



5 Day Sugar Overhaul Challenge

Choose 5 of the options below (one for each day) and the day of the week you will accomplish each one. Under "Check-In", please rate your confidence level in completing the challenge and then mark it off when you complete it.

Date	Challenge Options	Check-In
	<input type="checkbox"/> Go through your snacks/treats and identify how much sugar is in your usual choices.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Stop the sugar cycle for one whole day. Eliminate all added sugars.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Add in foods that help reduce cravings.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> List three sweet treat alternatives.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Do a food log of the day and identify all added sugars.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Move your tempting treats to a less accessible location in the house.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Scan your home and work space for visible sweets and replace with healthy options.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Write down your triggers for treats.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Start with breakfast and have a hearty lunch.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?
	<input type="checkbox"/> Drink 8 cups of water.	1 2 3 4 5 6 7 8 9 10 Did you accomplish it?

Challenge Option Details

- **Go through your snacks/treats and identify how much sugar is in your usual choices.**
 - We often do not realize the impact of having a snack or treat here and there. It does add up. Here is a link to how much added sugar is considered safe in a healthy diet. [SUGAR RECOMMENDATIONS](#)
 - **Stop the sugar cycle for one whole day. Eliminate all **added** sugars.**
 - Natural sugars include fruit and dairy. Nutrition labels are starting to identify added sugars vs natural sugars. Added sugars on the label can be listed as the following: fructose, sucrose, high fructose corn syrup, cane sugar, molasses, honey, syrup, and fruit juice concentrate.
 - **Add in foods that help reduce cravings.**
 - Choose leafy greens and vegetables throughout the day, have balanced meals that includes protein and fat to feel satisfied and stay full.
 - **List three sweet treat alternatives.**
 - Find healthier options that will satisfy the sweet tooth. Could it be a dessert flavored tea, dark chocolate or a piece of grilled fruit?
 - **Do a food log of the day and identify all added sugars.**
 - This challenge will give you clear awareness of your added sugar intake. Remember 25g of sugars is 100 empty calories.
 - **Move your tempting treats to a less accessible location in the house.**
 - Out of sight, out of mind. Make it more difficult to reach for the treats.
 - **Scan your home and work space for visible sweets and replace with healthy options.**
 - Have you noticed that when you put your healthy foods in a convenient place, you go to them first? Try prepping fruits and veggies to make them convenient.
 - **Write down your triggers for treats.**
 - We are often triggered by something – stress, visible donuts at work, coming home at night to relax, bored while watching TV, etc. Figure out your triggers so that you can plan ahead for next time.
 - **Start with breakfast and have a hearty lunch.**
 - By eating regular meals when you are hungry, you can avoid overeating or falling for tempting unhealthy choices.
 - **Drink 8 cups of water.**
 - Often hunger can be mistaken for simply being thirsty. Drink water throughout the day to fill up and avoid false hunger.
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Recipes by Meal

Breakfast – try to start your day with vegetables!

Green Smoothie

Start with your greens of choice, pick a fruit (berries are packed with fiber and nutrients), then get an extra boost with chia or flax seeds, avocado, spirulina, almond butter, or coconut milk.

Avocado & Egg Toast

Start with a whole grain piece of toast, English muffin or simply put it all on a bed of spinach. Mash an avocado, add a poached egg (or slice a hardboiled egg), add a slice of tomato, then finish it off with flavor – pepper, salsa, onion, etc.

Lunch – pack your lunches for the week so they are easy to grab and go.

Mexican Salad with Corn, Avocado, Beans, and Lime

Mix mashed avocado with minced onion, tomato, fresh lime juice and cilantro. Toss with torn romaine to coat leaves. Top with a small scoop each of frozen, thawed corn and black beans (canned, drained and rinsed are OK).

Tuna Lettuce Wraps with Basil Pesto and Couscous

Fill large outer romaine lettuce leaves with a mixture of drained chunk light tuna canned in water tossed with basil pesto, minced sundried tomatoes and whole-wheat couscous.

Dinner – remember to make your plate at least half full with vegetables.

5-Ingredient Chicken White Chili

Add 6 cups chicken broth, 4 cups shredded chicken (consider buying a roasted chicken and shredding it), 2 cans of cannellini beans, 2 cups salsa verde and 1 tsp cumin to a medium saucepan. Allow to simmer for 5-10 minutes. Add toppings like jalapenos, cilantro, green onions.

Simple Pineapple Chicken

Sauté bell peppers and any other veggies you'd like – mushrooms, onions, carrots. Add diced, cooked chicken breast and pineapple chunks and heat through. Serve over a scoop of cooked wild rice. Add some flavor with hot sauce or soy sauce.

No Cook Pizza Lettuce Wraps

Combine $\frac{3}{4}$ cup mozzarella cheese, $1\frac{1}{2}$ cup grape tomatoes, quartered, $\frac{1}{4}$ cup chopped turkey pepperoni, pizza seasoning and any other veggies you would put on your pizza. Put mixture into bibb or romaine lettuce leaf and enjoy. If you want it warm, heat up some no sugar-added pizza sauce and drizzle it on top.
