

THE
21
DAY
SUGAR
DETOX

QUICK
START
GUIDE

New York Times bestselling author

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21daysugardetox.com

WHAT IS THE 21-DAY SUGAR DETOX®?

The 21-Day Sugar Detox® (21DSD) is a real-food reset, to help you drop processed foods, reset your taste buds, enjoy the food you eat, and improve your health.

It helps you break the chains of processed foods and added sugars so that you can get off the blood sugar roller coaster and say good-bye to that afternoon slump.

You'll discover places that sugar hides in your diet and find great-tasting and nutritious alternatives.

You'll understand the effect of sugar and processed foods on your body and see just how great you can feel without them.

The foundation of The 21-Day Sugar Detox is simple—eliminate foods that cause sugar cravings, balance your blood sugar, and choose more healthy, nutrient-dense foods.

There are no pills, powders or shakes—just real, nourishing (not diet!) food.

The program has three levels, so if you're currently eating everything under the sun or if you're a hardcore Paleo enthusiast, there's a plan just for you.

The Basics—What You Will Eat on the 21DSD.

All levels of the program include meat, seafoods, eggs, vegetables, nuts, seeds, and limited fruits as well as a limited portion of starch flours per day.

- **Level 3** includes the above and no *additional* food groups.
- **Level 2** includes the above *as well as full-fat dairy*.
- **Level 1** includes the above *as well as a limited amount of gluten-free grains and legumes per day*.

All levels of the program are totally free of *gluten, grain flours, sweeteners, alcohol, and artificial flavors*.

Wondering if you can have a specific food on the 21DSD that isn't listed on the main Yes/No list?

Read: [Can I have _____ on the 21DSD?](#)

Wondering which brands and products we recommend on the 21DSD?

Read: [21DSD Approved Products and Brands](#)

Which Level Is Right for You?

In each book and in the THE 21-DAY SUGAR DETOX OFFICIAL PROGRAM GUIDELINES section of this Quickstart Guide, there's a short quiz to help you determine that, but you can also choose for yourself.

Level 1 is perfect for you if you're looking to clean up your diet, get the sugar and refined foods out and reset your palate!

Level 2 is great for you if you're already living a gluten-free lifestyle, but are still dealing with cravings or are ready for a reset.

Level 3 is for you if you currently eat a Paleo or Primal type of diet who are still finding it difficult to avoid sweets, you're struggling to lose body fat, or your energy levels could be better.

How Can I Start the 21DSD?

Here are some quick tips to getting started!

Step 1: Download the Basic Rules of The 21-Day Sugar Detox Program.

You've already completed the first step! This PDF will give you a general idea of what you'll be eating and avoiding on the 21DSD.

If you don't want or need additional recipes, resources, or support, you can simply follow that information for 21 days and off you go!

Step 2: Grab One or More of the Printed Books (and the Online Program if you like!)

If you do want more, then, I recommend that you grab a copy of The 21-Day Sugar Detox Daily Guide at a minimum.

If you decide to grab a copy of the Daily Guide, read the pre-detox days (pages 32 to 40 in The 21-Day Sugar Detox Daily Guide) the week before you begin.

While you can dive into the full 21DSD right away, I don't recommend that. Lack of preparation is the number one reason why folks don't finish the program. Yes, it's a tough program, but it's far, far, easier when you prepare for it.

That means following the -pre-detox daily pages in The 21-Day Sugar Detox Daily Guide for seven days before you start your 21DSD.

These days will walk you through familiarizing yourself with the program, cleaning out your pantry and refilling it with detox-friendly ingredients, logging what you eat so you can anticipate what you'll need to change on the program, and more. These prep days will make everything much easier and smoother once you start your detox.

Step 3: Enlist Support and Consider a Coach!

A friend. A coworker. A family member. A Certified 21DSD Coach.

This is the perfect time to enlist a friend, coworker, or family member to join you on this journey. While we've got an amazing social network, including Team 21DSD, Certified 21DSD Coaches, and other detoxers, it's always easier when people around you are going through the program, too.

And if, upon reading what this program entails, you're feeling overwhelmed and think that you really want one-on-one support from a real person, we've got your back! There are Certified 21DSD Coaches around the world who can help, whether in person or online—or both!

Our Certified Coaches all go through a training program specifically for the 21DSD so they can guide you through this program with the best possible support and a personal touch. There are coaches who specialize in working with people with particular concerns, from athletes to pregnant or breastfeeding moms to people with food allergies and autoimmunity. Our coaches have all completed the program themselves, so they know exactly what it's like to be in your shoes and can give you that helping hand when you need it.

Step 4: Commit—Join Our Online Facebook Community, and Let the World Know!

Hop into the 21DSD Community to let us know that you're in!

And, if you think daily videos and emails would help you stay on track, this is the time to sign up for those as well through the [21DSD Online Program](#).

If you enjoy using social media, share one of our fun “shareable” graphics to your accounts using #21DSD so we can follow along on your journey.

Step 5. Start Your 21DSD!

That's it! Once you've finished the pre-detox week, you're ready to begin with Day 1 of the 21DSD Start with the guide for that day on page 44 of the Daily Guide.

Boom, that's it!

Frequently Asked Questions About The 21-Day Sugar Detox

What kinds of foods will I be eating on The 21-Day Sugar Detox?

You will be eating real, whole, nutrient-dense foods. You will not be eating refined and highly processed foods. This program will require that you get your hands dirty in the kitchen, but there are loads of tips and tricks for how to manage the program while dining out, traveling, and overall living a busy modern life.

We even have an option for you to purchase ready made [Balanced Bites Meals](#), our delicious, squeaky clean, 21- Day Sugar Detox-friendly frozen meals, all created by Diane Sanfilippo. Learn more about our Balanced Bites Meals and how to get them further in the guide!

Will I need to purchase special foods or supplements to complete the program?

There are no special foods or supplements required to complete the 21DSD program. If you would like to make the recipes in the books (The 21-Day Sugar Detox, The 21-Day Sugar Detox Cookbook, or The 21-Day Sugar Detox Daily Guide), you may find some new ingredients within the recipes. There are resources within the books that explain where to find special ingredients.

I'm a vegetarian. Can I do The 21-Day Sugar Detox?

The 21-Day Sugar Detox is not a good fit for vegetarians or vegans. We do offer a modification for pescetarians who include fish in their plant-based diet; this modification is detailed in both The 21-Day Sugar Detox, and The 21-Day Sugar Detox Cookbook.

Is The 21-Day Sugar Detox the same as a paleo diet?

No. While The 21-Day Sugar Detox may eliminate added sweeteners, gluten, and soy and all processed foods, Levels 1 and 2 of the program include whole gluten-free grains and full-fat dairy and are not considered Paleo. Level 3 of the program, however, does align with Paleo eating.

Is The 21-Day Sugar Detox the same as a low carb diet?

No. While The 21-Day Sugar Detox may be lower in refined carbohydrates than a standard American diet, it includes carbohydrates from select grain, fruit, and vegetable sources depending on your plan and modifications.

Is The 21-Day Sugar Detox the same as a keto diet?

No. The 21-Day Sugar Detox is not a ketogenic program specifically. You are more than welcome to follow a very low-carb/ketogenic approach to the 21DSD but the program as-written isn't specifically keto.

Is The 21-Day Sugar Detox appropriate if I follow a strictly gluten-free diet?

Yes! This program is 100% gluten-free. It's also soy-free, corn-free, and very allergen-free friendly. Level 3 of the program is also dairy-free.

Is The 21-Day Sugar Detox appropriate if I follow a paleo or primal diet?

Yes! You will follow either Level 2 or 3 of the program.

Is The 21-Day Sugar Detox safe if I'm pregnant or breastfeeding?

Yes! Pregnant and breastfeeding moms can follow the notes on how to add more 21DSD-friendly carbs to their plates within the program.

Is The 21-Day Sugar Detox safe if I am an athlete?

Yes! Athletes can follow the notes on how to add more 21DSD-friendly carbs to their plates within the program.

Is The 21-Day Sugar Detox family-friendly/safe for children and teens?

Yes! With some small adjustments for young family members, the 21DSD is absolutely family-friendly. We don't recommend suggesting dietary limits for children that are beyond simply eating real, whole foods. So, for kids, we typically recommend they enjoy any food you're making on the program, in whatever portions they need, and that they do not limit their whole fruit intake.

Is The 21-Day Sugar Detox safe for diabetics?

First, The 21-Day Sugar Detox should not be seen as a substitute for professional medical advice, diagnosis, or treatment. The 21DSD is a whole-foods based program, and is safe for anyone. That said, if you are under the care of a medical professional, are insulin dependent, or are taking blood sugar regulating medications, we recommend that you consult with your doctor before beginning any new nutritional program. You may find that your medications need to be adjusted with your new way of eating, and enlisting the support of your doctor will be important.

THE 21-DAY SUGAR DETOX

OFFICIAL PROGRAM

GUIDELINES

In its simplest form, the 21-Day Sugar Detox can be completed by eating Yes foods and eliminating No foods (and ingredients). Some Yes foods should be consumed in limited portions, but for most, you can eat as much as you like.

Once you review the Yes/No Foods List, read through “Finding Your Level” and “Building Your 21DSD Meals”. This will help you to determine how strict your program will be and your starting point for portion size. After you start the 21DSD, if you find that you need to adjust your meals based on how you’re feeling, “Building Your 21DSD Meals” can help with that, too.

Is It a “Yes” Food?

While on your 21DSD, you may encounter foods that are not on the Yes/No Foods List, or you may be slightly confused about whether a particular food is included in or excluded from the program. Follow the basic principles of the 21DSD, outlined below, to direct your choices and help you figure out whether or not you should eat the food in question.

- **Added sweeteners are not allowed.** The only way to enjoy a somewhat sweet taste is to use the included fruits in the limited portions as outlined in your Yes/No Foods List. If an added sweetener is included in the ingredients list of a packaged item you want to eat (see the Guide to Hidden Sugars to find hidden sweeteners), the food is not allowed. Note that some Yes foods, such as full-fat dairy on Levels 1 and 2, contain natural sugars, and these are okay.
- **If it tastes sweet and it isn’t included on the Yes foods list, it’s not allowed.** Some herbal teas taste sweet naturally, and these are allowed. If an item tastes sweet and you aren’t sure about it, leave it out.
- **Grain flours are not allowed.** This means you will not eat any foods made from whole-grain or refined-grain flours (wheat, spelt, and quinoa flours, for example). The only flours allowed are those made from nuts, seeds, coconut, or some limited starches (like tapioca flour when used as a thickening agent in sauces).
- **When in doubt, leave it out.** If you find it difficult to make a judgment call about a particular food on your own, connect with us online at 21DSD.com or via social media to ask your question and get more answers and support.

Finding Your Level

For your best experience on the 21DSD program, you'll want to customize your approach based how much of a change the program will be for you, how active you are, and how strong your cravings currently are. There are three levels to the program, with Levels 1 and 2 allowing some foods that are off-limits on Level 3.

To determine the right level for you at the beginning of your 21DSD journey, circle the most appropriate responses below:

1. Are you new to the 21-Day Sugar Detox?

- A. Yes.
- B. No, I have completed it once before.
- C. No, I have completed it two or more times before.

2. I currently eat

- A. bread, pasta, and other foods made from whole grains or grain flours (wheat, teff, spelt, kamut, rye, etc.).
- B. bread, pasta, and other foods made from gluten-free grain flours.
- C. a grain-free, Paleo, or primal type of diet.

3. I currently eat

- A. low-fat or fat-free dairy products.
- B. full-fat dairy products.
- C. no dairy products.

4. I currently eat

- A. sweeteners or foods made with sweeteners multiple times per day and/or 4+ servings of fruit per day.
- B. sweeteners or foods made with sweeteners twice per day and/or 3+ servings of fruit per day.
- C. sweeteners or foods made with sweeteners once per day and/or 2+ servings of fruit per day.

5. My sugar and carb cravings are

- A. so strong that I'm admittedly fearful of how this detox will go for me.
- B. pretty darned strong—that's why I'm reading this!
- C. not terrible, but certainly apparent enough that I'm here!

If you answered mostly **A**, then select **Level 1**.

If you answered mostly **B**, then select **Level 2**.

If you answered mostly **C**, then select **Level 3**.

If, upon reviewing your resulting level, it seems more difficult than you are prepared for, you may default to the lower level. So, for example, if your test revealed you would be on Level 2 of the program but, upon reading the Yes/No Foods List, you think it'll simply be too difficult, you may complete Level 1. You are also welcome to include some of the allowed foods for your level on some days and not others. So, for example, if you are completing Level 1 or 2 and you simply don't eat dairy one day, that's completely fine. Once you complete the program at Level 2 successfully, you are welcome to follow Level 3 next time, should you decide to complete the program again in the future.

THE 21-DAY SUGAR DETOX Official Program Rules

	LEVEL 1	LEVEL 2	LEVEL 3
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)

White potatoes

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!

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!

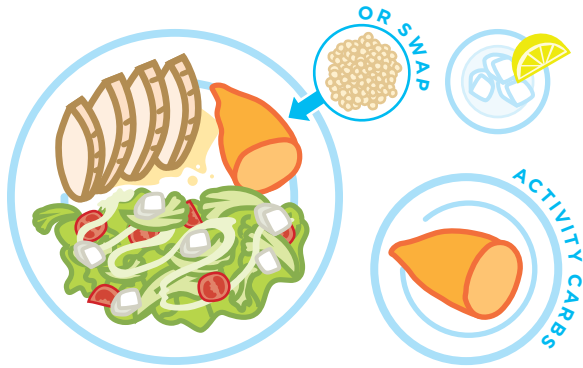
SWEETENERS OF ANY KIND

None are allowed!

Building Your 21DSD Plate

If you're struggling to feel satiated or your energy is low, you may need to rethink how much you're eating. Below are some examples of how to build your plate for the next three weeks.

EXAMPLE MEALS LEVEL 1



~4 ounces **protein**

1-2 cups **non-starchy vegetables**

1-2 tablespoons **healthy fats**[^]

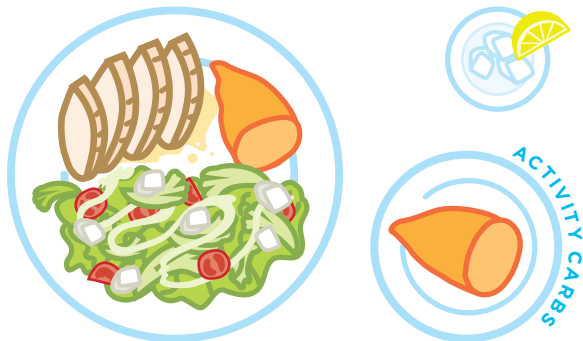
optional ½-1 ounce **dairy**

optional ½ cup **starchy vegetables or whole gluten-free grains/legumes***

+ **ACTIVITY CARBS**

½-1 cup **starchy vegetables** in addition to the above per meal as needed

EXAMPLE MEALS LEVEL 2



~4 ounces **protein**

1-2 cups **non-starchy vegetables**

1-2 tablespoons **healthy fats**[^]

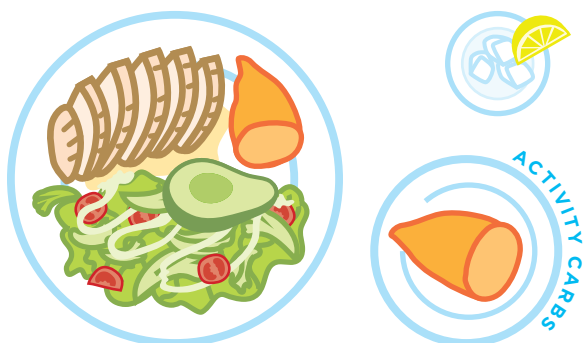
optional ½-1 ounce **dairy**

optional ½ cup **starchy vegetables**

+ **ACTIVITY CARBS**

½-1 cup **starchy vegetables** in addition to the above per meal as needed

EXAMPLE MEALS LEVEL 3



4-6 ounces **protein**

1-2 cups **non-starchy vegetables**

1-2 tablespoons **healthy fats**[^]

optional ½ cup **starchy vegetables**

+ **ACTIVITY CARBS**

½-1 cup **starchy vegetables** in addition to the above per meal as needed

[^] See the Guide to Healthy Fats & Oils. Equivalent amounts of avocado (¼ or ½ avocado) or nuts/seeds (2 tablespoons) may also be used.

Building Your 21DSD Plate, continued

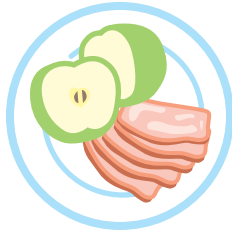
Please note that these are absolutely not prescriptive or intended to limit your portions (aside from foods that are only allowed in limited portions). If you are able to easily build a plate with the foods included on the program and you feel good, these guidelines don't need to apply to you.

EXAMPLE SNACKS LEVEL 1



1 piece of 21DSD **fruit***
+ 1-2 tablespoons
nut butter
or $\frac{1}{4}$ cup **nuts**

OR



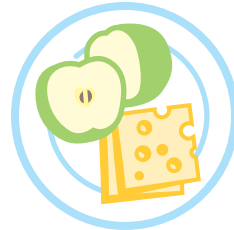
2 ounces **deli meat or jerky**
+ 1 piece of 21DSD **fruit***

OR



2 ounces **deli meat or jerky**
+ $\frac{1}{2}$ avocado

OR



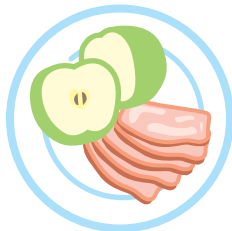
1 piece of 21DSD **fruit***
+ 1 ounce **cheese**
or 4-6 ounces
full-fat yogurt

EXAMPLE SNACKS LEVEL 2



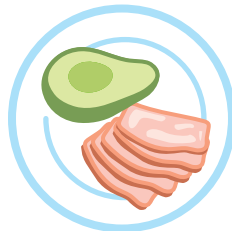
1 piece of 21DSD **fruit***
+ 1-2 tablespoons
nut butter
or $\frac{1}{4}$ cup **nuts**

OR



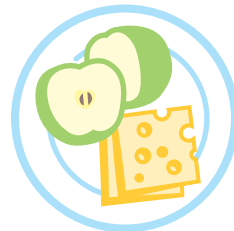
2 ounces **deli meat or jerky**
+ 1 piece of 21DSD **fruit***

OR



2 ounces **deli meat or jerky**
+ $\frac{1}{2}$ avocado

OR



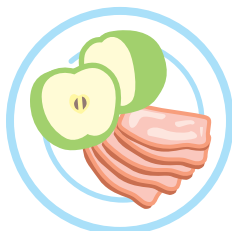
1 piece of 21DSD **fruit***
+ 1 ounce **cheese**
or 4-6 ounces
full-fat yogurt

EXAMPLE SNACKS LEVEL 3



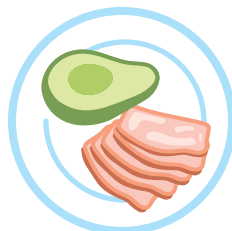
1 piece of 21DSD **fruit***
+ 1-2 tablespoons
nut butter
or $\frac{1}{4}$ cup **nuts**

OR



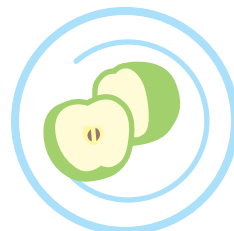
2 ounces **deli meat or jerky**
+ 1 piece of 21DSD **fruit***

OR



2 ounces **deli meat or jerky**
+ $\frac{1}{2}$ avocado

OR



1 piece of 21DSD **fruit***

* Follow daily portion limits. Your daily portions may be eaten in one sitting or divided among your meals and snack.

FAQs

Q: *How many meals should I eat each day?*

A: I recommend that most people eat three full meals per day plus one snack. If that doesn't work for your lifestyle or appetite, you can choose to eat two larger meals and two snacks, or two larger meals and one snack, or no snacks. Just be sure that you are not undereating, which can make you feel tired, hungry, or weak.

Q: *Do I need to eat the included snacks? Can I have more than one snack per day?*

A: No, you do not *need* to eat snacks. You can enjoy your daily piece of fruit as part of a meal or recipe (e.g., in a smoothie, chopped up and put into a salad, or on yogurt for breakfast). You may also find that your meals are extremely satiating and you don't need a snack. Eat a small portion of food (a snack) if you are hungry between meals, but don't eat it simply because it's there. Snacks are listed simply as guidelines and recommendations for what to eat if you feel you need them—they are not required. And if you're hungry, you can have more than one snack, as long as you don't have more than one piece of fruit each day.

Q: *Am I required to eat my included fruit for the day? Can I eat half a piece of one type of fruit and half a piece of another?*

A: No, you don't have to eat your allotted piece of fruit each day. However, you cannot carry over uneaten fruit to the following day. There's no rollover fruit! So if you choose not to eat your green apple today, for example, you can't add it to tomorrow's meals. You may have one piece total per day, or leave it out—that's up to you. You may split your fruit portions between half a piece of one kind and half a piece of another within one day if you choose. So, for example, you may eat half of a green apple and half of a green-tipped banana in one day.

Q: (Level 1) *Am I required to eat ½ cup of gluten-free grains or legumes for the day? Can I eat ¼ cup of one type and ¼ cup of another?*

A: No, you don't have to eat your daily ½ cup of gluten-free grains or legumes. However, you cannot carry over what you don't eat to the following day. You're welcome to eat a combination of different gluten-free grains or legumes, as long as the total amount you eat doesn't exceed ½ cup per day.

Q: *What are activity carbs, and who should add them?*

A: Activity carbs are starchy vegetables that people who meet certain criteria should eat in addition to standard 21DSD plate portions. Anyone who exercises or is active throughout the day, naturally very lean people (ectomorphs or "hardgainers"), pregnant and breastfeeding moms, and anyone who generally *feels better* eating more healthy carbs must add activity carbs. There is no reason to avoid these carbs if you feel better eating them. Your 21DSD will *not* be derailed by adding them (a common misconception). In fact, you will be more successful if you add these healthy carbs because you'll feel a lot better, and eating healthy carbs when your body needs them keeps more cravings at bay!

FAQs, continued

Q: *Why are some items listed as optional?*

A: Just because a food or food group is permitted doesn't mean that you *must* include it every day or in every meal. While you are permitted to include up to ½ cup per day of gluten-free grains or legumes on Level 1, for example, there is no requirement for you to eat them. You can opt for starchy vegetables instead on some days, or most days, or not. On Levels 1 and 2, dairy is another optionally added food—meaning you can include it in some meals or not. Whether or not you eat the optional items won't affect the success of your 21DSD.

Q: *What is a non-starchy vegetable?*

A: Anything leafy, green, and relatively low in carbohydrates per serving is considered a non-starchy vegetable. So, for example, lettuce, spinach, kale, Brussels sprouts, cabbage, green beans, cauliflower, bell peppers, onions, jicama, and carrots (yes, even carrots) are all non-starchy vegetables.

Q: *What is a starchy vegetable?*

A: Anything that is higher in carbohydrates and has a starchy texture is a starchy vegetable. So, for example, sweet potatoes, potatoes, yams, butternut/winter squash, beets, and plantains are all starchy vegetables.

Q: *Why does Level 3 have larger protein portions?*

A: Since Level 3 is dairy-free and dairy is a source of protein (and fat) for those in Levels 1 and 2, those following Level 3 may find that increasing their protein intake from meat or eggs is more satiating.

Q: *What if I can't eat certain 21DSD-friendly foods or I'm allergic to the included fruits? Can I swap some foods out for others?*

A: If you are allergic to certain foods that are specified on the plan, such as green apples, then omit those foods and simply eat from the list of Yes foods. You may not switch the included fruits out for others. Don't worry, you can enjoy a perfectly successful detox without those foods. There is no reason why you must have fruit, or any specific foods, while on the program.



GUIDE TO HIDDEN SUGARS

While on the 21DSD, all the forms of sugar and sweeteners listed here are out! Always turn packages around to read ingredients. If any of the sweeteners listed below are in the ingredients, that food is out for your detox. ^

Note that we are not talking about naturally occurring sugars in foods like yogurt (from natural lactose) or 21DSD-friendly fruits—we're talking about added sweeteners. Also note that seeing grams of sugar in the Nutrition Facts is not the same as finding hidden or added sugar in a product.

^ *The two exceptions to the rule to avoid foods with these sweeteners are bacon/cured meats and kombucha. See page 126 for more details on bacon and cured meats.*

NATURAL SWEETENERS*

Brown sugar	Date sugar	Maple syrup
Cane juice	Date syrup	Molasses
Cane juice crystals	Dates	Monk fruit
Cane sugar	Fruit juice	Palm sugar
Coconut nectar	Fruit juice concentrate	Raw sugar
Coconut sugar/crystals	Honey	Stevia (green leaf or extract)
	Luo han guo	Turbinado sugar



**Recommended for using in very limited quantities after your 21DSD.*

NATURALLY DERIVED SWEETENERS

Agave	Demerara sugar	Lactose	Sugar alcohols (for example, erythritol, maltitol, mannitol, xylitol; words ending in -ol)
Agave nectar	Dextran	Levulose	Swerve (brand name for a sugar alcohol blend)
Barley malt	Dextrose	Light brown sugar	Tagatose (Tagatose, Nutrilatose)
Beet sugar	Diastase	Malt syrup	Treacle
Brown rice syrup	Diastatic malt	Maltitol	Yellow sugar
Buttered syrup	Ethyl maltol	Maltodextrin	Xylitol
Carob syrup	Fructose	Maltose	
Corn syrup	Glucose / glucose solids	Mannitol	
Corn syrup solids	Golden sugar	Muscovado	
	Golden syrup	Refiner's syrup	
	Grape sugar	Sorbitol	
	High-fructose corn syrup	Sorghum syrup	
	Invert sugar	Sucrose	



ARTIFICIAL SWEETENERS

- Acesulfame K / acesulfame potassium (Sweet One, Sunett)
- Aspartame (Equal, NutraSweet)
- Saccharine (Sweet'N Low)
- Stevia, white/bleached (Truvia, Sun Crystals)
- Sucralose (Splenda)



AFTER THE DETOX

How It's Made

The more highly refined a sweetener is, the worse it is for your body. For example, high-fructose corn syrup (HFCS) and artificial sweeteners are modern, factory-made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, I vote for raw, organic, local honey as the ideal natural sweetener after your 21DSD.

Where It's Used

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious that most of them use highly refined, low-quality sweeteners. Food manufacturers even hide sugar in foods that you didn't think were sweet! Many foods that have been made low-fat or non-fat have added sweeteners or artificial sweeteners—avoid these products!

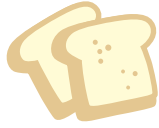
How Your Body Processes It

Your body does not metabolize all sugar the same way. Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time because both are high in fructose, which is processed by the liver before the sugar hits your bloodstream. This yields a seemingly favorable result on blood sugar levels. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to your health. Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win!

GUIDE TO SIMPLE SWAPS

Replace...

With this...



Bread

→ Lettuce or collard wraps for burgers and deli meats, portobello mushroom slices as buns

**Crackers
(made from grains)**

→ Nut- or seed-based crackers, such as Jillz or GoRaw brands; or use thinly sliced fresh vegetables with dips, etc.

Cereal (made from grains)

→ Banana Vanilla Bean N'Oatmeal (page 146) or Grain-Free Banola (page 147)

**Cookies or donuts
(made from grains)**

→ Not-sweet treats found in this book (pages 216 to 227) or anywhere in the 21DSD family of recipes!



**Granola bars
(made from grains)**

→ Bars made from meats and/or nuts and seeds, such as EPIC brand, or jerky and nuts

**Nondairy milks
(soy, oat, etc.)**

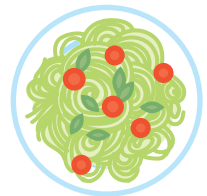
→ Unsweetened nut milks, unsweetened coconut milk yogurts, unsweetened hemp milk. (There are many recipes available online; most store-bought brands have too many additives.) Nut, coconut, and hemp milk-based products are okay if unsweetened.

**Pancakes
(made from grains)**

→ Pumpkin Pancakes (page 149) or almond/coconut flour pancakes

**Pasta and noodles
(made from grains)**

→ Spaghetti squash noodles or zucchini cut with a spiral slicer. Or put sauce and meat over roasted vegetables, like the B3 Bowl (page 152).



**Protein powders /
shake mixes with multiple ingredients**

→ Single-ingredient protein powders: collagen peptides, pure grass-fed whey protein, pure egg white protein, or pure hemp protein powder, for example



Soy sauce or tamari

→ Coconut aminos (liquid aminos, a soy-based product, is not the same as coconut aminos)

Sweeteners

→ 21DSD-friendly fruits (see page 20)—they may be cooked or raw

FOR LEVELS 1 & 2

**Low-fat & nonfat dairy
(milk, cheese, yogurt, etc.)**

→ Full-fat dairy (sometimes labeled as 4%): milk, cream, and all cheeses from any animal

FOR LEVELS 2 & 3

Rice

→ Riced cauliflower or shredded potatoes



FOR LEVEL 3

Milk (cow, sheep, goat, soy)

→ Coconut milk (page 243) or almond milk (page 242)

Cheese (cow, sheep, goat, soy)

→ For cooking, depending on the recipe: nutritional yeast (see page 127), roasted garlic, or Cashew "Cheese" Sauce (page 235)

Yogurt (cow, sheep, goat, soy)

→ Homemade coconut milk yogurt (there are many recipes available online; most store-bought brands have too many additives). You can also try getting probiotics in other forms, such as sauerkraut.



Whey protein

→ Egg white protein powder, beef-based protein powder, or collagen peptides

GUIDE TO HELPFUL SUPPLEMENTS

You are absolutely not required to take any supplements while on the 21-Day Sugar Detox. However, many participants do find them extremely helpful. This guide will help you decide if any of these may be helpful for you.

I always recommend that you try natural, food-based approaches to curbing cravings before you look to herbal or vitamin and mineral supplements for support. Two great solutions are:

- **Lemon water** (sometimes with L-glutamine added; see below). Hydrating with a hint of flavor from lemon or other citrus can help with that urge to grab something sweet.
- **Herbal teas** (sometimes with a touch of full-fat coconut milk added)—more details below

If water and tea don't lessen your cravings, you can try a few different herbs and supplements. Everybody is unique and will respond differently to them, but they're all pretty mild and should have only beneficial effects in the moderate dosages recommended here.

With all of the supplements, more does not necessarily mean better. It is always best to start out at a low dose for a few days so that you can see how your system responds.

I've listed the supplements here in the order that I suggest trying them. Cinnamon is the #1 supplemental super-spice I recommend adding to your food while on the 21DSD.

Helpful Supplements for the 21-Day Sugar Detox

HERBAL TEA

What is it? Blends of caffeine-free herbs that can be steeped to create a hot or cold beverage. Herbal teas support different body systems, so read the descriptions to find out more. That said, tea's "medicinal" properties are typically pretty mild, so you needn't be concerned that a tea has specific properties if you love to drink it simply for its flavor. I love the Traditional Medicinals brand of organic teas. Here are some varieties that you may want to try: ginger, peppermint, licorice root.



What does it do? Herbal teas provide a healthy replacement for the habit of having something sweet after a meal, or for an afternoon or evening snack you may reach for out of boredom, or simply for a craving.

When should I take it? Herbal teas are caffeine-free, so you can enjoy them any time of the day. If you are enjoying licorice root tea or if it is an ingredient in your tea blend, drink it only before 3 p.m., as it can have a stimulating effect.

How much should I take? You can drink as many cups of herbal tea as you like! Keep in mind that it is often better to use one tea bag for multiple cups of tea so that the strength is diluted over time, instead of drinking very potent tea all day.

CINNAMON

What is it? An aromatic spice.

What does it do? Cinnamon helps regulate blood sugar while creating a taste effect that you're eating something sweet, giving the satisfaction of a treat without triggering your body's sweet-taste response. Cinnamon slows the rate at which the stomach empties, which helps keep blood sugar from spiking after meals.

When should I take it? Feel free to enjoy cinnamon on foods at any time of day. Many of the treat recipes in this book include cinnamon.

How much should I take? You can add as much cinnamon as you like to the foods you eat, or sprinkle it in tea or coffee. Add up to 1/2 teaspoons to full-fat coconut milk- or almond milk-based smoothies following the recipes in this book. You may also decide to make one of the sweetener-free treat recipes and add cinnamon according to your taste preferences. Cinnamon can also be paired with other flavorings, like curry or chili powder, to season meats—especially pork chops, ground beef, or lamb—and create a sweet-and-savory dish.



L-GLUTAMINE

What is it? An amino acid. Dietary sources of L-glutamine include high-protein foods like beef, chicken, fish, and eggs. This supplement tends to be far more effective at battling cravings when taken in conjunction with a diet rich in these foods.

What does it do? L-glutamine supports the repair of the gut lining (small intestine) and improves gut function, which will always help regulate your body's systems, including metabolism and cravings. It also helps reduce sugar cravings by providing energy to cells.



When should I take it? Between meals, beginning as early and ending as late in the day as you like.

How much should I take? In powder form, 2 to 4 grams in water up to twice a day. If you experience any constipation after adding L-glutamine to your daily routine, stop taking it until your eliminations become regular again, then resume it at half the dose.

MAGNESIUM

What is it? A mineral. Dietary sources include kelp, pumpkin seeds, sunflower seeds, spinach, broccoli, Swiss chard, salmon, oysters, halibut, scallops, dried herbs, and bone broth.

What does it do? Magnesium plays a role in more than 300 enzymatic processes in the body, and it has a particularly important role in powering cellular energy production. It also helps insulin take action appropriately; blood sugar management is much easier when you get enough magnesium.

When should I take it? Magnesium can be taken at any time of day, but it can have a relaxing effect, so you may find that taking it in the evening after dinner is ideal.

How much should I take? *Option 1:* 300 to 600 milligrams a day of Natural Calm unflavored powdered drink mix (magnesium citrate). You can use ½ teaspoon to begin and go up from there if needed. People who weigh less than 130 pounds should take the lower end of the range. If you experience loose stools after taking a dose, take less the next time. Take this supplement no more than once per day. I recommend mixing it with lemon water.

Option 2: 300 to 600 milligrams a day of magnesium glycinate or magnesium malate in capsule form.



CHROMIUM

What is it? A mineral that can be found on shelves as chromium picolinate, chromium polynicotinate, and chromium chelavite. Dietary sources include eggs, onions, romaine lettuce, ripe tomatoes, liver, peppers, green apples with peel, and sea vegetables like nori (dried seaweed paper), kelp, and dulse.

What does it do? Chromium helps increase insulin sensitivity, which affects how well your body regulates its blood sugar levels. According to naturopath Michael Murray, "Chromium supplementation is indicated in both diabetes and hypoglycemia because of its ability to improve blood sugar control."

When should I take it? With meals; if you are taking one or two doses a day, take them with breakfast and lunch and not with dinner.

How much should I take? 200 micrograms one to three times a day (a total of 200 to 600 micrograms).



B VITAMINS

What is it? Water-soluble vitamins. Dietary sources of B vitamins include liver, dairy (if you are eating raw/unpasteurized or organic full-fat dairy), leafy greens, eggs, and meats (which mainly provide B12).

What does it do? B vitamins play an important role in the complex process of cell metabolism. They help combat fatigue and are often lacking in the diet.

When should I take it? Take vitamin B complex with breakfast and lunch. B vitamins often give the sensation of an energy boost, so it's best to avoid them in the evening.

How much should I take? 100 milligrams twice a day of vitamin B complex.



GYMNEMA

What is it? An herb also known as gymnema sylvestre. You may find it in capsule, tablet, powder, or liquid form. If you can find the leaves, you may chew on them or steep them with your herbal tea.

What does it do? Gymnema can reduce the taste of sugar when it's placed in the mouth, thereby assisting in limiting your sugar cravings.

When should I take it? Anytime you anticipate a craving, or whenever you drink an herbal tea from which you don't want to experience sweetness.

How much should I take? Follow the dosage instructions on the package you buy and start out slowly. Try one dose and go from there based on how you feel.



quick-fix meal math

looking to make meals in minutes? check out this handy guide to adding up protein, veggies, fat, and flavor to equal a quick bite!

PROTEIN + FAT + VEGGIE + FLAVOR = A QUICK-FIX MEAL!

Use any of your own favorites in this type of equation to create combinations that you enjoy.



PROTEIN

- ground meat
- hard-boiled eggs
XHBe
- hot dogs* (grass-fed)
- jerky*
- turkey*
- roast beef* (grass-fed)
- rotisserie chicken or leftover cooked chicken**
- sardines* (wild)
- scrambled/fried eggs
- salmon or tuna* (wild)



FAT

- avocado (AVO) or guacamole (GUAC)
- coconut oil
- Healthy Homemade Mayonnaise (HHM)*
- extra-virgin olive oil (eVOO)
- nuts or seeds (almonds, walnuts, sunflower seeds, etc.)
- pesto*



VEGGIE

- bell pepper
- carrots
- celery
- cucumbers
- lettuce
- nori seaweed paper
- raw sauerkraut* (KRAUT)
- tomatoes
- veggies, leftover from another meal or pre-cooked



FLAVOR

- lemon or lime juice
- hot sauce*
- Sweetener-Free Ketchup*
- mustard*
- olives
- pickles*
- salad dressing*
- spices

meal math equation examples

ground meat + coconut oil + veggies + spices
ground meat + AVO/GUAC + lettuce + hot sauce
HBE + HHM + cucumbers + pickles
HBE + GUAC + carrots + hot sauce
HBE + pesto + lettuce + spices
hot dog + bell pepper (bun) + KRAUT + mustard
hot dog + AVO + bell pepper (bun) + mustard
turkey + AVO/GUAC + KRAUT + hot sauce
turkey + HHM + KRAUT + pickles
turkey + AVO + carrots + salad dressing

roast beef + HHM + carrots + pickles
roast beef + GUAC + cucumbers + KRAUT + spices
sardines + EVOO + lettuce + hot sauce + lemon
sardines + AVO + bell pepper + hot sauce
scrambled/fried eggs + KRAUT + hot sauce
scrambled/fried eggs + AVO + veggies + spices
wild salmon/tuna + HHM + lettuce + pickles
wild salmon/tuna + EVOO + tomatoes + olives
wild salmon/tuna + AVO + cucumbers + mustard
wild salmon/tuna + HHM + cucumbers + hot sauce

*See a list of recommended products & brands at 21dsd.com/favorites or refer to the recipes in any of the 21DSD books.

** Always check ingredients and buy only those made without unwanted oils (like canola, soybean, or vegetable oil) or other questionable ingredients.



www.pinterest.com/21daysugardetox

There are countless ideas for meals and snacks throughout our Pinterest boards—hop online and check them out!

MORE TIPS & TRICKS

Smart Dining on the 21DSD

1. Think ahead and don't arrive starving. Eat a small snack of some nuts or nut butter, or even a few bites of avocado or leftover meat, before you head out the door.
2. Preview the restaurant's menu online before you go.
3. Check out reviews from other diners on a site like Yelp or TripAdvisor (especially when traveling).
4. Pass on the bread basket—it'll keep temptation away! Ask for sliced veggies or olives instead.
5. Either skip the appetizers or opt for a salad starter.
6. Entrées are easy. While finger food is often breaded, fried, or otherwise carb-loaded, entrées that are made of simpler ingredients can be easy to find.
7. Look for grilled, broiled, or baked options. These typically aren't breaded, so they'll be safer bets for your detox. But ask the server for details on how things are prepared; they're used to questions! Be polite, but get the answers you need.
8. Make substitutions. If a meal comes with french fries, bread, or pasta, simply ask that the kitchen either leave it off of the plate or substitute some vegetables instead.
9. (AT PARTIES) Before you go, ask the host what they plan on serving, so you know what to expect.
10. (AT PARTIES) Bring a dish or two that you know you can enjoy and that will satisfy your hunger. The host will be happy to have the contribution, and you'll be glad to know that you won't be hungry all night if they're serving only foods that you aren't currently eating.

For a guide to what to eat at specific restaurant chains on the 21DSD, visit 21DSD.com/guides

GUIDE TO DINING OUT

Tips and Tricks for Navigating Menus and Making Healthy Choices



AMERICAN FOOD

AVOID: Fried foods, anything breaded, sandwiches, wraps, and premade dressings.

ENJOY: Bunless or lettuce-wrapped burgers and salads with lemon or vinegar and olive oil. Entrées with grilled, steamed, or baked proteins and vegetables without sauces. Add olive oil, butter, vinegar, and lemon to season.



CHINESE FOOD

AVOID: Unless you know the restaurant well enough to make special requests for no MSG and only sauces without sugar, it's best to avoid Chinese food. Many of the sauces contain hidden sweeteners and soy.



INDIAN FOOD

AVOID: Skip the naan and rice. Ask about flour/gluten in sauces and spice rubs.

ENJOY: Meats and veggies that are grilled or roasted and not drowning in sauces. Tandoori meats are often marinated in yogurt, so they're okay on Levels 1 and 2, but not on Level 3.



ITALIAN FOOD & PIZZA

AVOID: Bread, pasta, and breaded meats. Ask about sauces and preparation of items (meatballs often contain breadcrumbs). There is simply no great way to enjoy a 21DSD version of pizza while dining out.

ENJOY: Broiled chicken, fish, shrimp, or other protein with red sauce and veggies or salad on the side. If you're craving pizza, make pizza with a cauliflower or almond meal crust. (Omit the cheese if you are on Level 3.)



JAPANESE FOOD

AVOID: Rice (white and brown) is typically flavored with vinegar, which is okay, and sugar, which is not. Also avoid anything fried or tempura-battered, imitation crab, and most sauces. For Level 1, you can technically have some rice, but I would still avoid it.

ENJOY: Sashimi or broiled fish; just be sure to ask about sauces used and avoid soy sauce. Ask for a side of daikon radish to eat with your fish; most restaurants have it.



MEXICAN FOOD

AVOID: Tortilla shells and chips (both corn and flour), beans, and rice (or eat limited portions per Level 1 & 2 guidelines). Vegetarians: Have some beans but go lightly on the rice per your daily portions.

ENJOY: Meat, salsa, and guacamole—often you can ask for these ingredients to be placed over a salad or with vegetables. Ask for raw celery or carrots to dip into guacamole. Ask for a side of vegetables to add to your entrée.



THAI FOOD

AVOID: Sauces that contain sugar (ask about ingredients). Also avoid noodles, Thai iced tea (typically presweetened), and desserts. For Level 1, you can have your included portion of daily rice.

ENJOY: Chicken satay (typically okay) or a curry dish or other coconut milk-based dish without rice. Order extra steamed vegetables.



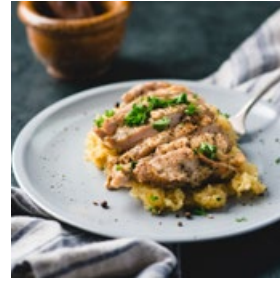
Al Pastor Pork with Cilantro Cauliflower Rice



Balsamic BBQ Beef with Kale & Charred Carrots*



Butternut Cocoa Chili



Cacio é Pepe Spaghetti Squash with Grilled Chicken Thighs**



Lemon Artichoke Chicken with Green Beans



Pork Souvlaki with Tahini Sauce over Kale & Cauliflower Rice with Olives



Slow-Cooked Salsa Verde Chicken with Cilantro Cauliflower Rice



Spaghetti Squash Bolognese Bake**



Umami Steak with Spinach and Cauliflower Rice



White Chicken Chili

Don't feel like cooking? Check out **BALANCED BITES MEALS**

LOOKING FOR THE ULTIMATE EASY BUTTON FOR MEAL TIME? BALANCED BITES MEALS IS YOUR ANSWER.

There are several 10-meal boxes available, including the Keto Bundle, the Paleo Bundle, and the Build-a-Box option! Visit meals.balancedbites.com to see all the meals, and choose the box that's right for you and your family!

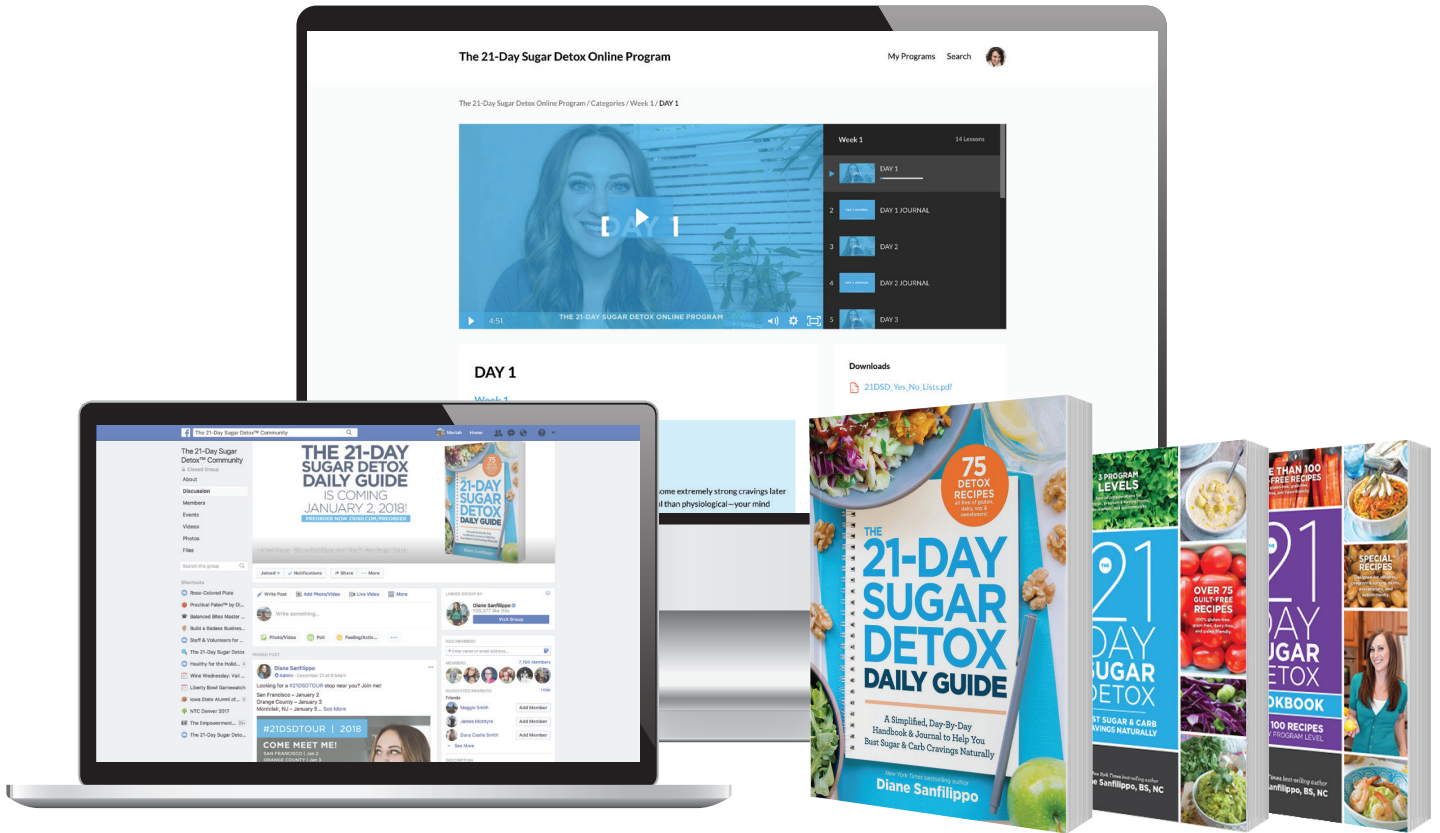
Plus, you can now earn points toward a discount on future purchases when you sign up for the loyalty program, Bites Bucks! So whether you're ordering your own meals or referring a friend, you can get rewarded!

If you've been waiting to order, NOW IS THE TIME! Order by 11:59 pm on Saturday to get your meals the following week!

Looking for more inspiration on how to use these meals? Check out [@balancedbites](https://www.instagram.com/balancedbites) on Instagram as well as [#balancedbites](https://www.instagram.com/balancedbites)! Don't forget to share and tag us using the handle and hashtag when you get your Meals, we'd love to see how they fit into your life!

**The Balsamic BBQ Beef with Kale & Charred Carrots is not 21DSD-friendly as it contains dates.*

***The Cacio é Pepe Spaghetti Squash with Grilled Chicken Thighs and Spaghetti Squash Bolognese Bake both contain dairy and are only appropriate for Levels 1 & 2 of the 21DSD.*



WHICH 21DSD RESOURCE IS RIGHT FOR YOU?

If you're ready to see how great you can feel without processed foods and refined sugar, we've got the resources to help you get there.

The 21-Day Sugar Detox program has options - three printed books, an online program, a free Facebook community and 21-Day Sugar Detox Certified Coaches that specialize in everything from blood sugar regulation to athletic performance.

With so many ways to customize your detox, it's all about finding what works for you!

Find your perfect 21DSD package at 21dsd.com/compare