

14 Day Sugar Detox Food Guide

while completing the 14-Day Sugar Control Detox, follow these lists for what's in and what's out!

YES FOODS:

Eat plenty of these foods for 14 days

ALL MEAT & FISH

(including but not limited to)

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

VEGETABLE

(including but not limited to)

Artichoke	Leeks
Asparagus	Lettuce/Salad mixes
Broccoli	Mushrooms
Brussels sprouts	Onions
Cabbage	Parsnips
Carrots (Raw)	Rutabaga
Cauliflower	Peppers
Celery	Radicchio
Chard	Radishes
Collard Greens	Snow/Snap Peas
Cucumber	Spaghetti Squash
Eggplant	Spinach
Garlic, Ginger	Tomato
Green Beans	Yellow Squash
Kale	Zucchini

NUTS/SEEDS & BUTTERS

Almonds/almond butter	Pecans
	Pistachios
Coconut/ coconut butter	Walnuts
	Pumpkin Seeds
100% Cacao	Sunflower Seeds
Macadamias	Sesame Seeds
Hazelnuts	Peanut Butter
Flax, Chia & Hemp Seeds	

FATS & OILS

Animal Fats	Flax Oil
Butter, Ghee	Olive Oil
Avocado	Sesame Oil
Cheese	Coconut Oil

DAIRY

Cheese (Whole Fat)	Yogurt (whole fat)
Cottage Cheese (Whole Fat)	Kefir (plain)

BEVERAGES

Water	Herbal Tea
Mineral water	Whole Milk or Cream in coffee only
Seltzer/Club Soda	
Coffee	

NO FOODS:

DO NOT eat these foods for 14 days

VEGETABLES

White potatoes
Sweet potatoes

FRUITS OF ALL KINDS

(see Limit Foods list for exceptions)

NUTS

Peanut
Cashews

REFINED CARBOHYDRATES

Bread	Croissants
Bagels	Cupcakes
Breadsticks	Muffins
Brownies	Oats/Oatmeal
Cake	Pasta
Candy	Pastries
Cereal/Granola	Pita
All chips	Pizza
Cookies	Popcorn
Couscous	Rolls
Crackers	Tortillas/Tortilla chips

BEVERAGES

All Alcohol is a "no"- It's just 14 days
Coffee "drinks" or shakes that are pre-sweetened
Milk: Skim, 1%, 2%, Low fat, Rice milk, oat milk
Sweet tasting drinks (besides herbal teas)
Soda (regular & diet)
Juice

Protein powders that are not just pure protein like whey or egg white powders (containing other added ingredients /sweeteners)

GRAINS/LEGUMES

Barley	Soy/Edamame
Buckwheat	Spelt
Quinoa	
Rice: All Kinds	

SAUCES / DRESSINGS

Soy sauce (you can have coconut aminos)
Bottled salad dressings

SUPPLEMENTS

Anything that includes sugar, sweeteners or sugar alcohols (like xylitol) is a "NO."

ANYTHING DIET/SUGAR -FREE or artificially sweetened food or beverage items of any kind is a NO.

No Bubble Gum!

LIMIT FOODS:

See NOTES for details and pointers

VEGETABLES

NOTE: 1 cup serving per day is allowed

Corn	Pumpkin
Winter Squash	Cooked Carrots
Cooked Beets	Peas

FRUIT

Choose either one handful of berries or one green apple per day with a nut butter or handful of nuts
Lemon & Lime are okay in any amount

BEVERAGES

NOTE: 8oz per day are allowed

Coconut Water
Kombucha

LEGUMES (BEANS)

Black Beans
Garbanzo Beans
Pinto Beans
Red Beans
Lentils