

Blood Sugar Central's 7 Day Fresh Start Healthy Eating Challenge Workbook & Daily Journal



Janet Sanders, CHC

WELCOME, TO THE FRESH START HEALTHY EATING CHALLENGE!

Congratulations on taking this important step.

It's time to get excited because eliminating ADDED & HIDDEN sugar from your diet along with implementing a blood sugar friendly food plan will have a powerful impact on your health.

As you work through the 7 day challenge, you will get a "glimpse" into how good it feels to LIVE FREE of roller-coaster blood sugars, cravings and dieting. Each day you will begin to experience that maintaining a healthy lifestyle is about finding the solutions that are right for you.

When you are in a more balanced, healthy state of well being, you will feel satisfied and able to maintain your new lifestyle changes. You will be amazed at how different you will feel as you move through the challenge step-by-step.

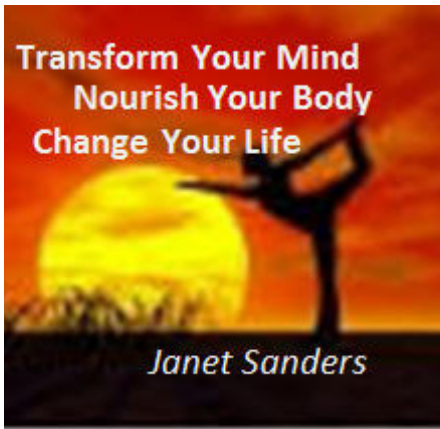
Some days on the challenge may not be "perfect". But, you can give yourself a pat on the back for making the decision to make daily decisions that will move you towards your vision of health. My advice is to use this Challenge as an opportunity to let go of any negative self-talk and just follow along. Keep it simple.

Keep in mind that it takes about 21 days for new habits to take hold, so get ready, this is just the beginning, and remember --- I am here for your every step of the way!



Janet Sanders

Janet Sanders
Founder of Blood Sugar Central &
Great Life Inc.



ABOUT THE WORKBOOK & DAILY JOURNAL

The Workbook/Daily Journal provides all the instructions and materials you need to stay on track during the challenge and will provide you with a record of your progress. You will learn that every day you make conscious and “unconscious” decisions about your behavior that lead you either towards or away from your vision of health. Success habits are habits that lead you towards your goals on a daily basis.

The Workbook/Daily Journal is a self monitoring tool designed to:

- Reinforce successful habits so that they become a natural part of your everyday routine
- Raise your awareness about what you eat on a daily basis and help you to avoid “unconscious” eating,
- Uncover your particular eating patterns so that you can take responsibility for your nutritional lifestyle, and
- Enable you to make the connection between the habits you build on a daily basis and your health. (including exercise, stress management, and food intake)

If you are vigilant in using the journal, you will see patterns of behavior emerge, and you will gain a better understanding of how to develop and maintain success habits that support your ability to manage weight, blood sugars and your overall health.

IMPORTANT CAUTIONARY NOTE

The BSC FRESH START Healthy Eating Challenge is designed to promote awareness about blood sugar and diabetes control and to provide information, tools and techniques that will enable individuals to make healthy lifestyle changes.

The coaching materials & techniques are not intended to replace medical advice or to address any individual's specific medical problem(s).

Always seek the advice of a physician before beginning any diet, exercise, or nutritional program. Diabetes and pre-diabetes or other related health issues are serious medical conditions.

It is important that program participants do not reduce, change or discontinue any medication or treatment without consulting their physician.

You should also check with your physician if you have any questions about food choices that need to be made in the context of your state of health or treatment plan. ***This is critical if you are on any medications as changing your eating patterns can lead to lower blood sugar levels and you need to avoid having blood sugar levels go too low. You must work with your medical provider to manage medications appropriately.***

You should not change any dietary recommendations or medications given to you by your physician or CDE or other nutritionist without consulting your physician first.



PRE- CHALLENGE INSTRUCTIONS

Before actually starting the challenge, it will be helpful for you to read through the Workbook/Journal ahead of time so that you have time to ask questions, arrange your schedule and shop for/prepare any foods that you want to have on hand.

[NOTE: all links are also listed at the end of the Workbook/Journal in a "clickable" format]

Prior to starting the challenge:

- If you are not already a member, join the Blood Sugar Central Challenge community so that you have access to all the challenge posts, can ask questions and communicate with other challenge participants. The link is <https://www.facebook.com/groups/freshstarthealthyeatingchallenge>.
- Request your WELCOME SESSION at the link below. This is your opportunity to get help with your assessment and to ask any questions about preparing for the challenge.. (If you have any issues setting up an appointment, contact me via post, private message or via e-mail: janetsanders@bloodsugarcentral.com)
- **WELCOME SESSION LINK:** <https://calendly.com/bloodsugarcentral/welcome-session-back-on-track-healthy-eating-challenge>
- Review and complete the Commitment Contract. (Page 7)
- Review the Food Guide and shop for the foods you want to have on hand during the challenge.
- When you receive it --- go to the Link provided via e-mail to gain access to the Challenge Videos and other Coaching Materials. If you have any problems setting up your account, contact me via e-mail: janetsanders@bloodsugarcentral.com, send me a private message or post in the FB Community and I will assist you.



DAILY ACTIVITIES OVERVIEW

The Challenge is designed to lead you through a series of activities to help you get started with new habits to crowd out sugar and other foods that spike blood sugars so that you can both identify challenges that you need to work on AND experience habits that will enable you to LIVE FREE from dieting, cravings, roller-coaster blood sugars and yo-yo weight gain.

- Each day you will be asked to "Crowd Out" (i.e. eliminate) certain foods and to "Add In" other foods that support a quality carb lifestyle. Once a food is eliminated, continue to avoid that food for the rest of the challenge. Use the Food Guide to select foods that can be added in, and once you are asked to add in a type of food, continue to consume that type of food for the rest of the challenge.
- Each Day: (1) Watch the Challenge Videos (a link will be provided); (2) Use the Workbook/Journal and Implement the Activities as instructed (3) Use the Workbook/Journal to track your progress, and (3) Use the Facebook Group to ask questions and communicate with Janet and other Challenge participants. The link is:
<https://www.facebook.com/groups/freshstarthealtheatingchallenge>
- Just for this week, keep your food plan very simple. This is not the time for extensive/complicated recipes unless you have a schedule that permits more time for cooking. As part of the challenge you will receive a list of suggested meal contents. Aim for the Food Plan proportions of 50% non-starchy Vegetables, 25% Healthy Protein, and 25% Healthy Fats/Starchy Vegetables/other quality carb foods. (this can be at each meal or as a daily overall goal)
- Implement Daily Challenge Activities. Once an activity is started, continue to do that activity for the rest of the challenge.
- If you feel stuck or have questions, post in the Facebook Community or send a PM to Janet. Either way, this is your opportunity to build a foundation of habits --- with full support ---- that will help you to reach your health goals --- whether that is to control cravings, manage blood sugars, stop dieting, manage weight, or any other goal that you are seeking to accomplish.



DETAILED JOURNAL INSTRUCTIONS

- Each day, confirm & track the food you are crowding out based on the Challenge instructions.
- Each day, track the food you are consuming, and add in the foods as set forth in the challenge instructions
- Note when you consume your food. (If you are diabetic, this will enable you to correlate the consumption of foods with any blood glucose results that are higher than desired.)
- If you are diabetic, each day, monitor your blood glucose levels noting the result and time of testing.
- Add in Exercise and a “Stress Buster” such as yoga or mediation to manage your stress levels as directed by the Challenge Instructions, and track in the journal.
- Keep track of the amount of water consumed.
- Be as accurate as possible with what you eat and the amount. Portion sizes are important, but do not get “hung up” on precision measurements. The idea is to track what types of foods you are eating so that you can develop the habit of eating foods that support your ability to manage weight and control your blood sugar. Be honest with yourself. The journal is for your benefit.
- Use the Journaling Page to track your thoughts and progress.

ONCE YOU ARE ASKED TO "ADD IN" a food, beverage, exercise, stress buster OR asked to CROWD OUT a food, continue to do so for the rest of the challenge. For example on Day 1 you are asked to eliminate foods with added sugar. After Day 1, you should continue to eliminate added sugar and do so throughout the remaining days of the challenge.

COMMITMENT CONTRACT: CHALLENGE GOALS & INTENTIONS

CHALLENGE START DATE:

ACTIVITY COMMITMENTS:

Place a Check in the Challenge Activities that You Will Commit to over the course of the Challenge:

- Crowd Out the foods identified to be avoided during the challenge
- Consume the foods identified to be added and enjoyed during the challenge
- Participate in each daily activity
- Enter my progress in the Daily Journal

OBSTACLES:

Identify any obstacles you might encounter during the Challenge?

What are some ideas for what you might do to overcome these obstacles:

I kept my commitments this week: Yes No

If no, what are some thoughts on what you might be able to do differently in the future?

DAY *Journal* ONE

Where Are You?

- Complete Getting Started Assessment
- Review the Food Plan
- For Day #1, Add in/Crowd Out any desired foods from the Food Plan. Note what you consumed in your Daily Journal.



Instructions for Completing Your Starting Assessment

The first step in changing behavior is self-awareness. To help you gain greater clarity about the foods you are eating and everyday habits, I created an assessment exercise that is designed to uncover key behaviors that affect insulin resistance and blood sugar management. As you move through the challenge, you can refer back to this exercise in order to identify habits holding you back and then make plans to put effective changes in place

Have fun with this exercise. Do not “over think” your responses. There are no right or wrong answers. Remember, you can’t change a habit until you are fully conscious of the behavior. With that in mind, the main purpose of the exercise is to bring your habits to your full awareness and to get you thinking about what you eat, how you exercise and how you manage your health on a day to day basis.

As part of this challenge you will take the assessment at the beginning and then again at the end of the challenge. It is recommended that you use colored pencils or pens to either put an X in the appropriate checkbox or fill in the checkbox with the appropriate color. The resulting diagrams will provide you with a visual of where you are at the start of the challenge, and the areas where you were able to make changes in a very short time throughout the challenge. A sample is provided in the page below.

- The time frame that you should use as applicable is recent eating patterns.
 - (i.e. how you have been eating/living at the time of filling in the form over the last two-four weeks)
 - Example: It is optimal to eat 1-2 servings of non-starchy vegetables with each meal. If you do this 5-7 days a week, either place a Green X in the "Non-Starchy Vegetable" checkbox or use a green pen/pencil to fill in the checkbox.
- At the bottom of the form, circle the "feelings" that you are currently experiencing in relationship to your general health and well being.
- You can print out the Assessment from this document or the Workbook that will be provided as a download in the Membership Area. Additional instructions can also be found in the Membership Area with the Day 1 Course Materials. (and you can also ask Janet any questions in your Welcome Call or via Post/PM/e-Mail. Janet will also be discussing the Assessment on the First Zoom call.)

DATE:

SELF ASSESSMENT

	ITEM	OPTIMAL	RATING		
EAT MORE	• Non-Starchy Vegetables	1-2 Servings each meal/snack	GREEN: Optimal 5-7 days a week YELLOW: Occasional consumption RED: Rarely Consume		
	• Healthy Protein	1 Serving each meal/snack			
	• Healthy Fats	1 Serving each meal/snack			

AVOID/ ELIMINATE	• Added Sugar	Eliminate more than 1 gram (Avoid 1 gram or less)	> 1g	= 1g or < 1g	
	• White Potatoes	Avoid	GREEN: Rarely Consume YELLOW: 3-5 times weekly RED: Often/Every day		
	• Grain-based Flour Products	Eliminate			
	• Rice	Eliminate White Rice (Avoid Brown Rice)	White Rice	Brown Rice	
	• Soda	Eliminate Regular (Avoid Diet)	Regular	Diet	
	• Fruit	Eliminate High Glycemic Avoid Medium Glycemic Consume Low Glycemic Sparingly	High	Medium	Low
	• Whole Grains	Consume Quinoa Occasionally Consume Oats Occasionally Consume Other Grains Sparingly	Quinoa	Oats	Other Grains

SUCCESS HABITS	• Exercise	1/2 - 1 Hour	GREEN: 5-7 Days YELLOW: 3-4 Days RED: 1-2 Days/Rarely		
	• Hydration	4-8 Servings			
	• Restful Sleep	7-8 Hours			
	• "Stress Busters"	15-30 Minutes			
	• Family/Fun/Selfcare	1 HOUR +			

FEELINGS	Depressed	Lethargic	Nervous	Other:	Happy	Relaxed	Serene	Other:
	Worried	Tired	Numb		Energized	Excited	Calm	
	Angry	Sad	Tense		Proud	Hopeful	Satisfied	
	Upset	Anxious	Deprived		Confident	Peaceful	Joyful	

Today, the main goal is to complete your assessment.

Then, Review the Food Guide, and Crowd Out/Add In foods as desired.



Track your daily food here, and if you are diabetic include testing results/time so that you can associate foods eaten with blood sugar levels.

BREAKFAST:

TIME:

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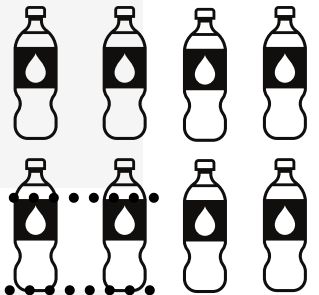
LUNCH:

TIME:

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Servings of Water
1 bottle = 8 ounces



DINNER:

TIME:

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Exercise
1 figure = 1/2 hr



SNACKS:

TIME

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"Stress Busters"
1 heart = 15 minutes



DAY 1: JOURNAL QUESTIONS & NOTES



What was your biggest accomplishment today?

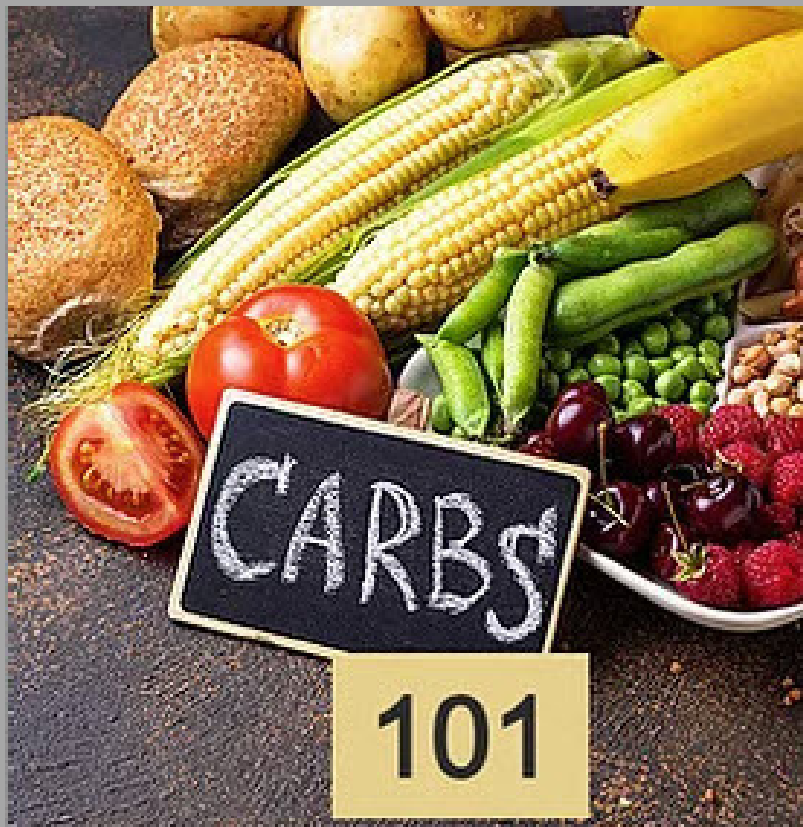
Did you have any struggles or challenges today? If yes, how did you handle?

Today I am grateful for:

DAY *journal* TWO

Learn How to Eat In Harmony with How
Your Body Works

- Crowd Out: Added Sugar, High Glycemic Fruit
- Add In: 1 non-starchy vegetable



DAY 2 "CROWD OUT"

ADDED SUGAR:

- No Beverages with Added Sugar
- No Regular Soda
- No "Diet" Soda
- No High Fructose Corn Syrup
- No Sugar Added to Recipes (Alternative sweetener OK)
- No Salad Dressing with Added Sugar (1 gram or less OK)
- No Processed Foods with Added Sugar (1 gram or less OK)
- No Yogurt with Added Sugar

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white & brown rice (& make substitutions as desired)
- NO white potatoes
- NO whole grains, (exceptions steel cut oats, barley, quinoa occasionally)
- NO or Very Small Portion of high protein grain-based pasta

FRUIT, DAIRY, NATURAL SUGAR

- If desired, consume lactose/dairy products in moderation
- Consume medium/low glycemic fruit sparingly
- Eliminate high glycemic fruit (very small piece of non-ripe banana OK in smoothie)

What was hardest food to eliminate today? Any "cravings" How did you handle?

DAY 2 ADD IN: 1 MORE NON-STARCHY VEGETABLE, (2 TOTAL FOR THE DAY) PLUS 1 HEALTHY PROTEIN & 1 HEALTHY FAT



Continue to Crowd Out Foods from List.

BREAKFAST:

TIME:

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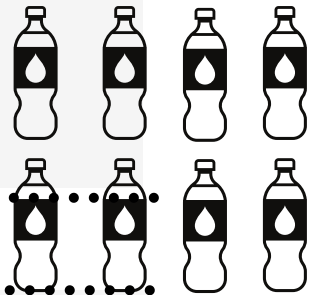
LUNCH:

TIME:

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Servings of Water
1 bottle = 8 ounces



DINNER:

TIME:

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Exercise
1 figure = 1/2 hr



SNACKS:

TIME

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"Stress Busters"
1 heart = 15 minutes



DAY 2: JOURNAL QUESTIONS & NOTES



What was your biggest accomplishment today?

Did you have any struggles or challenges today? If yes, how did you handle?

Today I am grateful for:

**Tips for Reading Labels:
Become a "Sugar Detective" & Select Brands with
No "Added Sugar"**



- Instead of selecting a processed food that includes sugar in the ingredients, select a brand that has a small amount of natural sugars (i.e from the food itself such as the sugar from tomatoes in tomato sauce) and no "added" sugar. (1 gram or less of an added sugar is OK OCCASIONALLY)
- Food labels have both a Nutrition Facts and an Ingredients section, which provide different types of information.. Always read both the Nutrition Facts and Ingredients sections of the Food Label to understand the health value of a food product. Together, they give you the TRUE picture as to the health & nutritional value of the food product.

Look for any of the following names for sugar in the ingredients portion of the label:

- Barley Malt, Beet Sugar, Blackstrap Molasses, Brown Sugar, Cane Sugar, Carmel, Corn Sweetener, Corn Syrup, Date Sugar, Dextrin, Dextrose, Fructose, Grape Sugar, Grape Sweetener, Herbal Sweetener, High fructose Corn Syrup, Honey, Invert Sugar, Lactose, Maltose, Mannitol, Maple Syrup, Molasses, Polydextrose, Raw Sugar, Sorbitol, Sorghum, Sucanat, Sucrose, Sugar, Turbinado.

Below is an explanation of the food label sections that impact the sugar and flour content:

- **Ingredients:** are listed in order, starting with the ingredient found in the largest amount, by weight, and progressing to the ingredient present in the smallest amount.. If the list of ingredients is long with words you don't recognize, it is likely that there are artificial and chemical ingredients that you want to avoid.
- **Sugar Lists** the amount of all sugar. The source can be natural sugar from the food itself or added sugar. . (examples: sugar, dextrose, maple syrup, honey, fructose) The way to tell is to read the ingredients. As a general rule, you want to avoid food products with ADDED sugar listed in the ingredients in an amount over 1 gram as well as foods with large amounts of naturally occurring sugar.
- **Total Carbohydrate:** Reflects the total amount of carbohydrates in the food product.

A Word About High Fructose Corn Syrup

There is one sweetener that many experts agree should be avoided at all costs, and that is the super sugar high-fructose corn syrup (HFCS). HFCS is an ingredient of almost every sweetened or processed food that many Americans consume every day.

When corn is processed into HFCS, this sweetener is absorbed more quickly than regular sugar and enters your cells, becoming an uncontrolled source of carbon (acetyl-CoA) that is made into cholesterol and triglycerides.

Additionally, none of the normal controls on appetite are triggered when you eat foods or beverages containing HFCS so that you tend to stay hungry and keep eating more sugar and refined foods, which continues to fuel this cycle.

Tips for Adding More Non-Starchy Vegetables to Your Daily Meals



It's a Snap!

- ❖ Serve Raw Vegetables with Dip, Cheese or Favorite Spread:
- ❖ Grill an Onion
- ❖ Munch on Some Edamame
- ❖ Use Lettuce Leaves as substitute for Bread
- ❖ Munch on some celery with almond or peanut butter
- ❖ Make a tomato and onion salad
- ❖ Add onions, corn & red pepper to black beans (hot or cold salad)



Pretty Easy

- ❖ Flavor Up Salad Dressing with finely chopped veggies
- ❖ Make Some Salsa
- ❖ Use Frozen Vegetables for Easy Salads and Side Dishes
- ❖ Make a Stir Fry with Vegetables & Protein of Choice
- ❖ Add Vegetables to Quinoa (hot or cold salad)
- ❖ Lightly steam or boil some Kale
- ❖ Make a creamy soup with leftover vegetables
- ❖ Make a cucumber salad



Hmm...Looks a Little Harder

- ❖ Cook homemade vegetable soup in a crock pot
- ❖ Prepare vegetarian chili with vegetables
- ❖ Roast a Variety of Vegetables
- ❖ Press Some Red or Green Cabbage

DAY *journal* THREE

Change Your Plate

- Crowd Out: Rice, White Potatoes
- Add In: 1 more Non-Starchy Vegetable Total 2 non-starchy vegetables today and the rest of the challenge
- Add IN: 1 Healthy Protein & 1 Healthy Fat



DAY 3 "CROWD OUT"

ADDED SUGAR:

- No Beverages with Added Sugar
- No Regular Soda
- No "Diet" Soda
- No High Fructose Corn Syrup
- No Sugar Added to Recipes (Alternative sweetener OK)
- No Salad Dressing with Added Sugar (1 gram or less OK)
- No Processed Foods with Added Sugar (1 gram or less OK)
- No Yogurt with Added Sugar

"WHITE STUFF" & GRAIN BASED FLOUR

NO grain-based flour bread

NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks

- NO white & brown rice (& make substitutions as desired)
- NO white potatoes

NO whole grains, (exceptions steel cut oats, barley, quinoa occasionally)

NO or Very Small Portion of high protein grain-based pasta

FRUIT, DAIRY, NATURAL SUGAR

- If desired, consume lactose/dairy products in moderation
- Consume medium/low glycemic fruit sparingly
- Eliminate high glycemic fruit (very small piece of non-ripe banana OK in smoothie)

What was hardest food to eliminate today? Any "cravings" How did you handle?

DAY 3 ADD IN: 1 MORE NON-STARCHY VEGETABLE, (2 TOTAL FOR THE DAY) PLUS 1 HEALTHY PROTEIN & 1 HEALTHY FAT

Continue to Crowd Out Foods from List



BREAKFAST:

TIME:

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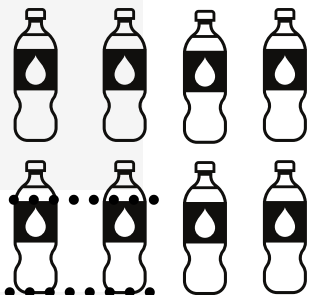
LUNCH:

TIME:

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Servings of Water
1 bottle = 8 ounces



DINNER:

TIME:

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Exercise
1 figure = 1/2 hr



SNACKS:

TIME

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"Stress Busters"
1 heart = 15 minutes



DAY 3: JOURNAL QUESTIONS & NOTES



What was your biggest accomplishment today?

Did you have any struggles or challenges today? If yes, how did you handle?

Today I am grateful for:

Tips For Choosing Healthy Protein



- ❖ **Meat/Poultry:** Meat from grass fed animals contains more conjugated linoleic acid (a component of fat that boosts fat burning and the buildup of lean muscle mass) and more healthy Omega-3 fats. Try to choose organic sources of both meat and poultry whenever possible.
 - ❖ **Eggs:** Consumed in moderation eggs are a great source of protein and vitamins, including vitamin A, potassium and many B vitamins like folic acid, choline and biotin. Try to purchase eggs from chickens raised in a free-range or cage-free environment.
 - ❖ **Yogurt & Kefir:** In addition to being a good source of protein and calcium, yogurts that say "live and active cultures" on the label contain probiotics that help maintain and restore the delicate balance of both "good" and "bad" bacteria necessary for a healthy digestive system. Kefir, a fermented milk product is also a rich source of probiotics, vitamins, minerals and essential amino acids/protein.
 - ❖ **Legumes** are a great source of protein and soluble fiber, but be aware that they are a source of phytic acid, an anti-nutrient that binds with minerals in your gut making the minerals unavailable for absorption.. The best way to reduce the amount of phytic acid is to soak your beans overnight before cooking them. If you use canned beans rinse them well to reduce the sodium content) Generally, eaten in MODERATION, beans should not pose any problems in the context of a nutrient-dense diet.
 - ❖ **Fish/Seafood:** (Best: High Eco Rating, low mercury content, high Omega 3 content)
Examples: Wild Salmon, Sardines, Herring, Sablefish, Albacore Tuna from U.S./Canada, Farm Raised Oysters)
 - ❖ **Soy Products:** Tofu, Tempeh (avoid highly processed soy products)
 - ❖ **Protein Powder** can be divided into two categories: animal source proteins and vegetable source proteins. Animal source proteins include milk protein derivatives like whey and casein, beef and egg white protein. Vegetable source proteins include soy, rice, pea, hemp and sprouted grain proteins.
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Healthy Fats & Oils

Key Try to limit amount of Oils to 1-2 Tablespoons daily & get the rest of your fats from food sources. Eat no more than ¼ cup of nuts & seeds daily.

- ❖ **Monounsaturated Fats:** Sources include: Olive Oil, Canola Oil, Avocados, Almonds
- ❖ **Omega-3 Fats:** Sources include: flaxseeds & flaxseed oil, walnuts & walnut oil, salmon, herring, fresh tuna, sardines, pumpkin seeds. Depending on your health goals and condition, you may want to supplement your diet with a high quality fish oil.

❖ Extra Virgin Olive Oil	Organic if possible. (Bionaturae Organic Extra Virgin Olive Oil).
❖ Avocados	Slice on salads, use in dips & salad dressing, enjoy Guacamole
❖ Other Oils	Coconut oil, Walnut Oil, Sesame Oil, Canola Oil (Use Sparingly)

Nuts & Seeds

❖ Seeds	Pumpkin, Sunflower, Sesame Seeds, Chia
❖ Assorted Nuts	Almonds, Walnuts, Pecans, Pistachio Nuts, Brazil Nuts
❖ Flax Seeds	Whole -Use coffee grinder to grind small portions at a time Ground - Bob's Red Mill, Barleans (keep refrigerated)

DAY *Journal* FOUR

Stay Hydrated

- Crowd Out: Diet Drinks
- Add In: 2-4 Servings of Water, Tea (Natural Sweeteners & Flavorings)
- + 30 Minutes of Movement



DAY 4 "CROWD OUT"

ADDED SUGAR:

- | | |
|---|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar (1 gram or less OK) |
| <input type="checkbox"/> No Regular Soda | <input type="checkbox"/> No Processed Foods with Added Sugar (1 gram or less OK) |
| <input type="checkbox"/> No "Diet" Soda | <input type="checkbox"/> No Yogurt with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | |
| <input type="checkbox"/> No Sugar Added to Recipes (Alternative of choice OK) | |

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
 - NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
 - NO white & brown rice (& make substitutions as desired)
 - NO white potatoes
- NO whole grains, (exceptions steel cut oats, barley, quinoa occasionally)
- NO or Very Small Portion of high protein grain-based pasta

FRUIT, DAIRY, NATURAL SUGAR

- If desired, consume lactose/dairy products in moderation
- Consume medium/low glycemic fruit sparingly
- Eliminate high glycemic fruit (very small piece of non-ripe banana OK in smoothie)

DAY 4 ADD IN: 2-4 SERVINGS OF WATER, TEA (NATURAL SWEETENERS & FLAVORINGS) + 30 MINUTES OF MOVEMENT



Continue to Crowd Out Foods from List

BREAKFAST:

TIME:

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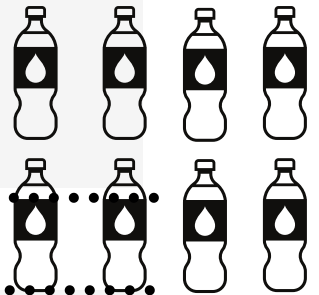
LUNCH:

TIME:

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Servings of Water
1 bottle = 8 ounces



DINNER:

TIME:

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Exercise
1 figure = 1/2 hr



SNACKS:

TIME

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"Stress Busters"
1 heart = 15 minutes



DAY 4: JOURNAL QUESTIONS & NOTES



What was your biggest accomplishment today?

Did you have any struggles or challenges today? If yes, how did you handle?

Today I am grateful for:

Tips for Cutting out Soda – Even Diet (and Staying Hydrated)

Diet Soda and Sugar Cravings:

A growing body of research indicates that drinking artificially sweetened diet sodas on a regular basis may set you up for weight gain and increased cravings for sweets. New research indicates that the body learns to predict caloric intake by the taste and texture of certain foods. When artificial sweeteners are introduced into the mix, our body sends the appropriate sweet signals to the brain but never delivers the sugar punch.

In this process we set ourselves up for cravings to which we eventually and often unknowingly, give in. In other words, consuming drinks that taste very sweet due to artificial sweeteners that seem real might be setting us up to eat more later on. An occasional diet soda is probably fine. But, watch out for habitual drinking of artificially sweetened diet soda.

Stay Hydrated with Water or alternative such as green or vegetable tea:

Do you ever feel hungry soon after eating or tired when you know you have had a good night's sleep? Guess what? You may be dehydrated. Often drinking a glass of water when you have these symptoms will relieve the tiredness or feeling of hunger. Green tea or Rooibos Tea are good choices as well, providing protective antioxidants.

Kick the Soda Habit with this easy recipe for Lemon/Lime Spritzer: Instead of reaching for a diet soda, try this refreshing twist on the popular sodas 7-Up and Sprite. (For variety, you can experiment with other fruits such as Oranges or Strawberries, and different flavors of Liquid Stevia as well)

Ingredients:

8 ounces sparkling water

2-3 slices of lemon and/or lime

2-3 drops Liquid Stevia (Sweet Leaf Brand- Plain or Lemon Drop)

Ice cubes (as desired)

Directions:

- Pour the sparkling water into a glass
- Slice the lemon/lime and squeeze some of the juice into the sparkling water, then add the lemon/lime into the sparkling water
- Add 2-3 drops of the Stevia to the sparkling water.
- Add ice cubes and enjoy

DAY *journal* FIVE

Build a Better Breakfast

- Crowd Out: Grain-Based Flour Products
- Add In: "Break" Fast choice from Food List



DAY 5 "CROWD OUT"

ADDED SUGAR:

- | | |
|--|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Salad Dressing with Added Sugar (1 gram or less OK) |
| <input type="checkbox"/> No Regular Soda | <input type="checkbox"/> No Processed Foods with Added Sugar (1 gram or less OK) |
| <input type="checkbox"/> No "Diet" Soda | <input type="checkbox"/> No Yogurt with Added Sugar |
| <input type="checkbox"/> No High Fructose Corn Syrup | |
| <input type="checkbox"/> No Sugar Added to Recipes
(Alternative of choice OK) | |

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white & brown rice (& make substitutions as desired)
- NO white potatoes

NO whole grains, (exceptions steel cut oats, barley, quinoa occasionally)

NO Grain Based Pasta or Very Small Portion of high protein grain-based pasta

FRUIT, DAIRY, NATURAL SUGAR

- If desired, consume lactose/dairy products in moderation
- Consume medium/low glycemic fruit sparingly
- Eliminate high glycemic fruit (very small piece of non-ripe banana OK in smoothie)

DAY 5 ADD IN: "BREAK" FAST CHOICE FROM FOOD LIST

Continue to Crowd Out Foods from List



BREAKFAST:

TIME:

.....

.....

LUNCH:

TIME:

.....

.....

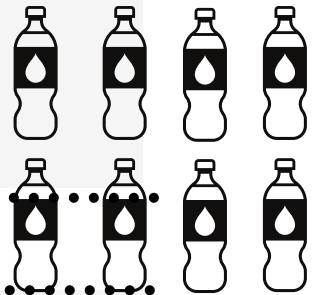
DINNER:

TIME:

.....

.....

Servings of Water
1 bottle = 8 ounces



Exercise
1 figure = 1/2 hr



SNACKS:

TIME

.....

.....

"Stress Busters"
1 heart = 15 minutes



DAY 5: JOURNAL QUESTIONS & NOTES



What was your biggest accomplishment today?

Did you have any struggles or challenges today? If yes, how did you handle?

Today I am grateful for:

Tips for Building a Better Breakfast

Everyone's biochemistry is different, and so there is no definitive answer to this question. Having said that, the idea at breakfast is to eat foods that do not cause huge blood sugar spikes, set the stage for balanced blood sugars the rest of the day, and leave you feeling satisfied. As a rule of thumb, the more nutritionally dense the foods are that you eat, the better you will feel.

Best Choices include:

- Healthy Protein: (Examples: salmon, eggs, turkey bacon, hummus, tofu)
- Chaffles
- Non-grain based flour bread or Sprouted whole grain bread, with healthy protein and/or healthy fat such as avocado. (Adding vegetables is always a big plus!)
- Protein or Green Smoothie (low glycemic fruit only)
- Breakfast Salad or Vegetable/Cheese/Healthy Protein Plate

Occasional Choices: Low glycemic index fruit (daily amount depends on your individual health condition), cold cereal (Keto Brands); Non-grain based flour pancakes

Avoid: Grain based flour products (dry cereal, pastries, bread, bagels, croissants), fruit juice, high glycemic fruit

NOTE: if you are practicing intermittent fasting, you might not eat breakfast early in the day, but breaking your fast later in the day with breakfast foods is fine too. I follow a 16:8 intermittent fasting plan, I end my eating for the day at 8 PM (or sometime 7 PM) and so my first meal is at NOON or 11 AM. But I often eat breakfast foods for my first meal of the day. Or sometimes I just enjoy eating "breakfast" for dinner. You can enjoy "break" fast foods anytime of the day.

A Few Breakfast Ideas

- Eggs or tofu scrambled with vegetables of choice. (TIP: keep some sautéed onions in the fridge. Heat them in the a.m., and toss them into scrambled eggs. For added flavor add chopped peppers, broccoli, or sun-dried tomatoes)
- Choco-Greens Powder Smoothie or Very Berry Smoothie
- Hard boiled or deviled eggs (if desired, substitute hummus for mashed egg yolk)
- Crust free mini quiche (with vegetables and cheese of choice)
- Yogurt with protein powder, berries and chopped nuts
- Almond butter/ricotta spread ½ sprouted whole grain English Muffin or piece of Paleo bread. To make the spread, combine 1 TBSP Almond Butter with ¼ cup part skim ricotta cheese and sweeten with sugar alternative of your choice. (add some protein powder or ground flax seed for extra nutrients)
- Turkey breast rollup with low fat cheese, avocado and sprouts
- Non-Grain-Based French Toast or pancakes with Blueberries, or Easy Blueberry Syrup
- Breakfast Chaffles
- Almond flour protein pancakes (make your own pancakes or start with a mix)
- Smoked salmon, low fat veggie cream cheese, onion and tomato on non-grain based bread or sprouted whole grain bread
- Poached salmon with cucumber salad
- Avocado Toast on Low Carb or Sprouted Grain Toast or Hummus, avocado, red onion and tomato on non-grain based bread or sprouted whole grain English Muffin
- Stir fry with roast chicken or tofu and vegetables
- Tempeh or Turkey Bacon with eggs of choice and side salad
- Bone Broth, Miso soup or other (with some vegetables and/or some protein like tofu or shredded chicken included)
- Swedish Breakfast Plate

DAY *journal* SIX

Be Prepared & Snack Smart

- Crowd Out: Grains & Grain Based Pasta
- Add In: Snack from Food List (if desired)



DAY 6 "CROWD OUT"

DATE:

ADDED SUGAR:

- | | |
|---|--|
| <input type="checkbox"/> No Beverages with Added Sugar | <input type="checkbox"/> No Beverages with Added Sugar |
| <input type="checkbox"/> No Regular Soda | <input type="checkbox"/> No Salad Dressing with Added Sugar (1 gram or less OK) |
| <input type="checkbox"/> No "Diet" Soda | <input type="checkbox"/> No Processed Foods with Added Sugar (1 gram or less OK) |
| <input type="checkbox"/> No High Fructose Corn Syrup | <input type="checkbox"/> No Yogurt with Added Sugar |
| <input type="checkbox"/> No Sugar Added to Recipes (Alternative of choice OK) | |

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white & brown rice (& make substitutions as desired)
- NO white potatoes
- NO whole grains, (exceptions steel cut oats, barley, quinoa occasionally)
- NO Grain Based Pasta or Very Small Portion of high protein grain-based pasta

FRUIT, DAIRY, NATURAL SUGAR

- If desired, consume lactose/dairy products in moderation
- Consume medium/low glycemic fruit sparingly
- Eliminate high glycemic fruit (very small piece of non-ripe banana OK in smoothie)

What was hardest food to eliminate today? Any "cravings" ? How did you handle?

DAY 6 ADD IN: SNACK FROM FOOD LIST (IF YOU ARE INCLUDING A SNACK IN YOUR PLAN)

Continue to Crowd Out Foods from List



BREAKFAST:

TIME:

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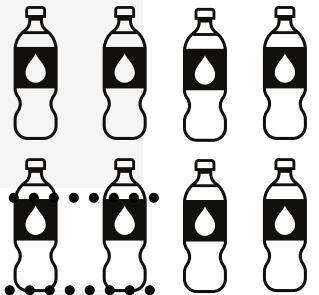
LUNCH:

TIME:

.....

.....

Servings of Water
1 bottle = 8 ounces



DINNER:

TIME:

.....

.....

Exercise
1 figure = 1/2 hr



SNACKS:

TIME

.....

.....

"Stress Busters"
1 heart = 15 minutes



DAY 6: JOURNAL QUESTIONS & NOTES



What was your biggest accomplishment today?

Did you have any struggles or challenges today? If yes, how did you handle?

Today I am grateful for:

Some Ideas for Snacking Smart

- Pumpkin Seed Mix (1/4 cup)
- ¼ cup nuts (almonds, walnuts, pecans) with a slice of low fat cheese or raw veggies.
- 1 TBSP almond butter with a piece of non-grain based bread or apple slices
- Edamame with Flavored “salts” or Ponzu Sauce
- Turkey rollups with avocado
- Chopped tomato salad with, beans, red onions, avocado and dressing of choice
- Cherry tomatoes with tuna salad
- Deviled egg (if desired, with hummus substituted for mashed egg yolk)
- Hummus or Bean Dip with raw vegetables
- ¼ cup part skim ricotta cheese (or Greek Yogurt) with unsweetened cocoa and a tablespoon of chocolate protein powder. (Add Stevia or Truvia to taste.) To make it extra luxurious add some melted Dark Chocolate.....
- Cucumber or zucchini rounds with hummus, smoked salmon or tuna salad
- Air Fried Chicken Strips with “no-grain based flour coating”
- Spicy, Roasted Chick Peas
- Guacamole with Jicama sticks
- Cup of lentil, vegetable, carrot or black bean soup.
- Sardine salad with cucumbers & vegetables
- Simple Cucumber Salad
- Pressed Cabbage Salad
- Homemade Low Carb Crackers or Triscuits with smoked salmon & cream cheese
- Baby spinach “rollups” with Laughing Cow Cheese and walnuts
- Avocado Slices with Lemon or Lime
- Silver Dollar “no grain-based flour” Pancakes
- Mini Chaffle Pizza (add some Pepperoni or vegetables on top)
- Antipasto platter (olives, roasted peppers, hummus, pickled vegetables, cheese)

DAY *journal* SEVEN

Plan for 2022

- Re-assess: Complete the Ending Assessment to see the changes you were able to make during the challenge.
- Where do you still want to make changes in the future?
- What challenge accomplishments are you excited about?
- Create your Goal Setting VISION
- Continue to crowd out & add in the foods from days 2-6



DAY 7 "CROWD OUT"

DATE:

ADDED SUGAR:

- No Beverages with Added Sugar
- No Regular Soda
- No "Diet" Soda
- No High Fructose Corn Syrup
- No Sugar Added to Recipes
(Alternative of choice OK)
- No Salad Dressing with Added Sugar (1 gram or less OK)
- No Processed Foods with Added Sugar (1 gram or less OK)
- No Yogurt with Added Sugar

"WHITE STUFF" & GRAIN BASED FLOUR

- NO grain-based flour bread
- NO grain-based flour crackers, muffins, tortillas, cookies, cakes, snacks
- NO white & brown rice (& make substitutions as desired)
- NO white potatoes
- NO whole grains, (exceptions steel cut oats, barley, quinoa occasionally)

FRUIT, DAIRY, NATURAL SUGAR

- If desired, consume lactose/dairy products in moderation
- Consume medium/low glycemic fruit sparingly
- Eliminate high glycemic fruit (very small piece of non-ripe banana OK in smoothie)
- NO Grain Based Pasta or Very Small Portion of high protein grain-based pasta

DAY 7: CONTINUE TO CROWD OUT FOODS FROM LIST AND ADD IN FOODS FROM DAYS 2-6



BREAKFAST:
TIME:

.....

.....

LUNCH:
TIME:

.....

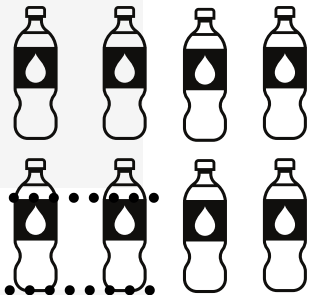
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DINNER:
TIME:

.....

.....

Servings of Water
 1 bottle = 8 ounces



Exercise
 1 figure = 1/2 hr



SNACKS:
TIME

.....

.....

.....

"Stress Busters"
 1 heart = 15 minutes



DAY 7: JOURNAL QUESTIONS & NOTES



What Challenge Accomplishments are You Excited About?

What were your biggest challenges throughout the 7 day workshop?

What Changes would you like to make in the future?

DATE:

ENDING ASSESSMENT

	ITEM	OPTIMAL	RATING		
EAT MORE	• Non-Starchy Vegetables	1-2 Servings each meal/snack	GREEN: Optimal 5-7 days a week YELLOW: Occasional consumption RED: Rarely Consume		
	• Healthy Protein	1 Serving each meal/snack			
	• Healthy Fats	1 Serving each meal/snack			

AVOID/ ELIMINATE	• Added Sugar	Eliminate more than 1 gram (Avoid 1 gram or less)	> 1g	= 1g or < 1g	
	• White Potatoes	Avoid	GREEN: Rarely Consume YELLOW: 3-5 times weekly RED: Often/Every day		
	• Grain-based Flour Products	Eliminate			
	• Rice	Eliminate White Rice (Avoid Brown Rice)	White Rice	Brown Rice	
	• Soda	Eliminate Regular (Avoid Diet)	Regular	Diet	
	• Fruit	Eliminate High Glycemic Avoid Medium Glycemic Consume Low Glycemic Sparingly	High	Medium	Low
	• Whole Grains	Consume Quinoa Occasionally Consume Oats Occasionally Consume Other Grains Sparingly	Quinoa	Oats	Other Grains

SUCCESS HABITS	• Exercise	1/2 - 1 Hour	GREEN: 5-7 Days YELLOW: 3-4 Days RED: 1-2 Days/Rarely		
	• Hydration	4-8 Servings			
	• Restful Sleep	7-8 Hours			
	• "Stress Busters"	15-30 Minutes			
	• Family/Fun/Selfcare	1 HOUR +			

FEELINGS	Depressed	Lethargic	Nervous	Other:	Happy	Relaxed	Serene	Other:
	Worried	Tired	Numb		Energized	Excited	Calm	
	Angry	Sad	Tense		Proud	Hopeful	Satisfied	
	Upset	Anxious	Deprived		Confident	Peaceful	Joyful	

Developing Your Vision

What your mind can conceive of and believe, it can achieve, and this vision is the key to self-motivation. In his book *Unlimited Power*, Anthony Robbins reminds us that “People who succeed know what they want and believe they can get it.”

In order to develop an effective plan for conquering diabetes/pre-diabetes, losing weight or managing any chronic condition, it is absolutely essential that you develop clarity about where you are and where you want to go. In order to develop a vision that will propel you towards your goals, you must:



SEE IT



OWN IT



WANT IT



BELIEVE IT

Conquering any blood sugar health issue is not just about what you eat. Your vision will also include other hopes and aspirations relating to your career, physical activity and relationships. Joshua Rosenthal, founder of the Institute of Integrative Nutrition, refers to these as “primary foods”. These are your dreams, they are what feed your spirituality and help you to stay motivated.

One way to think about your life vision is to identify qualities you would like to develop, things you would like to do, and things you would like to have as a healthy person with your blood sugars under control. Part of your vision will be directly related to your physical health, while other aspects will include things you hope to achieve as part of your overall life plan. Below are some examples:

Qualities I Would Like to DEVELOP

- I would like to be more energetic
- I would like to be more focused
- I would like to be physically fit

Things I Would Like to DO

- I would like to lose weight
- I would like to go back to school to learn how to be a chef
- I would like to take a year off from work and travel

Things I would like to HAVE

- I would like to have my own business
- I would like to have a garden to grow my own vegetables
- I would like to have more friends and time to spend with them

VISION EXERCISE

Develop your life vision using worksheet below. You may not have all the answers right now. That is OK, take your time and add to it as you think of items to add.

What Qualities Would You Like To Develop?



What Things Would You Like to DO?

Your Vision is your roadmap for where you want to go in your life.

Thinking about the questions on this page will help you to gain clarity about where you are and how you see your life unfolding in the future.

What Things Would You Like to Have?



Where Do You Want to Live?

What relationships would you like to have in your life?

What Are Your Top 3 Health Goals?

What Would You Like Your Life's Work To Be?



HELPFUL LINKS

- Challenge Facebook Group:

<https://www.facebook.com/groups/freshstarthealthyeatingchallenge>

- Main Blood Sugar Central Facebook Group:

<https://www.facebook.com/groups/bloodsugarcentral>

- Blood Sugar Central Website:

<https://www.bloodsugarcentral.com>

- Challenge Welcome Call Link

<https://calendly.com/bloodsugarcentral/welcome-session-back-on-track-healthy-eating-challenge>

- Janet Sanders e-mail

janetsanders@bloodsugarcentral.com

- Kajabi Web-site --- Challenge Materials & Videos Link

<https://bloodsugarcentral.mykajabi.com/offers/3WLRzBk2>



Water does not cut
through rock with its
strength only.

It does so by being
relentlessly persistent....

Never, never, never give up.
Winston Churchill