



30-day Sugar Detox Challenge

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Want to **RADICALLY** transform your health?

Then invest in yourself and try my

30-Day Sugar Detox Challenge

Read more info on my blog www.vdanutrition.com

Please note: all of the information contained in this document is a guide, it is not to treat or diagnose.

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30-day Sugar Detox Challenge

Preparation checklist

- ✓ Clear all temptations from your kitchen, house and car
- ✓ Plan your meals, using my guide below
- ✓ Make a shopping list for meal ingredients and supplements
- ✓ When shopping, read all labels, watching out for hidden sugars
- ✓ Shop consciously, pin your grocery shopping locations
- ✓ Prepare a daily journal. It's important to note what you eat and how you feel every day
- ✓ Brainstorm and list healthy distractions that'll take your mind off the cravings - walking, gardening, calling a friend, a massage, mani or pedi, reading, etc



Familiarise yourself with these non-negotiables

No sugar

No simple carbs

No grains, flour, gluten

No sweeteners

No alcohol

No vegetable oils

No juice or dried fruit

No processed foods

No GMOs

Animal protein: organic, pasture-raised, free from hormones and antibiotics

Vegetables and fruit: organic where possible

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What you can eat

- ✓ An abundance of vegetables (the more greens the better)
- ✓ Fresh fruit in season
- ✓ Good quality protein (eggs, wild fish, pasture-raised animal products)
- ✓ Natural fats (avo, nuts seeds, olives, coconut oil, cold-pressed olive oil)
- ✓ Coconut yoghurt
- ✓ Homemade almond milk
- ✓ Good quality plant-based protein or collagen powder

Supplements

Berberine
Green Tea
Curcumin
Milk Thistle

Hydration

Aim to drink 1-2 litres of purified water per day at a minimum. If you are very physically active, then drink more!

My Guide to the Ideal Nourishing Plate

Healthy fats:
add as
desired

A dash of
nutrient-dense
zing



Protein:
Aim for 20%
of your plate

All the greens:
60% of
your plate



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Meal plan for a typical sugar-free day

Breakfast

Hot water & lemon as you wake up

SUPER SMOOTHIE with collagen or plant-based protein powder, ¼ avocado or ½ frozen banana, fresh berries, cacao nibs, sprinkle with cinnamon hemp / pumpkin seeds

OR

SUGAR-FREE CHOC AÇAÍ BOWL

- Flax milk (or any other non-dairy) unsweetened milk
- 1 unsweetened açai block
- ½ avocado
- 1 scoop chocolate organic / grass fed protein (totally up to you!)
- Toppings: cacao nibs, chia seeds, hemp seeds, pumpkin seeds, unsweetened almond butter, coconut cups
- Additional toppings: berries

Lunch

RAINBOW SALAD

- Protein
- 1 teaspoon of olive oil
- ½ teaspoon turmeric
- 1 teaspoon apple cider vinegar
- Handful of baby organic beetroots
- Handful of grated organic carrots
- ½ handful of walnuts
- Handful of organic artichoke hearts
- 1 tablespoon organic sauerkraut
- Lots of rocket / mixed salad greens
- Lemon to taste
- Season to taste: cumin, chilli powder, sage, oregano, cinnamon, coriander, paprika, Himalayan sea salt, cracked black pepper
- Add extra veg as needed for fibre and bulk, great for satiety: bell peppers, fennel, celery, broccoli, ginger, radishes, baby marrows, cauliflower

Dinner

- Lightest meal, 3 hours before bed
 - Fresh fish and cleansing green salad of organic rainbow chard, asparagus, toasted cumin seeds, can include pumpkin and chia seeds. Season to taste - see Lunch list above
- Lemon juice for flavour

Nightcap

- A good book, chamomile or peppermint tea, or a warmed cup of almond milk with cinnamon and vanilla.
- A note: Leave 4 - 5 hrs between meals and 12 - 16 hrs between your last meal of the day and breakfast. This is important for your digestion.
- If you have a treat, indulge in the treat as part of a meal, instead of eating the treat all day long.

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Things to watch out for

Beware of these hidden sugars

Sugar by any other name is still sugar. Watch out for these hidden sugar terms. They may sound healthy but remember, any added sugar is not. There is no point in tricking your system with another sweetness of any kind, it will only continue the sugar-craving cycle.

Simple sugars: Dextrose, Fructose, Galactose, Glucose, Lactose, Maltose, Sucrose

Solid or granulated sugars: Beet sugar, Brown sugar, Cane juice crystals, Cane sugar, Castor sugar, Coconut sugar, Confectioner's sugar, Corn syrup solids, Crystalline fructose, Date sugar, Demerara sugar, Dextrin, Diastatic malt, Ethyl maltol, Florida crystals, Golden sugar, Glucose syrup solids, Grape sugar, Icing sugar, Maltodextrin, Muscovado sugar, Panela sugar, Raw sugar, Sugar (granulated/table), Sucanat, Turbinado sugar, Yellow sugar,

Liquid or syrup sugars: Agave Nectar/Syrup, Barley malt, Blackstrap molasses, Brown rice syrup, Buttercream, Caramel, Carob syrup, Corn syrup, Evaporated cane juice, Fruit juice & concentrate, Golden syrup, Malt syrup, Maple syrup, Molasses, Rice syrup, Refiner's syrup, Sorghum syrup, Treacle, High-Fructose Corn Syrup, Honey, Invert sugar

Temptation danger zones

We all have weakened zones or times when we may fall off the wagon. Make notes of these in your journal and avoid them as much as possible. Examples include:

- Morning rush to school/office. Rather make time, or plan for your breakfast.
- Late afternoon when you are tired. This will subside as you progress with your challenge. Find something to pass the time before dinner: walk, garden, meditate, etc
- Too tired to cook. Avoid this pitfall by having your meal prepared or well planned.
- Avoid areas of temptation like your local bakery or sweet stores.
- Tell your friends and family what you are doing so that they can support you, especially in social situations.
- Lack of time. Make the time. Get up earlier to prepare.
- Avoid boredom - find something new to do to fill the void. Take up a yoga, dance or art class. Let something else be your focus rather than the obsession with food.
- It's also about ridding old habits and making new healthy ones.

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After 30 days, even if you only managed to eat real food you are halfway there. You can do this!