

*sugar
freedom*



it's time to...

**Feel amazing, sleep better
and lose the sugar belly!**

What's your sugar goal & WHY?

A large, empty rectangular box with a thin black border, intended for writing a response to the question above.

measure your waist and the largest part of your belly

Date:

Waist:

Belly:

If you feel like your skin looks less than perfect take a selfie and date it.



Creating your runway to Sugar Freedom



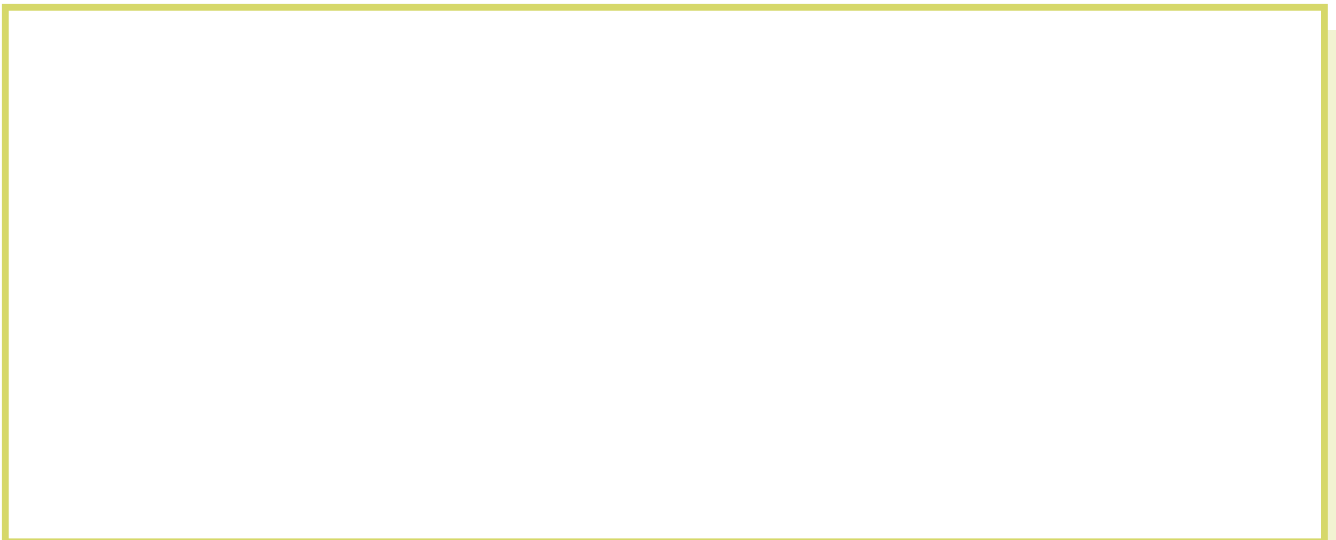
- ☐ Clear out the cabinets and fridge with any temptations or foods with added sugar
- ☐ Gather recipes for meals you love OR place an order with a high-quality meal delivery service.
- ☐ Create a shopping list with foods that you can purchase from the "store perimeter" fresh veggies, fruits, grains, 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!

Runway checklist:

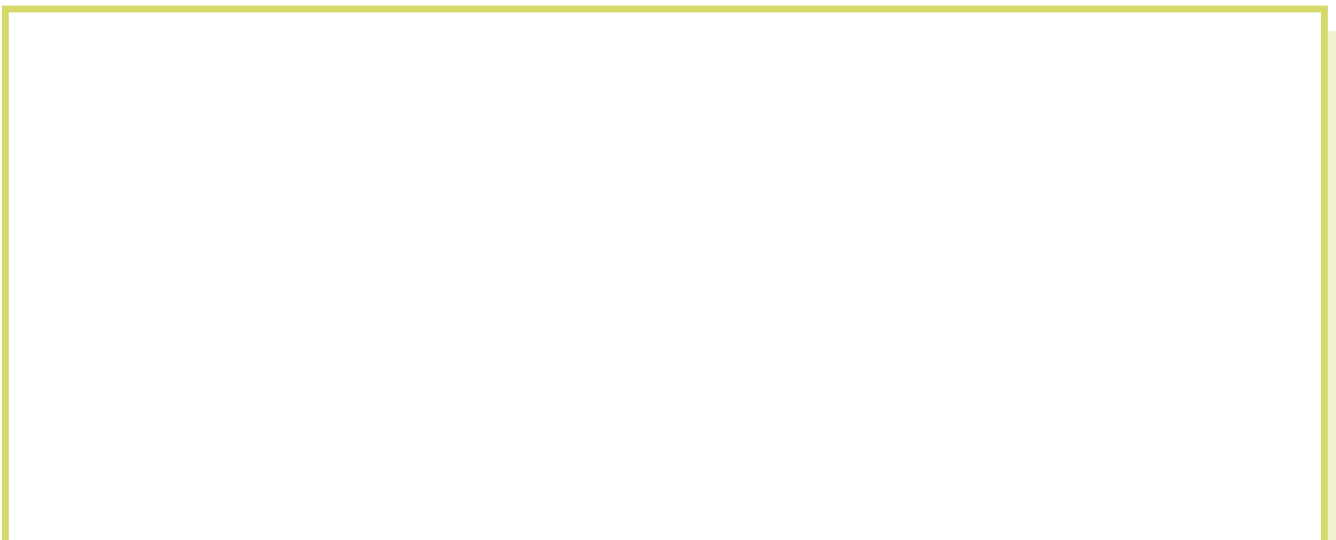
- ☐ Clean cabinets, fridge and freezer of what you don't want on hand
- ☐ Menu planning & recipes
- ☐ Shopping list

The hidden & unconscious sugar in your diet

Find the hidden sugar in your diet



Where's the blatant & unconscious sugar?



List three soothers you can use. Or, add a couple of visual aids like gold stars for your calendar or a mason jar to add your daily reminders.

1

2

3

Soothers & Helpers

Use visual aids to track each day. Consider a calendar you can mark each sugar-free day off, or add a "gold star" to your calendar daily, get a mason jar or a bowl where you can add your gratitude for each sugar-free day,

Daily notes & journaling. Each day morning and/or evening make an entry about how you feel. Potential prompts; how you feel at the end of the day, beginning of the day, struggles and triggers you experienced, any positive outcomes you are experiencing, difficulties- track these so we can work through them.

Community - add your input to the FB group



Goals, Notes & Progress

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Triggers show up in the strangest of ways...

Track the triggers that create the cravings

Awareness is the first step to any change.

Time

Emotions

Location

Activities



Trigger tracking continued...

Awareness is the first step to any change.

Time

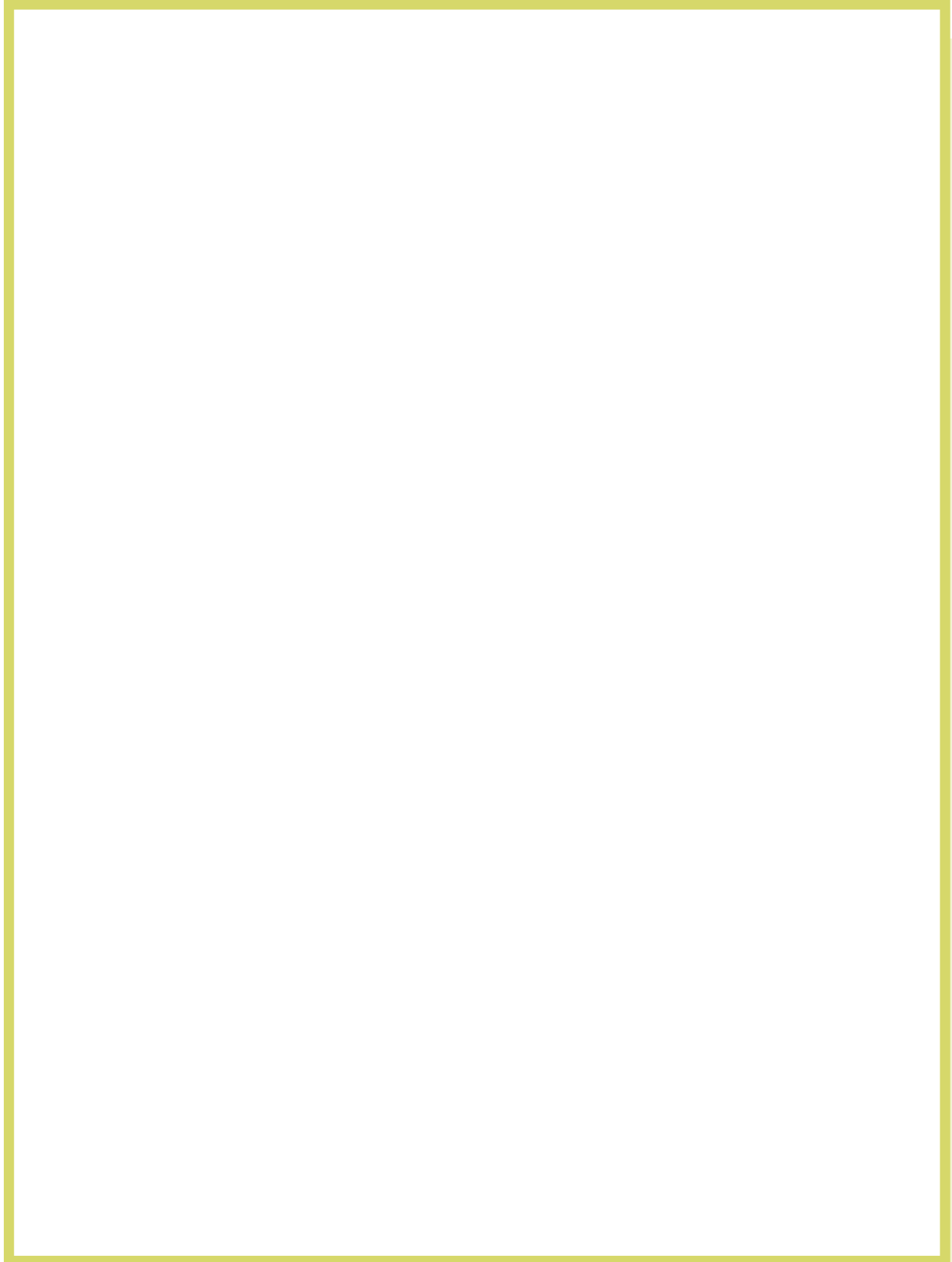
Emotions

Location

Activities

Habit Shifting & why you want a comeback strategy

What current habits need to shift, so that you can get what you want?





- *Tools & Techniques* -

- ✓ **Habit Shifting**
- ✓ **Trigger blocking**
- ✓ **Wonderwoman**
- ✓ **Tapping**
- ✓ **Meditation & self-care**
- ✓ **Breath work**
- ✓ **Brushing**
- ✓ **Celebrate**

SUGAR freedom

We know that change can be challenging.
Here's a quick list to highlight preferred foods
and those to avoid.

FOODGROUP

EAT THESE

LOWER 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

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

Processed box foods

LEGUMES

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

SUGAR freedom

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FOODGROUP

EAT THESE

AVOID THESE

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.

SUGAR freedom

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FOODGROUP

EAT THESE

AVOID 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).