

Shake Off Sugar

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



WELLBEING WARRIORS INSIDE THIS ISSUE:

Sugar Free explained...

Alright, ladies!

Shake Off Sugar - the deets...

Below here is more detail /rough guidelines 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 will be come up (what is sugar etc).
- A list of easily assessible foods that are sugar- 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!

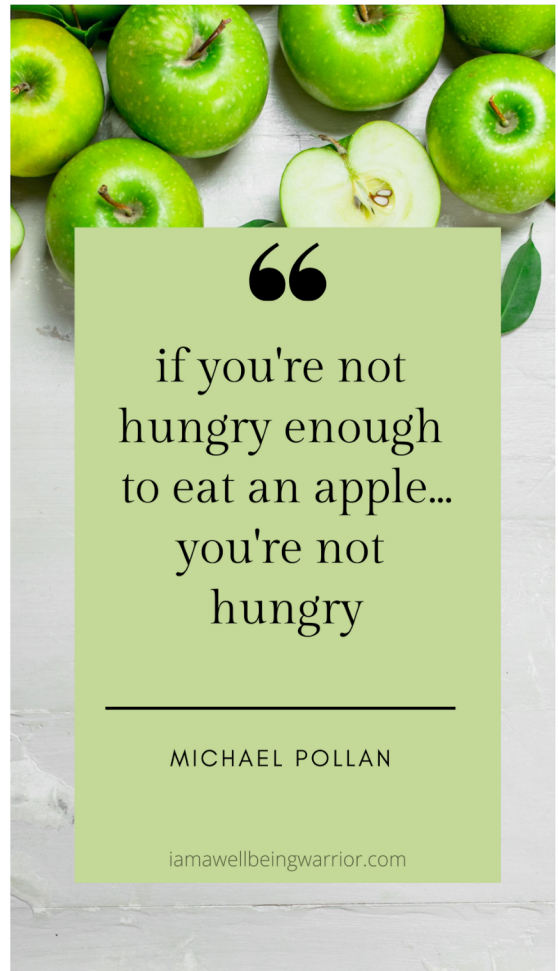
Processed anything: make sure sugar is the 4th largest ingredient or less, so look at the ingredients, and check sugar is NOT one of the first 3. They are listed in order of volume. The lower it is the better.

Alcohol: you do you, but know it contains a lot of sugar.

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 sucrose hits our body harder than our insulin system is designed to handle.

Artificial sweeteners: you do you! However know they do create a dopamine and insulin surge even though no sugar is coming into our system, it mimics it. Also gut health implications.

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 sugar-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!

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. You will likely find once you get off the chemical rollercoaster you gradually start eating less.

Cravings and withdrawal: you may well get symptoms at the very beginning of the sugar-free 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 lovely, try it 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

Sugar- free proteins

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

Plant Based Proteins

Sugar- free proteins

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

Grains

Sugar-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!**