



THE 21-DAY SUGAR DETOX SHOPPING LIST

by *Diane* SANFILIPPO



This list is only a partial compilation of recommended products and brands for The 21-Day Sugar Detox. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.

BAKING STAPLES

Flours:

- California's Natural Delight* blanched almond flour
- Honeyville* blanched almond flour

Nuts & Seeds:

- Bob's Red Mill* golden flaxseed meal

Other:

- Arm & Hammer* baking soda

BEVERAGES

Coffee:

- Kirkland* house blend coffee
- Peet's Coffee*
- San Francisco Bay* organic rainforest blend

Tea:

- Tejava* black tea

Water:

- La Croix*
- Mineral water
 - *Crystal Geysler*
 - *Perrier*
 - *San Pellegrino*
- Coconut water
 - *Coco Libre*
 - *Harmless Harvest*
 - *VitaCoco*
 - *Zitco*

BOOKS

- Practical Paleo*
- Mediterranean Paleo Cooking*

DAIRY

Butter:

- Kerrygold* butter
- Kirkland* organic butter

Cheese:

- Kerrygold* Dubliner cheese
- Kingdom Organic* sharp cheddar cheese
- Kirkland* fresh & creamy goat cheese
- Kirkland* organic cheese snacks
- Organic Valley* stringles
- Rumiano Family* organic sliced cheddar cheese

Yogurt:

- Verka* organic yogurt, plain

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15
- Kirkland* basil pesto
- Wholly Guacamole* organic guacamole
- Wilcox* organic hardboiled eggs

FRESH MEAT/POULTRY/SEAFOOD

Poultry:

- Coleman* organic chicken
 - Whole
 - Boneless skinless breasts
 - Thighs
 - Drumsticks
- Kirkland* organic chicken
 - Whole
 - Boneless, skinless breasts
 - Boneless, skinless thighs
 - Drumsticks
 - Wings



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- Plainville organic ground turkey
- Plainville organic turkey breast
- True Story organic oven roasted sliced chicken breast
- True Story organic oven roasted turkey breast

Red Meat:

- Kiolbassa Smoked Meats beef sausage
- Kirkland lamb rack or leg (boneless or bone-in)
- Kirkland organic grass-fed ground beef
- Kirkland organic ground beef
- Sun Fed Ranch organic grass-fed beef burgers

Seafood:

- Kirkland dungeness crab (cooked)
- Kirkland halibut
- Kirkland king crab legs (cooked)
- Kirkland lobster tails (cooked)
- Kirkland wild razor clams
- Kirkland Pacific rockfish fillet
- Kirkland wild sockeye salmon
- Trident wild Alaskan smoked sockeye salmon

FROZEN

Fruit & Vegetables:

- Organic frozen vegetables

Protein:

- Kirkland organic chicken breast, boneless & skinless
- Kirkland wild Alaskan pro cod
- Kirkland wild caught hake loins
- Kirkland wild Alaskan halibut
- Kirkland wild mahi mahi
- Kirkland raw tail-on shrimp, deveined
- Kirkland Pacific flounder fillets
- Kirkland wild keta salmon portions
- Kirkland wild Pacific sockeye salmon

GROCERY

Seafood:

- Bear & Wolf wild Alaskan pink salmon
- Chicken of the Sea real crab meat
- Genova yellowfin tuna
- Kirkland albacore (solid white) canned tuna
- Kirkland/Trident wild Alaskan pink salmon
- Kirkland wild Pacific canned salmon
- Seawatch chopped sea clams
- Wild Planet fish products:
 - Albacore tuna
 - Sardines

Jarred/Canned:

- Bella Sun Luci sun dried tomatoes
- Early California pitted olives
- Kirkland creamy almond butter
- Kirkland creamy peanut butter

Fats & Oils:

- California Olive Ranch olive oil
- Chosen Foods avocado oil
- Kirkland coconut oil
- Kirkland organic extra virgin olive oil
- La Tourangelle toasted sesame oil
- Nanak pure desi ghee

Other:

- Kirkland balsamic vinegar
- Kirkland organic chicken stock
- Kirkland organic tomato paste
- Kirkland organic diced tomatoes
- North Coast organic raw unfiltered apple cider vinegar
- Redoro aged balsamic vinegar
- S&W organic tomato products
 - Tomato sauce
 - Stewed tomatoes
 - Tomato paste
 - Whole peeled tomatoes



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PREPARED MEATS & DELI MEATS

- Citterio* prosciutto
- Kirkland* smoked pulled pork
- Plainville Farms* oven roasted organic turkey breast
- Teton Waters Ranch* cooked uncured beef Polish sausage
- Teton Waters Ranch* uncured beef junior franks

SEASONINGS/SAUCES

Seasonings:

- Kirkland* minced garlic
- Kirkland* organic no-salt seasoning
- Kirkland* Himalayan pink salt
- The Spice Lab* Himalayan pink salt

Sauces:

- Tabasco* sauce
- Kirkland* marinara sauce

SNACKS/TREATS

Nuts & Seeds:

- Galil* organic cooked shelled chestnuts
- GoRaw* sprouted Seeds
 - Pumpkin seeds
 - Sunflower seeds
- Kirkland*
 - Almonds
 - Cashews
 - Macadamia nuts (dry roasted with sea salt)
 - Organic whole cashews (unsalted & raw)
 - Organic roasted chestnuts (shelled)
 - Pistachios
 - Walnuts

Snacks:

- Kirkland* snacking nuts variety pack
- Kirkland* organic roasted seaweed snack



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EAST COAST REGION

BEVERAGES

Coffee:

- Mayorga* organic whole bean coffee (various)
- Newman's Own Organics* coffee

Juice:

- Suja* Uber Greens

Kombucha:

- G.T.'s* Gingerade

Water:

- Vintage* original seltzer water

DAIRY

Cheese:

- Cabot* 3 year cheddar
- Cabot* Mad River Reserve
- Cabot* pepper jack cheese
- Kerrygold* Blarney Castle cheese
- Kingdom* organic sharp cheddar cheese
- Organic Creamery* organic cheddar cheese slices

Yogurt:

- Byrne Hollow Farm* organic whole milk plain Greek yogurt

FRESH PRODUCE & REFRIGERATED ITEMS

- Sunbelt Organic* fresh organic salsa
- Tableside* chunky guacamole

FROZEN

Fruit & Vegetables:

- Via Emilia* organic riced cauliflower

Protein:

- Woonia* wild keta salmon portions

GROCERY

Seafood:

- Season* skinless & bonless sardines in pure olive oil

PREPARED MEATS & DELI MEATS

- Bel Gioioso* fresh mozzarella cheese, prosciutto, & basil roll
- Casual Gourmet* chicken sausage: roasted garlic
- Del Real Foods* barbacoa
- Sausages by *Amylu* andouille chicken sausages (check ingredients for 21DSD-friendly flavors)

SEASONINGS/SAUCES

Sauces:

- Paesana Premium Organic* tomato & basil pasta sauce
- Rao's Homemade* marinara sauce
- Victoria White Linen* marinara sauce

SNACKS/TREATS

Nuts & Seeds:

- Nature's Garden* roasted hazelnuts
- Nature's Intent* organic chia seeds

Other:

- Whisps* cheddar cheese crisps
- Whisps* parmesan cheese crisps



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MIDWEST REGION

FROZEN

Protein:

- Jones Dairy Farm fully cooked chicken sausage

GROCERY

Other:

- Italian Volcano 100% organic lemon juice



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COLORADO

BAKING STAPLES

Flours:

- Kirkland Signature* almond flour

Nuts & Seeds:

- Mariani Nut Company* sliced premium almonds
- Nutiva* chia seeds
- Nutiva* hemp seeds

Other:

- Navitas Organics* organic cacao powder

BEVERAGES

Coffee:

- First Colony Coffee and Tea* rainforest blend
- Kirkland Signature*
 - 100% Columbian coffee
 - Costa Rica whole bean coffee
 - Espresso blend coffee
- San Francisco Bay Gourmet Coffee* French roast
- Starbucks Via* instant Colombia medium roast coffee

Juice:

- Suja* uber greens juice

Kombucha:

- Brew Dr. Kombucha* mixed kombucha 6-pack

Tea:

- Kirkland Signature* organic green tea
- Pure Leaf* unsweetened black tea

Water:

- Kirkland Signature* Italian sparkling mineral water

DAIRY

Cheese:

- Arla* Havarti cheese
- Beemster*
 - Classic cheese
 - Smoked Dutch cheese

- BelGioioso*
 - Mild provolone
 - Parmesan-romano
- Black River* blue cheese crumbles
- Cabot* classic Vermont cheddar cheese vintage choice
- Cahill's* Ireland ballintubber mature cheddar cheese with crunchy chives
- Cello* variety pack premium sliced cheeses
- Coastal* rugged mature English cheddar
- Dutch Tradition* gouda cheese
- Emmi* le gruyere cheese
- Finlandia*
 - Deli slices muenster cheese
 - Premium cheese slices
- Garcia Taquero* Spanish cheese selection
- Istara* p'tit basque cheese
- Jarlsberg* semi soft part-skim cheese
- Kirkland Signature*
 - Imported French brie
 - Manchego cheese
 - Parmigiano reggiano
 - Shredded parmigiano reggiano
 - Pecorino romano
- Marin French Cheese* brie
- Ranchero* queso fresco
- Rembrandt* extra aged gouda
- Sonoma Jack* hot pepper cheese
- Tickler* cheese with chilis and peppers
- Tillamook*
 - Medium cheddar block
 - Medium cheddar cheese slices
 - Medium cheddar snack portions
 - Sharp cheddar block



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COLORADO

Eggs:

- Kirkland*
 - Organic eggs
 - Organic hard-boiled eggs
- NestFresh* organic eggs

Milk:

- Horizon Organic* half and half
- Kirkland Signature* organic whole milk

FRESH PRODUCE & REFRIGERATED ITEMS

Fruit & Vegetables:

- Bonipak Fresh* broccoli florets
- Cal-Organic* baby carrots
- Calavo* organic guacamole
- Christopher Ranch* Monviso garlic
- Dole*
 - Baby portobellos
 - Whole mushrooms
- Earthbound Farm*
 - Organic baby spinach
 - Organic romaine hearts
 - Organic spring mix
- Gold Coast* organic cauliflower florets
- Good Life Organics* brussels sprouts
- Gourmet Trading Company* asparagus
- Ocean Mist Farms* artichokes
- Pure Fresh* French beans
- T&A* artisan romaine
- Tanimura & Antle* romaine hearts
- Taylor Farms*
 - Celery sticks
 - Spinach
 - Sugar snap peas
 - Superfood power greens
- Windset Farms*
 - Fresco cocktail cucumbers
 - Sweet mini peppers

Other:

- Boulder Organic!* organic beef bolognese pasta sauce
- El Sol Foods* fresh organic salsa
- Kirkland Signature* organic hummus
- Oasis Naturals* classic hummus
- Resers Main St. Bistro* sea salt & black pepper oven roasted potatoes
- Wholly* simply avocado spread
- Wildbrine* raw organic sauerkraut

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Great Range* premium ground bison

Seafood:

- Kirkland Signature*
 - Wild cooked red king crab
 - Wild scallops

FROZEN

Protein:

- Coastal Range Organics* organic chicken breasts
- Kirkland Signature*
 - Ground beef patties
 - Wild Alaskan sockeye salmon
 - Wild caught Chilean sea bass
 - Wild caught Fiji albacore tuna
- Talley's* New Zealand wild hoki

GROCERY

Fats & Oils:

- Chosen Foods* avocado oil mayo

Jarred/Canned:

- Del Destino* pickled green asparagus
- Del Monte* fancy cut green beans
- Harvest Creek* organic chicken breast
- Hatch* diced green chiles



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COLORADO

- Hatch Valley 505* southwestern flame roasted green chiles
- Kirkland*
 - Cut green beans
 - Minced California garlic
 - Organic diced tomatoes
 - *Organic salsa*
 - Organic stewed tomatoes
 - Organic tomato paste
- Lindsay Naturals* California black ripe large olives
- Mateo's Gourmet Salsa*
- Pace* picante sauce
- SunPix* Hearts of Palm
- Thai Kitchen* organic coconut milk

Seafood:

- Season Brand* sardines

Other:

- Italian Volcano* 100% organic lemon juice
- Kuli Kuli* organic pure moringa vegetable powder
- Pacific* organic chicken bone broth
- Vermont Village* apple cider vinegar

PREPARED MEATS & DELI MEATS

- Boulder Sausage*
 - Breakfast sausage
 - Hatch green chile bratwurst
- Del Real Foods* adobo marinated pork al pastor
- Olli Salumeria* sopressata
- Parma* prosciutto di parma
- True Story* organic oven roasted turkey breast
- Urban Bruce* organic chicken & basil meatballs

SEASONINGS/SAUCES

Sauces:

- Big Tree Farms* organic coco aminos
- French's* mustard
- Victoria* white linen marinara sauce

Seasonings:

- Kirkland*
 - Coarse ground black pepper
 - Granulated California garlic
 - Ground Saigon cinnamon
 - Mediterranean sea salt
 - Pure sea salt

SNACKS/TREATS

Nuts & Seeds:

- Hoody's*
 - Dry roasted peanuts
 - Roasted in-shell peanuts
 - Roasted in-shell salted peanuts
- Kirkland*
 - Dry roasted almonds
 - Extra fancy mixed nuts
 - Extra fancy unsalted mixed nuts
 - Organic almonds
 - Organic pine nuts
 - Pecans
 - Shelled pistachios
 - Super extra large peanuts
 - Whole fancy cashews
 - Whole fancy unsalted cashews
 - Variety snacking nuts
- Royal Hawaiian Orchards* sea salt macadamias
- Wonderful* pistachios

Other:

- Kirkland Signature* organic roasted seaweed snack
- Mary's Gone Crackers* original crackers



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TEXAS

BAKING STAPLES

Nuts & Seeds:

- Nutiva chia seeds

BEVERAGES

Other:

- Ujiido matcha

FRESH PRODUCE & REFRIGERATED ITEMS

Fruit & Vegetables:

- Avocado
- Cal-organic carrots
- Earthbound Farm Organic baby kale
- Gefen ready to eat beets
- Green Wave Farms organic brussels sprouts
- Organic baby spinach
- Organic spring mix
- Taylor Farms organic broccoli
- Taylor Farms organic cauliflower rice
- Wholesun Harvest organic squash

FROZEN

Fruit & Vegetables:

- Maas River Farms cauliflower rice
- Organic frozen green beans

GROCERY

Fats & Oils:

- Chosen Foods avocado oil

Other:

- Vermont Village apple cider vinegar

SEASONINGS/SAUCES

Sauces:

- Hatch Valley flame roasted green chili sauce

These items are 21DSD-friendly. If you have additional questions while shopping for 21DSD, please reference the Recommended Products & Brands list on p. 224 of the 21-Day Sugar Detox Guidebook or the Notes on Recipes and Ingredients on pages 126-127 of the 21-Day Sugar Detox Daily Guide..

POST-DETOX



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BAKING STAPLES

Sweeteners:

- Clover honey
- Kirkland 100% pure maple syrup
- Kirkland raw honey
- NorCal raw honey

BEVERAGES

Juice:

- Kirkland organic orange juice

Water:

- Cascade Ice sparkling water
- Spindrift sparkling water

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15*

FROZEN

Fruit & Vegetables:

- Organic frozen berries, mango, strawberries, etc.

GROCERY

Fruit:

- Dole pineapple chunks

Jarred/Canned:

- Kirkland organic strawberry spread

SNACKS/TREATS

Fruit:

- Bare Fruit organic fuji apple chips
- Desert Valley deglet noor dates
- Hadley deglet noor dates

- Happy Village dried fruit
- Homegrown Organic Farms freeze-dried organic blueberries
- Kirkland organic applesauce
- Kirkland calimyrna figs
- Kirkland apricots
- Kirkland sunsweet plums
- Made in Nature dried fruit
- Organic applesauce pouches
 - Treetop
 - GoGo Squeeze
- Royal Organic medjool dates
- SunMaid organic raisins
- Treetop organic applesauce

Chips:

- Boulder Canyon avocado canyon cut sea salt potato chips
- Cello Whisps parmesan cheese crisps
- Tropical Fields onion chips

Snacks:

- Kind Pressed by Kind fruit chia bars

POST-DETOX



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EAST COAST REGION

BAKING STAPLES

Sweeteners:

- Manuka Health* manuka honey
- Nature Nate's* 100% raw & unfiltered honey

BEVERAGES

Juice:

- Suja* Mighty Dozen

PREPARED MEATS & DELI MEATS

- Sausages by *Amylu* andouille chicken sausages
(check ingredients for 21DSD-friendly flavors)

SNACKS/TREATS

Fruit:

- Mott's* organic applesauce
- Sunny Fruit* organic figs

POST-DETOX



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MIDWEST REGION

BAKING STAPLES

Sweeteners:

- *Great Plains Raw* local honey

FROZEN

Protein:

- *Jones Dairy Farm* fully cooked chicken sausage



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COLORADO

BAKING STAPLES

Sweeteners:

- Kirkland Signature*
 - Organic blue agave
 - Organic sugar
- Melora* Manuka honey
- Nature Nate's natural 100% pure raw & unfiltered honey

Other:

- Kirkland* pure vanilla extract
- Navitas Organics* organic cacao powder

BEVERAGES

Juice:

- Cheribundi* tart cherry juice
- Kirkland Signature*
 - Organic greens juice
 - Organic lemonade
- Langers* orange juice
- Martinelli's Gold Medal* 100% pure apple juice
- Kirkland Signature*
 - 100% concord grape juice
 - Fresh pressed apple juice
- Naked*
 - Green machine boosted smoothie
 - Mighty mango fruit smoothie
 - Smoothie variety pack
- Pom Wonderful* 100% pomegranate juice
- Suja* mighty dozen juice

Tea:

- Tazo* organic iced green tea

DAIRY

Cheese:

- Spirella* minis sopressata & prosciutto cheese wraps

FRESH PRODUCE & REFRIGERATED ITEMS

Fruit & Vegetables:

- Bard Valley Natural Delights* organic medjool dates
- Hadley* pitted deglet noor dates

FROZEN

Fruit & Vegetables:

- Columbia Fruit*
 - Organic mango chunks
 - Organic pineapple
- Fresh Start Smoothie Blend* organic blueberry, strawberry, raspberry, kale, spinach blend
- Townsend Farms* organic triple berry blend
- Wawona Frozen Foods* organic freestone peaches

GROCERY

Jarred/Canned:

- Golden Star* mandarin oranges

PREPARED MEATS & DELI MEATS

- American BBQ Company* classic spatchcock chicken
- Burgers by AmyLi* organic kale & mozzarella chicken burgers
- Honey Smoked Salmon* chipotle & lime
- Kirkland Signature* turkey breast
- Sabatino's* organic chicken & apple smoked chicken sausage
- Sausages by Amylu* organic sugarhouse maple chicken sausage
- Wild Alaskan* smoked sockeye salmon

POST-DETOX



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COLORADO

SAUCES/SEASONINGS

Sauces:

- Bertolli organic olive oil, basil, & garlic tomato sauce

Seasonings:

- Rodelle gourmet pork brine
- Schultz's seasoning and rub

SNACKS/TREATS

Fruit Based:

- GoGo Squeez fruit & veggiez organic packs
- Kirkland
 - Organic dried blueberries
 - Organic dried mangoes
- Mamma Chia chia squeeze snacks
- Nature's Finest dried mangoes
- Stretch Island organic fruit strips

Other:

- Autumn's Gold grain free granola
- Pacific Gold all natural original beef jerky
- Perfect Bar organic protein bars
- RX Bar organic protein bars
- RX Bar peanut butter chocolate & chocolate sea salt packs
- Simple Mills fine ground sea salt almond flour crackers