

Where to Start Guide

21 Day CFC Sugar Detox



Purpose of our Sugar Detox:

Removing sugar from our diet is a great way to lose fat and increase our energy.

Instructions for the 21 CFC day sugar Detox:

1. Remove sugar and simple carbohydrates from diet.

2. Remove foods from the “avoid” list below, and eat only foods on the “good” list for the 21 days.

The first several days, cravings for sugar may be more pronounced.
After you get through the first week (5-7days), sugar cravings will subside greatly.

I've witnessed this phenomenon with myself & hundreds of people I have helped through Clean Eating & Sugar Detox plans.

The first 4 days are SERIOUSLY HARD! **Plan to use all of your will power.**
The longer we avoid sugar, the easier it gets! I promise!
(The only way you will ever know, is to COMMIT to yourself!)

This is a temporary cleanse to reduce cravings, once cravings disappear, we add healthy amounts of natural sugar back into the diet.
You won't want to go back because you will have increased energy, less bloat, & your skin will begin looking better!

Sugar is what makes us fat, and zaps our precious energy.

A recovering “sugar addict” myself, I know how addicting it is.
The more sugar we consume, the more we crave.

Studies have shown that it can be more difficult to get off of sugar than cocaine.
This is why you NEED the support group!

Sugar is found in processed bread, fruit juice, dried fruit, tortillas, honey, & many things we do not even realize!

How to make the Sugar Detox less painful:

Drink more water (I highly recommend drinking 100 ounces of water per day. Personally, I drink 1 Gallon of Distilled Water every single day.)

Eat more protein

Truly eliminate SIMPLE carbohydrates and sugar

Eat more complex carbohydrates

Eat more good fats and essential fatty acids

Eat more fiber-if you are craving sugar eat Green Vegetables (our bodies LOVE this!)

Foods we are focusing on consuming during this Detox

(Learning to eat, love & incorporate these for life!)

**Choose organic whenever possible*

All Herbs (fresh, dried, & freeze-dried)

All Vegetables, Except white Potatoes

Avocado

Beans

Beets

Brown Rice

Carrots

Coconut Oil

Eggs

Fish

Fresh Lemon and Lime

Lentils

Nuts

Olive Oil

Organic Free-Range Chicken

Organic Free-Range Turkey

Organic Grass-Fed Beef

Quinoa

Seeds

Tomatoes

Unsweetened chocolate

Wild Caught Salmon

Yams/Sweet Potato

What we are **ABSOLUTELY** avoiding during our Detox

- White flours
- White breads
- Processed hot dogs, sausages
- Margarine
- Refined canola oil
- Corn oil
- Soybean oil
- Peanut oil
- Vegetable shortening
- Conventional butter
- White sugar
- Cane sugar
- High fructose corn syrup (HFCS)
- Corn syrup
- Fruit syrups
- Soda
- Diet soda
- Fruit juices
- Cow milk
- Lattes
- MSG
- All Soy products such as soy milk, soy beans, soybean oil
- Hormone treated, Factory Farmed, Antibiotic Filled Poultry and Dairy

Cleansing-what You May Feel During And After A Cleanse

*It is common to experience different symptoms
Our body is cleaning itself from the inside out.*

Positive Effects during the Cleanse:

Less bloating
Clearer skin
Less craving for sugar
Consistent energy
More regular bowel movements
Elevated mood
Lower cholesterol
Better sleep

*Some people experience no negative symptoms.
Possible Negative Effects during the Cleanse
(these symptoms will pass after a few days)*

Headaches
Emotionally sensitive
Low energy
Diarrhea
Irritability
Sporadic sleep

Let's Do THIS!

It is highly recommended that each participant take body measurements, scale weight & before & after photos.

These are for YOUR own viewing & are VERY motivational!
Of course, if you feel like sharing in the group, PLEASE DO!
We love to cheer you on!

SCALE WEIGHT:

Always measure on the same day each week,
at the same time, immediately upon waking, emptying
bladder and no clothing.
Please write this number down immediately.

HOW TO USE A MEASURING TAPE:

We measure the 3 following, with an evenly tensioned tape:
Write your measurements down once each week.

- **WAIST:**

smallest circumference at natural waistline

- **HIPS:**

widest circumference of hip and buttocks

- **THIGH:**

widest circumference, below the gluteal fold

The BEFORE & AFTER PHOTO

(This one is up to you, but can be VERY motivational!)

Stand in a neutral natural stance. A front shot, side shot and rear shot are best.

Wear the same swimsuit or clothing items in each picture.