

# SUGAR-FREE DETOX

## FOOD GUIDE

PURPOSEFULHABITS.COM

### YES FOODS

#### MEAT AND FISH

Beef, chicken, turkey,  
lamb

Arctic, char, seabass,  
shrimp, prawns,  
salmon, sardines, tuna

#### VEGGIES

Avocados, carrots,  
fennel, broccoli,  
lettuce, onion,  
spinach, radish, kale

#### NUTS, SEEDS AND GRAINS

Almonds, cashew,  
peanuts, macadamia,  
sesame, walnuts, wild  
rice, quinoa,  
buckwheat, barley

#### FRUITS

Apples, berries,  
coconut, grapefruit,  
oranges, pears and  
any other low glycemic  
fruit

### NO FOODS

#### SUGAR

White sugar, brown  
sugar, maple syrup,  
corn syrup, raw sugar

#### REFINED FLOUR

Cookies, cake,  
brownies, muffins,  
bagels, white bread

#### BEVERAGES

Sodas, juice, sweet tea,  
alcohol

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Yoghurt, milk, cheese,