

HOW TO QUIT SUGAR

In just 7 days!



A guide to reducing and removing sugar from your diet so you sleep better, reduce bloating and balance hormones

SUE THOMAS



Welcome!

I'm thrilled you're here and ready to cut back on sugar! Over the next 7 days, you'll gain eye-opening insights into how sugar has been affecting you—and how to break free.

No need to worry—I keep things simple for your success. Even if all you do is cut out cakes, biscuits and chocolate, you're winning in my book!

Click [HERE](#) to watch the intro video, then follow along each day.

Let's do this!

66 *If you crave sugar daily you are possibly on a blood sugar roller coaster. The next 7 days will show you how you can get off that roller coaster and improve your health in so many ways!*

About Me



Hi - I am Sue Thomas, The Sugar Free Coach. If you are tired of being controlled by sugar, feeling sluggish, and struggling to manage your weight then I'm here to help you break your addiction to the sweet stuff. In just 7 days you can improve your sleep, balance your hormones, and make weight management easy and effortless. Sound good?

Imagine waking up every morning with boundless energy, feeling and looking great in your clothes, and being free from brain fog and sugar cravings. It's not too good to be true if you know where to start!

This 7 day programme will give you the outline of consistent actions you can take each day to break the cycle of sugar consumption. Ready to break that cycle? Then lets begin!

Sue

Contents

Day_1 05

Day_2 07

Day_3 09

Day_4 11

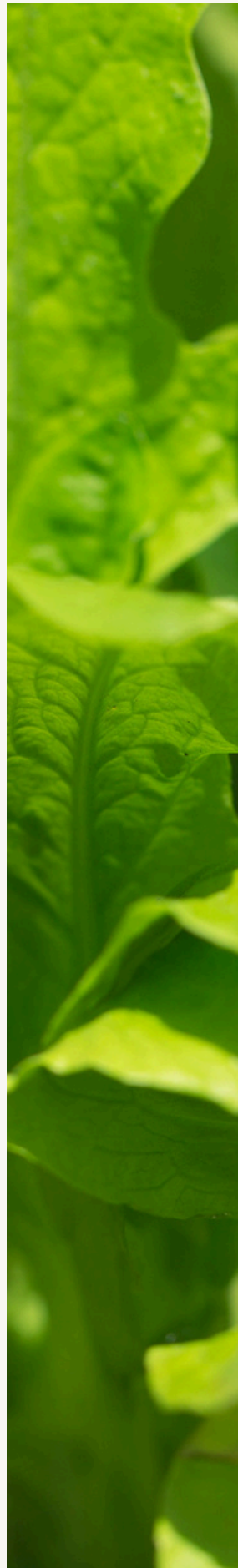
Day_5 13

Day_6 15

Day_7 17.

Additional Resource's

How to maintain progress



1 What is your goal?

It is day 1! I hope you are ready and raring to go with your 'How to Quit Sugar in Just 7 Days' programme. Lets get started!

The first thing to do is watch todays video which you can do so by clicking [HERE](#)

The video will give you some top tips on how to stay away from sugar and provide a focus for your day to help you stay on track.

Whilst avoiding sugar today, you will also be focusing on creating the right mindset for success. How do you want to feel in 3 months time?



How to make sure you are successful on day 1!

Remember the key to success with this programme is to stay away from refined sugar, no need to worry about anything else at this stage. Just avoid the cakes and biscuits, and check tins and jars for added sugar too! Our focus this week is to simply break the cycle of sugar consumption and balance your blood glucose levels.

When blood sugars are balanced we can reduce the need for snacking and find ourselves naturally eating less.

Why not find someone to be accountable too this week? We are so much more likely to be successful with something if we stay accountable. Verbalising what you are doing to someone, and asking them to check in on your progress, will really help you to stay on track.



Extra tip if you want to go deeper: Try protein for breakfast. Removing cravings starts with the first thing you eat.

Avoid toast & cereal at breakfast. The first thing you eat, will impact your blood sugar level for the whole day!

A protein based breakfast will release sugars into your system slowly, helping to keep cravings at bay. If you find yourself hungry after 2 hours then the food you ate did not work to keep your blood sugar levels steady.

2

Do you love yourself enough?



Welcome to day 2 – hope you had a great first sugar free day?

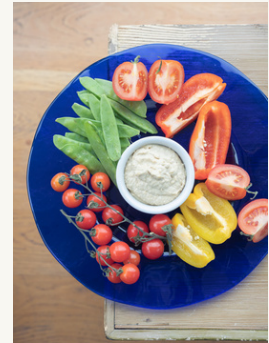
Did you find someone to be accountable too?

Did you write out your goals for the next 3 months? You really can do this if you have a focus to work towards. If your focus is to get into a piece of clothing again - get it out of the wardrobe and put it somewhere visible to remind yourself daily why you are doing this.

Today the focus is to stop the negative self talk, and really believe in yourself! You can watch today's video by clicking [HERE](#).

Would you talk to your best friend in the way you talk to yourself?

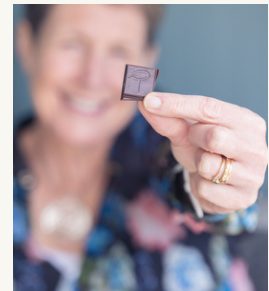
Lets focus on the importance of self love! Start to change the conversation in your head away from it is hard and I cannot do it to how can I make this happen because I am worth it!



When you look at yourself in the mirror tell yourself how great you are doing, and how proud you are that you are staying focused.

Make a list of all the positive things about yourself!

There is so much to celebrate about you! Write down at least 3 things that you feel are your greatest qualities, and keep reminding yourself of them throughout the day! It really helps to stay focused.



A key ingredient to success when removing sugar is to love yourself. Self love really makes you want to take care of your body which means only eating nourishing foods. Sugar causes inflammation, joint pain, poor sleep, brain fog, bloating and weight gain. Ask yourself why do that voluntarily?



Why not download this screen saver - 'I don't eat sugar because I love and respect myself.' It really can help you stay on track. Click [HERE](#) to find it.



3

Lets see some colours!

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Colourful food is your best friend when it comes to reducing your cravings. It is full of fibre and will release glucose into your blood stream really slowly. This helps to avoid cravings and get from one meal to the next without needing to snack.

What to expect on day 3!

Headaches and tiredness are common for these first few days – but don't give up because the magic happens when you come out of that phase! It is just your body learning to cope without refined sugar! It is an addiction.

Today we will focus on the importance of nutrients not calories. Make sure your fridge is full of colours because today you will be creating a meal with at least three colours in it! Fibre from colourful food helps you to keep your blood sugars really stable and can significantly reduce cravings.

Watch today's video by clicking [HERE](#)

For too long we have been obsessed with counting calories – but the key to success is to focus on nutrients. Focus on nutrients, and everything else takes care of itself!

Remember to stay focused on your 3 month goal, and to remind yourself how well you are doing. Keeping yourself in the right mindset for success is key to making these 7 days work for you! You can do this! Stay focused!

Take a look at this mini masterclass!

- ✓ This masterclass titled 'The 1 thing the food industry will never tell you' is an eye opening must watch. It will help you to understand why weight management has become so difficult and why you might feel like you are stuck in a cycle of yo-yo dieting. Plus it gives you the solutions to getting off that bandwagon and never dieting again! You can watch it by clicking [HERE](#)

4

Get hydrated!



Water is essential for the human body. Regulating temperature, transporting nutrients and oxygen in the blood stream, and supporting our vital organ. The brain often interprets dehydration as hunger!

How are you doing embracing the sugar free lifestyle? Believe me it is a gamechanger for your wellbeing. Without sugar you will continue to manage your weight more effectively, sleep better and balance your hormones!

Today's focus is to make sure you are staying hydrated! Can you go for it and drink 2 litres of water? Watch today's video by clicking [HERE](#)

Your body is 90% water so making sure you are drinking enough each day is a game changer for your energy, mental clarity and focus.



Are you staying accountable to someone in order to stay on track this week? Have you set your goals for 3 months time and know exactly what you want to achieve? Are you making sure you have colours on your plate? All of these actions will support a reduction in your cravings!

Top tip to help you consume enough water. Break the day up in to 4 quarters and drink 500ml in each section. So from 7am - 10am, from 10am - 2pm, from 2pm - 5pm and from 5pm onwards make sure you are drinking at least 500ml of water in this time.

I am sure you have learned so much about yourself already this week, but what happens when the 7 days are over? Well you have a couple of options.

1. Go back to the start and repeat the programme until the actions are part of your lifestyle
2. Take a look at the 4 week [Sugar Free Method](#). We go much deeper into how to really get rid of the cravings for good!

5

Take some time for you today.



Never see rest as doing nothing! It is about putting your own mask on first so that you can be better for others. Giving yourself a little space each day can help you do a better job everywhere else!

It is day 5 already! You have all done so well so far! Keep going!

I have loved sharing this programme with you! Sometimes we all need the opportunity to break the cycle of sugar consumption and realise how much better we feel when we remove sugar for a few days!

I hope you have enjoyed the sugar-free feeling this week? We still have 3 more days to go though! So stay focused! You can watch today's video by clicking [HERE](#)

How far down your own list of priorities are you?

Today your focus is to take a little time for yourself. We put ourselves so far down the list of priorities that taking time for yourself can feel like you are wasting time or not being constructive. When you take guilt free time it can really help you to cultivate that self love and respect I have talked about.



What can you do for yourself today?

It might only be 10 minutes sitting reading a magazine. It might be a little bit of dancing in the kitchen, or going out for a walk at lunchtime. Whatever it is needs to be something that you would not normally do on a daily basis. So if you have a dog walking it does not count!



Tell your accountability partner!

Make sure you are clear with your accountability partner that you will be taking some time for yourself and will NOT be feeling guilty about it! Make the time - it will give you so much more time in return! Now schedule the time in your diary and stick to it!



Are you worried about how you will focus at the end of the 7 days? Don't worry - there is a maintenance video at the end to share tips that will help you keep going

6 Time for some more colours!

Welcome to another sugar free day! Just a reminder - you did not come this far to only get this far! What a great 5 days you have had, but there are still 2 more to go!

Watch todays video by clicking [HERE](#). Today again we are focusing on colours. How many different ones can you fit on your plate? If you focus on counting the nutrients on your plate (ie all the colours) you can free yourself from ever counting calories again!

Plus the colours help to reduce inflammation in the body so will free you of joint pain, poor sleep, brain fog and so much more!



You have done so well - keep going it will be worth it!

Remember these last few days have all been about putting yourself first, loving yourself and having the self respect to help nourish your body effectively. Take all of this with you as you go into next week and remember how far you have come!

A reminder to keep checking for added sugar in foods that you buy. Anything over 6g of sugar per 100g will be added sugar. But check that the amount shown is not per portion as usually this is just 30g.



Top tips to help you progress going forward

- ✓ Try to have a protein based breakfast so that sugars are released into your blood stream slowly. This will help avoid cravings later in the day
- ✓ Make sure you are drinking plenty of water throughout the day. The brain often perceives dehydration as hunger and we end up reaching for sugary foods to give us more energy
- ✓ Focus on counting all the colours on your plate - not the calories. This will fill you up and give you total food freedom!

7

How about some movement?



A little bit of movement is great for helping to keep your blood sugars balanced. Insulin will take sugars into the cells for energy production when we move - helping to use the glucose and keeping blood sugars steady

It is the last day out of 7! How good does it feel? Well done if you stayed focused for the full 7 days – be very proud of yourself! Just one last day to go.

Today is all about moving more so that insulin can drive glucose into your cells for energy production. If we move more the glucose has a purpose! Excess sugar in your blood stream will be used for energy production thus keeping insulin and blood sugars steady.

Just 10 minutes movement after eating can help to balance blood sugars! Watch the video [HERE](#)



What do you do now? Keep the momentum going! Avoid sugar 80% of the time, make sure you are eating colourful meals, and really listen to how food is making you feel. When blood sugars are balanced you will feel full of energy and not feel the need to snack or restrict calories.

Now you know what to do

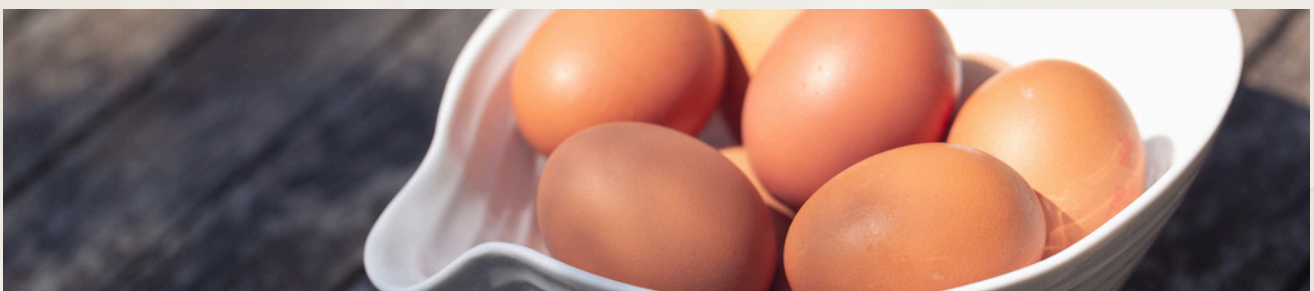
- Set your goal for 3 months time
- Treat yourself with love
- Eat all the colours at every meal
- Stay hydrated
- Move for just 10 minutes after each meal
- Give yourself space

I hope you have enjoyed the last 7 days. I wish you well on your on going low sugar lifestyle. If you need any help in the future just go to my website to see the different programmes that are running. Any of these programmes will help you stay accountable and stay on track for future health and longevity.

Best wishes
Sue

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Congratulations on finishing the 7 day programme. I hope you found it easy to follow, enjoyable and achievable! Be proud of the progress you have made over the last 7 days and now just keep going! Click [HERE](#) to listen to the last masterclass outlining the 3 things you need to know to keep going!



Additional Resources



Recipe
collections

You will find lots of recipe ideas if you click [HERE](#)

Meal planning
sheet

The meal planning sheets will help you navigate the week, click [HERE](#)

Masterclasses

Click [HERE](#) for the food industry masterclass and [HERE](#) for the maintenance masterclass

The Sugar Free
Method

Want to stay on track? Try the 4 week Sugar Free Method? Click [HERE](#) for details

Conclusion and Next Steps

Well done on completing the 7 days without sugar! An achievement you should be proud of. It is not easy to break the grip that sugar has on us, so staying focused and accountable to yourself is huge! Really well done! If you enjoyed this book please feel free to leave a review by clicking [HERE](#)



If you don't want this to end you have two options. You can either keep repeating the 7 days until all the habits are embedded, or you can register for my next 4 week Sugar Free Method programme.

[SUGAR FREE METHOD DETAILS](#)

The Sugar Free Method is an easy to follow 4 week programme building on your knowledge from the last 7 days. You can either follow the programme live or download the Ebook.

Just click the link above for all the details.



Contact Us



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