

21 Day Sugar Detox

Include the following foods often:

Meat, 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:

- | | | |
|----------------------|------------------------------|------------------------|
| ○ Asparagus | ○ Ginger | ○ Radicchio |
| ○ Broccoli | ○ Green beans | ○ Radishes |
| ○ Brussels sprouts | ○ Horseradish | ○ Rutabagas |
| ○ Cabbage | ○ Jicama | ○ Snow/snap peas |
| ○ Carrots | ○ Kale | ○ Spaghetti squash |
| ○ Cauliflower | ○ Leeks | ○ Spinach |
| ○ Celery/celery root | ○ Lettuce (all leafy greens) | ○ Tomatoes |
| ○ Chard | ○ Mushrooms | ○ Turnips |
| ○ Collards | ○ Onions | ○ Yellow summer squash |
| ○ Cucumber | ○ Parsnips | ○ Zucchini |
| ○ Eggplant | ○ Peppers (all varieties) | |
| ○ Garlic | | |

Fruit:

- Lemons
- Limes

Nuts & Seeds (whole flour or nut butter, unsweetened):

- Almonds
- Brazilnuts
- Cacao nibs, 100%
- Chia seeds
- Coconut – all unsweetened ok; coconut sugar is a “no”
- Hazelnuts
- Flaxseeds
- Hemp seeds
- Macadamias
- Pecans
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds, T ahini
- Walnuts

Fats & Oils:

- Ghee or clarified butter, preferably organic
- Avocados, 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 and 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)

Vegatables & Starches: (1 cup serving per day is permitted)

- Acorn squash
- Beets
- Butternut squash
- Green peas
- Pumpkin
- Winter squash

Fruit: (1 piece per day is permitted)

- Green tipped bananas (not quite ripe)
- Green/Granny Smith apples
- Grapefruit

Beverages (1 cup per 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
- Tortillas chips

Starchy Vegetables:

- Cassava
- Corn, polenta, grits
- Plantains
- Soybeans, Edamame
- Sweet potatoes, yams
- Tapioca – whole and flour

Fruits:

- ALL fresh and dried, except the few noted above

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

Nuts & Nut Butter:

- Cashew
- Peanut

Nuts & Nut Butter:

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

Sweeteners:

- Avoid ALL sugars and sweeteners including stevia and xylitol

Beverages:

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

