

A HOW-TO GUIDE

3 Day Sugar Detox Challenge



Resilient Warriors: Prevent,
Fight & Heal Beyond Cancer &
Chronic Disease

INTRODUCTION

Welcome to the 3-Day Sugar Detox!

You've taken a crucial step towards understanding the effects of sugar on your well-being.

Over the next three days, you'll explore how sugar impacts your physical health, mental clarity, emotional balance, and overall vitality.

This detox will help you break free from sugar dependence, eliminating those energy spikes and crashes. I

Inside this guide, you'll find essential tips to overcome cravings and revitalize your life, both during the detox and in the days that follow.



Sugar consumption is particularly harmful for individuals with cancer due to its role in fueling cancer cell growth.

Additionally, excessive sugar can contribute to obesity, inflammation, and insulin resistance, all of which are classed as chronic diseases which are risk factors for developing and worsening cancer.



Justine xx

Why Sugar is so harmful

Why Should We Eliminate Sugar from Our Diet?

Embarking on this 3-Day Sugar Detox Challenge is a powerful step toward improving your overall health and well-being. Eliminating sugar from your diet can have profound effects, especially for those dealing with cancer and chronic diseases. Here's why it's so crucial.

The Harmful Effects of Sugar

Fueling Cancer Growth: One of the most significant concerns with sugar is its role in cancer progression. Cancer cells thrive on glucose, which is abundant in sugary foods. High sugar intake raises blood glucose levels and stimulates insulin production, creating an environment that supports cancer cell growth and proliferation. By reducing sugar intake, you can help deprive cancer cells of their primary energy source, potentially slowing their growth.

Contributing to Chronic Diseases:

Excessive sugar consumption is a major contributor to various chronic diseases, including obesity, diabetes, heart disease, and fatty liver disease. These conditions can weaken the body's overall health, making it harder to fight off illnesses, including cancer. Reducing sugar helps lower the risk of these chronic diseases and improves your body's ability to heal and maintain health.

Causing Inflammation: Sugar is a significant contributor to inflammation in the body. Chronic inflammation is a known risk factor for many diseases, including cancer. By eliminating sugar, you reduce inflammation and create a healthier internal environment.

Hidden Sugars: The Silent Saboteurs
While it's easy to spot obvious sources of sugar like candy, cakes, and sugary drinks, many foods contain hidden sugars that can sabotage your efforts. These hidden sugars are often found in processed foods, even those that don't taste sweet. Common culprits include:

- **Condiments:** Ketchup, salad dressings, and sauces often contain added sugars.
- **Packaged Foods:** Many packaged foods, including bread, cereals, and snacks, have hidden sugars listed under various names such as high-fructose corn syrup, dextrose, and maltose.
- **Dairy Products:** Flavored yogurts, milk, and non-dairy milk alternatives can have added sugars.
- **Beverages:** Sports drinks, flavored water, and even some fruit juices contain significant amounts of added sugar.

The Importance of Eliminating Sugar

By eliminating sugar from your diet, you can experience these numerous health benefits, leading to a healthier, more balanced, and vibrant life:

Advantages of Cutting Out Sugar from Your Diet



1. Reduced Risk of Chronic Diseases:

- **Heart Disease:** Lower sugar intake helps reduce the risk of heart disease by improving cholesterol levels, reducing inflammation, and lowering blood pressure.
- **Diabetes:** Eliminating sugar can help stabilize blood glucose levels and reduce the risk of developing type 2 diabetes.
- **Obesity:** Cutting out sugar aids in weight management and reduces the risk of obesity, a significant risk factor for various chronic diseases.

2. Improved Cancer Prognosis:

- **Cancer Cell Growth:** By depriving cancer cells of their primary energy source (glucose), cutting out sugar may slow down their growth and proliferation.
- **Overall Health:** Reduced sugar intake supports better overall health, making the body more resilient against cancer and its treatments.

3. Enhanced Energy Levels:

- **Stable Energy:** Without the highs and lows caused by sugar consumption, energy levels become more stable and consistent throughout the day.
- **Reduced Fatigue:** Eliminating sugar helps avoid the energy crashes that often follow sugar consumption, leading to reduced fatigue and improved stamina.

4. Better Mental Clarity:

- **Cognitive Function:** Stable blood sugar levels contribute to improved cognitive function, memory, and focus.
- **Mood Stability:** Reducing sugar intake can help stabilize mood swings and decrease the risk of anxiety and depression.

5. Healthier Skin:

- **Reduced Acne:** Lower sugar consumption can lead to clearer skin and a reduction in acne and other skin issues caused by inflammation and hormonal imbalances.

THE IMPORTANCE OF ELIMINATING SUGAR CONT.....

Anti-Aging: Sugar contributes to the aging process of the skin by damaging collagen and elastin. Cutting out sugar helps maintain youthful, healthy skin.

6. Improved Digestive Health:

- **Gut Health:** Reducing sugar helps maintain a healthy balance of gut bacteria, promoting better digestion and reducing issues like bloating and gas.
- **Reduced Inflammation:** Cutting out sugar can reduce inflammation in the digestive tract, improving overall digestive health.

7. Stronger Immune System:

- **Immune Function:** Excessive sugar intake can suppress the immune system, making the body more susceptible to infections. Reducing sugar helps strengthen immune defenses.

8. Better Sleep Quality:

- **Sleep Patterns:** Stable blood sugar levels contribute to better sleep patterns and improved sleep quality.
- **Reduced Insomnia:** Cutting out sugar can help reduce insomnia and other sleep-related issues caused by blood sugar fluctuations.

9. Weight Loss and Maintenance:

- **Caloric Reduction:** Reducing sugar intake naturally lowers overall calorie consumption, aiding in weight loss and maintenance.
- **Appetite Control:** Cutting out sugar helps regulate appetite and reduces cravings for unhealthy foods.

10. Enhanced Dental Health:

- **Cavity Prevention:** Lower sugar consumption reduces the risk of cavities and tooth decay.
- **Gum Health:** Reducing sugar intake helps maintain healthier gums and reduces the risk of gum disease



Helpful Tips for Detoxing

1. Focus on Healthy Fats and Proteins

Ketogenic Diet Insight:

- **Healthy Fats:** Incorporate healthy fats such as avocados, nuts, seeds, olive oil, and fatty fish into your meals. These fats help keep you full and reduce cravings for sugary foods.
- **Protein:** Ensure each meal contains a good source of protein like lean meats, fish, eggs, or plant-based proteins (e.g., legumes and tofu). Protein helps stabilize blood sugar levels and keeps hunger at bay.

Studies show that diets high in healthy fats and proteins can significantly reduce cravings and improve satiety .

2. Emphasize Whole, Unprocessed Foods

Mediterranean Diet Insight:

- **Whole Foods:** Prioritize whole, unprocessed foods such as vegetables, fruits, whole grains, legumes, nuts, and seeds. These foods are nutrient-dense and help regulate blood sugar levels.
- **Complex Carbohydrates:** Choose complex carbohydrates like quinoa, brown rice, and whole oats. These carbs are digested more slowly, providing a steady energy supply and reducing sugar cravings.

The Mediterranean diet, rich in whole and minimally processed foods, is associated with better weight management and reduced cravings .



HELPFUL TIPS FOR DETOXING CONT.....

3. Hydrate Properly**General Insight:**

- **Water:** Drink plenty of water throughout the day. Sometimes, thirst is mistaken for hunger or cravings. Staying hydrated helps manage appetite and reduce cravings.
- **Herbal Teas:** Herbal teas, such as peppermint or chamomile, can be soothing and help curb the desire for sweets.

Proper hydration is essential for overall health and can help control appetite and reduce cravings.

4. Include Fiber-Rich Foods

- **Fiber:** Incorporate fiber-rich foods like vegetables, fruits, legumes, and whole grains into your diet. Fiber helps slow the absorption of sugar, keeping blood sugar levels stable and reducing cravings.

High-fiber diets are linked to improved blood sugar control and reduced hunger, making it easier to resist sugary foods.

5. Plan and Prepare Meals

- **Meal Prep:** Plan and prepare your meals in advance to avoid reaching for sugary snacks. Having healthy options readily available can prevent impulsive eating.
- **Balanced Meals:** Ensure your meals are balanced with proteins, healthy fats, and complex carbohydrates to keep you full and satisfied.

Structured meal planning is associated with healthier eating habits and reduced consumption of unhealthy foods .

6. Manage Stress and Sleep Well

- **Stress Management:** Practice stress-reducing activities such as yoga, meditation, or deep breathing exercises. Stress can trigger cravings for sugary foods.
- **Sleep:** Aim for 7-9 hours of quality sleep per night. Poor sleep can disrupt hunger hormones and increase cravings for unhealthy foods.

Adequate sleep and stress management are crucial for maintaining healthy eating habits and reducing cravings

Reading Nutrition Labels

SPOTTING HIDDEN SUGARS

Understanding nutrition labels is essential for identifying hidden sugars and making healthier food choices. Here's a guide on how to read labels effectively and why it's crucial to avoid processed foods packed with added sugars.

Check the Ingredients List:

Ingredients are listed in descending order by weight. If sugar or its variants appear early in the list, the product is high in added sugars.

Look for multiple types of sugar in the list. Manufacturers often use several different sugars to avoid listing any one of them too high on the list.

Understand Serving Sizes:

Pay attention to the serving size and the number of servings per container. Many packages contain multiple servings, which can significantly increase your sugar intake if you consume more than one serving.

Look at the Nutrition Facts Panel:

Total Sugars: This number includes both natural and added sugars. For a clearer picture, also check the "Added Sugars" section.

Added Sugars: This figure represents sugars added during processing and should be minimized as much as possible.

Beware of "Healthy" Sugars:

Ingredients like fruit juice concentrate and honey are still sugars and should be consumed in moderation.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 115 mg	5 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 11 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

READING NUTRITION LABELS CONT.....

IDENTIFY HIDDEN SUGARS:

Sugar can be listed under various names, making it tricky to spot. Here are some common aliases for sugar:

- Sucrose
- High-fructose corn syrup
- Agave nectar
- Barley malt
- Beet sugar
- Brown sugar
- Cane sugar
- Coconut sugar
- Corn syrup
- Dextrose
- Fructose
- Glucose
- Honey
- Invert sugar
- Lactose
- Maltose
- Molasses
- Rice syrup
- Syrup
- Treacle
- Turbinado sugar
- Maple syrup

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Why Processed Foods Contain So Much Sugar**Taste and Palatability:**

Sugar enhances the taste and palatability of foods, making them more appealing and addictive. This can lead to overconsumption and increased sales for manufacturers.

Preservation:

Sugar acts as a preservative, extending the shelf life of products. This is particularly common in baked goods, sauces, and condiments.

Texture and Appearance:

Sugar contributes to the texture and appearance of foods, making them more visually appealing and satisfying in texture.

Cost Efficiency:

Sugar is a relatively inexpensive ingredient that can enhance flavor, making it a cost-effective way for manufacturers to improve the taste of their products.



READING NUTRITION LABELS CONT.....

WHY WE SHOULD AVOID PACKAGED/PROCESSED FOODS

High Sugar Content:

- Packaged and processed foods often contain high amounts of added sugars, contributing to excessive calorie intake and increasing the risk of obesity, diabetes, and other chronic diseases.

Nutrient Deficiency:

- Processed foods are often stripped of essential nutrients during manufacturing and are low in fiber, vitamins, and minerals. They provide empty calories that can lead to nutrient deficiencies.

Artificial Additives:

- These foods frequently contain artificial additives, preservatives, and unhealthy fats that can negatively impact health.

Increased Health Risks:

- Consuming high amounts of processed foods has been linked to an increased risk of various health issues, including heart disease, hypertension, and certain cancers.

Better Alternatives:

- Whole, unprocessed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats provide essential nutrients, promote better health, and help stabilize blood sugar levels.

By learning to read nutrition labels and understanding the hidden sugars in foods, you can make more informed dietary choices and reduce your intake of added sugars.

This not only helps manage weight and energy levels but also supports overall health and well-being.



The Impact of Sugar on the Brain



Cognitive Function and Memory

Excessive sugar consumption can have detrimental effects on cognitive function and memory. High sugar intake has been linked to impaired cognitive abilities, including difficulties with learning and memory retention. Research shows that diets high in sugar can lead to insulin resistance in the brain, which can disrupt communication between brain cells and hinder cognitive processes. In particular, a study published in the journal *Neuroscience* found that high sugar diets can reduce the production of brain-derived neurotrophic factor (BDNF), a protein essential for memory formation and cognitive function .

Mood and Mental Health

Sugar consumption also affects mood and mental health. While sugar can provide a temporary boost in mood due to a spike in blood glucose levels, this is often followed by a rapid decline, leading to mood swings and irritability. Chronic consumption of high sugar foods is associated with an increased risk of developing mental health issues such as depression and anxiety. A study in *Psychoneuroendocrinology* found that individuals who consumed high amounts of sugar were more likely to experience depression compared to those with lower sugar intake . This is partly due to sugar's impact on inflammation and stress hormones, which can adversely affect mental well-being.

Addiction and Cravings

Sugar can be addictive, triggering the brain's reward system in a manner similar to drugs of abuse. When we consume sugar, it leads to the release of dopamine, a neurotransmitter associated with pleasure and reward. Over time, regular consumption of high-sugar foods can alter the brain's reward pathways, leading to increased cravings and a cycle of addiction. Research published in *Current Opinion in Clinical Nutrition and Metabolic Care* suggests that the addictive nature of sugar can lead to compulsive eating behaviors, making it difficult to reduce sugar intake even when aware of its harmful effects .

Long-Term Brain Health

Long-term, excessive sugar intake can contribute to serious brain health issues, including an increased risk of neurodegenerative diseases like Alzheimer's. High blood sugar levels and insulin resistance, commonly associated with a diet high in sugar, have been linked to an increased risk of developing dementia. A study in the journal *Diabetes Care* found that individuals with high blood sugar levels had a higher likelihood of experiencing cognitive decline and dementia, highlighting the importance of maintaining balanced blood sugar for long-term brain health .

Foods that nourish & Foods to avoid



- All vegetables (non starchy are preferred).
- Fruit (be mindful fruit is high in fructose, so berries are the best choice)
- All nuts and seeds (if tolerated)
- All UNSWEETENED non-dairy milks
- Fish, chicken, turkey, beef, pork, lamb (avoid processed meat)
- All herbs and spices, all vinegars, healthy oils including olive, coconut, avocado
- almond, and walnut
- Water (any kind, including carbonated)
- Herbal tea

- AVOID alcohol
- AVOID beverages that contain sugar
- AVOID chocolate, baked goods, candy, and processed foods that contain any type of sweetener
- AVOID artificial sweeteners

Welcome to Day 1



Did you know the average Australian consumes an average of 14 teaspoons of sugar per day. This is more than 2-3 times the recommended daily intake!



GOALS

- Avoid eating anything from a packet
- If you use sugar in your tea/coffee try going without, or alternatively used about 1/2 teaspoon organic monk fruit.
- Push breakfast back by 1 hour (Intermittent fasting is good habit to get into & it has amazing health benefits for cancer & chronic disease)
- Start the day with a glass of warm water with a teaspoon of apple cider vinegar and a squeeze of lemon (this stimulates digestion, helps detox the liver & creates an alkaline environment)
- Increase your vegetable intake by adding one extra vegetable to your plate
- Drink at least 8 glasses of water (this can include herbal tea & electrolytes)



BREAKFAST



LUNCH



DINNER



SNACK



SNACK

Day 1 Recap



Let's take a moment to recap what we've learned so far:

The Negative Impact of Sugar on Your Health:

- We've explored how sugar can contribute to various health issues, including obesity, diabetes, heart disease, and cancer.

Hidden Sugars in Everyday Foods:

- We've identified the sneaky ways sugar is added to foods we consume daily, often under different names.

Empowering Yourself to Break Free:

- We've discussed the power you hold to overcome sugar cravings and make healthier choices.

Welcome to Day 2

Tips for Long-Term Success

As we continue this journey, let's discuss some strategies for maintaining these healthy habits beyond the detox:

Mindful Eating:

- Slow down and be present during meals. Take three deep breaths before eating to signal to your body that it's mealtime. Try to minimize distractions like screens while eating.

Recognize Sugary Habits:

- Notice how often you reach for an afternoon treat out of habit. Replace this habit with healthier alternatives, such as taking a walk or enjoying a cup of tea.

Keep High-Protein Snacks Handy:

- Always have a high-protein snack available for when cravings strike. Protein will help you feel full and prevent impulsive eating.

Avoid Hungry Grocery Shopping:

- Shopping on a full stomach helps you stick to your grocery list and avoid impulse buys, especially sugary snacks.

Aim for a High-Protein Breakfast:

- Start your day with a protein-rich breakfast to stay satiated longer and reduce cravings throughout the day.




Today's Meal Plan


Enjoy the carefully curated, sugar-free meals for today. Focus on whole foods that nourish and energize your body.



GOALS

- Avoid all forms of sugar (and try to minimise replacement sweeteners)
- Maintain the same eating schedule as yesterday
- Implement at least one of the long-term success strategies mentioned on the previous page.







BREAKFAST



LUNCH



DINNER



SNACK



SNACK

You made it!!!!

Congratulations on reaching Day 3!

You did it! You've made it to Day 3 of our Sugar Detox Challenge.

Give yourself a well-deserved pat on the back! Now it's time to celebrate your achievements and look ahead to a healthier future.

GOALS

Celebrate Your Successes:

Share your biggest accomplishment from the past three days. Did you manage to skip your daily dessert? Did you find new joy in the natural sweetness of whole foods? Or perhaps you discovered a new, lasting energy level?

Envision Your Future:

Complete this sentence to keep the momentum going:

"To continue my progress, I will _____ because my goals are _____."

Sustain Your Momentum:

We're here to support and encourage you as you transition to a healthier lifestyle.

Our aim is to help you achieve wellness, prevent disease, and empower you with the energy you need to live your best life.

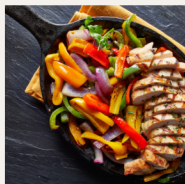
Ready to make these healthy habits a part of your daily routine? Contact us today, and let's create a personalized nutrition plan that will elevate your health to the next level! 🌟💪



BREAKFAST



LUNCH



DINNER



SNACK



SNACK



Coconut Yoghurt & Berries



1 serving



5 minutes

INGREDIENTS

1 cup Coyo Vanilla

Coconut yoghurt

1 cup mixed berries

Nuts & Seeds (optional)

DIRECTIONS

1. Place Yoghurt in a glass or bowl.
2. Top with berries of your choice
3. Sprinkle with nuts & seeds (these can be toasted in a dry pan for a few minutes to give some crunch)

NOTES

Coyo yoghurt is the best option as it has the least amount of sugar & additives.

Omit nuts & seeds if you have a nut allergy



Chicken & Kale Salad



4 servings



30 minutes

INGREDIENTS

- 2 chicken breasts cooked
- 1 head of broccoli
- 1 bunch of kale
- 6 spring onions
- 1 bunch parsley
- Toasted Seeds
- Slivered almonds toasted
- 1/2 cup of pesto

DIRECTIONS

1. Shred the cooked chicken and set aside.
2. Grate the head of broccoli into a bowl & combine with kale, parsley & spring onions
3. Add the chicken & toss.
4. Sprinkle with toasted seeds & slivered almonds
5. When serving add the pesto to each serving and toss.

NOTES

I use Roza's Pesto which you can buy from Woolworths. Its a great brand s there are dairy free & nut free versions, so if you have an allergy there are options.
Only add the pesto when serving (this will keep the salad fresh for left overs)



Greek Chicken



4 servings



30 minutes

INGREDIENTS

- 3 chicken breasts
- 1 tablespoon rosemary
- 1 tablespoon oregano
- 1 tablespoon thyme
- Juice & zest of 2 lemons
- 1/4 cup lemon olive oil

DIRECTIONS

1. Combine herbs, lemon juice/zest & lemon olive oil in a glass bowl.
2. Add the chicken & marinate overnight or for at least 2 hours.
3. Grill or lightly fry the chicken with a little olive oil spray.
4. Serve with the greek salad

NOTES

I marinate the chicken in the morning and place in the fridge all day to marinate.



Greek Salad



4 servings



10 minutes

INGREDIENTS

- 1 long cucumber
- 4 roma tomatoes
- 1 red onion sliced
- 1 green capsicum
- 1/3 cup olives
- 1 cup feta
- 2 tbs olive oil
- juice of half a lemon

DIRECTIONS

1. Roughly chop all ingredients and put in a glass bowl.
2. Drizzle with olive oil and lemon juice.
3. Serve with Greek Chicken

NOTES

You can add 2 tablespoons of capers for a bit of extra zing



Poached Eggs



1 servings



10 minutes

INGREDIENTS

- 2 eggs
- 1/2 avocado
- 1 cup baby spinach
- 1 tomato
- 1 clove garlic
- 1-2 tablespoons of olive oil

DIRECTIONS

1. Poach eggs.
2. Cut tomato in half and lightly fry.
3. Toss spinach, olive oil and garlic and add to pan with tomato and cook until wilted.
4. Serve with eggs & avocado

NOTES

Drizzle the avocado with lemon juice and salt & pepper.



Salmon with Asparagus



4 servings



30 minutes

INGREDIENTS

- 4 salmon fillets
- 2 bunches asparagus
- 1 tablespoon chopped dill
- 2 lemons sliced
- Salt & pepper
- 2 tablespoons olive oil
- 6-8 cloves of garlic

DIRECTIONS

1. Preheat oven to 180 degrees
2. Line a baking pan with parchment paper
3. Lay the salmon fillets on the middle of the baking sheet & top with lemon slices & sprinkle with dill.
4. Lay the asparagus & garlic cloves around the salmon.
5. Drizzle with olive oil & salt & pepper.
6. Bake for 1-12 minutes or until the salmon is cooked to your liking.

NOTES

Drizzle the avocado with lemon juice and salt & pepper.



Overnight Chia Pudding



1 serving



5 minutes

INGREDIENTS

1 cup plant based milk
(almond, coconut,
macadamia)

2 tablespoons chia seeds
1-2 drops flavoured stevia

Or 1 teaspoon vanilla
essence

Berries to garnish

DIRECTIONS

1. Combine milk, chia seeds & stevia/valilla in a glass jar. Cover & refrigerate overnight.
2. Top the next day with chopped berries to serve.

NOTES

You can top this with some toasted seeds for extra crunch.

You may need to add extra liquid before serving if the consistency is too thick.



Chicken Fajitas



1 serving



5 minutes

INGREDIENTS

- 2 Red , 2 Green & 2 Yellow capsicums
- 2 Yellow onions
- 2 tablespoons extra virgin olive oil
- 500g chicken breasts
- 2 teaspoon paprika
- 2 teaspoon oregano
- 2 teaspoon cumin



DIRECTIONS

1. Thinly slice the capsicums and onion and place in a large sized bowl.
2. Drizzle oil over the 2 tablespoons of olive oil and toss until well coated
3. Heat up the BBQ and grill the capsicums and onion mix until they reach your preferred consistency (i prefer mine slightly charred).
4. Once the vegetables are cooked, place the chicken in a large bowl and cover with the seasoning and mix until well combined. Grill on the BBQ.
5. Season with salt and pepper to taste.

NOTES

You can top with some mashed avocado & natural coconut yoghurt (sub for sour cream)



Avocado Snack



1 serving



5 minutes

INGREDIENTS

- 1/2 avocado
- lemon wedges
- Salt & pepper

DIRECTIONS

1. Drizzle avocado with lemon juice
2. Sprinkle with salt and pepper
3. Enjoy!

NOTES

You could sprinkle with chilli flakes or some of your favourite herbs to add more flavour



Espresso Protein Balls



Makes 12



15 minutes

INGREDIENTS

- 1/4 cup of Tahini
- 2 tbsp of maple syrup
- 2 tspns vanilla extract
- 1 tspn of instant coffee
- 1/4 cup Desiccated Coconut + extra to coat
- 1/2 cup of almond meal
- 2 Tbsps cacao
- 1 Tbsp Chia seeds
- 1 Tbsp sugar free dark chocolate chips,

DIRECTIONS

1. Soak chia seeds in 2 tablespoons of water & set aside for about 10 minutes.
2. Place the remaining ingredients into a food processor.
3. Once the chia seeds become a gel-like consistency, add to the mixture.
4. Process until well combined
5. Roll about 1 tablespoon of mixture into balls.
6. Roll the balls in the extra coconut
7. Store in the refrigerator.

NOTES

If the consistency is too dry, add a little almond milk.

Instead of coating with extra coconut try rolling them in cacao powder.

Grocery List

HERBS & SPICES

- Rosemary
- Oregano
- Thyme
- Paprika
- Cumin
- Dill
- Salt & Pepper
- 1 Head of Garlic

CONDIMENTS

- 1/4 cup pesto
- Lemon Olive Oil
- Extra Virgin Olive Oil
- 1/4 Cup Tahini
-

PANTRY ITEMS

- Flavoured Stevia
- Vanilla Extract
- Instant coffee
- Maple Syrup
- Cacao Powder
- Chia Seeds
- Desiccated Coconut
- Almond Meal
- Sugar free Choc chips
- Nuts & seeds (toasted)
-

FRUIT & VEGETABLES

- 1 head Broccoli
- 1 Bunch of Kale
- 1 Bunch of Parsley
- 1 long cucumber
- 4 roma tomatoes
- 1 green capsicum
- 2 red capsicums
- 2 yellow capsicums
- 2 yellow onions
- 2 bunches Asparagus
- 1 tomato
- 1 cup mixed berries
- Extra berries for garnish
- 4 lemons
- 4 avocados

DAIRY ALTERNATIVES

- Coyo Vanilla Yoghurt
- Coyo Plain Yoghurt
- Plant based milk of your choice
- 1 cup Feta Cheese

PROTEIN

- 9 chicken breasts
- 4 salmon fillets
- 2 eggs
-



Thank you!

Thank you for embarking on the 3-Day Sugar Detox Challenge with us! Your commitment to improving your health and well-being is truly commendable.

We hope that this ebook has provided you with valuable insights, practical tips, and delicious recipes to help you kickstart your journey toward a healthier lifestyle.

Your determination and effort over these three days are the first steps toward a life with reduced sugar cravings, increased energy, and enhanced overall wellness. Remember, every small change you make is a victory worth celebrating.

We would love to hear about your experience! Please feel free to share your thoughts, success stories, or any feedback with us.

Your journey can inspire others to take charge of their health too.

Stay healthy and keep shining!
With gratitude,

Stay in touch!

Justine xx