

SAN DIEGO, CA

# MEDICAL-NUTRITIONAL WELLNESS IN DETOX

At San Diego Detox, recovery is about more than eliminating substances. It's about rebuilding your mind and body with intention. What you eat during detox can influence your energy, focus, mood, and sleep—and your habits afterward help maintain those gains. This guide explores how our meals support healing and how to carry that momentum forward with smart, sustainable wellness routines.



How Food, Habits, and Post-Care Strategies Support Recovery and Performance →



# MEDICAL-NUTRITIONAL WELLNESS IN DETOX

Substance use can leave the body depleted. A well-balanced diet during detox can help restore what's been lost, making you feel more grounded, clear, and steady.

## KEY NUTRITION GOALS IN DETOX:

- ◆ Keep blood sugar stable to reduce mood swings and cravings
- ◆ Rebuild brain chemistry through healthy fats and quality protein
- ◆ Support liver and gut function with antioxidant-rich foods
- ◆ Replenish nutrients that are commonly depleted by substance use, such as magnesium, B vitamins, and omega-3s

## BACKED BY SCIENCE:

- ◆ Low levels of magnesium and B vitamins are linked to anxiety, poor sleep, and fatigue during withdrawal ([NIH](#))
- ◆ High-protein meals can help support neurotransmitters like dopamine and serotonin ([Psychiatry Research](#))







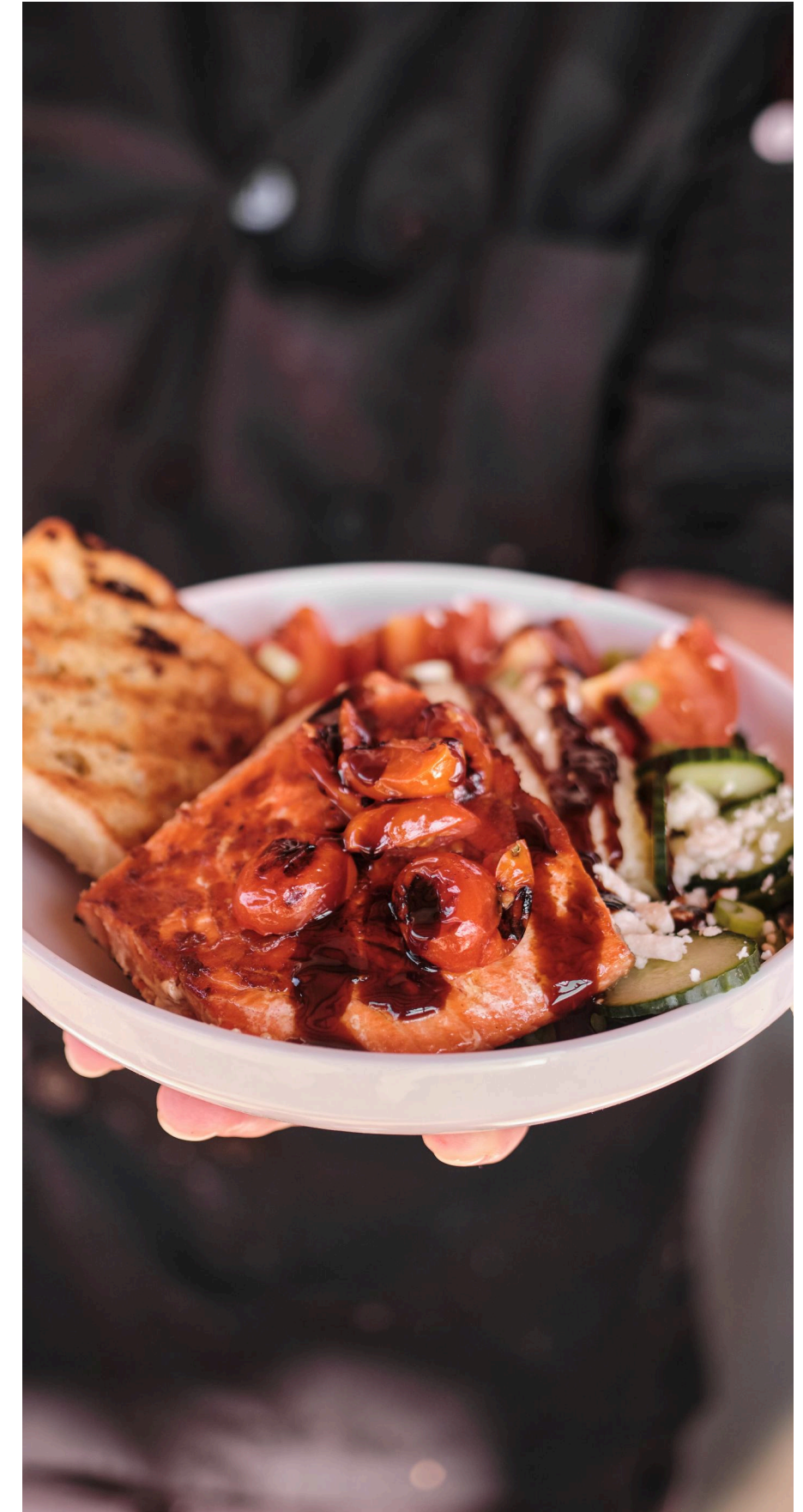
# WHAT YOU MIGHT EAT HERE

Our in-house team of executive-level chefs prepares meals designed to support physical healing and emotional balance. While we don't operate from a static or rotating menu, the following are examples of past dishes served at San Diego Detox:

- ◆ **Breakfast:** Eggs Benedict with fresh fruit
- ◆ **Lunch:** Grilled chicken with tomato, avocado, and pineapple
- ◆ **Dinner:** Wild-caught salmon with seasonal vegetables
- ◆ **Dessert:** Mint chocolate fudge with dark chocolate ice cream (rich in antioxidants)

Meals are developed with whole ingredients, balanced macronutrients, and a focus on flavor.

**They are a key part of the recovery experience—not just fuel, but nourishment.**







# WELLNESS AMENITIES THAT SUPPORT RECOVERY

Food is just one element of your healing environment.  
Our campus is designed to offer space, structure, and calm during your stay.

## KEY NUTRITION GOALS IN DETOX:

- ◆ A gym and open areas for light movement and reflection
- ◆ Private luxury suites for deep rest
- ◆ Three wellness-focused meals daily
- ◆ Activities like yoga, music, art, and mindfulness sessions

Each element helps reduce stress and encourage full-body healing. For those used to high-pressure environments, these supports offer a much-needed reset.



# AFTER DETOX: HOW TO MAINTAIN PROGRESS

Once you leave detox, continuing to care for your body and mind makes a big difference. While everyone's journey is different, these tools may support your recovery long-term.

## HELPFUL OPTIONS TO EXPLORE POST-DETOX:

- ◆ **Red light therapy** – may help reduce inflammation and support energy ([Harvard Health](#))
- ◆ **Infrared sauna** – may aid circulation and help your body manage stress ([Mayo Clinic Proceedings](#))
- ◆ **Mindfulness and breathwork apps** – such as Headspace or Breathwrk for managing cravings or stressful moments

## FOUNDATIONAL SUPPLEMENTS TO CONSIDER WITH YOUR DOCTOR:

- ◆ **Magnesium glycinate** – supports better sleep and relaxation
- ◆ **B-complex vitamins** – help replenish energy and focus
- ◆ **Omega-3s** – support brain health and reduce inflammation
- ◆ **Probiotics** – promote gut health and immunity
- ◆ **Adaptogens** – such as ashwagandha and rhodiola, which may support stress regulation ([Journal of Ethnopharmacology](#))





# SIMPLE NUTRITION TIPS FOR LIFE AFTER DETOX

After treatment, your meals can continue to support how you feel and function. Here are a few ways to keep things simple but effective:

- ◆ Use a weekly grocery list based on the types of meals served during detox
- ◆ Prep your proteins, grains, and veggies in bulk to save time
- ◆ Keep healthy snacks on hand like trail mix, Greek yogurt, or hummus with veggies
- ◆ Blend smoothies with protein, greens, fruit, and healthy fats for quick, balanced options

## SAMPLE RECOVERY MEAL PLAN

- **Morning**  
Smoothie with spinach, berries, almond butter, protein powder
- **Lunch**  
Salmon bowl with quinoa, kale, and avocado
- **Dinner**  
Grilled chicken with roasted sweet potato and steamed broccoli
- **Dessert**  
Snacks Mixed nuts, Greek yogurt, or apple slices with peanut butter





# FOOD AS A FOUNDATION FOR WELLNESS

Nutrition affects how you think, feel, and heal. At San Diego Detox, the meals we serve are designed to support your body's recovery and help you feel better—starting now, and continuing well after you leave.

**WANT TO TALK  
TO A SPECIALIST?**



**CALL (866) 381-6845**



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