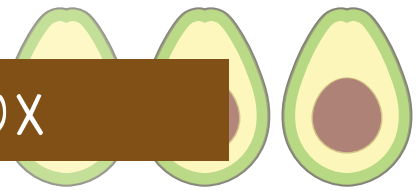


# 14 Day Simple Sugar Detox



**NOW is *exactly* the right time to do it!**

"But I don't eat any sugar!" -says everyone

Oh, but you do! It's everywhere if you don't prepare 100% of your meals and snacks (or are sure there's no added sugars in ingredient lists of packaged foods). Restaurants and coffee/smoothie shops most definitely use salt-sweet-fat blends that are so satisfyingly addictive. It's best to prepare your meals at home, but even packaged products aren't safe, especially ones you don't suspect like condiments, sauces, seasoning mixes, lunch meat, frozen meals, and on and on...it's overwhelming!

## HOW SUGAR IS IMPACTING YOU

1. A high carbohydrate and high sugar diet decreases immune function
2. Causes inflammation in the digestive tract
3. "Feeds" pathogens like bacteria, viruses, fungi and parasites
4. Increases inflammation throughout your body causing joint pain, brain fog, obesity/weight gain, edema
5. Increases food cravings that would make you steal candy from toddlers
6. Absolutely contributes to diseases like diabetes, cardiovascular disease, dementia, depression and probably everything else in some way or form

## SUPER SIMPLE 14 DAY FOOD PLAN (because anyone can do something for 2 weeks)

- #1 Drink 1/2 your body weight in ounces of water. Tea, coffee (if tolerated), unsweetened dairy alternatives and sparkling flavored water are fine in moderation.
- #2 Make your meals from scratch using mostly whole food ingredients that you cook at home.
- #3 Avoid all sugar! No artificial sweeteners. The foods you buy in a package should have no form of sugar on the labels.

### Common names for sugar:

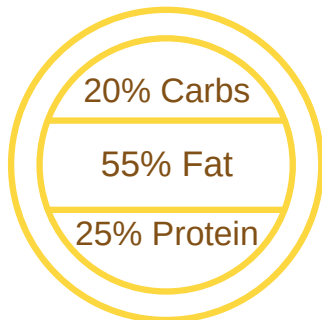
Sugar or ends with "sugar"	Dextrose/dextrin	Malt
Corn syrup in any form	Agave	Molasses
Fructose, glucose, sucrose	Fruit juice or ends with "juice"	Ends with "syrup" or "-ose"
Invert sugar	Honey	Treacle
Maltol	Cane sugar	Turbinado



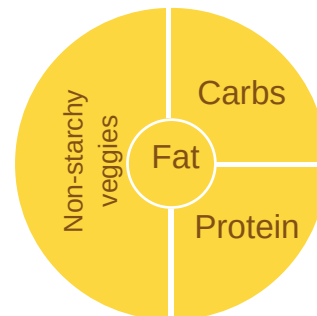
**FYI: Sugar is hiding in 74% of packaged foods!**

# HOW TO BALANCE YOUR MACROS & YOUR PLATE

## Macronutrient Balance



## Plate Balance



The goal isn't to keep track of quantities during these 2 weeks, however if you're going to eat less sugar I would like to you to stay full by increasing healthy fats and non-starchy vegetables. Don't make the mistake of making this a meat-fest, too much protein is not exactly better than too much sugar! Each plate (especially lunch and dinner) should be 50% non-starchy vegetables, 25% protein and 25% carbs with plenty of healthy fats in there. An example of how to combine the Macro & Plate pie charts is below in the 3 day sample plan.

## 3 DAY SAMPLE MEAL PLAN

### DAY #1

#### BREAKFAST

Overnight oats (1/2 c oats, 1/2 c milk, 1oz walnuts, 1/2 mashed banana, cinnamon)

#### LUNCH

5 oz. tuna, 2 tbsp. mayo, eat with celery, carrots & handful of crackers

#### DINNER

4 oz. grass-fed steak, 1 sweet potato, asparagus, 1 tbsp. butter on all

#### SNACK

Apple & 2 tbsp. peanut butter

### DAY #2

#### BREAKFAST

4 slices pastured bacon & sliced tomato/lettuce on 2 pc toast with 1 tbsp. butter

#### LUNCH

4 oz. grilled organic chicken on salad with 2 tbsp. dressing, 1/4 avocado, sprinkle parmesan, olives

#### DINNER

5 oz. wild caught salmon, asparagus with 2 tbsp. butter over all

#### SNACK

2 oz. walnuts & 2 oz. dried banana chips

### DAY #3

#### BREAKFAST

1-2 pc toast with 1/2 avocado and feta or cheddar cheese

#### LUNCH

Egg salad (3 eggs, 1-2 tbsp. mayo) in lettuce wrap & 1/2 c hummus and carrots

#### DINNER

Meatloaf with butternut squash and green beans roasted in coconut oil

#### SNACK

2/3 c guacamole & veggies with 4oz kefir

