

A top-down photograph of a cup of milk and chocolate chip cookies. In the top left, a yellow cup filled with white milk sits on a matching saucer. To its right, a chocolate chip cookie is broken in half, with crumbs scattered around it. Below the cup, a black wire cooling rack holds several more chocolate chip cookies. A metal whisk is positioned on the right side of the frame. The entire scene is set against a light blue background with scattered white flour or sugar. The text "7 DAY Sugar DETOX" is overlaid in the center.

7 DAY

Sugar

DETOX



WHAT *Sugar* DOES TO US...



SUGAR IS ADDICTING

- In a recent study with rats, a whopping 94 percent of the rats wanted sugar or saccharin, not cocaine, even after being shocked.

SUGAR MESSES WITH OUR BLOOD SUGAR

- Blood sugar (glucose) is created when we break down carbohydrates in the body. Insulin is then released by the pancreas into the bloodstream to regulate blood sugar and transfer it into our cells. Ideally, we want to keep our blood sugar stabilized during the day; not too low and not too high.

SUGAR MAKES US STORE FAT

- It makes us store fat. The more carbohydrate-rich foods we consume, the more insulin is needed to transport the glucose into our bloodstream and cells, which leaves the pancreas having to work harder (damaging the body over time). If this continues, our bodies become predisposed to having to produce these consistently high levels of insulin and makes weight loss increasingly more difficult. *The MAIN takeaway is that problems arise when we eat too much sugar, whatever the source.

SUGAR MESSES WITH OUR HORMONES

- It messes with our hormones. When your blood sugar is out of whack, it throws off your hypothalamic-pituitary-adrenal axis (HPA-axis), which is responsible for releasing your stress hormone cortisol.

SUGAR DISRUPTS OUR GUT MICROBIOME

- It messes with our gut microbiome - it kills off the good bacteria! Studies on mice show that a diet high in sugar encourages potentially harmful bacteria to overgrow. This leads to 'dysbiosis', which means the balance of good and bad bacteria is tipped in favor of the bad.

SUGAR MESSES WITH OUR BRAINS

- It lights up our brains like fireworks. it seriously messes with the neurochemical reactions in our brain! especially our serotonin levels (the hormone that keeps us happy.)

LET'S TALK ABOUT OUR 7-DAY NO-ADDED *Sugar* CHALLENGE GOALS

1 TO REEVALUATE OUR RELATIONSHIP WITH SUGAR

- How much sugar are you having per day?
- Are you addicted?
- Ask yourself - "Does it play a big role in my life?"

2 TO BECOME AWARE OF HOW MUCH SUGAR HIDES IN THE PACKAGED ITEMS WE CONSUME ON A DAILY BASIS:

- Do you know the hidden names for sugar?
- Do you read the nutrition label when buying food?from nut butters, oatmeals, salad dressings, yogurts and bread, to protein powders and basically all things labeled, "fat-free"

3 TO PAY CLOSER ATTENTION TO THE INGREDIENT LISTS WHEN BUYING/EATING FOODS

4 TO HELP YOU LEARN ALTERNATIVES FOR YOUR FAVORITE SNACKS, MEALS, ESPECIALLY DESSERTS

5 HELP BUILD LONG LASTING, SUSTAINABLE HEALTHY HABITS

6 TO RESET YOUR TASTE BUDS. WE DON'T REALIZE HOW MUCH OUR BODIES ARE USED TO THE ENHANCED TASTE OF PROCESSED FOOD!



7-DAY

NO-ADDED *sugar*

CHALLENGE

RULES

please KNOW THE DIFFERENCE

NO-ADDED SUGAR

- No-added sugar is a huge focus on eating whole foods (*yes, that also includes foods that contain natural sugars like sweet potatoes*)
- No-added sugar means the manufacturer has **not** added any sugar to the product.

However, keep in mind that certain products labeled "*no-added sugar*" contain a large amount of natural sugar (*for example, from dates or banana*)

We want to keep naturally occurring sugars in moderation, as well.

AT THE END OF THE DAY,
OUR 7-DAY NO-ADDED SUGAR CHALLENGE IS TO
GET YOU TO ADD IN MORE WHOLE FOODS, AND
CROWD OUT PACKAGED & PROCESSED FOODS
THAT CONTAIN ARTIFICIAL SUGAR.

the NO-ADDED SUGAR RULES

ADD IN

- WHOLE FOODS!!!!
- QUALITY PROTEINS
- HEALTHY FATS
- WHOLE FRUIT
- FIBER-RICH COMPLEX CARBS LIKE OATS & RICE
- HERBAL TEA
- MORE REST/SLEEP
- NATURAL, UNREFINED & UNPROCESSED SWEETENERS: MAPLE SYRUP & LOCAL HONEY

CROWD OUT

- ARTIFICIAL SUGAR & SWEETENERS
- PACKAGED GOODS (ANYTHING WITH A BARCODE)
- SUGARY/FLAVORED DRINKS
- BOTTLED DRESSINGS
- CAFFEINE
- ALCOHOL
- DAIRY
- DRIED FRUIT
- LOW-FAT / FAT-FREE



tips

- WE WANT YOU TO THINK MORE ABOUT "ADDING IN" RATHER THAN WHAT YOU HAVE TO "CROWD OUT". LESS ABOUT RESTRICTION AND MORE ABOUT WHAT YOU CAN HAVE AND ENJOY!
- BALANCING YOUR BLOOD SUGAR IS #MAJORKEY TO REULATING YOUR HUNGER HORMONES AND AVOIDING CRAVINGS! (SEE NEXT PAGE)

THE #BALANCED *blood sugar* PLATE

**EVERY TIME YOU MAKE A PLATE OF FOOD,
IT SHOULD INCLUDE THE FOLLOWING:**

**1/2 PLATE OF GREEN
& COLORFUL VEGGIES**

**SERVING OF
HEALTHY FATS**

**SERVING OF
QUALITY PROTEIN**

**SERVING
OF FIBER**



MOSTLY WATER!



**HERBAL TEA
/MATCHA**



**LOW-SUGAR FRUIT,
NUTS & SEEDS**



HERBAL TEA

HEALTHY FATS!

**QUALITY
PROTEIN!**



**STARCHY VEGGIES
OR FIBER-RICH
GLUTEN FREE GRAINS**

**MOSTLY BIG LEAFY
GREENS & NON-STARCHY VEGGIES!**

**3 MEALS A DAY
+ 1 SNACK IF
NEEDED!**

BUT, HOW DO I KNOW HOW MUCH *sugar* IS IN IT?

mini exercise



Nutrition Facts Valeur nutritive	
Per 591 mL / par 591 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 0 g	0 %
Sodium / Sodium 250 mg	11 %
Potassium / Potassium 65 mg	2 %
Carbohydrate / Glucides 38 g	13 %
Sugars / Sucres 35 g	
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.	

INGREDIENTS:

WATER, SUGAR, DEXTROSE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOURS, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, ESTER GUM, COLOUR.

INGRÉDIENTS :

EAU, SUCRE, DEXTROSE, ACIDE CITRIQUE, ARÔMES NATURELS ET ARTIFICIELS, SEL, CITRATE DE SODIUM, PHOSPHATE MONOPOTASSIQUE, GOMME ARABIQUE, GOMME ESTER, COLORANT.

steps

- LOOK AT THE GRAMS OF SUGAR IN THE NUTRITION LABEL
- THEN DIVIDE THE NUMBER BY 4 TO GET THE ESTIMATED AMOUNT OF SUGAR IN TEASPOONS
- DECIDE WHETHER TO CONTINUE CONSUMING THIS PRODUCT OR CROWD IT OUT WITH SOMETHING BETTER FOR YOU AND YOUR GOALS!

do the math

35 GRAMS OF SUGAR / 4

**= 8.75 TEASPOONS OF SUGAR
IN ONE BOTTLE.**

that's not cool....blue



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rule of thumb

SEE HOW MUCH SUGAR CAN CREEP INTO YOUR LIFE? MAKE IT EASY FOR YOURSELF.
TRY TO AVOID PROCESSED & PACKAGED FOODS WITH BARCODE DURING THIS
CHALLENGE! IF YOU DO EAT PACKAGED ITEMS, ALWAYS READ THE LABEL!

YOUR DAILY *game plan*

FIRST THING

- GLASS OF LEMON WATER

1ST MEAL

- GREEN/HERBAL TEA
- VEGGIES, PROTEIN, FIBER + HEALTHY FATS

2ND MEAL

- HERBAL TEA
- VEGGIES, PROTEIN, FIBER + HEALTHY FATS

SNACK

- SOMETHING HIGH IN FIBER OR PROTEIN LIKE NUTS & SEEDS, PEICE OF FRUIT, SMALL SMOOTHIE

3RD MEAL

- VEGGIES, PROTEIN, FIBER + HEALTHY FATS

WIND DOWN

- HERBAL TEA
- VEGGIES, PROTEIN, FIBER + HEALTHY FATS
- PLAN NO-ADDED SUGAR 3 MEALS & 1 SNACK FOR THE NEXT DAY!

NO-ADDED *sugar* GROCERIES

THIS GROCERY LIST IS JAM-PACKED WITH LOW-GLYCEMIC FOODS! YOU CAN, OF COURSE, ADD DIFFERENT FRUITS & VEGGIES. HOWEVER, THESE FOODS HAVE A LOW GLYCEMIC-INDEX, MEANING THEY DON'T SPIKE YOUR BLOOD SUGAR AS MUCH AS OTHER FOODS WHICH IS KEY FOR REDUCING YOUR SUGAR CRAVINGS AND REGULATING YOUR HUNGER HORMONES.

Fiber-rich bread

- Ezekiel bread
- Ezekiel english muffin,
- Fresh sourdough varieties

Oats:

- Non-flavored Rolled oats
- steel-cut oats
- muesli

Fruit:

- Organic Apples,
- Organic berries
- apricots
- peaches
- plums
- pears
- kiwi

Vegetables:

- Organic Leafy greens,
- Carrots
- broccoli
- cauliflower
- celery
- tomatoes
- zucchini

Starchy vegetables:

- Cooked and cooled Potato
- sweet potatoes
- yams
- beets

Legumes:

- lentils
- chickpeas
- baked beans
- butter beans
- kidney beans *[this may cause bloat]*

Pasta and noodles:

- Organic brown rice pasta
- soba noodles

Rice:

- Sprouted Basmati
- long-grain
- brown rice

Grains:

- Sprouted Quinoa
- barley
- buckwheat

Meat:

- Organic pasture-raised beef
- Organic pasture-raised chicken
- Organic pasture-raised pork
- Organic pasture-raised lamb
- Organic pasture-raised eggs

Fish and seafood:

- Wild-caught salmon/trout
- tuna
- sardines and prawns

Nuts:

- Raw unsalted almonds cashews, pistachios, walnuts and macadamia nuts

Fats and oils:

- Extra virgin olive oil
- ghee
- pasture-raised butter
- avocado

Herbs and spices:

- Pink himilayan salt
- pepper
- garlic

NO-ADDED *sugar* GROCERIES

EXTRA GUT SUPPORT

Probiotics

- yogurt
- kefir
- kombucha
- sauerkraut
- pickles
- miso
- tempeh
- kimchi
- sourdough bread

Prebiotics

- Onion
- Garlic
- Banana
- Asparagus
- Leek
- Artichoke
- Dandelion
- Apple
- Cacao bean
- Chicory
- Oats

TEA TIME ESSENTIALS

Pick your AM and PM Tea:

Lemon balm

Chamomile

Peppermint

Marshmallow Root

Burdock Root

Ginger

Turmeric

DAY 1

TIME	ACTIVITY	DETAILS
	BUT FIRST, LEMON WATER	<input type="radio"/> Yes, done! <input type="radio"/> No
	AM TEA TIME	
	1ST MEAL	
	2ND MEAL	
	SNACK	
	3RD MEAL	
	PM TEA TIME	
	DID YOU WRITE MEAL PLAN FOR TOMORROW?	<input type="radio"/> Yes, done! <input type="radio"/> No

DAY 2

TIME	ACTIVITY	DETAILS
	BUT FIRST, LEMON WATER	<input type="radio"/> Yes, done! <input type="radio"/> No
	AM TEA TIME	
	1ST MEAL	
	2ND MEAL	
	SNACK	
	3RD MEAL	
	PM TEA TIME	
	DID YOU WRITE MEAL PLAN FOR TOMORROW?	<input type="radio"/> Yes, done! <input type="radio"/> No

DAY 3

TIME	ACTIVITY	DETAILS
	BUT FIRST, LEMON WATER	<input type="radio"/> Yes, done! <input type="radio"/> No
	AM TEA TIME	
	1ST MEAL	
	2ND MEAL	
	SNACK	
	3RD MEAL	
	PM TEA TIME	
	DID YOU WRITE MEAL PLAN FOR TOMORROW?	<input type="radio"/> Yes, done! <input type="radio"/> No

DAY 4

TIME	ACTIVITY	DETAILS
	BUT FIRST, LEMON WATER	<input type="radio"/> Yes, done! <input type="radio"/> No
	AM TEA TIME	
	1ST MEAL	
	2ND MEAL	
	SNACK	
	3RD MEAL	
	PM TEA TIME	
	DID YOU WRITE MEAL PLAN FOR TOMORROW?	<input type="radio"/> Yes, done! <input type="radio"/> No

DAY 5

TIME	ACTIVITY	DETAILS
	BUT FIRST, LEMON WATER	<input type="radio"/> Yes, done! <input type="radio"/> No
	AM TEA TIME	
	1ST MEAL	
	2ND MEAL	
	SNACK	
	3RD MEAL	
	PM TEA TIME	
	DID YOU WRITE MEAL PLAN FOR TOMORROW?	<input type="radio"/> Yes, done! <input type="radio"/> No

DAY 6

TIME	ACTIVITY	DETAILS
	BUT FIRST, LEMON WATER	<input type="radio"/> Yes, done! <input type="radio"/> No
	AM TEA TIME	
	1ST MEAL	
	2ND MEAL	
	SNACK	
	3RD MEAL	
	PM TEA TIME	
	DID YOU WRITE MEAL PLAN FOR TOMORROW?	<input type="radio"/> Yes, done! <input type="radio"/> No

DAY 7

TIME	ACTIVITY	DETAILS
	BUT FIRST, LEMON WATER	<input type="radio"/> Yes, done! <input type="radio"/> No
	AM TEA TIME	
	1ST MEAL	
	2ND MEAL	
	SNACK	
	3RD MEAL	
	PM TEA TIME	
	DID YOU WRITE MEAL PLAN FOR TOMORROW?	<input type="radio"/> Yes, done! <input type="radio"/> No