



Sugar-Free FRESH START Course

GUIDELINES:

1. Read this entire workbook FIRST.
2. Watch the Introduction videos.
3. Watch Module 1 videos.
4. Print these three tools:
[Every Day I](#) , [Hunger Habit](#), and [Hunger Satiety Scale](#).
5. Start the [Body Tracker](#) form and take a “before” picture.
6. Look at the food lists for ideas on what and how much to eat (pp. 2-10).
7. Eat 2-3 meals a day and plan your meals.
8. Focus on whole foods (select, minimally processed foods like nitrate/nitrite-free meats can be considered occasionally).
9. Prioritize protein to avoid second helpings or snacks later.
10. Weigh and measure your food.
11. Keep track of your food and beverages
12. No sugar, no gluten, no junk food. Gluten-free flours can be used when indicated in low carb or keto recipes.
13. No snack foods, except for the approved included snack list and with meals.

Private Facebook group and Chat ([Sugar-Free Mom Tribe Membership](#))

Billing and password help: techsupport@sugarfreemom.com

Course content help: coursesupport@sugarfreemom.com



Do I Need to Track What I Eat and Drink?

YES, you do need to keep track, so you learn what does and doesn't work for you during this course. Pick one of these three methods.

- 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](#) that will figure your macros for you after you enter info like weight, height, goals, etc.

Regardless of the method, you will need to have a reliable way of weighing and measuring your food during this course. Protein, vegetables, and healthy fats are prioritized. Processed foods are minimized or, at best, omitted. Remember, you may not need to keep a journal forever, but it is of the highest importance while getting started on your new journey.

Low-carb approach is **40g total carbs/day**

Good place to start if coming off the standard American diet. This will have more veggies than keto, and some fruit.

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.

Auto-immune approach

Do you have food sensitivities to night shades? Has your medical provider indicated that you have an autoimmune condition?

No matter which approach, the focus is on consuming whole food and limiting or omitting highly processed foods. 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.

Here are some [simple recipes](#) if you're in the mood to spice things up and feel like cooking. Try a couple of new recipes each week. There are many free recipes on [my blog](#). Otherwise, keeping it simple is best. **1-Pick a protein, 2-Pick a veg, 3-Pick a fat.** 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. If you know dairy doesn't agree with you, don't choose that as your fat option. Batch cook 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.

Free Online Macros Calculators

The three nutrients your body needs in large amounts are carbohydrates, proteins and fats (a.k.a: macronutrients). Have you've ever seen a ratio like this 5/25/70? It means a person's total daily calorie distribution intake would be 5% carbohydrates, 25% protein, and 70% fat = 100%. 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.

If you want to discover a more personalized approach of what your body needs to meet certain goals 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 carbs, protein 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>

Weighing and Measuring

If you're using macros to shape your meal planning, here are the daily guidelines for carbohydrates, protein, and fat consumption.

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

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](#). Note: "grams" refers to the nutritional value of protein that is packed into a certain amount of food (oz, fluid oz, pounds). Ex: 4oz ground beef (21g protein), 4oz shrimp (26g protein), 4oz skinless boneless chicken breast (25g protein), 2 cups broccoli (7.5g protein).

Fat (minimum of 50 grams/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.

Example of how to get about 30 grams (nutritional value) of protein in a 3-meal day:

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 wraps + dill pickle spear = 32 grams protein and 1 gram total carb.

Dinner: 4 oz beef sirloin steak (weight after cooking) + 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 the nutritional value equivalent amount of protein.

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.**

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:

<i>Butter</i>	<i>Ghee</i>	<i>Coconut oil</i>	<i>Lard</i>	<i>Tallow</i>	<i>Duck fat</i>
<i>Olive</i>	<i>Avocado</i>				

Oils to avoid:

<i>Canola</i>	<i>Corn</i>	<i>Cottonseed</i>	<i>Flax</i>	<i>Grapeseed</i>	<i>Margarine</i>
<i>Peanut</i>	<i>Sesame</i>	<i>Safflower</i>	<i>Soybean</i>	<i>Sunflower</i>	<i>Vegetable</i>

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

This is not an exhaustive list. Ask if you don't see something on the list.

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
Raspberries

Blueberries

Cranberries

Strawberries

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	Beef Sticks	Bone broth
Cheese	Cheese crisps	Coconut butter
Collagen Peptides	Dill pickles	Eggs
Macadamia nut butter	Olives	Jerky, no added sugar
Pecans	Pili nuts	Pepperoni
Pork rinds	Pumpkin seeds	Sunflower seeds

This is not an exhaustive list, and there may be additions that Brenda will approve. Email coursesupport@sugarfreemom.com and ask!

APPROVED BEVERAGES

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

This is not an exhaustive list. Ask if you don't see something on the list.

[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](#), and other bone broths like Brodo, Fond, or Bonafide.

[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](#)

[Keto Chow SALLT 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.

Bonus Content for Tribe and Fresh Start PLUS Participants

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, 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 + access to all other courses on the Member Dashboard. 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 4 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:

Record Points ~ Qualify for the Drawing

Module 1 The Basics 101	+ Daily Points	Running Total
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		
Lesson 6		
Lesson 7		
Lesson 8		
Lesson 9		
Lesson 10		
Lesson 11		
Lesson 12		
Lesson 13		
Lesson 14		
Earn up to 6 points a day for 14 days in Module 1 1. Watch or listen to lesson/s 2. No Sugar/Refined Carbs 3. No Snacking 4. Tracking food 5. Hydration 6. BONUS point for any: Sunlight, Sauna, Cold exposure, Movement		Module 1 TOTAL <div style="border-top: 1px solid black; width: 100px; margin: 0 auto; text-align: right;">/ 84</div>
<p>Points</p> <p>14-28 points= Give yourself a pat on the back! You are committing each day to a couple great habits!</p> <p>29-55 points= Give yourself a High Five! You are making great progress towards your goals! Keep it Up!</p> <p>56- 70+ points= Shout it Out loud, "I am a ROCK STAR"!! You are well on your way to successfully prioritizing self-care and emotional health! So proud of you!</p>		

Module 2 Basics 2.0 – Leveling Up	+ Daily Points	Running Total
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		
Earn up to 6 points a day for 7 days in Module 2 1. Watch or listen to lesson/s 2. No Sugar/Refined Carbs 3. No Snacking 4. Tracking food 5. Hydration 6. BONUS point for any: Sunlight, Sauna, Cold exposure, Movement		Module 2 TOTAL _____ / 42
Points 5-15 points= Give yourself a pat on the back! You are committing each day to a couple great habits! 16-26 points= Give yourself a High Five! You are making great progress towards your goals! Keep it Up! 27-35+ points= Shout it Out loud, "I am a ROCK STAR"!! You are well on your way to successfully prioritizing self-care and emotional health! So proud of you!		
Notes: 		

Module 3 Fine Tuning	+ Daily Points	Running Total
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		
Earn up to 6 points a day for 7 days in Module 2 1. Watch or listen to lesson/s 2. No Sugar/Refined Carbs 3. No Snacking 4. Tracking food 5. Hydration 6. BONUS point for any: Sunlight, Sauna, Cold exposure, Movement		Module 3 TOTAL _____ / 42 _____
Points 5-15 points= Give yourself a pat on the back! You are committing each day to a couple great habits! 16-26 points= Give yourself a High Five! You are making great progress towards your goals! Keep it Up! 27-35+ points= Shout it Out loud, "I am a ROCK STAR"!! You are well on your way to successfully prioritizing self-care and emotional health! So proud of you! Notes: 		

Module 4 Advancing Your Knowledge	+ Daily Points	Running Total
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		
Earn up to 6 points a day for 7 days in Module 2 1. Watch or listen to lesson/s 2. No Sugar/Refined Carbs 3. No Snacking 4. Tracking food 5. Hydration 6. BONUS point for any: Sunlight, Sauna, Cold exposure, Movement		Module 4 TOTAL _____ / <u>42</u>
Points 5-15 points= Give yourself a pat on the back! You are committing each day to a couple great habits! 16-26 points= Give yourself a High Five! You are making great progress towards your goals! Keep it Up! 27-35+ points= Shout it Out loud, "I am a ROCK STAR"!! You are well on your way to successfully prioritizing self-care and emotional health! So proud of you! Notes: _____ _____ _____ _____		

Module 5 Beyond the Basics	+ Daily Points	Running Total
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		
Earn up to 6 points a day for 7 days in Module 2 1. Watch or listen to lesson/s 2. No Sugar/Refined Carbs 3. No Snacking 4. Tracking food 5. Hydration		Module 5 TOTAL _____ / <u>42</u>
Points 5-15 points= Give yourself a pat on the back! You are committing each day to a couple great habits! 16-26 points= Give yourself a High Five! You are making great progress towards your goals! Keep it Up! 27-35+ points= Shout it Out loud, "I am a ROCK STAR"!! You are well on your way to successfully prioritizing self-care and emotional health! So proud of you! Notes: _____ _____ _____ _____ _____		

Mod 1 + Mod 2 + Mod 3 + Mod 4 + Mod 5 + bonus = GRAND TOTAL POINTS

 _____ + _____ + _____ + _____ + _____ = _____ / 252