



7 Day **ADDED SUGAR DETOX**

A sugar detox will help you rewire your brain, break a sugar addiction, crave less foods with high amounts of added sugar, and will decrease your threshold for sweetness.

HOW

Eliminate any added, refined or artificial sugars from your diet for 7 days. This does NOT include fresh fruit. Check the nutrition label on the back of all packaged products and look for a sugar content of zero grams.

Examples of food with hidden sugar: soda, granola bars, yogurt, ketchup, pasta sauce, trail mix, etc.

9 TIPS

1. Replace soda with sparkling water.
2. Increase healthy fat sources like avocados and nuts.
3. Choose fresh fruit for dessert.
4. Eat more protein at breakfast.
5. Choose complex carbs over bread (sweet potato, butternut squash, etc.)
6. Have healthy snacks on hand.
7. Manage stress.
8. Prioritize sleep.
9. Don't skip meals.