

# SUGAR DETOX



The Ultimate Step-By-Step  
Guide On Quitting Sugar And  
Completely Stop Craving

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# SUGAR DETOX

## Why Is Sugar Bad for You?

Out of all the things we ingest, sugar is the one that can do the most damage. It has been proven to have a negative effect on us, physically and mentally. There are different types of sugars that are currently in the average person's diet.

We see refined white sugar, brown sugar, corn fructose in a wide variety of products. Even too much natural sugars from fruits can have negative effect on our blood sugars.

A diet high in sugar can lead to diabetes, heart issues and decreased brain function. High sugar diets means that people are likely ingesting foods like donuts, cake and pop. This contributes to bad fats in the blood stream and the liver.

Studies have shown that cancer likes to feed off the sugar in our bodies. By having a high sugar diet, it is encouraging the body to get sick instead being healthy.

## Health Problems Caused By Sugar

Most people understand that eating a diet high in sugar, normally results in obesity. Studies have been done on sugar consumption throughout the world and the United States leads in this unwanted record. Consumption of fast food due to the proliferation of restaurants pumping out fast sugar laden foods is one of the leading causes. Advertising is huge in the United States and companies spend millions to get consumers hooked on their products. Eating a diet based on high sugar content, can be destructive to your health.

We are all aware that sugar causes tooth decay. What may not be totally explained by the dentist, is the fact that it also contributes to gum disease. Thinking about having gum disease may cause some unpleasant internal pictures in the mind, yet the worst is yet to come. Chronic gum disease can cause heart disease by having an impact on the arteries of the heart.

While the immune system is a hot topic due to colds, the flu and other viruses, it should be known that sugar causes the immune system to malfunction. Bacteria and cells prone to cancer, feed off sugar and grow. Without a healthy immune system to keep things in check, it can lead to serious health issues.

### **The Negative Impact of Sugar on the Brain**

Our body is made of cells that require fuel to survive. Studies have shown that we use only a small portion of our brain, unless we make it a priority to work on upping our brain's capacity for work.

The brain contains the majority of the nerves in the body and those nerves require glucose to function. When you are addicted to sugar, it is possible you are ingesting as much as 2 to 3 times the daily recommended amount.

When this occurs, it alters the mood drastically. There is likely to be an increase in depression and anxiety.

Researchers have found that diets high in sugar, react similarly when cocaine is introduced to the body. Scans show certain nerves firing up with sugar or cocaine ingested, which is why so many people feel addicted to the need for sugar.

Proper insulin production is needed to maintain blood sugar levels. Unfortunately, sugar impedes on the insulin in your body and makes it less effective. The balanced insulin works to keep your brain health functioning properly and when the insulin is not regulated, it can cause cognitive issues in the brain. This research has been backed up using the data from those who suffer from type 2 diabetes. Those who suffer from this disease have a much higher chance of developing dementia in their later years.

### **The Negative Effects Of Sugar On Skin**

Acne can be a serious concern and it doesn't just happen to teenagers. One cause of acne breakout can be attributed to a diet high in sugar. When a person eats too

much sugar, it first has an impact on their insulin levels, which then contributes to inflammation in the body. Inflammation can be found anywhere, from the muscles to even the brain. As inflammation occurs, it may happen in the facial region and this can induce an acne outbreak.

Many people are concerned with wrinkles. This will occur naturally as we age, yet sugar has been shown to increase the amount of wrinkles even at an earlier age. High amounts of sugar work against the natural collagen in the facial muscles. Collagen helps keep the skin tight and when it weakens, it does not have the ability to hold the skin properly and sagging occurs.

### **The Health Benefits of a Sugar Detox**

There are so many benefits to doing a sugar detox and eliminating it from your diet. The reduced risk of serious disease should be very motivating. For many people, struggling with their weight causes not only health issues but emotional ones as well. Getting off sugar is number one in reducing weight. As the pounds come off and stay off, a positive mindset is much easier to keep. This means reduced stress and depression. Plus many overweight people have anxiety issues when it comes to family, friends and just being observed by strangers as they go about their daily lives.

Everyone wants to have the energy to do the things they love. They also need energy to have a successful career. By going on a sugar detox, everyone, including the people struggling with weight issues, will see a positive impact on their energy levels.

Many digestive issues are often attributed to a high consumption of sugar. As sugar is replaced by healthy vegetables, healthy fats and proteins, the issues of bloating, upset stomach and those gas attacks...will decrease dramatically.

### **What happens when you stop eating sugar?**

Detoxing from any substance will cause some issues. This is where you have to be strong and use some grit to power through the obstacles.

You will likely have some minor headaches over the first few days. You won't be the only one, because even people who quit drinking coffee go through the same thing. The other thing you will notice is that your energy levels will drop off. With this in mind, you should probably consider scheduling your detox to start, when you are not on a mind boggling schedule, like exams or a huge project at work.

Some people report digestive issues as well. It is important that you really up the amount of water that you drink. This will help in flushing the system and drinking plenty of water helps with food cravings as your stomach will feel full.

The first two weeks is where you really need the will power to get this done. Heading into the next stretch, any minor headaches or stomach issues should disappear. You may still crave the sugar however, so keep the water intake going.

As you go through the final phase of detoxing from sugar, the cravings should be quite low. Monitoring your weight will likely show a few pounds lost and your energy levels on the rise.

## **The Science Behind Sugar Cravings**

The brain is a tricky little mass of nerves and other components. For example in the brain, we have the hippocampus. This has a lot of different tasks and it is the reward seeker. When you come home after a hard day at work and get a little mental message saying you deserve a reward, well that is your hippocampus speaking. As it deals with your memories, it can invoke an image and desire for a few chocolate chip cookies.

Conditioning happens because of the caudate nucleus in the brain. It stores memory and sparks behavior without you even being aware of it. You can now take notice if, the moment you wake up, or walk into the kitchen, there is an extreme desire for sugared cereal or perhaps chocolate covered donuts. Your eating habits come from this section of the brain, which means that you will need to retrain it. You can do this with determined focused effort.

Brain chemicals play a large part in sugar addiction. Medical research has shown that people who are low in serotonin suffer from anxiety, depression and even chronic obsessive compulsive disorder. They often have great difficulty in sleeping, partly from lack of serotonin and partly from obsessive worry that keeps their heart rate and blood pressure up.

With low serotonin levels, a person will seek alternate ways to make themselves feel pleasure even if it is only for a short time. How powerful is sugar? Scientists have found that sugar activates the same part of the brain that hard core drugs such as cocaine and heroin do. In fact, the studies have shown that people who are trying desperately to kick the heroin habit, will have massive sugar cravings.

The other natural drug in the brain that has to be considered, is dopamine. This drug is called the happy drug and it gets flooded through the body, when you watch a funny movie, ski down a steep hill or play any type of games with friends and family that you love.

Low dopamine in the brain, leads to boredom. Life seems empty and it is wake up, go to work, come home and eat while watching the television. After this non-exciting day, it off to bed and wake up for more of the same. The person isn't depressed, they are just going through the motions of life.

When you have a sugar addiction, you need to carefully document how you feel every day. This will lead you to discover if you are insufficient in serotonin or dopamine. Naturally bringing those brain chemicals up, will help to cure your sugar addiction. As we go through week by week and what to expect, there will be examples of how to up your brain chemicals naturally.

# The 4-Week Sugar Detox Plan

## Getting Ready To Start Your Sugar Detox

Before we get into what you need to do each week and what to expect, there is some preparation work. Trust that it will be worth it, to be on top of your game.

Detoxing from sugar may have side effects that are annoying. It is different with each person and we will discuss that more in a moment. The first task you need to accomplish is talking to all those who are in daily contact with you.

That means family, friends and if you work outside the home, your co-workers. Be honest and tell them that for the sake of your health, you are doing a sugar detox for a month. They need to be aware that you might be a little grouchy, have a headache or other issues. It is also important that they refrain from trying to tempt you with sweet treats or goad you into giving up before you even start.

Now be totally clear and honest with yourself. You are giving up processed sugars, those that you add to your food, or that companies fill their products with. Natural sugars occur in vegetables and fruits which you need. Those fruits and vegetables contain so many nutrients that are key to your survival.

You have probably heard of decluttering. This refers to getting rid of unwanted items in your home, office and computer. However it also refers to the garbage in your mind.

About 3 days out from starting your sugar detox, your first step is cut your sugar intake by half. That means, two creams in your coffee becomes one. Decide what you can do to make your sugar level intakes go down. The next day, cut it down again, so that the day before you begin, there is not a lot of sugar in your system and your body is starting to work on detoxing.

Now it is time to give away or throw out the sugar items in your house. Your neighbor might appreciate that unopened box of chocolate chip cookies or large unopened bottle of soda pop. Yes, it will hurt as you say goodbye to your old sugary friends. You will moving through the 4 weeks gradually. This means you

won't be stopping sugar cold in the first week...instead you will eat normally, minus the junk food. Ask anyone who has tried to quit smoking, how easy it is to just stop suddenly. For this to work, you need to ease into it.

Detoxing sugar is done for health reasons and you may have multiple issues that you want to take care of. It is time to get your selfie game on. You want to snap a photo and document your torso, so you can compare at the end. If you have been troubled by skin issues, then for sure, take a snapshot of your face, and expect to see a big difference at the end.

We already said this was going to take work and one way you can make it fun and rewarding, is to start a sugar detox journal. If you aren't already doing gratitude journals and the like, now would be a good time to get on the right path.

In your journal, you want to write down everything that comes to your mind daily, as you detox. How do you feel? If you are losing motivation, tell yourself why you really want to do this. Write down what you notice about the changes in your physical body and your mental attitude. If you see a problem, address how you will tackle it. It is perfectly fine to use motivational quotes that you find in books and the internet. Anything that helps you, goes into the journal

It is time to shop. In this eBook, you will find recommended foods and recipe examples for each day. In fact, this eBook covers, breakfast, lunch, dinner, desert and snacks. We have your back on this.

While you are shopping, you should pick up a large office type calendar that you can write out your goals for the day. What will the exercise be today? How much water will you drink? (This is important because many people do not get enough water. You may find that you need to work on water consumption.)

What will be your meal today? What day of the week will you go back to the grocery store and replenish your pantry? Did you eat eggplant for the first time, like recommended in the further chapter and find it not to your taste? Write down some substitutes. Anything that can help you in your sugar detox gets written down.

Now if you are also doing this to lose weight, here is a tip. Write down your beginning weight on the 1<sup>st</sup> day. Do not weigh yourself until the end of week 2, week 3 and week 4. Everyone loses weight at a different pace.

Imagine your mindset if the first 3 to 4 days, you didn't even lose an ounce. You would likely want to give up. You will lose weight but at the end of week 2, if your weight loss just isn't happening, sit down and figure out what needs adjusting. It may be more water and more exercise because you didn't really think it was that important.

You can do this. Let's get started.

## **Week #1:**

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To begin your week, focus on staying off the junk foods, like chips and pop. Eat your normal foods. For example if a tuna fish sandwich is a normal lunch and meatloaf with potatoes is dinner, go ahead and have it.

You will drink at least two litres of water per day. Go online and check for water consumption for your size. If you weight 150 lbs, you don't need the same amount of water as someone who weighs 225 lbs.

You can start here:

<https://www.slenderkitchen.com/article/how-to-calculate-how-much-water-you-should-drink-a-day>

You need 7 servings of fruit and vegetables. So if you have toast in the morning, have an apple too.

Your body needs the omega 3 foods. Make sure you eat at least one serving, such as fish or avocado. This will assist your brain and help with inflammation in the body.

At some point during the week, you need to replace one meal with a bone broth. This will help with weight loss and digestive issues. Make your own bone broth, do not buy the powdered variety. Simple bone broth recipes are easy to find on the internet. If you have a freezer, make plenty and keep it on hand. Should you get a cold or flu, drink plenty of bone broth as you will not eat properly and it will help in recovery.

Everyone should be exercising, not just those on the sugar detox. For success purposes, you need to include a high intensity workout. This could be bike riding for example. Do this work out the day you replaced a meal with bone broth and do it just before your next real meal.

Check out this exercises for examples:

<https://www.shape.com/fitness/workouts/hiit-workout-exercises>

As you need to work on the chemical productions in your brain, let's start with serotonin. You should have decided if the issues you face are a lack of serotonin, resulting in anxiety, depression or something else. When you decide you need dopamine, then you need an action plan to get out of boredom. There will be cases where some people need both, so again putting together an action plan is essential.

### **Serotonin Fixers:**

- Get a proper amount of safe sunlight
- Go to bed early and meditate briefly before sleeping 7-8 hours
- Relax and breathe. Do this with yoga for an example and then have a hot bath afterwards.
- When a sugar craving hits, pop a handful of berries and let them linger in your mouth. Get all the pleasurable sensation of slowly chewing them and releasing the natural sugars. During the 4 weeks, use as many serotonin foods as you can in your meal plan. Have those seeds, nuts, and delicious vegetables.
- Talk to your doctor about vitamins and herbs that are safe for you to use to increase serotonin.
- Get a massage two to three times a week
- Work on mood enhancers, such as visualizing a happy life, creating a vision board and role playing in the mirror. Role playing in the mirror, means that before you shower, you smile in the mirror while clapping your hands and doing a little wiggle. As your mood gets happy, hop in the shower and use a special sponge to really soap up in the warm water and self-massage any aching joints or muscles.

You are going to engage in something, you may have never tried before. It is time to alter your beliefs and thoughts about who you are and what you can accomplish.

To help you detox from sugar, you can try subliminal mp3's. These mp3's are usually music with hidden words of encouragement beneath the music or crashing waves.

Note: You cannot drive while listening to this. They must be done in the comfort of your home. They are safe to use, however if you have been treated or diagnosed with a serious mental health issue, please consult your doctor before using.

Here is an example you can look at:

<https://www.mindmotivations.com/shop/hypnosis-sugar-addiction-mp3>

Practise daily affirmations, to change how you feel about yourself. You deserve the best in life and you need to take full responsibility and make the necessary changes to be happy and successful. These are to help you boost your serotonin.

### **Dopamine Fixers:**

In the 7 recipes each for breakfast, lunch and dinner, you will find many examples of dopamine foods to eat.

- Sardines
- Lean Beef
- Bell peppers
- Spinach
- Garlic
- Bananas
- Lemons

These are just a small example of what will help you in getting the brain boosters that you need.

Other ways to boost dopamine are to do one of the following each day:

- Go dancing
- Get funky with nail polish
- Get busy with weightlifting, martial arts, squash, tennis, hiking and birdwatching
- Join a meetup group in your interest category
- Play games with friends that require lots of interaction, like board games
- Read a ghost story for the first time in your life

- If you have a significant other, do a dress up and let's Netflix and chill.  
Wink, wink!
- Play with your pet or go to the local adoption center and spend time with a dog or cat.
- Learn how to throw knives
- Try flying kites for the first time.

The list is endless, but you probably get the idea.

**Things To Expect:**

- A drop in energy
- Possible headaches from withdrawal
- Loss of focus, temporally
- Possible gas, bloating or diarrhea
- 

Remember, everyone is different, you may experience one or all of these. It will pass quickly.

## Week #2:

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This week is your first assessment. Ask yourself some questions and write in your journal how you are doing. Did you run out of any foods that you need to replace and what day will you pick them up?

After self-assessment, decide if you need to stick with your normal foods as mentioned in week 1. If the answer is that you are not really finding any issues physically, make the decision if you want to bump up to eating from the meal plan described in the section: **“Starter Recipes For Your Three Main Meals.”**

It would be best if you only did this 2-3 times in week 2 and for the other days, stick to your normal meals.

This week you will again eat at least 7 servings of your best vegetables and fruits. This may sound like an easy thing but as we have said many times, everyone is different. There are people who do not eat fruit or vegetables.

One example is a former salesman, now retired. This gentleman reported only eating barbequed chicken and baked potatoes, with lots of pop. No fruit and no vegetables and certainly no water. That won't be you, as you have made the decision to get healthy.

- This week you need to pick two activities that will boost your serotonin, dopamine or both.
- You will be eating one omega 3 food each day for 7 days
- Time to get down to work. Pick two meals this week that you are going to skip the food and drink bone broth. It's been said that you can skip the meal altogether and not have bone broth but frankly, the benefits of bone broth are just too good to skip.
- Like week 1, you need to do a high intensity workout before the next meal. If you didn't like any of the intensity workouts, from the link provided in week 1, please don't skip this and find one you love.
- Keep working on your journal and your positive mental outlook with the subliminals and/or positive affirmations.

- You should see less physical symptoms this week. If not and you are concerned, no harm in checking in with your doctor, to see if there is an undiagnosed issue...perhaps in your digestive system.

**Things to Expect:**

- The vast majority of people will find their normal energy levels are back to normal. The brain will still be sending out sugar craving signals, without much of the withdrawal symptoms. It will take time to get over the feeling that a coffee with two creams and two sugary donuts are not your go to breakfast on the fast commute to work. Work on keeping your stomach full with healthy fats and proteins, to keep the residual cravings at bay. Double check to make sure you are drinking the right amount of water. Are you keeping notes in your journal to make sure you didn't fall off the horse?

## **Week #3:**

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This week, you start dropping the huge bowl of spaghetti for dinner or that triple decker deli meat sandwich for lunch. You want to have a “normal meal,” once a day in a small portion around 250 to 300 calories. Start working the meal plans provided in the meal planner section provided.

- This week you up the serotonin/dopamine activities to 3 new ones. Please pick new activities, as you need the major excitement to get those chemicals doing their jobs.
- We bump our planned missed meal to 3 this week. Switch your bone broth around from beef to chicken and for one of them, you could do a vegetable broth if you are getting bored with the others.
- Time for a high intensity workout after the missed meal and do it just before the next one you eat.
- Continue with at least one omega 3 food per day this week.
- Try switching up your chosen vegetables and fruits and get 7 of these eaten. Switching keeps you from getting bored and you discover that you actually like Brussel sprouts with salt/pepper and a splash of balsamic vinegar.

### **Things to Expect:**

- You have likely lost some weight and your skin is starting to improve.
- The sugar cravings have died down considerably.
- Your bowel eliminations are much more regular and it is easy to go, since you are eating more fruit and drinking plenty of water.
- Many people report that they can taste food better. Their tongues perk up when they pop a raspberry into their mouth and it tastes like a bit of heaven.
- Falling off the wagon, you might have a bottle of pop and not be able to finish it because it is just too sweet.

## Week #4

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We are on the home stretch now. Congratulations on getting it done.

This week you will only have a “normal meal,” once. Think of it as your reward for a job well done. Again it needs to be only 250 to 300 calories, so choose wisely.

- Keeping working on 7 servings of vegetables and fruits.
- This is a big week, because you will skip 4 meals. Space it out so that Mon/Wed/Fri, you are eating 3 meals a day and use the other four days for a planned skipped meal. Again it is bone broth or vegetable broth for the skipped meal.
- This week you do a high intensity workout for the 3 days, you skipped that meal. Do it just before you eat.
- Eat one serving or more if you can, of omega 3 food. This means perhaps sardines at lunch and mackerel at dinner as an example.
- We now go to 4 activities per day, to boost your serotonin and dopamine levels. Remember there are many of these activities that can be done in a few minutes. How about one round of darts, while blindfolded. Just make sure you have a spotter. :)

### **Things to expect:**

- You are looking fit and feel your energy is better than ever.
- The sugar cravings seem like a distant memory. Now when you want something sweet and tart, you have a green apple dipped in cinnamon.
- You are not out of the woods, backsliding can still occur. If chocolate bar cravings pop up, look at see what the cause can be. Did you stop working on your journal and your mindset? Don't be hard on yourself, just observe and make the necessary adjustments.

## **Yes / No Foods**

Deciding what to eat during a sugar detox doesn't have to be hard. In fact, once you have a list of foods to eat and foods to avoid, then it is time to clean out the pantry and restock it.

Once that is done, you set up your meal plans and get cracking on new recipes to help you kick the sugar habit, lose weight and feel great.

Remember some of the foods like tomatoes and berries will have small amounts of natural sugar, so you need to eat accordingly.

### **Let's start with a list of foods you can eat:**

1. You will be able to enjoy fresh meats such as, beef, pork chicken, turkey and fish. Try to limit the amount of beef and pork you eat and for all your meats, if you can do it, use organic.
2. Green vegetables are your go to food and they combine well with the fresh meats and fish mentioned above.
3. Eggs make a great breakfast or snack.
4. Cheese in moderation, as long as it is not processed.
5. Avocado is delightful in many ways.
6. Go for the green beans and change it up with the yellow. Both are tasty.
7. Kale and spinach. Both greens are awesome. Try dicing them fine and mixing them together.
8. Tomato. Remember there are many different types, so try them all and you won't be get bored. There is about 2 grams of natural sugar in a half cup, so don't overdo them.
9. Radish has a very different taste, so this may even be helpful in keeping your taste buds entertained.
10. Yum! Cheese. It is not just for mice. A one ounce serving of cheddar cheese has approximately 0.1 grams of sugar. If you ever plan to do the Keto diet, you will see cheese on the menu. Again, always read the packaging to make sure the sugar levels are extremely low and eat moderately.

11. Cucumber is a great snack. Just wash and scrub your cukes, then eat it with the rind on. You will get the fiber and other goodies with it.
12. Broccoli is amazing and if you eat it raw, the crunch is very satisfying. Think of it like this. You like chips for the taste and the crunch. Why not crunch into something good for you.
13. Eggplant can be eaten in different ways. Try roasting it as a side dish to go with your skinless chicken breast.
14. Peppers can be used in salads, sliced and dipped in virgin olive oil for an after dinner snack.
15. Want something to go with that steak? Then break out the asparagus. They pair up beautiful.
16. Berries can be very helpful with a sugar detox. Choose berries that are very low in sugar content, like strawberries.
17. Bone broth or vegetable broth is a huge part of the sugar detox and even once you are done with the detox, keep going with the bone broth. Check out how to make bone broth here:

<https://wholefully.com/bone-broth/>

We just covered the main foods you can eat and there are more. For now, let's just talk about condiments because many people need something on their beef or chicken. For a sugar detox purpose, make sure you have mustard, virgin olive oil, pure avocado oil and salsa. For the salsa you need to check the brand, because only a few have very low amounts of sugar. Salsa goes well with chicken or even on a salad.

For beverages, stick with water and different types of tea.

### **Now for the list of foods you want to stay away from...**

**Note:** You are going to gradually detox from some of these foods like pasta and bread, as noted in the 4 week plan.

1. Stay away from all fast foods, including subs, because you do not want to eat bread and processed meats.
2. No snacking on crackers, give them to your parrot.

3. Having cereal for breakfast is out.
4. This may be tough but you need to stop eating pasta eventually.
5. Bagels have become very popular over the years but sadly, you want to stay away from them.
6. While we mention bagels, we cannot forget bread is off the table. Actually bread is one of the main reasons for obesity, if eaten by itself or with spreads.
7. Gluten has become a serious health issue for many people. For the detox, any wheat or similar products containing gluten must be avoided.
8. Alcohol is dropped from the weekly “must buy,” list.
9. Try to avoid black coffee and go for the green tea instead. Of course any coffee with cream, is definitely a big no.
10. Another big fad is energy drinks. It doesn’t matter if it is one of those big cans or those thimble sized stay awake energy drinks...you need to drop them.
11. No more cans of pop in your fridge.
12. Processed deli meats and canned meats are out.
13. Don’t put margarine or simulated butter on your shopping list.

### **Guide To Hidden Sugars**

People say that English is one of the harder languages to learn. We have words like, “there and their,” which really confuse anyone attempting to pick the language. Now you need to understand that food companies like to play with words. When you pick up a product and it reads, “No added sugar, or something like zero grams of sugar added,” this doesn’t mean it is sugar free. It just means it likely contains certain amounts of sugar and the company hopes you buy it as a sugar free product.

Speaking of language, there are a number of indigenous groups of people who have multiple words for snow. In fact one group may have as many as 53 words, describing snow.

Sugar is like that as well. We call it by many names and it is important to look at labels and know what type of sugar it contains.

Here are just a few to steer clear of:

1. Corn syrup
2. Dextrose
3. Vegetable glycerin
4. Maltose
5. Fruit juice concentrate

### **Sugar Detox Shopping List**

In the section called, “Foods You Can Eat,” we went over the main staples. As you make your grocery list, you can add those items and what is listed below. This will give you a great start on your detox.

Make sure to have these herbs and spices. Try to grow some of them at home, so you don't run out.

Chili Powder

Basil (fresh)

Black Pepper

Brewer's Yeast

Cayenne

Chili Powder

Chipotle Powder

Chives

Cilantro

Cinnamon

Coriander

Cumin

Fennel Seeds (ground)

Garlic bundles

Ginger root

Nutmeg

Oregano

Paprika

Red Chili Flakes

Rosemary

Sage leaves  
Sea Salt  
Smoked Paprika  
Turmeric  
Unsweetened Cocoa Powder  
Coconut Oil  
Pure Virgin Olive Oil  
Sesame Seed Oil  
Unsalted Butter  
Coconut Milk  
Olives  
Almonds  
Pumpkin Seeds  
Sesame Seeds  
Walnuts  
Fish Sauce  
Hot Sauce-Use a sugar free hot like Simple Girl or Marie Sharp's Hot Habanero  
Brussel sprouts

## **Understanding Ingredients on Food Labels**

We know that there are good fats and of course bad fats. It is essential to learn the technical sounding name of the bad fats, to avoid buying those products. Consuming trans fats are bad for your heart and overall health. When looking at labels, check for hydrogenated fats or partially hydrogenated fats. You do not want to purchase products with that in the guide list.

Content guide lists are supposed to protect the consumer, however companies will look for ways to get around telling the consumer the truth, for fear they will not buy.

When it comes to sugar, you need to look for terms like, dehydrated cane juice, high fructose corn syrup or maltodextrin. There are many others to be concerned about, so it may even be wise to write out a list of what to avoid, until you get it memorized.

Sodium can raise the blood pressure, which in turn can cause heart problems or even a stroke. Canned legumes, beans and vegetables may be in a sodium based juice to keep them moist. If you do consume a can of kidney beans or the like, pour the can into a strainer first and completely rinse them off, to help get rid of the majority of the juice.

Buying packaged deli meats like salami or pepperoni means you will find sodium nitrates on the label. These products should not be part of your diet and when buying any product, check for nitrates, sodium benzoate, MSG or disodium. MSG or monosodium glutamate is added to products. Health coconscious consumers will likely notice when dining out, that the menu will post, "No MSG added," because it has developed such a bad reputation.

## **Guide To Dining Out**

You can still enjoy dining out at a real restaurant by taking a few special steps.

1. Know the restaurant first by checking it out online. See if they mention anything special, like gluten free, no MSG added or Keto friendly. This will give you a head start on what you can order.
2. Before ordering, have a good look at the menu and then ask questions. Your server may not have the answer but if you are polite and tell them you need assistance, they will get the help you need. Primarily, you need to find out if there are hidden ingredients that may have sugar. For example if you are having a beef dish, find if there is a coating, or even bread crumbs.
3. Call ahead if you want to eat a nice salad and find out what condiments they have, that are sugar free. You may need to consider bringing a small bottle of your own balsamic vinegar or sugar free hot sauce.
4. Don't be afraid to ask for something different as a side dish. If you are having a nice piece of fish and it comes with rice, ask for a green salad.
5. The key is to be prepared, so calling ahead, researching the menu online will be of great help. Certainly you want a beverage with your meal, so it is nice to know they have a great brand of sparkling water or a selection of tea.

## Starter Recipes For Your Three Main Meals

To help you get started on your Sugar Detox journey, let's look at recipes for your main meals, snacks and desserts.

### 7 Breakfast Recipes

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#### A) 3 in 1 Oatmeal

Directions: Use one cup of steel cut oats, 1 cup of diced mushrooms, 1 very small diced onion and  $\frac{3}{4}$  cup of your own chicken stock. This is done on the stove in a small skillet. Use 1 teaspoon of virgin olive oil and once that is heated, put in your diced onions and cook until they are clear. Add in the diced mushrooms and one teaspoon of dry thyme. When the mushrooms are cooked, stir in the one cup of steel oats and the  $\frac{3}{4}$  cup of chicken stock. As oatmeal is very absorbent, you will need to add approximately one cup of water. Using a wooden spoon, stir constantly for approximately six to nine minutes. Once you have placed the oatmeal in your bowl, then add  $\frac{1}{4}$  cup of walnuts or hazelnuts and stir thoroughly.

#### B) Mushroom, Spinach and Egg

Directions: Heat your virgin olive oil in the frying pan. Add in one small diced onion or 3 green onions chopped. Stir fry your chopped mushrooms and when they are close to being cooked, add in one cup of spinach. Keep stirring the mixture until the spinach is soft. Have 4 cracked eggs ready in a bowl and stir this mixture in. Once all is cooked, you can add sugar free hot sauce or sprinkle with smoked paprika.

#### C) Let's Do Mexico

Directions: You will need one package of tortilla wraps or any type of wrap that is sugar free, such as a spinach wrap. Have your tomatoes, red chillies and fresh coriander leaves on hand.

To start, finely dice up four tomatoes, one to two red chillies depending on your heat preference and two coriander leaves. Place in a bowl and stir. You can add black pepper to taste if you wish. Stir in two tablespoons of virgin olive oil.

Dice up two more coriander leaves and place them in a small mixing bowl before adding six to eight cracked eggs, depending on how many will be eating breakfast. Add virgin olive oil to the frying pan, with one teaspoon of garlic. Once the garlic is cooked, stir in the egg mixture and cook until eggs still show a bit of moisture. This tastes better than overcooked eggs.

Heat up your wraps approximately 30 seconds in the microwave and once ready, spoon the eggs along the left hand side. Then spoon some of your home made salsa alongside the eggs and roll once, then close the ends and complete your rolling.

#### D) Peanut Butter and Banana Breakfast Smoothie

Directions:

You want amazing taste, you got it. The trick with this smoothie is finding unsweetened almond milk. You may have to research a few stores online before finding the right product.

To put it together, grab your blender and add in one banana, one tablespoon of organic peanut butter and ½ cup of that unsweetened almond milk. You want this drink to be cold, so have three to four ice cubes on the ready, to put in and blend until thoroughly mixed.

#### E) Powerhouse Green Breakfast Smoothie

Directions: This smoothie is not only sugar free, it is also gluten free. You need:

- One green apple diced so your blender isn't overworked.
- A cup of spinach or kale, wash thoroughly.
- One or two celery stalks
- Take one half of an English cucumber
- Juice one lemon
- One half cup of your best unsweetened almond milk (You can also replace the milk with water if you cannot find unsweetened almond milk)

Blend completely and then stop the blender to add in three to four ice cubes and then blend for 30 seconds.

#### F) Peanut Butter Oatmeal

Directions: Not only is this delicious, it is a favorite of athletes for the energy it provides. Microwave  $\frac{1}{2}$  cup of steel cut oats combined with  $\frac{3}{4}$  of a cup, of unsweetened almond milk for three minutes. Place 2 teaspoons of organic peanut butter on top and stir evenly. Once it is thoroughly mixed, sprinkle on  $\frac{1}{4}$  teaspoon of an unsweetened cocoa powder to give it that extra zip. Mix it well and enjoy.

#### G) Quinoa Breakfast Cup

Directions: If you haven't tried quinoa, now is the time. This ancient grain was a staple of the South American tribes who needed plenty of energy to complete their runs from village to village.

Start by cooking one cup of quinoa and put it in the fridge overnight. In the morning, take a mixing bowl and add 2 cups of your favorite brand of plain Greek yogurt. You will need  $\frac{3}{4}$  of one lime skin, shredded. Mix this well and then clean and cut 10 strawberries and 2 peeled kiwi fruit, although some people prefer to leave the skin on for extra fiber.

You can put this together in a clear glass or jar if you want the kids getting excited to eat it, or in a small bowl. Start by putting in a layer of quinoa in the bottom, followed by a layer of the yogurt mix and a layer of fruit and continue to do layers until finished. This actually looks really delicious when you do it in a clear glass container.

## 7 Lunch Recipes

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### A) Baked Sardines and Vegetables

Directions: Try to find fresh sardines or plain canned sardines for this dish. You will need:

- 10 to 12 sardines
- 1 eggplant
- 1 large red pepper
- 1 purple or Spanish onion
- ½ cup of cherry tomatoes
- 2 zucchini
- 1 tablespoon virgin olive oil
- 2 diced cloves of garlic
- 1 teaspoon of red wine vinegar
- Black pepper and sea salt to taste

To start, use a large mixing bowl for your chopped/sliced eggplant, red pepper, zucchini, cherry tomatoes, onion and garlic. Mix it completely and then add the oil, vinegar sea salt and pepper. Again mix it thoroughly. While preheating your oven to 400 degrees, take a large baking tray and line it with parchment paper to avoid sticking. Add your mixture and when the oven is ready, bake for 20 minutes.

In another small tray, place the sardines and brush them with virgin olive oil, then season with salt and pepper. Once your vegetable mixture has cooked for 20 minutes, remove from the oven and layer the coated sardines on top. Place back in the oven for an additional 20 minutes and enjoy.

### B) Kale and Spinach Salad With Cherry Tomatoes

Directions: Many people find kale to be somewhat bitter, so combining it with spinach and seasonings, is the way to go.

- ½ of a kale bind. Fresh kale comes wrapped with a small cord, so use only ½
- ½ of a bundle of spinach
- 1 carrot
- 1 cucumber
- 1 yellow bell pepper

- minced garlic

To start off, clean your kale and spinach carefully and then take the kale and run a rolling pin over it before finely chopping. This helps to break down the kale as it is a thick leaf vegetable. Dice up your carrots, cucumber, bell pepper and add this to a bowl. Many recipes call for powdered garlic but fresh is much better for you. You can purchase small grinders that are perfect for garlic and many people grind up huge bundles of garlic, put them in a jar and refrigerate. Once you have the garlic processed, add in 1 teaspoon to your mixing bowl and stir completely.

Dressings for this salad are optional. Many people just drizzle virgin olive oil over it. If you want to dazzle your taste buds, you can make a homemade dressing:

- ½ cup of balsamic vinegar
- ½ cup of pure virgin olive oil
- ½ teaspoon of oregano
- Squeeze the juice from one lemon
- ¼ teaspoon each of sea salt, black pepper and lemon pepper

You will want to put this in your fridge overnight to cool, so the night before, take the mixture and put it into a mason jar or something similar that can be sealed tight. Shake it well and place in the fridge. Before using on your salad, be sure to give it another good shake to make sure it is thoroughly mixed and then add to your salad in moderation.

### C) Quinoa and Salmon Lunch Treat

Directions: For this super healthy lunch you will need:

- 2 cups Quinoa
- 2-3 Salmon fillets
- 1 White onion
- 1 diced Tomato
- 1 cup of Spinach
- Salt and pepper to taste
- 2 tablespoons of Balsamic vinegar
- 1 tablespoon of Virgin olive oil
- 2 tablespoons of Dijon mustard

Let's start by making our sugar free dressing. In a small mix bowl, add 3 tablespoons of virgin olive oil, 2 tablespoons of balsamic vinegar, 1 to 2 tablespoons of Dijon mustard, and a full teaspoon of minced garlic. Get your whisk and blend this all nicely.

In a frying pan, heat the virgin olive oil and pan sear the salmon filets for 5 minutes. While this is taking place, use another mixing bowl to put in your 2 cups of previously cooked and cooled quinoa. Add in one diced tomato, approximately 4 cups of chopped spinach, your onion and salt/pepper. Everyone's taste buds are different, so if like balsamic vinegar, you can add a splash and then stir your mixture.

Once your salmon is cooked and has cooled sufficiently, use a fork to break it up and then stir it into the salad mixture. Top with your homemade salad dressing.

#### D) Tuna and Spinach Salad

Directions: You cannot go wrong with tuna, it is so simple to use in many different recipes. For this easy salad, you need:

- 1 can of white tuna
- 1 cup of spinach
- ½ cup of cherry tomatoes, sliced in halves
- ¼ teaspoon of sea salt and ¼ teaspoon of black pepper.
- 1 tablespoon of fresh lemon juice
- 1/3 cup of plain Greek yogurt

Combine all the ingredients in a mixing bowl and enjoy.

#### E) 3 Bean Salad

Directions: First of, let's talk about putting the work in. It is recommended that you buy your dry beans, soak them overnight in water and then cook them the next day. Whew! Okay, if you use canned beans, put them in a strainer and flush them thoroughly with water. What do we use?

- 1 cup of chick peas
- 1 cup of kidney beans
- 1 cup of pinto beans

- 2 celery stalks chopped
- 4 diced green onion stalks and bulbs
- ¼ cup of virgin olive oil
- 2 tablespoons of balsamic vinegar
- 1 tablespoon of Dijon mustard
- Your choice of ¼ teaspoon of paprika, or chilli powder.

You will need one large mixing bowl for your beans, celery, and green onion. Combine the olive oil, balsamic vinegar, mustard and paprika or chilli powder. Stir it well. Once you have thoroughly mixed the ingredients in the large bowl, add the homemade dressing. This salad is best if cooled in the fridge first. You can sprinkle parsley on top of your bowl of bean salad, if desired.

#### F) Sliced Steak Salad

Directions: Having some protein with your veggies is one way of staying full and not craving sugar. Here is a simple recipe for beef lovers.

- 1 small piece of a good cut of beef
- 2 cups of spinach
- ¾ cup of halved cherry tomatoes
- ¼ cup of purple onion
- ½ cup of pure virgin olive oil
- ¼ cup of fresh lemon juice
- ¼ teaspoon of sea salt and same for the black pepper

Slice your piece of steak into thin strips and stir fry in olive oil until just a bit of pink can be seen.

Combine your spinach which is finely chopped, the tomatoes and finely diced onion in a big mixing bowl. In a small mixing cup or bowl, combine the olive oil, lemon juice and salt/pepper. Stir it completely. Once your steak strips have cooled, add them to the salad bowl and top with your home made dressing.

#### G) Bacon and Avocado Salad

Directions: Yes bacon is normally eaten at breakfast but hey bacon is yummy. You will want to check the packages to make sure it is sugar free or even substitute sugar free turkey bacon.

- 4 to 6 cooked strips of bacon
- 2 cored avocado diced up
- 6 boiled eggs, normally hardboiled but you can go with just a soft center
- 2 tablespoons of plain Greek yogurt
- 2 teaspoons of fresh lemon juice
- ½ cup of freshly chopped cilantro-substitute green onion if you do not like cilantro
- Sprinkled sea salt and pepper on the finished salad

In a salad bowl, start by putting in your avocado nicely chopped up, followed by the eggs sliced up. Mix in the bacon after cutting it into small pieces. Add the yogurt, lemon juice and cilantro and gently mix the bowl. After putting your desired helping into a dish, lightly season with salt and pepper.

## 7 Main Dishes Recipes

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### A) 3 Bean Vegetarian Chilli

Directions: With this type of dinner, many people alter the spice according to the season. That means less spice in summer and then kick it up in the winter. We will go over the spice as a basic heat, nothing flame throwing. For the beans, again it is recommended to use dried beans, soaked overnight and then cooked.

- 2 cups of chickpeas
- 2 cups of kidney beans
- 2 cups of garbanzo beans
- 1 cup of frozen corn
- 1 diced Spanish onion
- 4 cups of diced or blended fresh tomatoes
- 2 teaspoons of chilli powder
- 2 teaspoons of cumin
- 2 chopped bell peppers of any color

- Pinch of salt and ½ teaspoon of black pepper
- 1 cup of homemade beef stock preferred
- 1 teaspoon of minced garlic

In a large sized pot, add in some virgin olive oil and stir in the onion and garlic. Once that is cooked, mix in all your beans and corn, stir well and put in the tomatoes and stock.

Add your chilli powder, cumin, salt and pepper.

Cook on medium heat for an hour and then reduce to low for ½ to 1 hour.

Note: Depending on where you live, winter can be extremely cold. Kick this up to toasty hot by chopping 2 Thai chilli peppers and stir fry that with the onion and garlic. This will release the chilli juice and give you a really nice and spicy vegetable chilli.

## B) Baked Chicken With Trees

Directions: Okay we aren't really cooking trees but when you cut up the broccoli and cauliflower into small florets, well they look like miniature trees.

- 1 head each of cauliflower and broccoli
- 2 to 4 chicken breasts sliced down the center.
- ¼ cup of virgin olive oil
- 3 teaspoons of minced garlic
- 3 teaspoons of turmeric

Start by cutting the cauliflower and broccoli into bite sized florets. Place them in a large mixing bowl and add the olive oil, turmeric and minced garlic. You can sprinkle the desired amount of sea salt and black pepper here, if you wish to add it in.

In a separate bowl, place your chicken and drizzle it with olive oil, a dash of turmeric.

Set the oven to 450 degrees and use a paper towel to grease it with some olive oil. Place your cauliflower/broccoli mixture on the tray and spread them around

evenly. Cook for 20 minutes and use a spatula to flip them at the 10 minute mark for even cooking.

Reduce your heat to 400 and move the florets around to make room for the chicken. Cook for approximately 15 minutes and remove. When serving this, you can go paleo and add chopped walnuts as a topping.

### C) Slow Cooker Diced Chicken and Beans

Directions: You have to love all the slow cooker recipes out there. Set it and forget it.

- 2 skinless chicken breasts
- 3 large tomatoes
- 1 Spanish onion
- 2 cups of chick peas
- 2 cups of pinto beans
- 3 teaspoons of cumin
- 2 cups of homemade chicken broth
- 3 teaspoons of minced garlic
- 1 teaspoon of oregano
- ½ teaspoon each of sea salt and black pepper

As normal, soak and cook your beans first. The chicken is diced up and it does not need to be browned. Put all the ingredients into your slow cooker and set on low for 8 hours.

### D) Slow Cooked Pork Tenderloin

Directions: This is a way to make juicy pork as many people find pork to be a bit dry.

- 2 lbs of pork tenderloin
- 1 diced onion
- 1 tablespoon of minced garlic
- 2 teaspoons of Italian seasoning
- 2 tablespoons of virgin olive oil

- ½ cup of balsamic vinegar
- ½ cup of water or vegetable broth
- 1 teaspoon each of sea salt and black pepper

The way to get going on this is making a dry seasoning rub with the Italian seasoning, pepper and salt. Mix it together in a bowl.

Put the pork tenderloin on a large plate and thoroughly rub the seasoning over it.

Unlike chicken breast, pork needs a little help before it goes into the crock pot. Start by putting the balsamic vinegar and garlic in your frying pan. Cook it on medium heat while stirring constantly. Once your garlic is cooked, add in the pork tenderloin. You want to pan sear the pork while basting it in the vinegar/garlic mixture.

Transfer your pork to the slow cooker and add the juice you created in the fry pan. Next add in the water/vegetable broth. Note: The vegetable broth is much tastier but you need to make homemade.

Cook your pork for 3 hours on high or 7-8 hours on low. Pork needs to be fully cooked, so use a fork and knife to cut into it and check or if you have a meat thermometer, look for it to be cooked when it reaches 170 degrees.

This is similar to pulled pork, so slicing it up after it finished will be a snap.

#### E) Slow Cooker Beef and Horseradish

Directions: If you have never had horseradish before, it is like a spice. Many people note that when they eat it, they get a warming sensation in the nostrils. Beef and horseradish is yummy.

- 2 pounds of stewing beef already cubed
- 1 teaspoon of paprika
- 1 teaspoon of minced ginger
- 1 teaspoon of virgin olive oil
- 3 finely diced purple onions
- 1 tablespoon of minced garlic

- 2 teaspoons of Dijon mustard
- 1 cup of diced button mushrooms
- 2 teaspoons of corn flour
- 2 cups of homemade beef stock
- 1 even tablespoon of minced horseradish

We want to pan sear our beef, so we start by putting the paprika, flour and ginger in a bowl. Add in the beef and stir thoroughly.

In the fry pan, add your virgin olive oil and pan sear the beef mixture.

Transfer the beef to the slow cooker and add in the minced horseradish, mustard, onions and stock. Cook on low for 6 hours before adding in your mushrooms and continue to cook for 2 more hours.

There you have a nice tasty stew with a very different flavor.

#### F) Slow Cooked Balsamic Chicken Thighs

Directions: This is a great dish for those who want protein but find white chicken meat too dry, no matter how it is cooked.

- 8 boneless thighs with the skin removed
- ½ cup of balsamic vinegar
- 1 teaspoon of minced garlic
- 1 teaspoon of dried basil
- 1 tablespoon of virgin olive oil
- 1 small diced onion
- ½ teaspoon each of sea salt and black pepper

In a big mixing bowl lay out the thighs. Sprinkle the garlic, basil, onion, salt and pepper over the chicken. Take a few moments to roll the chicken around in the spice mixture getting an even coat.

Take the crock pot and add the oil and the first half of the balsamic vinegar. Put the chicken on top and drizzle the rest of the vinegar over it.

Set it to high and cook for three hours.

## G) Steamed Halibut With Vegetables

Directions: This is super easy to make and steaming your vegetables is much better than cooking them in water.

- 4 fillets of halibut
- 1 full head of broccoli, cut into bite sized florets
- 3 zucchini sliced thin
- 4 teaspoons of virgin olive oil
- 2-3 tablespoons of chopped parsley
- Pinch of sea salt and pepper
- 2 lemons

You will need a big sauce pan and a steamer that fits snugly. Put enough water in the sauce pan, so that it is just below the steamer. Bring it to a boil and add in the vegetables. As they steam, check them for texture. Some people prefer their vegetables steamed but still with a bit of crunch.

Once you are happy with the vegetables, put them into a large mixing bowl and sprinkle a pinch of salt over them.

Check the water level in the saucepan and while it gets up to boil again, rub the fish with a pinch of salt and pepper.

Add your fish to the steamer and check it after about five minutes. If it is not done, then cook for another 2 to 3 minutes.

After your fish is done, transfer it to the dinner plates with the vegetables and drizzle the virgin olive oil over it. Your parsley should be finely chopped and now you can sprinkle it over the food. The lemons are optional. If desired, squeeze one half lemon over the fish and vegetables.

## 7 Recipes to Replace Traditional Desserts

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### A) Peanut Butter-Banana-Oatmeal Cookies

Directions:

- 1/3 of a cup organic peanut butter
- 2 bananas use ripe, not green
- 1 teaspoon vanilla
- 2 tablespoons soy milk
- 2 tablespoons maple syrup
- 2 and 1/2 cups quick-cooking plain oatmeal
- A pinch of cinnamon
- 1/4 cup flour

Grab a large mixing bowl and put the bananas in first. Use a fork or whatever works best to turn them into mashed bananas. Add in the peanut butter, maple syrup and vanilla...mixing it up nicely. Finish off by putting in the rest of the ingredients and mix it all together evenly.

Use a tablespoon to scoop up the mixture and place each ball on an ungreased cookie tray.

Use the back of the spoon to flatten slightly. Bake at 350 degrees for 15 minutes.

### B) Shortbread Cookies

Description: Shortbread cookies are plain and simple, yet they taste great.

- ¼ cup of Erythritol
- 1 and 1/3 cup of almond flour
- 1 cup of unsalted butter, not melted but at room temperature
- ½ teaspoon of vanilla essence
- 1/8 of teaspoon sea salt

Mix all the ingredient together with a hand blender, and then hand roll into small balls. Put them on a plate and into the fridge for 15 minutes.

You will need a good sized cookie tray covered with parchment paper. After the cookie dough has been in the fridge for 10 minute, preheat the oven at 350 degrees.

Lay out your cookie balls on the tray and gentle depress them with a fork. Cook for 10 minutes and check. The tops should be golden brown and if required, leave in the oven for another minute.

### C) Lemon Cake

Description: This is a beautiful cake with a lovely lemon flavor from real lemons.

- You need a 16 ounce box of sugar free yellow cake mix
- 3 eggs
- $\frac{3}{4}$  cup of water
- $\frac{1}{3}$  cup of vegetable oil
- 3 lemons
- $\frac{1}{4}$  cup of sugar free strawberry preserves
- 2 cups of fresh strawberries

In a large mixing bowl, put in the yellow cake mix, water, eggs, and vegetable oil. Take your lemons and using a scraper, zest the peels and add those. Cut and squeeze the zested lemons into a bowl, removing the seeds. Add this to the big mixing bowl and using a hand mixer, stir it up for 3 minutes or until thoroughly mixed.

Using a large steel muffin tray, spoon the mixture into the greased individual cups, leaving room at the top.

Bake for 20 minutes at 350 degrees. While this is baking, you will make a strawberry topping.

In a saucepan, add  $\frac{1}{4}$  cup of sugar free strawberry preserves and heat/stir for on medium. You are looking for it to turn slightly liquid, before adding in the fresh strawberries and stir the whole mixture for another five minutes. Set it to low and when the cake mix is done, remove from the oven. Let them cool before

removing and putting into individual small bowls. Before serving, spoon the strawberry mixture over the cake.

#### D) Sugar Free Banana Cream Pie

Directions: Banana cream pie is very popular due to the texture and taste. Using a graham cracker crust enhances this pie.

- 1 and ½ cups of sugar free graham crackers
- 6 tablespoons of unsalted butter
- 1/3 of cup of erythritol as your sweetener
- 1 ounce bar of cream cheese-let it soften up first
- 1 sugar free whipped topping
- 1 box of sugar free banana pudding. Look for a 4 servings size

We will start with the pie crust and then let it cool while we make the filling.

For the graham crackers, they need to be crushed and you can use your food processor for this. If you don't have one, you need thick zip lock bags and a rolling pin, to crush the crackers evenly.

Get your pie plate ready and if you don't have a non-stick, you will need to grease it to avoid sticking. Find a large mixing bowl and start by putting in your crushed graham crackers.

Put in your erythritol next and give it all a good stir, while melting the butter in a small sauce pan. Once the butter is ready add it to the mixture and stir.

Now it is time to test the mixture for how it sticks together. We need it sticky enough that when applied to the pie plate and patted down, it won't fall apart. Get a handful of the mixture and make a ball. If it appears this is going to crumble, then start adding tiny amounts of water, or melted butter to the mixture until you get the right consistency.

Once you have it just right, put it into the pie plate and form the crust. Your oven should be preheated to 375 degrees. Approximately 10 minutes in the oven should give you a nice pie crust.

In your mixer or large bowl, you put in the cream cheese and start blending it, followed by half the whipped topping. The last item to go in is your lemon mix and then continue to blend.

Spread this mixture evenly into your pie crust and smooth it out. Next step is to put it in the fridge for 3 hours. When you take it, use the rest of the whipped topping to spread over the pie.

#### E) Peanut Butter and Jam Bars

Description: Yes it is true, kids love peanut butter and jelly sandwiches. Well the kid in you is going to love these bars.

- 1 and ½ cups of all-purpose flour
- ¾ cup of erythritol as your sugar alternative
- 1 cup of sugar free peanut butter
- ½ teaspoon of baking powder
- ¾ cup of sugar free jam
- 1 egg
- 1 teaspoon of vanilla extract
- ½ cup of unsalted butter or vegan butter if you prefer
- ¾ cup of chopped salted peanuts

All right let's get to it. Get out your large cookie tray and line it with parchment paper. It is also advised that you give the paper a quick spray with your best non-stick spray, as these cookies are sticky starting out.

In your large mixing bowl put in the erythritol and butter. If hand blending, make sure you mix it thoroughly.

In a separate bowl, whisk your flour and baking powder completely.

Your mixed bowl should be completely whisked and now you can add in that one egg, peanut butter and vanilla.

Your mixed flour and baking powder is going into the mixing bowl next, but be sure to add a bit at a time, mix, then add some more to get it completely mixed together.

Now comes the fun part because we are going to construct the bars by putting one half of our mixture in the fridge to cool, while prepping the other half with the other ingredients.

Take the remainder of mix that is in your bowl and spread it evenly over the greased parchment paper.

Your jam comes next and you need to spread it over the pan mixture and coat it evenly.

Once the mixture in your fridge is completely cool, remove it and start building your bars.

The trick here is to get small amounts of the cold mixture and hand flatten them before placing them on top of the jam. Trying to spread it will just move the jam all around. Once you have your cold mixture on top, sprinkle the chopped peanuts on top and place the tray in the oven. Bake for 50 minutes at 325 degrees.

You need to let the bars cool off before cutting them into squares.

#### F) A Tasty Sugar Free Blueberry Ice Cream

Directions: Blueberries are delicious and everyone loves ice cream. There is no need to give it up on the Sugar Detox, because sugar free ice cream is a snap to make.

- 1 and ¼ cup of coconut cream
- 1 teaspoon of vanilla extract
- 2 and ½ cups of frozen blueberries
- 1 and ½ tablespoons of erythritol

For this recipe, you need either a food processor or a heavy duty blender.

As mentioned, this is super simple. Just put all your ingredients into the processor/blender and mix until you get the thickness that you like. Since the blueberries are frozen, this should be cold and thick enough to eat right away.

### G) Delightful Sugar Free Brownies

These brownies will help those who crave chocolate and brownies are always a hit with the family.

- 1 teaspoon of baking powder
- 1 cup of all-purpose flour
- $\frac{3}{4}$  cup of unsweetened cocoa powder
- 1 and  $\frac{1}{2}$  cups of erythritol sugar replacement
- 1 cup of unsalted butter
- 3 eggs
- 2 teaspoons of vanilla extract
- 1 cup of sugar free chocolate chips

You'll need a square baking pan, lined with parchment paper. You may find it easier to let the parchment paper fold over the edges, for easier removal of the brownies.

In a large mixing bowl, blend the erythritol and butter. In a smaller bowl, whisk together your flour, baking powder and the unsweetened cocoa.

Now we combine the dry mixture to a large mixing bowl and whisk it all together. Add the eggs, one at a time and whisk those to mix it completely.

You will put in the vanilla next, mix it well and then do the same with the sugar free chocolate chips.

The oven gets preheated to 325 degrees, while transferring your mixture to the square pan. Use a spatula to smooth it out in the pan. Bake for 25 minutes. As with any cake or brownie mixture, timing is everything. Check your brownies by

inserting a toothpick and see if anything clings. This means it may need a bit more time to cook.

Remove and let it cool before cutting into squares.

## **7 Snacks To Keep Sugar Craving Away**

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We all get hungry between meals. Here are 7 simple snacks to keep you off the sugar.

### **Carrots and Hummus**

- Some people use baby carrots but there is some controversy as to what these carrots may be soaked in. For health's sake, it is better to go with organic small carrots. These are easier to consume than hard large carrots. To make this a tasty snack, you need to purchase hummus. Hummus is primarily made from chickpeas that are ground up. Do a bit of research and look for brands that are five stars, so you know you are getting good quality.

### **Popcorn Anyone?**

- People who love popcorn can get a good quality one by using Newman's Own Butter Microwave Popcorn. Newman's is a little more expensive but great quality. Eat in moderation.

### **Spicy Chickpeas**

- Try this spicy snack you can make at home Spicy chickpeas can be baked and are nice and crunchy. Soak a bag of dried chickpeas overnight in a bowl. Drain and mix in a bowl with a dash of virgin olive oil. Add in 1 teaspoon of cumin, 1 and ½ teaspoons of cayenne pepper and salt and pepper to taste. Remember everyone's spice level is different, so feel free to adjust the cumin and cayenne accordingly. Spread on a cookie sheet and bake at 400 degrees for 35 to 40 minutes. You want these to be crunchy, so turn off the oven and leave the tray inside. As the heat dies down, the peas will let out the remaining moisture and become crunchy. Once your oven has cooled off completely, remove and enjoy.

## Baked Tortilla Chips With Homemade Salsa

Homemade salsa is the best. To be honest, store bought salsa is not hot to some folks, even when the jar reads, "Hot!"

For the chips, we buy a 12 ounce bag of corn chips. If the chips are large, you can break them into smaller pieces, to make them go around. In a bowl, put 1 tablespoon of pure virgin olive oil and 3 tablespoons of freshly squeezed lime juice. Whisk until blended. To coat the chips, you can spray this mixture on or use a brush.

In a 2<sup>nd</sup> bowl, mix 1 teaspoon of cumin, 1 teaspoon of chilli powder and 1 teaspoon of salt. Sprinkle ½ of this on the chips and bake for 8 minutes at 350 degrees. Flip the chips and sprinkle the remainder of the spice mixture, baking for another 8 minute. The chips should be crispy.

To make the homemade salsa for dipping, put the following into a blender and mix thoroughly.

- 8 large tomatoes, chopped
- 1 cup of diced white onion
- 2 cloves of garlic minced
- ½ cup of freshly chopped cilantro
- Juice of one freshly squeezed lime
- ½ teaspoon of sea salt
- ½ teaspoon of cumin
- 1 teaspoon of virgin olive oil
- 1 diced red pepper
- 1 to 2 finely diced jalapeno seeds removed or if you want hotter, use 1-2 Thai red chilli with seeds removed.

Blend it all together and put in the fridge to cool before dipping your chips.

## Sesame Date Rolls You Can Eat On The Go!

When you are heading to the office or the gym, try one or two of these sesame date rolls, to keep you on the move. Here is what you need:

- 8 ounces of dried dates
- ¼ of toasted sesame seeds
- ¼ cup of chopped walnuts
- ½ cup of whole raw almonds
- 1 cup of hot water
- ½ cup of unsweetened shredded coconut
- 1 tablespoon of coconut oil
- ¾ of a teaspoon ground cardamom
- ¼ of a teaspoon of cinnamon powder
- 1 teaspoon of vanilla extract
- ¼ of a teaspoon of sea salt

Start this recipe by placing the dates in a small mixing bowl, adding the hot water to soften them. Be sure the water covers the dates and leave it for 15 minutes.

In your food processor, toss in the dates after you have drained the juice off into a bowl. Add 2 tablespoons from your toasted sesame seeds and everything else. Set the processor to pulse and go through a few cycles. Check to see if anything is sticking to the sides, if so unplug the processor and use a spatula to scrape the sides. Look at the thickness of your mixture. If it appears to be too thick, you can a few drips of the drained date juice from that bowl you set aside on the counter.

The final step is log rolling. Not those big logs in the river. ☺ We are talking about putting all your dough onto a large piece of parchment paper. Grease up your hands and proceed to form the dough mixture into a long roll. Think of the cardboard piece inside your paper towel, when you are stumped about size. Once that is done, start taking the rest of the sesame seeds and sprinkling/gently pressing them into the outside of the log. When this step is complete, roll the log up using the parchment paper and twist the ends. This log goes into your fridge for two hours. Remove and slice pieces in your desired thickness.

## Avocado Pudding

It seems avocado goes with everything, including dates. Who knew? Try this yummy recipe for a snack.

- 20 dried dates without pits
- 1 large avocado, ripe is better
- 1 ripe banana
- ½ cup of almond butter
- ½ cup of unsweetened cocoa powder
- ¼ cup of almond milk
- ¼ of a teaspoon of sea salt.

We start this off by soaking the dates in a pot of hot water, fully covering the dates. After the dates have soaked for 15 minutes turn on high and bring to a boil while giving it a stir. Once the dates begin to boil, lower the stove to low and let simmer for 20 minutes.

From here we transfer the dates and juice to a food processor and blend until nice and smooth.

Add in all your other ingredients and continue to blend. Stop and check to see if anything is sticking to the sides and if so, use a spatula to scrape it down. Always unplug the processor before doing this.

Once everything is nicely blended, move it into individual containers. Small glass containers with the plastic lids work well. Put in the fridge for 1 to 2 hours.

## Turmeric Cashews With Tasty Coconut Shreds

Why have just plain cashews to snack on, when you can get the health benefit of the powerful spice known as turmeric.

Easy as pie to make.

- 1 and ½ teaspoons of coconut oil
- 1 teaspoon of turmeric

- Just a thumb and forefinger pinch of sea salt and black pepper
- ½ cup of coconut flakes
- 2 cups of cashews

Use a cookie tray lined with parchment paper. Put everything except the coconut flakes on the tray and hand mix. Preheat the oven to 350 degrees. Once the oven is ready, place the cookie tray in for 10 minutes. Flip the mixture around with a steel spatula after the 5 minute mark and when 8 minutes is up, sprinkle in the coconut flakes. Check the mixture during this time so it doesn't burn, you just want it golden on top.

Let cool and snack away.

### **Conclusion:**

After completing this eBook, you should have a new lifestyle. One that sees you happy and fit, without gobbling down pounds of refined sugar products.

Many people wonder what happens if they go back to the way they were. It can happen and you need to make some adjustments.

In most cases, a relapse happens due to a very stressful event such as job loss, divorce or the death of a loved one.

In this time, you need to do self-talk and explain that relapsing will not help at all and make life worse. You direct yourself to up the amount of serotonin and dopamine activities each and every day. Relapsing is not the end of the world, it is your brain telling you something is a bit off and you need to fix it. So don't kick yourself in the butt.

You may find that due to stress or the lack of proper exercise, you need some support. Don't be afraid to get recommendations from your doctor or find a workout buddy/trainer. Analyze the issue and make a new action plan to conquer this.

Best of luck on your journey.

Kevin Davis Coaching.com