

14 DAY NO SUGAR CHALLENGE

QUICK START

- **14 days.** No added sugar. Big results.
- **Tell your team:** family, friends, work mates.
- **Clear it out:** bin/box sweets, syrups, fizzy drinks.
- **Stock up:** see list below. Prep once, win daily.

DO

Read labels for sugar aliases (honey, agave, dextrose, syrup etc).

Eat full meals: protein + fibre + healthy fats.

Hydrate: water + pinch of salt or lemon.

Plan 2-3 go-to breakfasts, lunches, dinners.

Batch-cook and portion snacks.

Sleep 7-9 hours; walk daily.

Team up for accountability.

DON'T

Trust "healthy" claims without checking ingredients.

Graze on snacks all day.

Mistake thirst for hunger.

Wing it when you're hungry.

Keep sweets on the counter.

Rely on caffeine and willpower only.

Go it alone in silence.

CRAVING SAVER SWAPS

- Fizzy drink → sparkling water + citrus
- Sweets/biscuits → frozen grapes or 80% dark chocolate
- Sweetened yoghurt → plain Greek yoghurt + cinnamon + berries
- Dessert → baked apple + cinnamon + almond butter
- Sweet sauces → salsa, pesto, hot sauce, mustard
- Breakfast cereal → overnight oats (plain milk/ yoghurt) + chia + berries
- Latte syrups → dash of cinnamon/vanilla + extra milk
- Granola bars → handful of nuts + fruit

CRAVING RESCUE KIT

- **Move 10 minutes:** Walk, stretch, stairs
- **Change scene:** Shower, call a friend, box breathing (4-4-4-4)
- **Delay & decide:** Set a 10-minute timer; re-check hunger.
- **Protein first:** Boiled egg, yoghurt, nuts, cheese.
- **Flavour hit:** Cinnamon, citrus zest, mint tea.



SUGGESTED SHOPPING LIST

Fresh fruit & veg: apples, berries, grapes, bananas, oranges, carrots, cucumbers, peppers, leafy greens, broccoli, courgettes, potatoes, sweet potatoes

Protein: eggs, chicken, turkey, tinned tuna, salmon, tofu, Greek yoghurt (plain), cottage cheese, beans, lentils

Whole carbs: oats, wholegrain bread/wraps, brown rice, quinoa, wholewheat pasta, farro

Healthy fats: avocado, olive oil, nuts, seeds, nut butters (check labels)

Drinks: still/sparkling water, coffee/tea (unsweetened)

Flavour boosters: cinnamon, vanilla, cocoa (unsweetened), garlic, ginger, chilli flakes, herbs, lemon/lime, vinegar, mustard, salsa, pesto

Remember: whole fruit is a natural sweetener

PREP ONCE, WIN DAILY

- **Cook double.** Freeze portions.
- **Pack a snack.** Avoid "emergency" sugar.
- **Keep it visible.** Fruit bowl, water bottle.
- **Plan treats:** Berries, dark chocolate.

Get support from a dietician at no cost to you! *You can do it!*

