



## Say Sayonara to Sugar 28 day challenge

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**KEEPING TRACK OF  
YOUR HABITS IS EASY!**

If there is a white box, you have to do that habit for that day. If you do the habit, put a check mark. If you don't, put an x.

In order to successfully complete the challenge, (and to achieve maximum results) you need to keep to your habits 90% of the time through the challenge. That means you need at least 63 check marks.

Good luck, Chicks!

FIT CHICKS xo

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**Welcome to the FIT CHICKS Say Sayonara to Sugar Challenge!**

This is going to be FABULOUS! You are going to look better, feel better and have a chance to win some awesome prizes at the end of 28 days.

This e-book is chock full of nutrition info, recipes, tips and tricks to get you set up with everything you need to ditch the sweet stuff in only 28 days! Try not to read the whole ebook at once. Start by just reading week one and focusing on that. The purpose of our 4 week challenge is to build on small sugar cutting habits that will make a huge difference.

This is a nutritional challenge, but make sure you are getting in some sweat sessions too to ensure maximum results!

Here's to changing your ways in 28 days! You can do this, Chicks!

FIT CHICKS XO

## WHAT IS THE “SAY SAYONARA TO SUGAR” CHALLENGE?

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The purpose of this challenge is to challenge chicks to ditch the sweet stuff to kick start a new, healthier, more fabulous lifestyle (and to say sayonara to sugar for the long haul!) Each week will be a different challenge to help our chicks cut the sugar (and calories!) and add nutrients to their day. We will be building up to a full 7 day “Sugar Shutdown” where we will detox fully from sugar.

### **The challenge is divided up into 4 weekly goals.**

Week 1 - Drink only zero calorie beverages

Week 2 – Follow the “Complete in 3” Rule

Week 3 – Ditch the hidden sugars & artificial sweeteners

Week 4 - 7 day Sugar Detox (list of approved foods will be provided)

We’re not expecting you to give these things up forever, just give us a month and you be the judge as to how chicktastic you look and feel! Each week builds on the previous weeks habits — so yes, we are asking you to ditch the booze for 28 days — But you’ll have awesome support and it will be fun!

## "Sugar Shutdown" ONLINE FORUM

For 24 hour access to the "Sugar Shutdown" Online Forum / blog, we will issue participating chicks the URL. The blog / forum will be live for discussion on Nov 7th for the duration of the challenge. Please note this is a Facebook group and we will send all participants an invitation. If you do not have an FB account or do not wish to be a part of the group, we will also be sending via email. We strongly recommend you do join the group as it is an awesome discussion forum to ask questions, stay accountable and meet / motivate other Chicks!

## 28 DAY CHALLENGE RULES

1. Read your FC "Say Sayonara to Sugar" Ebook for your 4 weekly nutrition habits.
2. Each week will be a different nutrition challenge to help you cut calories, detox and add nutrients to your daily diet.
3. Log your habit completion daily on your "Sugar Shutdown" Tracker.
4. At the end of the 28 day challenge, submit your completed Healthy Habits Tracker to info@fitchicks.ca or via fax to (647) 436-6213 within 48 hours of challenge end date.
5. If you have consistently completed your healthy habit each day, (which means if you have an off day, you can make it up throughout the week!), then you will be entered into a draw to win some fabulous prizes!

## **SUGAR IS NOT SO SWEET**

Did you know that sugar accounts for over 21% of the calories consumed by Canadians according to Stats Can? That is a whopping 26 teaspoons per day (and over 11% more than the World Health Organization recommends!). In today’s diet, sugar is no longer just the white stuff but is hiding everywhere from tomato sauce to salad dressings to crackers. And this sugar is the root cause of most weight gain, illnesses, hormonal imbalance and even depression. It’s time to say SAYONARA to sugar – Chick Style!” Remember, at least 80% of weight loss and fitness results come from what we put in our mouths, no matter how much we work out.

## **WHAT IS SUGAR?**

**Sugar is a simple, edible, crystalline carbohydrate. Sugar comes in many different forms, however, all variations have a sweet flavor.**

The main types of sugar are sucrose, lactose and fructose. Common table sugar is typically sucrose which is extracted from cane or beets.

The names of typical sugars end with *-ose*, as in *glucose*, *dextrose*, and *fructose*. Sucrose is made from glucose and fructose. Fruit and honey contain fructose, while milk has lactose. Glucose is the type of sugar that circulates in our blood - often referred to as *blood sugar*. *(Chicks this is really important to know when reading your nutrition labels...look for anything ending in -ose for the hidden sugars! )*

*One teaspoon of sugar has 16 calories and 4.2 grams of carbs.*

## WHY DO WE NEED TO SAY SAYONARA TO SUGAR?

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### SUGAR IS ADDICTIVE

**Sugar is one of the most addictive substances on the planet.** (It has even been found to be 8x more addictive than cocaine!). It acts in the body similarly to drugs and lights up our pleasure centres. According to Dr. Mark Hyman, “Being addicted to sugar and flour is not an emotional eating disorder. It’s a biological disorder, driven by hormones and neurotransmitters that fuel sugar and carb cravings — leading to uncontrolled overeating”

**The truth is the more we eat, the more we crave.** The only way to really get over sugar addiction is to cut it out completely. Think about it, addicts can’t have just one hit of drugs or just one drink. Time to say sayonara chicks!

### SUGAR GETS CONVERTED TO FAT

Not to get too sciency but it is very important to understand WHAT is happening in our bodies when we eat sugar and why it causes all these nasty probs for us.

When we eat sugar and carbohydrates, our blood sugar spikes and insulin is released. Insulin is the hormone that tells the body to “store”. Insulin takes the sugar from the blood and converts it to glycogen to be stored by the liver and muscles to be used for energy. This is an awesome and normal process. BUT with the excessive amounts of sugar we are eating, there is no more room to store the sugar in the liver and muscles. Our storage levels are full. So now where does the body store it? The second best option....as fat! The problem is with all of this excessive sugar we are eating and drinking, our blood sugar is constantly spiking up and down causing, insulin is continually be released and we are storing more sugar as fat instead of burning as energy.

## SUGAR GIVES YOU NO BALANCE

Imbalanced blood sugar is the root of SOOO many physical and mental probs. To put it into "CHICK" terms, when your blood sugar is out of balance cause the pounds to pile on as you store sugar instead of using it for energy, speeds the aging process (which means more wrinkles and grey hairs!), stops your body from absorbing the vitamins and minerals it needs to work, can make you bitchy, depressed and sleepy, is packed with useless calories, can lead to cancers - and that is only to name a few!

We are consuming so much that we are on a constant roller coaster of highs and lows. Eating more and craving more. We have to get off this sugar crazy train if we want to be healthy and fierce for the long haul

We believe that blood sugar balance is the KEY to losing weight, being healthier, feeling happier, looking younger and preventing disease. By taking on this 28 day “Say Sayonara to Sugar” Challenge we are going to work on rebalancing your blood sugar, reducing craving, build healthier habits and get you set up for a less sugary success!

### Signs that your blood sugar may be out of balance

- Fierce cravings for sugar, chocolate, sweets and bread products (even eating sweets doesn't get rid of the cravings)
- Tired after eating meals
- Need caffeine to get going in the morning or as pick me up later in the day
- Get light headed if you miss a meal (this means low blood sugar)
- Struggling to lose weight
- Skin disorders like break outs

### Other than cutting the sugar, here are some other tips to help balance your blood sugar:

- Focus on REAL; WHOLE foods (ie ditch the processed and refined goods!)
- Follow the “Complete in 3” rule: every meal should include a balance of protein, fibre (complex carbs) and fat
- Ditch the white stuff including white rice, white bread, etc. These are highly processed foods
- Eat a high fibre diet: 25 to 45g per day
- Get your essential fatty acids from fish oil, flax oil, etc
- Get your zzz's: Sleep is sooo important to reduce cravings and helps our bods regulate
- Less stress. Stress can lead to high sugar cravings due to cortisol being released
- Get tested for food allergies, intolerances or candida. These may be the culprits causing blood sugar imbalance



## IT’S NOT JUST TABLE SUGAR

Remember chicks, sugar is not just the white stuff we add to our coffee. It is hiding everywhere and added to sooooo many products to make them taste better. Also, there are the foods that you would think of as sugar BUT that are CONVERTED to sugar when in our bodies so they have the same effect. Did you know that flour (white and brown) raises blood sugar more than sugar?!

## WHAT DOES ALL THE SUGAR JARGON MEAN?

When it comes to nutrient content claims, not all information is created equal. Canada's Food and Drug Regulations have [outlined certain terms and wording](#) that savvy consumers can use to evaluate claims about sugar content. Permitted "sugars" claims include the following:

Sugar-related claims	Regulations
<b>Sugar-free:</b> free of sugar, no sugar, 0 sugar, zero sugar, without sugar, contains no sugar, sugarless	Contains < 0.5 g sugars per reference amount and "free of energy" (< 5 cal per reference amount).
<b>Reduced in sugar:</b> reduced sugar, sugar-reduced, less sugar, lower sugar, lower in sugar	Compared to <i>a similar reference food</i> , contains > 25% less sugars and > 5 g less sugars/reference amount.
<b>Lower in sugar:</b> less sugar, lower sugar	Compared to a <i>reference food of the same food group</i> , contains > 25% less sugars and > 5 g less sugars/reference amount.
<b>No added sugar:</b> no sugar added, without added sugar	Contains no added sugars, no ingredients containing added sugars or ingredients that contain sugars that substitute for added sugars.
<b>Unsweetened</b>	Meets requirements for "no added sugar" and contains no sweeteners.

Chart sourced from CBC Health News - <http://www.cbc.ca/news/health/10-things-to-know-about-sugar>

## WEEK 1 – Drink zero calorie beverages

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Week one there is just one simple task to focus on — don't drink your calories.

**Drinks and liquid forms are the biggest source of sugar in our diet.** Depending on what you normally drink, if you follow this simple tip you can cut your sugar intake down by up to 50%! Think about it – 1 cup of skim milk has 13g of sugar, 1 cup of all natural apple juice has 30g, one can of soda has 33g (almost 9 tsp) and 1 medium Tim Hortons French Vanilla has 40 g (10 tsp!) of sugar. That is before you have eaten a bite of food!

**Not only that but any form of liquid sugar calories is worse for your body and health than solid food with sugar or flour.**

**Why you may ask? Let's use apple juice vs eating an apple as an example:**

When eating the apples the sugar in the apple is combined with fibre and roughage to slow the digestion. While there are still the natural sugars, you will feel fuller for longer, it will not spike your blood sugar and you will feel satisfied.

**So what happens when you just drink the apple juice? That sugar is on fast track straight to your blood stream!** With no fibre to slow it down, you get a spike of energy followed by a fierce crash that wreaks havoc on your body and are still hungry. You store fat easily. This happens with all sugar filled drinks. It is literally like you are fast tracking sugar to be stored as fat by your liver...big no no!

By EATING our calories and not DRINKING them, we will keep our blood sugar stable, eat less in the long run and get off the sugar rollercoaster

**WEEK 1 : Drink zero calorie beverages**

Below is a list of drinks you can drink during the challenge. If it is not on the approved list, we have to say sayonara to it.

CHICK APPROVED DRINKS	JUST SAY NO
<ul style="list-style-type: none"> <li>✚ Water – still or sparkling</li> <li>✚ Herbal Teas</li> <li>✚ Green Tea</li> <li>✚ Black coffee</li> <li>✚ Black tea</li> <li>✚ Green Smoothies sweetened with fruit only*</li> <li>✚ Unsweetened Almond milk in tea or coffee only*</li> </ul> <p><i>*This is approved as it is seen more as a liquid meal versus a drink</i></p> <p><i>**Do not drink glasses of almond milk but you can use a splash to add to your tea or coffee as it doesnt contain sugar.</i></p>	<ul style="list-style-type: none"> <li>✚ Alcohol</li> <li>✚ Fruit juice (all natural and concentrate)</li> <li>✚ Hot Chocolate</li> <li>✚ Milk</li> <li>✚ Soda Pop</li> <li>✚ Gatorade</li> <li>✚ Green juices</li> <li>✚ Coffee drinks (esp anything that ends with “cino”!</li> <li>✚ Adding sugar in any form to coffee or tea</li> </ul>

## WEEK 2: Follow the “Complete in 3” Rule

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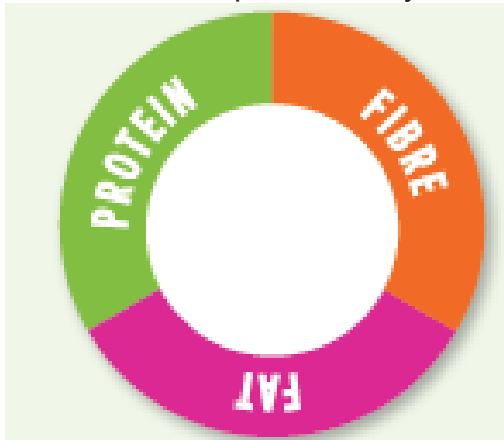
So you may be thinking what the heck is the Complete in 3 Rule and what does this have to do with sugar?

**When you eat a complete meal means AUTOMATIC LOW GLYCEMIC EATING:** Low Glycemic eating is all about keeping your insulin and blood sugar level. It ensures you do not get the highs and lows of unbalanced eating. We want to avoid spikes in blood sugar to regulate weight, hormones, moods & more — it is SO IMPORTANT for optimal health! It will also help to keep you cravings at bay during this challenge and will show you how awesome you feel when your blood sugar is under control.

### THE COMPLETE IN 3 RULE

The “Complete in 3” is our rule of thumb to creating “complete meals” without calorie counting or stressing out.

To make it “complete”, every meal or snack you eat should include the following 3 things:



1. Protein
2. Fibre
3. Fat.

Example: Eggs (protein) with sweet potato hash (fibre) cooked in coconut oil (fat).

**It really is that simple!** Just look at your plate and think “Do I have these 3 things: protein, fibre and fat?”. If you had eggs, white bread and grass fed butter, this is NOT a “Complete in 3” meal. Why? It has the protein from the eggs, healthy fat from butter (yes butter is NOT bad for you!) BUT the white bread has no fibre. Swap that out for a oatmeal or high fiber whole grain toast (read your labels!) and it becomes balanced.

**Everyone can do it!** No matter if you are vegan, vegetarian, diabetic, low carb, gluten free... “Complete in 3” is the way EVERY chick is the way EVERY chick can eat for optimal health.

## WEEK 2: Follow the “Complete in 3” Rule

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### FIT CHICKS eat “REAL, WHOLE FOODS MADE WITH LOVE”!

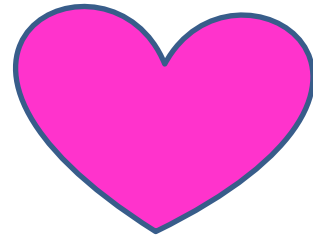
Ok so we are eating “Complete in 3” but what should I eat? At FIT CHICKS, we follow the food philosophy of focusing our nutrition around “Real, whole foods made with love”. This helps guide us to make healthier choices easily!

**“Real, whole foods” are foods that are unrefined and unprocessed.** Foods that either, grow, run, swim or fly. Foods that your great-grandmother would recognize and that your body knows how to process!

**“Made with love” means the foods you eat should be made by you or by someone who share’s your healthy food philosophy (ie other people or restaurants.)** When you make it yourself not only do you know exactly what is in it and can take responsibility. (Also food just tastes better when it is made with love!)

It doesn’t matter if you are a carnivore, a vegan or anything in between, EVERYONE should be eating a diet focusing on whole foods here is a basic list:

- Vegetables and fruits
- Fish, meat and poultry
- Nuts and seeds
- Beans and legumes
- Real whole grains (not the packaged “whole grain” products, but in their natural state)
- Oils — Olive oil, coconut oil, avocado oil — think natural.
- Minimally processed dairy products (if you can tolerate them)



**Just remember, we are all unique, fierce and beautiful in our own way, there is not a “one size fits all” way to eat.** Each of our bodies respond differently to different foods (ie even if someone tells you beans are good for you, if you are crampy, bloated and having probs going to the bathroom after eating, they may not be the best for YOUR body!) So for this week, let’s get back in tune with our bodies and see what happens when we focus on moving in the direction towards eating mostly

## WEEK 2: Follow the “Complete in 3” Rule

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Check out some of these delish recipes “Complete in 3” Approved Chick Feed recipes from FIT CHICKS to help you get started:

[5 Ingredient One Pot Turkey Chili](#)

[“In the Buff” Basic Turkey Meatloaf Muffins](#)

[Everyday Egg & Veggie Brunch Bake](#)

[Scrummy Yummy Apple Crumble](#) with 0% greek yogurt

[Chicktastic Choco Chia Seed Breakfast Pudding](#)

[Protein Chick Power Balls](#)



*Note: Remember chicks, some foods contain more than 1 of the 3 requirements. For example, eggs are a source of healthy fats AND protein. Nuts are a source of fibre, fat AND protein. Lean meats are a source of protein AND fat. If unsure, visit Myfitnesspal.com to search for the food and you can see how much of each it includes.*

**WEEK 3: DITCH THE HIDDEN SUGARS & ARTIFICIAL SWEETENERS**

We are now in week 3 of the Say Sayonara to Sugar Challenge and we are not drinking or calories and following the “Complete in 3” Rule...you should be feeling awesome!

This week we are starting to focus on getting the hidden and unnatural sugars out of our grub. Read on to become can become your own sugar sleuth!

**SO WHERE IS THE SWEET STUFF HIDING?**

Before reading on, you are going to need a little bit of "equipment". Grab a teaspoon, plate and the jar of **sugar** you have in your kitchen. Got your stuff? Good now get comfortable and lets get started...

**Sugar is hiding everywhere!** To help you uncover and really understand how much **sugar** is in your grub, pull out your "equipment" and as you read the following list, scoop out and place the **sugar** for each item listed below on the plate. You are gonna be shocked at how much **sugar** is **hidden** in foods you didn't even know!

**SUGAR CONTENT - 4 GRAMS = 1 TSP**

Food	Serving Size	Sugar Content (grams)	Sugar Content (tsp)
Ketchup	2 Tbsp	4 grams	1 tsp
"No Sugar Added" Yogurt	½ cup	5 grams	1.25 tsp
Balsamic Vinegar	2 Tbsp	6 grams	1.5 tsp
Peanut Butter	2 Tbsp	6 grams	1.5 tsp
Minestrone Soup	250ml	7 grams	1.75 tsp
Tomato Sauce (can)	½ cup	9 grams	2.25 tsp
Skim Milk	1 cup	12 grams	3 tsp
Canned Pineapple	2/3 cup	20 grams	5 tsp
Orange Juice (carton)	8 oz.	22 grams	5.5 tsp
Fat Free Strawberry Jam	2 tbsp	26 grams	6.5 tsp

Now look at your plate and visually see how much **sugar** has been added to these everyday "healthy" products to make them taste better but could be secretly sabotaging all of your hard work- it's crazy!

You are going to start to see a trend that everything with hidden sugar is a PROCESSED or REFINED food (aka not a Real, whole food made with love!)

**What to look for on a label:**

Look first to the ingredients list, not the nutritional information. It doesn't matter if the food is low sugar or low calorie if you can't pronounce half of the ingredients.

You have probably heard that ingredients are listed in order of the amount used in the product. However, manufacturers know this so they may use 3 or 4 different types of sugars so they all appear low down on the list. Same thing goes for whole grains. Whole grain flour can be listed as the first ingredient, but 2 or 3 types of white flours can be listed as well and combined they exceed the amount of whole grains.

**The best foods don't have ingredient lists**, and if they do they should be as short as possible. ie. whole oats. Once you have determined that the ingredients are something you want in your bod, then look at the nutritional info and check out how much sugar is in a serving (Remember, 1 tsp = 4 grams)

**SUGAR SLEUTHING: The “other names for forms of sugar”**

<ul style="list-style-type: none"> <li>• Fructose/glucose</li> <li>• Sucrose (table sugar)</li> <li>• Dextrose (corn sugar)</li> <li>• High-fructose corn syrup</li> <li>• barley malt</li> <li>• beet sugar</li> <li>• brown sugar</li> <li>• buttered syrup</li> <li>• cane-juice crystals</li> <li>• cane sugar</li> <li>• caramel</li> <li>• carob syrup</li> <li>• corn syrup</li> <li>• corn syrup solids</li> <li>• date sugar</li> </ul>	<ul style="list-style-type: none"> <li>• dextran</li> <li>• dextrose</li> <li>• diatase</li> <li>• diastatic malt</li> <li>• ethyl maltol</li> <li>• fructose</li> <li>• fruit juice</li> <li>• fruit juice concentrate</li> <li>• glucose</li> <li>• glucose solids</li> <li>• golden sugar</li> <li>• golden syrup</li> <li>• grape sugar</li> </ul>	<ul style="list-style-type: none"> <li>• high-fructose corn syrup</li> <li>• honey</li> <li>• invert sugar</li> <li>• lactose</li> <li>• malt syrup</li> <li>• maltodextrin</li> <li>• maltose</li> <li>• mannitol</li> <li>• molasses</li> <li>• raw sugar</li> <li>• refiner's syrup</li> <li>• sorbitol</li> <li>• sorghum syrup</li> <li>• sucrose</li> <li>• sugar</li> <li>• turbinado sugar</li> <li>• yellow sugar</li> </ul>
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## FIT CHICKS – “Say Sayonara to Sugar” Challenge

So how do we try to avoid these **hidden** sweets? Here are some great ways -

- **Always, check nutrition and food labels for **sugar** and its "aliases:",** including sucrose, high-fructose corn syrup, corn syrup, dextrose, glucose, fructose, maltose to see how much is actually put in your foods.
- **Make your own tomato sauce, orange juice and soups** vs buying canned or packaged
- **Buy all natural peanut butter.** It only has 1 gram of naturally occurring **sugar** per serving!
- **Try unsweetened almond or coconut milk** vs dairy milk. There are tons of tasty options.
- **Eat fresh fruit vs canned.** Fruit naturally has **sugar** but it is also full of all the good stuff your body needs!
- **Buy plain unsweetened yogurt and add fresh fruit** like bananas or sweeten with natural honey or dates
- Even though **sugar** is bad for you chemically laced **sugar** substitutes are even worse! **Avoid aspartame, sucralose, sugar alcohols and any fake sugars at all costs.\***
- **Try to sweeten your food naturally** with dates, prunes, all natural honey and molasses. It will taste delicious as well as being super duper nutritious.

*\*Natures sweetener: Try all natural stevia leaf powder. This can be found at your health food store. Be careful chicks, there are many modified versions of stevia. The all natural version is a green powdered leaf. Make sure to confirm with the salesperson 😊*

Lets look at a popular ‘healthy cereal label together:

Kashi®  
GoLean Crunch!®

<b>Nutrition Facts</b>	
Serving Size	1 Cup (53g/1.9 oz.)
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 13g	
<b>Protein</b> 9g	<b>14%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Phosphorus 10%	• Magnesium 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat. Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	3,500mg    3,500mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Protein	50g    65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS: KASHI SEVEN WHOLE GRAINS & SESAME® BLEND (WHOLE: HARD RED WHEAT, BROWN RICE, BARLEY, TRITICALE, OATS, RYE, BUCKWHEAT, SESAME SEEDS), SOY PROTEIN CONCENTRATE, EVAPORATED CANE JUICE CRYSTALS, BROWN RICE SYRUP, CHICORY ROOT FIBER, WHOLE GRAIN OATS, EXPELLER PRESSED CANOLA OIL, HONEY, SALT, CINNAMON, MIXED TOCOPHEROLS (NATURAL VITAMIN E) FOR FRESHNESS. CONTAINS WHEAT AND SOY INGREDIENTS.**

You may think this is a great ‘whole grain’ choice when avoiding white stuff, but let’s look at the ingredients — there are 3 types of sugar in here — evaporated cane juice crystals, brown rice syrup, and honey.


























Now we look at the amount of sugar and it has 13 grams per serving — thats 3 teaspoons, Chicks!

Plus, it’s pretty hard to eat only 1 cup of cereal — have you ever measured that? For someone eating 1500 calories a day, a 2 cup bowl of this would reach your maximum sugar intake for the day!

**WEEK 4: 7 DAY “SUGAR SHUTDOWN” DETOX**

We are on the final week of our challenge...woot woot! And this is the time for our full “Sugar Shutdown”. That means we are cutting out all unnatural and high natural forms of sugar and flours. We have building up this all month and you should be ready to rock! This will help you to see how awesome you will feel after

Instead of focusing on a list of what to avoid (we have been learning this throughout the challenge), below is a list of what foods are “Chick Approved” for the 7 day Sugar Shutdown. You can eat as much as you want from this list, unless amount specified.

FIT CHICKS “7 DAY SUGAR SHUTDOWN”	
CHICK APPROVED FOOD LIST	
<b>VEGETABLES</b>	
	All Vegetables, Except Potatoes
	Beets, carrots, parsnips, yams (limit starchy veggies to ½ cup per meal)
<b>FRUITS</b>	
	Avocado
	Tomatoes
	Lemons
	Limes
	Raspberries, strawberries, blackberries
	Goji berries
<b>WHOLE GRAINS, BEANS &amp; LEGUMES</b>	
	Beans
	Lentils
	Quinoa
	Brown Rice
<b>PROTEIN</b>	
	Eggs
	Fish*
	Chicken, Turkey*
	Lean red meats*
	Bison
	Tempeh and tofu
<i>*Preferably organic, wild caught or from sustainable sources</i>	
<b>FATS</b>	
	Oils (Coconut, Grape Seed, Olive, Flax, Butter – no vegetable oils)
	Nuts & Seeds
<b>OTHER</b>	
	Unsweetened chocolate (80% Dark or bittersweet)
	Stevia leaf powder
	Unsweetened almond milk
	All herbs and spices
	Sea salt and pepper

## WEEK 4: 7 DAY “SUGAR SHUTDOWN” DETOX

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Remember chicks, if it is not on the list we are not eating it.

So what might you be feeling during this week?

Positive things you may experience during and after the sugar shutdown

- ✚ More energy
- ✚ More regular #2 in the bathroom
- ✚ Calmer, happier and less anxious
- ✚ Better sleep
- ✚ Weight loss
- ✚ Less bloating
- ✚ Clearer skin
- ✚ Less craving for sugar / food
- ✚ Increased sense of taste (healthy food starts tasting better)

Negative things you may experience during the sugar shutdown:

\*this may happen in the first 2 days as you detox

- ✚ Headaches
- ✚ Feeling stuffy like a cold
- ✚ Moody and irritable
- ✚ Low energy
- ✚ Gas and/or Bloating
- ✚ Skin breakouts / Rashes

If you have these symptoms, just stick with it chicks. Try deep breathing, going for a walk or rest as this will pass!

## CONGRATS – YOU DID IT!

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We have rocked the last 28 days of this challenge but we aren't going to leave you high and dry! Here are the next steps....

1. **After the sugar shut down you can slowly add back fruits, whole grains and all natural sweeteners**, such as honey and maple syrup in small amounts. Don't go sugar crazy....we need to keep that blood sugar balanced!
2. **Continue on with ditching the processed and refined foods and focus on “Real, Whole Foods made with Love” with the “Complete in 3” rule** to balance blood sugar for the long haul
3. **Be aware of your sugar intake in all forms.** It is a slippery slope to get back on the sugar train but you have the tools to be a successful sugar sleuth!
4. **Pay it forward!** Share the healthy habits you have learned during this challenge with your peeps and family. We NEED to build healthier communities and that starts with you. You have a lot more impact than you know 😊

It is also the time to assess how the past 4 weeks went. Ask yourself these questions....

**How do I look?**

**How do I feel?**

**How is my energy?**

Hopefully you experienced positive results in all areas of your life. If you didn't, check back on through the challenge checklist and look for areas you can improve. You don't have to be perfect and follow these habits for life, however we don't want you to go back to your old ways either.

Take what works for you and incorporate those into your life. Some things, like booze can be part of a moderate diet one time per week. You know your body best. You just have to be honest with yourself — sure you may like to indulge on white stuff — but is it really helping you meet your goals? If your weight loss stalls or energy levels drop, go back to the program and tweak your habits!

We hope you have enjoyed FIT CHICKS *Say Sayonara to Sugar Challenge*. We would love to hear your comments, feedback and success stories at [info@fitchicks.ca](mailto:info@fitchicks.ca).

Lots of healthy love,

FIT CHICKS XO