

# 21-Day Sugar Detox

The 21-Day Sugar Detox is a real food reset, to help you drop processed foods, reset your taste buds, enjoy the food you eat, and improve your health.

It helps you break the chains of processed foods and added sugars so that you can get off the blood sugar roller coaster and say good-bye to that afternoon slump.

Follow this guideline on which foods to include and which to avoid.

## Include the following foods often:

### Meats, Fish + Eggs

- All meats, including good quality deli and cured meats like prosciutto and real shaved turkey (free-range whenever possible)
- ALL fish and seafood (wild whenever possible)
- Free range or organic eggs

### Vegetables

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|----------------------|--------------------|
| → Artichokes         | → Parsnips         |
| → Asparagus          | → Peppers          |
| → Broccoli           | → (All varieties)  |
| → Brussel Sprouts    | → Radicchio        |
| → Cabbage            | → Radishes         |
| → Carrots            | → Rutabagas        |
| → Cauliflower        | → Snow/Snap Peas   |
| → Celery/Celery Root | → Spaghetti Squash |
| → Chard              | → Spinach          |
| → Collards           | → Tomatoes         |
| → Cucumber           | → Turnips          |
| → Eggplant           | → Yellow Summer    |
| → Garlic             | → squash           |
| → Ginger             | → Zucchini         |
| → Green Beans        |                    |
| → Horseradish        |                    |
| → Jicama             |                    |
| → Kale               |                    |
| → Leeks              |                    |
| → Lettuce            |                    |
| → (All leafy greens) |                    |
| → Mushrooms          |                    |
| → Onions             |                    |

### Fruits

- Lemons
- Limes

### Nuts/Seeds (Whole, Flours, Nut Butter, Unsweetened)

- Almonds
- Brazil Nuts
- Cacao Nibs (100%)
- Chia Seeds
- Coconut – all unsweetened is ok; coconut sugar is a NO
- Hazelnuts
- Flaxseeds

### Fats + Oils

- Ghee or clarified butter, preferably organic
- Avocado, Avocado Oil
- Coconut Oil
- Flax Oil
- Olives, Olive Oil
- Sesame Oil

### Beverages

- Unsweetened Almond Milk
- Unsweetened Coconut Milk, Coconut Cream
- Coffee, Espresso (No cream or milk)
- Mineral Water
- Seltzer, Club Soda
- Teas – black, green, herbal, etc. (no fruit flavor or sweeteners)
- Water

### Condiments/Miscellaneous

- Homemade Broth
- Coconut Aminos (Soy Sauce Substitute)
- Mustard (Gluten-free, unsweetened varieties)
- Nutritional Yeast
- Homemade Salad Dressing
- Spices & Herbs – check pre-made blends for added sugars, etc.
- Vinegars – apple cider, balsamic, red wine, white wine, sherry

### Supplements

- Protein Powder – 100% pure, with no other ingredients
- Pure vitamin or mineral supplements – make sure they don't contain fillers like wheat or corn





## Limit these foods (These are YES foods with portion limits):

### Vegetables

- Acorn Squash
- Beets
- Butternut Squash
- Green Peas
- Pumpkin
- Winter Squash

### Fruit (1 piece per day is permitted)

- Green-tipped Bananas
- Green/Granny Smith Apples
- Grapefruit

### Beverages (1 cup/day is permitted)

- Unsweetened Coconut Water
- Kombucha (GT's Brand)

## AVOID these foods for 21 Days:

### Refined Carbohydrates

- Bread, Breadsticks
- Cakes, Candies, etc.
- Refined Pastas, Crackers, etc.
- Popcorn
- Potato Chips
- Tortilla Chips

### Starchy Vegetables

- Cassava
- Corn, Polenta, Grits
- Plantains
- Soybeans, Edamame
- Sweet Potatoes, Yams
- Tapioca – whole and flour
- Taro Root

### Fruit

- ALL fresh fruits and dried (except few noted above)

### Nut + Nut Butter

- Cashew
- Peanut

### Dairy

- Avoid ALL dairy products – including cheese, cottage cheese, milk, cream, yogurt, kefir

### Grains + Legumes

- Amaranth
- Arrowroot
- Barley
- Beans – white, black, fava, chickpeas, navy, pinto, red
- Buckwheat
- Flours made from grains or beans
- Kamut
- Lentils
- Millet
- Quinoa
- Rice – white, brown, black, red, wild
- Rye
- Sorghum
- Soybeans/Edamame – including tofu, tempeh, soy sauce, tamari, miso
- Spelt
- Wheat

### Sweetener

- Avoid ALL sugars and sweeteners – including stevia and xylitol

### Sweetener

- ALL kinds of alcohol
- Juice
- Milks- dairy, rice, soy, oat
- Soda – regular and diet

### NOTES

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