



5 DAY SUGAR DETOX CHALLENGE

START DATE: _____

START WEIGHT: _____

END DATE: _____

END WEIGHT: _____

GUIDELINES:

1. Choose either the Low Carb or Keto food list options.
2. Eat 3 meals a day.
3. Choose a protein, vegetable and fat for each meal.
4. No packaged or processed foods.
5. No second helpings. Prioritize protein.
6. Weight and measure your food.

- 7. Write down everything you eat in a notebook or app.**
- 8. No sugar, no gluten, no flours.**
- 9. No snack foods, except from the approved snack list.**
- 10. Check in everyday in the Facebook group.**

Sugar Detox Food Chart

For each meal, please choose a protein, vegetable and fat from the list below. Mix and match and use whatever spices you like and have on hand. You don't have to be a chef to cook a few ingredients in a pan. Below this chart are some simple recipes if you're in the mood to spice things up and feel like cooking. Otherwise, Keeping it simple is best. If you know dairy doesn't agree with you, don't choose that as your fat option. This list isn't all that could be listed, but it can give you some simple ways to create a bunch of different meals.

KETO OPTION

Protein

Chicken
Eggs
Beef Stew meat
Ground Beef
Beef Ribs
Duck
Salmon
Pork Chop
Venison

Vegetable

Asparagus
Spinach
Zucchini
Cabbage
Cauliflower
Kale
Broccoli
Zucchini
Radish

Fat

Coconut oil
Butter
Lard
Avocado oil
Ghee
Duck fat
Beef tallow
Mayonnaise
Cream cheese

Lamb chops
Turkey
Sardines
Rib eye steak
Shrimp
Crab
Oysters
Lobster
Mahi Mahi
Goat
Halibut
Mussels
Goose
Tuna
Buffalo
Scallops
Clams
Cod
Trout
Flounder
Rump roast
Snapper
Ground chicken
Cornish hens

Chard
Fennel
Romaine
Brussels sprouts
Peppers
Artichoke hearts
Bok Choy
Celery
Green beans
Collard greens
Endive
Watercress
Onions
Arugula
Seaweed
Mushrooms
Kelp
Cucumber
Olives
Avocado
Eggplant

Heavy cream
Sour cream
Hard cheese
Ricotta
Macadamia oil
Crème fraiche
Olive oil
Almond butter
Macadamia butter
Sunflower seed

VEGETABLES TO AVOID

Carrots
Corn
Green peas
Leeks
Parsnips
Potatoes
Squash
Sweet Potatoes
Yams
Yuca
Tomato

Fruits are your personal choice. If you find having berries daily does not cause you to crave more, then continue but enjoy only a small serving once daily and no more.

Low Glycemic Fruits

Blackberries
Blueberries
Cranberries
Strawberries

LOW CARB OPTION

ALL OF THE ABOVE, PLUS Any of the following:

Carrots*
Sweet Potato*
Spaghetti squash*
Yams*
Parsnips*
Acorn squash*
Butternut squash*

****These vegetables are dense carbohydrates, meaning they are high in carbs compared to some of the other choices. Do not have any of these more than 3 times per week. Are they a better option than eating processed carbohydrates? Absolutely!

SNACKING

You should be able to go multiple hours between meals, which is a sign of a healthy metabolism and also indicates you ate the right amount of protein, carbs and fat for your body.

HANGRY symptoms; you're nervous, agitated, foggy headed, shaky, ready to kill someone or eat them. Most likely the result of eating too many carbs for your body at your last meal, this is a carb withdrawal symptom or a carb crash. Our brains do not like blood sugar swings and that's why balancing our blood sugar is key to avoiding crashes and cravings. To avoid this, add a bit more protein to your next meal and if that doesn't help, add more healthy fat as well.

APPROVED SNACKS

- [Bacon strips](#)
- [Beef Sticks](#)
- [Bone broth](#)
- Cheese
- [Cheese crisps](#)
- [Coconut butter](#)
- Dill pickles
- Eggs
- [Macadamia nut butter](#)
- [Jerky with no added sugar](#)
- Olives
- Pecans
- [Pili nuts](#)
- Pepperoni
- [Pork rinds](#)
- Pumpkin seeds
- Sunflower seeds

APPROVED BEVERAGES

- 8-10 eight ounce glasses of water per day or half your body weight in ounces
- herbal tea
- coffee is allowed, but only with approved sweeteners
- sparkling water, no sugars added

[Redmond's Real Salt](#) or Pink Himalayan Salt, (1-2 tsp daily) should be added to your food and/or water to avoid carb withdrawal symptoms.

[Everly](#) makes a wonderful line of drink mixes for enhancing your water without any sugar. Lots of great flavor options!

[Pique Tea](#) is a great instant tea you can mix into hot or cold water. Very convenient for packing in your purse and taking anywhere you go.

[Citric acid](#) is an organic acid and adds a bit of a sour taste so if the sparkling water is a bit boring, try adding this to it.

[Kettle & Fire Bone Broth](#)

[Zevia](#) is a natural soda made with stevia and my kids and I love the root beer flavor best.

[Sweetleaf Water Drops](#) are so delicious if you truly hate drinking plain water.

[3 Homemade Electrolyte Drink Recipes](#)

[Keto Whipped or Dalgano Coffee Recipe](#)

Diet Soda should be avoided because of the artificial sweeteners which all brands have. Artificial sweeteners can make some people crave sugar and carbs. It's best to just avoid these during this detox.

A few words on Alcohol: Alcohol is converted in the body to a substance called acetate. Unlike a car that uses only one supply of fuel, the body can draw from carbohydrates, fats, ketones, and proteins for energy. When your blood acetate levels rise, your body uses acetate instead of other forms of energy. To make matters worse, the more alcohol you drink, the more you tend to eat, and unfortunately, drinking makes the liver work to convert the alcohol to acetate, which means that the food you consume at the same time will be converted to extra fat on your body. Alcohol also stimulates your appetite for up to 24 hours.

Alcohol and sugar addiction go hand in hand. Research has proven that when people binge on carbs, which are sugar molecules hooked together in long chains, and then restrict those carbs, the body creates an (internal) opioid. This is similar to the chemicals released when people use opioid drugs. CT scans of food addicts show that food lights up the same areas of the brain that are lighted in people who are drug addicts.

There are ways to help our brain chemistry. You don't have to suffer from this addiction. Sugar and Alcohol block serotonin receptors which leads to more cravings for carbs and alcohol.

A FINAL WORD FROM BRENDA/SUGAR FREE MOM

I am thrilled you decided to join my Free 5 Day Sugar Detox Challenge! I can't wait to hear how you all did in our Facebook group! Remember, it may be difficult to give up sugar, but you can do ANYTHING for just 5 days, and the more time you don't give in to temptations the easier it becomes! This 5 day challenge is just a taste of what we cover in my Sugar Detox Course.

I hope this will encourage you that you can have sugar freedom and lose weight, with support and accountability. My 6 Week Sugar Detox Course will begin in just over a week. Spots are limited and this course won't be offered again until the spring. [SIGN UP FOR THE SUGAR DETOX COURSE HERE.](#)

