



MY GOAL

21 DAY SUGAR DETOX

Learn where sugar hides and eliminate it from your diet for 3 weeks.

RESOURCES: Download the [food list](#). Sugar detox [recipes](#). Purchase the 21 Day Sugar Detox [book](#).

SUGGESTED GOAL PAIRINGS: Track Progress - At Home Workouts - Drink Water

PROGRESS: For each day you eat following the sugar detox guidelines, color in a box.

YES Foods: <small>EAT PLENTY of these foods for 21 days.</small>	NO Foods: <small>DO NOT eat these foods for 21 days.</small>	Limit Foods: <small>(see notes for details and portions)</small>
<p>ALL MEAT & FISH (including but not limited to)</p> <p>Beef Buffalo Chicken Clams Duck Eggs Game meats Salmon Goat Halibut Lamb</p> <p>Beef Lobster Mahi Mahi Mussels Pork Red Snapper Scallops Shrimp Swordfish Turkey Tuna / Ahi tuna Veal</p> <p>VEGETABLES (including but not limited to)</p> <p>Artichokes/Sunchokes Asparagus Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery/Celery root Chard, Collards Cucumber Eggplant Garlic, Ginger Green beans Kale Leeks</p> <p>Lettuce/Salad mixes Mushrooms Onions Parsnips Peppers Radicchio Radishes Rutabaga Snow/Snap Peas Spaghetti Squash Spinach Tomato Turnips Yellow Squash Zucchini</p> <p>NUTS/SEEDS & BUTTERS</p> <p>Almond butter Coconut butter 100% Cacao/Cocoa Brazil, Macadamias Filberts/Hazelnuts Flax, Chia & Hemp</p> <p>Pecans Pistachios Walnuts Pumpkin, Sunflower & Sesame Seeds Tahini</p> <p>FATS & OILS (see <i>Fats & Oils guide</i>)</p> <p>Animal Fats, Butter, Ghee Avocado</p> <p>Coconut oil/milk Flax oil Olive oil Sesame oil</p> <p>DAIRY</p> <p>Milk (whole- raw if possible) Heavy cream Cheese</p> <p>Cottage cheese Yogurt/Kefir: plain</p> <p>BEVERAGES</p> <p>Water, mineral water Seltzer/Club Soda Coffee, espresso Unsweetened teas: green, black, herbal</p> <p>Coconut milk (full-fat), Almond milk (unsweetened)</p> <p>FRUIT Lemon, Lime</p>	<p>VEGETABLES</p> <p>Corn, Peas Sweet potatoes/Yams</p> <p>FRUIT OF ALL KINDS <i>(see sometimes list for exceptions)</i></p> <p>NUTS/NUT BUTTERS</p> <p>Cashew, Peanut</p> <p>REFINED CARBOHYDRATES</p> <p>Bread Bagels Breadsticks Brownies Cake Candy Cereal/Granola Chips</p> <p>Cookies Pastries Pita Pizza Popcorn Cupcakes Muffins Tortillas Tortilla chips Oats</p> <p>BEVERAGES</p> <p>All alcohol is a "no" – it's just 3 weeks! Coffee "drinks" or shakes that are pre-sweetened Juice Milks: skim, 1%, 2%, Low-fat, Soy/Rice/Oat Soda (regular & diet) Sweet-tasting drinks (besides herbal teas) Protein powders that are not just pure protein like whey or egg white powders (containing other added ingredients/sweeteners)</p> <p>SAUCES/DRESSINGS</p> <p>Soy sauce (you CAN use coconut aminos) Bottled salad dressing (use the recipe in the book)</p> <p>SUPPLEMENTS</p> <p>Anything that includes sugar, sweeteners or sugar alcohols (like Xylitol, for example) is a "No." This includes Shakeology and other similar blends.</p> <p>ANYTHING DIET/SUGAR-FREE or artificially sweetened food or beverage items of any kind is a NO. This means no gum either!</p> <p>White potatoes Winter squash (acorn, delicata, kabocha)</p>	<p>VEGETABLES</p> <p><i>NOTE: 1cup serving per day is allowed</i> Beets, Butternut squash, Pumpkin</p> <p>FRUIT</p> <p><i>NOTE: either one green-tipped banana or one green apple per day is allowed.</i> Bananas (green tipped/ not quite ripe) Green apples</p> <p>GRAINS/LEGUMES (BEANS)</p> <p><i>NOTE: 1/2 cup per day (cooked) is allowed</i> Black beans Buckwheat Garbanzo beans (Chickpeas) Kamut Lentils Pinto beans</p> <p>Quinoa Red beans Rice Spelt</p> <p>BEVERAGES</p> <p><i>NOTE: 8oz per day are allowed</i> Coconut juice/water - no added sweeteners Kombucha - home-brewed or store bought</p>

