



FREE MINI-COURSE: “HEALTHY” FOODS TO DITCH

Try these simple swaps for 3 days and see how you feel.

Foods can be marketed as healthy, heart friendly, or diabetic friendly—but the ingredient list often includes added sugars, refined starches, and industrial seed oils. Use this mini-course as a low-pressure experiment: ditch a few common “health” foods, swap in simpler whole foods, and notice what changes (energy, hunger, cravings, and satisfaction).

Your 3-day experiment

- Pick 3 swaps from the pages ahead (breakfast + snack + condiment/drink is a great start).
- Do the swaps for 3 days—no need to overhaul everything.
- Keep the rest of your routine the same so you can notice what’s different.
- Use the quick check-in on the next page to track your signals.

No perfection required. You’re just collecting data.

Start Here: The 3-Day Swap Challenge

Choose a few swaps, run the 3-day experiment, and pay attention to your signals. This is a guide—not rigid rules.

1) Choose your swaps (check 3)

- Swap boxed cereal for a protein-anchored breakfast
- Swap flavored low-fat yogurt cups for plain, higher-protein yogurt options like Greek or Bulgarian yogurt
- Swap “high-protein/diabetic-friendly” bars for real-food snacks
- Swap low-fat dressing for simple olive oil + acid like balsamic or apple cider vinegar + salt
- Swap bread/wraps/tortillas for bunless or lettuce-wrapped versions
- Swap margarine/spreads for real fats like butter, ghee, tallow, olive oil, and coconut oil
- Swap flavored coffee creamer for heavy cream / half-and-half (or less sweet)
- Swap instant oatmeal packets for a protein-forward breakfast

2) Stock the “easy staples”

- **Protein:** ground beef, steak, chicken, pork, seafood like sardines and canned fish, eggs
- **Fats:** butter, ghee, beef tallow, extra-virgin olive oil, coconut oil
- **Optional add-ons:** berries, cinnamon, nuts (if you do well with them)
- **Simple flavor:** salt, vinegar or lemon, mustard, hot sauce with minimal ingredients

Daily 60-Second Check-In

Rank these on a scale between 1–10, with 1 being the worst and 10 being the best.

Signal	Day 1	Day 2	Day 3	Notes (1 sentence)
Energy				
Hunger between meals				
Cravings / “snackiness”				
Digestion / comfort				
Sleep quality				

Breakfast Traps

Try one breakfast swap for 3 days. The goal is a meal built around protein and real ingredients.

“Heart healthy” whole-grain breakfast cereals

Often highly processed, easy to overeat, and light on protein—many people feel hungry again quickly.

Watch for:

- Refined grains / processed flakes and puffs
- Added sugars (sugar, syrup, honey, etc.)
- Industrial seed oils (canola, soybean, sunflower)

Swap for 3 days:

- Eggs cooked in butter or tallow + ground beef or steak
- Plain Greek yogurt / full-fat yogurt + berries
- Cottage cheese or hard cheese + eggs (if dairy works for you)

Quick win: 2 eggs + 3–6 oz ground beef (salt). Optional berries on the side.

“Diabetic friendly” instant oatmeal packets

Even when marketed as “friendly,” flavored packets can behave like a fast carb source for many people.

Watch for:

- Quick-cooking oats + flavor packets
- Added sugars / dried fruit / “natural flavors”
- Sometimes added oils or emulsifiers

Swap for 3 days:

- Eggs + meat for 3 days (simplest swap)
- Leftover steak or burger patties for breakfast
- Meat and cheese quiche to mix it up

Quick win: Burger patties + eggs is fast, filling, and minimal-ingredient.

Snacks & Packaged "High-Protein" Foods

For 3 days, replace engineered snacks with simple whole foods and notice cravings and satiety.

Low-fat or fat-free flavored yogurt cups

When fat is removed, sugar and starch often move in—turning “yogurt” into a dessert-like snack.

Watch for:

- Skim/low-fat base + sweet flavors
- Added sugars / fruit concentrates
- Starches and gums (thickeners)

Swap for 3 days:

- Plain full-fat yogurt or Greek yogurt + your own toppings
- Cottage cheese or hard cheeses
- Simple, whole food jerky stick like Chomps

Quick win: Plain Greek yogurt + cinnamon + a small handful of berries.

“Diabetic friendly” or high-protein snack bars

Built to look good on the label; sweeteners and starches can still keep cravings active.

Watch for:

- Sugar alcohols (maltitol, sorbitol, xylitol) + fibers
- Maltodextrin / fast starches
- Seed oils + artificial flavors

Swap for 3 days:

- Boiled eggs + cheese stick
- Leftover steak/ground beef (real-food snack plate)
- Simple meat sticks made from just meat + salt

Quick win: Hard-boiled eggs + cheese is a clean grab-and-go replacement.

Condiments & Bread Vehicles

Sometimes it's not the meal—it's the dressing, wrap, or bread doing the heavy lifting. For 3 days, build around protein first.

Low-fat salad dressings and “light” vinaigrettes

Often built on seed oils + added sugar. A simple dressing usually wins.

Watch for:

- Vegetable oils (soybean, canola, corn, cottonseed)
- Added sugars / corn syrup
- Gums, thickeners, preservatives

Swap for 3 days:

- Olive oil + vinegar or lemon + salt
- Olive oil + mustard + vinegar + salt
- Keep salads protein-first (steak, chicken, eggs)

Quick win: Steak over greens + olive oil + vinegar + salt.

Whole wheat bread, wraps, and tortillas

Many “whole wheat” products are still mostly refined flour plus sugar and oils—easy to overeat.

Watch for:

- Refined flour + “whole grain” marketing
- Added sugars (high fructose corn syrup, molasses, honey)
- Vegetable oils + preservatives

Swap for 3 days:

- Bunless burgers / burger bowls
- Taco meat over a small salad
- Lettuce wraps, cucumber slices, or bell pepper strips

Quick win: Bunless burger bowl: patties + lettuce + tomato + salt.

Fats & Sweet Drinks in Disguise

Two sneaky places ultra-processed ingredients show up: spreads and coffee add-ins. For 3 days, shrink the ingredient list.

Plant-based margarines and “cholesterol-free” spreads

Positioned as “smarter,” but typically highly processed and built on industrial seed oils.

Watch for:

- Vegetable oils (canola, soybean, sunflower, safflower)
- Emulsifiers and stabilizers
- Artificial flavors and coloring

Swap for 3 days:

- Butter
- Ghee
- Beef tallow or extra-virgin olive oil

Quick win: Cook eggs in butter or tallow; use olive oil for dressings.

Flavored coffee creamers (including sugar-free versions)

Engineered to taste like dessert. Even “sugar-free” versions can keep your sweet tooth turned on.

Watch for:

- Vegetable oils + corn syrup solids
- Added sugars or sugar alcohols
- Gums, stabilizers, artificial flavors

Swap for 3 days:

- A splash of real heavy cream or half-and-half
- Reduce sweetness step-by-step over a week
- Unsweetened tea or sparkling water as a swap

Quick win: Coffee + heavy cream is a simple, big payoff swap.

Quick Label-Reading Cheat Sheet

Do a 5-second ingredient scan. The goal isn't perfection—it's awareness and better defaults.

3 rules that work well for most people:

- Prefer products with a short ingredient list you recognize.
- Be cautious with added sugars (opt for naturally occurring sugars like honey and maple syrup).
- Choose real fats (butter, ghee, tallow, olive oil) over industrial seed oils.

Common “watch for” ingredients (not exhaustive):

- Added sugars: sugar, cane sugar, corn syrup, brown rice syrup, fruit concentrate, etc
- Fast starches: maltodextrin, refined flour, modified starches
- Industrial seed oils: soybean, canola, sunflower, safflower, corn, cottonseed
- Sweeteners/sugar alcohols: maltitol, sorbitol, xylitol, sucralose, aspartame
- Thickeners: gums, carrageenan, modified food starch

Simple 3-day grocery list (mix and match):

- Proteins: ground beef, steak, chicken, eggs
- Fats: butter, ghee, beef tallow, extra-virgin olive oil
- Optional: berries, plain Greek yogurt, cottage cheese, nuts
- Flavor: salt, vinegar, lemon, mustard, hot sauce (simple ingredients)

Next step: If you want a structured plan and a step-by-step approach, the Blood Sugar Reset Course walks you through it in a simple, repeatable way.