

FOODS TO CUT

All sugar, alcohol, processed foods, saturated fats artificial ingredients and all things white.

ALCOHOL

- Beer
- White Wine
- Champaign
- All Hard Alcohol
- All Mixed Drinks
- Red Wine (limit)
- _____
- _____

BEVERAGES

- Diet Sodas
- Fruit Juices
- Sugary Sodas
- All Artificially Sweetened Teas, Drinks
- All Beverages with Added Sugars
- _____

PREPARED FOODS

- Bottled Salad Dressings
- Mayonnaise
- Candy
- Milk Chocolate
- White chocolate
- Cookies
- Crackers
- Chips
- Pretzels
- Toffee
- Cakes
- Puddings
- Biscuits
- Pastries
- Donuts
- Pies
- Shakes
- Ice Cream
- Hot dogs
- Pizza
- Frozen Dinners
- Processed Cereals
- Potato Chips
- _____
- _____
- _____
- _____

NATURAL SUGARS

- Granulated Sugar
- Brown Sugar
- Turbinado
- Molasses
- Powdered Sugar
- Maple Syrup
- High Fructose Corn Syrup
- Brown Rice Syrup
- Cane Juice Crystals
- Cane Sugar
- Date Sugar
- Evaporated Cane Juice
- Raw Sugar
- Rice Syrup
- Turbinado
- Agave (limit)
- Sucrose
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

ARTIFICIAL SWEETENERS

- Aspartame
- Sucralose
- Sugar Alcohols
- Saccharin
- Acesulfame
- _____
- _____

SATURATED FAT FOODS

- Salami
- Pastrami
- Bacon
- Lamb
- Pork
- Beef
- Poultry Dark Meat
- Sausages
- Whole Milk
- Butter
- Cheese
- Sour Cream
- Solid Shortening
- Stick Margarine
- Palm Oil
- _____
- _____
- _____

ALL THINGS WHITE

- White Flour
- White Rice
- White Breads
- White Pastas
- _____
- _____
- _____
- _____