



Hey Beautiful!

In this mini-training you'll learn about the forces at play behind those incessant cravings for sugar, chocolate, and carbs PLUS what to do starting TODAY to break up with sugar once and for all.

And guess what! I recorded an audio that will walk you through step-by-step!

Click [here](#) to access the audio part of the training so we can go through this hand in hand.

Xoxo,

Krissy



MINI-TRAINING: HOW TO BREAK UP WITH SUGAR

10 Guidelines for Eating to Kick Sugar

1. Eat within a 12-hour period. Base this on your last meal from the prior night. If you ate at 10pm, then breakfast will be at 10am.
2. Eat breakfast, lunch and dinner and two snacks. Aim to leave 3 hours between your meals and snacks.
3. Please don't count calories. My clients use to justify a sweet or carb-based snack. It was only 100 calories...but all in sugar and carbs!
4. Limit or eliminate gluten and dairy. Don't worry about cross-contamination. Just take out the obvious – pasta, bread, cakes, cookies, milk, yogurt, cheese and ice cream.
5. You can use up to two teaspoons of coconut sugar or raw honey per day - this is your methadone. But try to avoid non-caloric sweeteners. Throw out the white sugar.
6. In terms of beverages – skip all soda. Drink 6 12oz glasses of water per day and you can have seltzer water, kombucha and herbal teas.
7. Enjoy a maximum of two pieces of fruit per day.
8. Toss out all processed food. Food is information. If you eat dead food, that's how you'll feel.
9. Use an olive oil and lemon juice based dressing for your salad. Skip all vinaigrettes and cream-based dressings and non-fat or low fat dressings (these often have added sugar).
10. Once per week, you can have something that's a pleasure food, provided it doesn't contain gluten or dairy. That might be dark chocolate, coconut ice cream, macaroon or gluten-free pasta. The choice is yours.



Balance your Biochemistry

1. Sleep more
2. Balance gut bacteria – incorporate probiotics and some fermented foods.
3. Eat good fats
4. Notice how you feel around sugar, bread or dairy. Extreme cravings can be due to imbalance or inflammation. Having an inflammatory response in the body uses up serotonin, which can make you crave sugar more.
5. Get tested for Candida or pathogenic bacteria that could be causing sugar cravings.

Rewire your Brain: Create a Life Sweeter Than Sugar

1. Create a list of non-food related activities that bring you pleasure, excitement and joy. Things like talking with a friend, holding hand, making love, meditation all help to elevate serotonin and dopamine levels in the brain.
2. Get curious about the emotional feelings you have towards sweet foods. Is there a connection to pleasant memories or events or people that drive your desire to eat these foods even if they don't make you feel good?
3. Get curious about how you are feeling when you eat these foods. Is your body actually signaling to you that it needs more serotonin (ie. Pleasure, fun, connection or joy?)
4. Go easy on yourself and forgive yourself if you give in to sugar. Practice progress not perfection.

High-Impact Steps for Kicking Sugar for Good

1. Get support (whether it is a coach, nutritionist or other constant source of inspiration, information, and motivation that you can have in your life). Habit change is hard, but not impossible. It's easiest (and more fun!) if you don't go it alone.
2. Set up accountability. Create the conditions for inevitable success and create a support system that keeps you accountable to yourself so you can stick to your good intentions long enough to see results.



FOR WOMEN WHO WANT MORE OUT OF WEIGHT LOSS

BREAKING UP WITH SUGAR CHECKLIST

(Move onto the next step after completing the first)

- Bring in more fresh fruit and sweet veggies (carrots, sweet potatoes, etc) and taper off maple syrup and honey. Be sure to eat lean protein with your meals if you feel strong cravings.
- Eliminate the obvious: baked goods made with sugar, soda, sugar in your coffee, table sugar/refined white sugar.
- Begin using maple syrup, honey, stevia, xylitol for sweeteners and baking or in treats (avoid equal, Splenda, and sweet and low! Use stevia instead) (You can do this step simultaneously with step 1).
- Eliminate foods from your diet that have sugar (or a form of sugar) in the first 5 ingredients.
- Notice when you want sugar – what is the emotional response? Are you stressed? Bored? Uninspired? In a rush? Start bringing in more primary food.
- Now that you are in balance and feeling good you can have a little maple syrup or honey again (or even a touch of sugar but only in really unique circumstances, like a bite of wedding or birthday cake – you may find though that you really don't enjoy it as much). 2-3 teaspoons a week is typically ok and won't create a negative response.
- Welcome to food freedom!

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RECIPES

Blood Orange Mocktail

A perfect substitute for soda, juice, and alcohol!

Ingredients

Juice of 1 blood orange
1 cup of club soda (more or less to taste)
1 teaspoon raw honey (more or less to taste)
ice

Directions

Pour blood orange juice in pretty glass, add honey and stir until dissolved, add ice and soda water. Garnish with slice of orange.

Homemade Almond Milk

Tastes WAY better than store bought and has no added sugar!

Ingredients

1 cup soaked almonds
3 cups filtered water
Optional: 1/4 teaspoon rock or sea salt and 1/2 teaspoon vanilla extract (or 1 vanilla bean, scrapped)

Directions

Soak almonds in 3 cups of water for 6-8 hours (overnight usually does the trick). Drain almonds, rinse them, and then peel. Discard skins. Add almonds to blender with 3 cups fresh filtered water. Blend on high until a milky consistency (about 1 minute). Pour liquid through a nut bag, cheesecloth, or mesh strainer into a small bowl. Squeeze all the liquid so you are just left with the pulp (which you can save for baking or other treats). Optional: add 1/4 teaspoon sea or rock salt and 1/2 teaspoon vanilla extract. Keep in fridge for up to 5 days. If it separates that's ok, just shake it baby!

Video at: <http://krissyruddy.com/?p=409>



Simple, Quick and Tasty Vanilla-Banana Ice "Cream"

Ingredients

Frozen banana
Fresh almond milk
Dash of vanilla
Swirl of nut butter and or cacao nibs (optional)

Directions

Place all ingredients in food processor or blender, blend until smooth and thick.

Video at: <http://bit.ly/1KONY3k>

Detox Chocolate!

Ingredients

1/4 cup coconut oil, melted
2 ounces unsweetened 100% cacao chocolate, shaved (or raw cacao powder for a thinner chocolate drizzle)
1 tablespoon honey
1 tablespoon coconut manna (optional)

Directions

In a double boiler, combine the coconut oil, honey, manna and cacao until smooth. Let sit until it thickens if you want to dip fruit, or use as a drizzle as is.