



## Week 3 Sugar Detox Guidelines

Congratulations on 2 weeks completed in our Sugar Detox Course! You may be feeling fantastic as you have tackled many obstacles in these last two weeks! You have learned how to take care of yourself and your stress levels by making time each day for self-care because you now realize this daily practice will help reduce your stress and reduce sugar cravings. You have been working diligently on getting out in the fresh air and sunlight and are working on decreasing the blue light exposure every day to help with your sleep. You now know that better sleep also helps reduce sugar cravings. You have discovered when your trigger times are and have a strategy in place to work through difficult times. You've worked hard on not helping yourself to seconds and being satisfied with what's on your plate. Some of you may have decided to ditch the snacking between meals if you felt you were noticing balanced blood sugar. If you chose to abstain from food between meals, you also had to figure out what would work for you to fill-the-gaps instead of snacking.

Consistency is the key every day, because all these new habits are fragile, and you need to guard and protect them. Repetition is the goal to establish a new habit and while two weeks isn't yet long enough to help the habit become second nature, it can happen by the end of this course, but some habits will always be fragile.

You should be super proud of all you have accomplished in just two weeks!

Heading into week 3, here are some new recipe suggestions. This week in class we'll get into more of how to fine tune the carbs, protein and fat on your plate that will meet your individual needs. Because, remember, these recipes represent your high carb favorites and the only macronutrients you really need should be from whole foods coming from animals and plants, stick with the basics, but enjoy some of these additional recipes occasionally. ***Getting into a habit of constantly needing a low carb bread with a meal is a slippery slope towards reverting back to old habits.***

**No more than 2 servings daily from the following:**

- [Coconut Flour Bread](#)
- [Almond Flax Bread](#)
- [Banana Bread](#)
- [Brown Butter Pumpkin Bread](#)
- [Blueberry English Muffin Loaf](#)

As far as desserts go, (no more than 3 times per week) you heard my philosophy on that last week in class. I would still say now is not the time to make a large low carb cheesecake or cake as it might be very difficult to not have a piece every day with it sitting in your fridge. BUT the choice is yours of course. All of these recipes will provide 1-4 servings. Here are some new suggestions for mini mug cake desserts:

- [Low Carb Chocolate Peanut Butter Mug Cake](#)
- [Low Carb Chocolate Pumpkin Spice Cake](#)
- [Low Carb Pumpkin Mug Cake with maple cream](#)
- [Red Velvet Couples Mug cake](#)
- [Low Carb Tiramisu Mug Cake](#)
- [Low Carb Cannoli Mug cake for 2](#)
- [Low Carb Vanilla Upside Down Cakes \(6 servings\)](#)
- [Low Carb Mini Red Velvet Cheesecake](#)
- [Low Carb Lemon Mug Cake](#)

**In our 3<sup>rd</sup> class, we will talk all about balancing the macronutrients for your needs and how measuring blood glucose is one of the ways to figure out what foods are the right fit for your body and goals. We will also have a Q & A at the end of the meeting.**