

The background features a stylized illustration of a woman's face with large, expressive eyes and a wide smile. Her hair is dark brown and voluminous. A large, light-colored flower with a pink center is positioned near her hair on the left side. The overall color palette includes warm tones like orange, yellow, and red, set against a light blue background.

See Ya, Sugar

The 10-Day Program
to Kick Your Sugar Habit
&
Regain Your Health,
Energy, & Vitality

Jen Dorf & Jean Marie Stein

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See Ya, Sugar

WHAT TO EXPECT!

Welcome! We're thrilled to support you on this empowering, 10-day journey. It's time to become laser-focused on sugar and the foods the body metabolizes as sugar. While you are saying "See Ya" to your sugar habit, **you'll eliminate all sugar and sweeteners (including artificial and natural sugar alternatives), white rice, white flour, white bread, corn, and white potatoes - which all turn to sugar in the body. In addition, all fruit, except lemons and limes, will be excluded for the first four days.**

Removing these high-glycemic foods from your diet is an essential step to kick your addiction to sugar, reset your sense of taste, and allow you to enjoy the natural sweetness in whole food. Don't worry! We'll offer other ways to integrate sweetness into your life during the 10 days!

See Ya, Sugar teaches sustainable habits to incorporate into your daily routine, while increasing awareness of sugar intake to help you make empowering choices, freeing you from sugar's grip. At the end of this jour-

ney, you'll have the necessary tools to make skillful food and beverage choices in the future. Our participants become expert label readers and create sustainable healthy habits. Many write to us months later to report that they have continued to lose weight or that their blood sugar and lipid panels show steady improvement.

Prep Time: Take time to prepare for the 10 days! You can jump right in and start today, but most participants allow a few days to read this guide, order supplements, clean the pantry (Pantry Purge Page 9) and do some shopping. **The better prepared you are, the more likely you are to get the most out of the 10-day experience.** Make certain that you have nutrient-dense, unsweetened food on hand. Be careful when shopping: "sugar-free" often means "sweetened with artificial ingredients." Look for **unsweetened** condiments, tomato sauce, bread, crackers, cereal, yogurt, and almond milk. Buy alternatives to white flour and white rice - including vegetable-based pasta, brown and wild rice, beans, lentils, and quinoa.



Day 1 - Day 4: No fruit! During the first four days, in addition to eliminating sugar, natural and artificial sweeteners, and all white foods (white bread, potatoes, corn, white rice, white flour), refrain from all fruit except lemons and limes.

Day 5 - Day 10: On day five, add up to two cups of low-glycemic fruit a day. Berries, apples (green are best), pears, and peaches are ideal, because they have less sugar than other fruit. Bananas are not allowed during the program. In the future, limit consumption to one-half a banana per day. The more ripe the banana (brown), the more sugar it contains, so choose green bananas.

After See Ya, Sugar: Continue reading labels! Avoid white foods and limit consumption of foods with added sugar. Add small amounts of dried fruit. Be careful.

Dried fruit is calorically dense and loaded with sugar, but it can create a satisfying sweetness in small quantities. We recommend no more than 2 figs (24g sugar), two dates (34g sugar), twenty raisins (12g sugar), or three pieces of dried mango (20g sugar).

THROUGHOUT THE 10 DAYS, YOU CAN EXPECT:

- ✦ **A short, daily email** - Allowing five minutes to read the morning email is essential. The topics will be varied, including health, neuroscience (habit-formation), mindfulness, self-compassion, journaling, etc.
- ✦ **A Daily Reflection** - While you may be resistant to writing, we invite you to try it. Writing a reflection should take no more than 4 minutes. *Our participants who journal are more likely to engage deeply in the process and maintain their new habits than those who do not. And research shows keeping a journal can be very helpful for people interested in losing weight, with many losing twice as much weight as those who do not keep journals*
- ✦ **Support throughout** - Jen and Jean Marie are here to answer daily questions via email. Jen offers a reduced rate on private coaching sessions to participants in *See Ya, Sugar*. Details on [p46](#).



PREPARATORY STEPS

If you are allowing for a few days of preparation before starting *See Ya, Sugar*, **reduce your sugar intake and increase your water intake now! This will lessen withdrawal symptoms.** Sugar is nutrient-free and loaded with empty calories. When you eliminate it, you will naturally be more hungry! EAT! (Please do not restrict your calories. Try to allow yourself to say, **See Ya, Hunger!**)

✦ **Beverages** - Nearly half of all added sugar comes from soda, iced tea, sweetened coffee drinks, juice, and smoothies. This liquid sugar is dangerous to your health as it immediately elevates your blood sugar levels, contributing to insulin resistance, and weight gain. Liquid sugar carries a significant risk for metabolic syndrome (lifestyle disease).

- ✓ **Swap drinks:** sparkling water for soda and herbal tea for sweet tea. If you are currently drinking soda - experiment with flavored seltzer water. Add lemon, lime, or cucumbers.
- ✓ Diet drinks are particularly harmful, as artificial sweeteners are 200-400

times sweeter than sugar, impacting the body's ability to enjoy naturally sweet items like fruit. Also, research shows that people who drink diet drinks are more likely to gain weight and be obese than those who do not.

- ✓ **Reduce consumption of juice, juice-drinks and smoothies.** Most are loaded with fruit juice and high-sugar fruit such as pineapple, mango, and banana.
- ✓ If you drink sweetened hot drinks, change your sweetener to a natural sugar-free alternative like stevia or monk fruit until you begin the program. **During the 10 days, no sweeteners, artificial or natural, are consumed.**

✓ *Avoid Polyunsaturated Fatty Acids (PUFAs) "The Hateful 8" Seed Oils* - Canola, Corn, Cottonseed, Grapeseed, Rice Bran, Safflower, Soy, Sunflower.*
**Dr. Cate Shanahan*

✓ *Due to their chemical structure, PUFAs are highly unstable fats that are toxic before they even enter the body. They create inflammation and are lead contributors to obesity, diabetes 2, liver disease, and heart disease to name a few. Avoid them at all costs.*

✦ **Hydrate** - When adequately hydrated, energy levels are higher, hunger stabilizes, and attentiveness increases, helping you make healthy choices while resisting sugary snacks. Follow these rules:

✓ *Divide body weight in half. That is how many ounces of water needed each day. (For example, a person who weighs 180 pounds, should drink 90 ounces of water daily.)*

✓ *Drink an additional eight ounces of water for every 20 minutes of cardio or 30 minutes of weight training.*

✓ *For every ounce of alcohol consumed, add one ounce of water.*

✓ *Drink an extra eight ounces of water for every 30 minutes spent outdoors in hot weather.*

✓ *Herbal tea counts toward water intake, but coffee does not.*

✦ **Alcohol** - If you drink **alcohol**, please choose low-sugar alcohol in **moderation**, such as dry wine or colorless distilled spirits. Never consume your alcohol on an empty stomach, as it spikes your insulin levels!

✓ **Moderation** means a woman has no more than one glass of wine daily and a man has no more than two glasses daily. And no - you can't save up a few days to splurge on Friday night! (Alcohol also lowers your inhibition, contributing to overeating and excess sugar consumption.)



THE PANTRY PURGE

Setting up for success during the prep stage is critical. First, allocate a few hours to purge the pantry, fridge, and freezer to eliminate temptations. When creating new habits, visual triggers can make or break you. Set yourself up for success by removing Red Light Foods (page 42) from your sight and replacing them with Green Light Foods (page 41). It is not necessary to throw away these foods, but please move them out of sight or freeze any refrigerator items that contain sugar. After *See Ya, Sugar* you can decide whether to keep, donate, or toss Red Light Foods. **The following are guidelines to help determine what items to pitch or place aside:**



- ✦ Fake food (i.e., anything made in a factory that comes in a can, box, or package), unless it's a canned or frozen whole food such as sardines, tuna fish, fruit, vegetables or beans with only a few natural ingredients, such as water or salt.
- ✦ Food or drinks that contain sugar or artificial sweeteners in any form (including honey, molasses, agave, maple syrup, organic cane sugar, and artificial sweeteners), especially fruit juices or sugar-sweetened beverages.
- ✦ Diet drinks of any kind.
- ✦ Anything that contains hydrogenated oils, trans fats, or refined vegetable oils (The Hateful 8 - Canola, Corn, Cottonseed, Grapeseed, Rice Bran, Safflower, Soy, Sunflower)
- ✦ Any food with artificial sweeteners, preservatives, additives, coloring, or dyes - basically anything that has a label or is processed in any way.
- ✦ Food that has any "Added Sugar" on the label or that contains any of the 94 names for sugar on the ingredient list.



FOOD PACKAGING IS OFTEN MISLEADING. BE WARY OF:

- ✦ Bold, untruthful claims on front of packages - Always look at ingredients on the side and back of an item rather than the front to uncover the truth.
- ✦ Don't eat anything with more than five ingredients or undecipherable words - If you can't read it, don't eat it!
- ✦ Companies are required to list ingredients in quantity order. It once was a helpful guideline to avoid food that listed sugar in the first five ingredients. Today, food manufacturers use many sources of sugar in a product so that "sugar" will appear lower on the list. Read carefully.

DECIPHERING THE FDA NUTRITION LABEL

One of the most enduring habits of our participants is reading food labels. Fortunately, in 2018, The FDA updated processed food labels to benefit the consumer rather than the food manufacturer. Learning to read labels and understanding where sugar lurks is one of the most empowering ways to reclaim your health. Look for sugar, artificial and natural sweeteners, and industrial seed oils. Food companies use these ingredients to manufacture food-like substances that are highly palatable and addictive. Then, scientists create the perfect concoction of sugar, fat, and salt called the bliss factor, which makes the altered food irresistible!

We are committed to helping you understand how to read labels on processed food, so you don't engage in the addictive cycle of overeating. A label's most noteworthy components are:

- ★ **Servings:** True portion sizes rather than smaller ones that the food manufacturers have used to deceive consumers by minimizing consumption of calories, sugar, fat, etc.
- ★ **Fat:** The *type* of fat is far more critical when it comes to your health, especially brain health.
- ★ **Added Sugar:** Now, labels must list added sugar in grams (4 grams = 1 tsp) and the percentage of daily recommended sugar intake. Labeling Added Sugar is a massive win for consumers! On page 43, you'll find a list of sugar substitutes.

NEW LABEL/WHAT'S DIFFERENT

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

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FDA

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Sugar is in 80% of the packaged food supply, which is astonishing. The names are often so sneaky they don't sound like sugar.

✦ **Nutrients:** Vitamin D and potassium are now required on labels as most Americans are deficient in these nutrients. The previous nu-

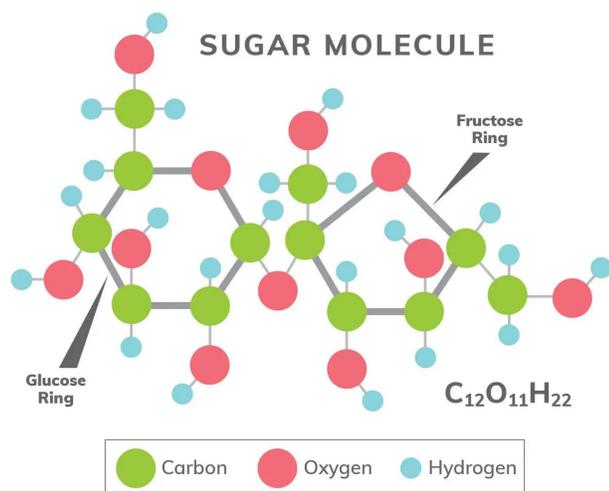
trition label had vitamin C and A, which are no longer common deficiencies.

✦ **Fiber:** Look for at least 3 grams of fiber per serving.



WHAT IS SUGAR?

So, what is sugar and what does it have to do with insulin and insulin resistance? Sugar is a nutrient-free, calorie-dense substance added to food to make it taste better. Sugar has no known health benefits and the body doesn't need added sugar to survive. Health professionals list sugar as an ingredient to use sparingly.



The AHA (American Heart Association) and the WHO (World Health Organization) recommend that daily intake of sugar not exceed six teaspoons (24g) for women and nine teaspoons (36g) for men, while the FDA recommends limiting daily calories to twice that amount. Because many decisions regarding the use of sugar are economically based, we encourage you

to target the lower recommendations for sugar intake.

The sugar lobby and the food industry have fought hard to keep recommendations as high as possible. Given the negative health impacts of added sugar, it is worrisome that the FDA's recommendation remains so high especially since there is genuinely no need to consume ANY added sugar.

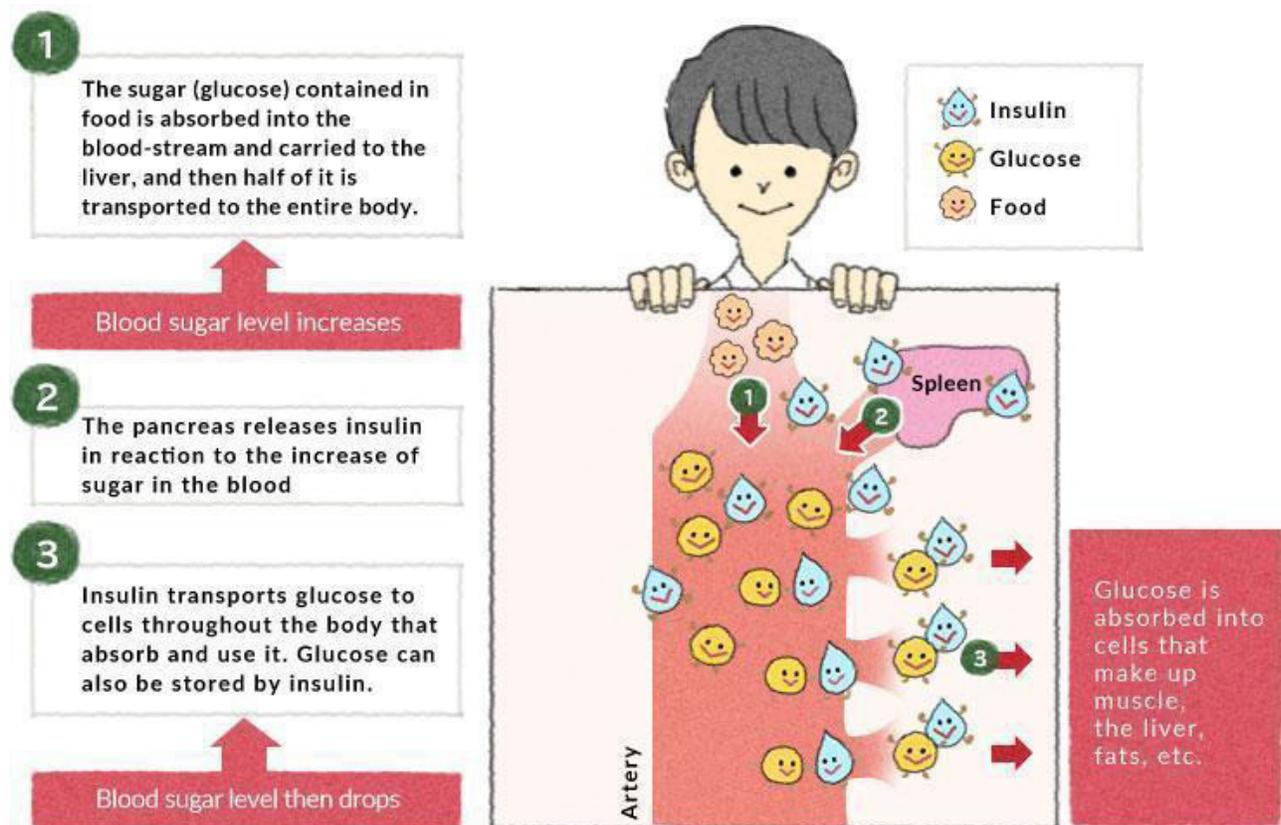
It is likely that you want to explore other methods of sugar delivery to feed your sugar fix. It's natural to want "healthy alternatives" to sugar, including honey, maple syrup, coconut sugar, brown rice syrup, agave, etc. Although these choices may have slight benefits (local honey can help allergies and maple syrup contains some micro-nutrients), they are me-

tabolized similarly to white cane sugar. In some cases, they are even *more* harmful.

The “white stuff” that we are accustomed to consuming is sucrose; equal parts glucose and fructose. Your body metabolizes these ingredients differently.

- ✦ **Glucose** - Nearly every cell in your body uses glucose as energy, which is usually “burned up” after ingestion. The liver is responsible for breaking down only about 20% of the glucose you ingest (the process is detailed below).
- ✦ **Fructose** - Most of the metabolic responsibility for burning fruc-

tose falls on the liver. Fructose is converted in your body, so it’s not used immediately as energy, but stored as fat. When the fructose comes from a soda, instead of being found naturally in a piece of fruit, the fat storage process happens even more quickly because there are no nutrients present to slow the absorption down. Fruit offers fiber and other nutrients that slow the absorption of fructose in the blood. There is a tremendous difference between consuming an orange or orange juice.



Otsuka Pharmaceutical Company

HOW THE BODY METABOLIZES GLUCOSE:

The body uses sugar (and starch from carbohydrates) to supply glucose to the brain and provide energy to cells around the body. After eating a meal, the glucose level in your bloodstream rises, and the pancreas releases insulin. **Insulin allows glucose to enter the body's cells** to provide energy, thus keeping blood sugar levels stable. Your liver, muscles, and adipose fat take up glucose either for immediate energy or to be stored as glycogen until it's needed. When an excess of glucose is ingested, insulin over-secretion occurs. In addition, insulin increases the biosynthesis of fat and suppresses its breakdown. Thus, it becomes easier for fat to accumulate in body tissues. (And this is when your body becomes more susceptible to diabetes and other health problems.)

Fructose is broken down differently - and seems to cause more problems than glucose. The process is complicated, but essentially, when a person consumes fructose in excess, it may stimulate the body to deposit extra fat, especially in the liver. This contributes to nonalcoholic fatty liver disease, a rising global health problem. And here is one of the most alarming pieces of news about fructose: fructose does not signal the brain to stop eating when the stomach is full. This causes overeating and contributes to weight gain.

Is it ok that I use Honey and Maple Syrup since they are "healthy" sugars?

No. The bad news is honey, maple syrup, and all the other "healthy" alternatives are just other forms of sugar. They may come from different sources, but they are still made of glucose and fructose and impact your body similarly to sugar. Some alternative sweeteners, like agave, are even more troublesome than sugar

because they are very high in fructose. Agave has a low glycemic index, but negatively impacts the liver.

After *See Ya, Sugar* we encourage you to explore natural alternatives to sugar that are known to not interfere with blood sugar levels. Monk fruit and Stevia are two options.

Sweetener	% Glucose	% Fructose
Glucose or Dextrose	100%	0%
Corn syrup	100%	0%
Maple syrup	51.5%	48.5%
Brown sugar	49.5%	49.5%
Molasses	47.5%	49.5%
Raw sugar (sucrose)	50%	50%
Table sugar (sucrose)	50%	50%
Honey	44.5%	50.5%
Orange juice concentrate	49%	51%
HFCS	45%	55%
Apple juice concentrate	33.5%	66.5%
Agave	12%	88%
Fructose	0%	100%

USDA Nutrient Database.

Kicking your sugar habit is an opportunity to break cravings for sweetened food. But if you replace sugar with artificial sweeteners, (those created in factories and not from natural sources), you intensify cravings which leads to overeating and subsequent issues with lifestyle diseases. In many ways, artificial sweeteners are more dangerous than cane sugar. Some popular artificial sweeteners to avoid are Aspartame – (Equal, NutraSweet, NatraTaste Blue), Sucralose (Splenda), Acesulfame K (ACE, ACE K, Sunette, Sweet One, Sweet ‘N Safe, Saccharin (Sweet ‘N Low), and Sugar Alcohols (Xylitol (Erythritol, Maltitol, Mannitol, Sorbitol).

- ✦ Research shows that consuming artificial sweeteners contributes to weight gain and obesity. Low-calorie and no-calorie artificial sweeteners disrupt the body’s chemistry - when we eat something sweet, the body expects calories to be consumed. When no calories follow, the brain signals for us to keep eating until calories follow.



- ✦ Most artificial sweeteners are 200-400 times sweeter than sugar, obliterating the taste buds. This causes cravings for sweeter foods and a distaste for food in its natural state. Artificial sweeteners have been linked to weight gain, migraines, cardiovascular disease, gut inflammation, and metabolic disruption.

After *See Ya, Sugar* - we recommend natural sweeteners that don't impact blood sugar levels such as monk fruit and stevia. Use honey and maple syrup sparingly and cut sweetener quantities in recipes by two-thirds. (If a recipe calls for a cup, try using one-third of a cup instead.)



HOW TO MANAGE SYMPTOMS OF SUGAR WITHDRAWAL

Eliminating added sugar may be the most significant change you can make to improve your health. You will feel better and may cut your risk of diabetes, heart disease, metabolic syndrome, Alzheimer's, and lifestyle diseases, which are all created by systemic inflammation. You will improve your mental clarity, boost your energy, sleep better, and revitalize your skin. In addition,



you may find that your belly bloat will decrease, digestive issues will clear up, and pounds will start to fall off. The rewards of cutting sugar are vast, yet the reality of cutting it out can be daunting, and the first few days and subsequent weeks may be challenging. **As a reminder, if you have any underlying medical conditions, you should speak to your doctor before you begin.**

The key is to prepare. You don't want to get to Day 3 or Day 4, feel miserable, and throw in the towel. After the initial discomfort, eliminating sugar gets easier every day. So let's plan to get through the hard part with preparatory steps, supplementation, mindfulness to ride out cravings, and detoxing activities. You will practice sitting with cravings and urges which can be uncomfortable. Rather than distracting and pushing the sensations away, we'll help you bring awareness to your cravings so you can understand yourself better.

It won't happen to me. If you think, "This won't happen to me," think again. Most likely, you have consumed sugar for a long time, if not your entire life. Today, even baby formula has added sugar! Because it's an addictive substance (more on

this later in the program), removing it (going through detox) causes withdrawal symptoms. Eliminating sugar does not require the medical intervention necessary when people have become physically dependent on alcohol or drugs. You'll likely experience discomfort by the second or third day, but the hard part doesn't last long. The period of active withdrawal is usually no more than five days. And if you decide to stay mostly sugar free, you will never have to go through this detoxification again!

Diabetes.co.UK notes that most people will experience the following during sugar detoxification:

- ✦ **Day 1: Excitement and euphoria** - You are motivated and strong.
- ✦ **Day 2: You begin to miss sugar** and feel depressed at the enormity of the undertaking. You realize sugar is everywhere - even in your ketchup and vinegar. **The cravings kick in.**
- ✦ **Day 2 and Day 3: Physical withdrawal symptoms begin** and can include: headaches, hunger, exhaustion, brain fog, chills, irritability, sleeplessness, diarrhea, anxiousness (when you do not feed your sugar cravings), and muscle tremors. The end of the detox is near!
- ✦ **Day 4 and Day 5: Physical symptoms should begin to ease.** Now that you have tamed the physical need for sugar, you will feel a sense of clarity and empowerment. Examining emotional and psychological sugar use begins.
- ✦ **Day 6: You feel a sense of freedom.**



RECOMMENDED SUPPLEMENTS AND VITAMINS

The following supplements are recommended during *See Ya, Sugar* to reduce inflammation while improving overall health. Some of these recommendations will specifically help with withdrawal symptoms that can accompany eliminating sugar. **However, do not take supplements without consulting your doctor or other health care professional, especially if you are on prescription medications.**



The following is a comprehensive list of “nice to have” supplements, listed in order of importance. **If you can only choose ONE supplement, please select the probiotic.** A daily probiotic is essential to creating and maintaining a healthy, balanced gut microbiome. There are many reputable brands for supplement; we have included only a few.

For withdrawal symptoms, hydration and magnesium are ideal.

- ★ **Probiotics** - Improve digestive health, prevent gastrointestinal diseases, and decrease inflammation. Studies have linked probiotics to lowered stress hormones. The two products listed below do not need to be refrigerated due to advances in capsule and container packaging. Keep these on your bedside, next to a glass of water, to take on an empty stomach in the morning! Minimum 25 billion cfu.

Garden of Life is available at Target, Whole Foods, and Amazon.

Seed is pricier, though considered the best in the marketplace. The capsule acts as a prebiotic! And use code **IINFOREVER** for 15% off. Be mindful that this is for a monthly subscription, though it can be canceled at any time.



✦ **Magnesium Glycinate** - Magnesium is an essential mineral in the body as it affects blood glucose, insulin, blood pressure, and muscle and nerve functioning. Magnesium can also help with constipation, depression, and anxiety. And it's a muscle relaxer that can minimize withdrawal symptoms when detoxing. Take magnesium supplements in the evening because their relaxing effects promote a good night's sleep, which is critical during detoxification from sugar! (Chocolate contains magnesium. So when you crave chocolate at night, your body just wants to wind down and relax!)

1. Pure Encapsulations Capsules
2. Pure Encapsulations Liquid
3. Luna Nutrition

✦ **Vitamin D3** - Unfortunately, 40-80% of Americans are deficient in Vitamin D. Vitamin D depletion can make you feel hungry! This is because low levels of Vitamin D interfere with Leptin, the appetite-suppressing hormone. The best way to increase Vitamin D is exposure to the sun without **sunscreen for 10-15 minutes daily**. However, it is ideal to supplement 1,000-5,000 IU daily if you live

in a northern area with insufficient sunlight in the winter. The following are available at Whole Foods/Amazon:

1. Pure Encapsulations Vitamin D3 1000 IU
2. Jarrows Formula Vitamin D 2500 IU
3. New Chapter Fermented D3 2000 IU

✦ **Omega-3 Fatty Acids** - Healthy fats help you feel fuller longer and slow down the absorption of carbohydrates to avoid sugar spikes. They also help reduce insulin resistance, aiding the efficiency of your body's use of existing glucose, thus helping reduce cravings. Omega-3 fatty acids are essential to help the body function properly and reduce inflammation - preventing disease. It's ideal to consume them through food and supplementation because the body cannot produce them independently. ALA is a plant-based omega-3 where EPA, ETA, and DHA are in oily fish, krill oil, and algae oil. Regular consumption of these essential oils reduces heart disease and stroke risks. 250-600 mg of EPA and DHA is recommended daily. The following are available at Whole Foods/Amazon:

1. Nordic Naturals 565 mg Omega-3 Soft Gels
2. New Chapter Wholemega Fish Oil with Omega-3

✦ **B-Complex** - A good B-Complex contains all eight B vitamins - B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate [folic acid]), and B12 (cobalamin) can significantly help reduce withdrawal symptoms and curb sugar cravings throughout the 10 days by providing essential support to your metabolism and your nervous system. B vitamins also play a role in reducing stress. Although Vitamin B deficiencies are rare in the US, there are various reasons - aging, pregnancy, vegetarianism, genetics, diet, and illness - why a person may be depleted of a specific B vitamin. Ask your doctor if you have concerns, particularly if you are pre-diabetic or diabetic.

1. Designs for Health B-Supreme
2. MegaFood B Complex
3. New Chapter B Complex

★ **Buffered Vitamin C** - Vitamin C is an antioxidant that improves immunity while eliminating oxidative stress to reduce health issues. In addition, this vitamin protects skin damaged by ultraviolet rays. Citrus fruit, kiwis, bell peppers, and leafy greens have a lot of vitamin C - so load up! Shoot for 1,000 milligrams daily.

1. Dr. Mercola Liposomal
2. Pure Encapsulations Vitamin C

★ **L-Glutamine** - L-Glutamine has recently been touted as *a supplement* to end sugar cravings, but the research is relatively new. L-Glutamine is an amino acid readily available in dairy products, meat, tofu, beans, and leafy vegetables. Proponents claim that a sugar craving can be crushed by breaking open a capsule of L-Glutamine, or buying it in powder form and placing the powder right on your tongue. There are no reported adverse side effects and the capsules are inexpensive. L-Glutamine also supports a healthy gut and helps the body recover after exercise.

1. Thorne L-Glutamine 500 mg
2. Now L-Glutamine 500 mg



WHAT TO EAT ON SEE YA, SUGAR? IDEAS FOR BREAKFAST, LUNCH, DINNER, AND SNACKS

While you do not have to eat *special* foods on *See Ya, Sugar*, you are eliminating sugar and the foods your body processes as sugar: white flour, white potatoes, white rice, corn and products made from these ingredients like corn chips and popcorn! (Please see the Green Light and Red Light Food lists on pages 41 and 42 for more details of foods to eat and avoid.) If you have any medical issues or follow a special diet for any reason, please check with your doctor before embarking on a new eating program.

Whole and minimally processed food (food that looks like its original form and has fewer than five ingredients) is always best for your health.

Please do not succumb to Analysis Paralysis. Focus less on recipes and perfect preparations and more on eating Green Light Foods AND not eating Red Light Foods. Set yourself up for success by eliminating excuses to eat poorly. You already know what food is making you sick! Choose nutrient-dense vegetables, lean protein, healthy fats, and fiber-rich food instead.

The following are simple ideas for eating throughout the day while avoid-

ing added sugar. To reduce decision making fatigue and increase shopping ease, participants frequently eat the same breakfast and lunch. You may substitute a protein shake for 1 to 2 meals per day. Make sure to have a minimum of 20 g of protein per serving of protein powder.

★ **Breakfast:**

- ✓ **Yogurt** (*Unsweetened/no sugar added, Full-Fat, Dairy or Non-Dairy*) - add walnuts, almonds, chia seeds, cinnamon, nutmeg, and/or vanilla
- ✓ **Chia pudding** with nuts, seeds, nutmeg, ground ginger, or cinnamon
- ✓ **Eggs** with veggies and fresh herbs
- ✓ **Avocado "toast"** on sweet potato toast or sprouted whole-grain unsweetened bread like Food For Life Ezekiel 4:9 or Jen's nut/seed bread (recipe on website)
- ✓ ***On Day 5, you may add berries, apples, or pears to your breakfast.** Total fruit is 1-2 cups per day.

★ **Lunch:**

- ✓ **Fat Salad** - A large fat salad every day for lunch is ideal! Start with lots of

greens, protein (shoot for 3-6 ounces) avocado, and olive oil. Then add any other vegetables you like. If you use packaged dressing, please check for sugar! Paul Newman and Primal Kitchen offer high quality dressing choices, although we prefer to simply toss with lemon and olive oil.

- ✓ **Sauteed veggies, salad, or soup** with your choice of lean, clean, organic protein.
- ✓ Try to cook extra protein the night before to have leftovers for lunch! And freeze protein for quick meals several days later.

★ **Dinner:**

- ✓ **Organic protein** with lots of veggies, sauteed, grilled or roasted. Root veggies such as carrots, parsnips, and sweet potatoes offer sweetness, so are ideal.
- ✓ **Large salad** of mixed greens with some dark leafy greens added, with lean, clean, organic protein (You can have the same Fat Salad that you had at lunch! No need to overthink this.)
- ✓ Large veggie omelet - enjoy up to three whole eggs three to four days a week.
- ✓ Hearty soup or stew

- ★ **Optional Afternoon Snack** - Snacking is not necessary and best avoided all together. And it is harder on your body when trying to stabilize blood sugar levels. If you are truly

hungry, by all means, have a snack. **See Ya, Sugar is not a deprivation diet and is not focused on restricting your intake of calories. Rather, you should eat enough so that you aren't hungry.** So if you are hungry, try adding more calories to your lunch the next day to see if you are satiated until dinner. Focus on adding more fat, fiber, and protein.

- ✓ **A Handful** of raw nuts
- ✓ **Seed bread** with nut butter
- ✓ **Veggies** and hummus
- ✓ **Apples with nut butter**, after day four

- ★ **Protein Shake** - Sometimes it is easier to substitute a meal with a shake. You may substitute up to two meals a day with a nutritious shake. The base of the healthiest



shakes include enough protein powder to equal 20 grams of protein mixed with 1 to 1 ½ cups of preferred non-dairy milk and crushed ice. From this base, include any or all of the following. Experiment to find your preferred taste.

- ✓ **A half of an avocado**
- ✓ **1 - 2 T of nut-butter**
- ✓ **1 - 2 T cacao powder**
- ✓ **Spices** - cinnamon, ginger, nutmeg, vanilla
- ✓ **Handful of spinach or kale**
- ✓ **A half cup unsweetened yogurt**
- ✓ **Day 5 and beyond** - Add up to one cup of berries

EATING AFTER *SEE YA, SUGAR*

We hope that *See Ya, Sugar* becomes part of a new, sustainable, healthy lifestyle. Most people eat the same breakfasts and lunches each week and rotate through a series of favorite dinners.

Minimize cooking by using leftovers for breakfast and lunch. On the weekends, prepare lentils and quinoa to add to meals throughout the week. And always have Jen's famous seed bread on hand! Make two loaves and slice and freeze!

Eating nutrient-dense food on a regular basis does not mean you should spend hours of food preparation in the kitchen. If you love to cook and are always seeking new recipes, stick to sites that follow Paleo and Keto recommendations - using stevia and monk fruit as sugar substitutes, and honey and maple syrup sparingly. In most recipes, you can cut the sweeteners by two-thirds without much impact. Some of these sites rely on Xylitol, but since it is known to contribute to gastric distress we recommend using it only sparingly if at all.

Please visit our website for a sample meal plan modeling a typical week of nutrient dense eating. There you will also find a variety of recipes.

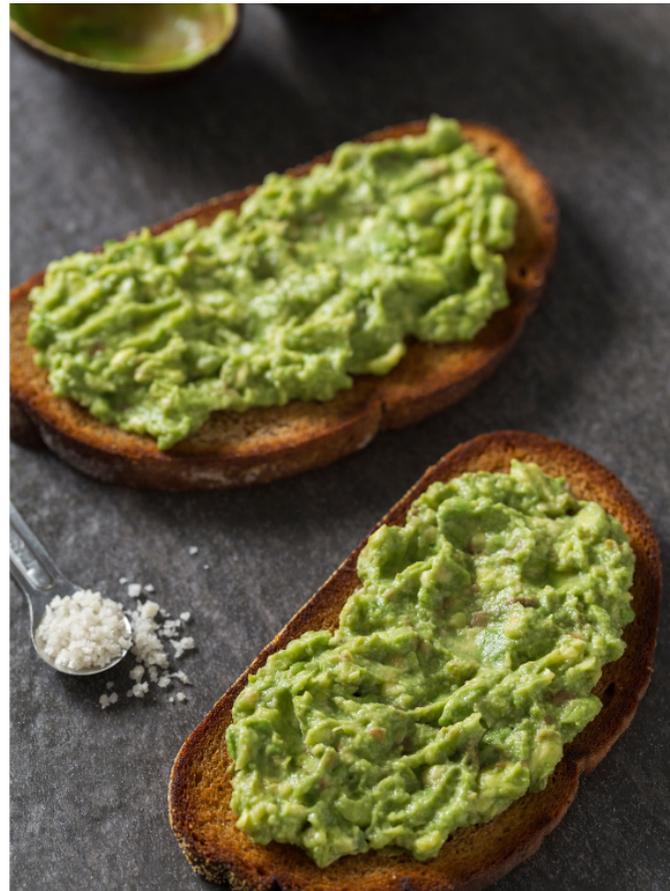
SUGGESTED SHOPPING LIST

NOURISHING ITEMS TO HAVE ON HAND DURING *SEE YA, SUGAR* BUY ORGANIC WHEN POSSIBLE

Many items are labeled “sugar-free” or “no sugar added” and are often loaded with artificial sweeteners which are not allowed on SYS. Always check the ingredients and look for items that are labeled “unsweetened.”

Become a savvy shopper! Large box stores offer incredible savings on organic chia and flax seeds, raw nuts, oils, nut butters, frozen fruit, and vegetables. Check prices at Target, Walmart, Costco, and Trader Joe’s. In addition to fresh and frozen vegetables (excluding white potatoes, white rice, and corn), stock up on:

- ✦ **Avocados** - Healthy omega-3 fats will curb your sugar cravings while filling you up. Load up on these powerhouses! Studies show that just one avocado each week will lower the chance of cardiovascular disease. <https://www.ahajournals.org/doi/10.1161/JAHA.121.024014>
- ✦ **Bread** (Unsweetened) - Don’t eat a sugar sandwich. We like Ezekiel sprouted bread and Silver Hills Sprouted Vegan Squirrelly. Check the labels, even these brands have some flavors that contain sugar.
- ✦ **Brown Rice Cakes** (Check out Organic Sugar-Free Suzie’s Thins) Because these are high on the glycemic index, they should be eaten with fat to slow down the absorption rate of the sugar in your blood. Eat with hummus, guacamole, or nut butter!



- ✦ **Cauliflower “Rice”** - Most grocery stores carry this product, though keep in mind it goes bad quickly. Many stores have it in the freezer section too.
- ✦ **Cheese** - Focus on grass-fed sheep and goat cheese. SYS is a great time to take a break from cow’s milk if you have suspected that you have a sensitivity. Full-fat preferred.
- ✦ **Chia Seeds** - Excellent source of Omega-3s, protein, and fiber. Stir into yogurt (unsweetend) or make chia pudding! When adding to yogurt, give the seeds time to absorb and plump up! Try adding 20 minutes before consuming or even the evening before.
- ✦ **Chicken Stock**
- ✦ **Chips** - Yes, Chips! Pulp Pantry Chips! We have found a chip made from the organic pulp that is left over after juicing. These chips contain a whopping 5 grams of fiber per serving with no added sugar. The code for a 15% discount is sugarexperiment31, or use this link! <https://pulppantry.com/discount/SugarExperiment31>. The discount appears at check out.
- ✦ **Coconut, Avocado, and Olive Oil** - Ditch safflower, sunflower,

corn, canola, cottonseed, rice bran, grapeseed, and soybean oil which create inflammation in the body. Focus on integrating lots of omega-3 oil into each meal. If you are having an afternoon slump, increase your fats at lunch!

- ✦ **Coconut** - Flakes or shredded, can satisfy a sweet craving!
- ✦ **Condiments** - Most contain sugar. Make sure to pick up unsweetened alternatives to the condiments you like! Primal Kitchen offers many unsweetened versions of popular condiments and never uses seed oils.
 - ✓ **Balsamic vinegar** - *most are fine though some have added sugar so beware*
 - ✓ **Cocktail sauce** - *make your own with no added sugar in ketchup and horseradish. Pick up some Tamari and liquid aminos for added flavor.*
 - ✓ **Ketchup** - *most have added sugar.*
 - ✓ **Mayo** - *Only buy options that contain avocado oil.*
 - ✓ **Mustard** - *Most mustards are fine as they don’t use seed oils or contain added sugar*
 - ✓ **Pickles** - *often contain added sugar. Check for unsweetened dill pickles.*





- ✓ **Salad dressing** - Most dressings use poor quality seed oils so it's best to make your own.
- ✓ **Sauerkraut** - All brands should be fine, best to shoot for fermented versions
- ✓ **Soy sauce** - Many have sugar so beware
- ✦ **Crackers** - Purchase GF seed crackers. *Mary's Gone Crackers*, *Everything but the Gluten*, and *Norwegian Crispbread* (from Trader Joe's) are great GF seed crackers with at least 3 grams of fiber (minimum amount per serving to pass our test). And they're loaded with nourishing seeds and plant-based protein. These choices don't have inflammation promoting seed oils in them.
- ✦ **Cream** - Organic, grass-fed is your best option as it contains brain-boosting omega-3s.
- ✦ **Dairy** - Full-fat preferred. Low-fat versions often contain added sugar. Try reducing the amount of dairy from cows and experimenting with goat and sheep cheeses, or go dairy-free!
- ✦ **Deli meat** - Look for nitrate-free and unsweetened. Many brands now have added sugar so be cautious. Applegate Farms is an ideal choice. Most deli meat is laden with sugar, so it is best to avoid it

during the 10 days. Please do not buy pre-packaged deli slices of any kind. There may be freshly roasted meats at the deli counter, but check if they are unsweetened/sugar-free.

- ✦ **Eggs** - Organic, cage-free eggs are an excellent source of fat and protein.
- ✦ **Flavored seltzer water** - Always have an alternative to soda and diet soda on hand!
- ✦ **Flax seeds (Ground)** - Add flax seeds to yogurt and smoothies for an excellent source of Omega-3s, protein, and fiber.
- ✦ **Fruit** - Only lemons and limes for the first four days. NO DRIED FRUIT.
- ✦ **Ghee** - Also known as clarified butter.
- ✦ **Grains - (Gluten-free)** - Quinoa, amaranth, wild rice, brown rice, millet, and GF pasta
- ✦ **Guacamole** - Great with veggies!
- ✦ **Hemp hearts** - loaded with fiber, protein, and heart healthy omega-3s. Load up as a topping on avocado toast, yogurt, smoothies as use as a vegan protein

- ✦ **Herbal tea** - Herbal tea consumption counts towards water intake, tastes delicious, offers comfort, and provides many minerals and antioxidants. Explore which teas may replace the evening snack to offer comfort after an exhausting day.

- ✓ *Yogi Egyptian Licorice - like having a sweet but can be stimulating, so go easy at night*
- ✓ *Turmeric Ginger*
- ✓ *Mulberry - helps lower blood glucose levels.*
- ✓ *Tazo Calm Chamomile - great in the evening.*
- ✓ *Tazo Passion makes an easy and delicious iced tea*

- ✦ **Herbs** - Fresh herbs enhance flavor and add a punch of nutrients.
- ✦ **Hummus - Make certain that you choose brands with olive oil while avoiding seed oils.** Buy plain and add flavors or mix up a homemade batch
- ✦ **Lemons and limes** - Ideal for salad dressing as many kinds of vinegar are laden with sugar.
- ✦ **Lupini beans** - you can order Brami Italian Snacking Beans on Am-

azon.

- ✦ **Milk** - The best quality milk is pasture-raised and grass-fed
- ✦ **Nut butters** - Some folks are sensitive to peanut butter, so we recommend Almond, Sunflower, and Hazelnut butter, unsweetened/And no toxic oils. Trader Joe's has ideal pricing.
- ✦ **Nuts & Seeds** - Stock the Pantry! Walnuts, Almonds, Sunflowers, Pumpkin seeds, Cashews, etc.!(Shoot for raw, as roasted nuts are typically bathed in toxic seed oils. CHECK labels - even Whole Foods sprinkles sugar on some of their cashews!)
- ✦ **Pesto** - Olive oil based pesto is fantastic as a topping for meats and veggies. Make certain to choose options without toxic seed oils.
- ✦ **Protein** - Grass-fed beef, free-range organic chicken, wild-caught or cold-water fish. Store-prepared whole-roasted chickens are often slathered with honey or injected with sugar. Read the label.
- ✦ **Protein bars** - Lara bars and Rx bars are two of our favorites, as they are minimally processed with just a few ingredients. Dates are used as the sweetener along with nuts and some dried fruit, so best to hold off until after the program. Rx

bars have clean ingredients. Since they are loaded with protein and healthy fats, we recommend them.

- ✦ **Protein powder** - You may have up to two shakes daily as a meal replacement or as a snack. Sometimes this is easier. Choose a non-dairy, non-whey powder with a minimum of 20 grams of protein per serving. Unsweetened/No Added Sugar!

<https://myvega.com/products/vega-one-organic?variant=30113534115883>

<https://www.gardenoflife.com/products/our-protein/plant-based-protein/raw-organic-protein-powder-unflavored-no-stevia-cheaper-on-amazon>

- ✦ **Salsa** - all types, unsweetened.
- ✦ **Sardines, tuna, and canned wild salmon** - We love wild canned fish in olive oil or water as an excellent and inexpensive source of omega-3s. Make certain there are no seed oils.
- ✦ **Spices** - Most likely, your spices are unsweetened. But for added flavor when you go sugar-free, we love cinnamon and nutmeg in our yogurt. Turmeric is one of the most anti-inflammatory spices, but always combine turmeric with freshly ground pepper to increase absorption.

- ✦ **Sweet Potatoes, squash, carrots, and parsnips (cooked)** - Roasting root vegetables brings out their sweetness, quelling sugar cravings. And they have lots of antioxidants!
- ✦ **Tomato sauce** - Paul Newman's sauces do not contain added sugar or artificial sweeteners. Read labels carefully as tomato sauces notoriously have added sugar.
- ✦ **Vanilla** - Wonderful to add to your smoothies and yogurt! Check for added sugar!
- ✦ **Yogurt** - (try plain Cashew or Coconut Milk - unsweetened/no added sugar. Yogurt can be sneaky, so read the label closely. For cow's milk yogurt, **2 good plain** yogurt is a good choice. Add vanilla extract, nutmeg, or cinnamon.



DAILY REFLECTIONS



A close second in importance to reading the daily emails of *See Ya, Sugar* is taking a moment for a daily reflection. Journaling helps process information and realizations each day, as well as providing written documentation to reference in the future, because we all benefit from reminders when we get off track. Using our hands to create, through art or the written word, makes meaning out of the world around us.

Whether or not you have an established journaling practice, you are encouraged to join us on this writing adventure. The prompts for daily reflections will guide you to think deeply about your relationship with sugar and to question your long-held beliefs about sugar, snacking, eating, and self-care. Exploring your emotional attachment to sugar is an activity of equal importance to eliminating added sugar in your diet!

The written record of your experience will lead you to uncover your sugar story. Questioning your beliefs, testing them, and revising them allows you to rewrite your story! The daily prompts provide a purposeful intention to enhance your in-

trospection—the nuts and bolts of how and when you journal are up to you. We encourage you to make journaling an activity that you look forward to - find a cozy place, grab a cup of joe or tea, and take a few breaths! Please keep these things in mind:

- ✦ **Your journal is private.** These are your thoughts, they do not need to be shared. Nobody else needs to read your pages. Therefore, keep your journal in a safe place.
- ✦ **Set a timer** - Allow 90 seconds per prompt. Much more than four minutes will feel intimidating. Setting a timer for 5 minutes will help you leave perfection behind and avoid writer's block.
- ✦ **Write whatever comes to mind.** Your daily journal is not a place to censor your inner thoughts. Don't get hung up on writing "nice" sentences.
- ✦ **Be honest.** This journal is only for you. Silence your inner critic and write freely to tap into your unconscious mind!

The daily reflections are an essential piece of *See Ya, Sugar* and kicking your sugar addiction. Those who set aside a few minutes a day to write daily reflections, report more ease in integrating new habits that contribute to a healthy lifestyle. This is not surprising as journaling is a specific therapeutic modality that was introduced in the 1960s. Since then, journaling has become an integral part of the recovery process in many addiction programs.

The fundamental process of putting pen to paper helps create strong neural connections, which are the foundation of memory. So if you are able to write by hand, please do. If not, keep an online journal or a voice record. There are many types of learners. Some need emails, videos, or personal experience to take in and process information, but all will benefit from writing.

Your journal can be as simple as pages of looseleaf stapled together or a beautiful book with fine paper. Please take a moment to choose a journal and create a place to answer the daily reflections.





CREATING **HABITS THAT STICK!**

You will experiment with many healthy changes: eliminating sugar, reading labels, taking supplements, eating more whole foods, journaling, detoxing daily, and exercising! **Let's explore making these habits last a lifetime.**

Without thinking, a habit happens automatically, and it feels “wrong” not to do it, like brushing your teeth before bed. But how long does it take to build a new habit? It is likely that you answered 21 days. And there is a reason why you believe that. In the 1960s, a plastic surgeon observed that it took his patients 21 days to adjust to their new faces, and the idea that it takes 21-day to create a new habit caught fire. (1) Unfortunately, this is not true; **it takes anywhere from 18 to 254 days to create a new habit! (2)**

Be patient and start small. Sometimes, the changes will be so small that you won't be aware of them at first. But persevere anyway. Your body is changing incrementally! The Accumulation Theory states that **dramatic benefits from small changes accumulate over time!**

James Clear offers the following suggestions in *Atomic Habits*: **Make the new habit obvious, easy, attractive, and rewarding.** These ideas and a few of our own are explained below:

1. **Make it obvious.** To eat more vegetables, place your cut produce in a clear container where you can see it. In the drawer, they are out of sight and out of mind.
2. **Make it easy.** To take a daily probiotic - place a glass of water and the probiotic next to your bed each night.
3. **Make it attractive.** To add new foods, begin with **healthy foods that you like.** If you replace sweet tea with homemade herbal tea, find the flavor you love!
4. **Make it rewarding.** If you love the new tea you found, you will like to have that tea all the time and will quickly forget about the processed sweet tea. You will also feel better after eliminating the insulin spike from the Sweet Tea.
5. **Remove temptation.** To eat less sugar, remove sources of sugar from your home. To stop scrolling before falling asleep, leave your phone in the kitchen when you go to bed.
6. **Make a written commitment to your new habit.** When you make a new habit, say when, where, and for how long. For example, I will walk for twenty minutes, around the block, during my lunch break.
7. **Tell a friend about your new habit.** Create a support system and accountability.
8. **Stack your habits.** Habit stacking attaches your new habit to an old habit in a well-established routine. To eat a healthy breakfast of overnight oats or chia pudding, make these items while making dinner. The key is to attach the new habit to something that you already regularly do.

The neural pathways of old habits are maintained by the brain. Therefore, old habits can return as default patterns of behavior. The more you practice your new habits, the deeper the neural pathways become in the brain, but you need commitment to your **why** to avoid returning to disempowering habits.

When you make your new habits **rewarding and convenient**, they will easily become part of your life! And there is **every** reason to pursue new habits: reducing your added sugar intake will help you attain and maintain a healthy weight while lowering your chance of fatty liver syndrome, diabetes, cancer, Alzheimer's, heart disease, and more.

Think about **one** habit that you would like to create

- ✦ Write a note to yourself stating when, where, and how you will make that habit!
- ✦ Create a visual cue to help establish the new habit.
- ✦ Can you stack the habit?
- ✦ Call your BFF and tell them about it!

1. Maltz, Maxwell. *Psycho-cybernetics: A new way to get more living out of life.* Hollywood, CAL Wilshire dB, 1960.
2. Lally, Phillippa, et al. "How Are Habits Formed: Modeling Habit Formation in the Real World." *Wiley Online Library*, John Wiley & Sons, Ltd, 16 July 2009, <https://onlinelibrary.wiley.com/doi/abs/10.1002/ejsp.674>.



WHAT HAPPENS **WHEN YOU IMPROVE BY 1%**

Incorporating many new habits all at once can feel overwhelming. It may seem easier to choose to do nothing at all. Try not to get stuck in what Dr. Elie Jarrouge calls Analysis Paralysis - a fixation on perfection. Just get started. Making small, sustainable changes will accumulate to a new, healthier you more quickly than you realize.



The turnaround story of the British Cycling Team illustrates the possibility of remarkable results from minor improvements over time. In 2002, the Brits had only won the Olympic Gold medal once in their 76-year history and had never won the Tour de France. Sir Dave Brailsford, a professional cyclist with an MBA, was brought in to overhaul the team. He applied a business technique of increasing the margins by 1% to the sport of bicycling. Brailsford identified multiple places for improvement, including weight training, better hygiene, improved diet, improved sleep, etc. He even painted the floors white of the team's traveling vans to identify any dust immediately. **These small changes pushed the team to dominate the 2008 Beijing Olympics, the 2012 London Olympics, and ultimately go on to win six Tours de France.**

When creating a new habit - **go slowly, make it rewarding and doable, and improve every day.** Suppose you have a goal to walk 30 minutes each day and already walk 12 minutes.



Increasing your walk by 1% every day will have you walking 30 minutes a day in just 90 days. Your inner critic may not be impressed by this slow progress, but remember that you are developing a sustainable life-long habit! Improving 1% will put you well on the way to a new, sustainable and healthy walking program! (Stop when you get to your goal and set a new one! If you keep increasing 1% a day for the next year, you will be walking 7 ½ hours a day by year-end!)

Commit to small, simple changes that will compound to a healthier you! For example, would it be possible to add one new healthy habit?

- ✓ read labels before purchasing food and beverages
- ✓ drink a little more water
- ✓ journal more consistently
- ✓ add some daily stretches
- ✓ increase your steps - at a minimum, walk 2-3 minutes after every meal
- ✓ have one plant-based, sugar-free, and gluten-free day each week
- ✓ go to bed fifteen minutes earlier
- ✓ turn off your phone and computer a little earlier
- ✓ eat one more vegetable than you might have
- ✓ enjoy one mindful meal a week
- ✓ take a daily probiotic
- ✓ practice mindfulness when at stoplights or in traffic - embrace the gift of an obstacle



See Ya, Sugar

Green Light Foods

DAIRY

All dairy should be full fat only - 4% or more! Please avoid dairy if you suspect you have a sensitivity.

Butter (included with oils as well)
Cream Cheese
Cottage Cheese Full Fat Only
Half-Half
Heavy Cream
Milk
Sour Cream
Yogurt
Kefir

VEGETABLES

Try to have at least 2-3 cups a day!
All vegetables are green-light foods - enjoy in unlimited quantities. Except corn and white potatoes - they are not permitted on SYS.
Eat lots of leafy greens!
Sweet Potatoes - up to one medium sized per day

FRUIT DAYS 1-4

Avocados
Lemons & Limes
Tomatoes

FRUIT DAYS 5-10

Up to 2 cup per day total (combined)
Frozen Allowed
All Berries
Apples - Green Apples are best
Grapefruit
Lemons and Limes
Pears
Peaches

FATS AND OILS

*Cold Pressed (room temp or low heat only)
Avocados
Avocado Oil
Unrefined Coconut Oil
Ghee
Flax Oil
Olives
Olive Oil
Organic Butter

SALAD DRESSING

Homemade is best! Check labels carefully - Paul Newman's own has some good unsweetened choices in a pinch

BEANS AND LEGUMES

When choosing beans, the smaller the better! Beans should be eaten in moderation, up to one cup cooked per day!

Adzuki Beans
Black Beans
Hummus
Fava Beans
Garbanzo Beans/Hummus
Lentils
Lupini Beans
Navy Beans
Pinto Beans
Red Beans

GRAINS-Gluten Free Preferred

Amaranth
Barley *Not GF
Black Rice
Brown Rice
Buckwheat
Bulgur *Not GF
Farro *Not GF
Millet
Oats - steel oats and rolled oats
Quinoa
Red Rice
Rye *Not GF
Wild Rice
*Pasta from any of the above grains

NUTS AND SEEDS

*Check ingredients - No sweeteners allowed. Honey roasted peanuts and candied pecans are not allowed!
All forms of nuts and seeds - Whole, flour, or butters!
Try taking some time off from Peanut Butter - many people have sensitivities due to the presence of mold.

SPICES AND HERBS

All spices are allowed and encouraged, especially fresh ones!
Check labels on blends for Sweeteners

STARCHY FLOURS

Cassava/Tapioca = 2 TBSP total starchy flour per day

VINEGARS

All are okay, but check label carefully.
NOTE - vinegar-based glazes contain sugar and are not permitted.

MEAT, FISH AND EGGS

*Buy the highest quality you can - Pesticide-Free, No Hormones
Chicken - Free-Range
Eggs - Free-Range
Meat - Grass Fed
Seafood - Wild Caught
No pre-packaged meat. Buy fresh sliced meat at the deli counter, but make sure it has not been treated with sugar.

CONDIMENTS

Broth
Coconut Aminos
Nutritional Yeast
Tamari
Unsweetened ketchup, mustard, mayo

PROTEIN SHAKES

Made from protein powder and non-dairy liquid of your choice and greens. After day four, you may add berries. Up to two shakes a day - as a meal replacement or snack!
Min 20 grams of protein
No added sugar/unsweetened
Non-Dairy
Non-Whey

SUPPLEMENTS

All vitamins should be pure vitamins or mineral supplements!
No gummy supplements as they contain sugar or artificial sweeteners.

BEVERAGES - NOT SWEET

Almond, Coconut and Oat Milk - unsweetened only!
Coconut Cream Full-Fat
Coffee
Herbal Tea
Mineral Water
Seltzer Water
Tea - all unsweetened tea is fine
Water

BEVERAGES - SWEET

1 cup total per day in any combination!
Coconut Water
Kombucha

See Ya, Sugar

Red Light Foods



ADDED SUGAR

No Added Sugar or Sweeteners are allowed during SYS.

Added sugar is clearly marked on the label or in the ingredient list of smaller companies.

Added sugar includes honey, maple syrup, agave and any of the 94 names on the Sugar Aliases list.

CHECK every item that comes in a box, bag, can or bottle!!! - No sugar added to: ketchup, mayonnaise, salad dressing, mustard, vinegar, etc

ARTIFICIAL SWEETENERS

Diet Drinks

Diet and Sugar-Free Foods

Xylitol, sorbitol, erythritol, maltitol, mannitol, isomalt, lactitol, (or anything ending in tol), equal, splenda, sweet n low, or any other packet of sweet white stuff!

Sugar-Free Gum

Sugar-Free Mints

NATURAL SWEETENERS

Monk Fruit

Stevia

If it says "natural sweeteners" - it is not included.

FRUITS

No Fruit except Lemons, Limes, tomatoes and avocados for the first four days.

After that, low-glycemic fruit only! This includes all berries, apples, and pears.

DRIED FRUIT

No dried fruit

After SYS, 2 TBSP a day

GRAINS

Couscous

Risotto Rice

WHITE FOOD

White Bread

White Flour

White Potatoes

White Rice

Corn

Popcorn

FOODS CONTAINING REFINED GRAINS

Your body processes refined grains as sugar. Don't eat it!

Bagels

Baked Goods of all kinds - brownies, cakes, croissants, cookies, cupcakes, muffins, pastries, scones

Bread

Breadsticks

Cereal

Crackers-unless approved gluten-free option

Rice and Corn Cakes

DAIRY

Non-Fat and Low-Fat

BEVERAGES

Any Sweetened Drinks

Juice

Soda

Alcohol - clear spirits and dry wines are permitted in moderation. All other alcohol is not allowed.

Sports Drinks

CONDIMENTS

Be a sugar detective!

If a condiment has added sugar it is not allowed.

Common culprits: Ketchup, mayonnaise, some mustard, cocktail sauce, barbeque sauce, chile sauce.

Soy

FATS AND OILS

Anything that says hydrogenated oil or trans fats.

Canola Oil

Corn Oil

Cottonseed Oil

Grapeseed Oil

Margarine

Peanut Oil

Rice Bran Oil

Safflower Oil

Sesame Oil

Soybean Oil

Sunflower Oil

Sugar's 94 Aliases

Sugar is Sugar
Regardless of the Name!

Agave Nectar
Amazake
Anhydrous Dextrose
Apple Sugar
Barbados Sugar
Bark Sugar
Barley Malt
Barley Malt Syrup
Beet Sugar
Brown Rice Syrup
Brown Sugar
Cane Juice
Cane Sugar
Caramelized Foods
Carbitol
Caramel Coloring
Carmel Sugars
Castor Sugar
Coconut Sugar
Concentrated Fruit Juice
Corn Sweetener
Corn Syrup
Crystal Dextrose
D-Tagatose
Date Sugar
Dextrin
Dextrose
Diglycerides
Disaccharides
Evaporated Cane Juice
Erythritol
Florida Crystals

Fructose
Fructose Sweetener
Fructooligosaccharides
Galactose
Glucitol
Glucosamine
Gluconolactone
Glucose
Glucose Polymers
Glucose Syrup
Glycerides
Glycerine
Honey
Hexitol
Inversol
Invert Sugar
Isomalt
Karo Syrups
Levulose
Liquid Fructose
Malted Barley
Maltodextrin
Maltodextros
Maltose
Malts
Malt Syrup
Mannitol
Mannose
Maple Syrup
Microcrystalline Cellulose
Molasses
Monoglycerides

Nectars
Palm Sugar
Pancake Syrup
Pentose
Polydextrose
Polyglycerides
Powdered Sugar
Raw Honey
Raw Sugar
Raisin Juice
Raisin Syrup
Ribose
Rice Syrup
Rice Malt
Rice Sugar
Rice Sweeteners
Rice Syrup Solids
Saccharides
Sorbitol
Sorghum Syrup
Sucanat
Sucrose
Sugar Cane
Syrup
Trisaccharides
Turbinado Sugar
Unrefined Sugar
White Sugar
Xylitol
Zylose

See Ya, Sugar

OPTIONAL DAILY CHECKLIST

Some participants find a checklist helpful! It's ok if you don't check off every item each day. Everything you do is a win. Know your limits, and don't stretch yourself too thin. *See Ya, Sugar* is about prioritizing self-care, exploring what practices help you feel best, and embracing curiosity and self-compassion as you revise your sugar story.

- ✦ Read the daily email
- ✦ Answered the Daily Reflections in a dedicated journal
- ✦ Stayed present - Brought curiosity to my experience and noticed thoughts, feelings, and sensations without judgment
- ✦ Took **five** deep breaths before eating. Reminded myself that I deserve to enjoy food. Eating slowly, without distractions, paying attention, breathing between bites, and tasting each bite are necessary steps to help shift my relationship with food. Smelling, seeing, and thinking about how the food arrived on my table deepens the connection to its healing properties.
- ✦ Drank warm water with lemon (and a pinch of cayenne pepper-optional)



- ✦ Took my supplements/vitamins
 - ✓ *Probiotic on an empty stomach when you wake up*
 - ✓ *Vitamin B Complex*
 - ✓ *Vitamin C 1000mg*
 - ✓ *Vitamin D 1000-5000 IU*
 - ✓ *L-Glutamine*
 - ✓ *Magnesium Glycinate*
- ✦ Moved body for 20 minutes minimum (pilates/walking/stretching/yoga/spinning/dancing, etc.)
- ✦ Walked 2-3 minutes after each meal to stabilize/lower blood sugar
- ✦ Drank water equivalent to half body weight in ounces, plus more when exercising or in a warm climate
- ✦ Breakfast: Chia pudding with nuts and cinnamon, eggs with veggies, avocado “toast” on sweet potato toast, oats loaded with nuts and seeds, or Jen’s nut/seed bread
- ✦ Lunch: Fat Salad - lots of greens, protein, avocado, olive oil, Sauteed veggies, salad, or soup with your choice of lean, clean, organic protein
- ✦ *Optional afternoon snack: A handful of raw nuts, seed bread with nut butter, veggies, and hummus. *There is no need for snacking - we will address this later. If you are

truly hungry, by all means, have a snack. But tomorrow, add more calories to your lunch and see if you are ok until dinner

- ✦ Dinner: Lots of sauteed or grilled veggies, or salad with lean, clean, organic protein
- ✦ Practiced five minutes of a pause (deep breathing, visualization, creative outlet, stretching, be present with cat or dog). Participated in one daily detox activity like an epsom salt bath or a lemon water tea. On Day One, you will receive an email with numerous options for ways to detox daily.



PRIVATE CONSULTING WITH JEN DORF

You may be a little nervous as you embark on this exciting journey! This is normal and will likely turn to excitement soon. So bring your curiosity, patience, and compassion, and get ready for some fun along the way!

We recognize that you are unique and that your journey is a one-of-a-kind experience. Some of you may have concerns about specific food-related issues (For example, you may be worried that you have unexplored food sensitivities and would like this opportunity to sort them out! Or you may struggle with other issues such as overeating, binging, or undereating. Or you may not know how to cook quick, healthy meals for your family!) If you think you could benefit from one-to-one support, Jen is available to help. She is a passionate practitioner with deep insight!

Jen has provided wellness coaching to hundreds of private and corporate clients for the past 13 years, empowering them to reduce stress, feel better, and enjoy vibrant health. As a bonus to participants in *See Ya, Sugar*, she is offering a 35% reduction on her current rates. Allow one hour for the first session so she can dig in and uncover obstacles that prevent you from feeling your best. Subsequent sessions will be 30 minutes.



Schedule a 60-minute Introductory session here

Schedule a 30-minute subsequent session here

To learn more about Jen, take a look at [Jen Dorf Wellness](#) - eat well. breathe well. move well. You can email her at jen@jendorfwellness.com.

1. What should I expect from SYS? During the program, you can expect:

- ✦ Daily emails chock full of empowering educational and inspirational insight - these should take under five minutes to read
- ✦ Daily reflections to help you assimilate the new information - reflections should take less than five minutes a day
- ✦ Healing recipes to help you feel healthier
- ✦ The knowledge you need to make the best food choices
- ✦ Tools to buy the healthiest available foods at the grocery store
- ✦ Information to help you overcome obstacles that keep you stuck in your old disempowering habits
- ✦ Mindful eating tools so you eat the amount of food that your body desires to feel well nourished

2. What can I eat on SYS?

You can eat everything you usually eat except added sugar (including the 94 aliases for sugar), artificial sweeteners, corn, white potatoes, white rice, white flour, and low-fat dairy. (Full-fat is ok.)

3. Do I have to buy anything special to participate in SYS successfully?

Sort of - you will need to purchase unsweetened items of foods that you often use (condiments, yogurt, cereal, bread) and non-white flour versions of popular foods such as pasta and bread. We also recommend certain supplements to help ease withdrawal and inflammation, and others to promote a healthy gut biome. A supplement list is provided.

4. How much fruit can I eat on SYS?

During Days 1-4, there is no fruit except lemons and limes. Day 5-10, you may eat up to two cups per day of low glycemic fruit - berries, apples, and pears.

5. Can I eat Dried Fruit on SYS?

No, dried fruit is packed with sugar! After SYS, use small amounts of dried fruit as a source of sweetness in recipes (2 figs, 2 dates, 10 raisins, 3 pieces mango, etc.)

6. Do I have to measure food, count calories, eat on a schedule, eat a fixed number of meals a day, or prepare special recipes?

No! We encourage you to eat your fill of nutrient-dense food. If you find that you are hungry, add more fat, fiber, or protein to your meals. We will guide you to eliminate the evening snack, which interferes with sleep and causes unnecessary insulin spikes.

7. Can I drink coffee every day?

Yes. You may drink up to two cups of coffee daily without a sweetener. If you add a creamer, use full-fat only! Coffee is the most significant source of antioxidants in the American diet (just because our diet is awful!) If you are sensitive to coffee or have difficulty sleeping, finish your coffee consumption by 11am.

8. Is it OK to consume dairy?

Yes, full-fat dairy (4% or higher) is preferred. But since you are changing things up, you may find the 10 days more impactful if you eliminate cow's milk, and try goat and sheep alternatives. Post-nasal drip, skin issues, and eczema can be associated with dairy. So if you are struggling with any of these, try taking a break from dairy all together.

9. Why is full-fat dairy preferred?

Full fat is ideal because it is minimally processed and is in its natural form. When fat is removed, sugar is typically added. This was the problem in the 80s with all the low-fat food; to make them taste better, food manufacturers loaded items with sugar. Once fat was removed from our food supply, our country became more obese. Fat was vilified due to a debunked study and it is now known that a low-fat diet does not cut health risks. Yet, many Americans continue to associate cardiovascular health with low fat products. Fat was never the problem - sugar is the problem.

10. What about alcohol?

If you drink, please do so only in moderation (one drink daily for women and two for men). Note that one drink per day can't be saved up to allow for multiple drinks in a day on the weekend.

Only consume alcohol with meals that contain a healthy amount of fat. Choose dry wines or clear spirits, which are lower in sugar—NO ALCOHOL ON AN EMPTY STOMACH. A sure way to spike your insulin is to participate in cocktail hour with no food or ordering a drink while waiting for your food! Be aware of what constitutes a standard drink: **14 grams of pure alcohol**. These are approximate amounts as some brands have higher alcohol content

- ✦ 12 ounces of regular beer, which is usually about 5% alcohol
- ✦ 5 ounces of wine, which is typically about 12% alcohol
- ✦ 1.5 ounces of distilled spirits, which is about 40% alcohol
- ✦ 12 ounces of hard seltzer, which is about 5% alcohol

11. Are some grains better than others on SYS?

Gluten-free grains (quinoa, brown rice, amaranth, millet, wild rice) will be the best choice. Seed crackers are great! Gluten creates inflammation whether or not you have sensitivity or celiac. SYS is an opportunity to explore how you feel gluten-free.

12. Can I eat bread?

Yes, but be careful. Many bread companies add sugar to their bread! Don't eat a sugar sandwich! And gluten-free doesn't mean healthy. GF bread is often loaded with potato flour, tapioca flour, and sugar. DO NOT EAT THIS!

13. How much water should I drink?

When you are adequately hydrated, your energy levels may be high, your hunger will stabilize, and your attentiveness will increase, helping you make healthy choices and resist sugary snacks. Follow these rules:

- a. Divide your body weight in half. That is how many ounces of water you need daily. (For example, if you weigh 180 pounds, you should drink 90 ounces of water daily.)
- b. Drink an additional eight ounces of water for every 20 minutes of cardio or 30 minutes of weight training.
- c. For every ounce of alcohol consumed, add one ounce of water.
- d. Drink an extra eight ounces for every 30 minutes outdoors in hot weather. e. Herbal tea counts toward water intake, but coffee does not.

14. How much protein should I eat?

Aim for a minimum of 50% of your body weight in grams daily, but you may consume 100% of your body weight in grams daily to lose weight (4oz of chicken breast has 31g of protein).

15. Are there suggestions for fiber intake?

Fiber (25 - 35 grams a day), in conjunction with fat, will help stabilize blood sugar. Aim for 3g of fiber per serving. (Most of us only get half of the necessary fiber due to the Standard American Diet (SAD)).

16. What are the best fat sources, and how much should I eat?

Fat should make up 35% of your diet, so add fat to every meal! Enjoy avocados, olives, nuts (especially walnuts, almonds, macadamia,) nut butters, krill oil, wild-caught salmon, sardines, grass-fed butter and ghee, and whole, organic, cage-free eggs. Integrate healthy oils such as avocado, coconut, olive oil, and avoid toxic industrial seed oils canola, corn, cottonseed, grapeseed, rice bran, safflower, soybean, and sunflower oil.

17. Is popcorn a good snack on TSE31?

Popcorn contains no nutrients, is easy to overeat, can be full of pesticides, and is derived from corn — one of the most modified crops in the world. During SYS, please refrain from popcorn. However, for future snacking, as far as mindless snacks go, popcorn is not the worst choice. With a glycemic index of 55, it doesn't spike your blood sugar. So, choose **organic, non-GMO, unsweetened popcorn**. Measure your servings, and eat from a snack bowl! No eating out of the bag!

18. Should I expect to feel symptoms of withdrawal?

Yes, withdrawal is real, and you will likely feel some symptoms by Day 2. But you will have prepared yourself. Drink plenty of fluids, rest, and take supplements, especially magnesium. You may experience headaches, irritability, nausea, constipation, itchy skin, bad breath, fatigue, and body odor. But none of these will last long! By Day 6, you should be feeling better!

19. In a pinch, are Starbucks' Egg Bites a reasonable choice?

It is best to focus on fresh, natural options that have not been processed. However, something like these egg bites are fine when in a bind. Remember, we're not striving for perfection here! It's very challenging to be prepared during our hectic lives. So when you can choose food that is nutrient-dense (vitamins/minerals/bright colors), minimally processed such as veggies, nuts/seeds/fruit which are all loaded with fiber to keep you filled longer, that is ideal. The egg bites are reasonable, packed with protein, and have 3 grams of sugar. Since there is no sugar in the ingredient list, the sugar naturally occurs in the dairy/cheese.





JEN DORF

Since transforming her health through healing foods and mindfulness practices, Jen has used her passion to empower others to do the same. For the past 13 years, Jen has inspired hundreds of clients to improve their lives.

As a Holistic Nutrition and Mindfulness Coach, she founded Jen Dorf Wellness where she coaches private clients and small groups. At the Apple Store in Greenwich, CT, Jen runs the corporate wellness initiative, spearheading mindfulness-related challenges for the 70+ employees. Jen co-founded This Radiant Life 31 with Jean Marie to help clients get off the sugar roller coaster.

Jen received her certification from the Institute for Integrative Nutrition in NYC and completed the acclaimed “Food as Medicine” training through the Center for Mind-Body Medicine. She is certified in Mindfulness Based Stress Reduction and completed Prana Meditation Teacher Training in 2019.

Jen lives in New York with her husband and three daughters.

JEAN MARIE STEIN

A born analytical thinker and a natural teacher, Jean Marie has applied her degrees in Electrical Engineering and Mathematics Education, to problem solving at NASA, on Wall Street, in the classroom, and in the kitchen. With a love of teaching, she founded Thrive Tutoring NY, a bespoke tutoring enterprise focused on helping children thrive, not just survive!

After going alcohol-free in 2019, Jean Marie was plagued with an unhealthy sugar addiction. She teamed up with nutrition expert, Jen Dorf, to create an accessible, easy to follow program to help people kick their sugar habit. The process delivers peace of mind, intellectual clarity, and emotional balance. Jean Marie Stein is the co-founder of This Radiant Life 31 and a lead researcher and creator of The Sugar Experiment 31 and *See Ya, Sugar*.

Jean Marie has two adult children and lives in the Berkshires with her husband and labradoodle.