

Hi!

As we draw ever closer to the official launch of The Challenge, I wanted to let you know that I have created a page on my website just for us!

[Here](#), you will find all of the emails that I have been sending out to Challengers, my **Top Tips**, a sample **Shopping List, A Recipe Guide, Resources and Workouts**.

I will continue to build out this page as we move through the Challenge, so bookmark it and check back often. :) Here is the link again: <http://sarahtalksfood.com/kick-the-sugar-challenge/>

If you just joined, continue to keep an eye on your inbox so that you can work through each email one at a time, as they each have specific instructions that build upon each other.

I want to help you succeed. If there is anything (and I mean ANYTHING) I can do to support you on your journey, please don't hesitate to ask. I am here to serve you.

Either email me privately or, if it is something that you think others are looking for, please post it in the Facebook group. Here is the link to the group. Please join if you haven't already, and introduce yourself!

<https://www.facebook.com/groups/kickthesugarchallenge/>

We are ALL in this together!

Sending hugs and high fives.

Sarah

P.S. If you have friends you think would like to know about the Challenge and join us, please let them know! I don't know if I will be doing this again, so this could be a once-in-a-lifetime opportunity for someone you care about to change their lives. I am so glad **YOU** have made this bold choice. :)

P.P.S. I have been busy in the kitchen making healthy snacks and meals, in preparation for Tuesday. I bought some new herbal teas and am really enjoying the "Pukka" brand in "Cleanse". It is a lovely blend of Nettle, Fennel, and Peppermint.

While it is totally up to you, I HIGHLY recommend taking a look at some of the recipes sooner rather than later and beginning to really wean off anything with sugar over the next few days. I know Valentine's is on Sunday, but I chose to have my last piece of dark chocolate tonight.

I have been enjoying the Feel Your Best Breakfast Smoothie every morning for 2 weeks (I told you I have been testing and re-testing that recipe!), and I won't eat any more grains until Week 4 of the Challenge. I want to prepare my body for what's to come, and I know it will be easier if I start sooner rather than later. Again, I leave this choice to you as I know Sunday will be tough for many of us. Thinking of you and sending love this Valentine's weekend! xo