The background of the page is a photograph. On the left, a glass jar filled with a green smoothie sits on a wooden surface. In the foreground, a white bowl contains a serving of white yogurt topped with fresh strawberries, blueberries, and pumpkin seeds. A silver spoon is partially visible in the bowl. The right side of the page is a solid purple vertical bar containing white text.

14 day Formula for a Low Sugar Lifestyle

How to lose
weight
effortlessly in
midlife

Welcome



Welcome to the 14 Day Formula for a low sugar lifestyle. I am delighted to have you join us on this journey towards a healthier you!

Over the next 14 days, you will be making changes to your dietary habits, resulting in reduced and eventually eliminated sugar cravings, an increase in energy levels, and improved quality of sleep. However, the most significant transformation will be your mindset towards food. You will gain a deeper understanding of how food affects your overall well-being, and learn how to utilize it to your advantage to manage your weight more efficiently, balance your hormones effectively, and ultimately feel fabulous every day.

I am looking forward to helping make these changes over the coming 2 weeks!



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How to make the programme work for you

Reduce Refined Sugar – When we consume sugar, our body releases insulin, which can promote fat storage and suppress fat-burning hormones. Reducing refined sugars helps stabilize blood sugar levels and optimize hormone function for better weight management.

Avoid Processed Foods & Alcohol – Processed foods are often low in nutrients and high in harmful toxins. Alcohol, which acts like sugar in the body, also contains toxins and can disrupt hormone balance. Additionally, the chemicals in food packaging may contribute to hormonal imbalances, affecting issues like PMT and menopause. To reduce exposure, prepare meals from scratch as much as possible, explore new recipes, and track how your food choices impact your well-being. Alcohol will also be eliminated during this program.

Start Your Day with Protein – Protein digests more slowly than carbohydrates, leading to a gradual release of blood sugar and helping to control hunger throughout the day. Prioritizing protein in the morning supports stable energy levels and minimizes cravings.

Reduce Snacking & Monitor Food Responses – Keeping insulin levels low is key to success. Avoid unnecessary snacking and pay attention to how different foods affect your body to maintain steady energy and balanced hormones.



General guidelines



- Follow the daily guidelines for 14 days, this will include removing refined sugar from day 2.
- Use the check sheet to track your progress and build on the new habits day by day
- There is a new video for each day so make sure you listen in the day before.
- Keep caffeine intake to 1 cup of coffee or tea per day
- Aim for 25g protein at every meal & lots of colours
- Protein based breakfast to allow blood sugars to balance from the start of the day

- Stay away from fruit juices, sports drinks and fizzy drinks
- Be aware of sugars hiding in condiments and sauces
- Avoid low fat yogurts and calorie limited snack bars as these are full of hidden sugars and other chemicals
- The rule of thumb is anything more than 6grms of sugar per 100grms will be added sugar (check the packet does not outline serving size as this is just 30grms)
- Eat full fat when consuming dairy. This will keep you full for longer
- Track your food and how it makes you feel. If you were hungry within two hours of eating a meal that food did not work for your body so you know to avoid it in the future

- Practice portion control with your meals but ensure you can get from one meal to the next without feeling hungry
- Don't count calories, focus on nourishing your body with colourful foods
- Plan your meals the week before so you have everything you need in the fridge/cupboard, this way you will not be tempted to just grab and go and potentially disrupt your chance of success
- Seeds, nuts, avocado, oily fish are all great foods that will keep you full - do not be afraid to consume them
- Keep repeating the programme until the actions have become lifestyle habits.



Stay positive and focused and set the intention at the start that you will be successful with the next 14 days. I am looking forward to hearing how you have progressed with the programme and celebrating your success with you!

Good luck and enjoy the next 14 days!



Day 1: Start your day right

Welcome to Day 1 of your 14-day journey to a low-sugar lifestyle!

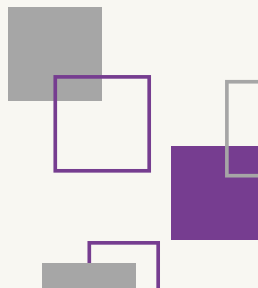
Today's focus: **Have protein for breakfast.**

All you have to do is watch the video [HERE](#)

Protein helps keep you full for longer, stabilizes your blood sugar levels, and reduces cravings throughout the day. Here are some quick, delicious, and easy ideas to get started:

- Scrambled eggs with spinach and avocado
- Full fat natural greek yogurt with a handful of nuts, seeds and fresh berries.
- A smoothie made with unsweetened almond milk, protein powder, and blueberries.
- Overnight oats with chia seeds and a spoonful of natural greek yogurt.

If you are not a breakfast eater that is fine, still make sure that the first thing you eat is protein based. This one small change can make a huge difference to your cravings throughout the day.



Day 2: Lets take a chance today and remove the sugar



Day 2 is all about a simple but transformative change: **Avoid refined sugar and artificial sweeteners.**

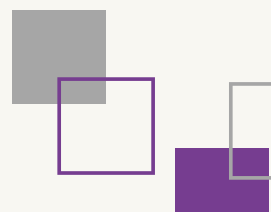
You can watch today's video by clicking [HERE](#)

Hidden sugars and sweeteners can really spike your blood glucose levels and lead to energy crashes, and sugar cravings throughout the day. Instead, focus on natural sources of sweetness:

- Trade sugary cereal bars for a handful of almonds and an apple.
- Plain Greek yogurt with fresh fruit rather than low fat yogurts.
- Avoid syrups in coffee, or sweeteners in tea.
- If eating dried fruit always have it with some protein

Keep an eye on the ingredient list and watch out for hidden sugar in sauces, dressings, and snacks. Your rule of thumb is anything more than 6g sugar per 100g and it will contain added sugars.

Your focus for the next 13 days is to stay away from sugar. The first few days might feel a little difficult but as your blood sugars balance it will get easier - you have to stick with it!



Day 3: A simple trick for keeping your insulin levels steady

Today's habit can supercharge your progress: **Move for just 5 minutes after every meal.**

You can watch the video [HERE](#)

Why move? Gentle movement helps your body use the sugar in your food more efficiently, keeping blood sugar levels steady and reducing cravings.

Here are some easy options:

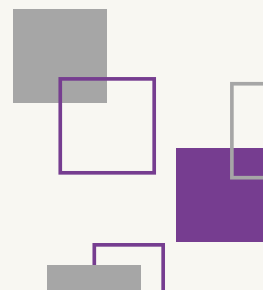
- Take a short walk around your garden or along the street
- Stretch or do some gentle yoga
- Use the stairs instead of the lift
- March on the spot for 5 minutes



The key is gentle movement. No need for an intense workout. Commit to just 5 minutes after each meal and you'll notice the difference in your energy levels later in the day and your mood.

Are you remembering to keep your tick sheet each day? It is a great way to keep yourself accountable to making these gradual changes.

Keep going - you are doing really well.



Day 4: Ready to have more energy? Lets get hydrated



Staying hydrated is essential for reducing sugar cravings, supporting digestion, and boosting energy.

Today's goal is simple but powerful: **Drink at least 1 litre of water**, broken into 4 manageable sections of 250mls.

You can watch today's video [HERE](#)

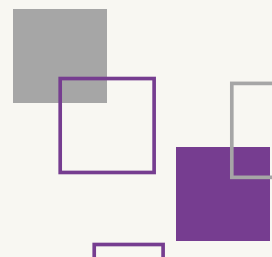
Here's how to make it easy:

- Have a 250ml of water by 10am
- Have another 250mls by 1pm
- Drink a third glass by 5pm
- Finish the final 250ml in the evening.

If plain water feels boring, add a slice of lemon, cucumber, or fresh mint.

Or you can do like I do and drink my water hot. If you are a coffee or tea drinker try reducing some of your cups down and replacing them with hot water. Coffee and tea are a diuretic and often leave you more dehydrated. Sometimes drinking multiple cups of tea or coffee can be a habit.

This small change will start to get your cells more hydrated, will result in clearer skin and help you sleep deeper at night. And I promise the increased trips to the bathroom does reduce after a few days!



Day 5: The secret power of a salad

Welcome to Day 5! Today's tip is a game-changer: **Eat a salad or some greens before your evening meal.**

You can watch today's video [HERE](#)

Why something green? Green foods are rich in fibre, which slows digestion and absorption of glucose. This will lead to a much slower release of insulin keeping your blood sugar level steady. Plus, leafy greens are packed with nutrients your body loves!

Quick ideas for a starter salad:

- Mixed green leaves with olive oil, lemon, and a sprinkle of seeds.
- Cucumber and tomato slices with balsamic vinegar.
- Steamed broccoli or spinach with a touch of garlic.



Make this a habit, and you'll notice your energy stays steady throughout the evening and you won't feel the need to reach for evening snacks.

What greens will you be trying before your evening meal tonight? Make sure you record them in your food journal and notice any changes that might happen.

Day 6: Now lets power up your midday meal



It's Day 6, and today's focus is **adding more protein to your lunch.**

You can watch today's video [HERE](#)

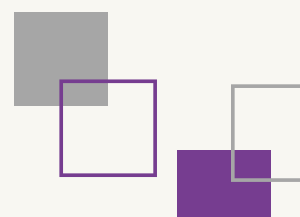
Protein keeps you full, prevents mid-afternoon sugar cravings, and fuels your body for the rest of the day.

Here are a few protein-packed lunch ideas:

- Grilled chicken salad with lots of colourful vegetables including roast sweet potato, and a sprinkle of seeds and nuts
- A quinoa poke bowl with chickpeas, avocado, a boiled egg, and cherry tomatoes, you could add some pomegranate seeds for a little variety too!
- A big bowl of spicy lentil and sweet potato soup
- A tuna salad with olive oil and spinach and lambs lettuce.

If you're used to carb-heavy lunches like sandwiches, this shift will leave you feeling lighter and more energised throughout the afternoon.

If you are not feeling full or don't stay full all afternoon from your salad try adding more protein, or have an apple with some almonds straight after.



Day 7: The next hydration challenge - 1.5 litres today

You've made it to Day 7. Congratulations! Today, we're increasing hydration again: **Drink 1.5 litres of water, split into 5 sections of 300ml each.**

Watch the video [HERE](#)

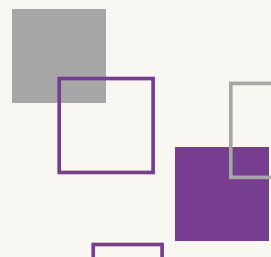
Here's how to break it down:

1. 300ml first thing in the morning.
2. Another 300ml by 11am
3. 300ml before 2pm
4. 300ml by 6pm
5. Your final 300ml early evening.

If you've already mastered the last water goal, this slight increase will feel easy. Hydration supports your digestion, curbs cravings, and helps you feel energised. Plus it is great for mental clarity and the brightness of your skin.

How are you feeling after your first week? Still ticking the tick sheet? It is so good for accountability to yourself. Your brain loves structure so staying accountable to the tick sheet will help you succeed!

And don't forget to really listen to what your body is telling you 2 hours after eating so you can create your own blueprint of foods that keep your blood sugars balanced.



Day 8: Lets get moving a little bit more!



Congratulations it is Day 8!

Today's focus is simple but incredibly effective: **Go for a 20-minute walk at some point during your day.**

Watch today's video [HERE](#)

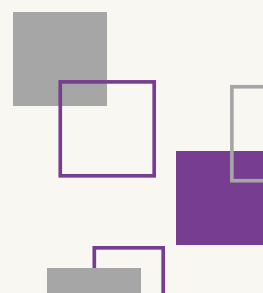
Walking ensures that insulin in your blood stream can take glucose into your muscles for energy production,. Walking also

- Boosts energy levels.
- Improves focus and mental clarity.
- Enhances mood.
- Helps reduce sugar cravings.
- Encourages a better nights sleep

What is not to like?

If possible, try having your 20 minute walk after a meal. This is particularly helpful for stabilizing blood sugar. If you can't, a midday or evening walk works just as well, too.

Get outside and keep moving forward!



Day 9: Avoid snacks between breakfast and lunch

Today's challenge might feel a little out of your comfort zone: **Try not to snack between breakfast and lunch.**

Watch today's video [HERE](#)

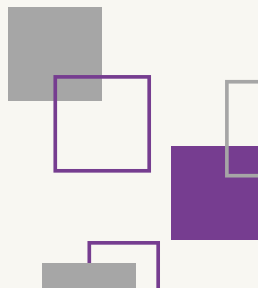
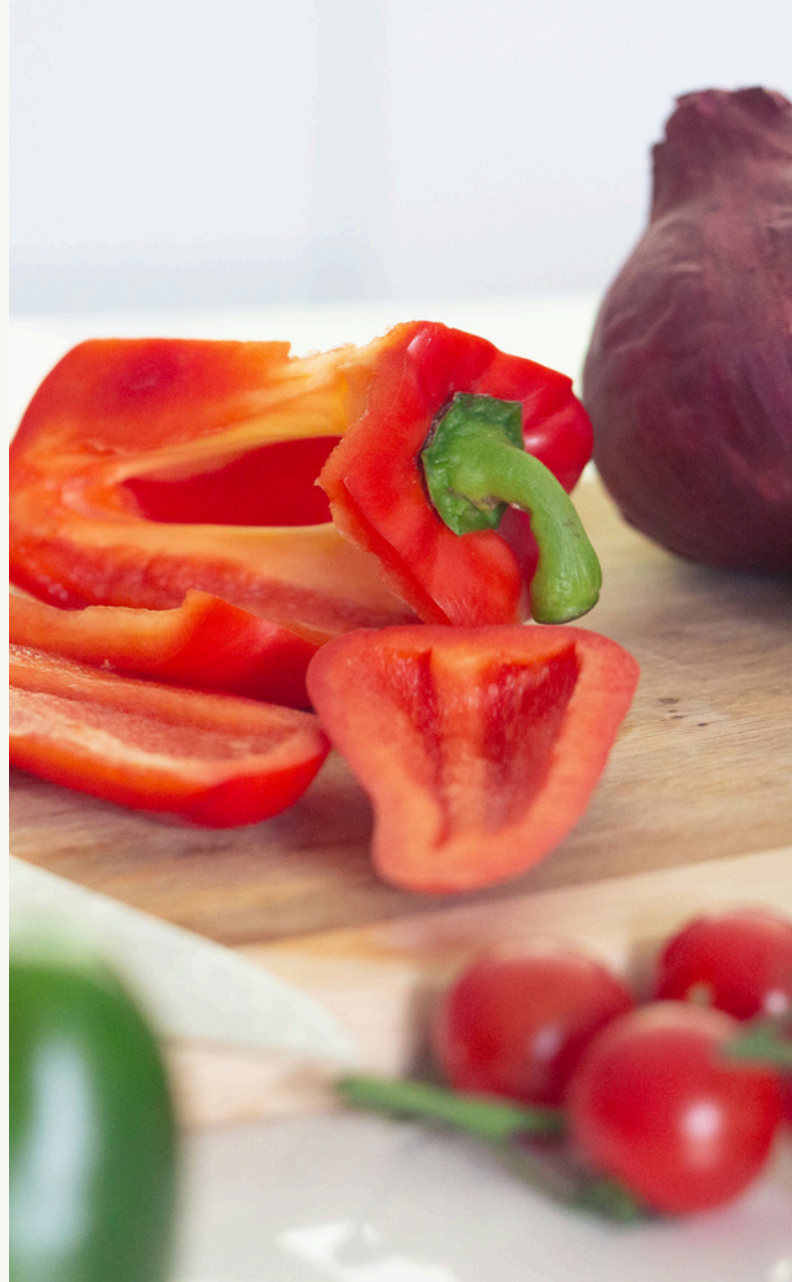
Why? Giving your body at least 4 hours without eating helps it enter a state called metabolic flexibility. This means your body starts to burn fat for energy instead of constantly relying on quick sugars from snacks.

Here's how to make it easier:

- Have a balanced breakfast with protein, healthy fats, and fibre (e.g., eggs, avocado, and spinach).
- Stay hydrated as sometimes thirst feels like hunger.
- Set a timer for 20mins and then keep busy. You may find the hunger has gone when the buzzer goes!

Avoiding snacking will help you feel more energized in the long run. As it ensures the glucose receptors on your cells can function effectively. This helps to avoid insulin resistance and prediabetes. Your digestive system will thank you for it too, as it gets a rest between eating!

Give it a go! You can do this!



Day 10: Try swapping bread and pasta for something new today



Day 10 is here, and it's time to shake things up: **Go a full day without eating bread or pasta.**

Watch today's video [HERE](#)

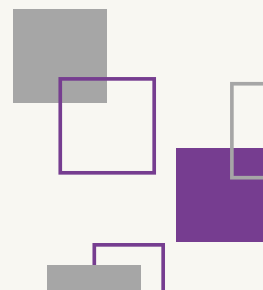
Refined carbs like bread and pasta can spike your blood sugar quickly, leading to energy crashes and cravings. By skipping them for a day, you'll help stabilize your energy and discover new, colourful alternatives.

Here are some swaps to try:

- Replace your sandwich lunch with soup or a big salad of grilled halloumi and roasted veg, (take a look at the recipes and see if there is anything that would work for you at lunch time.)
- Swap pasta for courgetti, spaghetti squash, quinoa or cauliflower rice
- Mash or bake a sweet potato

You will find you feel lighter and more energized without them—give it a try.

I promise you won't regret it!



Day 11: 3 colours at every meal today.

Today's challenge is as fun as it is nourishing: **Have at least 3 colours on your plate at every meal.** Get experimental and see how many colours you can pack on each plate!

You can watch today's video [HERE](#)

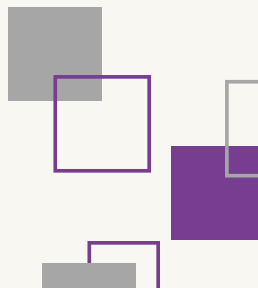
Fruits and veg in a variety of colours are packed with vitamins, minerals, and antioxidants that help keep your blood sugar balanced and your energy steady. Plus, they make meals more interesting.

Here are some ways to add colour to your day:

- Breakfast: Add spinach, tomatoes, and red peppers to your eggs.
- Lunch: Enjoy a salad with carrots, beets, and cucumbers.
- Dinner: Roast a mix of broccoli, cauliflower, and sweet potatoes.

Always make sure you have plenty of protein on your plate too so you get just the right blood sugar balance to banish the cravings. Aiming for a rainbow will transform your meals and your mood!

What colours will you try today?



Day 12: Break the afternoon snacking habit



Today's challenge builds on Day 9: **Try not to snack between lunch and your evening meal.**

You can watch today's video by clicking [HERE](#)

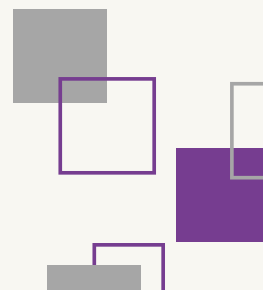
Allowing your body time between meals helps improve blood sugar balance, reduces cravings, and supports better digestion.

To make it easier:

- Ensure your lunch includes protein, healthy fats, and lots of colours to keep you full.
- Drink water or herbal tea if you feel the urge to snack.
- If you're genuinely hungry, ask yourself: Is it true hunger or just a craving? Distract yourself for 20 minutes and then see if you really are hungry.

You're training your body to thrive without constant grazing—and this is exactly how it should function. This will lead to better sleep, balanced hormones, clearer skin, improved mood and easier weight management!

Stay strong, you can do this!



Day 13: Lets increase your water just a little bit more!

Day 13 is here, you are so close! Keep going. Today's focus is water again: **Drink at least 2 litres of water**, split into 4 sections of 500mls throughout the day.

You can watch today's video [HERE](#)

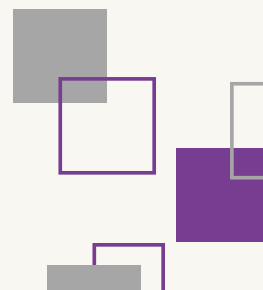
Here's the simple schedule:

- Start your day with 500ml of water before 10am
- Have another 500ml before 1pm
- Have 500ml in the afternoon up to 5pm
- Finish with 500ml any time after 5pm

Staying hydrated supports better digestion, reduces sugar cravings, and boosts focus and energy.

Small, steady sips throughout the day will make this goal easy to achieve. Use a water bottle with measurements on. Or put 4 elastic bands around a 500ml bottle and each time you finish a bottle move the band down. It is a simple way to keep track of how much water you have consumed.

Keep building on your success so far!



Day 14: The key to better sleep, more energy and reduced sugar cravings



You've made it to Day 14! Well done! Be very proud of yourself. Today's final challenge is to **finish eating by 7 PM.**

You can watch today's video [HERE](#)

Why should you finish eating by 7pm?

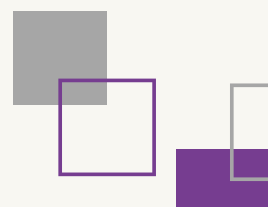
Giving your body 2–3 hours to digest before bedtime will ensure that insulin is on the decline before your head hits the pillow. This will mean the right hormones can then be released for better sleep. Better sleep helps keep blood sugar levels steady the next day.

This habit also:

- Helps your body heal faster.
- Reduces late-night cravings, just tell yourself the kitchen is closed at 7.
- Gives your intestine time to reset and repair which may help reduce IBS symptoms.

If 7 PM feels too early, aim to stop eating at least 2 hours before you go to bed. Or have your larger meal at lunchtime and a lighter meal in the evening. I promise it will really improve the quality of your sleep.

Here's to great sleep and a new you. Really well done on completing the 14 days!



You did it - 14 days of amazing progress!

Congratulations on completing the 14-day low-sugar lifestyle programme!

You can watch the last video of the course by clicking [HERE](#)

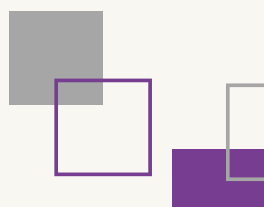
Over the past two weeks, you've taken small, powerful steps to reduce sugar in your diet, boost your energy, sharpen your focus, and improve your sleep. Be very proud of yourself!



Let's reflect on all you've achieved:

- You've learned to balance your meals with protein and colourful veggies.
- You've built habits like staying hydrated and reducing snacking.
- You've stabilized your blood sugar, helping you feel more energetic and in control of your cravings.

This 14 day formula is just the beginning. If you continue to build on these habits, you'll see even greater improvements in your health and wellbeing. You have access to the programme long term so keep building on the lifestyle changes you have made every day.



What was your favourite part of the programme?



The 14 Day Formula for a Low Sugar Lifestyle is a simple formula of colourful plates of food, good hydration, more movement and better sleep. Put them all together and the results are powerful. Now it is time to stay consistent and make them part of your lifestyle

What was your favorite part of the programme? And what's next for you? I'd love to hear about your progress! If you have time please feel free to leave a review by clicking [HERE](#). It is such a powerful way to show others how they can benefit from the programme.



Thank you for trusting me to guide you through this transformation. Keep going and remember you are amazing! Once again really well done!





Join us in the Feel Fabulous Club!

Stay fully accountable, feel supported and guided, surround yourself with other women who want the same as you. Just click [HERE](#) for details

Sue
Thomas

*The sugar free
coach*

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