

KICK THE SUGAR CHALLENGE: THE LEAP

Deciding to go on the Kick The Sugar Challenge is HUGE. It is making a commitment to our health and we should feel really proud of ourselves for raising our hands and taking this bold step!

We will look back on this experience as one of the toughest but most rewarding of our lives; of this I have no doubt.

It is jumping into the unknown, knowing that we won't have our habits and our routines to fall back on. It's all going to feel new and we will feel vulnerable; like fish out of water.

But with some strategies and tools, we can make it easier for ourselves to succeed.

Check out the **Shopping List**, the **Recipe Guide**, and keep reading here for tips on how we are going to CRUSH this Challenge!

xo Sarah

Empowering Ourselves

Before we begin, I'd just like to remind you that although you may have food preferences or allergies or intolerances that won't align with the tips and recipes I offer here, that's ok.

Once we get familiar with the plan, **we'll be able to swap out ingredients, create entire meals on our own, and feel empowered to know what we can enjoy on the plan.**

Remember, **we can eat unlimited non-starchy vegetables** (everything but potatoes, sweet potatoes, pumpkin, peas, squash); Unlimited protein (meats, eggs, beans) and as much water and herbal tea as we can drink! We'll eat nuts in moderation, and truly enjoy them. 😊

What I hope we all get from this guide is that we can absolutely do this if we set our minds to it and set up our kitchens to align with our vision.

By now, our environment has been cleaned up; we have the tools we need to signal to our brains that today is a new day; and together, with the rest of the group, our collective energy and drive will see us through to the end.

With this strategy, we will be able to successfully accomplish our goal of winning the Kick The Sugar Challenge!

So here we go!!

11 Kick The Sugar Challenge Tips

Here are some of my favourite tips that will help us on the Challenge.

Tip #1 **Let's only shop once a week throughout the Challenge** so we don't have to spend a ton of time inside grocery stores. Choose a few different protein sources each week: Lamb, chicken breasts, chicken thighs, whole chicken, ground turkey, Beef Tenderloin, Ground beef, etc... so that we can freeze some and prepare some right away. 😊

We'll plan for 3 hours in the kitchen to get our week of prep done.

Tip #2 **Buy one or two dozen eggs each week**, especially if we are planning on eating eggs for breakfast regularly. We need to hard boil some and leave others for other recipes.

Kitchen Exercise: Hard-boiled Eggs

Ingredients

➤ 12 large eggs

Instructions

1. Use a medium-large sized pot
2. Add enough water (about 3-4 inches) to cover the eggs and bring to a boil
3. Gently lower eggs into boiling water with a spoon
4. Reduce heat to medium-high, so that water is simmering

5. Cook for 15 minutes
6. Remove eggs from water with a spoon, place in a bowl of icy cold water
7. Crack shells on counter and peel eggs

Sarah's Notes: I peel them as I need them, rather than peeling the whole dozen at once. This helps them stay fresh longer. I replace the eggs in the carton and mark the box "hard-boiled".

Tip #3 Be sure to chop our vegetables for snacks as soon as we get home from the grocery store. It has been my experience that vegetables go rotten in the fridge if I don't chop them **right away** and have them fresh and ready to eat. We will be eating LOTS of veggies on this plan, so know yourself and shop accordingly. **Note: Veggie trays are very expensive, but if it's the only way you will eat veggies, buy them.**

Kitchen Exercise: Chopping Vegetables

Chop up raw veggies: cucumbers, peppers, cauliflower and broccoli and pre-package them in baggies to have as snacks on-the-go during the week. Peel celery with a vegetable peeler—you will be AMAZED at how delicious celery is when you add this easy step! Please peel and eat both kohlrabi and Jicama (pronounced "Hicca-mah"). Both are crunchy and delicious!

Tip #4 Buy lots of avocados because, as we all know, avocados are never ripe and then all of a sudden they are overly ripe! We want our avocados ripening at all times so that as soon as they are ready, we turn them into guacamole; slice them into a salad; smear them on chicken; or use them frozen in our Feel Your Best Breakfast Smoothie (see Recipes Section). The healthy fat and fiber in avocados will help us to ward off sugar cravings.

Kitchen Exercise: Freezing Avocados

Cut them in half, toss the pit, scoop out the flesh and freeze them in halves or quarters on parchment paper and then, once frozen, store them in a Ziploc bag.

Tip #5 Buy lots of boxed or bagged organic spinach and kale.

We'll need it for salads, our smoothie (discussed soon), wilted as a side dish and in recipes. You can even throw the whole box/bag in the freezer!

Tip #6 Buy lots of fresh garlic. It makes everything taste good!

Kitchen Tip: Easy-Peeled Garlic Peel garlic cloves by placing an entire bulb in a mason jar and shake it like crazy!! Seriously, it works!!! It takes some effort (and a few minutes), but once done, all the cloves will be separated and peeled. ☺

Tip #7 Buy fresh ginger. It makes so many things taste amazing!

Kitchen Tip: Easy-to-Grate Ginger Peel the ginger using a potato peeler and then chop into one inch nubs. Freeze them in a Ziploc bag. Using a rasp or box grater, grate some into your lemon water, your herbal tea, and any recipe that calls for ginger! No more fibrous ginger that's hard to chop! **NOTE:** I saw rasps at the dollar store!

Tip #8 Chop up a whole head of cauliflower into florets and store in a Ziploc bag or airtight container. Use in recipes and as snacks.

Tip #9 Pre-package Healthy Trail Mix. This way, you just have to grab and go! I suggest having a pack in your car, your gym bag, at work and anywhere else you might get hungry and need to act fast!

Kitchen Exercise: Healthy Trail Mix

- In a medium-sized bowl, mix raw almonds, raw walnuts, raw pumpkin seeds, raw sunflower seeds (or any other combination of nuts/seeds) and some toasted coconut flakes.
- Mix it all up and portion it into baggies for fast snacks.

NOTE: This recipe is also found in the Recipe Resource)

Tip #10 Kitchen Exercise: Smoothie Packs

I am a smoothie girl. Many of you contacted me saying the same and wondering how we would get through without our morning or post-workout smoothie! So I have spent a lot of time developing a smoothie recipe

that I think will work for us! I have been enjoying it every morning for the last week, and I LOVE it! Maybe not for the taste, but for how it makes me feel. I really hope you try it. All that to say, making up smoothie packs ahead of time is an amazing time-saver. See the RECIPES section for the smoothie recipe and how to build your smoothie packs.

Tip #11 Prepare 5 “Snack Bags”, one for each weekday. These are pre-packed bags of various snacks that we can just grab from the fridge each morning.

Inside our Snack Bags we’ll pack:

- a baggie of trail mix,
- 2 hard-boiled eggs,
- a baggie of veggies,
- and a small container of hummus or other dip (see recipes for all dips)

NOTE: On days where I know I’ll be out all day, or if I am hitting the gym before getting home, I also make an extra Feel Your Best Breakfast smoothie and store it in a “shaker cup” (found at most health food/sports stores). **NOTE:** I omit the flax/chia in this smoothie or else it gets too thick.

So, with our toolbox full, let’s head over to the **Recipes Section** and then decide what we should go and buy! Because, as I always say...

I Want You To Love Your Life One Bite At A Time.

I created this resource to serve you as we embark on this Challenge. I wanted to share these kitchen tips and strategies because I understand how **overwhelming** it can feel to think about having to prepare *every single meal* on this Challenge.

But without planned meals, *we are at the mercy of our hunger and our cravings*. Without our tools, it will be extremely difficult to make choices that are aligned with our goals. If we aren’t prepared and if we aren’t vigilant, we are setting ourselves up for failure.

I want to set you up for success.

Because I want you to love your life one bite at a time. xo Sarah