

# Sugar Free November (SFN) Guidebook

## Introduction:

Welcome to the SFN club! We are so glad you have decided to join this year's challenge.

Between Thanksgiving and Halloween many of us will consume more sugar than we care to admit. And we all know that the more we eat sugar the more we crave it – that is why cutting sugar is so difficult. During this challenge your will power will be tested. Know that you are not alone. This package will help support you with all the resources you will need throughout this journey.

For those of you who like to plan ahead of time, here is what the month will involve:

1. **Commit** to eating a sugar-free diet for the entire month of November. This means eliminating all processed and refined sources of sugar (including alcohol) and focusing on micro-nutrient rich foods from fruits, vegetables, and healthy sources of protein.
2. **Review** the entire package, including the three meal plans, shopping lists, delicious recipes, notes and tips.
3. **Prepare** your cupboards, pantry and fridge by purging what might be tempting and loading it with what you will need to be successful.
4. Put on your apron and **follow the meal plan** for breakfast, lunch, dinner and snacks.
5. **Feel awesome** from the inside out!

You have given yourself an incredible gift by committing to this challenge and stopping the 'sugar train' that many will ride from Thanksgiving through to the New Year. Your immune system will be better off, you'll be full of renewed energy, and you may even notice some weight loss.

Andrea Hauser, Homeopath

## Sugar Free November Basics:

### TIMELINE:

This is a FOUR-week (28 day) challenge.

### WHAT SUGARS TO EAT/DRINK:

- Drink lots of **water** and **herbal teas**.
- If you are a **coffee or black tea** drinker, consider whether or not you will be able to resist adding sweetener. If this will be tempting then eliminating caffeinated beverages might be your safest bet, but this will be an extra challenge.

- **Eating fruit is encouraged.** Though we do want to eat everything in moderation, fruit sugar does not affect the body in the same manner as refined sugar. A couple fruits a day will help you satisfy your sugar cravings especially in the first two weeks.

#### WHAT NOT TO EAT/DRINK:

- **Avoid all refined sugars and artificial sweeteners.** It is acceptable to have small amounts of raw honey if it is a part of a recipe in your meal plan.
- Don't forget that **alcoholic beverages** should also be avoided as well because they are generally high in sugar.

This challenge starts Sunday November 3rd so use the week prior to get prepared.

- **Toss out** any leftover Halloween treats and food items that will not serve you.
- **Review** the recipes and shopping list.
- **Inventory** your pantry. Read the labels of some of your go to items such as sauces, snacks, and beverages to get an idea of how much sugar you regularly consume.
- **Grocery shop** for ingredients.

#### MEAL PLANS:

You should also have received THREE **7-day meal plans**. After you have cycled through meal plan A and B, repeat them or tweak them to get you through the next two weeks OR try the bonus meal plan for more ideas. Maybe you and your family didn't love something in the original plan? Maybe you need some time saving solutions? Be sure to address whatever might be a barrier for you in completing the full 28 days Sugar-Free.

As you review your materials please keep the following in mind:

- The meal plans are based on **two people**. If you are cooking for one, cut it in half. Double it for four. You will also notice that dinner is often tomorrow's lunch. This is because adherence to any program increases drastically when you have ready-made meals for lunch.
- You may already have some of these ingredients in your cupboard or freezer. Be sure to review what you already have and **adjust your shopping list** accordingly.
- This is a lot of food! If it seems like too much for you, eliminate a snack.
- **Check out the Notes** section at the end of each recipe for suggestions on compliments to the meal, storage, and alternative ingredients.

If you are **allergic or intolerant** to an ingredient or dislike an ingredient eliminate it from the recipe and substitute it with something else if possible. The **Notes** will give you suggestions

Preparation is key, so knowing what you will eat and doing some food prep work can significantly minimize snacking and prevent you from grabbing those convenience foods that may contain added sugar.

## SFN Week 1: Meal Plan A

This Sunday we begin our Sugar-Free November (SFN) challenge. As with any elimination diet, the first 5-7 days are always the most difficult as your body adjusts. Do not worry -- your sugar cravings will settle and you will be feeling light (energetically and physically) very soon. YOU HAVE GOT THIS!

### WEEK ONE: Ready, Set, Eat!

This week your palate should be pleased by the mix of naturally sweet and savory dishes. Menu A is full of fall favorites and is packed with protein and fiber-rich foods to keep you feeling full and satisfied.

To help you get through the first week here are some meal-prep ideas for MENU A:

Timeline	Recipes to Prepare/Make in Advance
Saturday Nov 3 <sup>st</sup>	<ul style="list-style-type: none"> <li>• Chocolate Layered Chia Pudding</li> <li>• Borscht</li> <li>• Cranberry Energy Bars</li> </ul>
Sunday Nov 4 <sup>st</sup>	<ul style="list-style-type: none"> <li>• Sunflower Seed Butter</li> </ul>
Tuesday Nov 5 <sup>th</sup> (Evening)	<ul style="list-style-type: none"> <li>• Deviled Eggs</li> </ul>
Thursday Nov 7 <sup>th</sup> (Evening)	<ul style="list-style-type: none"> <li>• Golden Beet Hummus</li> </ul>
Saturday Nov 9 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Garlic White Bean Dip (from Menu B)</li> <li>• Coconut Almond Cups (from Menu B)</li> </ul>
Weeknights	<ul style="list-style-type: none"> <li>• Portion out your snacks and package up your lunch</li> </ul>
Daily	<ul style="list-style-type: none"> <li>• Set out any meats to defrost for tomorrow dinner</li> <li>• Chop veggies for the following day if you have the time</li> </ul>

### Tip of the Week: **Serving Sizes**

A big question I always get is about servings sizes. Remember this meal plan is intended for TWO people. In most cases you will have to **portion out** each recipe. Take a look at the **number of servings** listed at the top of each recipe and divvy it up immediately. For example: If dinner serves 4 – This usually means 2 servings to be plated at dinner (1 per person) and 2 servings to be stored in glassware for tomorrow’s lunch (1 per person). Other recipes will list what a serving size is within the **Notes section**.

You will also notice that some recipes will make more than you will need. This is because it makes sense to make a batch and/or use a whole ingredient (ex. 1 egg). You can always freeze the extras or share with a co-worker or friend.

## SFN Week 2: Meal Plan B

Congratulations on a strong start! Peak sugar cravings usually hit between Day 5 and Day 10 so dig in because you are almost through the worst of it. Be sure to have healthy snacks on hand and remind yourself of your motivation for taking on this challenge.

This week's menu is all about family favorites with a healthful spin. You are going to be impressed with how many vegetables you are going to eat this week. Not to worry, the menu is balanced with protein to keep you full and loaded with fruits to keep your sweet tooth satisfied.

To help you with your planning and preparation here are some ideas for MENU B:

Timeline	Recipes to Prepare/Make in Advance
Saturday Nov 9th	<ul style="list-style-type: none"> <li>Garlic White Bean Dip</li> <li>Coconut Almond Cups</li> <li>Coconut Cod Chowder</li> </ul>
Sunday Nov 10th	<ul style="list-style-type: none"> <li>Tahini Dressing</li> </ul>
Monday Nov 11 <sup>th</sup> (Evening)	<ul style="list-style-type: none"> <li>Flaxseed Pudding Parfaits</li> </ul>
Tuesday Nov 12 <sup>th</sup> (Evening)	<ul style="list-style-type: none"> <li>Chop your Bell Peppers and Celery for the next few days</li> <li>Creamy Sunflower Seed Butter</li> </ul>
Wednesday and Thursday (Evening)	<ul style="list-style-type: none"> <li>For those on the go make your lunch (Roast Beef Sandwich) before bed</li> </ul>
Weeknights	<ul style="list-style-type: none"> <li>Portion out your snacks and package up your lunch</li> </ul>
Daily	<ul style="list-style-type: none"> <li>Set out any meats to defrost for tomorrow's dinner</li> <li>Chop veggies for the following day if you have the time</li> </ul>

Tip of the Week: **Keep things simple!**

If you are feeling short on time or tired of chopping vegetable:

- Purchase a Sugar-Free Bean Dip instead of making the White Bean Dip
- Purchase celery, cauliflower and broccoli that is already washed and trimmed
- Use up last week's Sunflower seed butter instead of making it
- Make one three-serving batch of the Green Smoothie and refrigerate in mason jars
- Purchase 3 bags of coleslaw mix to use in the Stir Fry (2 ½ bags) and Taco's (1/2 bag)
- Skip "Snack 3" recipes

### FOOD FOR THOUGHT:

This week consider your mental-emotional health. The fall can be a busy and challenging time of year, so there is no time like the present to give yourself some TLC. Slow down, breathe, and smell the fall air. Here are some additional suggestions:

- Make a herbal tea, sit down, and chill out every morning or evening for 15 minutes
- Take 5 cleansing breaths (in the nose, out the mouth) twice daily
- Check in and take time to connect with a new person (friend, family member or colleague) daily

- Get outdoors everyday for at least 20 minutes
- Replace negative thoughts with positive affirmations and laughter

Keep up the good work - this week will be a game changer.

## SFN Week 3: Bonus Menu

You have made it to the halfway mark – give yourself a pat on the back for your efforts so far!

This week you have a few options:

1. Repeat Menu A for Week 3 (and Menu B for Week 4)
2. Try out the Bonus Menu
3. Make your own meal plan from your favorite recipes

When you go to make (or adjust) your meal plan for this week consider what has worked well for you and your family in terms of preparation, taste buds, and quantity of food. By individualizing your meal plan you will increase your chances of success in keeping on the Sugar-Free train. You have the momentum, keep going!

**Bonus SFN Menu:** This menu might just be my favorite because it features some yummy fish recipes and loads of Brussels Sprouts. It includes some new recipes, some fan favorites from past years, and some repeats from menu A + B (as you likely still have these items in your pantry). The goal of this menu was to keep you engaged with some fresh ideas, while keeping your taste buds dancing and continuing to shed some weight.

If you choose to stick with the Bonus Menu, here is your prep guide: \*Note: This Menu starts on MONDAY, so you will need to do your own Meal Planning for Sunday November 17<sup>th</sup>

Timeline	Recipes to Prepare/Make in Advance
Sunday Nov 17 <sup>th</sup>	<ul style="list-style-type: none"> <li>• Creamy Broccoli Soup</li> <li>• For those on the go make tomorrow’s lunch (Hummus &amp; Veggie Wrap)</li> </ul>
Monday Nov 18 <sup>th</sup> (evening)	<ul style="list-style-type: none"> <li>• Pear Blackberry smoothie</li> </ul>
Wednesday Nov 20 <sup>th</sup> (evening)	<ul style="list-style-type: none"> <li>• Pear Blackberry smoothie</li> </ul>
Friday Nov 22 <sup>nd</sup> (evening) or Saturday Nov 23 <sup>rd</sup> (am)	<ul style="list-style-type: none"> <li>• Mini Banana Muffins</li> </ul>
Weeknights	<ul style="list-style-type: none"> <li>• Portion out your snacks and package up your lunch</li> </ul>
Daily	<ul style="list-style-type: none"> <li>• Set out any meats to defrost for tomorrows dinner</li> <li>• Chop veggies for the following day if you have the time</li> </ul>

### Tip of the Week: Eat healthy while eating out

If you are short on time do your best to keep on track by selecting healthful choices. If you decide to treat yourself by ordering in or eating out be sure to ask for dressings and sauces on the side, stick to

simple whole foods like chicken and vegetables, and skip the dessert. Better yet, choose a “healthy” restaurant that focuses on vegan and vegetarian foods – they won’t disappoint!

- Café Pyrus
- The Healthy Owl
- Copper Branch
- The Chopped Leaf
- Seven Shores

### Challenge of the Week: Get Moving

This week consider your physical health. If motion has not been your priority as of late, it is time to implement a routine to foster wellness in this area. For example:

- Do some light stretching every morning on waking
- Go out for a walk with a friend every evening for 20-40 minutes
- Put on some music and dance while you are prepping food in the kitchen

You are halfway through the challenge. By the end of this week, you will surely notice a difference in your overall sense of wellbeing. Use these positive changes as motivation to keep going.

## SFN Week 4: Rinse and Repeat

You have almost conquered **one-month** sugar free – now that’s what I call impressive!

Every challenge comes with bumps in the road. Don’t be discouraged if you haven’t stuck to the plan 100% of the time. The key to success is to get right back on track should you mis-step. The end is near- let’s finish strong!

As always, being prepared will help you avoid temptations. Just like last week, it is up to you whether you would like to repeat Menu B or create your own unique menu.

### Tip of the Week: Meal Planning 101

Make your meal plan **over the weekend**.

1. **Gather your resources** and map out the entire week.
  - Make a **calendar of meals** and pull your recipes.
  - Stick to a max of **3 breakfast and snack recipes** for the week.
  - Make **one snack a fruit or vegetable** and another snack a **protein** (ideally combined with another fruit or vegetable).
    - Example:
      - Snack 1: Green Smoothie
      - Snack 2: Nut butter or hummus with apple slices or cucumbers
  - Eat **leftovers for lunch**.
  - Select your **favorite SFN dinner recipes**.
    - Choose **2-4 vegetarian** recipes and use a **variety of protein** sources.

3. Slot **soup or stew recipes** in on Sunday, Monday and/or Tuesday so that you can **prep over the weekend**.

### **Challenge of the Week: What is Toxic in Your Life?**

This week I want you to consider the following:

**Your “diet” is not only what you eat.** It is what you **watch**, what you **listen to**, what you **read**, and the **people** you choose to spend your time with. Be mindful of the things you put in your body emotionally, spiritually, and physically. They all contribute to your overall health and well-being. Toxic emotions are just as harmful to your cells as sugar. Be kind to yourself. And be forgiving of yourself when you grab a sugary holiday treat when November is through. In fact, enjoy it!

### **Congratulation on a successful SFN!**

You should be feeling pretty proud of yourself. I hope this challenged left you feeling re-energized and ready to take on the holiday season.

Please don't hessite to share with us your thoughts on this years SFN Challenge. We'd love to hear your feedback!

And if you are curious about your overall health after a month of clean eating, come check out your blood in clinic with Live Blood Cell Analysis.

In Health,

Andrea Hauser, Homeopath