

Sugar Freedom

by Catherine Gordon



*Discover the simplicity
of losing weight!*

Sugar Freedom Shopping Guide

The Three Day Sugar Strike Shopping List

No Sugar, No Grains, No Processed Vegetable Oils = No Cravings!

1. In The Produce Aisle

Salad Greens (lettuce, spinach, cabbage)

Other Leafy Greens (Swiss chard or other chard, collard greens, kale, bok choy)

Herbs (basil, parsley, cilantro)

Other salad vegetables (radishes, sprouts, cucumbers, tomatoes)

Other green vegetables (avocado, asparagus, broccoli, green beans, Brussels sprouts, cauliflower)

Other non-starchy vegetables (peppers, green onions, eggplant, artichokes, mushrooms)

2. Meat, Poultry, Fish, Seafood, Eggs

Eggs: Preferably Organic Free Range.

Beef: All cuts, especially grass fed.

Pork

Poultry

Fish

Shellfish

3. Dairy Case

Cream, butter, full-fat cottage cheese, sour cream, full fat organic cheeses, ricotta, full fat yogurt with no sugar added, including Greek yogurt.

4. Fats and Oils

Butter (From grass fed cows like Kerrygold Butter)

Coconut oil (Organic)

Organic Extra Virgin Olive Oil.

Soy Free Vegemise (Made with grapeseed oil)

Walnut Oil

Macadamia Nut Oil

Note: home made mayonnaise is your best choice, but if you're concerned about using raw egg, or you need the convenience of prepared mayo Soy Free Vegemise is helpful for mixing with canned tuna and salmon, and for sauces and dips for wraps and veggies.

Frozen Foods

meats, fish, and vegetables on hand.

Canned Goods

Canned versions of the above vegetables, also olives.

Nuts and Seeds

Raw Organic almonds

Walnuts

Ground Flax Seed

Condiments

Mustard, full-fat mayo (Not made with soybean, Soy Free Vegenaïse as above.) salsa, pesto, dill pickle- up to 2 per day, sugar free relish, hot sauce, Braggs Organic vinegar, or any vinegar without added sugar.

Other:

Unsweetened almond or Coconut milk

Unsweetened coconut flakes

Unsweetened Chocolate and cocoa powder.

In the Spice Aisle:

Curries, ginger, cumin, iodized sea salt, cinnamon, organic garlic powder, turmeric, vanilla, etc. to add interest and variety.

Sweeteners:

Liquid Stevia

Xylitol

The Sugar Freedom Diet:

Foods to add after the Three Day Sugar Strike

Produce:

Potatoes

Sweet Potatoes

Yams

All Fruits

Foods that may be added after a week on the Sugar Freedom Diet if they don't trigger cravings:

Alcohol in moderation

Organic Soy Free Dark Chocolate: 85% Cacao

