

7-Day No Sugar Challenge

Preparation checklist

- Clean out your pantry:** Remove sugary snacks and processed foods from your home.
- Read labels:** Check labels to spot hidden sugars in packaged foods, such as sucrose, high fructose corn syrup, and other sugar derivatives.
- Stock up on healthy alternatives:** Replace sugary snacks with healthier options like fresh fruits, seeds and nut mix. Enjoy small amounts of dark chocolate (70% cocoa or more).
- Plan your sugar-free meals:** Create a sugar-free weekly meal plan centered on whole foods like lean proteins, veggies, and complex carbs.
- Plan the after-dinner:** Find a light workout or stretching for digestion and create a bookmark in your browser, so you can find it easily. Alternatively, plan for a 15-minute walk.
- Track Progress:** Use this diary to keep a daily journal noting your meals, energy levels, and any cravings. Track your progress, notice the challenges and improve. Reflect on how your body feels without added sugars.

All checked?

Ready to bid farewell to your sweet tooth for the

7-Day No Sugar Challenge?

Good choice. You are amazing. Remember that!

Foods to avoid

Category	Avoid	Replace with
ADDED SUGARS	Candy, sodas, sugary snacks, pastries, and desserts	Fresh fruits, dried fruits (in moderation), or homemade snacks with no added sugars
SWEETENED BEVERAGES	Sugary drinks, energy drinks, sweetened teas, and fruit juices	Water, herbal teas, or infused water with slices of fruits or herbs
PROCESSED FOODS	Packaged foods with high sugar content, such as breakfast cereals, flavored yogurt, and pre-packaged sauces	Whole, unprocessed foods like plain Greek yogurt, steel-cut oats, homemade sauces using natural ingredients
CONDIMENTS WITH ADDED SUGARS	Ketchup, barbecue sauce, and salad dressings with added sugars	Homemade sauces using fresh ingredients, or condiments with no added sugars
BAKED GOODS	Cakes, cookies, and pastries	Baked goods with alternative sweeteners like stevia or using naturally sweet ingredients like bananas or dates
SUGARY BREAKFAST FOODS	Sweetened cereals, flavored oatmeal packets, and sugary breakfast bars	Whole grain oats, plain yogurt, fresh fruits, and nuts for a nutrient-rich breakfast
CANDIES AND CHOCOLATES	Candies, milk chocolates, and sweets	Dark chocolate (70% cocoa or higher), and small amounts of naturally sweet treats like bananas, dates or figs
ARTIFICIAL SWEETENERS	Products containing artificial sweeteners	Natural sweeteners like stevia, monk fruit, or erythritol in moderation
FLAVORED SNACKS	Flavored popcorn, sweetened nuts, and sugary granola bars	Air-popped popcorn with herbs, plain nuts, and homemade granola with no added sugars
INSTANT OR FLAVORED DRINKS	Instant coffee or tea mixes, and flavored water with added sugars	Plain coffee or tea, and infuse water with slices of citrus, berries, or herbs

7-Day No Sugar Challenge

Daily Routine

MORNING

- ✓ Day start with a glass of water to kickstart your hydration.
- ✓ Brief mindfulness or gratitude exercise to set a positive tone for the day.
- ✓ Breakfast with whole foods, sugar-free. Include a mix of lean proteins, whole grains, and fruits.

AFTERNOON

- ✓ Lunch balanced meal with vegetables, lean proteins, and complex carbohydrates.
- ✓ Plain water or herbal tea.
- ✓ Mindful eating.
- ✓ Optional sugar-free snacks such as fresh fruits, nuts, or veggies. Stay mindful of portions sizes.

EVENING

- ✓ Dinner with sugar-free ingredients, based on your meal plan.
- ✓ After-dinner short walk or a light stretching to aid digestion.

BEFORE BED

- ✓ A glass of water before bedtime. Consider herbal tea for relaxation.
- ✓ Update your progress journal, noting meals and any challenges faced.
- ✓ Reflect on the day and how you managed cravings.

Feel free to adapt this routine based on your personal preferences and schedule.

Review this routine every day to help you keep the focus.

If you failed checking a few points, remember: tomorrow is one brand-new day!

7-Day No Sugar Challenge

Daily Focus

Day 1: Hydration boost

Stay hydrated with water throughout the day (aim for 8 glasses daily). Infuse water with citrus slices or berries for added flavor without the sugar.

Day 2: Plan balanced meals

Plan meals with a balance of lean protein, healthy fats, and complex carbs. Include whole foods that offer natural sweetness, like fruits.

Day 3: Sweet craving solutions

Plan sugar-free snacks for each remaining day. Satisfy sweet cravings with fresh fruits. Explore other healthy alternatives.

Day 4: Mindful eating

Chew your food slowly and savor the flavors. Be present during meals, paying attention to hunger and fullness cues.

Day 5: Morning gratitude practice

Search on Internet for morning meditation for gratitude and positiveness. Save bookmarks on your phone, to access them easily in the morning.

Day 6: After dinner routine

Find simple solutions for light exercise or stretching after dinner. Include them in your own routine. Consider herbal tea for relaxation.

Day 7: Plan celebration for success

Enjoy a piece of dark chocolate. Be mindful about the portion size! Write down long-term goals for a healthier lifestyle.

Check what's the focus for the next day, so you can think ahead and prepare!

The key is to keep a balance, stay mindful of your choices and celebrate the positive changes!

Day 1

Today's Focus: Hydration Boost

Stay hydrated with water throughout the day (aim for 8 glasses daily).

Infuse water with citrus slices or berries for added flavor without the sugar.

Today's Inspiration

You are amazing. Remember that!

Routine Checklist

- Morning routine: 1 glass of water & 5 min. gratitude
- Mindful eating
- Light exercise for digestion
- Good hydration (8 glasses of water daily)
- No added sugar

Today's reflections & challenges

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Day 2

Today's Focus: Plan Balanced Meals

Plan meals with a balance of lean protein, healthy fats, and complex carbs.

Include whole foods that offer natural sweetness, like fruits.

Today's Inspiration

Investing in yourself pays the highest interest.

Routine Checklist

- Morning routine: 1 glass of water & 5 min. gratitude
- Mindful eating
- Light exercise for digestion
- Good hydration (8 glasses of water daily)
- No added sugar

Today's reflections & challenges

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Day 3

Today's Focus: Sweet Cravings Solutions

Plan sugar-free snacks for each remaining day.

Satisfy sweet cravings with fresh fruits. Explore other healthy alternatives.

Today's Inspiration

Believe you can and you will!

Routine Checklist

- Morning routine: 1 glass of water & 5 min. gratitude
- Mindful eating
- Light exercise for digestion
- Good hydration (8 glasses of water daily)
- No added sugar

Today's reflections & challenges

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Day 4

Today's Focus: Mindful Eating

Chew your food slowly and savor the flavors.

Be present during meals, paying attention to hunger and fullness cues.

Today's Inspiration

Good things take time. Remember why you started!

Routine Checklist

- Morning routine: 1 glass of water & 5 min. gratitude
- Mindful eating
- Light exercise for digestion
- Good hydration (8 glasses of water daily)
- No added sugar

Today's reflections & challenges

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Day 5

Today's Focus: Morning Gratitude Practice

Search on Internet for morning meditation for gratitude and positiveness.

Save bookmarks on your phone, to access them easily in the morning.

Today's Inspiration

Every day is a fresh start.

Routine Checklist

- Morning routine: 1 glass of water & 5 min. gratitude
- Mindful eating
- Light exercise for digestion
- Good hydration (8 glasses of water daily)
- No added sugar

Today's reflections & challenges

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Day 6

Today's Focus: After Dinner Routine

Find simple solutions for light exercise or stretching after dinner.

Include them in your own routine. Consider herbal tea for relaxation.

Today's Inspiration

Keep calm & focused and have a lovely day!

Routine Checklist

- Morning routine: 1 glass of water & 5 min. gratitude
- Mindful eating
- Light exercise for digestion
- Good hydration (8 glasses of water daily)
- No added sugar

Today's reflections & challenges

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Day 7

Today's Focus: Plan celebration for success

Enjoy a piece of dark chocolate, you earned it! Stay mindful about the portion size!

Write down your long-term goals for a healthier lifestyle.

Today's Inspiration

Make it a lifestyle, not a duty!

Routine Checklist

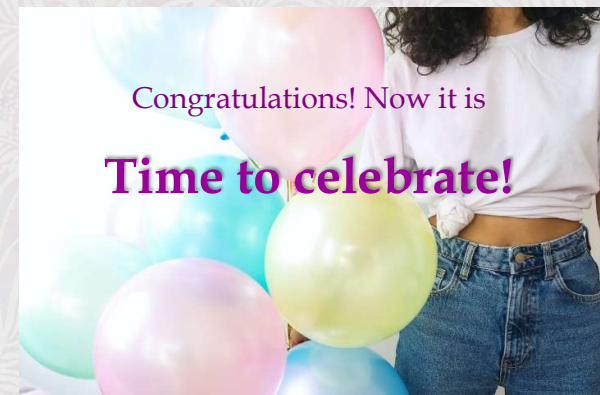
- Morning routine: 1 glass of water & 5 min. gratitude
- Mindful eating
- Light exercise for digestion
- Good hydration (8 glasses of water daily)
- No added sugar

Today's reflections & challenges

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What just happened?

You set a goal for yourself and followed through, demonstrating discipline and willpower.



Ending such a challenge can bring out a range of thoughts and emotions. Share reflections from your unique experience with friends or family!

Remember to listen to your body and find a balance that works for you. Whether you choose to maintain a low-sugar lifestyle or reintroduce moderate amounts of sugar, the key is to make choices that align with your overall health and well-being goals.

www.onebrandnewday.com

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