

# 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!

LEVEL 2

### YES FOODS: eat freely or limit

eat freely or limit  
look for 21 days

#### ALL MEAT & FISH

Including but not limited to:  
Beef  
Buffalo  
Chicken  
Deli  
Duck  
Eggs  
Game meats: Serrano  
Goat  
Honey  
Lamb

Lobster  
Matsuyama  
Musashi  
Pork  
Red Snapper  
Salmon  
Shrimp  
Sushi  
Tuna  
Tuna & Avocado  
Tuna

#### VEGETABLES

Including but not limited to:  
Artichokes  
Asparagus  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard, Collard Greens  
Cucumber  
Eggplant  
Garlic, Ginger  
Green Beans  
Kale

Leafy  
Lettuce/Green onions  
Mushrooms  
Onions  
Peas  
Peppers  
Radishes  
Radishes  
Rutabaga  
Snow/Crap Peas  
Soybean Sprouts  
Spinach  
Tomato  
Yellow Squash  
Zucchini

#### NUTS/SEEDS & BUTTERS

Almond/Coconut butter  
Coconut/Coconut butter  
100% Cocoa  
Macadamia  
Peanut/Almond  
Pine, Chia & Hemp Seeds

Pecans  
Pistachios  
Walnuts  
Pumpkin, Sunflower &  
Cashew Seeds/Tahini

#### FATS & OILS (see Fats & Oils guide!)

Animal Fats, Butter, Olive  
Avocado  
Coconut/Coconut milk

Flax oil  
Olive oil  
Cashew oil

#### DAIRY

Milk, (except raw if possible)  
Hardy cheeses  
Cheese

Cottage cheese  
"Greek/Yogurt" plain

#### BEVERAGES

Water, mineral water  
Softener/Club Soda (plain)  
Coffee, espresso

Herbal Tea  
Nut Milks: Coconut,  
Almond -unsweetened

### NO FOODS: DO NOT eat these foods

DO NOT eat these foods  
for 21 days

#### VEGETABLES

Onion  
Sweet potato/Taro

White potatoes  
Winter squash (acorn,  
inkhula, kabocha)

#### FRUIT OF ALL KINDS

(see sometimes list for exceptions)

#### NUTS/NUT BUTTERS

Cashew, Peanut

#### GRAINS/LEGUMES (BEANS)

Bamboo  
Black beans  
Buckwheat  
Garbanzo beans

Almond  
Lentils  
Pinto beans  
Quinoa  
Red beans  
Rice, ALL KINDS  
Soy/Edamame  
Spelt

#### REFINED CARBOHYDRATES

Bread  
Bagels  
Breakfasts  
Browies  
Cake  
Candy  
Cereal/Crackers  
Chips

Cookies  
Couscous  
Crackers  
Croutons  
Cupcakes  
Muffins  
Oatmeal  
Pasta  
Pretzels  
Pies  
Pops  
Popcorn  
Rolls  
Tortillas  
Tortilla chips

#### BEVERAGES

All alcohol is a "NO" - it's just 2 weeks!  
Coffee "milk" or shakes that are pre-sweetened  
Juice  
Milk, (any, 1%, 2%, Low-fat, Raw milk, Old milk)  
Soda (regular & diet)  
Sweet-tasting drinks (avoid herbal teas)  
Protein powders that are not just pure protein like  
whey or egg white powders (containing other  
added ingredients/sweeteners)

#### SAUCES/DRESSINGS

Any sauce (you CAN use coconut milk)  
Bottled salad dressing (see the recipe in the book)

#### SUPPLEMENTS

Anything that includes sugar, sweeteners or sugar  
alcohols like xylitol is a "NO." This includes  
Shredology and other similar blends.

ANYTHING DIET/SUGAR-FREE or  
artificially sweetened food or  
beverage items of any kind is a NO.  
(This means NO gum either!)

### LIMIT FOODS: eat freely or limit

eat freely or limit  
look for 21 days

#### VEGETABLES

NOTE: *leafy serving per day is allowed*  
Beets  
Butternut squash, Pumpkin

#### FRUIT

NOTE: *either one green-tipped banana or one  
green apple per day is allowed.*  
Bananas (green-tipped not quite ripe)  
Ginger apples  
Lemon & Limes are okay in any amount

#### BEVERAGES

NOTE: *that per day are allowed*  
Coconut juice/water  
 Kombucha

THE 21-DAY  
SUGAR  
DETOX

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**Yan Bai**



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