

# QUIT *Sugar*



**THM-Friendly Success Manual**

# 5 DAYS TO SUCCESS!

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*You don't need added sugars ...  
you're sweet enough already!*



## WELCOME TO YOUR 5-DAY QUIT SUGAR CHALLENGE!!

Congratulations on taking this important step to help you improve your health, boost your energy and quality sleep, and take control over your cravings.

It's time to get excited, because eliminating **ADDED** sugar from your diet has **an incredibly powerful impact on your health.**

You can feel totally different just five days from now.

**You might even LOOK different, with your skin taking on a healthier glow!**

This ebook contains suggestions about how to get rid of the **ADDED SUGAR** and other sweetened foods and drinks from your diet, so you can get the max benefit as soon as possible.

We are here for your every step of the way!

**Keep an eye on your email for daily tips and motivation as you make your way through this challenge.**

Let's **DO** this!



**Be sure to check with your physician or healthcare provider before making ANY major changes in your normal eating patterns!**

There are countless reasons to eliminate **added** sugar from your diet.

- It saps your health,
- contributes to a growing waistline,
- leaves you feeling tired, moody, and blah,
- and it fills your body with empty calories that can make you feel like you're riding a blood sugar roller coaster.

And that roller coaster has the potential to end up in calamity, as too much sugar can lead you down the track headed for disease.

There are a few things you should know before you get started.

This challenge is about eliminating **ADDED SUGAR** from your diet.

This does **NOT** include natural sugars, like those found in whole foods like fruits and veggies.

Whole foods contain numerous health-promoting benefits (like fiber, vitamins and minerals) that are really good for you and make valuable additions to your diet.

It's when we start **ADDING** extra sugar to our food and drinks that it becomes a problem.

**Sugar goes by many names.** This makes it super easy for it to hide. (Be sure to check out the chart later in this guide.)

There are a few basic **TYPES** of sugar you should know about.

**Glucose** – This is the kind of sugar that's in your bloodstream, after your digestive system breaks down your food.

It's the purest form of sugar – and it's what fuels your body with energy. It also occurs naturally in some foods.

**"A healthy outside starts from the inside"**

**– Robert Urich**



**healthy,  
whole,  
natural  
FOOD**



# natural vs. added sugars

**Fructose** – This is a natural form of sugar is commonly found in fruits. However, it has to be processed by your liver to become usable.

For the most part, our livers are designed to handle the amount of naturally occurring fructose that is found in fresh, whole foods.

But eating too much fructose (more on that later!) can increase the likelihood your body will store it and lead to a cascade of potential problems.

**Lactose** – This is a naturally occurring sugar that’s found in plain (unsweetened) dairy products.

**These next two categories of sugars** tend to fall into the “added sugar” category, and they are the main focus of your 5 Day Quit Sugar Challenge:

**Sucrose (off-plan)** – This is a combo of 50% glucose and 50% fructose.

This is table sugar, plus you’ll find it in a lot of packaged foods.

**High-Fructose Corn Syrup (HFCS) (off-plan)** – This is a manufactured form of sugar that is similar in makeup to table sugar or sucrose ... except it contains a little more fructose, at 55%.

# ADDED SUGARS, ARTIFICIAL SWEETENERS, & SUGAR ALCOHOLS

Your body metabolizes fructose differently than glucose, and consuming too much fructose over time has been shown to contribute to health problems, from overloading your liver and weight gain to diabetes, heart disease, and some forms of cancer.

Plus, your body gets no nutritional benefit from those “empty” calories.

## WHAT ABOUT ARTIFICIAL SWEETENERS?

During this challenge, we're also going to be eliminating artificial/non-nutritive sweeteners - but ON-PLAN sweeteners are still OK!

Studies show that artificial sweeteners like Splenda can make your cravings for sweets even worse ... and some have been linked with potential health issues and digestive upsets (which is why they aren't on-plan for Trim Healthy Mamas!)

**Common off-plan artificial sweeteners** – aspartame, saccharin, acesulfame potassium (ace-K) and sucralose.

**Common off-plan sugar alcohols** – sorbitol, maltitol, mannitol, isomalt and hydrogenated starch hydrolysates.



# YOUR CHALLENGE

Approach this challenge as a mini-experiment to see how you FEEL after going 5 days without any added sugars in your diet!

*When the challenge is over, ASK YOURSELF ...*

- Do you like how you feel?
- Do you notice that foods taste different to you now?
- Is this a lifestyle you can sustain?

Depending on how much sugar you normally consume ...

In 5 days you may notice a change in your mood, energy, skin, and even the number of aches & pains you have!

**So are you ready to get started?!**





# CHALLENGE STEPS

## STEP 1:

Go through your cabinets, fridge, and pantry and get rid of or donate anything that contains off-plan added sugar, artificial sweeteners, & sugar alcohols.

Be sure to read the labels – including condiments!

Remember, dairy products and tomato products naturally contain some sugar, but be on the lookout for **ADDED** sugar (like the kind found in sweetened/flavored yogurt).

Natural sugars (like those found in unsweetened/plain dairy products) are OK.

## STEP 2:

Now that you've created a clean slate, it's time to make a plan.

This is not a time to rely solely on willpower. Come up with a list of meals or snacks to replace your old items.

For example, if you normally eat something sweet each afternoon as a pick-me-up, what will you have instead? What will you snack on at night, if that's part of your normal routine?

Check out the list of healthy snacks later in this guide for ideas & options!



# CHALLENGE STEPS

## STEP 3:

It's time to go shopping and stock up on your new items!

Nuts, lean protein, healthy fats, fruits, veggies – this is a perfect time to explore & experiment!

## STEP 4:

Be good to yourself.

If you normally drink a lot of soda (regular or diet) or snack on sweets during the day, this could be a major change in how you fuel your body over the course of the day.

Stay hydrated & listen to your body's cues.

If you're tired mid-afternoon, try having a cup of green tea with a dash of cinnamon for an energy boost...or try THM's "The Shrinker" or a great sipper!

And remember ... the payoff will definitely be worth it!

## STEP 5:

Read your coaching emails and reach out for support. You can do this!

**Do something today that your future self will thank you for.**



# THE MANY NAMES OF OFF-PLAN SUGARS

Here's a list of the aliases that sugar uses on your food labels. Go through your pantry and eliminate items with these ingredients, and avoid them. Manufacturers are always coming up with new terms, so be on the lookout!

\*Sweeteners marked with \* are considered on plan in E mode BUT aren't necessarily recommended for weight loss mode. Please read the notes on the THM Food Analyzer App!

Agave nectar	Dextrose	Molasses*
Barbados sugar	Evaporated cane juice	Muscovado
Barley malt	Free-flowing brown sugars	Palm sugar
Barley malt syrup	Fructose	Panocha
Beet sugar	Fruit juice	Powdered sugar
Brown sugar	Fruit juice concentrate	Raw sugar
Buttered syrup	Glucose	Refiner's syrup
Cane juice	Glucose solids	Rice syrup
Cane juice crystals	Golden sugar	Saccharose
Cane sugar	Golden syrup	Sorghum syrup
Caramel	Grape sugar	Sucrose
Carob syrup	HFCS (high-fructose corn syrup)	Sugar (granulated)
Castor sugar	Honey*	Sweet sorghum
Coconut palm sugar	Icing sugar	Syrup
Coconut sugar*	Invert sugar	Treacle
Confectioner's sugar	Malt syrup	Turbinado sugar
Corn sweetener	Maltodextrin	Yellow sugar
Corn syrup	Maltitol	
Corn syrup solids	Maltose	
Date sugar	Mannose	
Dehydrated cane juice	Maple syrup*	
Demerara sugar		
Dextrin		



# 10 TIPS FOR ELIMINATING SUGAR



To your brain, sugar is a reward, and if you eat a lot of it, you're simply reinforcing that reward! That can make it challenging to break the sugar habit. Here are some tips to make it easier:

1

## **Go cold turkey.**

Quitting all at once means you will get your tastebuds used to a lower-sugar diet faster. That's good news!

## **Stay hydrated.**

This can help you avoid headaches and keep your digestive system on-point. And since we often mistake thirst for hunger, it can help keep food cravings at bay.

2

3

## **Make time to sleep.**

When you don't get enough sleep, your body's hunger hormones can become disrupted, affecting both the mechanisms that make you want to eat AND that let you know when you're full. This will set you up for even more cravings!

## **Eat protein.**

It keeps you feeling fuller longer, and can help keep your energy up if you're dragging because you feel low on sugar. Good protein sources include fish, poultry, and legumes.

4

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**Fill up on fiber.**

In addition to keeping your digestive system happy, this also will help you feel full. BONUS: a fiber-rich diet can assist with blood sugar management. Veggies and legumes can help!

**Exercise.**

Intentionally move your body for 20-30 minutes every day to cut stress, boost your energy, and improve your sleep.

6

7

**Distract your tastebuds.**

If you are having a craving, try eating a sour pickle or other bitter/spicy-hot food instead. Follow it up with a drink of water. You can also just make an amazing THM-friendly dessert, or grab some on-plan chocolate like Lily's if you don't have anything prepped.

**Stay busy.**

Now's the time to check some items off your to-do list! Organize a room, read a book, learn something new! Avoid "entertainment eating" (when you eat because you're bored, or out of habit).

8



9

**Change your routine.**

This allows you to avoid activities you normally associate with eating sweets. For example, if you usually hit the drive-through for an iced coffee (and maybe a treat to go along with it), make your own coffee at home.

**Go to bed earlier.**

If you are having a craving at night and all else fails, make it an early bedtime. Your body could likely use the rest!

10

# FAST & EASY THM-FRIENDLY SNACK IDEAS\*

**\*BE SURE TO ANCHOR EACH SNACK WITH PROTEIN!**

- Fruit
- Roasted chickpeas
- Hard-boiled eggs
- Plain yogurt with nuts & berries
- Raw nuts (almonds, walnuts, pecans, etc.)
- Veggies & hummus
- Sliced apples
- Jerky made with organic, grass-fed meat (check label for added sugar)
- Pepitas (pumpkin seeds)
- on-plan baked treats
- Tuna salad in lettuce cups
- cucumber slices
- No-sugar-added trail mix
- Celery sticks with peanut butter
- Sunflower seeds
- Turkey roll-up with sliced bell pepper
- On-plan popcorn (always check the label)
- On-plan trail mix or granola
- A smoothie
- Veggies with guacamole
- Coach Jen's Protein Boxes (meals in minutes!)



# 5-DAY *Quit* Sugar Challenge

NAME:

DATE:

DAILY AFFIRMATION:

WATER:



SLEEP: (circle # of hours)

1 2 3 4 5 6 7 8

EXERCISE / WORKOUT:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

How do I feel today?  
(circle # of stars)



NOTES:

# Ready to take your → NEXT STEPS?

As a Certified THM Lifestyle Coach, my mission is to help busy moms elevate their THM journey the EASY WAY. I help women get on plan and stay on plan for good!

If you're ready to accelerate and looking for a better way to make THM your lifestyle so you can lose weight, I want to invite you to experience an easier approach that's already gotten thousands of women amazing results.

## Ways to Work With Me:

### Classes

Learn how to level up your THM journey with classes by Coach Jen.

[LEARN MORE HERE](#)

### Bootcamp

Bootcamp is a six weeks intensive that shows you how to get on plan, stay on plan, and get results.

[LEARN MORE HERE](#)

I'd love to be a part of your journey to trim and healthy!



### Coach Jen

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Michelle C. 

Results

*"Jen made THM easy! Bootcamp was a total gamechanger.*

*I lost 11 pounds and learned how to stay on plan no matter what!"*

