Leftovers from Dinner)

Dinner: Ginger-Garlic Trout with Roasted Vegetables

- 2 trout fillets (~150-200g per serving)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp tamari or coconut aminos
- ½ tsp black pepper
- 1.5 cups roasted zucchini & bell peppers
- 1 tbsp coconut oil (for roasting veggies)
- 1 tbsp fresh parsley, chopped (for garnish)
- Juice of ½ lemon
- 1. Preheat oven to 400°F (200°C).
- 2. Mix olive oil, garlic, ginger, tamari, black pepper & lemon juice. Coat trout fillets and marinate for 10 minutes.
- 3. Roast vegetables for 25 minutes, flipping halfway.
- 4. Bake trout at 375°F (190°C) for 12-15 minutes until flaky.
- 5. Serve half for dinner, store half for lunch tomorrow. Garnish with fresh parsley.

Day 12

Breakfast: Green Detox Smoothie

- 1 cup coconut water
- ½ cup pumpkin seeds
- 2 tbsp psyllium husk
- ½ frozen or fresh banana
- ½ cup frozen or fresh blueberries
- ½ avocado
- 1 tsp nut butter
- ½ tsp cinnamon
- ½ tsp fresh ginger (grated)
- 1. Blend all ingredients until smooth. Adjust thickness with coconut water.
- 2. Pour into a glass and enjoy.

Lunch: Leftovers from Dinner

Dinner: Spiced Beef & Roasted Root Vegetables

- 400g beef steak, sliced (150-200 per serving)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika



- ½ tsp ground coriander
- 1.5 cups diced carrots & parsnips
- 1 tbsp coconut oil (for roasting veggies)
- 1 tbsp fresh parsley, chopped (for garnish)
- Salt & black pepper to taste
- 1. Preheat oven to 400°F (200°C).
- 2. Toss carrots & parsnips in coconut oil, season with salt & pepper, and roast for 25 minutes, flipping halfway.
- 3. Heat olive oil in a pan over medium heat. Add garlic, cumin, paprika, and coriander, sauté for 1 minute.
- 4. Add beef slices, cook until browned (~5-7 minutes), stirring occasionally.
- 5. Serve half for dinner, store half for lunch tomorrow. Garnish with fresh parsley before serving.

Summary of Foods to Include & Avoid


Foods to Include

To support gut health, hormonal balance, and parasite cleansing, focus on these nutrient-dense foods:

- Proteins:
 - Preferably pasture-raised meats (beef, lamb, chicken, turkey)
 - Wild-caught fish (sardines, trout, mackerel, salmon)
 - Organ meats (beef liver, chicken liver)
 - Eggs (preferably pasture-raised)
 - Bone broth (supports gut lining and digestion)
- Fats & Oils:
 - Extra virgin olive oil
 - Coconut oil
 - Avocados & avocado oil
 - Grass-fed butter or ghee
 - Nuts & seeds (pumpkin seeds, flaxseeds, walnuts, almonds)
 - Beef Tallow
- Vegetables & Herbs:
 - Leafy greens (spinach, kale, arugula, bok choy)
 - Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
 - Root vegetables (carrots, beets, parsnips, turnips, potatoes, sweet potatoes)
 - Fresh and dried herbs (parsley, cilantro, basil, thyme, rosemary)



- Garlic, onions, leeks
- Fermented foods (sauerkraut, kimchi) – 2 tbsp per day improve gut health

-  Herbal Teas & Beverages:

- Ginger tea (anti-inflammatory)
- Peppermint tea (soothes digestion)
- Dandelion root tea (liver-supporting)
- Fennel tea (supports gut health)
- Water with lemon or apple cider vinegar (supports digestion)

Foods to Avoid / Limit

Foods to Avoid (These directly feed parasites, increase contamination risk)

- Refined sugars & sweeteners – Includes white sugar, maple syrup, agave nectar, and artificial sweeteners (includes aspartame, sucralose, saccharin, and sugar alcohols like maltitol & sorbitol). Parasites thrive on sugar. Many artificial sweeteners (such as aspartame, sucralose, saccharin) alter gut microbiota, creating an imbalance that may make it easier for parasites to thrive.
- Processed foods – Often contain hidden sugars, additives, and preservatives that disrupt gut health.
- Alcohol – Weakens the immune system and disrupts liver detoxification.
- Pork & raw fish – These can be contaminated with parasites and should be avoided entirely during a cleanse.
- Fruit juices & soda – High in sugar, stripped of fiber, and can feed parasites.

Foods to Limit (Consume in moderation to avoid feeding parasites)

- Most fruit – Limit to 2-3 servings per day (exceptions: low-sugar fruits like berries, papaya, and green apples).
- Refined grains – White flour, white bread, and processed cereals break down into sugar quickly. Instead, opt for fiber-rich whole grains.
- Starches – Potatoes, corn, and white rice convert to sugar rapidly and should be minimized.



Lifestyle Tips for Best Results

- ✓ Hydration: Drink 2-3 liters of water daily.
- ✓ Movement: Gentle exercise like walking or yoga supports detoxification.
- ✓ Sleep: Aim for 7-9 hours of quality sleep per night.
- ✓ Stress Management: Deep breathing, meditation, or journaling can support overall wellness.

Medical Disclaimer:

This document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional before starting any cleanse, especially if you are pregnant, breastfeeding, taking medications, or have a medical condition.