14 Days No Sugar

Leveling Up Now that you're through the first week it's time to take it to the next level! Dial in on your diet this week.

What's Your Body Saying? Your Body's Negative

Hunger & Fullness Scale

Eat to Lose Weight

Meal Planning Tips

Swap & Substitute

hey everybody welcome to the 14 days of hey everybody welcome to the 14 days of no sugar no sugar challenge or the fu sugar challenge um challenge or the fu sugar challenge um you made it through that first week you made it through that first week which is always the hardest week and which is always the hardest week and hopefully you're doing awesome i'm hopefully you're doing awesome i'm really proud of everyone and i love all really proud of everyone and i love all the posts the posts in the in the facebook group facebook group um this week i really do like the topic um this week i really do like the topic a lot and i think you guys will actually a lot and i think you guys will actually get a lot of um get a lot of um great tips the great tips the things for your diet and things for your diet and nutrition and how to kind of change that nutrition and how to kind of change that lifestyle lifestyle lifestyle and learn how to eat like a very you and learn how to eat like a very you know balanced meal and still get the know balanced meal and still get the results that you want results that you want so we're going to dive right in so this so we're going to dive right in so this is going to be all about the diet and is going to be all about the diet and nutrition nutrition nutrition um um um so now that you're kind of through the now that you're kind of through the first week it's time to sort of like first week it's time to sort of like take things to the take things to the next level and one of the um assessment next level and one of the um assessment or forms i included in the email was the or forms i included in the email was the metabolic typing questionnaire and this metabolic typing questionnaire and this is a diet approach or an eating approach is a diet approach or an eating approach that was developed by bill wilcott that that was developed by bill wilcott that gives a really good baseline for you to gives a really good baseline for you to start and then you can fine-tune the start and then you can fine-tune the diet and see what works best for you diet and see what works best for you um which we can discuss at the end you um which we can discuss at the end you know know know at the end of the webinar if you you at the end of the webinar if you you know at the end of the challenge and you know at the end of the challenge and you can sign up for a discovery call these can sign up for a discovery call these are all things we can talk about in that are all things we can talk about in that phone call on what we can do and see phone call on what we can do and see what you've been doing and what works what you've been doing and what works and what doesn't work and what doesn't work i know that for everyone there's no like i know that for everyone there's no like one cut answer it's not a very clear-cut one cut answer it's not a very clear-cut thing it's not black and white when it thing it's not black and white when it comes to eating it's just the philosophy comes to eating it's just the philosophy around metabolic typing is centered around metabolic typing is centered around your genetic makeup and how to around your genetic makeup and how to metabolize food which determines the metabolize food which determines the ratios of different food ratios of different food um and nutrition um and nutrition nutrients in every meal so if we think nutrients in every meal so if we think about metabolic typing there are three about metabolic typing there are three types there's a protein type types there's a protein type there is a there is a which is which is where they eat you know more and more where they eat you know more and more protein and they're at one at another protein and they're at one at another spectrum and the who have higher fat spectrum and the who have higher fat obviously too with the protein and less obviously too with the protein and less carbs because they metabolize carbs way carbs because they metabolize carbs way too fast which create an instant shot of too fast which create an instant shot of sugar into the bloodstream which could sugar into the bloodstream which could spike energy levels and then crash spike energy levels and then crash thirty to two um to thirty two thirty thirty to two um to thirty two thirty months to two hours later so they need months

to two hours later so they need more fat and proteins in the diet to more fat and proteins in the diet to slow down the metabolism of foods slow down the metabolism of foods nutrients so they have a nice steady nutrients so they have a nice steady even stream of energy all the time which even stream of energy all the time which is our goal then you have the carb type is our goal then you have the carb type so these people do better with a higher so these people do better with a higher carb diet and they tend to metabolize carb diet and they tend to metabolize carbs super slow carbs super slow um already so adding too much fat and um already so adding too much fat and protein would slow down the metabolism protein would slow down the metabolism and release energy into the bloodstream and release energy into the bloodstream causing them to feel sluggish and slow causing them to feel sluggish and slow then a higher um then a higher um slow slow slow than eating a higher carbs than eating a higher carbs which they already metabolized slowly which they already metabolized slowly then we have the mixed types who have an then we have the mixed types who have an even balance of protein fats and carbs even balance of protein fats and carbs so with your metabolic typing you can go so with your metabolic typing you can go back and take a look at your questions back and take a look at your questions and see and see how you responded to some of the how you responded to some of the assessment questions on the test and assessment questions on the test and sort of see what type you are remember sort of see what type you are remember your type can change over time and this your type can change over time and this is just a general baseline to get things is just a general baseline to get things going and you can adjust even just doing going and you can adjust even just doing this cleanse this cleanse of the sugar you might notice that your of the sugar you might notice that your dietary needs may change a bit so if you dietary needs may change a bit so if you see that a lot of a's that means you are see that a lot of a's that means you are more protein type if the answers are more protein type if the answers are more tight more tight or close or close or close and they're going to be more in or close and they're going to be more in the of a mixed type and if you have more the of a mixed type and if you have more bees then you're going to be more of a bees then you're going to be more of a carb type carb type now when we're eating within our now when we're eating within our metabolic types these needs metabolic types these needs these perfect ratios of carbs fat these perfect ratios of carbs fat protein our body protein our body and for our body it would reducing any and for our body it would reducing any type of digestive stress and inflamma type of digestive stress and inflamma inflammation so the body can focus on inflammation so the body can focus on this detoxification process it also this detoxification process it also guarantees we're getting adequate guarantees we're getting adequate nutrients for our body's needs so if you nutrients for our body's needs so if you also have a tool to help you figure out also have a tool to help you figure out what exactly your ratio should look on what exactly your ratio should look on based on what your body is saying you based on what your body is saying you can also use the food and body language can also use the food and body language log which is available in the email for log which is available in the email for a download to help you tweak your meals a download to help you tweak your meals and go over that and go over that make sure you do some food logging and make sure you do some food logging and you can see how your body is responding you can see how your body is responding and tweak the carbs fats and protein and and tweak the carbs fats and protein and how your body feels and reacts you will how your body feels and reacts you will know if you hit the sweet spot if you know if you hit the sweet spot if you feel full and satisfied three to five feel full and satisfied three to five hours or more with no lull and energy or more with no lull and energy here's how you can use the log here's how you can use the log what you want to do is log between six what you want to do is log between six to ten meals and you'll use a log as a to ten meals and you'll use a log as a reference point and write down what you reference point and write down what you ate on the left side i put an example ate on the left side i put an example here that has eggs bacon kale banana here that has eggs bacon kale banana celery grapefruit raspberries coconut celery grapefruit raspberries coconut and protein powder so make a note of the and protein powder so make a note of the ratio of the meals is it more carb ratio of the meals is it more carb driven or protein driven so you look so driven or protein driven so you look so looking at this meal i would say it's looking at this meal i would say it's probably a little probably a little higher on the protein side however the banana on the protein side however the banana has added a lot of carbs if you need a has added a lot of carbs if you need a fat carb protein chart i can also email fat carb protein chart i can also email you that to make it easier for you if you that to make it easier for you if you need that so once you have done this you need that so once you have done this you um and written down everything you um and written down everything then about 30 minutes to two hours later then about 30 minutes to two hours later what you will do is check in with your what you will do is check in with your body and see how you responded to that body and see how you responded to that meal look for all the positive reactions meal look for all the positive reactions no fog uplifted good energy thinking no fog uplifted good energy thinking clearly clearly clearly then you'll look at the then you'll look at the potential negative responses which could potential negative responses which could be be be awesome clues for the ratios going

awesome clues for the ratios going forward or even a food sensitivity so forward or even a food sensitivity so after a meal after a meal you felt full but hungry that means you you felt full but hungry that means you have had too much fat and protein if you have had too much fat and protein if you were craving sweets and probably missing were craving sweets and probably missing some carbs some carbs if you tend to feel hungry all the time if you tend to feel hungry all the time then i would increase the carbs in a few then i would increase the carbs in a few slides i will add in some tips for slides i will add in some tips for weight loss once you feel like you've weight loss once you feel like you've gotten a better handle on what your body gotten a better handle on what your body needs is a baseline then you can play needs is a baseline then you can play with it but first let's just understand with it but first let's just understand what it feels like to eat certain meals what it feels like to eat certain meals again if you need help use that facebook again if you need help use that facebook group okay group okay and don't be afraid of playing with your and don't be afraid of playing with your ratios or carbs if you eat healthy good ratios or carbs if you eat healthy good clean carbs then you should be okay all clean carbs then you should be okay all the fat diets that people have been the fat diets that people have been fearing carbs but keep things like fearing carbs but keep things like healthy fruits gluten-free grains healthy fruits gluten-free grains potatoes sweet potatoes butternut squash potatoes sweet potatoes butternut squash beets mung bean noodles are all great beets mung bean noodles are all great options if you need some more ideas go options if you need some more ideas go ahead and put a post in the facebook ahead and put a post in the facebook group group group so so so another way to level up your food intake another way to level up your food intake is improve the relationship you have is improve the relationship you have with food that supports the body's with food that supports the body's natural detoxification process so pay natural detoxification process so pay attention to your hunger and fullness so attention to your hunger and fullness so you also have to look at who you are you also have to look at who you are being when you're eating how you're being when you're eating how you're eating your foods are you overeating are eating your foods are you overeating are you overloading the body you overloading the body are you choosing foods that are are you choosing foods that are depleting your you have energy or giving depleting your you have energy or giving you energy you energy are you choosing toxic foods we want to are you choosing toxic foods we want to choose foods that are nourishing for the choose foods that are nourishing for the body all the time so body all the time so being very in tune with your body is being very in tune with your body is important the food and body language important the food and body language logging can help with this logging can help with this and you will see if you feel overly full and you will see if you feel overly full or have cravings or just see the or have cravings or just see the adjustments you might need to make so adjustments you might need to make so another way to approach this is by another way to approach this is by playing paying attention to some of the playing paying attention to some of the signs your body is giving you about signs your body is giving you about hunger and fullness in general and this hunger and fullness in general and this is so you are always giving your body is so you are always giving your body what it needs and not under eating or what it needs and not under eating or overeating so if you have a mental scale overeating so if you have a mental scale of one to ten it comes when it comes to of one to ten it comes when it comes to recognizing hunger and fullness there's recognizing hunger and fullness there's a couple different points we want to a couple different points we want to point out you never want to get so point out you never want to get so hungry you eat everything in front of hungry you eat everything in front of you this is when you make poor food you this is when you make poor food choices and overeat and eat anything so choices and overeat and eat anything so tap on your body and recognize when tap on your body and recognize when you're getting hungry the early signs you're getting hungry the early signs are thought of um signs are like the are thought of um signs are like the thought of food pops into your mind or thought of food pops into your mind or your stomach starts grumbling then maybe your stomach starts grumbling then maybe a headache um or maybe you just get a headache um or maybe you just get tired and then you're just outright tired and then you're just outright hangry so we want to avoid that as much hangry so we want to avoid that as much as we can and we want to eat when we get as we can and we want to eat when we get sort of to a level two sort of to a level two so you'll have to be aware of the signs so you'll have to be aware of the signs your body is giving you a level two your body is giving you a level two keeps you mindful and you're keeps you mindful and you're fueling your body with the foods with fueling your body with the foods with with the foods with the foods and how we want to be feeling and we and how we want to be feeling and we aren't just grabbing anything and aren't just grabbing anything and everything that's nearby to rectify the everything that's nearby to rectify the fact that we're hungry fact that we're hungry so remember to eat when it gets to a so remember to eat when it gets to a level two level two you also need to consider when to stop you also need to consider when to stop eating when you're feeling full eating when you're feeling full so you don't over stress the digestive so you don't over stress the digestive system at one time system at one time you want to stop eating when you're at a you want to stop eating when you're at a level seven so when you feel full and level seven so when you feel full and satisfied

but not overly stuffed some satisfied but not overly stuffed some things that can help you with this is things that can help you with this is i already water uh which is super i already water uh which is super important important important i know i am guilty of just standing up i know i am guilty of just standing up and eating on the go or even in my car and eating on the go or even in my car also if you had a chance to cook a meal also if you had a chance to cook a meal that's a super important process most of that's a super important process most of us are pretty um us are pretty um depleted of the digestive enzymes we depleted of the digestive enzymes we produce to help digest our food and one produce to help digest our food and one way to kind of start getting those way to kind of start getting those enzymes going is to stimulate them so enzymes going is to stimulate them so when the body smells food you cut up when the body smells food you cut up food takes time to create those meals food takes time to create those meals those enzymes start to produce in the those enzymes start to produce in the gut getting ready for the food coming gut getting ready for the food coming if we just throw down food and we have if we just throw down food and we have no ritual or process to our meals we no ritual or process to our meals we won't have adequate digestive enzymes to won't have adequate digestive enzymes to break down the food even a glass of break down the food even a glass of lemon water pre-meal or swedish bitters lemon water pre-meal or swedish bitters are great remember not to overload on are great remember not to overload on water during a meal and try to consume water during a meal and try to consume water at water at other times excuse me at other times so other times excuse me at other times so you don't water down the food basically you don't water down the food basically mating it so you won't absorb all the mating it so you won't absorb all the nutrients that you need to get from the food that you need to get from the food because it's just over watered some because it's just over watered some tricks to help you not overeat or eating tricks to help you not overeat or eating with your other hand making sure you sit with your other hand making sure you sit down at every meal and choo choo choo down at every meal and choo choo choo choo choo your food um so at least 20 choo choo your food um so at least 20 times or until it's liquid times or until it's liquid um um um i know we're probably all laughing at i know we're probably all laughing at this point because we don't know the this point because we don't know the last time we actually did that because last time we actually did that because it's hard because we're on the go we're it's hard because we're on the go we're you know life's stressful so really try you know life's stressful so really try to be mindful of that i also have to be mindful of that i also have clients plate their food and then put clients plate their food and then put the leftovers away so they won't be the leftovers away so they won't be tempted to get more and more food also tempted to get more and more food also you can put the plate um in the sink you can put the plate um in the sink right when you're done or putting a right when you're done or putting a napkin over the plate while if you're napkin over the plate while if you're eating with someone else you know and eating with someone else you know and they're not done and you're worried that they're not done and you're worried that you might just start eating because you might just start eating because you're sitting with them you can put the you're sitting with them you can put the fork down in between bites but make sure fork down in between bites but make sure you're not in front of a tv or computer you're not in front of a tv or computer so you're aware of what you're eating so you're aware of what you're eating just make sure to find just make sure to find a way to plan ahead and not get overly a way to plan ahead and not get overly hungry and have something to eat at a hungry and have something to eat at a level two and be ready to stop at a level two and be ready to stop at a seven again you should be okay seven again you should be okay three to five hours without feeling um three to five hours without feeling um hungry and then you have definitely hungry and then you have definitely nailed your norris yours remember to nailed your norris yours remember to snap have snacks on hand in your purse snap have snacks on hand in your purse in your car i always keep nuts or beef in your car i always keep nuts or beef jerky that won't go bad jerky that won't go bad so as you fine tune your metabolic type so as you fine tune your metabolic type you can you can step it up and start eating for weight step it up and start eating for weight loss loss loss so so so as you see there is a pyramid okay as you see there is a pyramid okay i provided that will suggest how you eat i provided that will suggest how you eat your meals and lose weight your meals and lose weight this can work when you're following your this can work when you're following your so so breakfast needs to be the largest meal a breakfast needs to be the largest meal a day and you're always going to have a day and you're always going to have a carb fat protein carb fat protein all protein contains all protein contains fat so you don't have to seek that out fat so you don't have to seek that out when you're doing this when you're doing this so um so um you know just make sure you never eat a you know just make sure you never eat a carb alone so when you eat a carbolone carb alone so when you eat a carbolone it's actually going to cause an insulin it's actually going to cause an insulin spike or blood sugar instability so spike or blood sugar instability so we're always trying to avoid that so we're always trying to avoid that so you're always going to have that that you're always going to have that that combination of foods when you eat if you combination of foods when you eat if you don't go to the bathroom on a regular don't go to the bathroom on a regular basis i highly recommend that you just

basis i highly recommend that you just stick to three meals a day stick to three meals a day um if you feel like things are going in um if you feel like things are going in a little like you know going to bathroom a little like you know going to bathroom a little more regularly at least pooping a little more regularly at least pooping once a day once a day then you could probably add in some then you could probably add in some snacks just um that's something we can snacks just um that's something we can also discuss in a discovery call a also discuss in a discovery call a little bit little bit um um um and then after lunch what you're gonna and then after lunch what you're gonna do is you're gonna pull that carb out do is you're gonna pull that carb out okay okay okay so even if you're a carb type getting so even if you're a carb type getting that adequate carbs in the morning that adequate carbs in the morning you should be okay you should be okay so once you pull that carb out you're so once you pull that carb out you're actually um just going to have like actually um just going to have like vegetables and protein so low glycemic vegetables and protein so low glycemic index vegetables so index vegetables so i would avoid like butternut squash any i would avoid like butternut squash any of the fruits um you know potatoes sweet of the fruits um you know potatoes sweet potatoes um potatoes um acorn squash anything that's like higher acorn squash anything that's like higher carb i would avoid um after lunch and carb i would avoid um after lunch and then dinner will just be vegetable and then dinner will just be vegetable and protein you're gonna eat 30 minutes protein you're gonna eat 30 minutes after waking up unless you're going to after waking up unless you're going to go like do cardio you could do some go like do cardio you could do some fasted cardio but that's about the only fasted cardio but that's about the only time i recommend not eating right when time i recommend not eating right when you get up make sure all of your nuts you get up make sure all of your nuts and things like that you have for snack and things like that you have for snack or raw avoid soy and make sure you're or raw avoid soy and make sure you're cooking all your food in really good cooking all your food in really good animal fats avocado oil or coconut oil i animal fats avocado oil or coconut oil i like the brand epic for the animal fats like the brand epic for the animal fats if you're okay with cow's milk you can if you're okay with cow's milk you can have you know ghee or butter you could have you know ghee or butter you could also get goats butter and cooking that also get goats butter and cooking that but just make sure you keep olive oil but just make sure you keep olive oil you can have that just keep it cold and you can have that just keep it cold and avoid any of the trans fats so like avoid any of the trans fats so like peanut oil peanut oil canola oil soybean oil vegetable oil canola oil soybean oil vegetable oil i would avoid safflower and probably i would avoid safflower and probably grape seed also grape seed also so you know just make sure you're really so you know just make sure you're really cooking really good uh oils and if you cooking really good uh oils and if you have a hard time going to the bathroom have a hard time going to the bathroom on a regular you could even cook on a regular you could even cook overcook your vegetables just a little overcook your vegetables just a little bit so they're kind of pre-digested for bit so they're kind of pre-digested for you which will help a lot you which will help a lot when it comes to eating for weight loss when it comes to eating for weight loss so again you really want to cut all the so again you really want to cut all the carbs out after lunch um and just have carbs out after lunch um and just have that protein and vegetables and that that protein and vegetables and that should kind of kick up that weight loss should kind of kick up that weight loss if that's something you're looking for if that's something you're looking for all right all right meal planning tips so meal planning tips so as we get into meal planning if you're as we get into meal planning if you're sick of making and develop sick of making and develop individualized meals meal after meal individualized meals meal after meal what i recommend is that you make dinner what i recommend is that you make dinner at night double or triple that so you at night double or triple that so you can have it for breakfast the next day can have it for breakfast the next day you can also have dinner for breakfast you can also have dinner for breakfast there's no rule that says you cannot get there's no rule that says you cannot get so i would get that out of your head so so i would get that out of your head so example you could have chicken and green example you could have chicken and green beans for dinner make extra for beans for dinner make extra for breakfast so you can have chicken breast breakfast so you can have chicken breast and green beans and then add your good and green beans and then add your good carb to that meal carb to that meal you can also make large batches of food you can also make large batches of food and freeze it either in portions or not and freeze it either in portions or not remember to try to use pyrex dishes remember to try to use pyrex dishes pyrex dishes or glass for your hot food pyrex dishes or glass for your hot food and heat it up in a toaster oven not a and heat it up in a toaster oven not a microwave also using a crock pot is a microwave also using a crock pot is a great way to throw some like pork great way to throw some like pork tenderloin in there with some veggies tenderloin in there with some veggies maybe some salt salsa with no sugar maybe some salt salsa with no sugar and whatever seasoning you want and you and whatever seasoning you want and you can make some pulled pork it's pretty can make some pulled pork it's pretty much that easy you can throw anything in much that easy you can throw anything in that crock pot and have a fair amount of that crock pot and have a fair amount of food you can

eat just i would definitely food you can eat just i would definitely recommend that you rotate your foods as recommend that you rotate your foods as much as you can on top of it so try not much as you can on top of it so try not to get out of that hole eating like to get out of that hole eating like oatmeal every single day for breakfast oatmeal every single day for breakfast it's that's not good it's where you get it's that's not good it's where you get a lot of food sensitivities in your diet a lot of food sensitivities in your diet um um um if you need ideas i like to google like if you need ideas i like to google like paleo or whole 30 recipes and they all paleo or whole 30 recipes and they all tend to be pretty clean there's also a tend to be pretty clean there's also a lot of meal delivery services now where lot of meal delivery services now where you can research and see which ones are you can research and see which ones are the cleanest and i think they have a lot the cleanest and i think they have a lot of like gluten-free options of like gluten-free options soy free options so that's something you soy free options so that's something you also remember to try getting organic also remember to try getting organic clean meats as much as you can but if clean meats as much as you can but if you're on a budget i would just follow you're on a budget i would just follow like the dirty dozen like the dirty dozen and you can just look that up or it's on and you can just look that up or it's on the it's on the slide obviously and you the it's on the slide obviously and you it'll tell you what foods are the it'll tell you what foods are the cleanest and which are not so just buy cleanest and which are not so just buy the ones that are the cleanest and then the ones that are the cleanest and then the ones that are dirtier i would the ones that are dirtier i would definitely get organic with that you can definitely get organic with that you can go to local farmers markets you can um go to local farmers markets you can um you know get fresh fruits and veggies you know get fresh fruits and veggies for the week you can freeze some of the for the week you can freeze some of the vegetables and cut them up vegetables and cut them up so that is another really so that is another really good idea so just make sure that you good idea so just make sure that you really rotate those foods really rotate those foods another thing you can do is swap um another thing you can do is swap um here's some good like swapping what here's some good like swapping what you're using now for some things that you're using now for some things that are a little bit healthier so like you are a little bit healthier so like you have a lot of dairy and milk um cow's have a lot of dairy and milk um cow's milk and you want to avoid that you can milk and you want to avoid that you can use coconut milk coconut yogurt almond use coconut milk coconut yogurt almond milk milk milk avocado salad dressings um avocado salad dressings um you know there's a lot of like primal you know there's a lot of like primal paleo is a really good company that has paleo is a really good company that has um um um you know paleo no like no dairy salad you know paleo no like no dairy salad dressings or there's another one primal dressings or there's another one primal foods i believe you can just go and kind foods i believe you can just go and kind of research that anything you just like of research that anything you just like google paleo like paleo salad dressing google paleo like paleo salad dressing you can usually find it in the shopping you can usually find it in the shopping section on your on your browser section on your on your browser um so gluten so gluten-free grains um so gluten so gluten-free grains quinoa uh rice you can get gluten-free quinoa uh rice you can get gluten-free oatmeal sweet potatoes jams cauliflower oatmeal sweet potatoes jams cauliflower you can make a mashed potato with that i you can make a mashed potato with that i would avoid anything with corn so you would avoid anything with corn so you can get like the siete or grain free can get like the siete or grain free chips grain free granolas sweet potato chips grain free granolas sweet potato chips just make sure they're all made in chips just make sure they're all made in really clean fat so i'd avoid corn also really clean fat so i'd avoid corn also like corn soy are kind of ones i have my like corn soy are kind of ones i have my clients clients clients avoid rice crackers avoid rice crackers are great you can do regular you know are great you can do regular you know regular potatoes regular potatoes um i like mung bean noodles you can get um i like mung bean noodles you can get sweet potato noodles and then for sugar sweet potato noodles and then for sugar or something sweet obviously fruit honey or something sweet obviously fruit honey coconut nectar sugar stevia agave which coconut nectar sugar stevia agave which is not my favorite because you can still is not my favorite because you can still have a little bit of a blood sugar spike have a little bit of a blood sugar spike but you know it is sort of an option um but you know it is sort of an option um all right so the last thing i really all right so the last thing i really want to touch base on quickly is want to touch base on quickly is self sabotage so the first week you did self sabotage so the first week you did great um and you're feeling wonderful great um and you're feeling wonderful but sabotage can happen at any time just but sabotage can happen at any time just know that there's no such thing as know that there's no such thing as failure it's not your fault it happens failure it's not your fault it happens to all of us usually right around when to all of us usually right around when we get halfway through a challenge and we get halfway through a challenge and you start to do really well and you fall you start to do really well and you fall off track and if you find that happening off track and if you find that happening i would just ask i would just ask ask you to approach the situation with a ask you to approach the situation with a little curiosity and sometimes there's little curiosity and sometimes there's an old part of the

brain called the an old part of the brain called the critter brain which is the old school critter brain which is the old school survival system of the brain even if survival system of the brain even if it's not the healthiest of choices and it's not the healthiest of choices and if you're doing awesome and then fall if you're doing awesome and then fall off off off it's probably the critter brain it's probably the critter brain snapping back saying i'm not sure i can snapping back saying i'm not sure i can survive survive survive this healthy eating environment but i this healthy eating environment but i know we can survive an unhealthy eating know we can survive an unhealthy eating environment so it's not always your environment so it's not always your fault and there's always a positive fault and there's always a positive intention that intention that around that to keep us safe so you know around that to keep us safe so you know don't beat yourself up just you know don't beat yourself up just you know dust yourself off get back up and even dust yourself off get back up and even if it's not you know your healthiest if it's not you know your healthiest choices you know you're okay we have choices you know you're okay we have tomorrow again see where you can tomorrow again see where you can approach this with curiosity and approach this with curiosity and and place any judgments toward yourself and place any judgments toward yourself and look into why it happened instead of and look into why it happened instead of just beating yourself up was it stress just beating yourself up was it stress was it work relationships i didn't plan was it work relationships i didn't plan ahead no healthy snacks ahead no healthy snacks um um um you know would something trigger it you know would something trigger it and this can help you create a safe and this can help you create a safe environment to avoid this trigger again environment to avoid this trigger again just really work on creating a safe just really work on creating a safe space in your life and not allowing any space in your life and not allowing any negativity for example if you have that negativity for example if you have that one co-worker that always brings you one co-worker that always brings you down just try to avoid them um as much down just try to avoid them um as much as you can as you can and you know avoid that contact and set and you know avoid that contact and set good boundaries you know when they start good boundaries you know when they start to go down that negative pathway to go down that negative pathway and overload maybe overload them with and overload maybe overload them with positive you know energy and step away positive you know energy and step away you know nobody needs to have an energy you know nobody needs to have an energy vampire in our lives and it can just be vampire in our lives and it can just be toxic and it's toxic just as toxic as toxic and it's toxic just as toxic as food food food okay so a couple last tips for when you okay so a couple last tips for when you have social gatherings what i would have social gatherings what i would suggest is that if you're going to suggest is that if you're going to someone's house that you offer to bring someone's house that you offer to bring a dish or say oh i can bring green beans a dish or say oh i can bring green beans i would love to so at least you know i would love to so at least you know you'll have one thing you can eat or you'll have one thing you can eat or what i do sometimes if it's going to be what i do sometimes if it's going to be like a big party or gathering and you like a big party or gathering and you don't really know what the food's going don't really know what the food's going to be like and it might just be some to be like and it might just be some sort of big table of random stuff i just sort of big table of random stuff i just eat before i go eat before i go and don't be afraid to tell your friends and don't be afraid to tell your friends and family that you're working on eating and family that you're working on eating healthy and here are the expectations healthy and here are the expectations ahead so you don't get stuck in that ahead so you don't get stuck in that awkward space where you end up eating a awkward space where you end up eating a bunch of crap not to rattle people up bunch of crap not to rattle people up people tend to not always like it when people tend to not always like it when someone is getting healthy merely someone is getting healthy merely because they can't do it themselves if because they can't do it themselves if they don't support you then maybe that's they don't support you then maybe that's someone you should avoid as much as you someone you should avoid as much as you can can can so that was a ton of information so that was a ton of information and and and i hope you all enjoyed it and are ready i hope you all enjoyed it and are ready to tackle the next week ahead with the to tackle the next week ahead with the no sugar and are working really going to no sugar and are working really going to work really hard i'm fine tuning your work really hard i'm fine tuning your diet again the facebook group is a great diet again the facebook group is a great resource for everyone to discuss any resource for everyone to discuss any positive and negative struggles and the positive and negative struggles and the more you post the more points you'll get more you post the more points you'll get to winning the prizes at the end of the to winning the prizes at the end of the no sugar challenge no sugar challenge um i hope everybody has a great day um i hope everybody has a great day