

THE 21 DAY SUGAR DETOX

the YES/NO foods list

while completing The 21-Day Sugar Detox, follow these lists for what's in and what's out!

YES FOODS: eat these foods liberally

NO FOODS: do not eat these foods for 21 days

LIMIT FOODS: see NOTES below for details

ALL MEAT & FISH

(including but not limited to)

Beef	Lobster
Buffalo	Mahi Mahi
Chicken	Mussels
Clams	Pork
Duck	Red Snapper
Eggs	Scallops
Game meats Salmon	Shrimp
Goat	Swordfish
Halibut	Turkey
Lamb	Tuna / Ahi tuna
	Veal

VEGETABLES

(including but not limited to)

Artichokes	Lettuce
Asparagus	Mushrooms
Broccoli	Onions
Brussels sprouts	Parsnips
Cabbage	Peppers
Carrots	Radicchio
Cauliflower	Radishes
Celery	Rutabaga
Collard Greens	Salad greens
Cucumber	Snow/Snap Peas
Eggplant	Spinach
Garlic	Summer Squash
Ginger	Tomato
Green beans	Zucchini
Leeks	Kale

NUTS/SEEDS & BUTTERS

Almonds	Hemp seeds
Chia seeds	Pecans
Coconut	Sesame seeds
Flax seeds	Walnuts

FATS & OILS (see guide)

Animal Fats	Flax oil
Avocado	Ghee
Butter	Olive oil
Coconut oil	Sesame oil

DAIRY***

Milk (whole- raw if possible)	Cottage cheese
Cheese	Yogurt/Kefir: plain

BEVERAGES

Coffee, espresso drinks (no sweetener)
Herbal Tea
Nut Milks: Coconut, Almond- unsweetened
Water, mineral water, seltzer

VEGETABLES

Butternut squash
Corn
Sweet potatoes
White potatoes
Winter squash
Yams

FRUIT OF ALL KINDS*

(see sometimes list!)

NUTS/NUT BUTTERS

Peanut
Cashew

GRAINS/REFINED CARBOHYDRATES**

Bread	Croissants
Bagels	Cupcakes
Breadsticks	Muffins
Brownies	Oats/Oatmeal
Cake	Pasta
Candy	Pastries
Cereal/Granola	Pita
Chips (potato, corn, etc.)	Pizza
Cookies	Popcorn
Couscous	Rolls
Crackers	Tortillas / Tortilla chips

DIET/SUGAR-FREE or artificially sweetened food or beverage items of any kind.

BEVERAGES

Coffee "drinks" or shakes that are pre-sweetened
Juice
Milk: skim & 1%
Soda of any kind
Sweet-tasting drinks (besides herbal teas)

ALCOHOL

All alcohol is a "no" – it's just 3 weeks!

VEGETABLES

Beets

FRUIT

Green apples*
Bananas* (green tipped/ not quite ripe)
Lemon
Lime

GRAINS/LEGUMES (BEANS)**

Barley	Pinto beans*
Black beans*	Quinoa*
Buckwheat*	Red beans*
Garbanzo beans (Chickpeas)*	Rice (brown, wild, white, etc.)
Kamut*	Spelt*
Lentils*	

BEVERAGES

Coconut juice/water
Kombucha (fermented drinks, check sugar content on label- must be under 4g per serving)

**THE 21-DAY
SUGAR
DETOX**

NOTES:

* These items MAY be used as one 1/2 cup serving or 1 piece per day.

** For a more ADVANCED sugar detox, eliminate ALL GRAINS & LEGUMES

*** For an ADVANCED+ detox, eliminate ALL GRAINS, LEGUMES & DAIRY.