

WELCOME TO FITNFREELIFE'S 7 DAY SUGAR DETOX

**Disclaimer: I am not a certified nutritionist and do not claim to be. Each individual's dietary needs and restrictions are unique. You are ultimately responsible for all decisions pertaining to your health. My content should not be considered a substitute for professional medical expertise or treatment.*

WHY YOU MAY NEED A BREAK FROM SUGAR

Fatigue, soreness, headaches, lack of focus, acne, weight gain and bloating are some of the most prevalent side effects of too much sugar. If you are feeling any of these and have an inkling your diet may be the culprit, a sugar detox may be for you.

The liver is the body's filter. But if you overload that filter with toxins and waste, it gets clogged and can't properly do its job. When the liver isn't having to work as hard to process out alcohol and sugar, it can focus on removing toxins from other areas of the body. That is why you may experience some side effects like headaches, joint pain, lack of energy, pimples or nausea. These are signs your body was in need of a detox and should only last a day or two.

If you crave that sweetness more often than not, a sugar detox can help reset your palate and your sensitivity and desire for sweets. As always, everything is good in moderation, but when you feel a slave to sugar, that's a sign you need a change.

CLEAN OUT YOUR PANTRY

The first steps to eliminating sugar involve removing it from your environment. You are less likely to reach for an extra cookie after dinner or ice cream if it's not around. Here are some of the biggest sugar culprits to remove before starting the sugar detox:

- Cookies, cakes, breads, cereals, candy
- Packaged sauces (spaghetti, ketchup, salad dressings, BBQ sauce)
- Coffee Creamers, Certain Bottled Nut Milks (look for unsweetened)
- Flavored Yogurt (plain whole milk yogurt has naturally occurring sugars, and is okay during the detox if desired)
- Granola, protein bars, protein powders
- Gum, mints, energy drinks, sweetened coffee drinks
- Nut butters
- Soda, Alcohol, Fruit Juice

- Chips, spreads & dips

WHOA! Who knew? All of these items are sneaky places that sugar lurks if you're not looking for it. When you are going through your pantry items, be sure to check for the various "code names" of sugar. Once you remove sources from your kitchen, you will feel more prepared to tackle the task of eliminating sugar for 7 days. Once you do this, it's time to go shopping!

MEAL PLAN

I provided a sample meal plan, but when in doubt, remember this formula:

protein + fat + veggies + flavor

for a quick and easy meal. For this challenge, you can choose how specific you want to be when it comes to eliminating sugar. Personally, I will eliminate sugar in all forms (including stevia, dates, maple syrup, honey, and fruit, aside from green bananas and green apples), but you modify based on your needs. I would keep fruits at a minimum of 1-2 pieces a day. Think about when you typically have a sugary snack or piece of fruit. Replace that with veggies and a healthy fat to keep energy levels up and cravings at bay.

The first couple days may feel like a challenge, but trying something new always has its learning curves. The point of this challenge is to become conscious of how much sugar you are actually consuming and to see how your body reacts to removing it. Once you figure out the foods on this detox you enjoy, and ones that are easy to prepare, you will have an easier time adjusting. Don't worry if you slip-up. Just continue to try eating whole, real foods and all will be well in your mind and body.

I like to take time to go shopping on Saturday and meal prep on Sundays to be prepared for the week. It takes another stressor out of the equation, and sets me up for success during the week. Take some time today or tomorrow to write out the desired meals you wish to prepare, the ingredients you have, the ingredients you need, and then hit the store. Sometimes I am so motivated when I get home, I just meal prep all on the same day. However you do it, meal prep is a great habit to adopt and will make healthy eating 100X easier for you.

Please don't hesitate to email me with any questions regarding the detox **fitnfreelife@gmail.com**. This isn't meant to cure or treat something, but to put you on the path towards a LESS sugary lifestyle. Let's get started!

RECIPES

To keep things simple, I like to choose 2 meals and alternate daily for a week for variety. It keeps the grocery bill down and still keeps me interested in my food choices. I provided 3 choices for each meal, including a vegetarian option. You choose your favorites - 3 meals + 2 snacks.

BREAKFAST

CHUNKY MONKEY BREAKFAST SMOOTHIE

INGREDIENTS

- ½ frozen large green-tipped banana
- 1/2 cup full fat organic coconut milk (typically canned)
- 1 cup unsweetened almond milk
- 1/2 cup frozen butternut squash
- 1/4 avocado
- 1 T ground flax
- 1 T Almond Butter
- 1 T cacao powder
- Cinnamon
- Sea salt
- 1 tsp maca (optional but great for energy and blood sugar stabilization)

DIRECTIONS

1. Combine all ingredients in a high-powered blender and blend until smooth and creamy. Use less liquid for a thicker consistency.
2. Top with unsweetened coconut, banana or cacao nibs.

PERFECT PROTEIN PANCAKES • 1-2 servings

INGREDIENTS

- 1 green-tipped banana
- ½-¾ cup unsweetened almond milk
- 2 eggs
- 1/2 tsp vanilla
- 1/2 tsp cinnamon
- 1/3 cup coconut flour
- 2 tbsp ground flaxseed
- 1/2 tsp baking powder

DIRECTIONS

1. Blend all in a high speed blender until batter is smooth..
2. Heat pan on medium then spray with coconut oil or melt ghee to coat pan.
3. Cook 1-2 minutes per side.

4. Top with coconut butter glaze (1 T coconut butter + 2 T almond milk melted together), or plain yogurt.

EGGS OVER BACON BRUSSELS SPROUT HASH

INGREDIENTS

- 1 lb Shredded Brussels sprouts (or whole and but into quarters)
- 1 T ghee
- 1 medium onion, thinly sliced
- ¼ teaspoon pink salt
- ¼ teaspoon black pepper
- 1 teaspoon lemon juice
- 4 slices bacon, cooked and chopped into pieces
- 2 pasture-raised Eggs per serving
- Avocado

DIRECTIONS

1. Clean and trim brussels sprouts if needed.
2. Heat the ghee in a large skillet over medium-high heat. Add brussels sprouts, onion, salt, and pepper and cook about 6-8 minutes until tender.
3. Remove from heat and stir in lemon juice and bacon.
4. Serve the Brussels sprout hash topped with 2 eggs, ¼ avocado and red pepper flakes.

LUNCH

NATALIE'S ROASTED PROTEIN LUNCH BOWL

INGREDIENTS

- Roasted veggies of choice (I love whole carrots, mushrooms, broccoli, green beans and onion) - chop and toss with avocado oil and desired spices. Roast about 30-35 minutes at 405 degrees.*
- 2 cups mixed greens
- 4 oz. Roasted Salmon or Chicken (your favorite preparation)
 - Prep with avocado oil + favorite seasoning (Flavor God has some great blends) - roast at 425 until cooked through
- Optional Add-ins: Hemp seeds, avocado, Kite Hill Cream Cheese, Hummus, Pepitas, Chopped fresh veggies (cucumber, red pepper), Cauliflower Rice, Sugar-free dressing (Primal Kitchen and Tessemae make great dressings)

DIRECTIONS

1. Prepare veggies and protein ahead of time. Throw all desired ingredients together in a bowl. Devour!

**I love to make a big batch of roasted veggies to throw together a quick lunch bowl or breakfast. Add a healthy source of protein and some fat and VOILA! Instant meal.*

AVOCADO EGG SALAD • 3 servings

INGREDIENTS

- 3 hard boiled eggs (can also sub chickpeas for a vegan version)
- 1 large ripe avocado
- 2 tbsp spicy brown mustard
- ½ c chopped celery
- 2 chopped dill pickles
- 1/4 cup chopped green onion
- 1 tsp ground pepper
- ¼ tsp sea salt
- Spinach + sprouted bread (no-sugar added - Ezekiel bread is great) for serving

DIRECTIONS

1. Prepare & chop Hard-boiled eggs.
2. Mash avocado and add rest of ingredients, to the mix.
3. Toast 2 pieces of sprouted bread. Top with spinach, avocado mixture and red pepper flakes.

CHICKEN FAJITA BOWL • 2-4 servings

INGREDIENTS

- 1 lb. boneless skinless chicken breasts
- 1-2 Tbsp. Fajita Seasoning (no sugar added or make your own with: 1 T chili powder, 1 tsp onion powder, 1 tsp garlic powder, 1 tsp cumin, 1 tsp smoked paprika, salt + pepper)
- 1 red & 1 yellow pepper, sliced
- 1 onion, sliced same size as peppers
- 1 clove garlic, minced
- 1 T coconut aminos (CAN sub in tamari or soy sauce)
- Salt and pepper to taste
- Cauliflower rice, sautéed with avocado oil and cilantro
- 1 avocado, sliced
- Salsa or fresh tomatoes

DIRECTIONS

1. Heat 1 T EVOO, avocado oil or ghee over medium heat in a large skillet.
2. Sauté peppers and onion until soft, about 5 minutes. Add garlic and sauté 1 more minute. Add coconut aminos and salt and pepper. Remove from heat and set aside.

3. Toss chicken with fajita seasoning. Add 1 T oil to pan and saute chicken breasts until thoroughly cooked. Slice into strips
4. Assemble bowls with cauliflower rice, pepper mixture, and chicken. Top with avocado, salsa and plain yogurt (if desired).

DINNER

SOUTHWEST TURKEY BURGERS with SWEET POTATO FRIES • 3-4 servings

INGREDIENTS

- 1 pound ground turkey
- 1/2-3/4 of one jalapeño pepper, minced
- 1 medium shallot, peeled & minced
- 2 tsp lime juice
- 2 Tablespoon chopped cilantro
- 1 teaspoon paprika
- 1 teaspoon cumin
- OPTIONAL: Sugar-free taco seasoning
- 1/2 a teaspoon sea salt
- 1/2 teaspoon black pepper
- 2-3 Sweet potatoes
- Avocado oil, Extra virgin olive oil, ghee
- Guacamole
- No sugar added Salsa

DIRECTIONS

1. Pre-heat oven to 425.
2. Cut sweet potatoes into “fries.” Toss with avocado oil (can use EVOO) and desired spices. My go-to: cumin, smoked paprika, cayenne pepper, garlic, salt & pepper. Roast 15-20 minutes, flipping fries halfway through.
3. While potatoes are roasting, mix turkey, herbs, spices and lime in bowl with hands until well combined. Mold into 4 patties.
4. Heat pan over medium heat and add 1-2 T olive oil or ghee.
5. Once hot, cook patties until heated through (about 5 minutes per side).
6. Top with guacamole, fresh salsa and use romaine leaves for buns!

PALEO “SPAGHETTI” & MEATBALLS

INGREDIENTS

- MEATBALLS:
- 1½ lbs ground pork
- 1½ lbs lean ground beef

- 2 Tbsp Italian seasoning
 - 1 egg
 - 1 Tbsp parsley, finely chopped
 - 1 tsp salt
 - 1 tsp ground black pepper
- Any no-sugar added pasta sauce (check ingredients)
 - 1-2 zucchini spiralized into “zoodles”
 - Fresh parmesan or nutritional yeast for topping

DIRECTIONS

1. Preheat oven to 400.
2. Mix the meatball ingredients together in a large bowl with hands until well-combined. Shape mixture into meatballs. Arrange meatballs on baking sheet lined with foil.
3. Bake for 20 minutes or until cooked through.
4. Use a spiralizer (you can purchase from Amazon, or even use a peeler to julienne the zucchini) to create zoodles out of the zucchini.
5. Top zoodles with meatballs, pasta sauce of choice and fresh parmesan or nutritional yeast.

ASIAN KALE SALAD with EDAMAME, CARROT & AVOCADO (via [Cookie + Kate](#))

INGREDIENTS

- 1 bunch kale
- fine-grain sea salt
- 1 cup chopped snow peas (slice off tough ends first)
- 1 large carrot, peeled and ribboned with a vegetable peeler
- 1 small red bell pepper, chopped
- 1 heaping cup organic edamame
- 1 avocado, chunked
- 1 large shallot, finely sliced
- handful cilantro, chopped
- handful Thai basil (or regular basil), chopped

GINGER VINAIGRETTE

- ¼ cup avocado or Olive Oil
- 2 T rice vinegar
- 1T finely grated ginger or ginger powder
- 1 T coconut aminos
- 2 tsp lime juice
- 3 garlic cloves, pressed or minced

DIRECTIONS

1. Remove the hard stalk from kale leaves and discard. Chop kale into pieces and place in a large bowl. Sprinkle kale with sea salt and use your hands to massage the leaves until a deep green color is achieved.

2. To make the vinaigrette, whisk together all the ingredients until emulsified. Toss the dressing with the salad and serve.

SNACKS

SUGAR-FREE BANOLA (from the 21 Day Sugar Detox)

INGREDIENTS

- 2 cups chopped nuts of choice (walnuts, pecans, macadamias, almonds)
- 1 cup slivered or sliced almonds
- 1/2 cup seeds of choice (pumpkin, sunflower, sesame)
- 1/2 cup almond meal
- 2 green-tipped bananas, smashed into a puree
- 1 egg
- 2 teaspoons pure vanilla extract
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg (optional)
- 1/4 teaspoon sea salt

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a food processor, pulse the whole or halved nuts until they're partially ground and partially still in small chunks. You can also use a can and a ziploc bag to smash the nuts.
3. Pour the nuts into a large mixing bowl, then stir in the slivered almonds, seeds, and almond meal.
4. Place the bananas, egg, vanilla, cinnamon, nutmeg (if using), and sea salt into the food processor and process for 20 seconds or until all the ingredients are puréed.
5. Pour the banana mixture into the nut mixture and stir until the nuts are well coated.
6. Pour the nut mixture onto a parchment paper-lined baking sheet. Bake in the oven for about 30 to 35 minutes, checking every 10 minutes and turning the chunks of granola with

a large spoon to break up the very large pieces. This allows it to dry out and lightly brown on all sides. Remove from the oven and let cool, uncovered.

7. Store in the refrigerator for up to a week. Enjoy it plain as a snack, or with coconut or almond milk as a cereal.

CHIA PUDDING

INGREDIENTS

- 1 1/4 cup full fat coconut milk
- 1/2 c water or unsweetened almond milk
- 1/4 cup chia seeds
- 2 tbspcollagen peptides *optional* I like Vital Proteins Brand
- 1/4 tsp Vanilla Powder or 1/2 tsp Vanilla Extract
- Cinnamon
- Toppings: Coconut flakes, Banola, Drizzled Coconut Butter

DIRECTIONS

- Pour all ingredients into a bowl or jar. Mix thoroughly and let sit in fridge, overnight or at least 30 minutes to thicken. Top with desired toppings.

OTHER SNACK IDEAS

- Beef jerky
- Carrots + hummus
- Snap peas + guacamole
- Yogurt + diced green apples + cinnamon
- Hard-boiled eggs with paprika
- Plain trail mix (no raisins or dried fruit)

SHARE YOUR RECIPES + PROGRESS VIA #FNFLSUGARDETOX!

