

# Break Free From Sugar Workbook

LEARN WHERE SUGAR HIDES, HOW TO FIND IT & REPLACE IT  
WITH FOODS YOUR TASTEBUDS & BODY WILL LOVE



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# WELCOME TO THE Break Free From Sugar Workshop

YOU DON'T NEED ADDED SUGARS ... YOU'RE  
SWEET ENOUGH ALREADY!



Congratulations on taking this important step to help you improve your health, boost your energy, get more quality sleep, and take control over your cravings.

It's time to get excited, because eliminating ADDED sugar from your diet has **an incredibly powerful impact on your health.**

There are countless reasons to eliminate added sugar from your diet.

- It saps your health,
- contributes to a growing waistline,
- leaves you feeling tired, moody, and blah, and
- contributes to spikes in blood glucose levels along with a fast/sharp insulin response that contributes to roller-coaster blood sugar levels.

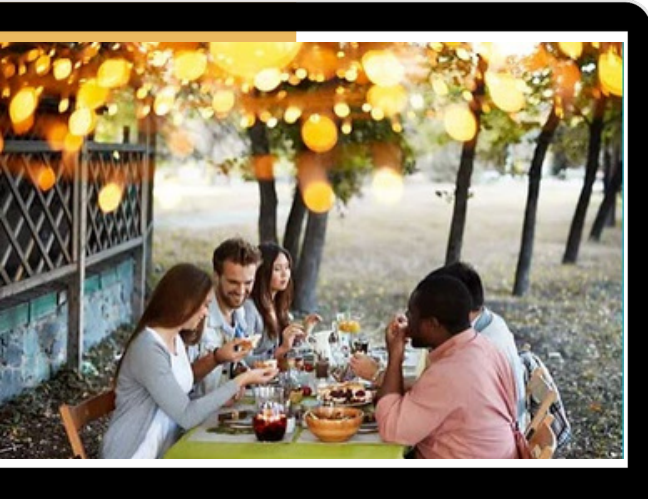
Unfortunately, this roller coaster has the potential to lead to insulin resistance, pre- diabetes, diabetes as well as physical and emotional reliance on sugar.

There are a few things you should know before you get started.

You will learn about the 3 main sources of sugar, (including natural and “hidden” sugars) but in this Kickstart we will focus on eliminating ADDED SUGAR from your diet. This approach will quickly give you the max benefit without the overwhelm of trying to do too many things at one time.

The Kickstart will be helpful whether you are just starting out or you have already started on your sugar-free lifestyle.

It will help anyone struggling with sugar to stay on track whether you need to eliminate sugar for health reasons such as diabetes, pre-diabetes or insulin resistance or you are looking for a healthier lifestyle.



FOOD IS NOT RATIONAL. FOOD IS CULTURE, HABIT, CRAVING AND IDENTITY.....JONATHAN SAFRAN FOER

**One of the most common questions we are asked is “why is it so hard to quit sugar?” Some of those reasons include:**

Sugar is not just part of our diet. It is intricately woven into our social habits, reward mechanisms, and emotional coping strategies.

The pull of sugar is both physical and psychological. Physically, sugar can lead to the release of dopamine in our brain triggering feelings of pleasure, which makes it addictive. Additionally, eating a diet of foods that cause fast/sharp spikes in glucose and insulin can result in both roller coaster blood sugar levels and insulin resistance that lead to recurring cravings for more sugar. Psychologically, many turn to sugar as a comfort food in times of stress or emotional upheaval.

Sugar is everywhere. There are many sources of sugar that are digested differently and that have varying effects on our body. These sources include Added Sugar, Natural Sugars, and what some refer to as “hidden sugars”. (foods that do not contain sugar, but act like sugar in our body during the digestive process.)

One of the reasons many find themselves with non-stop cravings is the consumption of “trigger foods”. These are foods that we either can’t stop eating or that lead us down the road to bingeing on other foods.

Foods containing added sugar are very common trigger foods, and in this Quickstart Guide ADDED SUGAR is where we will start in your journey to quit sugar and get control of cravings.

Some days may not be "perfect". But, you can give yourself a pat on the back for taking action to remove sugar from your daily food consumption as you move you towards your vision of health. Keep in mind that it takes about 21 days for new habits to take hold. This is just the beginning, and we are here for your every step of the way!

# IMPORTANT CAUTIONARY NOTE

The Break Free From Sugar Workbook is designed to promote awareness about cutting sugar and to provide information, tools and techniques that enable individuals to make healthy lifestyle changes.

The coaching materials & techniques are not intended to replace medical advice or to address any individual's specific medical problem(s).

**Always seek the advice of a physician before beginning any diet, exercise, or nutritional program. Diabetes and pre-diabetes or other related health issues are serious medical conditions.**

**Do not reduce, change or discontinue any medication or treatment without consulting your physician.**

You should also check with your physician about food choices that you would like to make in the context of your state of health or treatment plan. **This is critical if you are on any medications.** Changing your eating patterns can lead to lower blood sugar levels and you need to avoid having blood sugar levels go too low. You must work with your medical provider to manage medications appropriately.

You should not change any dietary recommendations or medications given to you by your physician or CDE or other nutritionist without consulting your physician first.

This Guide does not replace professional help for mental health care. If you are experiencing anxiety, depression, extreme emotions or an eating disorder that requires professional care, seek assistance from a mental health care provider. If you are experiencing extreme depression or having suicidal thoughts, seek assistance from a professional ASAP.



# YOUR QUIT ADDED SUGAR ACTION PLAN

ASK >>> LEARN >>> ACT



## Q. How Do I Replace Added Sugar?

Learn our top tips for removing added sugar from your recipes, pantry & daily food plan



## Q. How Do I Find Added Sugar?

Read Labels & Become a Great Food Detective



## Q. How DO I Learn Where Sugar is Hiding?

Learn About Carbohydrates & the 3 Main Sources of Sugar

# WHERE IS SUGAR HIDING?

In order to eliminate added sugar and cut back on other forms of sugar, you need to know where to find it. And to find it, you need to know what sugar is, so let's start there. The first thing to know is that every food you eat is made up of 3 components: Macronutrients, (the building blocks of food, including protein, carbohydrates and fats) Micronutrients (vitamins and minerals) and Phytochemicals (nutrients from plant foods that enhance health and fight disease.) All of the sources of sugar shown below are carbohydrates.

## **NATURALLY OCCURRING SUGAR:**

Lactose in milk & other dairy products, fructose in fruit



## **"HIDDEN" SUGAR:**

Foods that don't have sugar in their ingredients but behave like added sugar when digested (i.e. they cause quick/sharp rise in blood sugar levels and elevated insulin response)

--such as grain-based flour, rice, white potatoes



## **ADDED SUGAR:**

Any sugar that is added during food preparation or other processing

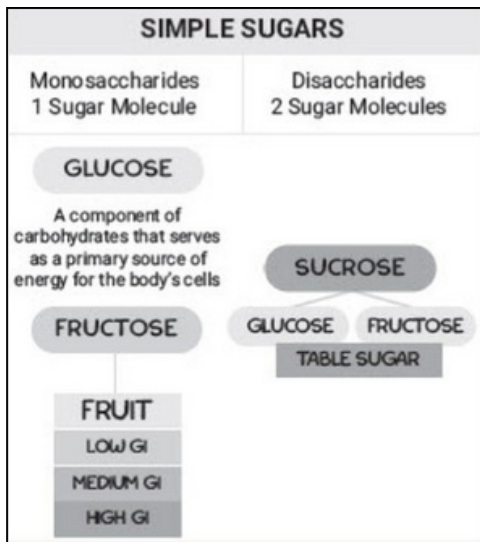


Carbohydrates have by far the most significant impact on blood sugar levels which is why Keto and low carb diets have become so popular. It might surprise you to know that carbohydrates are not a food at all but are a collection of molecules consisting of carbon, oxygen, and hydrogen. A single carbohydrate molecule is called a "saccharide," a fancy word for a sugar molecule.

Not all carbohydrates are processed in the same way. Carbohydrates consisting of either one or two sugar molecules have a small structure, which allows them to be quickly absorbed and used by the body. These types of sugars are often referred to as Simple Sugars. As shown in the chart below, Sucrose (Table Sugar) is a combination of two simple sugars.

Complex Carbohydrates, including Whole Grains and Non-Starchy Vegetables, generally take longer to digest, resulting in a more gradual increase in blood sugar levels. This is due to a combination of their low sugar content along with a more complex molecular structure (more sugar units) and higher fiber content.

Starchy Vegetables and other foods such as Refined Grains, Potatoes, Rice, and Grain-Based Flour generally cause a more rapid rise in blood sugar levels. This can be attributed to several factors including their intrinsic molecular composition, the degree of processing and refinement they undergo, and how they are cooked and consumed.



What we know as “table sugar” or “sucrose” is commonly found in sugarcane, sugar beets, and many sweet fruits like pineapples, oranges, and berries. It is extracted from sugar cane and beets and processed for human consumption as sugar that is added to foods during food preparation or other processing.

Sucrose is a combination of two simple sugars: Glucose & Fructose. Our body breaks sucrose down into its individual glucose and fructose components during digestion.



#### GLUCOSE:

- Insulin transports glucose to cells for use as energy.
- Some glucose also is stored in the liver as “glycogen” that is a sort of reserve that can be used by the body when glucose is low, such as during a fast.
- Insulin is also a fat storage hormone that stores excess glucose as fat.

#### FRUCTOSE:

- Fructose does not cause a direct rise in blood sugar levels because it goes directly to the liver.
- Fructose is processed by the liver as a fat, and consuming too much fructose can increase the likelihood your body will store it and lead to a cascade of potential health problems.

## A Word About High Fructose Corn Syrup

There is one sweetener that many experts agree should be avoided: high fructose corn syrup (HFCS).

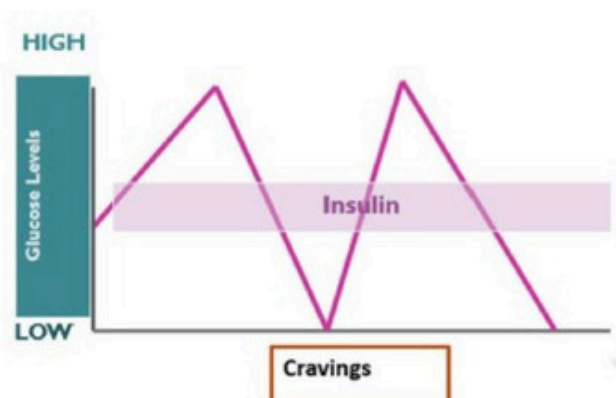
This is a manufactured form of sugar processed from corn. When corn is processed into HFCS, this sweetener is absorbed more quickly than regular sugar and when it enters your cells it becomes an uncontrolled source of carbon (acetyl-CoA) that is made into cholesterol and triglycerides.

Additionally, none of the normal controls on appetite are triggered when you eat foods or beverages containing HFCS such that you tend to stay hungry and keep eating more sugar and refined foods, which continues to fuel this cycle.

This rapid absorption of Added Sugars can lead to swift spikes in blood sugar levels accompanied by a sharp rise in insulin---especially if consumed in large quantities or without other macronutrients like fiber, protein, or fat.

- First, Your body breaks the "carbs" down into glucose (and fructose)
- Insulin transports the glucose in your blood to your cells for energy

- Blood glucose levels & insulin levels spike



When you consume added sugars and other sources of sugar on a consistent basis, over time, Insulin Resistance can set in and excess insulin remaining in the blood gets stored as fat.



A vicious cycle begins, and as the cells continue to reject glucose, Pre-Diabetes is a warning that blood sugar levels are getting too high.

Untreated, there is a high probability that Pre-diabetes will progress to Type 2 Diabetes

# FINDING ADDED SUGAR

A food that claims on its label to have no added sugar means that NO sugar or ingredient containing sugar was added during processing or packaging, but it may still contain some natural sugar or artificial sweeteners.

1

Go through your fridge and pantry to find food products that contain "ADDED SUGAR. This step involves reading labels and looking for any sugar that is added during food preparation or other processing.

2

Make a list of foods you want to remove and replace them. A good rule of thumb is "if you don't want to eat it, don't have it in the house".

3

Next steps: Remove and replace processed foods containing added sugar and learn how to prepare food without sugar in the ingredients.



# FINDING ADDED SUGAR

How Do You Find Added Sugar? Read Labels

## Finding Added Sugar

How Do You Find Added Sugar? Read Labels



Serving

| Nutrition Facts               |               |
|-------------------------------|---------------|
| 8 servings per container      |               |
| <b>Serving size</b>           | 2/3 cup (55g) |
| <b>Amount per serving</b>     |               |
| <b>Calories</b>               | <b>230</b>    |
| % Daily Value*                |               |
| <b>Total Fat</b> 8g           | 10%           |
| Saturated Fat 1g              | 5%            |
| Trans Fat 0g                  |               |
| <b>Cholesterol</b> 0mg        | 0%            |
| <b>Sodium</b> 160mg           | 7%            |
| <b>Total Carbohydrate</b> 37g | 13%           |
| Dietary Fiber 4g              | 14%           |
| <b>Total Sugars</b> 12g       |               |
| Includes 10g Added Sugars     | 20%           |
| <b>Protein</b> 3g             |               |
| Vitamin D 2mcg                | 10%           |
| Calcium 260mg                 | 20%           |
| Iron 8mg                      | 45%           |
| Potassium 240mg               | 6%            |

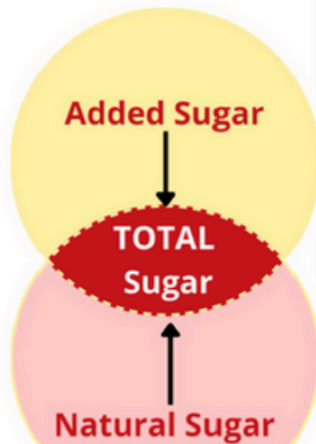
Total Fat

Total Carbohydrate

Dietary Fiber

Sugars

Protein



Ingredient

**Ingredients:** Oat bran, rice, sugar, oat clusters, sugar, toasted oats [rolled oats, sugar, high fructose corn syrup], partially hydrogenated soybean oil, molasses, honey, wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor, high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacin-

  = "added" Sugar

**Added Sugars:** any "sugar" added during processing or as part of food preparation.



Lactose

Fructose



Maltose



Natural Sugars are found naturally in foods

# TIPS FOR READING FOOD LABELS

- Food labels have both a Nutrition Facts and an Ingredients section, which provide different types of information.. Always read both the Nutrition Facts and Ingredients sections of the Food Label to understand the health value of a food product. Together, they give you the TRUE picture as to the health & nutritional value of the food product.
- The FDA definition of “**sugar,**” as found in the Code of Federal Regulations, means the natural sweet substance that is “obtained from sugar cane or sugar beets.”
- The term “**sugars**” on a nutrition label means the sum of a number of different types of sugars (such as glucose, fructose, lactose and sucrose)
- **Sugars** on a Nutrition Label lists the amount of all sugar. The source can be natural sugar from the food itself or added sugar.
- A food that claims it is **Sugar Free** (a.k.a. zero sugar, sugarless) means that One Serving contains less than 0.5 grams of sugars, (it might contain natural or added sugar)
- To find out if there is Added Sugar you need to look to see if the label includes an Added Sugar amount. **You also need to look at the ingredients section.** A food that claims to have no added sugar means that NO sugar or ingredient containing sugar was added during processing or packaging, but it may still contain some natural sugar or artificial sweeteners.
- **Ingredients** are listed in order, starting with the ingredient found in the largest amount, by weight, and progressing to the ingredient present in the smallest amount.
- If you have type 2 diabetes and weigh about 140 pounds, 1 gram of pure glucose will raise your blood sugar about 5 mg/dl—provided that your blood sugar is below the point at which your pancreas starts to make insulin to bring it down (1 Gram of granulated sugar is approximately equal to ¼ teaspoon (or ¼ sugar cube)
- **Total Carbohydrate:** Reflects the total amount of carbohydrates in the food product. When looking at the nutrition facts table, the number of total carbohydrates means the sum of sugar, starches and dietary fiber. Although all sugars are classed as carbohydrates, not all carbohydrates are sugars.

# THE MANY NAMES FOR SUGAR ON FOOD LABELS

Sugar goes by many names. This makes it super easy for it to hide, and often hard to find. Finding any of the ingredients below in a food label indicates that the food product contains simple sugars that are rapidly absorbed causing fast/sharp glucose spikes and a corresponding release of insulin.

|                         |                                 |
|-------------------------|---------------------------------|
| Agave nectar            | Fructose                        |
| Barbados sugar          | HFCS (high-fructose corn syrup) |
| Barley malt             | Honey                           |
| Barley malt syrup       | Icing sugar                     |
| Beet sugar              | Invert sugar                    |
| Brown sugar             | Malt syrup                      |
| Buttered syrup          | Maltodextrin                    |
| Cane juice              | Maltol                          |
| Cane juice crystals     | Maltose                         |
| Cane sugar              | Mannose                         |
| Caramel                 | Maple syrup                     |
| Carob syrup             | Molasses                        |
| Castor sugar            | Muscovado                       |
| Coconut palm sugar      | Palm sugar                      |
| Coconut sugar           | Panocha                         |
| Confectioner's sugar    | Powdered sugar                  |
| Corn sweetener          | Raw sugar                       |
| Corn syrup              | Refiner's syrup                 |
| Corn syrup solids       | Rice syrup                      |
| Date sugar              | Saccharose                      |
| Dehydrated cane juice   | Sorghum syrup                   |
| Demerara sugar          | Sucrose                         |
| Dextrose                | Sugar (granulated)              |
| Evaporated Cane Juice   | Sweet sorghum                   |
| Fruit juice             | Syrup                           |
| Fruit juice concentrate | Treacle                         |
| Glucose                 | Turbinado sugar                 |
| Glucose solids          | Yellow sugar                    |
| Golden sugar            |                                 |
| Golden syrup            |                                 |
| Grape sugar             |                                 |

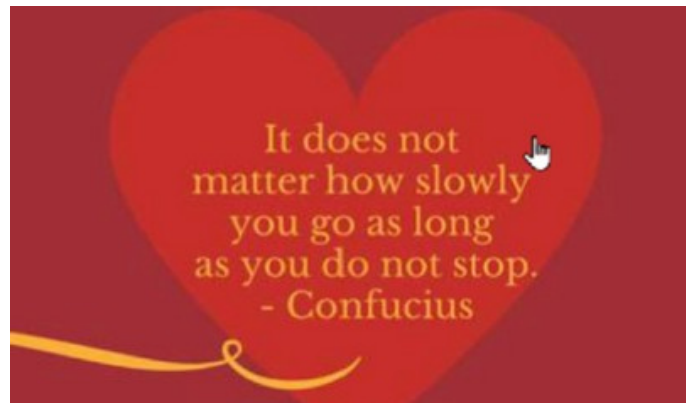


# REMOVE & REPLACE

## ADDED SUGAR

- Stop adding sugar to food, recipes & beverages
- Learn About Alternative Sweeteners
- Eliminate Soda (including diet) & stay hydrated with other beverages that do not contain any added sugar (also eliminate fruit juice)
- Replace salad dressings that contain added sugar
- Replace yogurt containing added sugar with plain yogurt (and flavor the yogurt yourself..)
- Replace high sugar smoothies with low sugar alternatives
- Replace pantry items (such as condiments, canned goods, and prepared foods) with brands containing no added sugar.

Although following a certain order when engaging in these activities is not required, I recommend starting with “Find Added Sugar” and “Stop Adding Sugar to Food, Recipes, and Beverages.” These two steps are critical whether you are just starting or beginning again after a period of relapse.



### **Should you Go Cold Turkey or Make Gradual Changes?**

If you are unsure which approach to take, here are some questions to help you decide whether to start slowly or quit added sugar more quickly.

- What is your tolerance for drastic change? If you find yourself overwhelmed trying to do too much all at once, try cutting out added sugar gradually.
- Do you have a health condition that requires you to cut added sugar all at once? If the answer is yes and it is difficult, get support to go cold turkey.
- Is added sugar a trigger food for you? If you are likely to binge or keep eating it (even if you only have a small amount), it is best to quit all at once.
- Did you start slowly but find that you are not getting the results you were hoping for? If yes, you might need to re-think your approach and just dive in.

# STOP ADDING SUGAR TO FOOD, RECIPES, & BEVERAGES

One of the most effective ways to reduce sugar intake is to stop adding sugar to foods and in the process recalibrating our taste buds.

**Our taste buds are malleable and can adapt over time. When constantly exposed to high sugar levels, they become desensitized and need even more sugar to register the same level of sweetness.**

**Conversely, when you decrease sugar intake, you'll initially find unsweetened foods less palatable, but over time, your taste buds adjust. Soon, foods you once thought were not sweet enough will taste just right, and overly sweetened foods will seem excessively sugary.**

Explore the tastes of food without any added sugar, and use spices and natural flavoring extracts to add zip to your food.

Coriander, nutmeg, ginger, cardamom, natural vanilla and cinnamon are all spices that can make a dish taste sweeter and help satisfy your sweet tooth without adding any sugar. Almond, mint, maple, coconut, and lemon extracts can be used to add flavor to everything from oatmeal to yogurt and sweet potato dishes.



## WHAT ABOUT USING ALTERNATIVE SWEETENERS ?

In all honesty, there is no easy or one size fits all answer for how or when to use sugar substitutes. But, one thing is pretty common for most people: the natural desire for sweet taste. And if totally ignored, for many people it will end in cravings and binges.

So, it really depends on your own biochemistry and what your triggers are as to whether sugar substitutes will work for you. Having said that, below is a summary of common natural sugar substitutes.

# SUGAR ALTERNATIVES

**STEVIA:** is a non-caloric herbal extract with an intensely sweet flavor. In its pure form has no calories, and it will not raise your blood glucose levels. You can buy Stevia in powdered or liquid form. (Be aware that some stevia products combine stevia leaf extract with other ingredients such as dextrose, maltodextrin, erythritol or other fillers to help reduce the sweetness of stevia and mimic the taste of sugar. So, if you're using a stevia-based substitute that's combined with dextrose or maltodextrin you'll still be getting some carbs and calories, and your sugar substitute will still influence your blood sugar.)

**MONK FRUIT EXTRACT:** Monk fruit, is a vine-ripened fruit, native to Asia. Monk fruit naturally does contain fructose and glucose, but when it's processed the sugars are removed, and the remaining extract contains mogroside which is the compound responsible for monk fruit's no-calorie sweetness. [If nothing has been added to it (Example, dextrose or erythritol ) monk fruit contains zero sugars, and zero calories, it does not increase blood sugar levels.]

**ERYTHRITOL:** is a "sugar alcohol" that at the industrial level is produced through a natural fermentation process. Erythritol is 60 to 70% as sweet as table sugar and has a minimal effect on blood sugar level. It is absorbed before it enters the large intestine, and generally does not cause the laxative effects often experienced after consumption of other sugar alcohols such as Maltitol and Sorbitol. (Erythritol is not zero calorie, but it is low calorie, and lower than other sugar alcohols.)

**ALLULOSE:** is a new lower-calorie sweeteners that came out in 2015, and just received FDA approval. Allulose is not an artificial sweetener or sugar alcohol. It is classified as a "rare sugar," because it's naturally found in small amounts in a few foods—including figs, raisins, molasses, and maple syrup. To produce allulose, manufacturers take fructose from corn and other plants, and then expose it to an enzyme that converts the fructose structure into allulose. (Chemically, allulose is similar to fructose. But, your body doesn't process it the same way because chemically it is arranged differently.)

**AGAVE NECTAR:** is made through the extraction and purification of the juice of the agave cactus. It is mainly metabolized in the liver and has a lower glycemic index. I should, however, be used very sparingly because of its high fructose content (consumption of high amounts of fructose can lower metabolic rate and cause something called "de-novo lipogenesis" --- the conversion of sugar into fat--- since the liver can only metabolize limited amounts of fructose.)

# Eliminate Soda, Including Diet

A growing body of research indicates that drinking artificially sweetened diet sodas on a regular basis may set you up for weight gain and increased cravings for sweets. New research indicates that the body learns to predict caloric intake by the taste and texture of certain foods. When artificial sweeteners are introduced into the mix, our body sends the appropriate sweet signals to the brain but never delivers the sugar punch.

In this process we set ourselves up for cravings to which we eventually and often unknowingly, give in. In other words, consuming drinks that taste very sweet due to artificial sweeteners that seem real might be setting us up to eat more later on. An occasional diet soda is probably fine. But, watch out for habitual drinking of artificially sweetened diet soda.



I recommend eliminating all regular soda, and diet soda. But if you are currently drinking diet soda, Don't feel like you have to go cold turkey. Especially if that is going to set you up for failure. Create a plan for cutting back and work towards eliminating it from your food plan. Below are some steps you can take for cutting back.

- Remove diet soda from your home environment. Don't keep it at your desk at work. Out of sight, out of mind. Set a rule for yourself that you will only drink diet soda when
- you're out at a restaurant or other occasion outside of your home. Later, you can start substituting other drinks when you eat out until you're eventually soda-free. Be prepared for withdrawal symptoms. Your body is addicted to this substance. So don't
- be discouraged if you experience some physical effects of quitting that will subside, including– headaches, irritability, or lack of focus. Time your quitting so you can be out of focus and irritable without it affecting your life too much. Don't totally quit diet soda
- the week of the giant research paper or the big work project or an important occasion. That's just a recipe for disaster on both fronts. Instead cut back.

**Kick the Soda Habit with this easy recipe for Lemon/Lime Spritzer:** Instead of reaching for a diet soda, try this refreshing twist on the popular sodas 7-Up and Sprite. (For variety, you can experiment with other fruits such as Oranges or Strawberries, and different flavors of Liquid Stevia as well)

Ingredients:

- 8 ounces sparkling water
- 2-3 slices of lemon and/or lime
- 2-3 drops Liquid Stevia (Plain or Lemon Drop)
- Ice cubes (as desired)



Directions:

- Pour the sparkling water into a glass
- Slice the lemon/lime and squeeze some of the juice into the sparkling water, then add the lemon/lime into the sparkling water
- Add 2-3 drops of the Stevia to the sparkling water.
- Add ice cubes and enjoy



**Water is the recommended liquid of choice. But if you are not a fan of plain water, there are lots of other choices.**

**TIPS & IDEAS**

- Flavor water or seltzer with Stevia or Monk Fruit drops which are available in a variety of fruit and non-fruit flavors such as Vanilla or Root Beer
- Unsweetened Tea is a good water alternative. If you enjoy iced tea, try making your own with decaf teabags
- Plain water is refreshing when infused with fruit such as Strawberries, orange slices, lemons, limes, blueberries, or watermelon
- Warm water with lemon is a great way to start off your day. You can sweeten it with a few Stevia or Monk Fruit liquid drops.
- A cup of hot chamomile tea at night is a relaxing way to end your day
- You can also get water into your system from food sources, such as soups and vegetables that contain a high percentage of water.



# Replace Salad Dressings that Contain Added Sugar

- Purchase Salad Dressings or Marinades without Added Sugar
- Make Your Own Dressings or Marinades with no Added Sugar



Store bought dressings with no sugar added provide convenience and you can use these dressings for all sorts of salads or as marinades.

- Newman's Own Classic Oil & Vinegar Dressing
- Newman's Own Organic Oil & Vinegar Dressing
- Newman's Own Creamy Caesar Dressing
- Annie's Organic Goddess Dressing
- Annie's Organic Red Wine & Olive Oil Vinaigrette
- Tessemae's Organic Lemon Garlic Dressing
- Tessemae's Classic Italian
- Primal Kitchen Ranch
- Primal Kitchen Lemon Turmeric Vinaigrette
- Drew's Organic Shitake Ginger Dressing & Marinade
- Drew's Tahini Goddess Dressing and Marinade
- Drew's Classic Italian Dressing and Marinade
- Sir Kensington Brand Dressings (no or 1 gram sugar)
- Cindy's Kitchen Barcelona Vinaigrette
- Trader Joes Organic Red Wine & Olive Oil Vinaigrette

## Basic Vinaigrette:

1 tsp olive oil,  
¼ cup lemon juice  
2 tbs. chopped fresh parsley,  
2 tbs. finely chopped onion,  
1 clove garlic- finely chopped,  
a touch of Dijon mustard.

(You can substitute your favorite vinegar for the lemon juice - but start with a small amount and add more to taste)

Combine all ingredients and mix thoroughly. Add salt and pepper to taste.

## SALAD DRESSING TIPS

### FOOL PROOF DRESSING

Salad dressings generally have three major components: a fat, an acid, and something that brings the two together. (this is called an emulsifier). Mustard, mayonnaise, tahini, mashed avocado are common emulsifiers for home made salad dressings.

A foolproof way to “dress” your salad is to drizzle a small amount of extra virgin olive oil on the greens and mix in well. The greens should be lightly dressed, not soggy.

Then add a small amount of vinegar of choice or lemon juice to taste. Finally, add any seasonings. My favorite combo is a lemon flavored olive oil with a fruity flavored balsamic vinegar.

When the salad dressing is applied and mixed in using this method, you don't need to add an emulsifier, unless you want to do so for extra flavor.

**Whether making your own or a bottled dressing, you don't want a soggy salad. start with a small amount, mix and coat the salad, and then add more to taste, if needed.**

# Replace Yogurt Containing Added Sugar with Plain Yogurt ( & flavor the yogurt yourself)

Yogurt is often touted as a healthy snack, packed with probiotics, protein, and essential nutrients like calcium and vitamin D. But not all yogurts are created equal, and the difference often lies in the plain versus flavored products. One of the most significant advantages of choosing plain yogurt is its lower sugar content. Flavored yogurts often contain added sugars that can quickly turn your healthy snack into a sugar-laden choice.

Plain yogurt, on the other hand, contains natural sugars found in milk and has no added sugars. The more lactose in the yogurt, the greater the amount of natural sugars. Plain yogurt acts as a blank canvas, allowing you to personalize your yogurt experience to your liking.



## Ideas to “jazz” up Plain Yogurt

- Sweeten with flavored Stevia or Monk Fruit Drops
- Swirl in berries or make a berry parfait
- Add flavors such as Vanilla and/or Cinnamon
- Make a pudding with Cacao Powder + Protein Powder
- Thicken and add creaminess with Whipped Cream, Ricotta, or Mascarpone

# Yogurt Parfait

Parfaits are great for a quick breakfast, as a snack, or served as an elegant dessert.

**BASIC YOGURT PARFAIT FORMULA: [YOGURT + PROTEIN POWDER + SWEETENER OF**

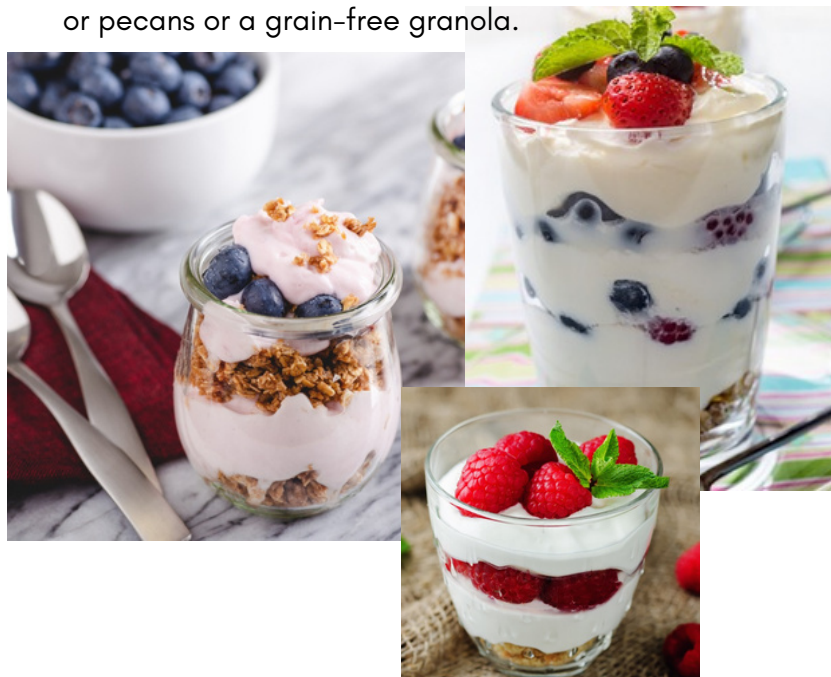
**CHOICE + FLAVORING OF CHOICE] + LAYERED FRUIT + GARNISH/CRUNCH**

## INGREDIENTS

- Plain Yogurt: One cup of yogurt will yield 2 small parfaits. Greek or Icelandic (Skyr) Yogurt are both creamy and low in natural sugar.
- Sweetener of Choice (to taste)
- 1/2-1 tsp Protein Powder: Give the yogurt a pudding consistency, and adds more protein (optional)
- Flavoring(s): I use cinnamon and a touch of vanilla to flavor the yogurt. If you like chocolate, you could add some unsweetened cocoa powder. You could also use a flavored Liquid Stevia.
- Fruit of choice (Suggested: fresh or frozen blueberries, raspberries and/or strawberries. (Approx. a cup of fruit for 2 parfaits.) Choose low glycemic fruits such as berries and avoid high glycemic fruits such as melons, grapes and ripe bananas.
- "Crunch": I make "crunch" using Ezekial 4:9 Almond Sprouted Whole Grain Cereal. (See Instructions). In place of crunch you can substitute chopped walnuts or pecans or a grain-free granola.

## INSTRUCTIONS

1. **Prepare the Crunch:** Heat up a heavy skillet, and add 1/4 to 1/2 box of Ezekial 4:9 Almond Sprouted Whole Grain Cereal to the skillet. Sprinkle some cinnamon over the cereal, and then sprinkle dry sweetener of choice (or pour small amount of liquid sweetener such as sugar free maple syrup) over the cereal.
2. Next, mix the cinnamon and sweetener into the cereal, stirring it for about 5 minutes over low heat to slightly roast the cereal mixture. Remove from heat, and put in bowl to cool. Depending on the sweetener used, the mixture may stick together when it cools down-use a fork to gently break it apart.
3. **Prepare the Yogurt & Fruit:** Place the yogurt in a bowl and add the Protein Powder. Then add a small amount of sweetener and cinnamon. Mix the sweetener and cinnamon into the yogurt. Taste, and add more sweetener and cinnamon if needed. Wash & rinse the fruit. Cut strawberries into small pieces
4. **Assemble the Parfaits:** Place a tablespoon of the crunch in the bottom of the glasses or parfait glasses. Next, place approximately 1/4 cup of the yogurt on top of the crunch. Top with 1/4 cup of the sliced strawberries. Repeat the layers. Optional: Top with shaved dark chocolate.



# REPLACE HIGH SUGAR SMOOTHIES WITH LOW SUGAR ALTERNATIVES

The trick to making smoothies for blood sugar health is combining a blend of low sugar ingredients that will provide lots of nutrients, and not cause major blood sugar and insulin spikes. The key ingredients for a delicious and healthy smoothie are:

**Liquid + Protein + Fiber + Low Glycemic Fruits and/or Vegetables + Thickener + sweetener of choice**



## LIQUID

- Dairy Milk
- Nut Milk (Unsweetened)
- Coconut Milk (Unsweetened)
- Soy Milk
- Kefir
- Water
- Coffee

## PROTEIN/FIBER

- Protein Powder
- Silken Tofu
- Plain Yogurt
- Mascarpone
- Ground Flax Seeds
- Chia Seeds
- Almond Butter
- Peanut Butter

## FRUIT/VEGETABLES

- Acai (Unsweetened)
- Berries (Strawberry, Blueberry, Raspberry, Blackberry) 1/4
- Banana (less ripe)
- Frozen Cauliflower
- Kale/Spinach
- Pumpkin/Squash
- Carrots

## THICKENER

- Ice
- Frozen Berries
- Frozen Cauliflower
- 1/4 Frozen Banana (less ripe)
- Avocado, Tofu, Yogurt, Mascarpone, Chia Seeds will also serve as thickeners

## SWEETENERS

- Stevia Powder or Flavored
- Stevia Drops
- Monk Fruit Powder or Flavored Drops
- Choc Zero Syrups
- Wholesome Yum
- Zero Sugar Honey
- Other Non-Sugar Sweetener of Choice

## OTHER

- Greens Powder
- Acai Powder
- Goji Berry Powder
- Cinnamon
- Vanilla Flavoring
- Cacao Nibs
- Cacao Powder

## CHOCO-GREEN SMOOTHIE:

Who would have thought that drinking your greens could be so delicious!

### Ingredients:

- 1 cup unsweetened Chocolate Unsweetened Almond Milk
- 1 scoop of Chocolate Protein Powder
- 1 Scoop chocolate flavored Greens Powder (or small amount of baby spinach if you have blender that can blend it fully)
- 1TBSP raw Cacao powder
- 1TBSP of unsweetened Almond Butter (or unsweetened Peanut Butter)
- 1/2 Cup frozen Cauliflower (it will make your smoothie creamy with NO weird taste!) NOTE: look for pre-washed frozen florets if using straight from the bag, or wash/steam fresh cauliflower florets and freeze for use in smoothies and other recipes)
- 4-6 Ice cubes (as desired, the more ice-cubes, the thicker the smoothie)
- Sweetener of Choice

**OPTIONAL:** 1 packet unsweetened, frozen Acai Berry Puree (or ¼ cup frozen blueberries)

### Directions:

Pour the liquid into a blender.  
Add the remaining ingredients  
Mix the ingredients in the blender until smooth. (start on low and then move to higher speed)



# Replace Pantry items (such as condiments, canned goods etc.) with brands containing no added sugar –

Examples of foods that are easy to replace with a no sugar added brand, include:

Pasta Sauce

Vinegar

Peanut Butter/Almond Butter

Protein Powder & Mixes

Syrup

Salad Dressings

Mayonnaise



# Getting Started with a Sugar Free, Quality Carb Lifestyle

## Eliminate "Added Sugar"



Based on your biochemistry, include small amounts of:

- Starchy Veggies (squash, sweet potatoes, peas etc.)
- Dairy (low in lactose)
- Dark Chocolate (no sugar)
- Sweeteners of Choice: Stevia, Monkfruit, Allulose, etc.

## Eliminate Grain Based Flour Products



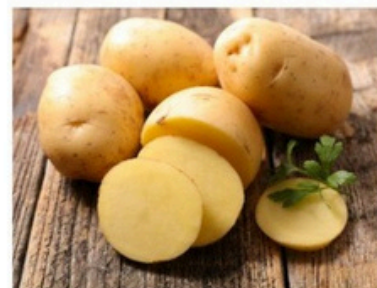
## Eliminate Rice



## Go Easy on Foods with "Natural Sugars"



## Eliminate White Potatoes



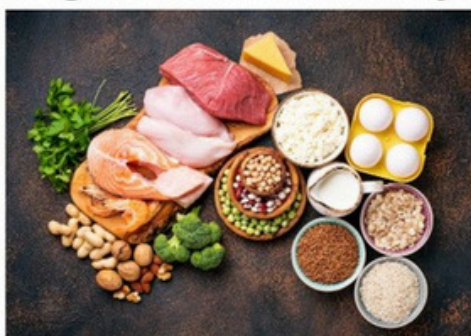
## Drink Water & Other Blood Sugar Friendly Beverages



## Choose Low Glycemic Fruit



## Focus on Non-Starchy Vegetables, Healthy Protein & Healthy Fats



# Food Plan Strategies That Get Results

One of the big differences between the developing a personalized food plan and a “diet” is that you are using a “crowd out” method to “change your plate” and learning to eat according to both your unique biochemistry and lifestyle. In this process you will move away from the typical meal that focuses on lots of protein and large portions of carbohydrates such as potatoes, rice & pasta to meals with MORE non-starchy vegetables accompanied by a serving of healthy protein, and small portions of foods such as sweet potatoes & certain whole grains & foods that moderate the insulin response.

## **Eat More Non-Starchy Vegetables :**

Eat a wide variety of foods centered around nutrient dense non-starchy vegetables (50%), high quality protein (25%), and small amounts of low glycemic fruit, starchy vegetables, healthy fats, and non-grain based flour products (25%)

## **Eliminate Added Sugar & Carbohydrates that cause a quick rise in blood sugars along with heightened insulin response**

This includes white potatoes, rice, and most grain-based flour products.

## **Increase Fiber & Stay Hydrated**

Try to include at least 25-30 grams of fiber daily, and drink enough water + other liquids such as tea or broth. Try to eliminate diet soda.

## **Adopt New Eating Habits**

Build new habits that improve not just what you eat but HOW you eat. (Adopt as regular a schedule as possible, watch portion sizes, avoid overeating, make conscious food decisions, and learn to eat mindfully

## **Be Prepared**

Have what you need to take care of yourself outside of your house and create an environment at home that supports your food plan and vision of health.

## **Keep it Simple**

Any plan that is overly complicated will soon be discarded, and you will find yourself back to old eating habits. If you develop a food plan that fits your lifestyle, you will be able to internalize the plan and make food choices that support your vision of health.



## Some Ideas for Snacking Smart

- Pumpkin Seed Mix (1/4 cup)
- ¼ cup nuts (almonds, walnuts, pecans) with a slice of low fat cheese or raw veggies.
- 1 TBSP almond butter with a piece of non-grain based bread or apple slices
- Edamame with Flavored “salts” or Ponzu Sauce
- Turkey rollups with avocado
- Chopped tomato salad with, beans, red onions, avocado and dressing of choice
- Cherry tomatoes with tuna salad
- Deviled egg (if desired, with hummus substituted for mashed egg yolk)
- Hummus or Bean Dip with raw vegetables
- ¼ cup part skim ricotta cheese (or Greek Yogurt) with unsweetened cocoa and a tablespoon of chocolate protein powder. (Add Stevia or Truvia to taste.) To make it extra luxurious add some melted Dark Chocolate.....
- Cucumber or zucchini rounds with hummus, smoked salmon or tuna salad
- Air Fried Chicken Strips with “no-grain based flour coating”
- Spicy, Roasted Chick Peas
- Guacamole with Jicama sticks
- Cup of lentil, vegetable, carrot or black bean soup.
- Sardine salad with cucumbers & vegetables
- Simple Cucumber Salad
- Pressed Cabbage Salad
- Homemade Low Carb Crackers or Triscuits with smoked salmon & cream cheese
- Baby spinach “rollups” with Laughing Cow Cheese and walnuts
- Avocado Slices with Lemon or Lime
- Silver Dollar “no grain-based flour” Pancakes
- Mini Chaffle Pizza (add some Pepperoni or vegetables on top)
- Antipasto platter (olives, roasted peppers, hummus, pickled vegetables, cheese)

# THANK YOU



*Janet Sanders*



*Joseph Bodek*

WE APPRECIATE YOUR TAKING SOME TIME TO LEARN MORE ABOUT OUR PROGRAM. I HOPE THIS FAST START EBOOK HAS GIVEN YOU SOME HELPFUL IDEAS FOR GETTING STARTED (OR STAYING ON TRACK) WITH YOUR OWN SUGAR-FREE LIFESTYLE.

**WHAT'S NEXT?**

# REACH OUT

WANT HELP ELIMINATING ADDED SUGAR &  
CREATING YOUR SUGAR FREE LIFESTYLE?

Get Coaching Support in our Sugar-Free Lifestyle Coaching Club

Visit our Web-site for Additional  
Information and Registraion Link

[WWW.SUGARFREELIFESTYLECOACHING.COM](http://WWW.SUGARFREELIFESTYLECOACHING.COM)



# TESTIMONIALS



Janet's programs are very practical. Sugar no longer rules my life, and I have the tools I need to make better decisions about what I eat and how I spend my day.

PAM P.

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I have learned how to enjoy my life again, without foods that sabotage my health. Don't think twice. Janet and her courses are the real deal.

JOE B.

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Janet has really enhanced my knowledge about my body & nutrition --- and I am finally reaching my goals. Thanks Janet for all you do!

SHARON D.