



SUGAR FREE *Life*

Nutritionist-Guided Detox Program & Membership

INTRODUCTION

PHASE 2: Reducing Sugar



STEP-BY-STEP

How It All Works

01 PHASE 2: *The Reduction*

In this beginning phase, we'll be reducing the sugar from our diet, and replacing it with healthy, wholefood alternatives. Follow the prompts in the **Phase 2: Reducing Sugar** and [Facebook Community](#) to get started.

✓ **Begin to reduce the sugar in your diet.**



02 PHASE 3: *Sugar Detox*

During **Phase 3: Sugar Detox**, you'll enjoy a menu of tasty sugar-free recipes with a **suggested Meal Plan** to help you reset your appetite while detoxing. You'll find ongoing support in the [Facebook Community](#).

✓ **Detox using the Meal Plan & Recipes**

03 PHASE 4: *Maintenance*

After detoxing, ease into the final **Phase 4: Maintenance**, where you'll begin to carry on forward living a sweet, sugar-free life! The [Facebook Community](#) provides ongoing support and access to the Nutritionist.

✓ **Start living that Sugar Free Life!**



Getting Started

Quitting sugar isn't something you wake up one morning and just do. **It takes preparation and your commitment** to see it through. To set you up for the best success possible, I am going to help you get crystal clear on what needs to be reduced and removed from your diet, how to set your goals for quitting sugar, and then afterwards, we'll deep dive into **the most delicious DETOX in Phase 3!** All you need to do to participate is follow along in this **Guide book** and complete the prompts.

The Reduction Phase

This phase is a pre-detox, and is where you'll purposely **reduce and swap out sugary foods from your diet**. This phase can be the most challenging as it may leave you wondering what you to eat instead. Don't worry, in the upcoming **Phase 3: Detox**, you'll be given **recipes and a suggested Meal Plan** to help you plan deliciously, healthy meals (and even desserts) that taste so yummy you won't even miss the sugar, promise!

Foods To Reduce The following foods are best to reduce or swap out of your diet...

- **Alcohol & Caffeine:** avoid alcoholic mixed drinks, cocktails and mocktails, liquors and beer. If you are coffee or tea drinker, brew it unsweetened or consider switching to herbal teas.
- **Deli & Lunch Meats:** processed deli or pre-packed lunch meat slices are filled with hidden sugar, artificial flavours and preservatives. Swap these for proper roast chicken, beef or consider plantbased alternatives like bean burgers or homemade veggie patties.
- **Flavoured Dairy Products:** low-fat and flavoured dairy products like yoghurt, are often filled with added sugar to make them tasty. Swap these out your diet and sweeten plain or Greek yoghurt at home with fresh fruit or **recipes from your Meal Plan**.
- **Gluten-free Products:** unless you're coeliac, avoid gluten-free snacks and bready options. These are often filled with hidden sugars and are highly processed. Instead look for more enriched and high-fibre options such as corn, quinoa or rice cakes, buckwheat, millet or spelt for baking.
- **Highly Processed Foods:** eliminate any foods that are highly processed and contain added sugars, additives, preservatives, and artificial flavourings. This might be an ideal time to clear out your pantry of sweet and flavoured biscuits, those packaged snacks, and restock it with more healthy options from homemade or wholefood sources.
- **Refined Sugar:** a no-brainer, but swap out all sugary packaged snacks, sweet bakery goods, condiments, simmer sauces, colas and other sugar-filled drinks from your fridge and pantry.

The focus of this exercise is to become more self-conscious of the sugar content in your food, and the emphasis is on swapping out sugar for healthier alternatives over strict restrictions.

USE THE HANDY CHECKLIST ON THE NEXT PAGE

Fully Remove These Foods*:

*Where I mention removing high sugar, processed foods from your diet, I highly recommend that you find wholefood-based alternatives that provide better balanced nutrition in a healthy swap.

- all fruit and rice **syrops** often found in canned fruit
- bakery goods with **chocolate, icing, or fruity filling**
- concentrated fruit juices**, which are high in natural sugars
- dextrose** often used as a sweetener in processed foods
- liquid sugar** from regular cola, cocktails, cordial or Powerade
- maltose** found in malted foods and drinks
- pre-mixed **alcohol** cocktails, liquors, mocktails, and beer
- refined grains** such as white bread, rice and pasta)
- store-bought **condiments** like simmer sauces, ketchup
- sweeteners from **glucose syrup** or **high-fructose corn syrup**
- white **table sugar**, brown sugar



Limit Your Intake Of These Foods:

- bread, muffins, and **baked goods** that contain added sugars
- breakfast **cereals** especially for kids or with fruit added
- canned and **packaged soups** always contain added sugars
- coffee drinks, sports drinks, and sweetened milk alternatives
- flavoured water** and **sports drinks** contain added sugars
- flavoured **instant oatmeal** packets, pancake and waffle mix
- fruit-flavoured yogurt** contains significant amounts of sugar
- low-fat or fat-free** products replace fat with added sugars
- packaged snacks**, cookies, snack bars, or flavored crackers
- store-bought smoothie** mixes often contain hidden sugars

MY STARTING POINT

Make note of which sugary foods you need to reduce or remove...

Make a short list, we'll need to reference this later.

See you inside the [Facebook Community](#)

The Healthy Substitutes

This handy checklist provides **easy, sugar-free ideas to swap and use in place of common sugary items**. You'll find the recipes to a few of these suggestions inside the **5-Day Detox & Meal Plan**. Try them out during the coming weeks.

TIP: Print off and keep a copy of this in your pantry for a quick and easy reference.

<p>SPREADS & JAMS</p> <p>Instead of sugary jam, jelly spreads, or syrups...</p> 	<p>USE INSTEAD</p> <ul style="list-style-type: none"> • chia seed jam (see right) • caramelised or fresh dates • homemade fruit compote • smashed berries or fruit • raw cacao nut butter • lemon & stevia granules • cinnamon butter fried apples • sugar-free jam or spread 	<p>RECIPE IDEA</p> <p>Berry-licious Chia Seed Jam</p> <p>Make a fruit puree from any type of berry by simmering the berries in water with seasonings. Once the fruit begins to break down, pull off the stove and add 2-3 tbsp of chia seeds and a healthy sweetener (see list pg 7). Store in a sealed jar and use as jam or jelly on toast, pancakes, or parfaits.</p>
<p>DESSERTS & PUDDING</p> <p>Instead of ice cream, pudding, and custard...</p> 	<p>USE INSTEAD</p> <ul style="list-style-type: none"> • avocado chocolate pudding • chia seed or oat pudding • homemade ice cream • homemade frozen yoghurt • thick smoothies (with ice) • sugarless chocolate sauce • watermelon lime slushy 	<p>RECIPE IDEA</p> <p>Homemade Choc Pudding</p> <p>You can make the most deliciously good, pudding-like mousse using a ripe Hass avocado, raw cacao powder, vanilla and a little stevia to naturally sweeten. I swear its so silky you won't be able to tell the difference - but your waistline will!</p>
<p>CONDIMENTS</p> <p>Instead of BBQ, creamy dressing, mayo or tomato sauces...</p> 	<p>USE INSTEAD</p> <ul style="list-style-type: none"> • avocado dressing/guacamole • chili chunky tomato salsa • Greek yoghurt tzatziki for mayo • no cook tomato sauce • oil/vinegar herb dressings • tahini & garlic dressing • wholegrain mustard seeds 	<p>RECIPE IDEAS</p> <p>Greek Yoghurt Tzatziki</p> <p>A great swap for fatty, sugary mayo is tzatziki made with plain Greek yoghurt, crushed garlic, finely cut cucumbers and dill leaves. Season as you like for a creamy sauce or dip - no sugar. Use on sandwiches, salads and in potato or pasta salad recipes.</p>
<p>PIES & DESSERTS</p> <p>Instead of sugary pies, cakes or fudge....</p> 	<p>WHAT TO USE INSTEAD</p> <ul style="list-style-type: none"> • chickpea chocolate chip fudge • cornstarch sugarless fruit-filling • fruit-filled granola cups • protein chochy or carrot cake • no-bake protein balls or bars • raw homemade fruit slice • raw berry or date cacao slice • overnight oats with compote 	<p>RECIPE IDEA</p> <p>Raw Berry Slice</p> <p>Spoil yourself with a sugar free, raw fruit slice made by blending coconut oil with fresh berries. Pour the mixture onto a crumbly crust made of blended dates, and crushed nuts and seeds. Chill in the fridge until serving, and then enjoy totally guilt-free!</p>

PIN THIS TO YOUR FRIDGE FOR HANDY REFERENCE



Continue your journey...

Keep momentum going by visiting the program's support pages and exploring all the tools and bonuses.

click here! →

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