



20-Day Sugar Free Challenge Food List

<u>Fish</u>		
Anchovies	Mahi Mahi	Salmon
Bass	Monkfish	Sardines
Cod	Mullet	Tilapia
Eel	Northern Pike	Tuna
Haddock	Orange Roughy	Walleye
Halibut	Perch	Any Other Wild Fish
Herring	Red Snapper	
Mackerel	Rockfish	

<u>Shellfish</u>		
Abalone	Lobster	Scallops
Clams	Mussels	Shrimp
Crab	Oysters	
Crayfish	Prawns	

<u>Meat and Poultry</u>		
Beef	Goat	Pork
Chicken	Lamb	
<u>Game Meats</u>		
Alligator	Emu	Rabbit
Bear	Goose	Snakes
Buffalo	Pheasant	Turkey
Caribou	Kangaroo	Venison
Duck	Ostrich	
Elk	Quail	
<u>Organ Meats</u>		
Hearts	Liver	
Kidney	Tongue	
<u>Eggs</u>		
Chicken	Goose	Roe/Caviar
Duck	Pheasant	Other Bird Eggs
Emu	Quail	

<u>Vegetables</u>		
Artichoke	Cucumbers	Parsnips
Arugula	Eggplant	Peppers (all kinds)
Asparagus	Endive	Pumpkin
Avocados	Fennel	Purslane
Beets/Beet Greens	Fiddlehead Ferns	Radishes
Bell Peppers	Garlic	Romaine Lettuce
Bok Choy	Green Beans	Rutabaga
Broccoli	Jerusalem Artichokes	Sea Vegetables
Broccoli Rabe	Jicama	Spinach
Brussels Sprouts	Kale	Squash
Cabbage	Kohlrabi	Swiss Chard
Carrots	Leeks	Tomatoes
Cauliflower	Mushrooms	Turnip Greens
Celery	Mustard Greens	Watercress
Celery Root	Olives	
Collards	Onions	
<u>In Moderation</u>		
Cassava	Sweet Potatoes	Yams
Potatoes	Wild Rice	Taro

*Note that Vegetables label “In Moderation”, should be eaten sparingly during this challenge. This is because they contain a higher density of natural sugars/carbs, compared to their other vegetable relatives. Stick to the other vegetables first if you have the choice.

***For the sake of this 20-Day Sugar Free Challenge, we consider “In Moderation” to mean no more than 1 cup of cooked rice, or 1 small potato per day.**

Spices and Herbs		
Anise	Cumin	Peppermint
Basil	Dill	Rosemary
Black Pepper	Fennel	Sage
Cayenne Pepper	Ginger	Stevia
Chili Pepper	Mint	Tarragon
Cilantro	Mustard Seeds	Thyme
Coriander Seeds	Nutmeg	Turmeric
Cinnamon	Oregano	Cloves, Paprika

<u>Nuts and Seeds</u>		
Almonds	Pecans	Sunflower Seeds
Brazil Nuts	Pine Nuts	Walnuts
Hazelnuts	Pistachios	Derivative Butters
Hempseeds	Pumpkin seeds	
Macadamias	Sesame Seeds	

<u>Healthy Fats/Oils</u>		
Avocado Oil	Macadamia Oil	Unprocessed Palm Oil
Butter/Ghee	Olive Oil	Walnut Oil
Coconut Oil/Milk	Sesame Oil	
Lard	Tallow	

Other items to be eaten In Moderation		
Cheese	Tea	Vinegar
Full Fat Cream	Coffee	Tamari
Yogurt		

Supplements

Daily High-Potency Antioxidant Multi-Vitamin Supplement

Omega-3 Fatty Acid Fish Oil Supplement

Whey Protein Powder

Probiotics

Vitamin D