

The 21 Day DETOX

Sugar Free Rules: Days 5-8 (and beyond)

1. Eliminate sugar and sugar substitutes. The only sweetener permitted is stevia.

AVOID: White table sugar, honey, agave, brown sugar, sucralose (Splenda), maple syrup, and molasses. Stay away from hidden sugars in ketchup, salad dressings, sauces, and packaged cereals. If sugar is one of the first 6 ingredients in a produce, avoid it. NO soda, juice, lemonade, and alcohol.

2. Eat 1 pound (5+ cups) of vegetables a day. If that seems like a lot, try making a vegetable soup or steam broccoli, summer squashes, bell peppers, etc. and toss them in your salads.

FOOD LIST: Choose veggies that are dark, because they have a lower glycemic index and higher nutrient values. AVOID: Corn

3. Eat protein at each meal.

FOOD LIST: fish, chicken, beans, and quinoa. Try white kidney beans, they have a magical carb blocker.

4. Eat at least every 4-6 hours.

AVOID snacking in between meals. If you feel hungry try drinking 8+ ounces of water and wait 20 minutes. Still hungry, keep your snack to 15-20 healthy nuts and make sure your eating your protein with each meal.

5. Eat only low-glycemic fruits.

FOOD LIST: Berries, avocados, coconut and olives.

AVOID: bananas, mangos, grapes, and wine!

6. Introduce probiotic foods into your diet. Fermented foods contain natural probiotics (healthy bacteria) that can take your weight loss to a new level.

FOOD LIST: yogurt, kefir, miso, sauerkraut, pickles, and kimchi. My favorite is Kombucha organic green tea!

7. Exercise

During days 5-8 introduce interval training into your exercise program. Take a class or do it during your daily walking sessions.

Walk at your usual pace for 5 minutes to warm up, then jog or sprint at a higher effort for 30 seconds, then recover at your usual pace for 2 minutes. Repeat this for 7 cycles of 30 second bursts.