

# Saving The Craving

*What and why so you can get the most from this 30-Day experiment!*



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## WELLBEING WARRIORS INSIDE THIS ISSUE:

Flour and Sugar Free  
explained...

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## Alright, ladies!

Saving The Craving - the deets...

Below here is more detail on what's IN and whats OUT and why for this 30-Day challenge so you can prepare and get the most out of the experiment!

What you have here is:

- Answers to the most common Q's that have been coming up (what is sugar etc).
- A list of easily assessable foods that are sugar and flour free so you can shop and prep.
- General handy guidelines on you doing you - WW style.

Okay...here you go, and enjoy - love me and the elves, LETS DO THIS!

# General Guidelines

Let's dive in...

**It's a 30-Day Experiment:** so, you can do anything for 30 days! It's not forever, it's a challenge. But at the end of the day – as ever – do what's right for your body and life. Of course!

**Processed anything:** make sure sugar/flour is the 4th largest ingredient or less, so look at the ingredients, and check sugar or flour is NOT one of the first 3. They are listed in order of volume.

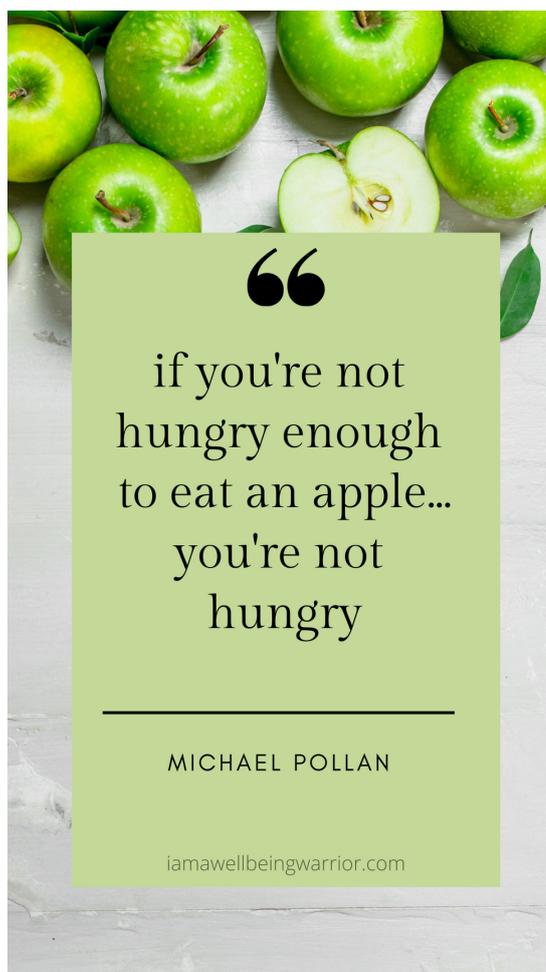
**Coffee and Alcohol:** you do you, but know they also create a dopamine response.

**Sugar is sugar:** so that's all added sugar, whatever the name, anything ending is sugar or "ose" and incl. syrups and honey. All refined fructose hits our body harder than our insulin system is designed to handle.

**Artificial sweeteners:** you do you, in BLE it's a no because they create a dopamine and insulin surge even though no sugar is coming into our system, it mimics it.

**Flour – it's all flour:** it's not about gluten it's about surface area of it being highly processed and how the glucose hits our system in one fast and hard hit in a way we are not built for.

**Fruit – of course!** But, whole fruit, not dried fruit or fruit juice. You want the whole fruit with the fibre which slows the insulin response and is as our cavewoman WW's would have eaten it.



**Variety** - this is a great opportunity to try stuff you wouldn't usually. LOADS of veggies to bulk out your meals. Some of my meals don't look exactly like a traditional "meal" as such it's just an accumulation of random S & F free delicious things on a plate.

**Hunger Scale** - pay close attention to your hunger scale and the PING! You will hear it WAY more clearly in your brain and body. Stop eating when you are lightly satisfied. Let your body regulate to its natural hunger, it knows how much you need to eat!

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**Be curious...you can do ANYTHING for 30 days!**

# More general principles...

and WW pep talk!

**Quantities:** Be aware through intuitive eating and your hunger scale of how much your BODY wants to eat! BLE has very rigid quantities. If you are looking for significant weight-loss, then definitely read the book.

**Cravings and resistance:** you may well get them at the beginning of the 30 days, just like you would if you gave up caffeine, alcohol, cigarettes...and isn't that telling! Stick with it and they will subside, they go away. You are bigger than your craving :)

**It's all at YOUR discretion:** we are not the food police! Embrace it as an experiment where there can be no bad outcome. Your brain and body have so much possibility by you simply experimenting. It's all upside!

*So gorgeous - for 30 days the more you do the better you are going to feel, a half-arsed effort will be half arsed result - as with anything in life!*

*You do you, as ever. If you are not hungry enough to eat an apple - YOU ARE NOT HUNGRY! What do you need instead? A cuddle? A conversation? A connection with a friend? A tough convo on boundaries with your boss? A bubble bath? A good long walk in nature? What do you REALLY need?*

*You've got this - bring your best attitude and your most curious, open mind - and see how your body and brain respond!*



**There's is so much delicious stuff to eat once you get your head round it: list of suggestions on the next page.**

**Choosing to take a little bit of extra time to prepare so you don't get caught out makes a big difference.**

**After a few days it just becomes an easy habit - you will be surprised!**

NB: if you want significant weight-loss or a deeper dive on the science read Bright Line Eating by Susan Peirce Thompson.



## Animal Based Proteins

S & F free proteins

Yogurt  
Milk  
Eggs  
Cheese  
Ricotta  
Chicken  
Turkey  
Pork  
Beef  
Lamb  
Fish  
Shellfish

## Plant Based Proteins

S & F free proteins

Soy Milk  
Almond Milk  
Tofu  
Hummus  
Tempeh  
Nuts  
Seeds  
Nut Butters  
Beans  
Edamame  
Legumes  
Chickpeas

## Grains

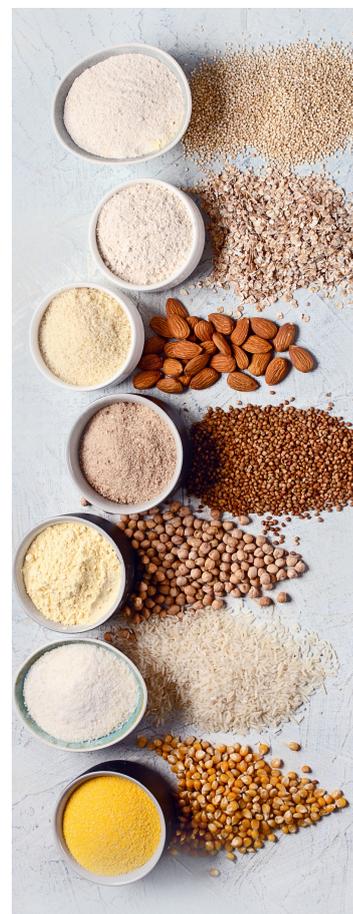
S & F free "grains"

Potato  
SweetPotato  
Yam  
Rice  
Quinoa  
Millet  
Oatmeal  
Oatbran  
Grits  
Cream of Wheat  
Quinoa Flakes

## Fats

*Go easy on these! Very calorie dense!*

Avo  
Butter  
Marg  
Mayo  
Nut butter  
Nuts  
Olives  
Oil  
Salad dressing  
Seeds  
Tahini



**Plus - all the fresh fruits and veggies in the WORLD!**