


NO ADDED SUGAR CHALLENGE

WHY: Sugar provides no nutritional benefits and is addicting! By avoiding added sugars for 1 month you may help break your sugar addiction & discover other health benefits! Learn More at HealthyGroceryGirl.com/Blog/NoAddedSugarChallenge

HOW: Use this free calendar as a guide + motivation to eat no added sugar for one month!

MORE: For weekly recipe guides + shop lists, community support + more, check out: HealthyGroceryGirl.com/JOIN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REAL FOODS One of the best ways to avoid added sugars is to consume real, whole plant-based foods such as veggies, fruits, nuts, seeds, beans & whole-grains! 1	MINDFUL EATING Consume meals + snacks without distraction. Savor the visual, taste, texture & smell of your meal to satisfy all senses! 2	SNACK: CARROTS + NUT BUTTER Try this simple healthy snack combo! Carrots are sweet + crunchy & nut butters are packed with protein + fiber to feel satisfied! 3	PROGRESS, NOT PERFECTION If you wait until everything is perfect to get started, it will never happen. Instead, focus on progress and doing your own personal best! 4	CONNECT WITH A FRIEND A good support systems is key for success! Tell a friend about your No Added Sugar Challenge & invite them to join you 5	CHANGE YOUR ROUTINE Our environment can trigger behavior. Example: Snacking while watching TV. Switch up your routine to break the habit! 6
GET 8 HOURS OF SLEEP When we are sleep deprived the body craves sugar to boost energy levels. Aim for 8 hours of quality sleep each night. 7	DON'T GIVE UP <i>Great things never came from comfort zones. Repeat "I won't give up. I can do this"</i> 8	AVOID ARTIFICIAL SWEETENERS Research studies have shown that artificial sweeteners can still stimulate the pancreas to secrete insulin & result in the body craving more sugar! 9	EAT 1 CUP OR MORE OF CRUCIFEROUS VEGGIES: Broccoli, Brussels Sprouts, Cabbage. These veggies support a healthy weight & have anti-cancer properties. 10	BREAK A SWEAT Do what you can, but move your body today! Focus on the quality of your activity, not quantity of time. Exercise is also a natural appetite suppressant. 11	DRINK WATER BETWEEN MEALS Dehydration can cause headaches, a slow metabolism and fatigue. Proper hydration can help boost energy levels naturally (without added sugar!) 12	HOMEMADE SALAD DRESSING Store-bought salad dressings & condiments can be loaded with sugar! Visit the Healthy Grocery Girl Blog or YouTube for recipes! 13
TRY A NEW RECIPE: Watch free recipe videos at YouTube.com/HealthyGroceryGirl Shop & prep to make a new HGG Recipe this week! 14	IDENTIFY TRIGGERS FOR STRESS Write down 5 things that are causing stress in your life and 5 ways that you can manage them. For example, "Do not read emails first thing in the AM" 15	ADD YOGA Yoga can help us destress & reconnect with our body. When we are in tune with our body it is easier to make healthy dietary choices! Practice yoga today! 16	CHECK IN TIME! We are half way through! Check in on social with #HealthyGroceryGirl & give us an update on your journey & any "Aha Moments!" 17	GREEN AT EVERY MEAL The more veggies you eat the better! Today add greens to every meal! AM Smoothie, Salad at Lunch, Stir Fry or Soup at dinner etc! 18	TRY A NEW GRAIN: We love naturally gluten-free pseudo-grains like Quinoa, Millet or Buckwheat Groats! Look for these in the grain aisle at the store! 19	GREEN DRINK! 1 green apple 2 cups spinach 1/2 cucumber 1 lemon, juiced 1/4 cup parsley 1/2 cup ice 1/2 cup water Blend+ Enjoy! 20
SIMPLIFY Pick a room or area of your house to clean & organize. A clean, minimal environment can help reduce stress! 21	SIP ON HOT LEMON WATER TODAY! Health Benefits: -Balances pH -Boosts Immune System - Supports digestion -Natural cleansing & detoxification 22	PRACTICE GRATITUDE Instead of reaching for foods with added sugar to satisfy... Write down 5 things that are going well in your life and that you are thankful for! 23	HYDRATION PARTY! Dehydration can lead to fatigue, which can lead to craving sugar! Consume at least 1/2 your body weight in ounces of water today! 24	MEDITATE Sit quietly for 5 minutes. Just breath. How do you feel? Repeat a positive word(s) you want as your mantra. For example, "I Have Everything I Need." 25	EAT AN APPLE! An apple a day is a great way to satisfy that sweet tooth! Green apples are lower in sugar and contain fiber that can help you avoid a "sugar crash" 26	FOOD JOURNAL For one week write down all food & drink intake to find clues that could be hindering your weight loss or overall health goals. 27
TRY ANOTHER NEW HGG RECIPE! Watch free cooking videos at YouTube.com/HealthyGroceryGirl 28	SIP SOMETHING HOT Hot beverages are comforting & take longer to enjoy! Try herbal teas or Steamed Non-dairy Milk with a dash of cinnamon! 29	SPICE IT UP! Uses spices to flavor meals without added calories, sugar or sodium! I love onion, garlic, cumin, chili, turmeric and ginger powder! 30	CELEBRATE! You did it! Celebrate with a non-food reward such as a massage, a new facial mask, some fresh flowers or a relaxing bath! 31	FREE RECIPE VIDEOS: YOUTUBE.COM/HEALTHYGROCERYGIRL MEAL PLANS + GROCERY LISTS & MORE! HEALTHYGROCERYGIRL.COM/JOIN		