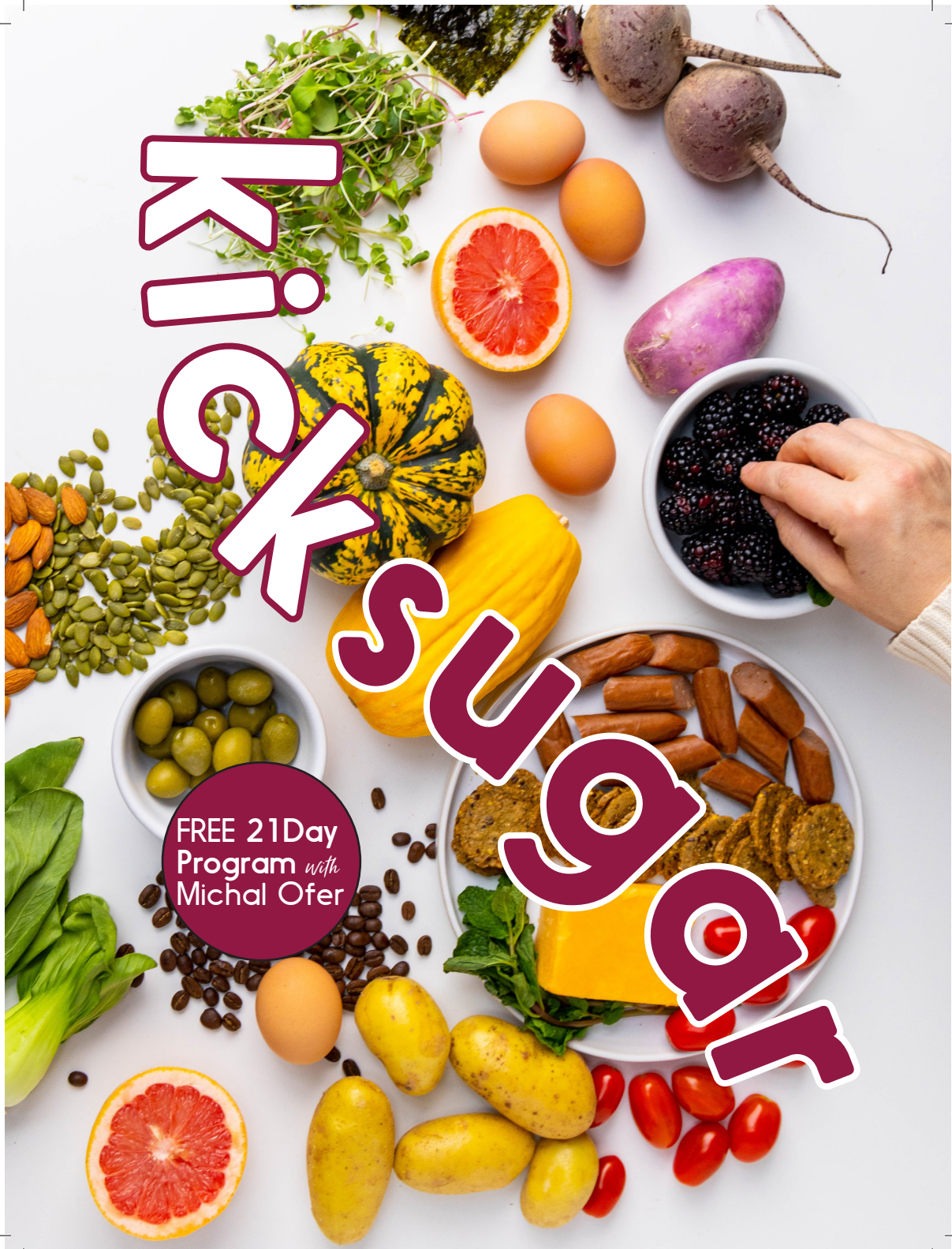


KICK SUGAR

FREE 21Day
Program *with*
Michal Ofer



Kick sugar shopping list

Baking Staples

Flours

Almond meal/flour

Arrowroot flour

Cassava flour

Coconut flour

Tapioca starch/flour

Green Banana flour

Almond and vanilla extracts pure

Whole vanilla bean

Apple cider vinegar

Baking powder

Baking soda

Unsweetened coconut flakes & shreds

Cocoa/cacao powder unsweetened

Gelatin unflavored/unsweetened

Beverages

Coffee

Coconut Water

Kombucha less than 6-8 grams of sugar per 8 oz.

Teas with no sweeteners

Mineral water

Nut milks besides coconut; unsweetened

Natura Beverages unsweetened

Bone Broth fresh, boxed or frozen

Organika Bone Broth Powders/Coffee Creamer

MCT Oil or Powder

Collagen Peptides & Protein Powder

Whey protein powder unsweetened, unflavored

Dairy

Full Fat Dairy no sugar/sweeteners

Butter & Ghee

Cheese

Full fat plain/Greek yogurt unsweetened

Cultured coconut yogurt unsweetened

Fresh Produce & Refrigerated Items

Vegetables

Roots & Squashes

Seasonal fruits limit 1 per day

Prepackaged in produce section

Coleslaw/Broccoli slaw

Guacamole

Riced vegetables such as cauliflower or broccoli

Salsa

Spiralized vegetables

Fermented Foods

Sauces

Pickles

Sauerkraut & Kimchi

Meat/Poultry/Seafood

Approved products are those that do not contain added sugar/sweeteners.

Exception: sugar is used for curing and preserving processed meats. Look for less than 1 gram of sugar per serving.

Eggs

All Fresh Fish especially wild caught options

Smoked Salmon

Grocery/Pantry/Canned/Jarred

Note: Plant-based products such as coconut, tomato, and root vegetable products contain natural sugars, which are approved.

Canned pumpkin, squash & sweet potato

Canned tomatoes

Jarred Dill Pickles & sauerkraut

Tomato paste

Olives and capers

Tomato-based pasta & pizza sauces

Canned Seafood

Unflavored Kippers, salmon, sardines, tuna

Crackers limit 1 serving size on box per day

Baked Pork Rinds natural only

Ivanhoe Nothing But Cheese Snacks

Seaweed Snacks

Coconut Wraps

Fats & Oils

Avocado Oil

Olive Oil Cold Pressed

Coconut Oil

Duck Fat/Lard/Tallow

Nut Oils

Red Palm Oil

Seasonings, Sauces & Condiments

Fermented Items & Vinegars no sweeteners

Seasoning Sauces

Mayonnaise

Mustard

Salad Dressings

Seasoning & Spices

Himalayan Salt, Celtic Sea Salt

Herbs & Spices

Nuts & Seeds

Almonds, Hazelnuts, Walnuts, Pecans

Sesame seeds

Pumpkin seeds

Nut & Seed Butters unflavored & unsweetened