

Welcome



to the
Sugar Freedom
Runway

Goals:

FOCUS

Pre-work:

- Clean cabinets, fridge and freezer of what you don't want on hand
- Menu planning & recipes
- Shopping list

Examine your diet and foods:

Where is the hidden sugar in your diet? Blatant sugar ☺?

What are you most reluctant to give up & why?

*What
are
your
Sugar
Freedom
goals?*

Personal Soothers:

- 1.
- 2.
- 3.

Triggers show up in your behavior:

What are your triggers that make you want sugar/wine?

Time

Emotions

Location

Activities

Habit Shifting:

Where do you think you might slip-up?

Steps to *SugarFreedom*

Clear out the cabinets and fridge of anything tempting or foods with added sugar

Recipes of meals you love OR place an order with a high-quality meal delivery service.

Create a shopping list with foods that you purchase from the "store perimeter" fresh veggies, fruits, grains, meats and fish (see shopping list at the end of this handout)

Treats – Teas, green juices, fresh fruit, healthy snacks. Remember, non-processed snacks and treats. Don't replace sugar with salty processed snacks like chips, and heavily salted nuts!

Visual aids to track each day.

Daily notes & journaling.

Community – who & where will you find support?

SUGAR FREEDOM – SHOPPING LIST

We know starting an elimination diet can be challenging. Here's a quick list to highlight the foods that are included and avoided for the 30 days.

FOOD GROUP

BUY THESE

SKIP THESE

FRUITS

Apples, dried apricots, blueberries, blackberries, peaches, raspberries, plums, strawberries, kiwi, grapefruit, cherries, honeydew, pears, oranges, lemons, limes.

Grapes, raisins, mangoes, pineapple, banana, papaya, watermelon, dates.

NON-STARCHY VEG

Asparagus, bell peppers, broccoli, zucchini, Brussels sprouts, cabbage, cauliflower, celery, eggplant, fennel, green leafy vegetables, jicama, mushrooms, okra, onion, radishes, snap/snow peas, spinach, quash,

None

STARCHY VEG & GRAINS

Acorn or butternut squash, quinoa, yams,, plantain, parsnip, potato (yellow, red and purple),, sweet potato, tapioca, yucca., onion, radishes, snap/snow peas, spinach, quash,

None

LEGUMES

Wheat, bulgur, barley, couscous, spelt, buckwheat, millet, oats, quinoa, rice (brown/wild/basmati), kamut, rye, triticale, farro, semolina and malt.

Processed box foods

Beans, peas, lentils., black, cannellini, garbanzo, kidney, lentil, lima, mung, navy, green peas, pinto, vegetarian refried beans, hummus

SUGAR RESET

We know starting an elimination diet can be challenging. Here's a quick list to highlight the foods that are included and avoided for the next 30 days. After reading it over carefully, you will likely be surprised how many of your favorite foods are included in the program.

FOODGROUP

BUY THESE

SKIPTHESE

NUTS & SEEDS

Almonds, cashews, chestnuts, chia, flax, hazelnuts, walnuts, sesame (seeds & tahini), Brazil nuts, sunflower seeds, pine nuts, pistachios, pumpkin seeds, macadamia, pecans

Oils with added sugar.

MEAT, POULTRY, FISH, & EGG

Preferably organic, free-range/wild.

Meats processed with nitrites/nitrates,

DAIRY

Unsweetened milk, cream, buttermilk, cheese, cottage cheese, ricotta, Greek yogurt, coconut yogurt, butter, dairy alternatives such as almond milk, coconut milk, hemp milk, flax milk, coconut kefir.

ice cream, frozen yogurt. soy milk, non-dairy creamers and soy yogurt with added sugars, whey protein.

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FOODGROUP

BUY THESE

SKIP THESE

FATS & OILS

Oils: Extra virgin olive oil, butter coconut oil, ghee, grapeseed oil, avocado oil, flax oil & walnut oil., mayonnaise, olives, avocados.

Margarine, shortening, vegetable oil, canola oil, soybean oil, peanut oil, corn oil, cottonseed oil..

BEVERAGES

Coffee, tea, herbal tea, seltzer or mineral water, unsweetened coconut water.

Soda or soft drinks (even diet). Alcoholic beverages

SPICES, CONDIMENTS & SWEETENERS

Vinegar; all spices /herbs including: cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, pepper, rosemary, salt, tarragon, thyme and turmeric. coconut aminos, stevia, monk fruit, erythritol, xylitol

Anything with added sugars, corn syrup, artificial sweeteners (Equal/aspartame, Splenda/sucralose).