



Sugar-Free FRESH START Course

GUIDELINES:

1. Watch the introduction videos before starting Module 1.
2. Print these three tools: [Every Day I](#) , [Hunger Habit](#), and [Hunger Satiety Scale](#). Hang them up where you'll see them every day.
3. Start the [Body Tracker](#) form and take a "before" picture.
4. Look at the food lists below (p. 6-7: keto, low-carb, auto immune).
5. Eat 2-3 meals a day.
6. Plan ahead and choose a favorite protein, vegetable, and fat for each meal.
7. No processed foods. Only approved packaged foods.
8. No second helpings. Prioritize protein.
9. Weigh and measure your food.
10. Write down everything you eat in one of the food logs provided or take a picture record. (p. 2)
11. No sugar, no gluten. Select flours to be added in when indicated in recipes.
12. No snack foods, except from the approved snack list and with meals (p.8).

Facebook group [daily for encouragement and support.](#)
([Sugar-Free Mom Tribe Membership](#))

Billing and password help: techsupport@sugarfreemom.com



Do I Need to Track What I Eat?

YES, you do need to keep track, so you learn what does and doesn't work for you during this course.

- 1) Take pictures on your phone.
- 2) Write it down in one of these printable food tracking logs/journals. [Journal 1](#), [Journal 2](#) or [Journal 3](#).
- 3) Use an app like [Chronometer](#) or [CarbManager](#).

An app allows you the capability to track macronutrients (macros) from a database. Regardless of the method, you will have to weigh and measure your food during this course while prioritizing whole protein, vegetable, and healthy fat. You won't likely do this forever, but it is of the highest importance while getting started on your new journey. If managing the macro details is not something you want to try yet, then focus on the content below under Weighing and Measuring that gives basic intake guidelines for protein, carbohydrates and fat.

Generally speaking, if you're tracking macros:

Low-carb approach is 40g total carbs/day (Good place to start if coming off the standard American diet. This will have more veggies and select fruit than keto.).

Keto approach is 20g total carbs/day (If you've done low carb, but weight loss results are slowing or have stalled, keto can be tried. The source of carbohydrates is mainly low carb veggies, but fruit intake would be less than on low-carb). There may be more fat than protein on keto regarding the macronutrient ratio (if you are tracking macros).

Auto-immune approach (do you have food sensitivities to night shades or has your medical provider indicated that you have an autoimmune condition?).

No matter which approach, the focus is on consuming whole foods (not processed). On this program, there are limited approved foods that come in a package (e.g. tuna, egg white wraps, collagen peptides).

Mix and match and use whatever spices you like and have on hand. You don't have to be a chef to cook a few ingredients in a pan.

Here are some [simple recipes](#) if you're in the mood to spice things up and feel like cooking. Otherwise, keeping it simple is best.

1-Pick a protein

2-Pick a veg

3-Pick a fat

Cook up a variety of your favorite proteins for the week, have some veggies (from the list) on hand, and keep healthy fats ready to add flavor to the proteins or veg. Heck, if you have time, plan to try a couple new recipes. There are many free recipes on [my blog](#).

If you know dairy doesn't agree with you, don't choose that as your fat option. Food lists are provided below, but aren't all-inclusive. They can give you some simple foods to create a bunch of different meals that you like. Often a dairy item will provide protein and fat toward your daily intake.

See the food lists on the following pages for ideas.

Weighing and Measuring

If you'd rather hold off on getting into the details of tracking macros for now, start with these basic concepts:

Protein (hit or exceed): 80-90grams protein/day. Use an app like Chronometer or CarbManager or the internet to see how much of your favorite protein you need to eat to get to this daily amount.

Watch [Module 1 Lesson 2 Prioritize Protein](#).

Carbohydrates (carbs – limit to stay under): low carb is 40grams total/day, keto is 20grams total/day, or follow your Dr.'s suggested amount if he/she has specified you need to have more based off your medical history. These are limits to stay under.

Fat (minimum of 50grams/day – max daily intake may vary as this can be used as a leverage to get a desired result): Different for each person as it varies depending on what a macros calculator indicated for you and how your body responds each week.

A nutrition label will show you how many grams of each macronutrient are in a serving. If you're planning to eat 3 meals a day, and want to get 90 grams of protein that day, you can do this: 90 divided by 3 and you'd get 30 grams of protein per meal. If you are planning to eat 2 meals a day, then you'd take 90 divided by 2 = 45grams of protein per meal. Ask yourself how much of ___(protein)___ you need to eat in order to get 45 grams of protein.

For example:

Breakfast: 2 large scrambled eggs+ 1/4 c. shredded cheddar cheese+ 4 oz Greek yogurt (plain) = about 30.5 grams protein and 7.3 grams total carbohydrates.

Lunch: 4 oz. tuna (from pouch/can)+ 2 Tbsp avocado oil mayo+salt/pepper+ 2 egg white egg white wraps + dill pickle spear = 32 grams protein and 1 gram total carb.

Dinner: 4 oz beef sirloin steak+ 1 c. steamed broccoli+ 1Tbsp butter = 33 grams protein and 6.1 grams total carbs.

The total fat intake of that example above is 83.5 grams. And if you don't like beef and would rather have shrimp, you'd need to have 5 oz. of cooked shrimp to get an equivalent amount of protein. THIS is where a food tracking app pays off, even if you don't plan to track, it'll be a quick way to look up nutritional values to decide if you need more or less than originally thought.

IMPORTANT: if you are hungry between meals (sooner than 4 hours later) assess how much protein you recently had and add more the next time. More on this to come.**

Free Online Macros Calculators

If you want to level up and discover a more personalized approach of what your body needs to meet certain goals (and have more detailed data for coach review and feedback included for [Tribe members](#)) you can try a macros calculator below. Macros calculators allow one to enter current personal data like weight, height, and body fat percentage for a desired outcome (lose body fat, maintain weight, etc.) so that one gets a best-fit approach to what one's body needs. Below are some to try. It's suggested to take the average from multiple sources to help determine the starting place for intake of protein, carbs and fat. Each day/week is an opportunity to assess if the desired outcome was achieved. [Tribe members](#) can email food logs for review and feedback: coursesupport@sugarfreemom.com.

<https://mariamindbodyhealth.com/calculator/>
<https://www.ketogains.com/calculator/#body-composition>
<https://www.ketogenicgirl.com/pages/macro-calculator>

What should my macro ratio look like?

The three nutrients your body needs in large amounts are carbohydrates, protein and fat (a.k.a: macronutrients). If you've ever seen a ratio like this 5/25/70 when reading about daily nutritional intakes or low carb eating plans, it means a person would have a daily goal of 5% carbohydrates/25% protein/70% fat. Each meal that you log shows you how close to these three settings you are for the day. You can then take this information to enter in some meals ahead of time and make tweaks accordingly BEFORE you eat or drink the food. This is a very detail-oriented approach and can be very helpful, whether done for a couple weeks or all the time. The choice of what your macro ratio looks like depends on your goal (e.g. weight loss v. maintenance) and how your body responds. Each week will be a new opportunity to collect data. You can choose to try low carb one week and switch to keto the next.

Watch out when grocery shopping!

Oils are an ingredient we need to be discerning about if we want to avoid inflammation.

Oils safe for cooking are:

Butter Ghee Coconut oil Lard Tallow Duck fat
Olive Avacado

Oils to avoid:

Canola Corn Cottonseed Flax Grapeseed Margarine
Peanut Sesame Safflower Soybean Sunflower Vegetable

There are names of refined sugar and artificial sweeteners that can trick us when looking at ingredient lists. Be aware!

[Names of Refined Sugar](#)

[Natural Sweeteners Article](#)

[Watch Module 1 Lesson 5 Reading Labels](#)

[Watch Module 1 Lesson 11 Sugar Free Desserts and Sweeteners](#)

What Should I Eat?

KETO LIST

(Low Carb and Autoimmune info on p.7).

| <u>Protein</u> | <u>Carbohydrate (vegetable)</u> | <u>Fat</u> |
|--|-------------------------------------|-------------------------|
| Beef (ground, ribs, steak, roast, etc) | Arugula | Almonds |
| Bison/buffalo | Artichoke hearts | Almond butter |
| Chicken (ground, breast, etc) | Asparagus | Avocado |
| Clams | Bok Choy | Avocado oil |
| Cod | Broccoli | Beef tallow |
| Collagen Peptides | Brussels sprouts | Butter |
| Cornish hens | Cabbage | Cheese, hard |
| Cottage cheese, plain | Cauliflower | Coconut oil |
| Crab | Celery | Cream cheese |
| Duck | Chard | Crème fraiche |
| Eggs | Chayote | Duck fat |
| Egg white wraps | Collard greens | Ghee |
| Flounder | Cucumber | Heavy whipping cream |
| Goat | Eggplant | Lard |
| Goose | Endive | Macadamia butter |
| Halibut | Fennel | Macadamia nuts |
| Hulled hemp seeds | Green beans | Macadamia oil |
| Lamb (chops, ground, etc) | Kale | Mayonnaise, avocado |
| Lobster | Kelp | MCT |
| Mahi Mahi | Lettuce, any kind | Olives |
| Mussels | Mushrooms | Olive oil |
| Oysters | Onions | Pecans |
| Pork (chop, ground, etc) | Peppers | Pumpkin Seeds (pepitas) |
| Salmon | Radish | Ricotta |
| Sardines | Seaweed | Sour cream |
| Scallops | Spinach | Sunflower seeds |
| Shrimp | Turnip | |
| Snapper | Watercress | |
| Trout | Zucchini | |
| Tuna | | |
| Turkey | | |
| Venison | | |
| Yogurt, Greek, plain | | |

Low Glycemic Fruits

Fruits are your personal choice. If you find having berries daily does not cause you to crave more, then continue but enjoy only a small serving once daily and no more.

Blackberries Blueberries Cranberries Strawberries
Raspberries

LOW CARB LIST

ALL OF THE ABOVE, PLUS Any of the following:*

Carrots Sweet Potato Spaghetti Squash Yams
Parsnips Acorn squash Butternut Squash

*These vegetables are dense carbohydrates, meaning they are high in carbs compared to some of the other choices. Do not have any of these more than 3 times per week. Are they a better option than eating processed carbohydrates? Absolutely!

AUTOIMMUNE LIST

If you have an autoimmune condition, you will want to avoid the items listed here as well as the list of vegetables to avoid (below).

Nuts and Seeds Coffee Chocolate Grains
Parsnips Acorn squash Butternut Squash Gluten
Eggs Dairy
Seed-based spices (e.g. cumin, peppercorns)
Beans (even green beans)
All nightshades (peppers, paprika, tomato, potato, eggplant)
Sugar and artificial sweeteners

VEGETABLES TO AVOID (during this course)

| | | | |
|----------|----------|----------------------|----------------|
| Carrots | Corn | Green peas | Leeks |
| Parsnips | Potatoes | Squash | Sweet Potatoes |
| Yams | Yuca | Tomato-limit portion | |

****SNACKING**

You should be able to go multiple hours between meals, which is a sign of a healthy metabolism and also indicates you ate the right amount of protein, carbs and fat for your body.

Please watch the video [Module 1: Lesson 7 Snacking](#). The following snacks below can be added to your meals.

HANGRY symptoms; you're nervous, agitated, foggy headed, shaky, ready to kill someone or eat them. Most likely the result of eating too many carbs for your body at your last meal, this is a carb withdrawal symptom or a carb crash. Our brains do not like blood sugar swings and that's why balancing our blood sugar is key to avoiding crashes and cravings. To avoid this, add a bit more protein to your next meal and if that doesn't help, add more healthy fat as well.

APPROVED SNACKS

Bacon strips

Cheese

Collagen Peptides

Macadamia nut butter

Pecans

Pork rinds

Beef Sticks

Cheese crisps

Dill pickles

Olives

Pili nuts

Pumpkin seeds

Bone broth

Coconut butter

Eggs

Jerky, no added sugar

Pepperoni

Sunflower seeds

APPROVED BEVERAGES

1. 8-10 eight ounce glasses of water per day or half your ideal body weight in ounces
2. herbal tea
3. coffee is allowed, but only with approved sweeteners
4. sparkling water, no sugars added

[Redmond's Real Salt](#) or Pink Himalayan Salt, (1-2 tsp daily) should be added to your food and/or water to avoid carb withdrawal symptoms.

[Everly](#) makes a wonderful line of drink mixes for enhancing your water without any sugar. Lots of great flavor options!

[Pique Tea](#) is a great instant tea you can mix into hot or cold water. Very convenient for packing in your purse and taking anywhere you go.

[Citric acid](#) is an organic acid and adds a bit of a sour taste so if the sparkling water is a bit boring, try adding this to it.

[Kettle & Fire Bone Broth](#)

[Zevia](#) is a soda made with stevia and my kids and I love the root beer flavor best.

[Sweetleaf Water Drops](#) are so delicious if you truly hate drinking plain water.

[3 Homemade Electrolyte Drink Recipes](#)

[Keto Whipped or Dalgano Coffee Recipe](#)

[Collagen Peptides](#)

[LMNT electrolytes](#)

Diet Soda should be avoided because of the artificial sweeteners which all brands have. Artificial sweeteners can make some people crave sugar and carbs. It's best to just avoid these during this detox.

A few words on Alcohol: Alcohol is converted in the body to a substance called acetate. Unlike a car that uses only one supply of fuel, the body can draw from carbohydrates, fats, ketones, and proteins for energy. When your blood acetate levels rise, your body uses acetate instead of other forms of energy. To make matters worse, the more alcohol you drink, the more you tend to eat, and unfortunately, drinking makes the liver work to convert the alcohol to acetate, which means that the food you consume at the same time will be converted to extra fat on your body. Alcohol also stimulates your appetite for up to 24 hours. Watch [Module 1 Lesson 8 Alcohol](#).

Alcohol and sugar addiction go hand in hand. Research has proven that when people binge on carbs, which are sugar molecules hooked together in long chains, and then restrict those carbs, the body creates an (internal) opioid. This is similar to the chemicals released when people use opioid drugs. CT scans of food addicts show that food lights up the same areas of the brain that are lighted in people who are drug addicts.

There are ways to help our brain chemistry. You don't have to suffer from this addiction. Sugar and Alcohol block serotonin receptors which leads to more cravings for carbs and alcohol.

A FINAL WORD FROM BRENDA/SUGAR FREE MOM

I am thrilled you decided to join my Sugar-Free Fresh Start Course! It may be difficult to give up sugar, but your health is worth it. The more time you don't give in to temptations the easier it becomes! You can have sugar freedom and lose weight, with support and accountability.

Tribe-Members-Only Bonus Content

For those of you who opted for that extra layer of live support with multiple weekly meetings, check-ins with the [Tribe](#), and access to the extensive index of 200+ videos, I can't wait to hear how you are all doing in our [Tribe Facebook](#)

group! Don't forget, as a Tribe member, you also get a **FREE** 20-minute one-to-one coaching call in the first 30 days of your membership + unlimited email access to our Ask a Coach email coursesupport@sugarfreemom.com. A scheduling link was or will be provided to you in a separate email.

Videos:

["How to Create a Meal Plan You Love"](#)

["What I Did to Ease Off Snacking"](#)

["How I Tweaked My Macros"](#)

["Ways I Tried Fasting: Taking Away the Fear Factor"](#)

["Breaking Stalls"](#)

["What I did when the 6-week course ended."](#)

[foundational course that existed before this course]

Access the ENTIRE [Index of Past Live Coaching Sessions](#) (200+).

Categories:

The Basics Overcoming Triggers Immune & Hormone Health Maintenance

Bonus End Self-Sabotage Stop Overeating Intermittent Fasting

Monthly Challenges

Access [Stall Busters Course](#) (\$200 value).

Introduction

Week1: Understanding Ketosis, Macronutrients, Keto Friendly Foods, Common Mistakes

Week2: Leveraging the Fat, Leveraging the Protein, Intermittent Fasting

Week3: Common Culprits of Stalling, Dairy and Nuts, Cravings

Week4: Falling off the Wagon, Exercise, Final and Next Steps

Stay on Track (print 8-10 copies of this page to get started)

Day: _____

- ___ How did yesterday go for you?
 Physically: _____
 Emotionally: _____
 Tweaks needed: _____

- ___ Ate food I planned. Hit my protein goal.
- ___ Water goal [0.5 x ideal body wt =] ___ in ounces. *Max of 100 oz/day.*
- ___ Surfing the cravings today

| <i>When (time of day)</i> | <i>Duration (lasted ___ minutes)</i> |
|---------------------------|--------------------------------------|
| | |
| | |
| | |
| | |

- ___ No sugar/refined carbs ___ No snacking
- ___ Consider this worksheet for additional work: [ThoughtWork3Ws](#)
- Notes:

Day: _____

- ___ How did yesterday go for you?
 Physically: _____
 Emotionally: _____
 Tweaks needed: _____

- ___ Ate food I planned. Hit my protein goal.
- ___ Water goal [0.5 x ideal body wt =] ___ in ounces. *Max of 100 oz/day.*
- ___ Surfing the cravings today

| <i>When (time of day)</i> | <i>Duration (lasted ___ minutes)</i> |
|---------------------------|--------------------------------------|
| | |
| | |
| | |
| | |

- ___ No sugar/refined carbs ___ No snacking
- ___ Consider this worksheet for additional work: [ThoughtWork3Ws](#)
- Notes: