

# Sugar Free Quick Start Guide

## Replace Soda

Soda can have 20-48 grams of sugar per eight-ounce serving. Kick soda and switch to hydrating beverages like water. Add flavor with lemon slices, cucumber slices, or try sparkling water.

## Increase Healthy Fat

Increase healthy fat intake at meals to reduce sugar cravings. Healthy fats include avocado, unsweetened coconut products, butter or ghee and nuts and seeds.

## Take Glutamine

Glutamine is an amino acid found in protein. Consider taking a glutamine supplement in the late afternoon when sugar cravings often hit.



## Choose Fresh Fruit

Fruit has natural sugars, but it also contains nutrients and fiber to help slow the absorption into your bloodstream. Fruit is a healthy alternative to sweets, especially antioxidant-rich, low-sugar fruit like berries.

## Eat More Protein

Set yourself up for the day by increasing your protein intake at breakfast. Aim for 30 grams of protein at breakfast to keep yourself satiated and stable throughout the rest of the day.

## Choose Complex Carbs

There is no need to completely cut out carbohydrates. It is the refined, simple carbohydrates like pasta and bread that spike your blood sugar. Choose complex carbs like sweet potato and butternut squash instead.

## Pick Healthy Snacks

Have healthy snacks ready such as celery sticks, olives or plain yogurt. If you stay prepared with, low-sugar snacks, you won't need to reach for sugary treats.

## Manage Stress

Stress can cause you to crave sugary snacks. Stress also depletes your body of important nutrients like magnesium and B-vitamins, which can drive sugar cravings.

## Get Enough Sleep

When trying to kick sugar, sleep is very important. Not only can sleep deprivation lead to cravings for high-sugar foods, it can also reduce insulin sensitivity the next day, making your blood sugar less stable and you more prone to cravings.

## Don't Skip Meals

Skipping meals will drop your blood sugar resulting in your body craving sugar to bring it up again. Make sure to meal prep during your sugar detox to help keep your meals consistent and balanced and of course sugar-free!

