

# Sugar Free Me...A Guide to Sugar and how to cut back.

SUGAR  
FREE  
ME

by Alison Beadle & Sid Betty



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## Quit Sugar Day 1

### *New approach to eating*

Welcome to day 1 of SugarFree ME or YOU. This first week is all about cutting out refined sugar sweet foods, such as cakes, biscuits, ice creams, chocolates. So start by removing temptation, finish it off, share with friends, family and workmates.

Your tasks today...take 4 pictures: one of your body, front, back and side on, so you can see you shape. One close up of your face so you can see your skin. Save them somewhere...for comparison at the end of our 30 days.

Weigh yourself first thing in the morning before you've had anything to eat or drink - we'll review this at the end also.

Finally on a scale of 1 to 10 how would you rate your energy levels (1 being rubbish, often tired, lethargic, 10 being full of beans and feeling great) ? Make a note of this along with your weight.





## Quit Sugar Day 2:

### *Temptation removed ??*

Restock your fridge and cupboards with protein rich foods and snacks. Protein will keep you fuller for longer, which means you are less likely to crave sugar. Some of my favorites are: hummus with whole grain rice cakes or carrot sticks, mixed seeds sprinkled with Himalayan rock salt, almonds roasted in olive oil and lemon juice, or chilli, toast & almond/peanut butter, boiled egg, whole grain rice cake with ham & olive tapenade, tuna, olives. Today all you need to do is:

Restock with healthy snacks..and possibly some fun tupperware to carry it in. I try to use BPA free plastics whenever possibly.





## Quit Sugar: day 3

### *Snacking habits*

We eat to primarily fuel our bodies, but we all eat for the wrong reasons sometimes. Did you know hunger can be a sign of dehydration?

Another reason we eat is boredom. When I worked in an office, I ate refined sugars and was guilty of the 16:30 kit kat break. You know you're approaching the end of the day, an hour to go but you're ready to go home. You kill some time by grabbing some tea and chowing down on a sweet snack. Tedious spreadsheet/task to do, time for a quick sugary snack, the snack diversion, it will help you focus honestly! Does this sound familiar?

So today your task is to think about what you are snacking on and why you are doing it. Make a note of your snacks today and evaluate whether you could snack better or whether you needed that snack at all.

## Quit Sugar Day 4

### *Change Your Comfort/ Reward System*

From a young age many of us are brought up on a sugar treat/reward system. If we behave well we're treated to some chocolate, if we're sad maybe some ice cream to cheer us up?

Ask yourself honestly, do you still apply this for yourself? Occasionally, it's fine, but when it becomes a daily thing it can increase body fat, make us feel sluggish, and compromise our immune systems.

Today, focus on a new reward system. Here are some of the rewards/feel good things I enjoy:

- Any complimentary therapy- reflexology, massage, acupuncture, reiki,
- A hot bath with essential oils, candles and a good book
- A walk/run in nature
- Trip to a spa
- Sitting in the sunshine in my garden with a big mug of tea.
- Swimming at the local lido (feeling the cold water on my skin, feels like I am washing away any stress)
- Time to snuggle under a blanket and watch my favorite tv programme
- A sneaky afternoon snooze (nana naps, as my friends and I call them)
- DIY foot massage with nice smelling foot cream at home.
- An impromptu walk with a friend...and her dog
- Buy/download a new album or book
- Deepak Chopra mediation

I could go on forever...but it's your turn to make your list.

Remember why we are doing this, it's to feel better, be healthier, look well. If you need a reminder of sugar and it's impact visit:

<http://www.sugarfreeme.org/thesugarcycle>



## Quit Sugar Day 5

### *Hydration*

So we've covered boredom snacking and rewards systems; but as mentioned before there is another reason we can feel hungry and end up snacking on the wrong foods: Dehydration.

Hunger pangs can be a symptom of dehydration. We need at least 2 litres of water a day for our bodies to function effectively and sometimes more for optimal performance, if you are exercising. Being dehydrated can leave you feeling tired, and sluggish, and we often misinterpret the signs as hunger and eat instead of drink.

So today's task is to stay well hydrated and see how you feel. If you start to feel hungry between meals, have some water first. If you are still hungry after then snack, but on one of our healthy options. As well as keeping you hydrated the increased water intake will often take the edge off your appetite, so you may consume less calories in your meals.

If you find water boring then experiment with herbal teas. You can make them more exciting by adding a squeeze of lemon or a chunk of ginger. If you prefer cold drinks try adding cucumber, lime, lemon, or fresh mint to plain or sparkling water and let the flavours infuse.

## Quit Sugar Day 6

### *Smart Snacks and Emergency Snacks*

We all have those moments when we forget to pop our snack in our bag; are out longer than anticipated and end up hungry; or simply fancy something sweet. This is the most vulnerable moment in terms of quitting sugar....if you are going to hit the sweet stuff it's probably now. But, there are alternatives and not all of them savory.

I eat products sweetened with xylitol, a sugar alternative (I'll cover sugar types & substitutes in more detail next week, or you can read about them on my website) as that's what suits my body. But I have included some fruit based sweetened foods for those that can.

On the go:

Natural yoghurt & fresh fruit

Handful of nuts or mixed seeds

Oatcakes & hummus – if you are based in london..hummus brothers are worth a visit

Sugar free chocolate ( Planmil, sweetened with xylitol, available in holland & Barrett)

Small portion of chicken & guacamole – available from most Mexican restaurants/

Fast food outlets. My favorite is Chilangos.

Boiled egg – Pret a manger

Protein box- Pod

Egg, smoked salmon & avocado pot- Leon

For home:

Ugg foods produce a Grain free, sugar free cake mix which tastes fantastic. Can be found in Planet Organic and other health food shops.

Sugar free raw chocolate made by Perfect can be bought from Snowsfields Wellness. Their dark chocolate and cherry, & mint chocolate bars are amazing!!!

Or you can make my chocolate fondant, or coconut & almond macaroons featured on my website [www.sugarfreeme.org](http://www.sugarfreeme.org)

Tomorrow I'll be providing you with a new healthy sweet snack recipe.





## Quit Sugar Day 7

### *Sweet Snack Recipe*

I wanted to give you a recipe that was simple, with a high protein count. You will feel fuller after eating one so won't need to eat more. Take your time, get rid of all distractions, then eat it slowly. Digestion starts in the chewing, so you the more time you take to eat it the better you will digest and your brain will have time register that you have eaten it. I have used xylitol, a sugar substitute made from birch bark to sweeten. You can find this in most health food shops and Waitrose/ Ocado.

### *Lemon & Almond Cup Cakes*

225g Dairy free margarine or butter  
150g Xylitol  
4 eggs  
50 g gluten free self raising flour/ or self raising flour  
250 ground almonds  
1tsp Sicilian lemon extract  
4 lemons, juice and zest

Cream the butter and xylitol together in a blender

Add the eggs one by one and blend

Bit by bit add in the almonds and flour

Finally add the juice and zest of two lemons and the lemon extract

Blend again and spoon into cupcake cases. (Depending on spoon size makes 18-24)

Bake in a preheated oven at 175 degrees for 25 minutes/until light brown on top.

*If you have a nut allergy try my chocolate fondant recipe featured on my website instead [www.sugarfreeme.org](http://www.sugarfreeme.org)*

## Quit Sugar Day 8

### *Hidden Sugars*

Well done on completing the first week of removing refined sugar from your diet! For week two we will be focusing avoiding hidden sugars.

Sugar doesn't just mean refined sugar, it comes in other forms some natural and some processed, and includes fructose (fruit and fruit juices), agave, coconut palm sugar, jaggery, rice syrup, honey, maple syrup, sucrose, dextrose, barley malt sugar, maltodextrin and sucralose.

Be on the lookout for hidden sugars. Every time I go out to eat or shop for food I always check the ingredients. Many products that you think wouldn't need sugar contain sugar. I know of a well known supermarket that sells pre-cooked plain chicken that contains added sugar.

I looked at some low fat flapjacks recently. First ingredient: oats, then cane sugar, rice syrup, butter, fructose and finally fruit. In summary, oats, sugar, sugar, fat, sugar, & sugar. It doesn't take a genius to know that the nutritional value of that bar is minimal, although it is calorie dense.

Look at where the sugar is on the ingredient label. The closer to the beginning it is the more there is in the product (this is how manufacturers hide sugars - they use smaller amounts of multiple types: they appear further from the beginning of ingredients lists). Also check the amount of sugar per 100g/100 ml on the label. Try to go for products containing 5g or less per 100g/ml.

Your task today: to really look at what you are consuming. Check your cupboards, and if you are shopping or grabbing a sandwich out check the labels as you really don't need that extra sugar.



## Quit Sugar Day 9

### *Cereal Offenders*

Breakfast cereals are one of the hardest things to find sugar free. Breakfast is one of the most important meals and yet we spend the least time/have the least time to make it. Here's my quick, muesli recipe which you can tailor according to your tastes on the day so you don't get bored. Most of the ingredients can be found in supermarkets and the rest in health food shops. Prepare on the day, or the night before and pop in the fridge for the oats to soften and absorb the flavours.

- 1 tbsp chia seeds
- 2 tbsp mixed seeds (can be omega mix, hemp seeds, linseed's, flax seeds, sunflower or pumpkin seeds)
- 5-8 tbsp oats

Eat with milk, coconut milk (milk substitute), or unsweetened almond milk and you





have a breakfast containing protein, good fats, and slow release carbohydrates.

*Add a sprinkle of:*

Goji berries- rich in vitamin C, good for boosting immune system

Coconut- source of fibre, contains nutrients that keep your connective tissue strong

Almonds- protein, source of vitamin C, calcium and cholesterol lowering

Hazelnuts- rich in vitamin E

Walnuts- good for brain function, contains most antioxidants of all nuts

Bee pollen- protein source and immune booster

Coco nibs- rich in antioxidants

Grated apple- vitamins C & B and phytonutrients which protect the body from free radical damage.

Blueberries- low in sugar, vitamin K, C and full of fibre & antioxidants

Raspberries – low in sugar, vitamin K, C, fibre and antioxidants

Scoop of protein powder – for all my fitness professional friends ( I use pumpkin seed protein)

Cinnamon- good for regulating sugar levels

Go for one source of fruit rather than all otherwise you are increasing the sugar level of your breakfast.

## Quit Sugar Day 10

### *Sneaky Sugar*

You should be well on your way to eliminating the hidden sugars from your diet. I'll be honest, it can make shopping so much longer, so today I'm sharing with you some of the key offenders so you know where to keep an eye out.

1) Breakfast drinks. Some cereal companies have released 'breakfast drinks' which claim to be a great start to the day when you are on the run. I've found at least one loaded with sugar.

2) Cereals, which we covered yesterday. You can now avoid the high sugar ones or make your own.

3) Pasta sauces and pre made sauces. I've done it, long day, hungry dash into the nearest shop on the way home, grab a jar of sauce, throw in meat and veg= dinner. The majority do contain added sugar. Most tomato based sauces will contain added sugar to remove the tartness of the tomatoes. It may not be much but with the natural sugar that you already have in the tomatoes it all adds up.

A lot of oriental style food works with using sweet/ savory combinations. Try and make your own sauce if possible by having a stock of tinned tomatoes, garlic, mixed herbs, olive tapenade, soy sauce etc. In the time it's taken you to go to the shop and buy it, you could have made it. I've found a couple of great sugar free Indian sauces: Mr Singhs Punjabi Pesto, Parampara curry mixes. Unfortunately I've not found these in the supermarkets yet.

4) Dips and hummus. This so frustrates me. Forget snacks, nip to supermarket to grab some hummus. Ooh...exciting pepper hummus. Check the ingredients, added sugar :( A lot of alternative flavoured hummus snacks, salsas, guacamole dips have sugar added.

5) Yogurts. Low fat yogurts are often high in sugar. My partner, co writer and Precision Nutrition Coach, Sid Betty is always on the look out for a low fat, low sugar yoghurt. As of yet he hasn't found one. His solution, low fat Greek



natural yoghurt (he uses Totale) and some low sugar fruit I.e blueberries, raspberries. I can't eat dairy so don't have this dilemma. :)

6) Milk alternatives. For those that are lactose intolerant like me, there are so many types of alternative. Most contain added sugar in the form of maltodextrin or grape juice concentrate. Try and go for the unsweetened ones. Alpro do a good unsweetened almond milk. I also use Kara coconut milk. It has 1.9g of sugar per 100 ml so is the lowest in sugar of all the coconut milks I have tried.

7) Low fat, low calorie, snack bars. I've already mentioned these I know, but they are a key offender. Some contain 2 or 4 biscuits and state only x calories per slice. Fine if you eat the one slice, but it's tiny and once opened you are tempted to eat the whole packet. If you do you may as well of eaten that chocolate bar you originally wanted. They contain various forms of sugar, so at a glance you may not realise how sugar loaded it is.

## Quit Sugar Day 11

### *Sugar Alternatives*

Today, I thought I'd share my knowledge on products offered as sugar alternatives. All of which I've tried. I've tried to keep it short & sweet ( if you pardon the pun). If you want a more in depth read I have an article I wrote for The World of Food magazine on the What's New section of my website. [Www.sugarfreeme.org](http://Www.sugarfreeme.org)

Sugar alternatives have grown from being a few synthetic options such as aspartame and saccharin, to a much wider range of easily available, more natural products such as Agave, Palm Sugar and Xylitol.

**Yacon:** Is made from a root found in Bolivia, Peru and Brasil. It is 50% fructooligosacharide (sweet tasting fibre), so our bodies don't digest it like sugar and increase blood sugar levels in the way sugar or fructose can. I use it for drizzling in small amounts over pancakes. I'm super sensitive to sugars, including fructose and haven't experienced any slumps post eating it.

**Stevia:** Made from Stevia plant leaves. It's natural and can be found in most supermarkets these days. It isn't a sugar and therefore has a negligible effect on blood glucose levels. As it comes in powder or liquid form it dissolves easily, so is good for baking and general sweetening.

**Agave Nectar:** Made from Blue Agaves, it's similar in texture to honey, and is approximately 40% sweeter than traditional sugar. Although it has a lower GI than traditional refined sugar it is still a sugar and high in fructose. Some people say the low GI makes this ideal for diabetics, but the high levels of fructose may negate these benefits. Care should be taken with consumption of this product if you are diabetic. It's great for recipes where you require golden syrup as flapjacks.

**Coconut sugar:** Made from the sap of coconut palm buds it is granulated like conventional sugar. Unlike many sugar substitutes it's not just empty calories and contains amino acids, potassium, and magnesium, zinc, and B vitamins. If you are using it for baking you can use like for like in terms of volume. Like Agave it is still a form of sugar and is a combination of glucose (70-79%) and fructose (3-9%) but has a much lower GI than conventional sugar. It looks and tastes a little like brown sugar so great for baking.



**Palm Sugar:** Predominately harvested in Thailand it is made from the sap in the stems of palms such as the date palm. It is processed in the same way as coconut sugar so is often confused with coconut sugar. Much like coconut sugar it is low GI has a light taste, is full of vitamins and comes in blocks of granulated form. Great for cookies, cakes and helping yeast to rise when baking bread.

Due to the low GI level of Agave, Coconut Sugar and Palm Sugar they are frequently labelled as diabetic friendly and many diabetes sufferers are fine with these products. However as with most foods, everyone reacts differently and you also need to factor in the quantity eaten, and the type and level of diabetes the individual has. It's best to proceed with caution and start with a small amount if you are unsure.

#### *Alcohol sugars:*

**Xylitol:** Is found in mushrooms, berries, vegetables and birch bark. It is a naturally occurring substance and although it is a sugar, its structure is slightly different to conventional sugar. This structural difference means most yeasts and bacteria can't feed off of it. It doesn't have an aftertaste (in my opinion). It has 40% less calories than its equivalent weight in sugar making it a great way to sweeten things and lose weight. It is also said to help kill candida. It comes in a granulated form. In large quantities it can have a mild laxative effect, but you would have to eat quite a lot. I personally don't see that as an issue as it helps keep you aware of your portion size. There are many brands on the market but I tend to use Xylitol made from birch bark.

**Erythritol:** Found naturally in plants much like Xylitol and fermented foods it is often used in diabetic products. Comes in powdered form it's easy to bake with. Again in large amounts it may have a mild laxative effect. Harder to find, but available in some health food shops.

**Maltitol:** Another alcohol sugar which I've found mostly in sugar free chocolates. You really wouldn't know the chocolate was sugar free. Not so easily available in the shops and of all the alcohol sugars I found this was the harshest on my digestive system.

As with most products, if you research them on the internet you will find good reports and bad reports. If you are switching away from sugar do your research and really find out what suits you best. What works for one person doesn't necessarily work for another.

## Quit Sugar Day 12

### *Savour the Savoury*

I've always had a real sweet tooth. As a baby, my first steps were towards chocolate, I kid you not! But since I've quit sugar I no longer crave sweetness, and I often look forward to savory food as much as I used to sweet. It wasn't an immediate change but over time my tastes have changed.

Saturdays I go to my local farmers market and buy biodynamic eggs, free range bacon or some nice fresh fish, organic spinach; and that's my lunch treat. These days if I have to choose between that and a decadent chocolate cake, I would choose the eggs hands down. 10 years ago the answer would have been very different.

My ultimate no no was savory muffins. I didn't get them.....What is the point in making a cake that doesn't taste sweet? Well...a sweet corn and chilli savory muffin changed all that last year. Desperate for a snack at a market, everything I found contained sugar apart from this gluten free muffin. It was delicious!!!! I've since dabbled in making savory muffins myself and I've included my recipe below. Why not give them a go. I make mine gluten and dairy free but if you can eat gluten and dairy amend the recipe as suggested. If you are vegetarian skip the Panchetta and add small cubes of cheese instead (don't fry the cheese though).

### *Panchetta, basil & chilli muffin*

1 large green, or red chilli deseeded  
1 big handful of basil  
125g Panchetta  
110g dairy free spread (butter/margarine if you eat dairy)  
1 glug of olive oil  
2 eggs  
110g buckwheat flour (or whole meal flour if you eat gluten)  
65g gluten-free self raising flour (self raising flour if you eat gluten)  
¼ tsp herbamare or salt  
1tsp baking powder



Finely chop the chilli, Panchetta (if not already in small 1cm cubes) and basil  
Fry them together until the Panchetta is cooked

Mix the other ingredients together in a food mixer until smooth

Add the cooked Panchetta, chilli and basil and mix again briefly so the Panchetta is evenly distributed through the mix.

Prepare a muffin or cupcake baking tray with muffin or cup cake cases

Use an ice cream scoop to put a dollop in each case

Bake in a pre heated oven at 200 degrees for approximately 35 minutes or until done. Please note if you are using large muffin cases and you fill you may have to allow for more baking time.

Depending on how generous your scoops are this can make 6-10 muffins



## Quit Sugar Day 13

[\*Explore more\*](#)

So following on from yesterday nows the time to start trying new savory foods so you dont get bored. Here's a few snacking ideas:

- Falfals
- Almonds roasted in lemon juice or sea salt, or chilli
- Parma ham
- Olives
- Boiled eggs
- Tuna
- Smoked Mackerel
- Mixed seeds (can roast in sea salt & chilli)
- Natural yoghurt
- Cottage cheese



## Quit Sugar Day 14

### *Sugar Types and How our Bodies React*

So by now you should be a lot wiser about what you are putting in your body.

It's time for a short burst of science so dust off your inner geek and prepare to learn about sugar types how your body processes them.

Refined sugar (monosaccharides)- are simple sugars that are digested primarily in the small intestine, released quickly into the blood stream and either used as energy or stored as body fat if you have a surplus. Glucose and fructose are examples of simple sugars.

Oligosaccharides are slightly more complex. They are small chains of simple sugars. Lactose, found in milk and sucrose are examples of these. Absorption of sugars from lactose will be slower than refined sugar due to the protein and content. Similarly, sucrose has to be broken down so will be slower than simple sugars.

Fructose is digested by the small intestine with the help of the pancreas. Pancreas has a limited capacity for processing of fructose so eat lots of sugar in one go I.e fruit smoothie and it will be stored as fat. Eat a whole piece of fruit and the sugar absorption will be slower due to its fibre content.

Alcohol sugars – passes into the lower intestine where it draws is digested. Draws water into the colon so in excess can behave like mild laxative.

Starches are polysaccharides. These contain multiple sugars joined together. These chains are broken down into their simpler forms for digestion and absorption.

Even if you aren't eating sugar directly your body can produce it from starchy foods such as pasta, potatoes and breads. Generally, the lower the fibre content, the quicker the sugars are released. Protein and fat will also slow down the absorption of sugars into the blood stream.

So next time you are preparing your meals and snacks, ensure they are balanced. Greek yoghurt alongside a piece of fruit-protein from meat or fish alongside slow digesting carbs (sweet potatoes/brown rice)-or fibrous legumes (chick peas, beans, etc) can all affect the impact of sugars on the blood stream.



## Quit Sugar Day 15

### *Fructose Focus*

This week we focus on fruit sugars (fructose). Yesterday we mentioned that your body deals with fructose and other sugars differently. Whilst fructose is a natural sugar, many of us over consume fruit sugars. A lot of people hear the term ‘five a day’ with regards to fruit and vegetables and eat lots of fruit. However some research says we should be aiming for 10-12 a day, of which the majority of servings should be vegetables (unless you are trying to gain weight) which have much lower sugar levels and are equally high in phytonutrients.

So your challenge this week is to evaluate the amount of fruit sugar you consume and ask yourself whether you truly need that much? Obvious candidates for reduction are smoothies, whole fruit, and dried fruit. But, you also have the less obvious sugars. Check labels for no added sugar. These foods often contain dried fruit, substances such as agave and fruit concentrate in place of refined sugar.

As mentioned yesterday what you eat with your fruit (sugars) can affect how quickly you absorb the sugar. So eating whole fresh fruit will generally be better for you than eating dried fruit (often fruit juice added), or puréed fruit. Be more conscious of how you consume your fruit.

Bear in mind too that some fruits are significantly higher in sugar than others. I will be going deeper into this later this week.

Recap of key things to ask yourself when consuming fruit:

- Source: fresh, dried, tinned?
- Form: whole, blended, purée, or juice?
- Type?

Over to you. ...

## Quit Sugar Day 16

### *Fruit Sugar Levels and Using Fruit to Sweeten*

As mentioned in yesterday's post different fruits have different sugar levels. To help you choose which fruits to use here's a list of the more common fruits from low sugar to high sugar:

Low sugar fruits:

Cranberries  
Raspberries  
Lemons  
Limes  
Blackberries

Medium Sugar Fruits:

Strawberries  
Blueberries  
Peaches  
Nectarines  
Apples  
Guavas  
Apricots  
Grapefruit

High to very high sugar Fruits:

Plums  
Pears  
Kiwi  
Pineapple  
Tangerines  
Grapes  
Figs  
Banana  
Cherries  
Mango



## Dried fruit

When eating fruit try to eat the lower sugar fruits and eat the higher sugar fruits less frequently or in moderation. All fruits are a fantastic source of vitamins so do carry on eating them just be aware of their sugar levels.

I generally eat blueberries, goji berries, raspberries and apples but not all at the same time. If I do eat a high sugar fruit like banana, I wouldn't eat a whole one. Due to previously having high levels of candida, and Endometriosis I have to be careful not to eat too much sugar as both conditions can be exacerbated by sugar.

## Quit Sugar Day 17

### *Citrus Carrot and Walnut Cupcakes*

As I mentioned earlier on, out 5 -10 a day should primarily come from vegetables so heres a way that you can you can get some veg into your diet in the form of a cake.

#### Ingrediants:

- 85g brown rice flour
- 85g gluten free self raising flour
- 250g dairy free spread
- 100g ground almonds
- 100g Xylitol (sugar substitute)
- 60g walnuts broken into small pieces
- 60g medium grated carrot
- 1 tsp. orange essence
- 1 heaped tsp. mixed spice
- 1 heaped tsp. ginger
- 1 tsp. gluten free baking powder
- Juice of 1 lemon
- 5 eggs, yolks and whites separated

#### Method:

- Cream the spread and xylitol together
- Separate the eggs and add the egg yolks to the mixture. Mix well
- Add the juice, orange essence and mix well again
- Pre-mix the ground almonds, flours, baking powder, mixed spice and ginger and the gradually add to the mixture
- Stir in the carrots and walnuts
- Beat the egg whites with a pinch of salt until you can form peaks and then gently fold into the main mix taking care not to knock the air out of the egg whites
- Spoon into cup cake cases and bake in a pre heated oven at 200C for approximately 30-35 minutes or until golden on top or when a knife comes out clean when inserted into the middle.

Allow to cool and eat/ share/ enjoy







## Quit Sugar Day 18

### *Finding What Works for YOU*

We've covered a lot over the last two and half weeks. I've given you lots of tips a few recipes and you have:

Stopped eating refined sugar

Eliminated or cut back on hidden sugars

Reviewed and cut back on natural sugars

Now is the point where you learn about what's right for you. We are all very different and so our diets need to be different too. So for the next 3 days keep a food diary of:

What you eat

When you ate it

What quantity you ate

How you felt after

You can do this the traditional way of a note pad, have a file on your ipad or tablet so you can just tap in at the time on when you are travelling or have a spare moment, or the most simple way. Take photos...name them how you feel after your food and you have an instant food diary.

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## Quit Sugar Day 21

### *Prep your pantry*

You've accomplished 3 weeks. Well done for sticking to it! You are now fully fledged sugar free. For your final week all you need do now is stick to what you have implemented over the last 3 weeks which should be getting easier and easier as your body craves sugar less and your taste buds change.

If you need a little extra inspiration I often share everything I eat daily on Facebook, Instagram, Pinterest, and Twitter so please do follow me. It will give you plenty of ideas on how to cope with sugar free eating. You'll see how I fuel myself on active days (teaching up to 3 or 4 classes) and less active days (admin and PT clients). I don't have hours to spend on food prep so meals and snacks will be quick and easy, but also tasty and nutritious.

If you'd like to eat along with me here's my essential shopping list. I don't eat dairy, gluten or yeast so if you want to substitute with dairy & gluten alternatives please do. I also try to eat organic when possible. I do eat out too and will be including these meals too.

Tinned chick peas  
Tinned tomatoes  
Garlic  
Mixed herbs  
Lemons  
Eggs  
Olive oil  
Coconut oil  
Gluten free oats  
Mixed seeds  
Almonds  
Goji berries  
Peanut butter or almond butter (unsweetened, unsalted)  
Chia seeds  
Coconut milk (I use Kara, it's in a carton )  
Dairy free spread  
Gluten free oat cakes  
Brown rice



Quinoa  
Chicken  
Hummus  
Tuna

Raspberries or blueberries  
Cinnamon  
Xylitol  
Whole grain rice cakes or buckwheat rice cakes

Buckwheat flour  
Chestnut flour  
Gluten free self raising flour  
Gluten free baking powder  
Heaps of green leafy vegetables  
Other vegetables: i.e courgettes, peppers, Aubergine ....

## Quit Sugar Day 22

### *Eating out*

Today's topic is prompted by my quest for lunch yesterday. Normally Thursday lunch I grab out as I have limited time between classes & clients, and it's a bit cold to sit outside and eat at the moment. My standards are:

pret a manger: gluten free salmon & baby kale salad. Highest protein count of all their salads they also have a salad nicoise which is good. Any salad which is high in protein and low on dressings is always good for me.

Pod: do a chicken / superfood tabouli which is nice ...but I'm a little bored of it ( nb salad dressing contains agave so avoid if you are watching your sugar intake)

Breakfast club: eggs al Benny, gluten free chorizo, on butternut squash ( gluten free option) with crushed avocado, poached eggs, chilli, roasted peppers & poached eggs (comes with hollandaise sauce, but I have to leave that off). They generally have great gluten free options.

All were sold out yesterday and I had limited time to find something gluten, dairy, sugar, yeast free. So quick and close option Patti & Bun. They do delicious gluten free burgers, which is what I had, wrapped in lettuce leaves, with no pickles, sauces...but I ate the rosemary & sea salt fries. It was good, I enjoyed it but was a little dismayed that the only vegetation I had eaten that day so far was those few lettuce leaves!

Lesson 1: be prepared, know where you are going, check the menu in advance if you very sensitive to sugars like me

Lesson 2: always carry emergency snacks. I would normally have a super green shake in my bag, so would have had a green source. Forgot...which goes back to lesson 1!

Lesson 3: Don't stress about it, simply make the most of what you eat. Stress can affect your digestion and whilst it's good to eat as healthily as possible the occasional wobble is acceptable. We are all human after all.

## Quit Sugar Day 23

### *Eating Out...continued*

As promised I'm sharing how to eat out more healthily. When I go out to eat i generally avoid foods with sauces as they often have added sugar. My safe bets are :

Grills I.E. Turkish/ Lebanese restaurants, but always check what the marinades contain.

Steak houses again are always good

Indian cuisine - I often have curry and dahl rather than curry and white rice, as white rice in large quantities is a bit too starchy for me.

Mexican restaurants (Fridays are generally Naked Burrito day for me). Great for vegetarians and meat eaters alike. My favorites are Chillangos's and Wahaca

Greek food - Healthy salad (just check the dressing), grilled and roasted meats, hummus, olives. I've eaten super well at The Real Greek

Big Breakfast - As you've seen from my breakfast club posts i do love a 'full English' or variations. Obviously Breakfast Club is a great place to go and has a good gluten free menu too.

Tapas - Chorizo, tortilla, olives, beans, anchovies, paella again plenty of options. Even being gluten, dairy, sugar and yeast free I've managed a very full belly at La Tasca

There's normally a fish or salad option too in most restaurants so you really can enjoy a meal out without feeling like you are missing out.

Below is a link to all the places I've been. Menu's do change so do check with the staff regarding the menu before you order. Happy eating!

<http://www.sugarfreeme.org/allergy-friendly-restaurants/>

If you find a great place let me know!

## Quit Sugar Day 24

### *Getting your veggies in.*

So if you have cut back on your fructose consumption it's really important to up your vegetable intake to ensure you are still getting plenty of nutrients and vitamins. The good news is it doesn't have to be boring, there are so many different ways you can include them in your diet. So for the rest of the week I'm going to share how with some of my favorite recipes.

So today it's going to be a soup. You've seen that I eat this at least once a month. I make a big batch and then throw some in the freezer for emergency, can't be bothered to cook moments. Let's be honest ....we all have them sometimes.



## **Ingredients**

1/2 or 1 bulb of fennel, finely sliced (use half if not keen on fennel/a whole bulb if you love fennel)  
1 litre chicken or vegetable stock  
4 cloves of garlic  
Salt and pepper to taste  
2 big handfuls of cavolo nero leaves (know also as tuscan kale), or any dark green leafy vegetable, roughly chopped  
2 big handfuls of spinach, roughly chopped  
1/4 white cabbage finely chopped  
1 pepper, finely chopped  
1 onion, finely chopped.  
1 large potato, diced

## **Method**

Fry the onion and garlic in a little olive oil until soft

Add a little more olive oil add the pepper, potato and white cabbage and season with salt and pepper, stirring to ensure all the vegetables get a good coating of oil and seasoning

Cover and cook on a low heat for 1 minute to soften.

Add the stock and simmer on a low heat for another 10 minutes until the potatoes just start to get soft.

Add the rest of the green leaves, cover and cook for another 5 minutes until the green leaves are soft.

Allow to cool slightly and whizz in a blender until your desired consistency.

Eat and enjoy.



## Quit Sugar Day 25

### *Ways to get your veggies in.*

Yesterday we did hot, today we are going cold and raw. A great way to get your nutrients in.

Today I'd like to share a Divine & Delicious recipe from Sam Waterhouse, Professional Chef and Nutritional Therapist, which I had for the first time at our Sugar Free Weekend. Massaged Kale salad. It's now a regular salad in our household. As it's her recipe I've given you the link to it. Do check out her many other great nutritious recipes.

<http://divineanddelicious.co.uk/.../raw-massaged-kale-salad-.../>

## Quit Sugar Day 26

Getting your veggies in: stews and hot pots

One of the easiest ways I find to eat plenty of veg is throw it all in a stew, lentil or bean hot pot. Which is how I got 4 or more types of vegetable in one meal. The more the merrier!

My two favorites are lentejas ( Spanish lentils) cooked with chorizo, peppers, onions, tomatoes & potatoes ( which my sister actually made tonight for dinner). The recipe can be found in my 2nd book 'Sugar Free ME ....still' which can be bought via [www.sugarfreeme.org](http://www.sugarfreeme.org)

My 2nd, is a smokey bean stew, with smoked paprika, garlic, and a little cider vinegar for a extra tang. It's basically some sauted onions, courgette, peppers, aubergine (one of each) cooked in 1 tsp. smoked paprika, 3 cloves of finely chopped garlic, pinch of salt and pepper, add a tin of drained organic mixed beans, 1 litre of vegetable or chicken stock, 1 tsp. cider vinegar, a good squirt of tomato puree and cook for approx 15-20 mins on a medium heat.

Quick, easy and tasty.

## Quit Sugar Day 27

*Getting your veggies in: steaming.*

Sometimes people think steamed vegetables can be a bit boring. The key to steamed vegetables is what you do with them after they are cooked, how you dress them.

If you are having a roast then you can just drizzle gravy over them but what if there's no gravy?

One of my favorite steamed vegetable dressings is one i discovered in Jamie Olivers book 'Naked Chef'. He melted a little butter (or dairy free spread in my case) stirred in a squeeze of lemon juice and added a few anchovies until it melted into a sauce and drizzled it over steamed asparagus. So simple but mind blowing. I was trying to find the link to share with you but couldn't find it so found the next best thing!

<http://www.jamieoliver.com/recipes/vegetables-recipes/green-veggies-with-flavoured-butter/#RBOYxspsFZRAX1Pm.97>

How do you like your veggies???

## Quit Sugar Day 28

### *Re-evaluation time*

Congratulations, if you've followed the entire program you will have made the transition to a healthier lifestyle. But the proof is in the pudding (or lack of in this case) so lets evaluate.

Weigh yourself -Have you lost weight?

Take a close up selfie of yourself so you can see your skin - How does your skin look compared to day 1?

Take a side, front, back profile of yourself - Can you see any change in your shape

How are your energy levels now - Rate again on a scale of 1-10

How is your snacking - Do you snack more or less?

Have you still enjoyed eating?

Hopefully you will be able to answer most of these quesions in a positive way, in which case why not continue? I'm not saying never eat cake, or processed food but simply remain aware of what you consume, and see how great you can feel now you have lost the cravings for sugar.

### *Benefits can be:*

Improved oral hygiene (less cavities)

Stronger immune system

Better energy levels

Better concentration

Fat loss (or stable body weight, no more yo yo dieting)

Better skin

Balanced blood sugar levels

Reduced cholesterol

I also have 2 books worth of sugar free recipes available in both PDF, Ibook and print

<http://www.blurb.co.uk/user/store/AlisonBeadle>

## **Quit Sugar Day 29:**

*Moving forward*

**Don't forgot you can always follow me for further tips, guidance and news:**

*Website*                **[www.sugarfreeme.org](http://www.sugarfreeme.org)**

*Twitter*                **@beadlealison**

*FaceBook*            **[www.facebook.com/sugarfreealisonbeadle](http://www.facebook.com/sugarfreealisonbeadle)**

*Pinterest*            **SugarFreeAlison**

*Instagram*           **SugarfreeAlisonBeadle**

**I also have 2 whole books of sugar free recipes available for purchase online :**

**Sugar Free ME**

**Sugar Free ME.. Still**

**<http://www.blurb.co.uk/user/store/AlisonBeadle>**

***Remember: 'life is sweet without the sugar!'***

## **Quit Sugar Day 30:**

*Sugar Free You*

You know how to do it...now live it!!!!!!!!!!









SUGGAR  
FREE ME  
... STILL