



## CLEAN 21 YES AND NO FOODS LISTS

For the CLEAN 21 (First 21 days of the program),

### NO LIST

#### 1. NO ADDED SUGARS OR SWEETENERS OF ANY KIND

No Natural Sweeteners—examples: honey, maple syrup, molasses, coconut crystals, etc.

No Naturally Derived Sweeteners—high fructose corn syrup, agave, dextrose, xylitol, etc.

No Artificial Sweeteners: Equal, Splenda, Saccharine, Stevia, Truvia, etc.  
NOTHING labeled “sugarfree” “diet” or “artificially sweetened”

#### 2. REFINED CARBOHYDRATES

Bagels, bread, cakes, cereals, cookies, crackers, chips, pizza, popcorn, tortillas

#### 3. ALCOHOL, not even for cooking

#### 4. GRAINS AND LEGUMES

FAST TRACK PLAN: NONE

**FLEXIBLE PLAN:** Limited to 1/2 cup TOTAL per day from the following choices:

Amaranth, arrowroot, beans (black, garbanzo/chickpeas, navy, pinto and red), buckwheat, lentils, millet, quinoa, rice (white, brown, wild).

**FAST TRACK AND FLEXIBLE NO FOODS for this food group:**

NO barley, rye, soybeans (which includes edamame, soy sauce, tofu, tempeh, miso) wheat, flours made from grains or beans (chickpeas, lentils, etc.) cashews or peanuts (including cashew and peanut butter)

#### 5. STARCHY VEGETABLES

No corn, soybeans, plantains, potatoes, sweet potatoes

**FAST TRACK AND FLEXIBLE PLAN:**

Limited to 1 cup TOTAL PER DAY of acorn squash, beets, butternut squash, green peas, pumpkin

## 6. BEVERAGES

NO regular or diet sodas, no coffee drinks or shakes (sweetened), no protein powders with more than one ingredient, no juice, no alcohol.

### FAST TRACK AND FLEXIBLE:

1 cup TOTAL PER DAY of Kombucha or coconut water.

## 7. SUPPLEMENTS

None that contain sweeteners (not even sugar alcohols), none that contain corn, soy or wheat

## 8. CONDIMENTS

No store bought ketchups, sauces, mayonnaise, salad dressings, soy sauce, tamari

