

KICK *YOUR* **SUGAR** **CRAVINGS!**

*The 7-Day Sugar
Detox Challenge*





***CONGRATULATIONS FOR DOWNLOADING
THE 7-DAY SUGAR DETOX CHALLENGE!***

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The 7-Day Sugar Detox Challenge – Kick Your Sugar Cravings!

The 7-Day Sugar Detox Challenge is a simple to follow eating plan that is designed to wean you off sugar and de-sweeten your life. If you are serious about overcoming your sugar cravings, we recommend you follow the 7-Day Sugar Detox Challenge. If you are fed up with your cravings for sugar and want to get your health back on track, the time to quit is now. The sooner you start the better!

Please seek health professional advice before embarking on any dietary changes or exercise regimes.

You have the power to change your life!

No matter who you are, no matter what you do, you have the power to change, not just your body, but your life! If you're fed up feeling the way that you feel or looking the way you do and you're ready to make a conscious decision which will transform your body, then you are ready to start the Sugar Detox Challenge. Keep going until you achieve your goal!



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SUGAR - THE BITTER TRUTH!

As sweet as it tastes, as good as it makes you feel (due to the beta-endorphin rush in your brain), sugar is not your friend. It is bittersweet! You may be eating sugar without even knowing it and the more you eat the more you may desire it! The average Australian consumes 14-16 teaspoons daily exceeding the World Health Organisation's (WHO) recommendation of 5-10 teaspoons a day. Added sugar is often disguised in food labelling under carbohydrates and countless different names. Fructose, contained in many different types of processed food is a major problem. All forms of fructose including fruits and juices, are commonly added to foods and drinks for palatability and taste enhancement. Even your favourite "healthy cereal" will have hidden sugars, so ALWAYS read the labels!

Many processed foods contain preservatives, artificial flavours and colours!

White sugar contains no fibre, vitamins, minerals, proteins, enzymes or fats. Unfortunately, the one element that it does contain is calories. Could this be why more people are obese today than ever before? Many believe it is. What's worse, many of the processed foods and drinks that contain added sugar also contain trans fats, vegetable oils, preservatives, artificial flavours and/or colours.

We need to wean ourselves off sugar!

The frightening reality is, things will get worse before they get better unless there is dramatic change in public attitude and culture. We need to wean ourselves off sugar. We need to de-sweeten our lives. We need to make sugar a treat and not a diet staple. If you are fed up with being addicted to sugar and want to get your life back on track the time to quit is now... so what are you waiting for? The sooner you start the better you will feel and the healthier you will become.



AUSTRALIANS ARE ONE OF THE BIGGEST CONSUMERS OF SUGAR IN THE WORLD!

Unfortunately Australians consume far too much added sugar. Some of us can consume up to 37 teaspoons a day or 150 grams of sugar simply by the foods and drinks we choose to eat. Added sugar is the sugar that most people add to coffee, tea or sprinkle on breakfast cereals. However, did you know that most of the added sugar we consume is hidden in processed foods and drinks? For example a normal serving of tomato sauce contains 2 teaspoons of sugar, or 7 teaspoons per 100mL. Fruit juice contains 5 teaspoons of sugar and a 100 gram bowl of popular breakfast cereal contains 40 grams or 10 teaspoons of sugar.

What is the right amount of sugar?

The World Health Organisation along with a number of other health authorities recommend that no more than 10 percent of your total daily energy intake should come from added sugars. For most adults, this works out to be no more than 50g or 12 teaspoons of added sugar per day, from all sources of food and drink. It is further suggested that a reduction to below 5 percent would have added health benefits; this is equivalent to about 25g (six teaspoons) of sugar per day for an adult of average body mass index. This includes sugars that are naturally present in honey, syrups and fruit juice concentrates. The natural sugar found in whole fruit and vegetables is excluded from the guidelines and shouldn't be counted towards your daily intake.

4 GOOD REASONS TO QUIT SUGAR

Sugar has received a lot of negative press lately and for good reason. Health professionals have linked excess sugar consumption to many health concerns.

- 1. Nutrition:** Some high sugar foods provide you with little or even no nutritional value as they supply kilojoules but little vitamins, minerals or fibre. These are known as empty calories. For example, soft drinks are high in sugar but they don't contain any other nutrients. If your diet is high in these types of foods, your body may not be receiving the nutrition it needs to function properly.
- 2. Weight:** If you consume more calories in your diet than you burn, the excess calories are converted into fat and stored in the body. This can make it really hard to manage a healthy weight. Consuming foods with high levels of sugar means your calories are going to quickly add up. In addition, foods with high levels of sugar are often high in fat too, which means double trouble when trying to maintain a healthy weight.
- 3. Oral health:** Bacteria in dental plaque converts fermentable carbohydrates such as glucose, fructose and sucrose into lactic acid, making plaque. By reducing sugar in the diet, this bacterium may be reduced!
- 4. Liver health:** Sugar is comprised of two molecules, glucose and fructose. The liver stores glucose as glycogen and when the body's blood glucose levels are low the liver will convert glycogen to glucose to supply the body with its energy. Glucose can be metabolised by every cell in the body and if we don't get it from the diet, our bodies make it. However, fructose is different. The only organ that can metabolise fructose sugars is the liver, because only the liver has a transporter for it. However, when someone's liver is already full of glycogen, fructose may be stored as fat.



TYPES OF SUGAR IN THE DIET



Natural sugar

Sugar found naturally in whole foods. Usually co-exist with other nutrients (e.g. fruit and milk).



Refined sugar

Refined sugar comes from sugar cane or sugar beets, which are processed to extract the sugar. It is typically known as white or raw sugar. It is manufactured for human consumption and food production.



Added sugar

All sugar added to foods by manufacturer or individuals (e.g. processed food, drinks or added during cooking).



Total sugar

Combination of natural, refined and added sugar.

THE HIDDEN SUGAR IN THE FOODS YOU EAT!

It's important to be aware of the sugar content of everything you consume. The chart below gives you an idea of the amount of hidden sugar in processed foods and drinks.

Type of food	Amount of sugar
Canned fruit in syrup	7 teaspoons
Carrot cake (medium slice)	3 teaspoons
Hot chocolate (per mug)	4 teaspoons
Fruit toast (2 slices)	4 teaspoons
Honey breakfast cereal (27g serve)	3 teaspoons
Dried fruit (per cup)	12 teaspoons
Custard (medium portion)	3 teaspoons
Low fat strawberry yoghurt (170g tub)	5 teaspoons
Fruit juice	12 teaspoons
Soft drinks (1 can)	10 teaspoons
Skim milk (per cup)	3 teaspoons
Ice cream (one scoop)	3 teaspoons
Milk chocolate bar	11 teaspoons
Fruit smoothie (per glass)	3 teaspoons
Jam (per tablespoon)	3 teaspoons

7-DAY SUGAR DETOX CHALLENGE

Sugar Detox Challenge

In the following pages we have included an easy to follow 7-Day Sugar Detox Challenge. If you are serious about overcoming your need for sugar, we recommend The 7-Day Sugar Detox Challenge to help curb your sugar cravings.

No added sugar and low in natural sugar

The Sugar Detox Challenge is based on a diet low in natural sugar, complex carbohydrates, healthy portions of protein and good fats. However it contains no added sugar. We have eliminated most processed foods, packaged foods, soft drinks, bottled fruit juice and vegetable juice, ice cream, dried fruits, flavoured dairy drinks etc. Most of these foods are very high in added sugar and some contain large amounts of natural sugars.

Delicious, nutritious, low sugar recipes

The Sugar Detox Challenge is flexible for you to use in the best way that suits you:

- **Page 12-15** has a 7-Day Sugar Detox Challenge. Please repeat this for as long as you feel is necessary
- **Page 19** provides you with a guideline to plan your own meals
- **Page 20-23** details a list of recommended foods and those to avoid during the sugar detox period
- **Pages 24-30** has 7 delicious and nutritious low sugar recipes to get you started

It's recommended that you follow the Sugar Detox Challenge for a minimum of 15 days to get the best results!

Converting excess fat to energy

Carbohydrates are an important fuel source for your body, however, when you eat more than your daily energy requirements, the extra calories may be stockpiled as body fat.

Foods that nourish your body

The Sugar Detox Challenge includes a selection of delicious and healthy foods essential for energy, muscle development and promoting good health and general wellbeing. Please try and follow the eating plan as closely as possible as it will help prevent unfavorable mood swings, quick trips to the biscuit jar or that 3pm chocolate or energy drink from the vending machine. We understand that everyone has different dietary requirements and tastes, so for more meals and recipe choices please see our website; www.carusoshealth.com.au



7-DAY SUGAR DETOX DIET

Please follow the Sugar Detox Challenge for 30 days. You can simply repeat the 7-day diet or make up your own meals by using our formula from our *"Daily Meal Guide"* detailed on page 19.

DAY 1	Breakfast	Mushroom and capsicum omelette
	Snack	Handful of raw almonds and piece of fruit
	Lunch	Chicken with brown rice or rye bread (1 slice) and salad
	Snack	Berry sorbet or ricotta cheese with wholegrain rice cakes
	Dinner	Salmon and zucchini noodles
DAY 2	Breakfast	Almond milk smoothie with fruit and/or raw nuts
	Snack	Kale chips or piece of fruit and raw nuts
	Lunch	Homemade beef meatballs with wholemeal or spelt pasta
	Snack	Handful of raw almonds and piece of fruit
	Dinner	Mixed seafood with steamed vegetables

DAY 3

Breakfast	Ricotta with your choice of fruit and/or raw nuts
Snack	10 almonds
Lunch	Brown rice, chicken and avocado sushi
Snack	Kale chips or piece of fruit and raw nuts
Dinner	Beef with chargrilled vegetable stack and salad

DAY 4

Breakfast	Eggs on rye bread toast
Snack	Fresh strawberries
Lunch	Green salad with chicken or tuna
Snack	Handful of raw almonds and piece of fruit
Dinner	Lamb cutlets with salad

DAY 5

Breakfast	Plain yoghurt with raw nuts and mixed berries
Snack	Chia pudding
Lunch	Vegetable hummus sandwich (rye bread)
Snack	Handful of raw almonds and piece of fruit
Dinner	Thai chicken vegetable stir-fry

DAY 6

Breakfast	Smoked salmon on rye bread
Snack	Strawberry bars or carrots and celery sticks with hummus
Lunch	Tuna tabouli salad
Snack	Handful of raw almonds and piece of fruit
Dinner	Garlic prawn skewers or lamb cutlets with salad

DAY 7

Breakfast	Homemade blueberry muffin or eggs on rye bread toast
Snack	50g fresh blueberries
Lunch	Moroccan spiced mushrooms with rye bread
Snack	Kale chips or piece of fruit and raw nuts
Dinner	Salmon with cauliflower mash



TIPS TO REDUCE YOUR SUGAR CONSUMPTION

Reducing your sugar consumption can be hard especially if you are someone who has sugar daily. Below are a few extra tips to help you along the way:

- 1. Get family and friends on board:** You do not have to reduce sugar in your diet alone. Doing this with family and friends will not only create a great support group but will also benefit you and them!
- 2. Clean out your pantry:** Try and remove temptation. Put aside or remove any products with added sugar in them.
- 3. Cook your own meals:** Not only will you learn to make new meals, by cooking your own meals you are in control of exactly what is in your food.
- 4. Make your own dressings:** Garlic, lemon and olive oil can be a simple, yet nutritious dressing for you to add to your salads.
- 5. Don't let yourself go hungry:** You will find throughout the program we have suggested that you eat every 2-3 hours. This is to ensure that you feel satisfied and will help reduce cravings.
- 6. Get your good fats!:** Having 2 portions of good fats a day may help you to feel full for longer and decrease your hunger.
- 7. Treat yourself with fruit in moderation:** Fruits are not only naturally sweet they are also nutritious, so when you crave something sweet have fruit as a snack.
- 8. Enjoy herbal teas both hot and cold for variety:** Herbal teas offer many benefits as they are a low calorie, low cost beverage. Pick herbal teas that you enjoy and that you do not have to add sugar to.
- 9. Exercise:** For some of us, sugar is often the food that "makes us feel good". Exercise can naturally increase your endorphins which will give you a natural high.
- 10. Get plenty of sleep:** The body needs time to rest, recharge and cleanse. By having adequate, deep sleep you are helping your body's ability to cleanse and recharge.

UNDERSTANDING FOOD LABELS

Whilst completing the Caruso's Sugar Detox Challenge, it is essential that you understand how to read food labels.

Nutritional Information

Servings per package - 16
Serving size - 30g (2/3 cup)*

	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice malt extract, honey, salt, vitamins.



***Note:** often people exceed the recommended serving size. They can consume up to 100g in a single serve which is 11.8g of added sugar just for breakfast!

Sugars:

Avoiding sugar completely is not necessary, but try to avoid large amounts of added sugars. If sugar content per 100g is more than 15g, look for an alternative.

Be aware of the alternative names for sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, raw sugar, sucrose.

SUGAR ALTERNATIVES

Which ones can I use?

Stevia

- Natural sweetener from the herb stevia
- Calorie free, sugar free, and GI of 0
- Available in powdered and liquid forms

Xylitol

- Sugar alcohol
- 40% less calories than sugar, with a GI of 12
- Available in crystal form






Erythritol

- Sugar alcohol
- Calorie free and GI of 0
- Available in powder form



MAKE YOUR OWN MEAL PLAN

Below is an example of the serving sizes and times of day we would recommend you consume your meals.

				
Fruit	Vegetables	Main Meals	Protein	Water
Minimum 2 serves (1 serve = ½ cup)	Minimum 5 serves (1 serve = 100g)	3 meals	3 serves (125 - 150g per serve)	8 -12 glasses per day



Breakfast: 1 serve of protein with 1 serve of fruit or vegetables



Snack: 1 serve of fruit with 1 serve of nuts or seeds
When: 2-3 hours after breakfast



Lunch: 1 serve of protein with 1 serve of vegetable or grains
When: 2-3 hours after snack



Snack: 1 serve of vegetables with 1 serve of seeds or nuts
When: 2-3 hours after lunch



Dinner: 1 serve of protein with 2 serves of vegetables
When: 2-3 hours after snack

FOODS TO INCLUDE & AVOID WHILST ON THE SUGAR DETOX CHALLENGE

To help you on your Sugar Detox Challenge, we have included a list of foods to help you reduce your added sugar consumption to below 50g per day.

Grains: 2 servings per day (1 serve = ½ cup cooked)

Include	Limit	Avoid
<ul style="list-style-type: none">• Barley• Brown Rice• Buckwheat• Bulgur• Millet• Quinoa	<ul style="list-style-type: none">• Rye bread (max 2 slices per day)• Wholegrain bread (max 2 slices per day)• Wholegrain rice cakes (max 2 a day)• Wholemeal pasta• Spelt pasta	<ul style="list-style-type: none">• Flat bread• Pitas• White bread• White pasta• White rice

Fruit: Minimum 2 serves per day

Include	Limit	Avoid	
<ul style="list-style-type: none">• Apricots• Blackberries• Green apples• Honeydew	<ul style="list-style-type: none">• Pears• Raspberries• Rockmelon• Strawberries	<ul style="list-style-type: none">• Bananas• Cherries• Grapes• Lychees• Mango• Pineapple• Watermelon	<ul style="list-style-type: none">• Canned fruits• Dried fruits

Vegetables: Minimum 5 serves per day (1 serve = 100 grams)

Include		Limit	Avoid
<ul style="list-style-type: none"> • Alfalfa sprouts • Asparagus • Bamboo sprouts • Bean sprouts • Broccoli • Brussel sprouts • Cabbage (all kinds) • Capsicum • Cauliflower • Celery • Cucumber • Eggplant • Garlic (1 clove) • Kale • Leek • Lemon 	<ul style="list-style-type: none"> • Lettuce (all kinds) • Lime • Mushroom • Okra • Onion (20g) • Radish • Rhubarb • Rocket • Shallot • Silver beet • Spinach • Squash • Tomato • Watercress • Zucchini 	<ul style="list-style-type: none"> • Beetroot • Carrots • Parsnips • Peas 	<ul style="list-style-type: none"> • Corn • Potatoes • Pumpkin

Protein: 3 servings per day (125g per serve)

Include		Avoid
<ul style="list-style-type: none"> • Beef (low fat) • Eggs • Fish & seafood 	<ul style="list-style-type: none"> • Lamb (low fat) • Pork (low fat) • Skinless chicken breast 	<ul style="list-style-type: none"> • Processed meats

Beverages: Ensure you have 8-12 glasses of water per day

Include	Avoid
<ul style="list-style-type: none">• Black coffee (stevia sweetened)• Dandelion coffee• Ginger tea• Herbal teas• Sparkling mineral water• Spring water• Coconut water (plain)	<ul style="list-style-type: none">• Alcohol• Energy drinks• Juices• Milk beverages• Pre-packaged ice teas• Pre-packaged vegetable juices• Soft drinks• Sport drinks• Sweetened water

Good Fats: 2-4 serves a day

Nuts: 1-2 (30g per serve)

Include	Avoid
<ul style="list-style-type: none">• Raw almonds• Raw Brazil nuts• Raw hazelnuts• Raw macadamia nuts• Raw pecans• Raw walnuts	<ul style="list-style-type: none">• Cashews• Pistachios• Peanuts

Seeds: 1 teaspoon daily

Include	Avoid
<ul style="list-style-type: none">• Chia seeds• Flaxseed• Poppy seeds• Pumpkin seeds• Sesame seeds• Sunflower seeds	Nil

Good oils:

Include	Avoid
<ul style="list-style-type: none">• Olive oil• Coconut oil• Butter	<ul style="list-style-type: none">• Canola oil• Rice bran oil• Vegetable oil• Soy oil• Hydrogenated oil• Margarine

Good fat foods: 1-2 serves daily

Include	Avoid
<ul style="list-style-type: none">• Avocados• Salmon• Mackerel• Sardines• Anchovies	<ul style="list-style-type: none">• Pre-made avocado dips• Packaged, fried and readymade fish

Dairy & Dairy Alternatives: 2-3 servings per day

Include	Avoid
<p>50g serving size</p> <ul style="list-style-type: none">• Cottage cheese• Full cream feta cheese• Full cream ricotta cheese• Unsweetened plain yoghurt	<ul style="list-style-type: none">• Fruit yoghurt• Oat milk• Skim milk• Soy milk• Rice milk
<p>250mL a day</p> <ul style="list-style-type: none">• Full cream milk• Plain almond milk, unsweetened• Plain coconut milk, unsweetened	



Condiments & Herbs

Include		Avoid
Condiments <ul style="list-style-type: none">• Apple cider vinegar• Coconut oil• Extra virgin/virgin olive oil• Lemon juice• Tahini	Herbs <ul style="list-style-type: none">• Basil• Coriander• Dill• Ginger• Mint• Parsley• Thyme	<ul style="list-style-type: none">• Mayonnaise• Store bought salad dressings

Sweeteners

Include	Avoid	
<ul style="list-style-type: none">• Stevia• Xylitol• Erythritol	<ul style="list-style-type: none">• Agave• Artificial sweeteners• Honey• Maple syrup	<ul style="list-style-type: none">• Raw sugar• Rice malt• Sugar

RECIPES

MUSHROOM & CAPSICUM OMELETTE

Serves: 1

Ingredients

- 2 eggs
- 65g mushroom (sliced)
- 1 spring onion (sliced)
- 25g green capsicum (sliced)
- Olive oil spray
- Fresh basil or parsley (handful)

Directions

- Lightly spray pan with olive oil spray
- Cook the mushrooms and capsicum over low heat until softened
- Lightly beat the eggs in a separate bowl
- Pour the eggs over the mushrooms and capsicum
- Add the spring onions
- Flip when cooked half way through
- Once cooked add pepper to taste
- Garnish with fresh basil or parsley



GREEK SALAD

Serves: 1

Ingredients

- 1 ripe tomatoes, chopped
- ½ Lebanese cucumber, chopped
- ½ a small red onion, sliced into rings
- ½ red capsicum, halved, deseeded, coarsely chopped
- 50g of a feta of your choice, coarsely chopped
- Fresh basil or parsley (handful)
- ½ teaspoon dried oregano
- 1 tablespoon of olive oil

Directions

- Combine tomato, cucumber, onion, capsicum, olives and feta in a salad bowl
- Sprinkle with oregano and salt
- Drizzle the salad with the olive oil and toss to combine
- Serve immediately



Ingredients

- 125g chicken breast
- 100g combined zucchini, eggplant and tomato
- ½ cup of brown rice
- Olive oil spray
- 1 teaspoon tahini
- ¼ lemon
- 1 handful of rocket

Directions

- Lightly spray pan with olive oil and cook chicken breast on medium heat, turn halfway through until cooked through and remove from pan and set aside
- In the same pan sauté vegetables until softened and cooked through
- Mix tahini, chicken and vegetables through the cooked rice
- Add rocket to garnish
- Squeeze lemon over chicken and rice



SPANISH EGG

Serves: 1

Ingredients

- ¼ small onion finely chopped
- 1 spring onion, finely chopped
- ¼ red capsicum, deseeded
- ½ cup of chopped tomatoes
- 1 tablespoon of finely cut basil
- 2 eggs

Directions

- Preheat oven to 180°C. In a non stick pan spray oil and cook onions and capsicum until softened and start to brown
- Add tomatoes, and basil. Cook for 2 minutes
- Spoon mixture into an oven proof dish. Make a hollow circle in the centre and break 2 eggs into the hollow
- Place in oven and cook for 20 minutes
- Serve immediately



GRILLED SALMON & ZUCCHINI NOODLES

Serves: 1

Ingredients

- 125g Salmon
- 100g zucchini (grated or peeled into thin strips)
- ½ lemon, juiced
- Dill (handful)
- 1 teaspoon sesame seeds
- Olive oil spray
- 1 tablespoon olive oil

Directions

- Lightly spray pan with olive oil spray
- Cook salmon until half cooked and flip and cook through
- In a separate pan heat olive oil and add zucchini strips, cook for 3 minutes over high heat or until cooked through
- Serve the salmon on top of the zucchini noodles, sprinkle with sesame seeds, dill and lemon juice



BERRY SORBET

Serves: 4

Ingredients

- 500g of frozen berries of your choice
- 1 cup of water
- 1½ sachets of stevia or to taste

Directions

- Place all the frozen berries and water in a blender or food processor
- Blend until smooth and creamy, add stevia and blend
- Pour into muffin tray lined with baking paper and evenly distribute
- Place in the freezer for 8-12 hours

This recipe is equivalent to 8 serves of fruit



SPICY BLACK BEAN & CHICKEN SOUP

Serves: 2

Ingredients

- 2 tbsp olive oil
- 2 garlic cloves
- Small bunch of coriander leaves
- Zest 1 lime, cut lime in quarters
- 2 tsp ground cumin
- 1 tsp chilli flakes
- 400g chopped tomatoes
- 400g can black beans
- 600mL chicken stock
- 175g kale leaves shredded
- 250g cooked chicken shredded

Directions

- Heat oil in large saucepan, add garlic and lime zest. Fry for 2 minutes until fragrant
- Stir in cumin and chilli flakes. Fry for 1 minute
- Add tomatoes, beans and stock. Bring to boil
- With a potato masher crush the beans on the bottom of the pan

- Stir kale into soup and simmer for 5 minutes
- Add chicken until heated through
- Season with pepper and lime juice, to taste
- Place in bowls and add the coriander leaves



