



How to Kill Your Sugar Habit Cheatsheet

1. **Decide.** You've heard me say it 1000 times. It really is this simple, make the decision to cut out sugar and don't look back.
2. **Commit.** Commit to your decision. It's easy to make a decision and then forget about it, half-ass it, or change your mind. Don't do that. Commit to your decision-- commit to *yourself*.
3. **Prepare.** You've likely already glanced ahead and can see that I'm going to tell you to quit sugar cold turkey. Even obesity experts like Dr. Lustig out of UCSF will tell you that there's a healthy threshold for sugar-- and there is!-- but when you're working to break a habit, total elimination is the only way to go. You will be able to reintroduce *occasional* sugar eventually, but for now it's cold turkey all the way. So how do you prepare? Read on.
4. **Sleep like your life depends on it.** Sleep is a sugar-busting non-negotiable. You **MUST** prioritize sleep while you are quitting sugar. Go to bed as early as possible and sleep as late as possible. Nap if you can. Being tired is a HUGE sugar-craving trigger which can be positively influenced by the decisions you make.
5. **Exercise.** Move your body in ways you love-- this is not the time to add more stress to your system by forcing yourself to run or go to the gym. Walk, do yoga, whatever moves you.
6. **Chill.** Stress releases cortisol into our bodies and for many of us cortisol = sugar cravings. Keep your stress levels as low as possible during this time. Walking in nature, meditation, exercise, and yoga are all good ways of lowering stress.
7. **Eliminate all added sugar from your diet.** Look, your brain isn't going to like this part and will throw all kinds of shitty feelings your way. Sugar withdrawal is *real*. But after



2-6 weeks those symptoms should subside and your cravings will be significantly decreased, maybe even non-existent. **TOTALLY.WORTH.IT.** Feel your feelings, don't eat them.

8. **Eat plenty of fat.** Our bodies will often crave sugar when we haven't had enough healthy fats to satiate us so load up on avocados, olive oil, nuts, butter, or any other fats that you enjoy.

9. **Eat fruit & drink herbal tea.** When you're having a strong craving, enjoy fresh fruit and brew up some herbal tea. Both of these nourish your body and can help the physical cravings subside.

10. **Enjoy your food & stay hydrated!** You'll notice in the two steps above I mentioned *enjoying* your food. This is important. Sugar has no nutritional value whatsoever, so replace it with fruit and tea and notice how nourished you feel. Choose foods that fuel you and make you come alive with energy! Drink your weight in water (in ounces) and enjoy nourishing yourself. You deserve it!