

# Getting Started with a Sugar Free, Quality Carb Lifestyle

## Eliminate "Added Sugar"



Based on your biochemistry, include small amounts of:

- Starchy Veggies (squash, sweet potatoes, peas etc.)
- Dairy (low in lactose)
- Dark Chocolate (no sugar)
- Sweeteners of Choice: Stevia, Monkfruit, Allulose, etc.

## Eliminate Grain Based Flour Products



## Eliminate Rice



## Go Easy on Foods with "Natural Sugars"



## Eliminate White Potatoes



## Drink Water & Other Blood Sugar Friendly Beverages



## Choose Low Glycemic Fruit



## Focus on Non-Starchy Vegetables, Healthy Protein & Healthy Fats

