Welcomé

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 😇?

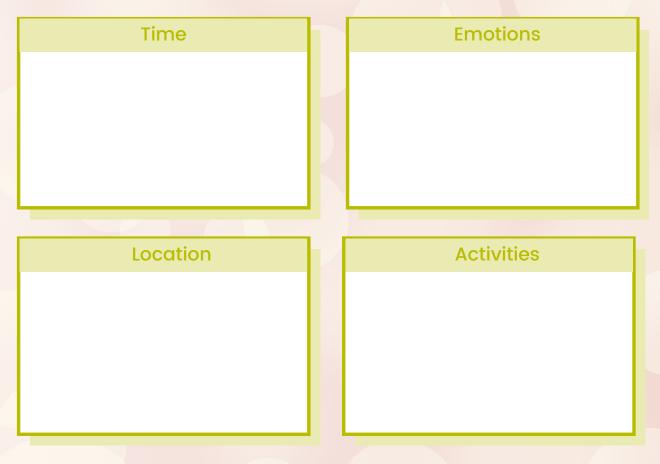
What are your Sugar Freedom goals?

What are you most reluctant to give up & why?



Triggers show up in your behavior:

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



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, nonprocessed 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.

| FOODGROUP | BUY T H E S E | 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

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| FOODGROUP | BUY THESE | SKIP T H E S E |
|-------------------------------|--|---|
| 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). |