

**3 Key Strategies to**

**Survive the Holidays Sugar-Free**

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1. **End Self Sabotage, Holiday Food Protocol, 1-1-1 Method**

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| **Notes:** |



**2. Avoid Fear of Missing Out (FOMO), Sugar-Free Alternatives**

**Natural Sweeteners**

[Natural Sweeteners Article](https://www.sugarfreemom.com/recipes/natural-sugar-free-low-carb-sweeteners-guide-conversion-chart/)

[Names of Refined Sugar](https://sugarfreemomtribe.com/wp-content/uploads/2023/09/Refined-Sugar-Names.pages.pdf)

**FREE Recipes**

*Thanksgiving, Pumpkin & Pies*

[50 Best Low Carb Keto Favorite Pumpkin Recipes](https://www.sugarfreemom.com/recipes/50-best-low-carb-keto-favorite-pumpkin-recipes/)

[Low Carb Apple Sausage Cornbread Stuffing](https://www.sugarfreemom.com/recipes/low-carb-apple-sausage-cornbread-stuffing/)

[Keto Italian Sausage Stuffing](https://www.sugarfreemom.com/recipes/keto-italian-sausage-stuffing-low-carb-gluten-free-nut-free/)

[Low Carb Turkey Pot Pie](https://www.sugarfreemom.com/recipes/keto-turkey-pot-pie/)

[Low Carb Turkey Hash](https://www.sugarfreemom.com/recipes/low-carb-turkey-hash/)

[The Best Sugar-Free Low Carb Keto Pecan Pie Recipe](https://www.sugarfreemom.com/recipes/the-best-sugar-free-low-carb-keto-pecan-pie-recipe/)

[Best Keto Low Carb Sugar Free Pumpkin Pie Recipe](https://www.sugarfreemom.com/recipes/low-carb-sugar-free-pumpkin-pie/)

[Sugar Free Low Carb Keto Pecan Cream Pie](https://www.sugarfreemom.com/recipes/sugar-free-low-carb-keto-pecan-cream-pie-gluten-free-no-bake/)

*Beverages*

[Low Carb Keto Starbucks Pumpkin Frappuccino](https://www.sugarfreemom.com/recipes/low-carb-copycat-starbucks-pumpkin-spice-frappuccino/)

[Sugar Free Keto Eggnog](https://www.sugarfreemom.com/recipes/sugar-free-eggnog-keto-low-carb-nut-free/)

[Keto Homemade Electrolyte Drink](https://www.sugarfreemom.com/recipes/keto-homemade-electrolyte-drink-lemon-orange-and-lime/)

*Apple Recipes*

[Keto Apple Cake](https://www.sugarfreemom.com/recipes/keto-apple-cake-nut-free-gluten-free-low-carb/)

[Keto Low Carb Apple Cream Cheese Muffins](https://www.sugarfreemom.com/recipes/low-carb-apple-cream-cheese-muffins/)

*SF Cookie and Candy Party Favorites!*

[Sugar Free Sugar Cookies](https://www.sugarfreemom.com/recipes/sugar-free-sugar-cookies-low-carb-keto-nut-free-gluten-free/)

[Sugar-Free Vanilla Buttercream Frosting](https://www.sugarfreemom.com/recipes/sugar-free-vanilla-buttercream-frosting/)

[Sugar Free Keto Pecan Snowball Cookies](https://www.sugarfreemom.com/recipes/sugar-free-paleo-pecan-snowball-cookies/)

[Sugar Free Keto Chocolate Snowball Cookies](https://www.sugarfreemom.com/recipes/sugar-free-keto-chocolate-snowball-cookies-nut-free-gluten-free/)

[Easy Sugar Free Low Carb Keto Peanut Brittle](https://www.sugarfreemom.com/recipes/sugar-free-low-carb-keto-peanut-brittle-gluten-free/)

[Keto Salted Butterscotch Nut Clusters](https://www.sugarfreemom.com/recipes/keto-salted-butterscotch-nut-clusters/)

[Easy Slow Cooker Sugar-Free Low Carb Keto Fudge](https://www.sugarfreemom.com/recipes/crock-pot-refined-sugar-free-dairy-free-fudge/)

[Sugar Free Keto Sweetened Condensed Milk Recipe](https://www.sugarfreemom.com/recipes/sugar-free-keto-sweetened-condensed-milk/)

[Crisp Sugar Free Gingerbread Cookies](https://www.sugarfreemom.com/recipes/crisp-sugar-free-gingerbread-cookies-keto-nut-free-paleo/)

[Keto Gingerbread Linzer Cookies](https://www.sugarfreemom.com/recipes/keto-gingerbread-linzer-cookies/)

[Low Carb White Chocolate Fudge](https://www.sugarfreemom.com/recipes/low-carb-white-chocolate-coconut-fudge/)

[Paleo Sugar-Free White Chocolate Peppermint Fudge](https://www.sugarfreemom.com/recipes/paleo-sugar-free-white-chocolate-peppermint-fudge/)

All Kinds of PIES at [Sugar-Free Mom’s blog](https://www.sugarfreemom.com/)!

*Make Ahead Recipes*

[Low Carb Breakfast Casserole with Sausage and Cheese](https://www.sugarfreemom.com/recipes/low-carb-keto-breakfast-casserole-with-sausage-and-cheese-gluten-free/)

[Perfect Get Ahead Keto Gravy](https://www.sugarfreemom.com/recipes/perfect-get-ahead-keto-gravy-low-carb-gluten-free/)

*Christmas*

[45 Healthy Christmas Menu Recipes](https://www.sugarfreemom.com/recipes/45-healthy-christmas-menu-recipes/)

[Keto Sugar Free Cinnamon Roll Muffins](https://www.sugarfreemom.com/recipes/grain-free-sugar-free-cinnamon-roll-muffins/)

[Sugar Free Keto Low Carb Cinnamon Rolls](https://www.sugarfreemom.com/recipes/keto-low-carb-cinnamon-rolls-sugar-free-almond-flour-free/)

[Sugar Free Low-Carb Gingerbread Loaf with Mascarpone Cream Frosting](https://www.sugarfreemom.com/recipes/sugar-free-low-carb-keto-gingerbread-loaf/)

*New Year’s Eve or Game Night Entertaining*

[Naturally Keto](https://www.sugarfreemom.com/recipes/my-new-cookbook-naturally-keto/) (2019)

[Low Carb Keto Cheesy Sweet Pepper Poppers](https://www.sugarfreemom.com/recipes/low-carb-cheesy-sweet-pepper-poppers/)

[Loaded Cauliflower Bake](https://www.sugarfreemom.com/recipes/loaded-mashed-cheesy-pancetta-cauliflower/)

[Sheet Pan Low Carb Keto Crack Slaw](https://www.sugarfreemom.com/recipes/sheet-pan-low-carb-keto-chicken-crack-slaw/)

[Low Carb Keto Pigs in a Blanket](https://www.sugarfreemom.com/recipes/low-carb-pigs-in-a-blanket-keto-gluten-free/)

[Low Carb Sugar-Free Sparkling Champagne Cupcakes](https://www.sugarfreemom.com/recipes/low-carb-sugar-free-sparkling-champagne-cupcakes/)

*Top Picks*

[Top 20 Best Keto Recipes](https://www.sugarfreemom.com/recipes/top-20-best-keto-recipes/) (2019)

[Top 20 Best Keto Low Carb Recipes of 2020](https://www.sugarfreemom.com/recipes/top-20-best-keto-low-carb-recipes-of-2020/)

[Top 20 Best Keto Low Carb Recipes of 2021](https://www.sugarfreemom.com/recipes/top-20-best-low-carb-keto-recipes-of-2021/)

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| NOTES: |



**3.Handle Any Craving, HALT Method, Good Better Best Method**

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| NOTES:  |



**4.Handle Food Pushers (BONUS)**

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| NOTES: |



**5.Resources & Support**

[SUGARFREEMOM STORE on Amazon](https://www.amazon.com/shop/sugarfreemom)

[Sugar Free Cake/Cookie Decorations](https://www.amazon.com/stores/GoodDees/page/FCF572D8-43B0-4E08-B8B0-480E8F9C0E77?ref_=ast_bln)

**FREE**

[Keto Basics Course](https://sugarfreemomtribe.com/courses/basic-keto-course/) (A basic 17-minute course full of information to get you started on a keto lifestyle with a free 7 day meal plan AND many free resource links.)

FREE 10-min Discovery Call: <https://calendly.com/angiesfm/free-10-min-discovery-call>

**FOR PURCHASE**

**SUGAR FREE FRESH START COURSE, 2 OPTIONS**

***Stand Alone***option:

Self-paced online course, No live support. Only $99 until 11/27/2023. Access for a year.

<https://sugarfreemomtribe.com/6-week-sugar-detox-course/>

[***Get Support NOW***](https://sugarfreemomtribe.com/sugar-free-tribe-membership/)option:

JOIN the [**SFM Tribe**](https://sugarfreemomtribe.com/sugar-free-tribe-membership/) with LIVE SUPPORT now for only $99 until 11/30/2023.

Code: **SUGARFREESURVIVALGUIDE**

Get the [LIVE support you need now](https://sugarfreemomtribe.com/sugar-free-tribe-membership/) and through the holidays, so you don't repeat old cycles and find yourself 10 pounds heavier on January 1st.

The join fee covers the first 30 days and includes:

- a 1:1 private coaching call,

- online access to all the self-paced SFM Courses,

- 3 live weekly meeting opportunities,

- 24/7 online community and interaction,

- unlimited email access to the coaches, and

- access to any live group courses that are held during the year.

Day 31 is when your subscription will start billing according to what you selected at the time of joining. This Tribe subscription allows continued LIVE support so you can keep working on your goals.

[**GET SUPPORT NOW!**](https://sugarfreemomtribe.com/sugar-free-tribe-membership/)

**Trying to decide if SFM is right for you?**

[Book a free 10-minute private one-to-one Discovery zoom call.](https://calendly.com/angiesfm/free-10-min-discovery-call)

**BOOKS**

[Naturally Keto](https://www.sugarfreemom.com/recipes/my-new-cookbook-naturally-keto/) (2019)

[The 30-Day Sugar Elimination Diet book](https://www.sugarfreemom.com/recipes/the-30-day-sugar-elimination-diet/) (2022)

**MORE SFM ONLINE COURSES for PURCHASE**

[The 5 Day Sugar Detox Challenge](https://sugarfreemomtribe.com/5day-sugar-detox-challenge/)

Successfully break free from sugar. Online video support with a workbook and tools to get you started. This 5-day challenge gives you the tools, support and confidence to start your sugar free life. Live courses are held at select times during the year. Included with active SFM Tribe Memberships.

[Stall Busters Course](https://sugarfreemomtribe.com/custom-keto/)

Start and end these self-paced, recorded lessons on your schedule. Learn week by week to know and understand keto and how to integrate it with your life. Included with active SFM Tribe Memberships.

**SUPPLEMENTS**

Ali Miller, RD LD, CDE is a Registered Dietitian with a Naturopathic background.

https://alimillerrd.com/

Brenda’s code gets you 10% off: **SUGARFREEMOM10**

**CONTACT US**

Email Course questions: coursesupport@sugarfreemom.com

Email Tech/Billing questions: techsupport@sugarfreemom.com

Email Brenda private questions: brenda@sugarfreemom.com