

# FOODS TO AVOID during 21 DAY SUGAR DETOX

This is a list of foods not allowed for the duration of the 21 day reset. After the detox you can slowly add back fruits and natural sweeteners such as maple syrup and raw honey.

## ALL GRAINS

- Rice
- Noodles
- Bread
- Pastry
- Cereal
- Oatmeal
- Buckwheat
- Barley
- Tortillas
- Millet
- Flour
- Wheat
- Pasta



## ALL DAIRY

- Milk
- Cheese
- Yogurt
- Ice cream
- Kefir
- Cottage cheese
- Butter
- Buttermilk
- Cream



## MEAT

- Most processed meats (sausages, beef jerky, deli meats)



## ALL ALCOHOL

- Wine
- Beer
- Spirits



## ALL SWEETS

- Candy
- Chocolate (except 100% dark chocolate)
- Cakes
- Artificial sweeteners
- Honey
- Agave nectar
- Stevia
- Maple syrup
- Sucrose
- Sugar
- Cane sugar
- Cane juice
- Fructose
- Corn syrup



## SAUCES

- Most store bought salad dressings
- Vinegar
- Soy sauce
- BBQ sauce
- Mayonaise
- Mustard
- Ketchup



## FRUITS & BERRIES

- Most fruits. Exceptions:  
1 green tip banana a day  
OR  
1 granny smith apple a day
- Avocado, lemon & lime  
Goji berries
- Fruit juices
- Dried fruits



## FATS

- anything fried,  
hydrogenated or  
partially hydrogenated  
oils, trans fats



## VEGETABLES

- Potatoes
- Carrots, beets, grape tomatoes are allowed in moderation

