

5 Day Sugar Detox

Guide Recipes Journal

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Welcome:



My name is Laura Frontiero. I help you reclaim energy, renew mental focus, and restore digestive health so you can get back to feeling successful and full of purpose again!

Through this Sugar Detox Guide, I will teach you how to beat sugar cravings, prepare delicious sugar-free recipes and re-energize your body so you can get back to enjoying life.

I spent over 2 decades working as a Nurse Practitioner before I shifted my focus to functional medicine root cause healing. So don't worry, I've got you covered with my best go-to tips and tricks for success. With this 5 day sugar detox you will discover how to balance food, diet, and the rest of your life... FINALLY. I'm so excited.

Ready to dive in?

Let's do this!

10 FOODS WITH HIDDEN SUGAR



Why does cutting back on sugar matter? Because your body was made to thrive and reducing sugar is one of the most powerful ways to support your energy, focus, mood, and long-term health.

We're not aiming for perfection, we're aiming for progress. You don't need to give up everything sweet or count every gram. This journey is about awareness, not restriction. When you start noticing where added sugars are sneaking into your everyday foods, you take back control, one choice at a time.

Sugar cravings are real (trust me, I've been there!), but they don't have to run the show. When you fuel your body with real, nourishing foods, those cravings lose their grip: and you gain energy, mental clarity, better sleep, and that sense of lightness you didn't know you were missing.

Remember: this isn't about deprivation, it's about freedom. Freedom from the crash, the cravings, and the long-term toll sugar can take on your vibrant, capable body. You're not just reducing sugar, you're making room for a more energized, balanced, and radiant version of you

Take a look at the list below and try to eliminate as many of these foods as possible for the next 5 days and beyond.

- **Cereals -** I recommend skipping the cereal aisle completely. Boxed cereal is a major source of hidden sugar. The average boxed cereal has 19 grams of sugar per serving. That's almost 5 teaspoons of sugar! So, what's a cereal lover to do? The answer is simple: make your own. At the end of this challenge I will be sharing my favorite sugar-free cereal recipe.
- **Bread -** Most packaged breads, including the whole wheat types, contain hidden sugar. Serve your morning scramble on a bed of spinach and enjoy your tuna salad on baby greens instead.

- **Sweetened Beverages -** Most beverages, including juices, energy drinks, sports drinks, soft drinks, coffee drinks and tea contain high amounts of sugar. Even the drinks that claim to be 'low calorie' also have hidden sugar that can affect your cravings. Consider a Starbucks Caramel Frappuccino which has 44 grams of sugar. That's 11 teaspoons of sugar in just one coffee drink! If you like coffee drinks try making a coffee with almond or coconut milk, stevia and cinnamon. Yum!

- **Sweetened Dairy Products -** Your favorite flavored yogurt, flavored kefir, flavored milk, and kid's snacks are all sweetened, usually with sugar. Believe it or not, just one low-fat yogurt parfait has upwards of 27 grams of sugar. That's nearly 7 teaspoons of sugar per serving. To reduce sugar, purchase unsweetened, unflavored dairy products yogurt and serve plain yogurt with fresh berries.

- **Sauces and Dressings -** Most condiments, dressings, marinades and bottled sauces are full of sugar. Look at your BBQ sauce, salad dressing, jarred pasta sauce, and marinades. Also, be especially mindful when eating out, some fast food dressings have over 280 calories!



- **Pancakes and Breakfast Breads -** Pancakes and frozen waffles are high in sugar, especially when served with commercial syrups. Now let's be real, pancakes are pretty delicious. Don't worry, you shall have your pancakes! Check out my recipe for Protein Pancakes in the recipe section.



- **Protein Bars -** If you think your favorite go-to protein bars and meal replacements are healthy, you are probably being misled. Most protein bars are quite high in sugar. Instead of relying on premade bars, make a protein shake with a high quality protein powder. There are many excellent sugar-free options to choose from. My favorite is Designs For Health bone broth protein in chocolate or vanilla.
- **Dried Fruits -** Fruit snacks and most of the dried fruits on the market have a considerable amount of sugar inside. Ditch the dried fruit and enjoy a bowl of fresh raspberries which only 5 grams of sugar per cup.
- **Granola Bars and Snack Packs -** Granola bars and other similar snacks also contain hidden sugar, especially if they include raisins or other dried fruit pieces. Not only are most granola bars high in sugar, they are void of any real nutritional value.
- **Restaurant Food -** Entrées at restaurants are often accompanied by rich sauces that are full of sugar: think of miso glaze, red wine sauce and 'secret burger sauce'. Mouthwatering desserts are often enhanced by a layer of sugary sauce. If you are super busy, instead of eating out, purchase prepared foods at your local deli, or health food market instead. Be sure to read labels and go for those with minimal ingredients and no added sugar!

HOW TO DEAL WITH SUGAR CRAVINGS



Even with all the knowledge in the world, sugar cravings can still sneak in, it's totally normal. Change doesn't happen overnight, and willpower alone isn't the answer. But with the right tools and mindset, you can overcome those cravings and feel in control again.

Here are a few simple, powerful strategies to help you break free from sugar's grip, for good. These tips are here to support you, not to restrict you. Let them guide you toward a life where you feel more energized, balanced, and in charge of your choices. You've got this!

Choose Natural Sweeteners

You can enjoy the sweet taste by using monk fruit, stevia, honey, or maple syrup in a small amount. These are less addictive because of the low content of synthetic additives.

Increase Intake of Healthy Fats

Healthy fats are known to lower sugar cravings. Avocados, unsweetened yogurt, grass fed butter, grass fed and pasture raised meats, olive oil, olives, and coconut oil are all great sources of healthy fats.

Choose Healthy Snacks

Hard-boiled eggs, homemade protein balls, berries, baked apples and beef jerky are tasty and filling low-sugar snacks.

Control the Sugar Intake at Breakfast

Most breakfast foods contain high amounts of sugar. My favorite low-sugar morning 'sweets' are smoothies, baked sweet potatoes, and chia pudding. All of these will give you the sugary taste you are craving without the inflammation or the calories of pancakes, waffles or donuts. *Check out the recipes at the end.



Drink Homemade Juices and Smoothies

Making smoothies, juices and beverages at home is a great way to reduce sugar. Be careful with too much juicing; you are stripping away the fiber and giving your body a big hit of fructose that will spike your blood sugar and insulin levels.

Avoid Soft Drinks/Energy Drinks

Choose unsweetened drinks like herbal tea, sparkling water, and lemon water. Don't go for the DIET sodas; research shows eating artificial sweeteners actually stimulates your appetite resulting in more calories eaten throughout the day.

Reduce Salt Intake

The more you eat salty food, the more you will crave sweet foods. Reduce your consumption of salty foods, and your body will naturally want fewer sugary foods. Plus you'll help prevent water retention and lower your blood pressure!

Slow Down Your Chewing

Chewing thoroughly is crucial. Many veggies, fruits, and nuts contain complex carbs that release a sweet flavor when chewed completely. You can satisfy your craving through these in a healthy manner. Spend time to chew your food until if feels liquified before swallowing.

Sweet Support

You will need some sweet support to make the sugar withdrawal easy. When the crazy sugar craving comes on, eat a sweet fruit like grapes or an orange. Or have a handful of berries. Make a 'chocolate shake' from stevia sweetened protein powder, ice and almond milk. Get some dark chocolate sweetened with stevia; my favorite brand is Lily's. Eat a date, they are so naturally sweet and delicious! Prunes also curb sugar cravings and are high in magnesium and fiber.

Day 1

Why Sugar Is A Silent Killer



Your body was designed to feel vibrant, strong, and full of energy. Excess sugar doesn't just mess with your cravings or energy levels, it can quietly disrupt your health over time. From heart disease and diabetes to weight gain, hormonal imbalance, and even certain cancers, the impact of too much sugar can be far-reaching. It can burden your liver, cloud your mind, and drain your energy without you even realizing it.

But here's the good news: you have the power to change that. Every step you take to reduce added sugars, especially those hiding in processed foods, is a step toward more energy, better digestion, clearer thinking, and a stronger, healthier body.

This isn't about fear, it's about freedom. By choosing whole, nourishing foods and ditching the excess sugar, you're not just preventing disease, you're actively creating a life that feels better now and lasts longer into the future.

Your future self will thank you. And your body will show you just how good it can feel.

Day 1 Action Step:

DETOX YOUR PANTRY Take inventory of your pantry, fridge and freezer then ditch the high-sugar foods such as flavored coffee creamers, boxed cereals, cookies, jarred sauces/condiments/dressings, flavored yogurts, conventional peanut butter, granola/protein bars, snack packs, energy drinks, soft drinks, and syrups.

Begin replacing these foods with healthier no-added-sugar options such as plain yogurt, almond butter, cacao powder, high quality protein powder, chia seeds, fresh fruit, monk fruit sweetener and stevia.

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Day 2

Sugar & Your Hormone Health



Here's a quick lesson on hormones and sugar. Let's start with insulin: the amount of sugar you eat directly impacts your blood glucose levels. When blood sugar rises, your pancreas responds by producing more insulin to bring it back down.
But here's the catch, consistently eating too much sugar forces your body to pump out insulin so often that your cells begin to ignore it. This insulin resistance leads to poor sugar metabolism and fat storage. It also throws off your hormonal balance.

In women, high insulin levels can cause the ovaries to produce excess androgens like testosterone, which may lead to symptoms such as acne, irregular cycles, and weight gain. In men, the opposite happens: insulin resistance often reduces testosterone, increasing the risk of weight gain, erectile dysfunction, and even enlarged breast tissue.

To make matters worse, frequent insulin spikes can block the body's ability to produce human growth hormone in both men and women, an essential hormone for energy, muscle tone, and repair.

The good news? You can support your hormones naturally by reducing sugar and avoiding processed foods. It's a small change that can make a big difference in how you feel, function, and thrive.



Day 2 Action Step:

PLAN YOUR 'LOW SUGAR' WEEK The key here is to get the foundation right. The foundation of a healthy diet is quality protein (animal-based or vegetarian), fresh produce and clean water. Start with foundation foods and add other foods based on what feels right for your unique body.

Below is a sample sugar-free day from my own life. Grab a pen/paper and write out what you are going to eat over the next week. Plan your meals. Then go to the store and get your healthy ingredients!

MY TYPICAL SUGAR-FREE DAY

- **Upon Rising:** A big glass of water with lemon
- **Breakfast:** 2 scrambled eggs with sautéed veggies and avocado slices, 1 cup of black coffee (can add almond milk & monk fruit)
- **Lunch:** Grilled chicken on a bed of baby greens with pine nuts, ½ avocado, and apple cider vinaigrette. A serving of fruit
- **Snack:** Chocolate protein smoothie
- **Dinner:** Grilled fish with sautéed carrots, zucchini, and black rice
- **Dessert:** 1 baked apple with cinnamon or a square of dark chocolate sweetened with stevia

I also drink plain room temperature water all day long



Day 3

Sugar, Inflammation & Candida



What is Inflammation?

Inflammation in your body is a response generated by the immune system. It indicates that your body is in the healing phase after either an infection or an injury. There are 2 kinds of inflammation: acute and chronic. Acute inflammation is mild, usually occurring after a physical injury and does not last for more than a week. However, chronic inflammation is often prolonged for weeks and months. It weakens the immune system and is linked with all kinds of chronic health problems including but not limited to leaky gut, chronic pain, fatigue, weight loss resistance, autoimmune disorders, skin problems, gastrointestinal upset, headaches, mental disorders including depression, dementia and attention deficit.

Candida and Inflammation

Candida, a parasitic fungus, is known to be a cause of inflammation. Its presence in the gut causes swelling which further promotes the candida colonization. The overgrowth of candida makes the body more prone to infections, swelling and weight gain.

How is Sugar linked to Candida and Inflammation?

High intake of sugar can be troublesome and add to yeast overgrowth. Note: the root cause of candida living in your body is typically something deeper than sugar, like mold mycotoxins or heavy metals. Think of eating sugar like fanning the candida flames: sugar helps it thrive and grow. When you eliminate sugary foods, it'll be easier to clear candida. If you think you have candida, be sure to work with a practitioner who understands how to systematically clear the root cause: usually heavy metals and mold mycotoxins.

Healthier Sugar Alternatives

Perfection isn't possible: you cannot completely eliminate sugar from your diet. There will always be instances when you eat away from home or just want to enjoy a holiday treat. There are many healthier sugar alternatives you can use instead of common sweeteners. Below are a few of my favorites.

- **Monk Fruit:** This natural sweetener comes from a fruit grown in Southeast Asia. The extract contains zero calories which means it doesn't impact insulin levels. It also does not cause inflammation! You can find it in liquid, granule and powder forms. This is my favorite sweetener because it tastes like sugar.

- **Stevia:** It is one of the easiest to find natural sweeteners that you can add to your diet. This plant-based substitute for sugar is easily available at multiple health food stores. You can also buy it online. Stevia tastes very good, and the best part is, it is not a feeding substance for candida yeast.

- **Xylitol:** You might have heard about sugar alcohols. It includes xylitol and erythritol. Xylitol is the most common sugar alternative. It is anti-fungal and anti-bacterial. This is perfect to be used for avoiding candida overgrowth and delivers a sweet taste.

- **Erythritol:** The second sugar alcohol is naturally found in some fruits and fermented edibles. It is a brilliant alternative to be used in place of sugar as it has very low-calorie content. Besides, erythritol does not cause any kind of harmful effects that regular sugar does. For instance, its consumption will not lead to weight gain, tooth decay or a high sugar level in the blood.

Day 3 Action Step:

TRY A NEW SUGAR-FREE RECIPE Try something new today! See the recipe section for ideas. What looks good to you? Which meal of the day do you tend to eat more sugar? Breakfast? After dinner? Snacks? Set yourself up for success and choose a meal time that tends to be problematic for you. For me, it's late afternoon and after dinner. These are the two times of day that I need a plan in place to prevent sugar binging!

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Day 4

SUGAR AND STRESS



Stress can take a serious toll on your well-being, affecting everything from your mood to your physical health. It's been linked to weight gain, diabetes, heart disease, and high blood pressure. That's why managing stress isn't just helpful, it's essential for a vibrant, healthy life.

What might surprise you is that excess sugar can actually fuel stress. Cutting back on sugar is one of the most effective ways to support your body's natural ability to stay calm and balanced. When your blood sugar is stable, it's easier to stay centered and resilient.

Here's why: stress triggers the release of a hormone called cortisol. But sugar spikes cause even more cortisol to flood your system, leading to fatigue, belly fat, and mood swings. To feel your best, aim for steady blood sugar by avoiding processed sugars and fueling your body with real, nourishing foods.





10 WAYS TO PRACTICE MASSIVE SELF-CARE

The following are the top 10 ways in which you can keep your body, mind, and soul at peace.

- **Eat Healthy Food -** The first and foremost thing that you can do to enjoy improved health and a happy life is eating healthy food. Fuel your body with something delicious and nutritious. Prefer to cook at home, enjoy preparing your meals and reduce eating out.

- **Practice Yoga -** Yoga is a brilliant way to connect your body with the mind. It can help you to relax. No matter how stressed or depressed you are, practicing yoga for a few minutes would leave a positive impact on your mood. If you don't know how to do it, try taking a yoga class.

- **Go for a Walk -** Breathe in fresh air and let your body get some sunlight. This natural fuel for your body is refreshing. Make a habit of walking for about half an hour daily. You must have heard about the countless benefits of a morning walk. You can also go out in the evening if it suits you.

- **Get Plentiful Sleep -** Your body is like a machine. The excessive workload can damage its efficiency. To maintain good health, you should let your body rest properly. Make a routine and go to bed early every night. Sleep for 8 to 10 hours a day. Try this for a week, and you will feel the difference.

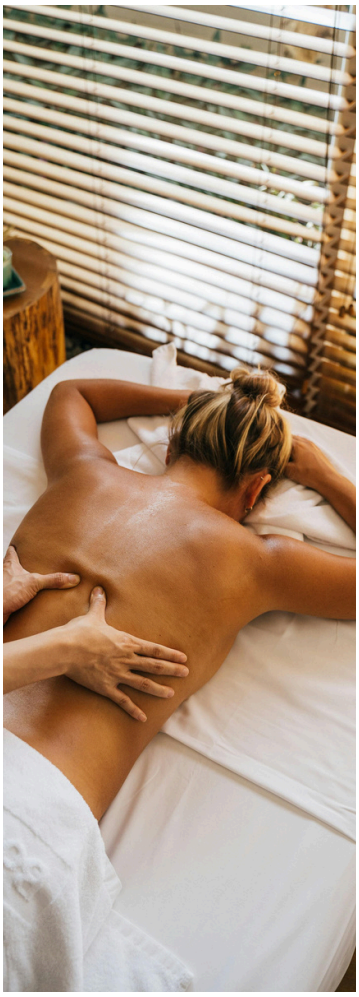
- **Take a Bath -** A bath with essential oils and epsom salts is also a practical solution to refresh your body. Take a bath with warm water, and you will feel relaxed. You can incorporate it in your daily routine, and it will keep you active.

- **Get a Body Massage -** A massage can be very comforting. No matter how long the day has been, a body massage will make you feel more relaxed.

- **Spend Quality Time with Yourself -** You need yourself the most. No matter how busy your schedule is, you should take some time out and sit alone. Take a break from everything and just talk to yourself. Relax for some time, and it will give you peace of mind.

- **Cherish Small Changes -** Don't look for big reasons to be happy. Enjoy little moments and cherish every little thing that makes you feel good. Stay happy, and it will have a good impact on your health.

- **Read a Book -** Book Reading is the best thing that you can do to relax your mind. Good books are like the food of thought. Develop a habit of reading books, and it will help you to enjoy quality time alone.



Day 4 Action Step:

DITCH THE EMPTY CALORIE DRINKS Forgo the high sugar drinks today. See page 5 for information on beverages. Remember, a Starbucks Frappuccino has 11 teaspoons of sugar! Instead treat yourself by getting a relaxing massage, taking a warm bath or reading a book.

Choose unsweetened drinks like herbal tea, sparkling water, and lemon water. Don't go for the DIET sodas; research shows eating artificial sweeteners actually stimulates your appetite resulting in more calories eaten throughout the day.

Day 5
PUTTING IT ALL TOGETHER



Take the reins on your health by becoming more aware of your sugar intake. While excess sugar can quietly chip away at your energy and well-being, you hold the power to change that, one mindful choice at a time. The best part? You don't have to give up sweetness to feel your best. There are so many satisfying, wholesome alternatives that fuel your body and support your goals. By choosing better, you're not just cutting sugar, you're building a stronger, more vibrant version of yourself.

A few of these alternatives are mentioned below.

- Dates
- Cinnamon
- Coconuts
- Dark Chocolate sweetened with Stevia
- Sweet Potatoes
- Plain Greek Yogurt With Fruit
- Apples

FOODS TO BOOST ENERGY

When you are trying to avoid sugar, you might feel low. There are multiple options that you can choose to give you an energy boost. Take a look at the following foods and add these in your diet to beat sugar cravings:

- Spirulina
- Vegetables
- Fruit and protein
- Berries
- Salmon
- Dark Chocolate
- Nuts and Seeds
- Coconut Oil
- Eggs



FOODS TO HELP END SUGAR CRAVINGS

Protein Rich Foods

Protein from plant and animal foods helps to balance the sugar level in blood and aids in reducing your cravings. Foods like salmon, grass-fed beef, beans . legumes, and tempeh are good choices.

Cruciferous Vegetables

This category of veggies include broccoli, brussels sprouts, and cabbage. They contain a high fiber content and assist in detoxifying your body. You can eat them either in raw or cooked form. They will keep you feeling full for a longer time and help curb the craving for sugar.

Avocados & Olives

Both of these provide a good supply of plant-based fat. You can include it in any of your meals. Eating avocados and olives will improve the brain functioning and most importantly, keep you full which reduces the sugar craving to a great extent.

Chia Seeds

Have a sugar craving? Want a healthy alternative? Try chia pudding. The chia seeds are loaded with fiber, protein and omega 3. Enjoy chia pudding to satisfy your sweet tooth in a healthy and nutritious way. Chia provides minerals, vitamins, and anti-oxidants as well.

5 NUTRIENTS THAT MAY BE MISSING FROM YOUR DIET

You are not just what you eat. You are what you absorb! What you feed your body impacts your overall health. Therefore, be mindful about your food selection. Make sure what you eat meets your nutritional needs. The following is a list of 5 common nutrients that may be missing from your diet. Look and make sure you include these in your diet to enjoy enhanced health.



Chromium

It is an essential nutrient that plays a significant role in controlling your blood sugar level. Food groups including fruits, vegetables, legumes, meats, and dairy contain chromium. Although it is present in a variety of foods, they contain a minimal amount. Therefore, you should try to consume more foods that contain chromium. For example: muscles, brazil nuts and pears!

Fiber

Fiber is a helpful nutrient that aids in detoxing, reducing cholesterol, improving digestion, and controlling blood sugar. It is low in calories and promotes a feeling of fullness. The amount of dietary fiber recommended is 25-38 mg per day. Your diet might be missing this important nutrient as it is not present in today's processed grains. To consume more of it, you should eat more oats, lentils, beans, pears and berries to name a few.



Vitamin D

Here is another vital nutrient. Interestingly, your body is capable of producing Vitamin D in the hormone-form by processing sunlight. We can also get vitamin D through several foods. It regulates cell growth, protects bones and lowers chances of cardiovascular diseases. For most people it is essential to take a vitamin D supplement. Vitamin D is also found naturally in fatty fish, eggs and fortified dairy products.

Calcium

Calcium is an important nutrient which contributes to bone strength. It also aids in nerve transmission and clotting blood. This mineral is crucial for proper functioning of the body, and we need it in abundance. You might be taking calcium in your daily diet but not in the required amount. Make sure you eat more calcium-rich foods to meet your body's requirement. You can add more leafy greens, sardines, unflavored Greek yogurt, goat cheese.

Iron

Iron is a vital nutrient. It carries oxygen throughout the body and assists in muscle building. Its deficiency can make you feel exhausted and lead to memory loss plus anemia as well. Both men and women need iron, but ladies require it more than men. Those who are on a vegan diet might be missing this vital nutrient from their diet. Make sure to add meat, lentils, and broccoli to your meals.

SPICES TO HELP END SUGAR CRAVINGS

In addition to food items, there are several spices that you can use in cooking meals that may help regulate blood sugar.



Turmeric

It is a wonder spice in the real sense. Along with its helpful impact on blood purification, anemia and inflammation, it also assists in the detoxification of the body. You can add it to soup, hot milk, and curries.

Cinnamon

Cinnamon is a miraculous spice that improves blood circulation, eliminates excess mucus from the lungs, and promotes enhanced reproductive health. It also improves insulin sensitivity. You can use it in both the powder and stick form. Add it to rice, curries, soups and any meal of your choice, either savory or sweet.

Aloe Vera

Aloe Vera is an incredible herb that offers several health benefits. It helps in releasing bile juice from the liver that supports the regulation of blood sugar. You can either drink its juice or crush the inside of the leaves to add to your meal.

Tulsi or 'Holy Basil'

Here is a refreshing additive for your mind and body. It increases the metabolic rate of fats and aids in reducing weight. It also stabilizes your blood sugar. Tulsi can be used in multiple ways. You can simply drink Tulsi-Tea to avail its benefits.

Bitter Melon

This is another phenomenal solution to regulate blood sugar. It contains a hypoglycemic substance known as charantin. Furthermore, its polypeptides work to lower the sugar content efficiently. To integrate it into your diet, you can make bitter melon pickle and eat it with different meals.

Day 5 Action Step:

MAKE IT A LIFESTYLE: Make a plan to satisfy your sugar cravings. See the list of foods above that will help support you. Commit to stocking your panty with these foods. Commit to choosing one of these when the cravings hit. Continue stocking your kitchen with low-sugar foods and be mindful when eating out. Continue planning your meals.

Get familiar with the Environmental Protection Agency's "Clean 15" and "Dirty Dozen" produce lists to help support wise choices when shopping. Make healthy eating part of your lifestyle and enjoy good health for a lifetime! They put an updated list out every year online.

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SUGAR-FREE *Recipes*



BREAKFAST

VANILLA LATTE

Serves 1

- 1 ¼ cup of organic coffee, brewed
- 1-2 tablespoons unrefined coconut oil
- 1 teaspoon vanilla extract
- 2 drops stevia or 1 teaspoon monk fruit
- Dash of cinnamon

- **BREW:** Brew your coffee (make it strong)
- **BLEND:** Add brewed coffee, coconut oil, vanilla, and stevia/monk fruit to a blender and blend until creamy.
- **FLAVOR:** Sprinkle with ground cinnamon.



PROTEIN PANCAKES

Serves 2

- 1 scoop sugar-free plant or bone-based protein powder
- 1 egg
- 1/2 banana, mashed
- 1 teaspoon cinnamon
- 1 tablespoon ground flax seed
- Splash avocado or coconut oil for pan



MIX INGREDIENTS IN A BOWL: Mix the protein powder, egg, banana, cinnamon, and flax seed in a medium-sized bowl and pour about ¼ cup of batter into a pan with splash avocado or coconut oil over medium heat.

Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully and cook on the other side until the middle is done. Peek inside with a fork to check the middle. *Make several little pancakes instead of large ones.

TOPPING: Forgo the sugary syrup and simply top with grass fed butter or almond butter and fresh fruit.

BLUEBERRY BAKED-OATMEAL

Serves 6

- 3 cups rolled oats
- 2 tablespoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon sea salt ¼ to ½ cup monk fruit sweetener (to taste)
- 2 cups nondairy milk
- 2 eggs ¼ cup melted coconut oil
- 2 teaspoons vanilla extract
- 1½ cup frozen blueberries





Preheat: Preheat oven to 350° and grease a 9”x13” pan.

Combine: Combine all ingredients, except for the blueberries, in a large glass bowl. Let stand for about 5 minutes before folding in the blueberries with a rubber spatula.

Pour: Pour mixture into greased 9”x13” pan and bake for about 30-40 minutes or until it has a cake-like texture and is lightly browned.

Serve: Serve warm or cold with butter. You can add different fruits to this recipe, including fresh, frozen, or dried apples, banana, raisins, or cranberries. Chopped nuts would be a nice addition, too. To save time in the morning, combine the ingredients the night before and bake in the morning.

BERRY CREAM SMOOTHIE

- 1 ½ cups nondairy milk
- 1 cup spinach
- ½ banana
- 1 tablespoon almond butter
- ½ cup blueberries
- ½ teaspoon cinnamon

Blend until smooth.



GRAIN FREE CEREAL WITH COCONUT MILK

Serves 2

- 1 cup almonds
- ½ cup walnuts
- 2 tablespoons chia seeds or ground flax seeds
- ¼ cup shredded, unsweetened toasted coconut
- 1 tablespoon bee pollen (optional)
- 1 teaspoon cinnamon
- 2 cups unsweetened coconut milk

PULSE IN FOOD PROCESSOR: Place almonds and walnuts in food processor and pulse until desired consistency and then place in bowl, add chia seeds or flax meal, toasted coconut, cinnamon and bee pollen if using. Store mixture in an airtight container.

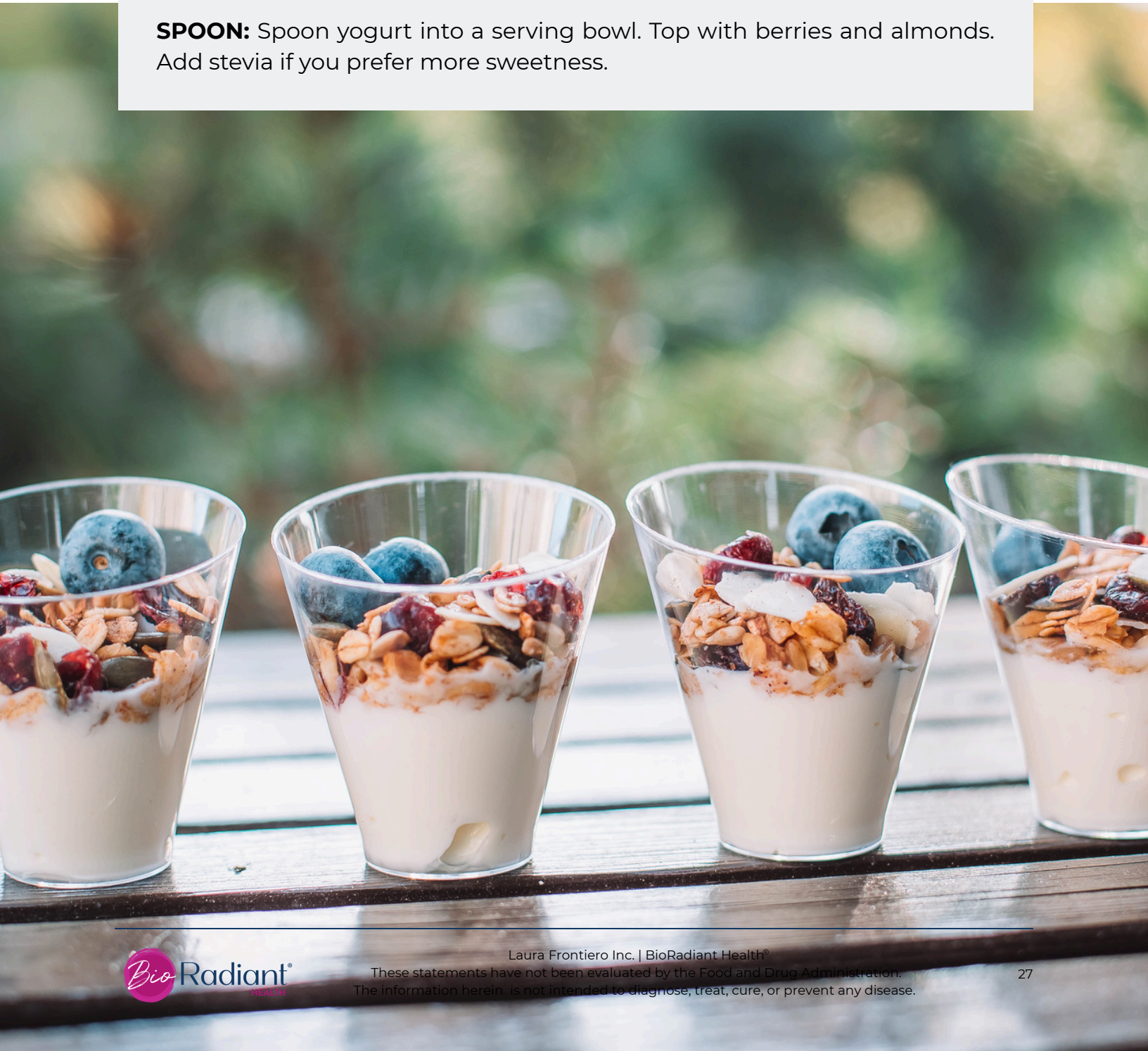
SERVE: Serve cereal with cold or warm coconut milk.

BERRY ALMOND YOGURT PARFAIT

Serves 1

- 1 cup unsweetened organic greek yogurt or coconut yogurt
- 1 cup fresh berries
- handful of almonds
- stevia (optional)

SPOON: Spoon yogurt into a serving bowl. Top with berries and almonds. Add stevia if you prefer more sweetness.



LUNCH

CURRIED GARBONZO BEANS WITH QUINOA

Makes 6 servings

- 1 cup snow peas, sliced crosswise
- 1 small white onion, diced
- 1 large carrot, peeled and sliced
- 1 small red bell pepper, thinly sliced
- 2 teaspoons coconut oil
- 2 cloves fresh garlic, minced
- 2 14-ounce cans coconut milk
- 3 tablespoons red curry paste
- 2 tablespoons fresh lime juice
- 1 teaspoon yellow curry powder
- 1 15-ounce can chickpeas/garbanzo beans
- ½ teaspoon garlic salt 1 teaspoon salt
- ¼ cup chopped fresh cilantro
- 3 cups cooked quinoa



ADD: Add snow peas, onion, carrots, red peppers and coconut oil to large non stick skillet and sauté over medium-high heat for 5-6 minutes, or until vegetables are tender. Add garlic and cook another 1-2 minutes, or until garlic is fragrant.

ADD: Add coconut milk, red curry paste, fresh lime juice, yellow curry powder, chickpeas, garlic, and salt to the pan. Stir to combine and continue cooking until chickpeas are heated through, about 5 minutes. Stir in cilantro and serve over cooked quinoa.

TACO SALAD



Makes 3 servings

- 1 head washed Romaine lettuce, chopped
- 1 avocado, chopped
- 2 cups cherry tomatoes, halved
- 2 cups fresh cilantro leaves, loosely packed
- 1 cup crumbled goat cheese
- 1 15-ounce can black beans, drained and rinsed
- 2 cups frozen corn, thawed
- 1 15-ounce can black olives, drained
- 1 small red onion, thinly sliced

CILANTRO-LIME VINEGRETTE



- 1 cup fresh cilantro, loosely packed
- 1/4 cup fresh orange juice
- 3 tablespoons fresh lime juice
- 1 teaspoon monk fruit syrup
- 1 teaspoon ground cumin sea salt and freshly ground black pepper, to taste
- 2 tablespoons extra virgin olive oil

ADD: Add cilantro, orange juice, lime juice, monk fruit, cumin, salt, and pepper to a food processor or blender and pulse to combine. Gradually drizzle in the olive oil while pulsing until mixture is thoroughly combined.

ADD: Add romaine lettuce to a large mixing bowl. Add remaining salad ingredients and drizzle with Cilantro-Lime Vinaigrette. Toss to combine and serve immediately.

MEXICAN RICE AND CANTINA BEANS

Makes 6 servings



- 2 tablespoons coconut oil
- 1 cup long-grain brown rice
- 1 8-ounce can organic tomato sauce
- 1 red bell pepper, diced
- 2 cups organic vegetable stock, divided
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- ½ teaspoon chili powder
- 1 teaspoon cumin powder
- 1 15-ounce can pinto beans, drained and rinsed
- 1 tablespoon tomato paste sea salt, to taste

Garnish:

- ½ cup diced tomatoes (optional)
- 2 tablespoons fresh cilantro, chopped (optional)

HEAT: Heat coconut oil in a 2-quart pot over medium heat. Add the rice and stir until rice is coated in the oil. Cook for 5 minutes or until rice is lightly browned, stirring constantly. Add the tomato sauce, red bell pepper, 1½ cup vegetable stock, salt, garlic powder, chili powder, and ground cumin to pot and stir to combine. Bring to a boil over high heat. Cover the pot and turn the heat to low; cook until rice is done according to package directions.

ADD: Add the pinto beans, remaining vegetable stock, tomato paste, and salt to a separate pan over medium heat, and bring to a simmer. Cook for 7-10 minutes or until thickened. Taste and add additional salt or cumin powder, if needed.

COMBINE: Combine the rice and the beans together. Stir well. Garnish with the diced tomatoes and chopped cilantro, if desired.

CARROT SOUP WITH GINGER

Serves 2



- 2 pounds carrots
- 4 cups vegetable broth
- 1 tablespoon coconut oil
- 1 cup chopped onion
- ½ cup fennel, chopped
- 2 garlic cloves, minced
- 2 tablespoons grated ginger
- 1 teaspoon sea salt
- ¼ teaspoon cumin powder
- ¼ teaspoon cinnamon
- ¼ teaspoon dried mint
- 3 tablespoons fresh lemon juice

COOK: Cook carrots in vegetable broth 10-15 minutes. Sauté onions, fennel and garlic in coconut oil over medium heat for about 5 minutes. Add ginger, salt, and spices. Turn the heat to low and continue to sauté for another 8 to 10 minutes. Stir in lemon juice.

BLEND: Combine in blender and puree.



DINNER

LEMON AND DILL SALMON WITH HERB SALAD & APPLE CIDER VINAIGRETTE

Serves 4

- 1 tablespoon coconut oil
- 4 6-oz. Alaskan wild-caught salmon fillets
- sea salt and black pepper, to taste
- 3 cups mixed salad greens
- 1 cup grape tomatoes, halved
- 1 medium cucumber, peeled and cut in half
- 4-5 fresh dill sprigs, roughly chopped
- ¼ cup fresh mint leaves, chopped
- ¼ cup fresh basil leaves, chopped
- 1 tablespoon Dijon mustard
- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 fresh lemon, cut into wedges

Garnish:

- 1 fresh lemon, cut into slices
- 2 sprigs fresh dill



PREHEAT: the coconut oil in a non-stick pan over medium heat. Season the salmon with some salt and pepper on both sides and place skin-side down in the hot pan. Sear for 3 - 4 minutes before carefully flipping the filets. Cook for another 3-4 minutes before removing from heat.

COMBINE: the mixed salad greens, tomatoes, cucumber, and fresh herbs in a large bowl and toss to combine. Set aside.

FOR DRESSING: whisk the Dijon mustard, olive oil, and apple cider vinegar in a small glass bowl and season with salt and pepper, to taste. Pour dressing over the salad and toss to combine.

SERVE: Season the salmon with a squeeze of fresh lemon juice and a few dill sprigs. Serve with herb salad and enjoy!



PINEAPPLE SHRIMP STUFFED AVOCADOS

Serves 4

- 2 tablespoons coconut oil
- 8 ounces jumbo shrimp, peeled and deveined
- 2 teaspoons ground cumin
- sea salt and pepper, to taste
- ¼ cup fresh lemon juice, divided
- 2 large avocados
- 1 cup fresh pineapple, diced
- 1 tablespoon fresh pineapple juice
- 1 small red onion, diced
- ¼ cup chopped fresh cilantro





HEAT: Heat coconut oil in a medium-sized skillet over medium heat. Pat the shrimp dry with paper towels and add to the hot skillet. Add ground cumin and season with salt and pepper, to taste.

COOK: Cook shrimp for approximately 2-3 minutes, stirring frequently. Remove pan from heat and add 2 tablespoons of fresh lemon juice. Stir to combine and transfer to a small bowl. Cover and place in the refrigerator to chill.

CUT: Cut avocados in half lengthwise. Remove seed and score the flesh in evenly spaced rows lengthwise and crosswise to create equal-sized chunks. Scoop avocado out of shell and toss with remaining 2 tablespoons of lemon juice to prevent browning. Reserve avocado shells and set aside.

ADD: Add avocado, pineapple, pineapple juice, onion, and cilantro to a large bowl and stir gently to combine.

REMOVE: Remove chilled shrimp from the refrigerator and chop into equal-size chunks. Fold shrimp into avocado-pineapple mixture. Season with salt and pepper, to taste.

SPOON: Spoon shrimp mixture into reserved avocado shells and serve immediately.

ROASTED FENNEL SALAD WITH TAHINI DRESSING

Serves 4

Dressing Ingredients

- 3 tablespoons tahini
- 1 large lemon, juiced
- 2 tablespoons extra virgin olive oil
- 1 large clove garlic, finely chopped
- Dash cayenne pepper (optional)
- sea salt and black pepper, to taste

Salad Ingredients

- 1 large fennel bulb
- 1 large red onion
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- sea salt and black pepper, to taste
- 1 tablespoon dried thyme
- 2 cups arugula, washed and patted dry
- 2 cups baby spinach, washed and patted dry
- 3 medium ripe figs, cut in half, then sliced



PREPARE: Prepare dressing by combining ingredients in a small bowl. Taste and adjust seasonings, as desired. Set aside. PREHEAT: Preheat oven to 425°F degrees and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat. Set aside.

REMOVE: Remove the stems and bottom from the fennel bulb, then cut into ½" thick slices from top to bottom. Place slices in a large bowl and reserve the fronds for garnish, if desired. Set aside.

REMOVE: Remove ends and outer skin of red onion. Cut in half from root to stem and then cut each half into ½" thick slices. Place half-round slices into bowl with fennel.

ADD: Add olive oil and balsamic vinegar to bowl and season with salt and black pepper, to taste. Gently toss until the fennel and red onion is evenly coated.

TRANSFER: Transfer vegetables to prepared baking sheet and arrange in a single layer without overcrowding. Sprinkle with thyme and place in pre-heated oven. Roast for 30-35 minutes, turning once. Once vegetables are golden brown, remove from oven and set aside.

PLACE: Place arugula and spinach in a large bowl and add 3 tablespoons of lemon-tahini dressing and toss to combine. Arrange greens on serving platter and top with roasted fennel, red onion, and fresh fig slices. Garnish with fennel fronds, if desired.

SERVE: Serve, drizzle additional dressing on top, if desired, and pass the remaining amount for those who prefer more.



DESSERT

PROTEIN BALLS



5 balls

- 2 tablespoons almond flour or hemp protein powder
- 3 tablespoons hemp seeds
- 3 tablespoons unsweetened almond butter
- 1 tablespoon coconut oil
- ½ teaspoon cinnamon
- 1 tablespoon raw cacao
- 2-3 drops of stevia shredded coconut

COMBINE THE INGREDIENTS: Combine all the ingredients in a large bowl (except the shredded coconut). Stir until ingredients are combined and mixed well.

MAKE THE PROTEIN BALLS: Once ingredients are mixed well, roll into 5 balls. Roll each ball in coconut. Place on a wax paper lined dish and place in freezer for at least 10 minutes before serving.



BAKED SLICED APPLES WITH CINNAMON

Serves 2

- 2 apples, cored and sliced
- 1 tablespoon coconut oil, melted
- 2 teaspoons cinnamon

PREHEAT OVEN. Preheat the oven to 400 degrees F.

BAKE APPLES. Coat apples with coconut oil and cinnamon. Add apple slices to a small baking pan. Bake for about 20 minutes until soft.



PUMPKIN PIE SMOOTHIE

Serves 2



- 2 cups unsweetened coconut milk
- 1 cup pumpkin puree (homemade or canned)
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin spice
- 5 drops stevia

BLEND: Combine all ingredients in a blender and blend until smooth.

DAILY SUGAR *Journal*



A daily journal can be a powerful tool for building awareness and staying accountable on your 5-Day No Sugar Challenge. Use it to gently track what you're eating: meals, snacks, desserts, and drinks. So you can see your habits more clearly and make more intentional choices.

If you're ready to go a little deeper, take a look at packaged foods and note where added sugars might be hiding, like in sauces, dressings, frozen meals, or beverages. You don't need to stress about the natural sugar in fruit. This challenge is about uncovering those sneaky, added sugars that often go unnoticed.

Simply jot down what you eat and, if you'd like, include the grams of added sugar listed per serving. No need to overanalyze, just becoming more aware is a powerful first step. Aim to track for a full week, and you'll be surprised at how much insight you gain.

"There is no judgement. Awareness is the first step to positive change."



7-DAY *Journal*



Meals + Sugar	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast: Sugar:							
Lunch: Sugar:							
Dinner: Sugar:							
Snacks: Sugar:							
Dessert: Sugar:							

HOW ARE YOU FEELING?



Try something new and take time to write in a daily journal how you feel as you began to reduce your sugar intake. Look at the questions below. Notice any changes, both positive and negative. You may notice a few “Healing Responses” as you detox from sugar. Practice self-compassion and take some time to care for YOU.

Do you feel different now that you are reducing your sugar intake?

Do you feel less bloated?

Are you sleeping better?

Are you less foggy?

Do you have more energy?

Are your cravings decreasing?

Do you feel empowered to keep going and change your lifestyle forever?

CURIOUS HOW MUCH SUGAR YOU'RE REALLY EATING?



Once you have recorded 7 days of sugar intake, follow these instructions to estimate your sugar consumption.

- **How Many Grams of added Sugar Am I Consuming Weekly?** Look over your Daily Journal and calculate how many grams of refined sugar you consumed, that's your 7-day sugar total.

- **How Many Grams of Sugar Am I Consuming Yearly?** Multiply your 7-day sugar total by 52 to estimate how many grams of refined sugar you are consuming yearly.

- **How Many Pounds of Sugar Am I Consuming Yearly?** Divide your yearly grams total by 453 to estimate how many pounds of sugar you are consuming yearly.

Here is an example:

- Days 1-7 = 400 grams of sugar

- Annual Sugar Consumption = 400x52 = 20,800 grams

- Annual Sugar Consumption = 400x52 = 20,800 grams

Conclusion

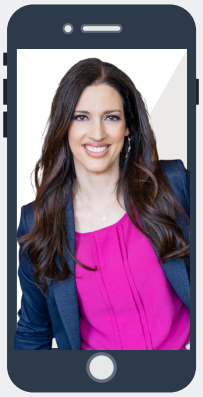
You've just taken a powerful step toward reclaiming your energy, vitality, and well-being. By learning more about the effects of sugar and exploring simple, nourishing alternatives, you've begun a journey that can truly transform your health from the inside out.

Yes, too much sugar can silently wear down the body, but now you're equipped with the tools, awareness, and recipes to rise above the cravings and choose foods that truly support your vibrant life. You don't have to aim for perfection, just progress. With a little planning and intention, you can create a lifestyle that feels both nourishing and sustainable.

If you've loved the tips and delicious sugar-free recipes in this guide, I invite you to take the next step with me to boost your energy, improve your brain function and resolve digestive issues.

Book a free call at www.chatwithlaura.org to connect with one of my coaches and see if our programs is a great fit for you. And as always, reach out if you have any questions. We're here to support you every step of the way. You've got this. Your vibrant, energized life is waiting, and it starts with the choices you make today.

Take Good Care ,
Laura



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This guide may include, but is not limited to, supplement suggestions, dietary recommendations lifestyle strategies, and wellness or biohacking practices. These recommendations are not personalized medical advice and may not be appropriate for everyone. Always consult your physician or qualified healthcare provider before beginning any new supplement, protocol, or health-related decision, especially if you are pregnant, nursing, have a medical condition, or are taking medications.

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