

5 DAY *Sugar*

DETOX



Guide



Recipes



Journal

Laura Frontiero

TAKE GOOD CARE



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GET READY TO CHANGE YOUR LIFE!



WELCOME! My name is Laura Frontiero. I'm a Nurse Practitioner and Health Coach.

I help you reclaim energy, renew focus, and achieve ideal weight so you can get back to feeling successful and full of purpose again!

Through this Sugar Detox Guide, I will teach you how to beat sugar cravings, prepare delicious sugar-free recipes and re-energize your life.

And don't worry, I've got you covered with my best go-to tips and tricks for success.

With this 5 day program you will discover how to balance food, diet and the rest of your life – FINALLY.

I'm so excited. Ready to dive in?

Let's do this!

Laura Frontiero
TAKE GOOD CARE



10 FOODS WITH HIDDEN SUGAR

Excessive consumption of sugar is linked to many health issues and it can cause severe damage to your organs. Plus, the addiction is difficult to quit. Therefore, you get to make exclusive efforts to reduce sugar intake and keep a close check on what you eat. Specifically, the added hidden sugars put into our foods should be avoided as much as possible.

Here are the 10 common foods that contain significant amounts of sugar that we are consuming mindlessly. The hidden sugar in these foods can be problematic because almost all of your body's organs feel the negative impact of excessive sugar by losing their ability to function efficiently. Consequently, your body becomes more prone to serious health issues including diabetes, cancer and cardiovascular diseases. Sugar also affects gut health and contributes to obesity. It is critical that you cut down on the sugary foods because the more you take in, the more you crave.

Take a look at the list below and try to eliminate as many of these foods as possible for the next 5 days and beyond.

1. Cereals - I recommend skipping the cereal aisle completely. Boxed cereal is a major source of hidden sugar. The average boxed cereal has 19 grams of sugar per serving. That's almost 5 teaspoons of sugar! So, what's a cereal lover to do? The answer is simple: make your own. At the end of this challenge I will be sharing my favorite sugar-free cereal recipe.
2. Bread - Most packaged breads, including the whole wheat types, contain hidden sugar. Serve your morning scramble on a bed of spinach and enjoy your tuna salad on baby greens instead.
3. Sweetened Beverages - Most beverages, including juices, energy drinks, sports drinks, soft drinks, coffee drinks and tea contain high amounts of sugar. Even the drinks that claim to be 'low calorie' also have hidden sugar that can affect your cravings. Consider a Carmel Frappuccino which has 44 grams of sugar. That's 11 teaspoons of sugar in just one coffee drink! If you like coffee drinks try making a coffee with almond or coconut milk, stevia and cinnamon. Yum!
4. Sweetened Dairy Products - Your favorite flavored yogurt, flavored kefir, flavored milk, and kid's snacks are all sweetened, usually with sugar. Believe it or not, just one low-fat yogurt parfait has upwards of 27 grams of sugar. That's nearly 7 teaspoons of sugar per serving. To reduce sugar, purchase unsweetened, unflavored dairy products yogurt and serve plain yogurt with fresh berries.
5. Sauces and Dressings - Most condiments, dressings, marinades and bottled sauces are full of sugar. Look at your BBQ sauce, salad dressing,



jarred pasta sauce, and marinades. Also, be especially mindful when eating out, some fast food dressings have over 280 calories!

6. Pancakes and Breakfast Breads - Pancakes and frozen waffles are high in sugar, especially when served with commercial syrups. Now let's be real, pancakes are pretty delicious. Don't worry, you shall have your pancakes! Check out my recipe for Protein Pancakes in the recipe section.
7. Protein Bars - If you think your favorite go-to protein bars and meal replacements are healthy, you are mistaken. Most protein bars are quite high in sugar. Instead of relying on bars, make a protein shake with a high-quality protein powder. There are many excellent sugar-free options to choose from. My favorites are Designs For Health and Ancient Nutrition.
8. Dried Fruits - Fruit snacks and most of the dried fruits on the market possess a considerable amount of sugar. Ditch the dried fruit and enjoy a bowl of fresh raspberries which only 5 grams of sugar per cup.
9. Granola Bars and Snack Packs - Granola bars and other similar snacks also contain hidden sugar, especially if they include raisins or other dried fruit pieces. Not only are most granola bars high in sugar, they are void of any real nutritional value.
10. Restaurant Food - Entrée's at restaurants are often accompanied by rich sauces that are full of sugar: think of miso glaze, red wine sauce and 'secret burger sauce'. Mouthwatering desserts at restaurants are often enhanced by a layer of sugary sauce. If you are super busy, instead of eating out, purchase prepared foods at your local deli, Trader Joe's or Whole Foods Market instead. Be sure to read labels and go for those with minimal ingredients and no added sugar!

HOW TO DEAL WITH SUGAR CRAVINGS

Resisting the urge to eat sugar can be extremely difficult, even once you have this knowledge and know what you should and should not eat. Here are a few practical tips that can help you beat sugar cravings for good.

Choose Natural Sweeteners

You can enjoy the sweet taste by using monk fruit, stevia, honey, or maple syrup in a small amount. These are less addictive because of the low content of synthetic additives.

Increase Intake of Healthy Fats

Healthy fats are known to lower sugar cravings. Avocados, unsweetened yogurt, grass fed butter, olive oil, olives, and coconut oil are all great sources of healthy fats.



Choose Healthy Snacks

Hard-boiled eggs, homemade protein balls, berries, baked apples and beef jerky are tasty low-sugar snacks.

Control the Sugar Intake at Breakfast

Most breakfast foods contain high amounts of sugar. My favorite low-sugar morning delights are smoothies, baked sweet potatoes, and chia pudding. All of these will give you the sugary taste you are craving without the inflammation or the calories.

Drink Homemade Juices and Smoothies

Making smoothies, juices and beverages at home is a great way to reduce sugar. Be careful with juicing; you are stripping away the fiber and giving your body a big hit of fructose that will spike your blood sugar and insulin levels.

Avoid Soft Drinks/Energy Drinks

Choose unsweetened drinks like herbal tea, sparkling water, and lemon water. Don't go for the DIET sodas; research shows eating artificial sweeteners actually stimulates your appetite resulting in more calories eaten throughout the day.

Reduce Salt Intake

The more you eat salty food, the more you will crave sweet foods. Reduce your consumption of salty foods, and your body will naturally want less for sugary foods. Plus you'll help prevent water retention and lower your blood pressure!

Mindful Chewing

Chewing mindfully is crucial. Veggies, fruits, and nuts contain complex carbs that release a sweet flavor when chewed correctly. You can satisfy your craving through these in a healthy manner. Spend time to chew your food completely before swallowing.

Sweet Support

You will need some sweet support to make the sugar withdrawal easy. When the crazy sugar craving comes on, eat a sweet fruit like grapes or an orange. Or have a handful of berries. Make a 'chocolate shake' from stevia sweetened protein powder, ice and almond milk. Get some dark chocolate sweetened with stevia; my favorite brand is Lily's. Eat a date, OMG they are so naturally sweet and delicious! Prunes also curb sugar cravings and are high in magnesium and fiber!



DAY 1 – WHY SUGAR IS A SILENT KILLER

The excessive intake of sugar can have a serious impact on your health. It is associated with multiple health issues including heart disease, diabetes, obesity and even cancer. High consumption of sugar also contributes to fatty liver which is a leading cause of cirrhosis. Sugar causes many metabolic diseases and leaky gut too. Surprisingly, the use of sugar is also linked to different types of cancer. Specifically, the added sugars can lead to increased risks of cancer of the colon, breast and esophagus. It damages the normal functioning of the brain as well. Thus, it would be right to call it a silent killer. It eats up your body from the inside and affects your quality of life. Therefore, you should minimize the consumption of sugar and try to avoid processed forms as much as possible.

Day 1 Action Step: DETOX YOUR PANTRY

Take inventory of your pantry, fridge and freezer then ditch the high-sugar foods such as flavored coffee creamers, boxed cereals, cookies, jarred sauces/condiments/dressings, flavored yogurts, conventional peanut butter, granola/protein bars, snack packs, energy drinks, soft drinks, and syrups.

Begin replacing these foods with healthier no-added-sugar options such as plain yogurt, almond butter, cacao powder, high quality protein powder, chia seeds, fresh fruit, monk fruit sweetener and stevia.

DAY 2 – SUGAR AND YOUR HORMONE HEALTH

Here's a quick lesson on hormones and sugar. Let's start with insulin. The sugar you consume is directly proportional to the level of glucose in the blood. Higher glucose in the blood forces the pancreas to produce more insulin. Thus, the more sugar you eat, the more insulin is produced, and as a result, the body's cells become resistant to its effect. The surplus sugar in the bloodstream is not metabolized properly, and it leads to fat storage. Additionally, the high level of insulin also causes hormonal imbalance, and the ovaries begin to produce a high amount of androgen hormones. Interestingly, the high insulin does not only increase testosterone levels in women, but its resistance also gives the opposite effect in men. Men with a high glucose level usually have a low level of testosterone in their blood which contributes to obesity, erectile dysfunction and enlarged breast tissue. Furthermore, the insulin spike in the blood can also inhibit the production of human growth hormone in both men and women. Thus, if you



want to maintain hormonal balance and good health, you should monitor your sugar intake and avoid the use of processed sugars.

Day 2 Action Step: PLAN YOUR NO SUGAR WEEK

The key here is to get the foundation right. The foundation of a healthy diet is quality protein (omnivore or vegetarian), fresh produce and clean water. Start with foundation foods and add other foods based on what feels right for your unique body. Below is a sample sugar-free day from my own life.

Grab a pen/paper and write out what you are going to eat over the next week. Plan your meals. Then go to the store and get your healthy ingredients!

MY TYPICAL SUGAR-FREE DAY

Upon Rising: A big glass of water with lemon

Breakfast: 2 scrambled eggs with a slice of sprouted grain bread smeared with avocado, 1 cup of coffee with almond milk & monk fruit

Lunch: Grilled organic chicken on a bed of baby greens with ½ avocado and apple cider vinaigrette. A serving of fruit.

Snack: ¼ cup almonds

Dinner: Grilled fish with sautéed zucchini and quinoa

Dessert: 1 baked apple with cinnamon or a square of dark chocolate sweetened with stevia

*I also drink water all day long

DAY 3 – SUGAR, CANDIDA AND INFLAMMATION

What is Inflammation?

Inflammation in your body is a response generated by the immune system. It indicates that your body is in the healing phase after either an infection or an injury. There are 2 kinds of inflammation: acute and chronic. Acute inflammation is mild, usually occurring after a physical injury and does not last for more than a week. However, chronic inflammation is often prolonged for weeks and months. It weakens the immune system and is linked with all kinds of chronic health problems including but not limited to leaky gut, chronic pain, fatigue, weight loss resistance, autoimmune disorders, skin problems, gastrointestinal upset, headaches, mental disorders including depression, dementia and attention deficit.



Candida and Inflammation

Candida, a parasitic fungus, is known to be a cause of inflammation. Its presence in the gut causes swelling which further promotes the candida colonization. The overgrowth of candida makes the body more prone to infections, swelling and weight gain.

How is Sugar linked to Candida and Inflammation?

High intake of sugar can be troublesome and add to yeast overgrowth. Say no to sugary foods, and you will see the positive impact on your health. Along with candida, being overweight is another cause of gut inflammation. Thus, if you want to get rid of inflammation and prevent overgrowth of candida, you should get to your ideal weight and make healthy food choices. Most importantly, you should avoid over-consumption of sugar.

Healthier Sugar Alternatives

Obviously, you cannot eliminate sugar completely from your diet. There will always be instances when you eat away from home or just want to enjoy a holiday treat. But if you want to avoid feeding candida, there are many healthier alternatives that you can use instead of common sweeteners. Below are a few of my favorites.

- **Monk Fruit**

This natural sweetener comes from a fruit grown in Southeast Asia. The extract contains zero calories which means it doesn't impact insulin levels. It also does not cause inflammation! You can find it in liquid, granule and powder forms. This is my favorite sweetener because it tastes like sugar.

- **Stevia**

It is one of the easiest to find natural sweeteners that you can add to your diet. This plant-based substitute for sugar is easily available at multiple health food stores. You can also buy it online. Stevia tastes very good, and the best part is, it is not a feeding substance for candida yeast.

- **Xylitol**

You might have heard about sugar alcohols. It includes xylitol and erythritol. Xylitol is the most common sugar alternative. It is anti-fungal and anti-bacterial. This is perfect to be used for avoiding candida overgrowth and delivers a sweet taste.

- **Erythritol**

The second sugar alcohol is naturally found in some fruits and fermented edibles. It is a brilliant alternative to be used in place of sugar as it has very low-calorie content. Besides, erythritol does not cause any kind of harmful effects that regular sugar does. For instance, its consumption will not lead to weight gain, tooth decay and high sugar level in blood.

Day 3 Action Step: TRY A NEW SUGAR-FREE RECIPE

Try something new today! See the recipe section for ideas. What looks good to you? Which meal of the day do you tend to eat more sugar? Breakfast? After dinner? Snacks? Set yourself up for success and choose a meal time that tends to be problematic for you. For me, it's late afternoon and after dinner. These are the two times of day that I need a plan in place to prevent sugar binging!

DAY 4 – SUGAR AND STRESS

Stress can severely damage the quality of your life. It is related to many health problems, and most prominent of these include weight gain, diabetes, heart disease and high blood pressure. Thus, if you want to maintain a healthy lifestyle, you get to use stress management techniques! Surprisingly, one of the factors that causes stress is high consumption of sugar.

If you want to make your stress management efforts effective, the first thing that you should do is cut down sugar from the diet as it can contribute to stress. The more stable your blood sugar level, the better you can manage stress. A stress hormone known as cortisol is released when you experience stress. When your sugar level spikes, more cortisol is released, and it can lead to fatigue and weight gain. Therefore, you should maintain a stable sugar level and avoid consuming high levels of processed sugars.

10 WAYS TO PRACTICE MASSIVE SELF-CARE

Remember that it is your responsibility to take care of yourself. The following are the top 10 ways in which you can keep your body, mind, and soul at peace.

1. **Eat Healthy Food** - The first and foremost thing that you can do to enjoy improved health and a happy life is eating healthy food. Fuel your body with something delicious and nutritious. Prefer to cook at home, enjoy preparing your meals and reduce eating out.
2. **Practice Yoga** - Yoga is a brilliant way to connect your body with the mind. It can help you to relax. No matter how stressed or depressed you are, practicing yoga for a few minutes would leave a positive impact on your mood. If you don't know how to do it, try taking a yoga class.
3. **Go for a Walk** - Breathe in fresh air and let your body get some sunlight. This natural fuel for your body is refreshing. Make a habit of walking for about half an hour daily. You must have heard about the countless

benefits of a morning walk. You can also go out in the evening if it suits you.

4. **Get Enough Sleep** - Your body is like a machine. The excessive workload can damage its efficiency. To maintain good health, you should let your body rest properly. Make a routine and go to bed early every night. Sleep for 8 to 10 hours a day. Try this for a week, and you will feel the difference.
5. **Take a Bath** - A bath with essential oils and salts is also a practical solution to refresh your body. Take a bath with warm water, and you will feel relaxed. You can incorporate it in your daily routine, and it will keep you active.
6. **Get a Body Massage** - A massage can be very comforting. No matter how long the day has been, a body massage will make you feel more relaxed.
7. **Spend Quality Time with Yourself** - You need yourself the most. No matter how busy your schedule is, you should take some time out and sit alone. Take a break from everything and just talk to yourself. Relax for some time, and it will give you peace of mind.
8. **Cherish Small Changes** - Don't look for big reasons to be happy. Enjoy little moments and cherish every little thing that makes you feel good. Stay happy, and it will have a good impact on your health.
9. **Read a Book** - Book Reading is the best thing that you can do to relax your mind. Good books are like the food of thought. Develop a habit of reading books, and it will help you to enjoy quality time alone.
10. **Think of Happy Memories** - Think of your favorite times. Look at the old memories captured in photographs. It will make you smile again, and you will feel good.

Day 4 Action Step: DITCH THE EMPTY CALORIE DRINKS

Forgo the high sugar drinks today. See pages 3 and 5 for information on beverages. Remember, a Starbucks Frappuccino has 11 teaspoons of sugar! Instead treat yourself by getting a relaxing massage, taking a warm bath or reading a book.

Choose unsweetened drinks like herbal tea, sparkling water, and lemon water. Don't go for the DIET sodas; research shows eating artificial sweeteners actually stimulates your appetite resulting in more calories eaten throughout the day.

DAY 5 – PUTTING IT ALL TOGETHER

You must keep a check on your sugar intake. As mentioned above, it is no less than a silent killer. Avoid using sugar and choose healthier alternatives. There are many foods that you can eat to satisfy sugar cravings. A few of these are mentioned below.

- Dates
- Cinnamon
- Sweet Potatoes
- Plain Greek Yogurt
- Dark Chocolate sweetened with Stevia
- Apples
- Coconuts

FOODS TO BOOST ENERGY

When you are trying to avoid sugar, you might feel low. There are multiple options that you can choose to give you an energy boost. Take a look at the following foods and add these in your diet to beat sugar cravings:

- Spirulina
- Vegetables
- Fruit and protein
- Berries
- Salmon
- Dark Chocolate
- Nuts and Seeds
- Coconut Oil
- Eggs

FOODS TO HELP END SUGAR CRAVINGS

Salmon

The protein consumption helps to balance the sugar level in blood and aids in reducing your craving. In addition to salmon, you can also go for grass-fed beef.

Cruciferous Vegetables

These veggies include broccoli, brussels sprouts, and cabbage. They contain a high fiber content and assist in detoxifying the body. You can eat them either in



raw or cooked form. They will keep you feeling full for a longer time and help curb the craving for sugar.

Avocado

This high fiber fruit provides a good supply of plant-based fat. You can include it in any of your meals. Eating avocado will improve the brain functioning and most importantly, keep you full which reduces the sugar craving to a great extent.

Chia Seeds

Have a sugar craving? Want a healthy alternative? Try chia pudding. The chia seeds are loaded with fiber, protein and omega 3. Enjoy chia pudding to satisfy your sweet tooth in a healthy and nutritious way. Chia provides minerals, vitamins, and anti-oxidants as well.

5 NUTIRENTS THAT MAY BE MISSING FROM YOUR DIET

You are not just what you eat. You are what you absorb! What you feed your body impacts your overall health. Therefore, you should be careful with your food selection. Make sure what you eat meets your nutritional needs. The following is a list of 5 common nutrients that may be missing from your diet. Look and make sure you include these in your diet to enjoy enhanced health.

Chromium

It is an essential nutrient that plays a significant role in controlling your blood sugar level. Food groups including fruits, vegetables, legumes, meats, and dairy contain chromium. Although it is present in a variety of foods, they contain a minimal amount. Therefore, you should try to consume more fruits and vegetables that contain chromium. For example: muscles, brazil nuts and pears!

Fiber

Fiber is a helpful nutrient that aids in reducing cholesterol, improving digestion, and controlling blood sugar. It is low in calories and promotes a feeling of fullness. The amount of dietary fiber recommended is 25-38 mg per day. Your diet might be missing this important nutrient as it is not present in today's processed grains. To consume more of it, you should eat more oats, lentils, beans, pears and berries to name a few.

Calcium

Calcium is an important nutrient which contributes to bone strength. It also aids in nerve transmission and clotting blood. This mineral is crucial for proper functioning of the body, and we need it in abundance. You might be taking calcium in your daily diet but not in the required amount. Make sure you eat



more calcium-rich foods to meet your body's requirement. You can add more leafy greens, sardines, unflavored Greek yogurt, goat cheese.

Vitamin D

Here is another vital nutrient. Interestingly, your body is capable of producing Vitamin D in the hormone-form by processing sunlight. We can also get vitamin D through several foods. It regulates cell growth, protects bones and lowers chances of cardiovascular diseases. For most people it is essential to take a vitamin D supplement. Vitamin D is also found naturally in fatty fish, eggs and fortified dairy products.

Iron

Iron is a vital nutrient. It carries oxygen throughout the body and assists in muscle building. Its deficiency can make you feel exhausted and lead to memory loss plus anemia as well. Both men and women need iron, but ladies require it more than men. Those who are on a vegan diet might be missing this vital nutrient from their diet. Make sure to add meat, lentils, and broccoli to your meals.

SPICES TO HELP END SUGAR CRAVINGS

In addition to food items, there are several spices that you can use in cooking meals that may help regulate blood sugar.

Turmeric

It is a wonder spice in the real sense. Along with its helpful impact on blood purification, anemia and inflammation, it also assists in the detoxification of the body. You can add it to soup, hot milk, and curries.

Cinnamon

Cinnamon is a miraculous spice that improves blood circulation, eliminates excess mucus from the lungs, and promotes enhanced reproductive health. It also improves insulin sensitivity. You can use it in both the powder and stick form. Add it to rice, curries, soups and any meal of your choice, either savory or sweet.

Aloe Vera

Aloe Vera is an incredible herb that offers several health benefits. It helps in releasing bile juice from the liver that supports the regulation of blood sugar. You can either drink its juice or crush the inside of the leaves to add to your meal.

Tulsi or 'Holy Basil'

Here is a refreshing additive for your mind and body. It increases the metabolic rate of fats and aids in reducing weight. It also stabilizes your blood sugar. Tulsi can be used in multiple ways. You can simply drink Tulsi-Tea to avail its benefits.

Bitter Melon

This is another phenomenal solution to regulate blood sugar. It contains a hypoglycemic substance known as charantin. Furthermore, its polypeptides work to lower the sugar content efficiently. To integrate it into your diet, you can make bitter melon pickle and eat it with different meals.

Day 5 Action Step: MAKE IT A LIFESTYLE

Make a plan to satisfy your sugar cravings. See the list of foods above that will help support you. Commit to stocking your pantry with these foods. Commit to choosing one of these when the cravings hit.

Continue stocking your kitchen with low-sugar foods and be mindful when eating out. Continue planning your meals. Get familiar with the Environmental Protection Agency's "Clean 15" and "Dirty Dozen" produce to help support wise choices when shopping.

Make healthy eating part of your lifestyle and enjoy good health for a lifetime!

SUGAR-FREE RECIPES

BREAKFAST

VANILLA LATTE

Serves 1

1 ¼ cup of organic coffee, brewed
1-2 tablespoons unrefined coconut oil
1 teaspoon vanilla extract
2 drops stevia or 1 teaspoon monk fruit
Dash of cinnamon

BREW: Brew your coffee (make it strong)

BLEND: Add brewed coffee, coconut oil, vanilla, and stevia/monk fruit to a blender and blend until creamy.

FLAVOR: Sprinkle with ground cinnamon.

PROTEIN PANCAKES

Serves 2

1 scoop sugar-free plant or bone-based protein powder
1 egg
1/2 banana, mashed
1 teaspoon cinnamon
1 tablespoon ground flax seed
Splash avocado or coconut oil for pan

MIX INGREDIENTS IN A BOWL: Mix the protein powder, egg, banana, cinnamon, and flax seed in a medium-sized bowl and pour about ¼ cup of batter into a pan with splash avocado or coconut oil over medium heat. Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully and cook on the other side until the middle is done. Peek inside with a fork to check the middle. *Make several little pancakes instead of large ones.

TOPPING: Forgo the sugary syrup and simply top with grass fed butter or almond butter and fresh fruit.

BLUEBERRY BAKED-OATMEAL

Serves 6

3 cups rolled oats
2 tablespoons ground cinnamon
2 teaspoons baking powder
1 teaspoon sea salt
¼ to ½ cup monk fruit sweetener (to taste)
2 cups nondairy milk
2 eggs
¼ cup melted coconut oil
2 teaspoons vanilla extract
1½ cup frozen blueberries

Preheat: Preheat oven to 350° and grease a 9"x13" pan.

Combine: Combine all ingredients, except for the blueberries, in a large glass bowl. Let stand for about 5 minutes before folding in the blueberries with a rubber spatula.

Pour: Pour mixture into greased 9"x13" pan and bake for about 30-40 minutes or until it has a cake-like texture and is lightly browned.

Serve: Serve warm or cold with butter.

You can add different fruits to this recipe, including fresh, frozen, or dried apples, banana, raisins, or cranberries. Chopped nuts would be a nice addition, too. To save time in the morning, combine the ingredients the night before and bake in the morning.

BERRY CREAM SMOOTHIE

1 ½ cups nondairy milk
1 cup spinach
½ banana
1 tablespoon almond butter
½ cup blueberries
½ teaspoon cinnamon

Blend until smooth.

GRAIN FREE CEREAL WITH COCONUT MILK

Serves 2

1 cup almonds
½ cup walnuts
2 tablespoons chia seeds or ground flax seeds
¼ cup shredded, unsweetened toasted coconut
1 tablespoon bee pollen (optional)
1 teaspoon cinnamon
2 cups unsweetened coconut milk

PULSE IN FOOD PROCESSOR: Place almonds and walnuts in food processor and pulse until desired consistency and then place in bowl, add chia seeds or flax meal, toasted coconut, cinnamon and bee pollen if using. Store mixture in an airtight container.

SERVE: Serve cereal with cold or warm coconut milk.

BERRY ALMOND YOGURT PARFAIT

Serves 1

1 cup unsweetened organic greek yogurt or coconut yogurt
1 cup fresh berries
handful of almonds
stevia (optional)

SPOON: Spoon yogurt into a serving bowl. Top with berries and almonds. Add stevia if you prefer more sweetness.

LUNCH

CURRIED GARBANZA BEANS WITH QUINOA

Makes 6 servings

1 cup snow peas, sliced crosswise
1 small white onion, diced
1 large carrot, peeled and sliced
1 small red bell pepper, thinly sliced
2 teaspoons coconut oil
2 cloves fresh garlic, minced
2 14-ounce cans coconut milk
3 tablespoons red curry paste
2 tablespoons fresh lime juice
1 teaspoon yellow curry powder
1 15-ounce can chickpeas/garbanzo beans
½ teaspoon garlic salt
1 teaspoon salt
¼ cup chopped fresh cilantro
3 cups cooked quinoa

ADD: Add snow peas, onion, carrots, red peppers and coconut oil to large non-stick skillet and sauté over medium-high heat for 5-6 minutes, or until vegetables are tender. Add garlic and cook another 1-2 minutes, or until garlic is fragrant.

ADD: Add coconut milk, red curry paste, fresh lime juice, yellow curry powder, chickpeas, garlic, and salt to the pan. Stir to combine and continue cooking until chickpeas are heated through, about 5 minutes. Stir in cilantro and serve over cooked quinoa.

SKINNY TACO SALAD

Makes 3 servings

- 1 head washed Romaine lettuce, chopped
- 1 avocado, chopped
- 2 cups cherry tomatoes, halved
- 2 cups fresh cilantro leaves, loosely packed
- 1 cup crumbled goat cheese
- 1 15-ounce can black beans, drained and rinsed
- 2 cups frozen corn, thawed
- 1 15-ounce can black olives, drained
- 1 small red onion, thinly sliced

SKINNY CILANTRO-LIME VINEGRETTE

- 1 cup fresh cilantro, loosely packed
- 1/4 cup fresh orange juice
- 3 tablespoons fresh lime juice
- 1 teaspoon monk fruit syrup
- 1 teaspoon ground cumin
- sea salt and freshly ground black pepper, to taste
- 2 tablespoons extra virgin olive oil

ADD: Add cilantro, orange juice, lime juice, monk fruit, cumin, salt, and pepper to a food processor or blender and pulse to combine. Gradually drizzle in the olive oil while pulsing until mixture is thoroughly combined.

ADD: Add romaine lettuce to a large mixing bowl. Add remaining salad ingredients and drizzle with Skinny Cilantro-Lime Vinaigrette. Toss to combine and serve immediately.

MEXICAN RICE AND CANTINA BEANS

Makes 6 servings

- 2 tablespoons coconut oil
- 1 cup long-grain brown rice
- 1 8-ounce can organic tomato sauce
- 1 red bell pepper, diced
- 2 cups organic vegetable stock, divided
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder

1 teaspoon cumin powder
1 15-ounce can pinto beans, drained and rinsed
1 tablespoon tomato paste
sea salt, to taste

Garnish:

½ cup diced tomatoes (optional)
2 tablespoons fresh cilantro, chopped (optional)

HEAT: Heat coconut oil in a 2-quart pot over medium heat. Add the rice and stir until rice is coated in the oil. Cook for 5 minutes or until rice is lightly browned, stirring constantly. Add the tomato sauce, red bell pepper, 1½ cup vegetable stock, salt, garlic powder, chili powder, and ground cumin to pot and stir to combine. Bring to a boil over high heat. Cover the pot and turn the heat to low; cook until rice is done according to package directions.

ADD: Add the pinto beans, remaining vegetable stock, tomato paste, and salt to a separate pan over medium heat, and bring to a simmer. Cook for 7-10 minutes or until thickened. Taste and add additional salt or cumin powder, if needed.

COMBINE: Combine the rice and the beans together. Stir well. Garnish with the diced tomatoes and chopped cilantro, if desired.

CARROT SOUP WITH GINGER

Serves 2

2 pounds carrots
4 cups vegetable broth
1 tablespoon coconut oil
1 cup chopped onion
½ cup fennel, chopped
2 garlic cloves, minced
2 tablespoons grated ginger
1 teaspoon sea salt
¼ teaspoon cumin powder
¼ teaspoon cinnamon
¼ teaspoon dried mint
3 tablespoons fresh lemon juice

COOK: Cook carrots in vegetable broth 10-15 minutes. Sauté onions, fennel and garlic in coconut oil over medium heat for about 5 minutes. Add ginger, salt,



and spices. Turn the heat to low and continue to sauté for another 8 to 10 minutes. Stir in lemon juice.

BLEND: Combine in blender and puree.

DINNER

LEMON AND DILL SALMON WITH HERB SALAD & APPLE CIDER VINAIGRETTE

Serves 4

1 tablespoon coconut oil
4 6-oz. Alaskan wild-caught salmon fillets
sea salt and black pepper, to taste
3 cups mixed salad greens
1 cup grape tomatoes, halved
1 medium cucumber, peeled and cut in half
4-5 fresh dill sprigs, roughly chopped
¼ cup fresh mint leaves, chopped
¼ cup fresh basil leaves, chopped
1 tablespoon Dijon mustard
2 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 fresh lemon, cut into wedges

GARNISH

1 fresh lemon, cut into slices
2 sprigs fresh dill

PREHEAT: Preheat the coconut oil in a non-stick pan over medium heat. Season the salmon with some salt and pepper on both sides and place skin-side down in the hot pan. Sear for 3 - 4 minutes before carefully flipping the filets. Cook for another 3-4 minutes before removing from heat.

COMBINE: Combine the mixed salad greens, tomatoes, cucumber, and fresh herbs in a large bowl and toss to combine. Set aside.

FOR DRESSING: whisk the Dijon mustard, olive oil, and apple cider vinegar in a small glass bowl and season with salt and pepper, to taste. Pour dressing over the salad and toss to combine.

SERVE: Season the salmon with a squeeze of fresh lemon juice and a few dill sprigs. Serve with herb salad and enjoy!

PINEAPPLE SHRIMP STUFFED AVOCADOS

Serves 4

2 tablespoons coconut oil
8 ounces jumbo shrimp, peeled and deveined
2 teaspoons ground cumin
sea salt and pepper, to taste
¼ cup fresh lemon juice, divided
2 large avocados
1 cup fresh pineapple, diced
1 tablespoon fresh pineapple juice
1 small red onion, diced
¼ cup chopped fresh cilantro

HEAT: Heat coconut oil in a medium-sized skillet over medium heat. Pat the shrimp dry with paper towels and add to the hot skillet. Add ground cumin and season with salt and pepper, to taste.

COOK: Cook shrimp for approximately 2-3 minutes, stirring frequently. Remove pan from heat and add 2 tablespoons of fresh lemon juice. Stir to combine and transfer to a small bowl. Cover and place in the refrigerator to chill.

CUT: Cut avocados in half lengthwise. Remove seed and score the flesh in evenly spaced rows lengthwise and crosswise to create equal-sized chunks. Scoop avocado out of shell and toss with remaining 2 tablespoons of lemon juice to prevent browning. Reserve avocado shells and set aside.

ADD: Add avocado, pineapple, pineapple juice, onion, and cilantro to a large bowl and stir gently to combine.

REMOVE: Remove chilled shrimp from the refrigerator and chop into equal-size chunks. Fold shrimp into avocado-pineapple mixture. Season with salt and pepper, to taste.

SPOON: Spoon shrimp mixture into reserved avocado shells and serve immediately.

ROASTED FENNEL SALAD WITH TAHINI DRESSING

Serves 4

Dressing Ingredients

3 tablespoons tahini
1 large lemon, juiced
2 tablespoons extra virgin olive oil
1 large clove garlic, finely chopped
Dash cayenne pepper (optional)
sea salt and black pepper, to taste

Salad Ingredients

1 large fennel bulb
1 large red onion
2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
sea salt and black pepper, to taste
1 tablespoon dried thyme
2 cups arugula, washed and patted dry
2 cups baby spinach, washed and patted dry
3 medium ripe figs, cut in half, then sliced

PREPARE: Prepare dressing by combining ingredients in a small bowl. Taste and adjust seasonings, as desired. Set aside.

PREHEAT: Preheat oven to 425°F degrees and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat. Set aside.

REMOVE: Remove the stems and bottom from the fennel bulb, then cut into ½" thick slices from top to bottom. Place slices in a large bowl and reserve the fronds for garnish, if desired. Set aside.

REMOVE: Remove ends and outer skin of red onion. Cut in half from root to stem and then cut each half into ½" thick slices. Place half-round slices into bowl with fennel.

ADD: Add olive oil and balsamic vinegar to bowl and season with salt and black pepper, to taste. Gently toss until the fennel and red onion is evenly coated.

TRANSFER: Transfer vegetables to prepared baking sheet and arrange in a single layer without overcrowding. Sprinkle with thyme and place in pre-heated oven. Roast for 30-35 minutes, turning once. Once vegetables are golden brown, remove from oven and set aside.

PLACE: Place arugula and spinach in a large bowl and add 3 tablespoons of lemon-tahini dressing and toss to combine. Arrange greens on serving platter and top with roasted fennel, red onion, and fresh fig slices. Garnish with fennel fronds, if desired.

SERVE: Serve, drizzle additional dressing on top, if desired, and pass the remaining amount for those who prefer more.

DESSERT

PROTEIN BALLS

Makes 5 balls

2 tablespoons almond flour or hemp protein powder
3 tablespoons hemp seeds
3 tablespoons unsweetened almond butter
1 tablespoon coconut oil
½ teaspoon cinnamon
1 tablespoon raw cacao
2-3 drops of stevia
shredded coconut

COMBINE THE INGREDIENTS: Combine all the ingredients in a large bowl (except the shredded coconut). Stir until ingredients are combined and mixed well.

MAKE THE PROTEIN BALLS: Once ingredients are mixed well, roll into 5 balls. Roll each ball in coconut. Place on a wax paper lined dish and place in freezer for at least 10 minutes before serving.

BAKED SLICED APPLES WITH CINNAMON

Serves 2

2 apples, cored and sliced
1 tablespoon coconut oil, melted
2 teaspoons cinnamon

PREHEAT OVEN. Preheat the oven to 400 degrees F.

BAKE APPLES. Coat apples with coconut oil and cinnamon. Add apple slices to a small baking pan. Bake for about 20 minutes until soft.



PUMPKIN PIE SMOOTHIE

Serves 2

- 2 cups unsweetened coconut milk
- 1 cup pumpkin puree (homemade or canned)
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin spice
- 5 drops stevia

BLEND: Combine all ingredients in a blender and blend until smooth.

A BONUS CHALLENGE FOR THE WHOLE FAMILY

Studies show that the average person is consuming over 150 pounds of sugar yearly. That's over 2 pounds of sugar per week! Have you ever wondered how much sugar you are really consuming?

Are you ready to find out?

If you're game, I invite you to track your daily sugar intake for 7 days. Simply read labels and record in the Daily Journal how many grams of sugar you consume each day. Make sure to include all refined sugar sources – including alcohol. (You do not need to include sugar from fruit) Here is a link to help you determine the sugar content of alcoholic beverages.

<http://www.drinksmixer.com/>

Once you have recorded 7 days of sugar intake, follow these instructions to estimate your sugar consumption.

1. How Many Grams of Sugar Am I Consuming Weekly?
2. Look over your Daily Journal and calculate how many grams of refined sugar you consumed – that's your 7-day sugar total.
3. How Many Grams of Sugar Am I Consuming Yearly? Multiply your 7-day sugar total by 52 to estimate how many grams of refined sugar you are consuming yearly.
4. How Many Pounds of Sugar Am I Consuming Yearly?
5. Divide your yearly grams total by 453 to estimate how many pounds of sugar you are consuming yearly.

Here is an example:

- Days 1 through 7 = 400 grams of sugar
- Annual Sugar Consumption = $400 \times 52 = 20800$ grams
- Annual Pounds of Sugar = $20800/453 = 45.9$ pounds

DAILY SUGAR JOURNAL

A Daily Journal is a useful tool to raise awareness and accountability. I suggest you record your meals each day during this 5 Day No Sugar Challenge. Be sure to include all snacks, desserts and beverages too. If you want to dig really deep, look at the packaged foods and – record your added sugar intake in grams per serving as well. Don't get caught up trying to calculate the grams of sugar in a piece of fruit. We are looking for hidden sugar in convenience foods. That includes sauces, dressings, packaged meals, beverages, etc.

The easiest way to do this, is to record the number of grams consumed at each meal. For the best results, track your sugar intake for a full week, then use the calculations below to estimate your sugar intake.

“There is no judgement. Awareness is the first step to positive change.”





7-DAY JOURNAL

Meals + Sugar	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast:							
Sugar:							
Lunch:							
Sugar:							
Dinner:							
Sugar:							
Snacks:							
Sugar:							
Dessert:							
Sugar:							

HOW ARE YOU FEELING?

Try something new and take time to write in a daily journal how you feel as you began to reduce your sugar intake. Look at the questions below. Notice any changes, both positive and negative. You may notice a few “Healing Responses” as you detox from sugar. Practice self-compassion and take some time to care for YOU.

1. Do you feel different now that you are reducing your sugar intake?
2. Do you feel less bloated?
3. Are you sleeping better?
4. Are you less foggy?
5. Do you have more energy?



6. Are your cravings decreasing?
7. Do you feel empowered to keep going and change your lifestyle forever?

CURIOUS HOW MUCH SUGAR YOU'RE REALLY EATING?

Once you have recorded 7 days of sugar intake, follow these instructions to estimate your sugar consumption.

- ✓ **How Many Grams of added Sugar Am I Consuming Weekly?**
Look over your Daily Journal and calculate how many grams of refined sugar you consumed – that's your 7-day sugar total.
- ✓ **How Many Grams of Sugar Am I Consuming Yearly?**
Multiply your 7-day sugar total by 52 to estimate how many grams of refined sugar you are consuming yearly.
- ✓ **How Many Pounds of Sugar Am I Consuming Yearly?**
Divide your yearly grams total by 453 to estimate how many pounds of sugar you are consuming yearly.

Here is an example:

- Days 1-7 = 400 grams of sugar
- Annual Sugar Consumption = $400 \times 52 = 20,800$ grams
- Annual Pounds of Sugar = $20,800 / 453 = 45.9$ pounds



CONCLUSION

Excess of anything can be bad. Particularly, the overuse of sugar. Sugar is rightly termed as the silent killer as it can destroy your health. Therefore, you should be careful in your food selection. Avoid using artificial sweeteners and processed sugars as they are detrimental to your health. It can lead to several complicated health issues in addition to causing stress. Sugar cravings are hard to control if you don't have a plan. If you want to curb your sugar craving, you must adopt a healthy lifestyle and choose some natural alternatives.

If you loved my tips and the amazing sugar-free recipes I shared this week, check out my Reclaim Vibrant Health program for even more delicious recipes and continued support. Go to www.chatwithlaura.org to speak with one of my coaches to find out if my program is a great fit for you! Please reach out to me if you have any questions, I am here for you!

Take Good Care,

The logo for Laura Frontiero, featuring her name in a cursive script with a heart symbol above the 'o' in 'Frontiero', and the tagline "TAKE GOOD CARE" in a smaller, sans-serif font below it.
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