

SUGAR **DETOX** STEPS

CLEAN

Start with removing all sweet treats, get temptation 100% out of sight! If you want something sweet, enjoy it outside of the house...in fun social situations (never @ home, never alone).

MEALS

Eat balanced meals, on schedule. Hungry people crave immediate relief, aka sugar. Don't fall into the trap of cutting out grains & fruit...you need those natural sugars to prevent cravings for refined, processed sweets.

TEA

After meals you crave a taste transition from the savory meal, so brew yourself a cup of dessert-flavored or peppermint tea.

HORMONES

Exercise & sleep. These help boost "feel good" hormones so you don't have to rely on sugar to make you happy.

FLAVORS

Eat plenty of flavors OPPOSITE of SWEET = SOUR & BITTER. Enjoy lots of hot lemon water, vinegar on salads & bitter leafy greens like kale & collards.