



HELPFUL SUGGESTIONS FOR YOUR SUGAR CLEANSE

Week 1 -

1. During the first week, give yourself permission to review the materials included in your Sugar Cleanse.
2. Fill out the Mastering Mindset Contract.
3. Fill out the Food & Mood Journal for 3 or 4 days, and let's go over that together during our check ins.
4. Let's talk this week. We'll go over all the recipes. You can help me understand your goals, and we'll create action steps to help you get there. [Click here.](#) Pick a day and time that works best for you.
5. Choose one recipe to try this week.

Week 2 -

1. Next weekend, or whenever you have some quiet time, make yourself a cup of tea and create your shopping list based on my meal plan or one you have created on your own.
2. Consider making your salad dressings first. Having them all ready to go will be such a time saver.
3. Make a pot of quinoa.
4. Make your soba noodles.
5. Use leftovers for the next day's meal or part of meal whenever you can. You could even plan to make a little extra.
6. Select fresh, organic and seasonal foods whenever possible.
7. Use the suggested snacks as needed for hunger or cravings.
8. Add extra veggies and fruits as needed. Please don't go hungry!
9. Drink your lemon water.
10. Treat yourself gently and know you are loved.