

THE 21-DAY SUGAR DETOX Official Program Rules

| | LEVEL 1 | LEVEL 2 | LEVEL 3 |
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| YES TO ALL | <p>Eggs Meat Seafood</p> <p>Vegetables (Non-starchy & starchy, including potatoes and plantains)</p> <p>Lemons and limes Nuts and seeds</p> <p>Healthy fats, like those in meat, egg yolks, coconut oil, avocados, olive oil, and butter/ghee</p> <p>Nut/coconut-based “dairy”</p> <p>Coffee Tea Still & sparkling waters (unsweetened only) Vinegars Spices & herbs</p> <p>Dairy, full-fat</p> <hr/> <p>THE FOLLOWING FOODS HAVE PORTION LIMITS EACH DAY</p> <p>Fruit <i>(1 piece per day total)</i> Choice of green apple, green-tipped/underripe banana, or grapefruit</p> <p>Coconut water Kombucha <i>(8 ounces/day max each)</i></p> <p>Starch flours <i>(2 tablespoons/day max total)</i> Cassava, tapioca, arrowroot, etc.</p> <p>Gluten-free grains or legumes <i>(½ cup per day max total)</i> Rice, quinoa, black beans, garbanzo beans, etc.</p> | <p>Eggs Meat Seafood</p> <p>Vegetables (Non-starchy & starchy, including potatoes and plantains)</p> <p>Lemons and limes Nuts and seeds</p> <p>Healthy fats, like those in meat, egg yolks, coconut oil, avocados, olive oil, and butter/ghee</p> <p>Nut/coconut-based “dairy”</p> <p>Coffee Tea Still & sparkling waters (unsweetened only) Vinegars Spices & herbs</p> <p>Dairy, full-fat</p> <hr/> <p>THE FOLLOWING FOODS HAVE PORTION LIMITS EACH DAY</p> <p>Fruit <i>(1 piece per day total)</i> Choice of green apple, green-tipped/underripe banana, or grapefruit</p> <p>Coconut water Kombucha <i>(8 ounces/day max each)</i></p> <p>Starch flours <i>(2 tablespoons/day max total)</i> Cassava, tapioca, arrowroot, etc.</p> | <p>Eggs Meat Seafood</p> <p>Vegetables (Non-starchy & starchy, including potatoes and plantains)</p> <p>Lemons and limes Nuts and seeds</p> <p>Healthy fats, like those in meat, egg yolks, coconut oil, avocados, olive oil, and butter/ghee</p> <p>Nut/coconut-based “dairy”</p> <p>Coffee Tea Still & sparkling waters (unsweetened only) Vinegars Spices & herbs</p> <hr/> <p>THE FOLLOWING FOODS HAVE PORTION LIMITS EACH DAY</p> <p>Fruit <i>(1 piece per day total)</i> Choice of green apple, green-tipped/underripe banana, or grapefruit</p> <p>Coconut water Kombucha <i>(8 ounces/day max each)</i></p> <p>Starch flours <i>(2 tablespoons/day max total)</i> Cassava, tapioca, arrowroot, etc.</p> |
| | NO TO ALL | <p>Alcohol</p> <p>Dairy, nonfat & low-fat</p> <p>Fruits & fruit juices unless listed above</p> <p>Gluten-containing grains</p> <p>Gluten-free grain flours or flour-based foods</p> <p>Soy</p> <p>Sweeteners</p> <p>Vegetable oils*</p> | <p>Alcohol</p> <p>Dairy, nonfat & low-fat</p> <p>Fruits & fruit juices unless listed above</p> <p>Gluten-containing grains</p> <p>Gluten-free grains</p> <p>Soy</p> <p>Sweeteners</p> <p>Vegetable oils*</p> |

* These oils are nearly impossible to avoid when dining out, so the rules here are that they aren't allowed for use in your home or in prepackaged foods that are otherwise 21DSD-friendly. Refer to the Guide to Dining Out for more tips on ordering 21DSD-friendly meals when you are away from home.

THE 21-DAY SUGAR DETOX Official Yes/No List (Detailed)

YES FOODS LEVELS 1, 2, & 3

Eat plenty of these foods for 21 days for all levels and without portion limits except where noted.

MEAT, FISH & EGGS

All meats, including deli meats and cured meats like bacon (OK if there's sugar in the cure), pancetta, and prosciutto

All fish & seafood

All eggs

NUTS/SEEDS

whole, flour, or butters

All nuts and seeds are included in all forms.

FRUIT

Lemons (unlimited)

Limes (unlimited)

Up to 1 piece per day of the below fruit is allowed, in any combination. For example, you may have ½ of a green-tipped banana and ½ of a green apple in one day.

Bananas, green-tipped / not quite ripe only

Grapefruit, any

Green / Granny Smith apples only

STARCHY VEGETABLES

Acorn squash

Beets

Butternut squash

Cassava (or up to 2 tbsp max total starch flours per day)

Green peas

Plantains

Pumpkin

Sweet potatoes, yams

Tapioca (or up to 2 tbsp max total starch flours per day)

Taro

Winter squash (assorted)

VEGETABLES

Artichokes/sunchokes

Asparagus

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery/celery root

Chard

Collards

Cucumber

Eggplant

Garlic

Ginger

Green beans

Horseradish

Jicama

Kale

Leeks

Lettuce, all leafy greens

Mushrooms

Onions

Parsnips

Peppers, all varieties

Radicchio

Radishes

Rutabaga

Snow/snap peas

Spaghetti squash

Spinach

Tomato

Turnips

Yellow squash

Zucchini

FATS & OILS

Animal fats such as duck fat, lard, schmaltz & tallow

Avocados, avocado oil

Coconut oil

Flax oil

Ghee, clarified butter

Olives, olive oil

Sesame oil

CONDIMENTS/MISC.

Broth

Coconut aminos

21DSD Ketchup (no store-bought ketchups are allowed)

All flavor extracts

Mayonnaise made with olive or avocado oil or homemade; do your best to avoid others

Mustard, gluten-free varieties

Nutritional yeast

SALAD DRESSINGS

Read labels carefully; homemade is best

SPICES & HERBS

All are OK; check premixed blends for hidden sugars

VINEGARS

Apple cider, balsamic, distilled, red wine, sherry, white

SUPPLEMENTS

Protein powder, 100% pure with NO other ingredients (e.g., 100% whey, collagen, gelatin, egg white, pea, or hemp)

Pure vitamin or mineral supplements

BEVERAGES—NOT SWEET

Almond milk, unsweetened or homemade

Coconut milk, unsweetened, store-bought or homemade

Coconut cream, full-fat

Coffee, espresso

Mineral water

Seltzer, club soda

Teas: all unsweetened teas are okay

Water

BEVERAGES—NATURALLY SWEET

Up to 1 cup total per day is allowed, in any combination. For example, you may have ½ cup of coconut water and ½ cup of kombucha in one day.

Coconut juice, coconut water (no added sweeteners)

Kombucha, homebrewed or store-bought

THE 21-DAY SUGAR DETOX Official Yes/No List (Continued)

PLUS, FOR LEVEL 1 ONLY

GLUTEN-FREE GRAINS/LEGUMES

Up to ½ cup serving per day (cooked) is allowed of whole forms only—NO GRAIN- OR LEGUME-BASED FLOURS

| | |
|--------------------------------------------------------------------------------------------|---------------------------|
| Amaranth | Lentils |
| Arrowroot | Millet |
| Beans: black, fava, garbanzo (chickpeas) (up to ½ cup of hummus is okay), navy, pinto, red | Oats (steel-cut only) |
| Buckwheat | Quinoa |
| | Rice (brown, white, wild) |
| | Sorghum |

FOR LEVELS 1 & 2 ONLY

DAIRY

Full-fat (4% or higher) only!

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|--------------------------------------|
| Butter |
| Cheese, cream cheese, cottage cheese |
| Half & half |
| Heavy cream |
| Milk, whole only |
| Sour cream |
| Yogurt/kefir, plain |

NO FOODS

Do not eat these foods for 21 days for all levels.

FOODS CONTAINING REFINED GRAINS

Bagels
Bread/breadsticks
Brownies
Cake
Candy
Cereal/granola
Chips
Cookies
Crackers
Croissants
Cupcakes
Muffins
Pasta
Pastries
Pita
Pizza
Popcorn
Rice cakes
Rolls

VEGETABLES/ STARCHES

Corn (whole, flour, polenta, grits, etc.)
Soybeans/edamame

FRUIT (fresh, dried, or other)

No fruit except what is on the Yes foods list

GRAINS/LEGUMES

Barley
Flours made from grains or beans (chickpeas, lentils, etc.)
Kamut
Oats
Pasta (all kinds, including couscous & orzo)
Rye
Soybeans/edamame (including miso, natto, soy sauce, tempeh, and tofu)
Spelt
Wheat

BEVERAGES

All alcohol
Coffee drinks or shakes, pre-sweetened
Juice
Milk: skim, nonfat, 1%, 2%, soy/rice/oat
Soda (regular & diet)
Sweet-tasting drinks (besides herbal teas)

CONDIMENTS/MISC.

Ketchup, store-bought
Mayonnaise, spreads, or salad dressings made with canola, soybean, or “vegetable” oil

SUPPLEMENTS

Anything that includes sugar, sweeteners, or sugar alcohols (xylitol, for example)
Protein powders that have more than one ingredient
Shakeology and similar blends
Soy sauce, tamari
Supplements that contain soy, corn, or wheat

ANYTHING “DIET,” SUGAR-FREE, OR ARTIFICIALLY SWEETENED

This means no gum, either!

SWEETENERS OF ANY KIND

None are allowed!