

21 THE DAY SUGAR DETOX

GUIDEBOOK shopping lists



Looking for the **21DSD COOKBOOK** shopping lists?
Look for the **purple** page!

SHOPPING LIST

level 1 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ☐ ancho chili powder
- ☐ basil (fresh)
- ☐ black pepper
- ☐ brewer's yeast
- ☐ cayenne
- ☐ chili powder
- ☐ chipotle powder
- ☐ chives (fresh)
- ☐ cilantro (fresh but best to keep on hand weekly)
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ fennel seeds (ground)
- ☐ garlic (fresh)
- ☐ ginger (fresh)
- ☐ granulated garlic
- ☐ nutmeg
- ☐ onion powder
- ☐ oregano
- ☐ paprika
- ☐ pumpkin pie spice
- ☐ pure vanilla extract
- ☐ red chili flakes
- ☐ rosemary
- ☐ saffron
- ☐ sage (ground)
- ☐ sage leaves (fresh)
- ☐ sea salt
- ☐ smoked paprika
- ☐ turmeric
- ☐ unsweetened cocoa powder

OPTIONAL

- ☐ Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- ☐ bacon fat
- ☐ coconut oil
- ☐ duck fat
- ☐ macadamia nut oil
- ☐ olive oil
- ☐ unsalted butter

CANNED & JARRED

- ☐ capers
- ☐ coconut milk
- ☐ dijon mustard (gluten-free)
- ☐ kalamata olives
- ☐ pumpkin
- ☐ tomato paste
- ☐ tomatoes (diced)

NUTS & SEEDS

- ☐ almonds
- ☐ almonds- sliced
- ☐ almond butter
- ☐ almond meal
- ☐ chia seeds
- ☐ coconut flour
- ☐ macadamia nuts
- ☐ sesame seeds
- ☐ walnuts

SAUCES

- ☐ apple cider vinegar
- ☐ baking soda
- ☐ balsamic vinegar
- ☐ coconut aminos
- ☐ fish sauce
- ☐ hot sauce
- ☐ raw tahini (ground sesame paste)
- ☐ rice wine vinegar
- ☐ tessamae's wing sauce

SHOPPING LIST

level 1 MEAL PLAN

week 1

VEGETABLES

- ☐ 5 avocados
- ☐ Spinach
- ☐ 3 bunches green onions
- ☐ 1 yellow onion
- ☐ 2 red onions
- ☐ 1 tomato
- ☐ 2 bunch leafy greens
- ☐ 4 heads of cauliflower
- ☐ 2 yellow bell peppers
- ☐ 3 red bell peppers
- ☐ 1 orange bell pepper
- ☐ 2 bunches of carrots
- ☐ ½ c. cherry tomatoes
- ☐ 3 shallots
- ☐ 3-4 golden beets
- ☐ 1 large bunch curly kale
- ☐ 1 head red cabbage
- ☐ 3 bulbs bok choy
- ☐ 8 medium parsnips
- ☐ 1 cup peas
- ☐ 1 cup snow peas
- ☐ 4 large zucchini or yellow squash
- ☐ 2 cucumbers
- ☐ 1 large head broccoli

FRUIT

- ☐ 8 lemons
- ☐ 4 limes
- ☐ 1 green apple
- ☐ 2 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 2 lb. bacon
- ☐ 2 ½ lb. boneless skinless chicken breast
- ☐ 2 dozen eggs
- ☐ 2 lb. ground beef
- ☐ 2 lb. ground lamb
- ☐ 2 lb. lean beef (such as london broil) or chicken or turkey
- ☐ 4 - 4-6 oz. wild salmon fillets
- ☐ 1 lb. ground beef, chicken, pork, or turkey
- ☐ 2 lb. ground pork or turkey
- ☐ 1 ½ - 2 lb. bones
- ☐ 12 bone-in, skin on, chicken thighs
- ☐ 5 dozen extra-large shrimp
- ☐ 12 clams
- ☐ 2 mussels
- ☐ 4 - 6-ounce cans salmon

OPTIONAL

- ☐ rice
- ☐ black beans
- ☐ full fat yogurt
- ☐ coconut milk
- ☐ quinoa

SHOPPING LIST

level 1 MEAL PLAN

week 2

VEGETABLES

- ☐ spinach
- ☐ 4 large zucchini or yellow squash
- ☐ 12 cherry tomatoes
- ☐ 1 shallot
- ☐ 1 large head broccoli
- ☐ 2 red cabbages
- ☐ 2 bunch green onions
- ☐ 2 heads cauliflower
- ☐ 1-2 bulbs fennel
- ☐ Salad greens or baby spinach
- ☐ 2 bunches carrots
- ☐ 2 avocados
- ☐ 4 cucumbers
- ☐ 3 yellow onion
- ☐ 1 bunch celery
- ☐ 1 package kelp flakes or nori
- ☐ 1 head romaine lettuce
- ☐ 1 cup frozen or canned artichoke hearts
- ☐ 3 large tomatoes
- ☐ 1 spaghetti squash
- ☐ 2 dozen brussel sprouts

FRUIT

- ☐ 7 lemons
- ☐ 2 limes
- ☐ 4 green apple
- ☐ 2 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 2 lb. bacon
- ☐ 2 dozen eggs
- ☐ 1 lb. skirt steak
- ☐ 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- ☐ 1 whole 4-6 lb. chicken
- ☐ 2 lb. lemon sole (or other delicate white fish)
- ☐ 1 ½ - 2 lb. bones
- ☐ 4 (6 oz. cans tuna)
- ☐ 1 lb. ground lamb, beef, or turkey
- ☐ 1 lb. ground beef, chicken, pork, or turkey
- ☐ 8 bone -in, skin-on chicken thighs
- ☐ ½ lb. ground veal or beef
- ☐ ½ lb. ground pork
- ☐ 1 lb. lean beef (such as London broil)
- ☐ 2 lb. bone-in pork chop
- ☐

OPTIONAL

- ☐ rice
- ☐ black beans
- ☐ full fat yogurt
- ☐ coconut milk
- ☐ quinoa

SHOPPING LIST

level 1 MEAL PLAN

week 3

VEGETABLES

- ☐ 1 bunch carrots
- ☐ 1-2 heads lettuce
- ☐ 6 avocados
- ☐ 2 jalapeno pepper
- ☐ 1 jicama bulb
- ☐ 2 yellow onions
- ☐ 2 red bell peppers
- ☐ 2 poblano peppers
- ☐ 6 bell peppers
- ☐ 1 bunch celery
- ☐ 10 large zucchini
- ☐ 2 medium heads of cauliflower
- ☐ 1 head green cabbage
- ☐ 4 1/2 cups canned or frozen artichoke hearts
- ☐ 1 large tomato
- ☐ 1 small eggplant
- ☐ 1 spaghetti squash
- ☐ 1 banana pepper
- ☐ 1 bunch spinach
- ☐ 12 cherry tomatoes

FRUIT

- ☐ 5 lemons
- ☐ 2 limes
- ☐ 4 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 4 dozen eggs
- ☐ 4 doz. medium shrimp
- ☐ 1 1/2 -2 lb. bones
- ☐ 1 lb. ground pork or turkey
- ☐ 1 lb. ground lamb
- ☐ 1 lb. wild salmon fillets
- ☐ 8 bone-in, skin-on chicken thighs
- ☐ 1 lb. ground beef, chicken, bison, or turkey
- ☐ 2 lb. ground beef
- ☐ 1 lb. ground pork
- ☐ 4 chicken leg quarters
- ☐ 1 lb. lean beef (such as London broil)
- ☐ 2 lb. bacon
- ☐ 1 lb. boneless skinless chicken breast

OPTIONAL

- ☐ rice
- ☐ black beans
- ☐ full fat yogurt
- ☐ coconut milk
- ☐ quinoa
- ☐ garbanzo beans
- ☐ full fat cheese

SHOPPING LIST

level 2 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ☐ ancho chili powder
- ☐ basil (fresh)
- ☐ black pepper
- ☐ brewer's yeast
- ☐ cayenne
- ☐ chili powder
- ☐ chipotle powder
- ☐ chives (fresh)
- ☐ cilantro (fresh but best to keep on hand weekly)
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ fennel seeds (ground)
- ☐ garlic (fresh)
- ☐ ginger (fresh)
- ☐ granulated garlic
- ☐ nutmeg
- ☐ onion powder
- ☐ oregano
- ☐ paprika
- ☐ pumpkin pie spice
- ☐ pure vanilla extract
- ☐ red chili flakes
- ☐ rosemary
- ☐ saffron
- ☐ sage (ground)
- ☐ sage leaves (fresh)
- ☐ sea salt
- ☐ smoked paprika
- ☐ turmeric
- ☐ unsweetened cocoa powder

OPTIONAL

- ☐ Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- ☐ bacon fat
- ☐ coconut oil
- ☐ duck fat
- ☐ macadamia nut oil
- ☐ olive oil
- ☐ unsalted butter

CANNED & JARRED

- ☐ capers
- ☐ coconut milk
- ☐ dijon mustard (gluten-free)
- ☐ kalamata olives
- ☐ pumpkin
- ☐ tomato paste
- ☐ tomatoes (diced)

NUTS & SEEDS

- ☐ almonds
- ☐ almonds- sliced
- ☐ almond butter
- ☐ almond meal
- ☐ chia seeds
- ☐ coconut flour
- ☐ macadamia nuts
- ☐ sesame seeds
- ☐ walnuts

SAUCES

- ☐ apple cider vinegar
- ☐ baking soda
- ☐ balsamic vinegar
- ☐ coconut aminos
- ☐ fish sauce
- ☐ hot sauce
- ☐ raw tahini (ground sesame paste)
- ☐ rice wine vinegar
- ☐ tessamae's wing sauce

SHOPPING LIST

level 2 MEAL PLAN

week 1

VEGETABLES

- ☐ 5 avocados
- ☐ Spinach
- ☐ 3 bunches green onions
- ☐ 1 yellow onion
- ☐ 2 red onions
- ☐ 1 tomato
- ☐ 2 bunch leafy greens
- ☐ 4 heads of cauliflower
- ☐ 2 yellow bell peppers
- ☐ 3 red bell peppers
- ☐ 1 orange bell pepper
- ☐ 2 bunches of carrots
- ☐ ½ c. cherry tomatoes
- ☐ 3 shallots
- ☐ 3-4 golden beets
- ☐ 1 large bunch curly kale
- ☐ 1 head red cabbage
- ☐ 3 bulbs bok choy
- ☐ 8 medium parsnips
- ☐ 1 cup peas
- ☐ 1 cup snow peas
- ☐ 4 large zucchini or yellow squash
- ☐ 2 cucumbers
- ☐ 1 large head broccoli

FRUIT

- ☐ 8 lemons
- ☐ 4 limes
- ☐ 1 green apple
- ☐ 2 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 2 lb. bacon
- ☐ 2 ½ lb. boneless skinless chicken breast
- ☐ 2 dozen eggs
- ☐ 2 lb. ground beef
- ☐ 2 lb. ground lamb
- ☐ 2 lb. lean beef (such as london broil) or chicken or turkey
- ☐ 4 - 4-6 oz. wild salmon fillets
- ☐ 1 lb. ground beef, chicken, pork, or turkey
- ☐ 2 lb. ground pork or turkey
- ☐ 1 ½ - 2 lb. bones
- ☐ 12 bone-in, skin on, chicken thighs
- ☐ 5 dozen extra-large shrimp
- ☐ 12 clams
- ☐ 2 mussels
- ☐ 4 - 6-ounce cans salmon

OPTIONAL

- ☐ full fat yogurt
- ☐ coconut milk
- ☐ full fat milk

SHOPPING LIST

level 2 MEAL PLAN

week 2

VEGETABLES

- ☐ spinach
- ☐ 4 large zucchini or yellow squash
- ☐ 12 cherry tomatoes
- ☐ 1 shallot
- ☐ 1 large head broccoli
- ☐ 2 red cabbages
- ☐ 2 bunch green onions
- ☐ 2 head cauliflower
- ☐ 1-2 bulbs fennel
- ☐ Salad greens or baby spinach
- ☐ 2 bunches carrots
- ☐ 2 avocados
- ☐ 4 cucumbers
- ☐ 3 yellow onion
- ☐ 1 bunch celery
- ☐ 1 package kelp flakes or nori
- ☐ 1 head romaine lettuce
- ☐ 1 cup frozen or canned artichoke hearts
- ☐ 3 large tomatoes
- ☐ 1 spaghetti squash
- ☐ 2 dozen brussel sprouts

FRUIT

- ☐ 7 lemons
- ☐ 2 limes
- ☐ 4 green apple
- ☐ 2 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 2 lb. bacon
- ☐ 2 dozen eggs
- ☐ 1 lb. skirt steak
- ☐ 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- ☐ 1 whole 4-6 lb. chicken
- ☐ 2 lb. lemon sole (or other delicate white fish)
- ☐ 1 ½ - 2 lb. bones
- ☐ 4 (6 oz. cans tuna)
- ☐ 1 lb. ground lamb, beef, or turkey
- ☐ 1 lb. ground beef, chicken, pork, or turkey
- ☐ 8 bone -in, skin-on chicken thighs
- ☐ ½ lb. ground veal or beef
- ☐ ½ lb. ground pork
- ☐ 1 lb. lean beef (such as London broil)
- ☐ 2 lb. bone-in pork chop

OPTIONAL

- ☐ full fat yogurt
- ☐ coconut milk
- ☐ full fat milk

SHOPPING LIST

level 2 MEAL PLAN

week 3

VEGETABLES

- ☐ 1 bunch carrots
- ☐ 1-2 heads lettuce
- ☐ 6 avocados
- ☐ 2 jalapeño peppers
- ☐ 1 jicama bulb
- ☐ 2 yellow onions
- ☐ 2 red bell peppers
- ☐ 1 bunch celery
- ☐ 2 poblano peppers
- ☐ 6 bell peppers
- ☐ 10 large zucchini
- ☐ 2 medium heads of cauliflower
- ☐ 1 head green cabbage
- ☐ 4 1/2 cups canned or frozen artichoke hearts
- ☐ 1 large tomato
- ☐ 1 small eggplant
- ☐ 1 spaghetti squash
- ☐ 1 banana pepper
- ☐ 1 bunch spinach
- ☐ 12 cherry tomatoes

FRUIT

- ☐ 4 green tipped banana
- ☐ 5 lemons
- ☐ 2 limes
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 2 lb. bacon
- ☐ 4 dozen eggs
- ☐ 4 doz. medium shrimp
- ☐ 1 ½ -2 lb. bones
- ☐ 1 lb. ground pork or turkey
- ☐ 1 lb. ground lamb
- ☐ 1 lb. wild salmon fillets
- ☐ 8 bone-in, skin-on chicken thighs
- ☐ 1 lb. ground beef, chicken, bison, or turkey
- ☐ 2 lb. ground beef
- ☐ 1 lb. ground pork
- ☐ 4 chicken leg quarters
- ☐ 1 lb. lean beef (such as london broil)
- ☐ 2 lb. bacon
- ☐ 1 lb. boneless skinless chicken breast

OPTIONAL

- ☐ full fat yogurt
- ☐ coconut milk
- ☐ full fat milk

SHOPPING LIST

level 3 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ☐ ancho chili powder
- ☐ basil (fresh)
- ☐ black pepper
- ☐ brewer's yeast
- ☐ cayenne
- ☐ chili powder
- ☐ chipotle powder
- ☐ chives (fresh)
- ☐ cilantro (fresh but best to keep on hand weekly)
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ fennel seeds (ground)
- ☐ garlic (fresh)
- ☐ ginger (fresh)
- ☐ granulated garlic
- ☐ nutmeg
- ☐ onion powder
- ☐ oregano
- ☐ paprika
- ☐ pumpkin pie spice
- ☐ pure vanilla extract
- ☐ red chili flakes
- ☐ rosemary
- ☐ saffron
- ☐ sage (ground)
- ☐ sage leaves (fresh)
- ☐ sea salt
- ☐ smoked paprika
- ☐ turmeric
- ☐ unsweetened cocoa powder

OPTIONAL

- ☐ Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- ☐ bacon fat
- ☐ coconut oil
- ☐ duck fat
- ☐ macadamia nut oil
- ☐ olive oil
- ☐ unsalted butter

CANNED & JARRED

- ☐ capers
- ☐ coconut milk
- ☐ dijon mustard (gluten-free)
- ☐ kalamata olives
- ☐ pumpkin
- ☐ tomato paste
- ☐ tomatoes (diced)

NUTS & SEEDS

- ☐ almonds
- ☐ almonds- sliced
- ☐ almond butter
- ☐ almond meal
- ☐ chia seeds
- ☐ coconut flour
- ☐ macadamia nuts
- ☐ sesame seeds
- ☐ walnuts

SAUCES

- ☐ apple cider vinegar
- ☐ baking soda
- ☐ balsamic vinegar
- ☐ coconut aminos
- ☐ fish sauce
- ☐ hot sauce
- ☐ raw tahini (ground sesame paste)
- ☐ rice wine vinegar
- ☐ tessamae's wing sauce



SHOPPING LIST

level 3 MEAL PLAN

week 1

VEGETABLES

- ☐ 5 avocados
- ☐ Spinach
- ☐ 3 bunches green onions
- ☐ 1 yellow onion
- ☐ 2 red onions
- ☐ 1 tomato
- ☐ 2 bunch leafy greens
- ☐ 4 heads of cauliflower
- ☐ 2 yellow bell peppers
- ☐ 3 red bell peppers
- ☐ 1 orange bell pepper
- ☐ 2 bunches of carrots
- ☐ ½ c. cherry tomatoes
- ☐ 3 shallots
- ☐ 3-4 golden beets
- ☐ 1 large bunch curly kale
- ☐ 1 head red cabbage
- ☐ 3 bulbs bok choy
- ☐ 8 medium parsnips
- ☐ 1 cup peas
- ☐ 1 cup snow peas
- ☐ 4 large zucchini or yellow squash
- ☐ 2 cucumbers
- ☐ 1 large head broccoli

FRUIT

- ☐ 8 lemons
- ☐ 4 limes
- ☐ 1 green apple
- ☐ 2 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 2 lb. bacon
- ☐ 2 ½ lb. boneless skinless chicken breast
- ☐ 2 dozen eggs
- ☐ 2 lb. ground beef
- ☐ 2 lb. ground lamb
- ☐ 2 lb. lean beef (such as london broil) or chicken or turkey
- ☐ 4 - 4-6 oz. wild salmon fillets
- ☐ 1 lb. ground beef, chicken, pork, or turkey
- ☐ 2 lb. ground pork or turkey
- ☐ 1 ½ - 2 lb. bones
- ☐ 12 bone-in, skin on, chicken thighs
- ☐ 5 dozen extra-large shrimp
- ☐ 12 clams
- ☐ 2 mussels
- ☐ 4 - 6-ounce cans salmon

OPTIONAL

- ☐ Rice
- ☐ Black Beans
- ☐ Full Fat Yogurt
- ☐ Coconut Milk
- ☐ Quinoa
- ☐ Garbanzo Beans
- ☐ Full Fat Cheese

SHOPPING LIST

level 3 MEAL PLAN

week 2

VEGETABLES

- ☐ spinach
- ☐ 4 large zucchini or yellow squash
- ☐ 12 cherry tomatoes
- ☐ 1 shallot
- ☐ 1 large head broccoli
- ☐ 2 red cabbages
- ☐ 2 bunch green onions
- ☐ 2 heads cauliflower
- ☐ 1-2 bulbs fennel
- ☐ Salad greens or baby spinach
- ☐ 2 bunches carrots
- ☐ 2 avocados
- ☐ 4 cucumbers
- ☐ 3 yellow onion
- ☐ 1 bunch celery
- ☐ 1 package kelp flakes or nori
- ☐ 1 head romaine lettuce
- ☐ 1 cup frozen or canned artichoke hearts
- ☐ 3 large tomatoes
- ☐ 1 spaghetti squash
- ☐ 2 dozen brussel sprouts

FRUIT

- ☐ 7 lemons
- ☐ 2 limes
- ☐ 4 green apple
- ☐ 2 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 2 lb. bacon
- ☐ 2 dozen eggs
- ☐ 1 lb. skirt steak
- ☐ 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- ☐ 1 whole 4-6 lb. chicken
- ☐ 2 lb. lemon sole (or other delicate white fish)
- ☐ 1 ½ - 2 lb. bones
- ☐ 4 (6 oz. cans tuna)
- ☐ 1 lb. ground lamb, beef, or turkey
- ☐ 1 lb. ground beef, chicken, pork, or turkey
- ☐ 8 bone -in, skin-on chicken thighs
- ☐ ½ lb. ground veal or beef
- ☐ ½ lb. ground pork
- ☐ 1 lb. lean beef (such as London broil)
- ☐ 2 lb. bone-in pork chop

SHOPPING LIST

level 3 MEAL PLAN

week 3

VEGETABLES

- ☐ 1 bunch carrots
- ☐ 1-2 heads lettuce
- ☐ 6 avocados
- ☐ 2 jalapeno pepper
- ☐ 1 jicama bulb
- ☐ 2 yellow onions
- ☐ 2 red bell peppers
- ☐ 2 poblano peppers
- ☐ 6 bell peppers
- ☐ 1 bunch celery
- ☐ 10 large zucchini
- ☐ 2 medium heads of cauliflower
- ☐ 1 head green cabbage
- ☐ 4 1/2 cups canned or frozen artichoke hearts
- ☐ 1 large tomato
- ☐ 1 small eggplant
- ☐ 1 spaghetti squash
- ☐ 1 banana pepper
- ☐ 1 bunch spinach
- ☐ 12 cherry tomatoes

FRUIT

- ☐ 5 lemons
- ☐ 2 limes
- ☐ 4 green tipped bananas
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 4 dozen eggs
- ☐ 4 doz. medium shrimp
- ☐ 1 1/2 -2 lb. bones
- ☐ 1 lb. ground pork or turkey
- ☐ 1 lb. ground lamb
- ☐ 1 lb. wild salmon fillets
- ☐ 8 bone-in, skin-on chicken thighs
- ☐ 1 lb. ground beef, chicken, bison, or turkey
- ☐ 2 lb. ground beef
- ☐ 1 lb. ground pork
- ☐ 4 chicken leg quarters
- ☐ 1 lb. lean beef (such as London broil)
- ☐ 2 lb. bacon
- ☐ 1 lb. boneless skinless chicken breast



COOKBOOK
shopping lists

SHOPPING LIST

level 1 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ☐ ancho chili powder
- ☐ basil (fresh)
- ☐ black pepper
- ☐ brewer's yeast
- ☐ cayenne
- ☐ chili powder
- ☐ chipotle powder
- ☐ chives (fresh)
- ☐ cilantro (fresh but best to keep on hand weekly)
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ fennel seeds (ground)
- ☐ garlic (fresh)
- ☐ ginger (fresh)
- ☐ granulated garlic
- ☐ nutmeg
- ☐ onion powder
- ☐ oregano
- ☐ paprika
- ☐ pumpkin pie spice
- ☐ pure vanilla extract
- ☐ red chili flakes
- ☐ rosemary
- ☐ saffron
- ☐ sage (ground)
- ☐ sage leaves (fresh)
- ☐ sea salt
- ☐ smoked paprika
- ☐ turmeric
- ☐ unsweetened cocoa powder

OPTIONAL

- ☐ Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- ☐ bacon fat
- ☐ coconut oil
- ☐ duck fat
- ☐ macadamia nut oil
- ☐ olive oil
- ☐ unsalted butter

CANNED & JARRED

- ☐ capers
- ☐ coconut milk
- ☐ dijon mustard (gluten-free)
- ☐ kalamata olives
- ☐ pumpkin
- ☐ tomato paste
- ☐ tomatoes (diced)

NUTS & SEEDS

- ☐ almonds
- ☐ almonds- sliced
- ☐ almond butter
- ☐ almond meal
- ☐ chia seeds
- ☐ coconut flour
- ☐ macadamia nuts
- ☐ sesame seeds
- ☐ walnuts

SAUCES

- ☐ apple cider vinegar
- ☐ baking soda
- ☐ balsamic vinegar
- ☐ coconut aminos
- ☐ fish sauce
- ☐ hot sauce
- ☐ raw tahini (ground sesame paste)
- ☐ rice wine vinegar
- ☐ tessamae's wing sauce

SHOPPING LIST

level 1 MEAL PLAN

week 1

VEGETABLES

- ☐ 12 small to medium onions (yellow or red)
- ☐ 2 jalapeño peppers
- ☐ 5 celery stalks
- ☐ 5 avocados
- ☐ 4 cucumbers
- ☐ 1 medium beet
- ☐ 12 carrots
- ☐ 1 tomato
- ☐ 1 head of lettuce
- ☐ 1 medium butternut squash (2 ½ pounds)
- ☐ 1 cup diced green beans
- ☐ 1 bunch kale
- ☐ 2 cups fresh basil
- ☐ 2 cups spinach
- ☐ 1 red bell pepper
- ☐ 1/2 cup sliced green onions
- ☐ 2 shallots
- ☐ 2 cups frozen or canned artichoke hearts
- ☐ 4 cups cauliflower florets
- ☐ 6+ sundried tomatoes
- ☐ 1 medium head cabbage
- ☐ 1-2 jalapeño peppers, optional
- ☐ garlic (several heads)
- ☐ fresh ginger
- ☐ fresh basil
- ☐ fresh dill
- ☐ fresh parsley
- ☐ fresh cilantro
- ☐ extra salad/leafy greens to go with meals (approx. 8 meals)
- ☐ raw veggies for snacks
- ☐ steamed green veggies of choice to go with meals (approx. 5 meals)

FRUIT

- ☐ 12 lemons
- ☐ 4 limes
- ☐ 11 green apples
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ 20 slices bacon (approx. 2 lbs)
- ☐ 3 (6 oz) cans wild albacore tuna
- ☐ 1 ½ pounds ground lamb
- ☐ 1 ½ - 2 pounds bones for broth
- ☐ 2 pounds boneless skinless turkey breast
- ☐ 4 (4-6 oz) wild caught salmon fillets
- ☐ 1 pound ground chicken, turkey or pork
- ☐ 2 pounds ground beef or bison
- ☐ 3 pounds boneless skinless chicken thighs
- ☐ 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- ☐ 2 racks St Louis style pork ribs (about 5-6 lbs total)
- ☐ additional "protein of choice" for occasional breakfasts (approx. 2 meals)

OPTIONAL

- ☐ full fat cheese
- ☐ quinoa
- ☐ rice
- ☐ beans
- ☐ full fat milk
- ☐ ¼ sliced nori (optional for ahi tuna poke bowl)
- ☐ grass-fed whey protein powder*

* Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.

SHOPPING LIST

level 1 MEAL PLAN

week 2

VEGETABLES

- ☐ 1 head of green cabbage
- ☐ 2 dozen Brussels sprouts
- ☐ 15 small yellow onions
- ☐ 1 med. red onion
- ☐ garlic (several heads)
- ☐ 10 large parsnips
- ☐ 8 scallions (green onions)
- ☐ 1 bell pepper
- ☐ 5 mushrooms
- ☐ 1 large head cauliflower
- ☐ 1 dozen cremini or shiitake mushrooms
- ☐ 1 stalk lemongrass
- ☐ 3 shallots
- ☐ fresh ginger
- ☐ 1 head broccoli
- ☐ 1 head napa cabbage
- ☐ 1 bunch celery
- ☐ 1 yellow bell pepper
- ☐ 1 red bell pepper
- ☐ 1 jalapeño pepper, optional
- ☐ 12 carrots
- ☐ 1 fennel bulb
- ☐ 3 large cucumbers
- ☐ 1 avocado
- ☐ 2 large butternut squash
- ☐ 1 ½- 2 lbs green beans
- ☐ 2 cups of spinach leaves
- ☐ 2 cups basil
- ☐ 1 large bunch of kale
- ☐ fresh dill
- ☐ fresh cilantro
- ☐ fresh basil
- ☐ fresh thyme
- ☐ sage leaves
- ☐ extra salad/leafy greens to go with meals (approx. 3 meals)
- ☐ raw veggies for snacks

FRUIT

- ☐ 24 green apples
- ☐ 3 limes
- ☐ 4 lemons
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ ½ - 2 lbs of bones for broth
- ☐ 8 boneless, skinless chicken breasts
- ☐ 1.5 lb ground pork
- ☐ 1 ½ lbs flank steak
- ☐ 8 oz shrimp
- ☐ 4 (6 to 8 oz each) bone-in pork chops
- ☐ 1 (3 lb) pork roast
- ☐ 4 (6-8 oz) wild-caught Salmon fillets
- ☐ 3 lbs bone-in chicken thighs
- ☐ 1 lb ground beef, bison, or turkey
- ☐ 4 bone-in, skin-on chicken leg quarters
- ☐ 4 slices of bacon (approx ½ lb)
- ☐ additional "protein of choice" for occasional breakfast (1 meal)

OPTIONAL

- ☐ full fat cheese
- ☐ quinoa
- ☐ rice
- ☐ beans
- ☐ full fat milk

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 1 MEAL PLAN

week 3

VEGETABLES

- ☐ 3 large red onions
- ☐ 5 large bell peppers
- ☐ 1 dozen small mushrooms
- ☐ 2 medium zucchini
- ☐ 3 large head cauliflower
- ☐ 17 green onions (scallions)
- ☐ 4 medium yellow onions
- ☐ 9 large parsnips
- ☐ 1 lb kale
- ☐ 1 butternut squash (optional)
- ☐ 8 cremini mushrooms
- ☐ 1 head bok choy (or 8 baby bok choy)
- ☐ 1 fennel bulb
- ☐ 2 shallots
- ☐ 2 Thai red chili peppers (or other spicy red chili peppers)
- ☐ 1 head butter lettuce
- ☐ 2 medium carrots
- ☐ 1 cup green beans
- ☐ 6+ sun-dried tomatoes
- ☐ 1 bunch celery
- ☐ 6 cremini mushrooms
- ☐ 10 oz hot chili peppers
- ☐ avocado, optional
- ☐ fresh garlic (several heads)
- ☐ fresh ginger
- ☐ fresh cilantro
- ☐ fresh mint
- ☐ fresh lemongrass 1 stalk
- ☐ extra salad/leafy greens to go with meals (approx. 3 meals)
- ☐ steamed green veggies of choice to go with meals (approx. 2 meals)
- ☐ raw veggies for snacks

FRUIT

- ☐ 8 green apples
- ☐ 6 limes
- ☐ 2 lemon
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ 2 dozen jumbo shrimp
- ☐ 2 lbs ground pork
- ☐ 1 ½- 2 lbs beef bones for broth
- ☐ 3 lbs ground beef or bison
- ☐ 2 lbs boneless, skinless chicken thighs
- ☐ 1 lb ground pork
- ☐ 4 boneless, skinless chicken breasts
- ☐ 2 pounds boneless skinless turkey breast
- ☐ 3 cups cooked shredded chicken
- ☐ 4 slices bacon (approx. ½ lb)
- ☐ additional "protein of choice" for occasional breakfasts (3 meals)

OPTIONAL

- ☐ full fat cheese
- ☐ rice
- ☐ beans
- ☐ full fat milk

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 2 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ☐ ancho chili powder
- ☐ basil (fresh)
- ☐ black pepper
- ☐ brewer's yeast
- ☐ cayenne
- ☐ chili powder
- ☐ chipotle powder
- ☐ chives (fresh)
- ☐ cilantro (fresh but best to keep on hand weekly)
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ fennel seeds (ground)
- ☐ garlic (fresh)
- ☐ ginger (fresh)
- ☐ granulated garlic
- ☐ nutmeg
- ☐ onion powder
- ☐ oregano
- ☐ paprika
- ☐ pumpkin pie spice
- ☐ pure vanilla extract
- ☐ red chili flakes
- ☐ rosemary
- ☐ saffron
- ☐ sage (ground)
- ☐ sage leaves (fresh)
- ☐ sea salt
- ☐ smoked paprika
- ☐ turmeric
- ☐ unsweetened cocoa powder

OPTIONAL

- ☐ Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- ☐ bacon fat
- ☐ coconut oil
- ☐ duck fat
- ☐ macadamia nut oil
- ☐ olive oil
- ☐ unsalted butter

CANNED & JARRED

- ☐ capers
- ☐ coconut milk
- ☐ dijon mustard (gluten-free)
- ☐ kalamata olives
- ☐ pumpkin
- ☐ tomato paste
- ☐ tomatoes (diced)

NUTS & SEEDS

- ☐ almonds
- ☐ almonds- sliced
- ☐ almond butter
- ☐ almond meal
- ☐ chia seeds
- ☐ coconut flour
- ☐ macadamia nuts
- ☐ sesame seeds
- ☐ walnuts

SAUCES

- ☐ apple cider vinegar
- ☐ baking soda
- ☐ balsamic vinegar
- ☐ coconut aminos
- ☐ fish sauce
- ☐ hot sauce
- ☐ raw tahini (ground sesame paste)
- ☐ rice wine vinegar
- ☐ tessamae's wing sauce

SHOPPING LIST

level 2 MEAL PLAN

week 1

VEGETABLES

- ☐ 12 small to medium onions (yellow or red)
- ☐ 2 jalapeño peppers
- ☐ 5 celery stalks
- ☐ 5 avocados
- ☐ 4 cucumbers
- ☐ 1 medium beet
- ☐ 12 carrots
- ☐ 1 tomato
- ☐ 1 head of lettuce
- ☐ 1 medium butternut squash (2 ½ pounds)
- ☐ 1 cup diced green beans
- ☐ 1 bunch kale
- ☐ 2 cups fresh basil
- ☐ 2 cups spinach
- ☐ 1 red bell pepper
- ☐ 1/2 cup sliced green onions
- ☐ 2 shallots
- ☐ 2 cups frozen or canned artichoke hearts
- ☐ 4 cups cauliflower florets
- ☐ 6+ sundried tomatoes
- ☐ 1 medium head cabbage
- ☐ 1-2 jalapeño peppers, optional
- ☐ garlic (several heads)
- ☐ fresh ginger
- ☐ fresh basil
- ☐ fresh dill
- ☐ fresh parsley
- ☐ fresh cilantro
- ☐ extra salad/leafy greens to go with meals (approx. 8 meals)
- ☐ raw veggies for snacks
- ☐ steamed green veggies of choice to go with meals (approx. 5 meals)

FRUIT

- ☐ 12 lemons
- ☐ 4 limes
- ☐ 11 green apples
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ 20 slices bacon (approx. 2 lbs)
- ☐ 3 (6 oz) cans wild albacore tuna
- ☐ 1 ½ pounds ground lamb
- ☐ 1 ½ - 2 pounds bones for broth
- ☐ 2 pounds boneless skinless turkey breast
- ☐ 4 (4-6 oz) wild caught salmon fillets
- ☐ 1 pound ground chicken, turkey or pork
- ☐ 2 pounds ground beef or bison
- ☐ 3 pounds boneless skinless chicken thighs
- ☐ 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- ☐ 2 racks St Louis style pork ribs (about 5-6 lbs total)
- ☐ additional "protein of choice" for occasional breakfasts (approx. 2 meals)

OPTIONAL

- ☐ full fat cheese
- ☐ full fat milk
- ☐ ¼ sliced nori (optional for ahi tuna poke bowl)
- ☐ grass-fed whey protein powder

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 2 MEAL PLAN

week 2

VEGETABLES

- ☐ 1 head of green cabbage
- ☐ 2 dozen Brussels sprouts
- ☐ 15 small yellow onions
- ☐ 1 med. red onion
- ☐ garlic (several heads)
- ☐ 10 large parsnips
- ☐ 8 scallions (green onions)
- ☐ 1 bell pepper
- ☐ 5 mushrooms
- ☐ 1 large head cauliflower
- ☐ 1 dozen cremini or shiitake mushrooms
- ☐ 1 stalk lemongrass
- ☐ 3 shallots
- ☐ fresh ginger
- ☐ 1 head broccoli
- ☐ 1 head napa cabbage
- ☐ 1 bunch celery
- ☐ 1 yellow bell pepper
- ☐ 1 red bell pepper
- ☐ 1 jalapeño pepper, optional
- ☐ 12 carrots
- ☐ 1 fennel bulb
- ☐ 3 large cucumbers
- ☐ 1 avocado
- ☐ 2 large butternut squash
- ☐ 1 ½- 2 lbs green beans
- ☐ 2 cups of spinach leaves
- ☐ 2 cups basil
- ☐ 1 large bunch of kale
- ☐ fresh dill
- ☐ fresh cilantro
- ☐ fresh basil
- ☐ fresh thyme
- ☐ sage leaves
- ☐ extra salad/leafy greens to go with meals (approx. 3 meals)
- ☐ raw veggies for snacks

FRUIT

- ☐ 24 green apples
- ☐ 3 limes
- ☐ 4 lemons
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ ½ - 2 lbs of bones for broth
- ☐ 8 boneless, skinless chicken breasts
- ☐ 1.5 lb ground pork
- ☐ 1 ½ lbs flank steak
- ☐ 8 oz shrimp
- ☐ 4 (6 to 8 oz each) bone-in pork chops
- ☐ 1 (3 lb) pork roast
- ☐ 4 (6-8 oz) wild-caught Salmon fillets
- ☐ 3 lbs bone-in chicken thighs
- ☐ 1 lb ground beef, bison, or turkey
- ☐ 4 bone-in, skin-on chicken leg quarters
- ☐ 4 slices of bacon (approx ½ lb)
- ☐ additional "protein of choice" for occasional breakfast (1 meal)

OPTIONAL

- ☐ full fat cheese
- ☐ full fat milk

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 2 MEAL PLAN

week 3

VEGETABLES

- ☐ 3 large red onions
- ☐ 5 large bell peppers
- ☐ 1 dozen small mushrooms
- ☐ 2 medium zucchini
- ☐ 3 large head cauliflower
- ☐ 17 green onions (scallions)
- ☐ 4 medium yellow onions
- ☐ 9 large parsnips
- ☐ 1 lb kale
- ☐ 1 butternut squash (optional)
- ☐ 8 cremini mushrooms
- ☐ 1 head bok choy (or 8 baby bok choy)
- ☐ 1 fennel bulb
- ☐ 2 shallots
- ☐ 2 Thai red chili peppers (or other spicy red chili peppers)
- ☐ 1 head butter lettuce
- ☐ 2 medium carrots
- ☐ 1 cup green beans
- ☐ 6+ sun-dried tomatoes
- ☐ 1 bunch celery
- ☐ 6 cremini mushrooms
- ☐ 10 oz hot chili peppers
- ☐ avocado, optional
- ☐ fresh garlic (several heads)
- ☐ fresh ginger
- ☐ fresh cilantro
- ☐ fresh mint
- ☐ fresh lemongrass 1 stalk
- ☐ extra salad/leafy greens to go with meals (approx. 3 meals)
- ☐ steamed green veggies of choice to go with meals (approx. 2 meals)
- ☐ raw veggies for snacks

FRUIT

- ☐ 8 green apples
- ☐ 6 limes
- ☐ 2 lemon
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ 2 dozen jumbo shrimp
- ☐ 2 lbs ground pork
- ☐ 1 ½- 2 lbs beef bones for broth
- ☐ 3 lbs ground beef or bison
- ☐ 2 lbs boneless, skinless chicken thighs
- ☐ 1 lb ground pork
- ☐ 4 boneless, skinless chicken breasts
- ☐ 2 pounds boneless skinless turkey breast
- ☐ 3 cups cooked shredded chicken
- ☐ 4 slices bacon (approx. ½ lb)
- ☐ additional "protein of choice" for occasional breakfasts (3 meals)

OPTIONAL

- ☐ full fat cheese
- ☐ full fat milk

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 3 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ☐ ancho chili powder
- ☐ basil (fresh)
- ☐ black pepper
- ☐ brewer's yeast
- ☐ cayenne
- ☐ chili powder
- ☐ chipotle powder
- ☐ chives (fresh)
- ☐ cilantro (fresh but best to keep on hand weekly)
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ fennel seeds (ground)
- ☐ garlic (fresh)
- ☐ ginger (fresh)
- ☐ granulated garlic
- ☐ nutmeg
- ☐ onion powder
- ☐ oregano
- ☐ paprika
- ☐ pumpkin pie spice
- ☐ pure vanilla extract
- ☐ red chili flakes
- ☐ rosemary
- ☐ saffron
- ☐ sage (ground)
- ☐ sage leaves (fresh)
- ☐ sea salt
- ☐ smoked paprika
- ☐ turmeric
- ☐ unsweetened cocoa powder

OPTIONAL

- ☐ Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- ☐ bacon fat
- ☐ coconut oil
- ☐ duck fat
- ☐ macadamia nut oil
- ☐ olive oil
- ☐ unsalted butter

CANNED & JARRED

- ☐ capers
- ☐ coconut milk
- ☐ dijon mustard (gluten-free)
- ☐ kalamata olives
- ☐ pumpkin
- ☐ tomato paste
- ☐ tomatoes (diced)

NUTS & SEEDS

- ☐ almonds
- ☐ almonds- sliced
- ☐ almond butter
- ☐ almond meal
- ☐ chia seeds
- ☐ coconut flour
- ☐ macadamia nuts
- ☐ sesame seeds
- ☐ walnuts

SAUCES

- ☐ apple cider vinegar
- ☐ baking soda
- ☐ balsamic vinegar
- ☐ coconut aminos
- ☐ fish sauce
- ☐ hot sauce
- ☐ raw tahini (ground sesame paste)
- ☐ rice wine vinegar
- ☐ tessamae's wing sauce

SHOPPING LIST

level 3 MEAL PLAN

week 1

VEGETABLES

- ☐ 12 small to medium onions (yellow or red)
- ☐ 2 jalapeño peppers
- ☐ 5 celery stalks
- ☐ 5 avocados
- ☐ 4 cucumbers
- ☐ 1 medium beet
- ☐ 12 carrots
- ☐ 1 tomato
- ☐ 1 head of lettuce
- ☐ 1 medium butternut squash (2 ½ pounds)
- ☐ 1 cup diced green beans
- ☐ 1 bunch kale
- ☐ 2 cups fresh basil
- ☐ 2 cups spinach
- ☐ 1 red bell pepper
- ☐ 1/2 cup sliced green onions
- ☐ 2 shallots
- ☐ 2 cups frozen or canned artichoke hearts
- ☐ 4 cups cauliflower florets
- ☐ 6+ sundried tomatoes
- ☐ 1 medium head cabbage
- ☐ 1-2 jalapeño peppers, optional
- ☐ garlic (several heads)
- ☐ fresh ginger
- ☐ fresh basil
- ☐ fresh dill
- ☐ fresh parsley
- ☐ fresh cilantro
- ☐ extra salad/leafy greens to go with meals (approx. 8 meals)
- ☐ raw veggies for snacks
- ☐ steamed green veggies of choice to go with meals (approx. 5 meals)

FRUIT

- ☐ 12 lemons
- ☐ 4 limes
- ☐ 11 green apples
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ 20 slices bacon (approx. 2 lbs)
- ☐ 3 (6 oz) cans wild albacore tuna
- ☐ 1 ½ pounds ground lamb
- ☐ 1 ½ - 2 pounds bones for broth
- ☐ 2 pounds boneless skinless turkey breast
- ☐ 4 (4-6 oz) wild caught salmon fillets
- ☐ 1 pound ground chicken, turkey or pork
- ☐ 2 pounds ground beef or bison
- ☐ 3 pounds boneless skinless chicken thighs
- ☐ 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- ☐ 2 racks St Louis style pork ribs (about 5-6 lbs total)
- ☐ additional "protein of choice" for occasional breakfasts (approx. 2 meals)

OPTIONAL

- ☐ ¼ sliced nori (optional for ahi tuna poke bowl)
- ☐ grass-fed whey protein powder

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 3 MEAL PLAN

week 2

VEGETABLES

- ☐ 1 head of green cabbage
- ☐ 2 dozen Brussels sprouts
- ☐ 15 small yellow onions
- ☐ 1 med. red onion
- ☐ garlic (several heads)
- ☐ 10 large parsnips
- ☐ 8 scallions (green onions)
- ☐ 1 bell pepper
- ☐ 5 mushrooms
- ☐ 1 large head cauliflower
- ☐ 1 dozen cremini or shiitake mushrooms
- ☐ 1 stalk lemongrass
- ☐ 3 shallots
- ☐ fresh ginger
- ☐ 1 head broccoli
- ☐ 1 head napa cabbage
- ☐ 1 bunch celery
- ☐ 1 yellow bell pepper
- ☐ 1 red bell pepper
- ☐ 1 jalapeño pepper, optional
- ☐ 12 carrots
- ☐ 1 fennel bulb
- ☐ 3 large cucumbers
- ☐ 1 avocado
- ☐ 2 large butternut squash
- ☐ 1 ½- 2 lbs green beans
- ☐ 2 cups of spinach leaves
- ☐ 2 cups basil
- ☐ 1 large bunch of kale
- ☐ fresh dill
- ☐ fresh cilantro
- ☐ fresh basil
- ☐ fresh thyme
- ☐ sage leaves
- ☐ extra salad/leafy greens to go with meals (approx. 3 meals)
- ☐ raw veggies for snacks

FRUIT

- ☐ 24 green apples
- ☐ 3 limes
- ☐ 4 lemons
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ ½ - 2 lbs of bones for broth
- ☐ 8 boneless, skinless chicken breasts
- ☐ 1.5 lb ground pork
- ☐ 1 ½ lbs flank steak
- ☐ 8 oz shrimp
- ☐ 4 (6 to 8 oz each) bone-in pork chops
- ☐ 1 (3 lb) pork roast
- ☐ 4 (6-8 oz) wild-caught Salmon fillets
- ☐ 3 lbs bone-in chicken thighs
- ☐ 1 lb ground beef, bison, or turkey
- ☐ 4 bone-in, skin-on chicken leg quarters
- ☐ 4 slices of bacon (approx ½ lb)
- ☐ additional "protein of choice" for occasional breakfast (1 meal)

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 3 MEAL PLAN

week 3

VEGETABLES

- ☐ 3 large red onions
- ☐ 5 large bell peppers
- ☐ 1 dozen small mushrooms
- ☐ 2 medium zucchini
- ☐ 3 large head cauliflower
- ☐ 17 green onions (scallions)
- ☐ 4 medium yellow onions
- ☐ 9 large parsnips
- ☐ 1 lb kale
- ☐ 1 butternut squash (optional)
- ☐ 8 cremini mushrooms
- ☐ 1 head bok choy (or 8 baby bok choy)
- ☐ 1 fennel bulb
- ☐ 2 shallots
- ☐ 2 Thai red chili peppers (or other spicy red chili peppers)
- ☐ 1 head butter lettuce
- ☐ 2 medium carrots
- ☐ 1 cup green beans
- ☐ 6+ sun-dried tomatoes
- ☐ 1 bunch celery
- ☐ 6 cremini mushrooms
- ☐ 10 oz hot chili peppers
- ☐ avocado, optional
- ☐ fresh garlic (several heads)
- ☐ fresh ginger
- ☐ fresh cilantro
- ☐ fresh mint
- ☐ fresh lemongrass 1 stalk
- ☐ extra salad/leafy greens to go with meals (approx. 3 meals)
- ☐ steamed green veggies of choice to go with meals (approx. 2 meals)
- ☐ raw veggies for snacks

FRUIT

- ☐ 8 green apples
- ☐ 6 limes
- ☐ 2 lemon
- ☐ **for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- ☐ 3 dozen eggs
- ☐ 2 dozen jumbo shrimp
- ☐ 2 lbs ground pork
- ☐ 1 ½- 2 lbs beef bones for broth
- ☐ 3 lbs ground beef or bison
- ☐ 2 lbs boneless, skinless chicken thighs
- ☐ 1 lb ground pork
- ☐ 4 boneless, skinless chicken breasts
- ☐ 2 pounds boneless skinless turkey breast
- ☐ 3 cups cooked shredded chicken
- ☐ 4 slices bacon (approx. ½ lb)
- ☐ additional "protein of choice" for occasional breakfasts (3 meals)

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST



pescetarian modification MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ☐ baking soda
- ☐ basil
- ☐ basil- fresh leaves
- ☐ brewer's yeast - optional
- ☐ cayenne pepper
- ☐ chili powder
- ☐ cilantro- fresh
- ☐ cinnamon
- ☐ cocoa powder- unsweetened
- ☐ coriander
- ☐ cumin
- ☐ dill
- ☐ dulce flakes - optional
- ☐ fennel seeds- ground
- ☐ garlic- fresh
- ☐ garlic- granulated
- ☐ ginger- fresh
- ☐ kelp flakes or minced nori
- ☐ nutmeg
- ☐ onion powder
- ☐ oregano
- ☐ paprika
- ☐ pepper- black
- ☐ pepper- white
- ☐ pumpkin pie spice
- ☐ red chili flakes (optional)
- ☐ rosemary- fresh
- ☐ sage
- ☐ sage- fresh
- ☐ sea salt
- ☐ thyme
- ☐ thyme- fresh
- ☐ vanilla bean pod- 1
- ☐ vanilla extract

OPTIONAL

- ☐ Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- ☐ coconut oil
- ☐ extra virgin olive oil
- ☐ ghee (optional)
- ☐ macadamia nut oil - or other oil
- fats & oils 1-pg guide**
- ☐ sesame oil
- ☐ unsalted butter

CANNED & JARRED

- ☐ capers
- ☐ canned tuna, salmon, sardines
- ☐ coconut milk
- ☐ green chilies- diced
- ☐ olives
- ☐ pumpkin
- ☐ raw kraut
- ☐ diced tomatoes
- ☐ tomato sauce

NUTS & SEEDS

- ☐ almonds
- ☐ almonds- sliced
- ☐ almond butter
- ☐ almond meal
- ☐ chia seeds
- ☐ coconut flour
- ☐ macadamia nuts
- ☐ sesame seeds
- ☐ walnuts

SAUCES

- ☐ balsamic vinegar
- ☐ coconut aminos
- ☐ dijon mustard (gluten free)
- ☐ fish sauce
- ☐ hot sauce
- ☐ rice wine vinegar

SHOPPING LIST



pescetarian modification MEAL PLAN

week 1

VEGETABLES

- ☐ 11 avocados
- ☐ 1 large butternut squash
- ☐ 2 yellow onions
- ☐ 7 green onions
- ☐ 1 large eggplant
- ☐ 20 cremini or white button mushrooms
- ☐ 7 cups spinach
- ☐ 4 carrots
- ☐ 2 stalks of celery
- ☐ 1 jicama
- ☐ 2 zucchinis
- ☐ 4 zucchinis or yellow squash
- ☐ 1 bunch of collard greens
- ☐ 1 cup snow peas
- ☐ 3 cucumbers
- ☐ 1 cup of broccoli
- ☐ 4 sweet potatoes
- ☐ 1-2 heads of lettuce of your choice for wraps
- ☐ 2 bunches of curly kale
- ☐ 2 tomatoes
- ☐ 2 bell peppers
- ☐ 3 shallots
- ☐ 1 small red chili pepper
- ☐ 4 bunches of mixed greens

FRUIT

- ☐ 4 lemons
- ☐ 4 limes
- ☐ 1 grapefruit
- ☐ 6 green apples
- ☐ 3 green tipped bananas

SEAFOOD, EGGS & DAIRY

- ☐ full fat yogurt - enough for two meals
- ☐ 3 dozen eggs
- ☐ goat cheese
- ☐ parmesan cheese (optional)
- ☐ hard cheese- like Kerrrygold cheddar
- ☐ feta cheese
- ☐ 2 pounds of lemon sole or other delicate white fish
- ☐ 8 dozen extra large shrimp
- ☐ 2 4-6 ounces of wild salmon filets
- ☐ 1 pound of halibut or other firm white fish

SHOPPING LIST



pescetarian modification MEAL PLAN

week 2

VEGETABLES

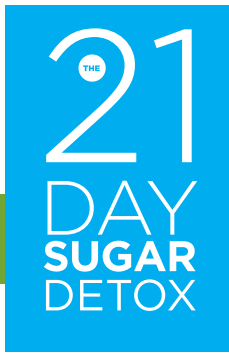
- ☐ 10 carrots (omit 4 carrots if you choose to buy pre-shredded carrots for lunch and breakfast on day 17 and 18).
- ☐ 9 stalks celery
- ☐ 1 jicama
- ☐ 6 zucchini
- ☐ 13 avocados
- ☐ 1 bunch collard greens
- ☐ ¼ cup cherry tomatoes
- ☐ 1 bunch of asparagus
- ☐ 10 sweet potatoes
- ☐ 2 bunches of mixed greens
- ☐ 4 tomatoes
- ☐ 4 bell peppers
- ☐ 1 pound green beans
- ☐ 2 jalapeno peppers
- ☐ 2 red onions
- ☐ 4 yellow onions
- ☐ 1 head of broccoli
- ☐ 2 bunches of spinach
- ☐ 2 dozen cremini or shiitake mushrooms
- ☐ 2 beets
- ☐ 12 to 16 large collard or kale leaves
- ☐ ½ cup scallions (optional)
- ☐ 1 head curly kale
- ☐ 1 head of bok choy or 8 baby bok choy

FRUIT

- ☐ 3 green tipped bananas
- ☐ 8 green apples
- ☐ 7 lemons
- ☐ 2 limes

SEAFOOD, EGGS & DAIRY

- ☐ 4 dozen eggs
- ☐ full fat yogurt for 1 meal
- ☐ goat cheese
- ☐ feta
- ☐ 2 dozen shrimp
- ☐ 4- 4 to 6 ounce wild salmon filets



SHOPPING LIST



pescetarian modification MEAL PLAN

week 3

VEGETABLES

- ☐ 3 onions
- ☐ 4 bell peppers
- ☐ 14 avocados
- ☐ plantain chips
- ☐ 3 bunches of spinach
- ☐ 2 bunches of mixed greens
- ☐ 1 carrot
- ☐ 3 tomatoes
- ☐ 7 sweet potatoes
- ☐ 5 mushrooms
- ☐ 7 green onions
- ☐ 2 large zucchini
- ☐ 1 pound green beans
- ☐ ¼ cup cherry tomatoes
- ☐ 3-4 golden beets
- ☐ 8 cremini mushrooms
- ☐ 1 bunch of lettuce leaves
- ☐ 4 parsnips
- ☐ 2 jalapeno (1 optional)
- ☐ 1 small shallot
- ☐ raw veggies of choice for snacks

FRUIT

- ☐ 10 green apples
- ☐ 6 lemons
- ☐ 3 limes
- ☐ 1 green tipped banana

SEAFOOD, EGGS & DAIRY

- ☐ full fat yogurt-enough for 3 meals
- ☐ 3 dozen eggs
- ☐ 4 dozen shrimp
- ☐ 8-10 ounces of lox/salmon
- ☐ 2 (4-6 ounces) wild salmon filet
- ☐ feta cheese

dining out

tips and tricks for navigating menus and making healthy choices

AMERICAN FOOD

AVOID: Fried foods, anything breaded, sandwiches, wraps, and pre-mixed dressings.

ENJOY: Bunless or lettuce-wrapped burgers and salads with lemon or vinegar and olive oil.



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.



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 healthy 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 "meatza" at home (recipe on page 126), or make pizza with a cauliflower crust if you are on Level 1 or 2 (which typically include cheese) or an almond meal crust for any level.



JAPANESE FOOD

AVOID: Rice (white and brown) is typically flavored with vinegar, which is okay, but also sugar, which is not. Also avoid anything fried or tempura battered, imitation crab, and most sauces.

ENJOY: Sashimi or broiled fish; just be sure to ask about sauces used and avoid soy sauce.



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.

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 peanuts. Also avoid noodles and desserts.

ENJOY: A curry dish or other coconut milk-based dish without rice.



MORE TIPS & TRICKS

smart dining on The 21DSD

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.

Preview the restaurant's menu online before you go.

Check out reviews from other diners on a site like Yelp.com or TripAdvisor.com (especially when traveling).

Pass on the bread basket—it'll keep temptation away! Ask for sliced veggies or olives instead.

Either skip the appetizers or opt for a salad starter.

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.

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.

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.

AT PARTIES

Ask the host what they plan on serving so you know what to expect. 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. ●

fats & oils

cleaning up your diet by using the right fats & oils is essential to improving your health

WHICH TO EAT



SATURATED IDEAL FOR HOT USES

PLANT SOURCES *organic, unrefined forms are ideal*

coconut oil
palm oil *from sustainable sources*

ANIMAL SOURCES *pasture-raised/grass-fed & organic sources are ideal*

butter, ghee/clarified butter schmaltz (chicken fat)
duck fat tallow
lamb fat
lard

UNSATURATED IDEAL FOR COLD USES

organic, extra-virgin, & cold-pressed forms are ideal

avocado oil nuts & seeds (including nut & seed butters)
nut oils (walnut, pecan, flaxseed oil (higher in polyunsaturated fatty acids, so consume in extremely limited amounts)
macadamia)
olive oil
sesame oil

Note: Unsaturated fats—often called oils as listed above—are typically liquid at room temperature and are easily damaged (oxidized) when heat is applied to them. You do not want to consume damaged fats; therefore, cooking in these fats is not recommended.

WHICH TO DITCH



SATURATED

Man-made fats are never healthy. Trans fats are particularly harmful.
“Buttery spreads,” including oil blends like Earth Balance, Benecol, and I Can’t Believe It’s Not Butter
hydrogenated or partially hydrogenated oils
margarine

UNSATURATED

These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat. Consuming oxidized oils is never healthy.
canola oil (rapeseed oil) safflower oil
corn oil soybean oil
grapeseed oil sunflower oil
rice bran oil vegetable oil

For more detailed information on the fatty acid profiles of fats & oils, check out my book *Practical Paleo*.

CHOOSING COOKING FATS

listed in order of most stable to least stable for cooking

The fats and oils are ranked below based on the following criteria:
1. how they’re made—choose naturally occurring, minimally processed options first; 2. their fatty acid composition—the more saturated they are, the more stable and less likely to be damaged or oxidized they are; 3. smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

VERY STABLE—IDEAL FOR COOKING

coconut oil
butter/ghee
cocoa butter
tallow/suet (beef fat)
palm oil *from sustainable sources*
lard/bacon fat (pork fat)
duck fat

MODERATELY STABLE—BEST COLD

avocado oil*
macadamia nut oil*
olive oil*
rice bran oil*

LEAST STABLE—NOT RECOMMENDED

safflower oil**
sesame seed oil**
canola oil**
sunflower oil**
vegetable shortening**
corn oil**
soybean oil**
walnut oil*
grapeseed oil**

*While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed, for flavor.

**These oils are not recommended for consumption, whether hot or cold, but are listed here for your reference, as they are commonly used.

replacing foods

think ahead to what you will eat in place of some of your favorite fallbacks while on The 21-Day Sugar Detox

WHAT TO REPLACE

WHAT TO EAT



soy sauce, wheat-free tamari



coconut aminos

cow, goat, or sheep milk (for Level 3)



coconut milk, almond milk (page 213)

hot or cold breakfast cereal/oats



assorted chopped nuts, coconut, and 21DSD fruit with coconut milk

grain-based/pre-made granola



grain-free banola (page 200)



breakfast/granola bars



hard-boiled eggs or quiche to-go (page 104)

protein/snack bars



jerky (page 184) and a handful of nuts or single-serving nut butter packets

pancakes made from grain flour



pumpkin pancakes (page 98), almond flour pancakes



sweetened smoothies



21DSD smoothies (page 92)



pasta made from grain flour



spaghetti squash (page 122), zucchini noodles (pages 148, 176) or cucumber noodles (page 170)

biscuits/rolls made from grain flour



savory herb drop biscuits (page 188)

crackers made from grain flour



herb crackers (page 183) or fresh veggies cut into thin discs



cookies or donuts made from grain flour & sweetened



not-sweet cinnamon cookies (page 195), apple cinnamon donuts (page 199)

rice



basic cilantro cauli-rice (page 172)

pinterest.com/21daysugardetox

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

sneaky sugar synonyms

all sugar and sweeteners listed here are **out**
for The 21-Day Sugar Detox

additional considerations for sweetener choices after The 21-Day Sugar 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 all very 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

Here's where the high-fructose corn syrup (HFCS) commercials really get things wrong: Your body actually 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 the high fructose content of both requires processing by the liver before the sugar hits your bloodstream. This yielded 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! ●

NATURAL SWEETENERS*

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



*Natural sweeteners are the options I recommend using in very limited quantities *after* your 21DSD.

NATURALLY DERIVED SWEETENERS

Agave	Fructose	Mannitol
Agave nectar	Glucose/glucose solids	Muscovado
Barley malt	Golden sugar	Refiner's syrup
Beet sugar	Golden syrup	Sorbitol
Brown rice syrup	Grape sugar	Sorghum syrup
Buttered syrup	High-fructose corn syrup	Sucrose
Caramel	Invert sugar	Tagatose (Tagatose, Nutrilatose)
Carob syrup	Lactose	Treacle
Corn syrup	Levulose	Yellow sugar
Corn syrup solids	Light brown sugar	Xylitol (or other sugar alcohols; typically they end in "-ose")
Demerara sugar	Maltitol	
Dextran	Malt syrup	
Dextrose	Maltodextrin	
Diastatic malt	Maltose	
Diastase		
Ethyl maltol		



ARTIFICIAL SWEETENERS

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



daily success log

COMPLETE 22 DAY LOG

DAY

0

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____

Snack (optional) _____

Lunch _____

Dinner _____

Notes _____

DAY

1

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____

Snack (optional) _____

Lunch _____

Dinner _____

Notes _____

DAY

2

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____

Snack (optional) _____

Lunch _____

Dinner _____

Notes _____

DAY

3

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

4

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

5

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

6

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

7

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

8

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

9

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

10

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

11

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

12

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

13

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

14

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

15

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

16

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

17

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

18

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

19

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

20

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

21

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

WHAT I ATE FOR...

Breakfast _____ Snack (optional) _____

Lunch _____ Dinner _____

Notes _____

DAY

22

SLEEP TIME & QUALITY

to bed last night _____

woke up today _____

- ☐ excellent ☐ fair
☐ good ☐ poor

EXERCISE

time _____

type _____

MOOD & ENERGY

- ☐ excellent ☐ fair
☐ good ☐ poor

REFLECT ON WHAT YOU LEARNED THROUGHOUT THE 21 DAY SUGAR DETOX & YOUR GOALS FOR THE FUTURE
