

Sugar Detox Food List

FOODS TO AVOID including but not limited to:

All Dairy

yogurt, cheese, milk, butter

Starchy Vegetables

potatoes, sweet potatoes, peas, corn, acorn or butternut squash, yams

Most Fruit (see limited list)

bananas, melons, berries, peaches, dried fruit

Nuts/Nut Butters

peanut, cashew

Grains/Processed Foods

bread, cake, candy, cereal, chips, couscous, oatmeal, pasta, pizza, popcorn

Diet/Sugar-free or Artificially Sweetened Foods & Beverages

sodas, juices, coffee, low-fat, fat-free, natural flavorings

Alcohol

beer, wine, mixed drinks

FOODS TO LIMIT

All Meat & Poultry & Alternative Meat (limited to one of the below, once a day) For a more advanced detox eliminate completely.

beef, pork, chicken, turkey, tofu, tempeh, vegetarian crumbles

Eggs (limited to one egg one time a day) For a more advanced detox eliminate completely.

Vegetables

beets

Fruits

(small, no more than 2x's a day)

apple, pear

Grains-(1/2cup serving of one of the grains below once a day)(gluten-free and/or organic ideal)

Eliminate all grains for a more advanced detox.

quinoa, oats (steel cut), brown or wild rice, unflavored rice cakes

FOODS TO ENJOY including but not limited to:

Non- Starchy

Vegetables/Leafy Greens
asparagus, broccoli, cabbage, celery, eggplant, garlic, onions, seaweeds, sprouts, zucchini.

Greens: arugula, collard, kale, spinach, Swiss chard, turnip, *Lettuce:* all varieties

Fruits

lemon, lime

Fish (fresh or wild caught-not farm raised)

mahi mahi, red snapper, tuna, salmon, swordfish

Nuts/Seeds/Nut Butters (Raw/Unsalted)

almonds, walnuts, pecans, sunflower seeds, flax seeds, chia seeds, pumpkin seeds, almond butter

Fats/Oils - Oils should be minimally refined, cold pressed, and non-GMO.

avocado, coconut oil, flax seed oil, olive oil, sesame oil

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FOODS TO AVOID including but not limited to:

Condiments

extracts (e.g.,
vanilla), ketchup
barbecue sauce, dijon
mustard, relish, prepackaged
seasonings with
gluten/dairy/sugars/MSG,
mayonnaise or dressings
with dairy/gluten/sugars.

Sweeteners

maple syrup, honey, and
foods made with refined
sugars, corn syrup,
artificial sweeteners

FOODS TO LIMIT

**Beans/Legumes (1/2 cup
serving of one of the
beans/legumes once a
day) Eliminate all for a
more advanced detox.**
black beans, garbanzo
beans (chick peas),
lentils, pinto beans
red beans, kidney beans
hummus (4 TBS)

FOODS TO ENJOY including but not limited to:

Beverages

black coffee, decaffeinated
green tea, unsweetened
non-caffeinated herbal
teas, mineral water, water
almond milk-unflavored,
unsweetened
Coconut milk -unflavored,
unsweetened

Condiments, Herbs & Spices

fresh or dried herbs: any
fresh or dried spices: any
ginger, horseradish
mustard
vinegars: unsweetened

Essential Oils

all Young Living Vitality
Essential Oils

Sweeteners

stevia (use only small
amounts to help reduce
cravings for sweet foods.
Try to limit to 1
packet/serving daily