

# 30

# Sugar Free

# Days

A Weight Loss and Health Plan Based  
on Dr. Scott Olson's Book



# Sugarettes



# 30 Sugar Free Days Plan

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Congratulations! Thank you for joining us for **30 Sugar Free Days!**

You have quite the journey ahead of you. I should warn you at the start that when you choose to go for thirty days without sugar **or foods that act like sugar** you are going to run smack into your addiction and the (sometimes intense) cravings that come with that addiction.

I'm not going to lie to you; 30 days without sugar (or foods that act like sugar) is going to be hard. The reason why it is going to be hard to stay away from sugar and foods that act like sugar is because **sugar is an addiction**. And as addictions go, sugar addiction is every bit as hard to break as addictions to alcohol, cigarettes and drugs. Yes, that difficult! Scientific studies on sugar addiction show that it is very similar to other types of addiction and just as hard to break.

While all of this can sound a bit bleak, it really isn't. Once you make the break from sugary foods, you will find you have much better energy, sleep better, feel better, and, yes, you will start to lose weight (if that is your goal). So while you are in for a bit of a hard time, the results are well worth it. By adapting a sugar-free diet you are putting yourself on the path to much better health and reducing the chances of heart disease, diabetes, and many other diseases that can cut your life short.

Eating foods that are what I call "low and below" foods (see below) is the best way for you to fuel your body and once you adjust to this way of eating, you may never go back.

## Foods that Act Like Sugar

Keeping sugar out of your diet is easy enough to understand, but, in case you haven't read my book, [Sugaretttes](#), let me explain what *foods that act like sugar* are.

There are actually many foods that act like sugar in the body. An understanding of these sugary foods came about because we decided to test just how individual food change our blood sugar and the result of those studies is what is known as the **glycemic index**.

After studying thousands of individual foods, scientists developed a measure of how different foods affect our blood sugar and they call it the glycemic index.

The glycemic index is broken into three parts:

- **High Glycemic Foods:** which are foods that can dramatically increase our blood sugar.
- **Medium Glycemic Foods:** are foods that have a moderate, but still high impact on our blood sugar.
- **Low Glycemic Foods:** which are foods that make our blood sugar change very little.

What the creators of the glycemic index are not telling you is that there is another kind of food that doesn't even show up on the glycemic index and these are what I call **Below the Glycemic Index foods** and it is precisely *these foods* that you want to base your diet on. Actually, I will recommend that you chose foods that are either low on the glycemic index or below the glycemic index or "**Low and Below Foods**".

All the other foods are the "foods that act like sugar in your body" or the High and Medium foods. On the list of foods that act like sugar are all grains, starchy vegetables (potatoes, parsnips, cooked carrots) and some fruit. I have a complete list of both foods later in this E-Book.

So, to sum it up, the **30 Sugar Free Days Plan is eating only Low and Below foods for 30 Days.**

Okay, that is the basics, let's get to the specifics.



# Foods You Can Eat

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The plan for the 30 Sugar Free Days is relatively simple: no sugar, no grains and no starchy vegetables (potatoes, parsnips...) or high glycemic index fruits (Dates, watermelon, banana).

Put in another way: you can eat most vegetables, most fruits, and almost any protein source you want, but nothing else. You also want to avoid any drink that has calories in it (that means no alcohol, no soda, no fruit juice).

At this point I have to tell you that this is not a high protein diet, rather, I would like to see you replace all of your grains, sugars and starchy vegetables with low glycemic index foods. In a way, the diet is a vegetarian (vegetable only) fruitarian (fruit only) diet with protein added as a side dish. I suggest that you build a diet that is 80 percent fruits and vegetables and 20 percent proteins.

## How much can I eat?

I always get this question, so I'm going to answer it here. If you are typical, the amount of sugar you have running around in your blood when you eat sugar and foods that act like sugar has more to do with weight loss than the amount of calories you eat. I know this doesn't sound like what you are used to, but it is true. (see this post on my site: [calories and weight loss](#))

Eating more often (every 2 hours) is what I suggest. This not only keeps your blood sugar steady, but also actually boosts your metabolism. The key is that you are only eating Low and Below Foods, if you are doing that, then you can eat as much as you would like (within reason).

## What to Eat

### EAT:

- **Meat and Dairy:** such as chicken, fish, beef, wild game, eggs, cheese
- **Vegetables:** you should have something fresh and crunchy at every meal, emphasis on low glycemic vegetables, but include them all: carrots (raw), salad (any green), celery, broccoli, cauliflower, onions, garlic, cucumber, cabbage, peas, peppers, tomatoes and others.
- **Fruits:** fruits generally contain a lot of sugars and should be used in moderation, but there are low-glycemic index fruits you can focus on (see below).

### AVOID:

- **Grains:** Stay away from all grains including wheat, barley, corn, oats, rice, rye. Later on, if you want to try and add a carbohydrate, try brown rice in the occasional meal.
- **Carbohydrates:** Sugars of all kinds including cookies, cakes, candy, look for the hidden sugars in salad dressings, table sugar, brown sugar, powdered sugar, cane sugar, corn syrup, and sorghum, honey, maple syrup, many juices, dextrose, turbinado, amazake, sorbitol, high fructose corn syrup. You can avoid many of these if you are the one making and preparing your own food.

## Here is the List of Foods You Want to Eat and Avoid

# AVOID: The Following High and Medium Foods

### GRAINS

Barley  
Brown rice  
Corn  
Long grain rice  
Oats  
Rye  
Sweet corn  
Wheat  
White rice  
Wild rice

### Grain Products

#### Breads (All breads)

Bagel  
Baguette, white  
Blueberry muffin  
Bran muffin  
Corn tortilla  
English Muffin  
Kaiser bread rolls  
Rice Pasta  
White bread  
Whole Grain bread  
Wonder Bread™

#### Breakfast Cereals (All cereals)

Cheerios™  
Coco Pops™  
Corn Chex™  
Corn Pops™  
Cornflakes™  
Crispix™  
Grapenuts Flakes™  
Grapenuts™  
Instant Cream of Wheat  
Life™  
Quick Oatmeal  
Raisin Bran™  
Rice Chex™  
(more....)

#### Crackers and Chips (All)

Corn chips  
Popcorn  
Potato chips  
Pretzels  
Puffed rice cakes  
Rice cracker  
Soda Crackers  
Water crackers

### Other Breakfast Foods

Croissant  
Cupcake  
Doughnut  
Oatmeal muffin  
Pancakes  
Pop Tarts™  
Waffles

### Cakes

Almost all cakes  
Angel food cake

### VEGETABLES

Carrots, boiled  
French fries  
Parsnips  
Potato: Baked, Instant,  
Mashed  
Pumpkin  
Sweet potato  
Tapioca

### FRUITS

Banana  
Dates, dried  
Tangerines  
Raisins  
Watermelon

### Fruit Products

Fruit Roll-Ups®  
Fruit Juices  
Jams and Jellies  
Processed fruit bars,  
fruit wraps...

### SUGAR AND SUGAR SNACKS

Most sugary snacks  
Candy Bars  
Glucose  
Honey  
Jelly beans  
Sucrose  
Syrup

### DRINKS

Almost all fruit juices  
Almost all Sodas  
Sport Drinks

### DAIRY

Yoghurt, low fat  
Ice cream

### BEANS

Broad beans

### OTHER

Macaroni and Cheese  
Pizza, cheese  
Popcorn  
Soup, green pea  
Soup, split pea

## EAT: The Following (Low and Below Foods)

### FRUITS (RAW)

Apple  
Blackberries  
Blueberries  
Cherries  
Dried apricots  
Grapes  
Grapefruit  
Kiwi fruit  
Mango  
Orange  
Peach  
Pear  
Pineapple  
Plums  
Raspberries  
Strawberries

### VEGETABLES

Avocados  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots, raw  
Cauliflower  
Celery  
Chard  
Cucumber  
Eggplant  
Green Beans  
Green Peas  
Garlic  
Kale  
Onions  
Jalapenos  
Peppers (Green, Red...)  
Radish

Split peas  
Sprouts  
Tomatoes  
Yam (Canada)  
Lettuce of all kinds  
Green leaf  
Iceberg  
Red leaf  
Romaine

Mixed greens  
Arugula  
Beet greens  
Collard Greens  
Dandelion greens  
Endive  
Escarole  
Radicchio  
Red mustard  
Spinach

### BEANS

Baked Beans  
Black eyed beans  
Chickpeas (Garbanzo beans)  
Hummus (chickpea salad  
dip)  
Lentils, red  
Pinto beans  
Red Kidney Beans  
Romano beans  
Soya beans

### DAIRY

Full-fat cows' milk  
Cheese (most)

### NUTS AND SEEDS

Almonds  
Cashews  
Macadamia  
Mixed nuts  
Peanut butter (no  
sugar)  
Peanuts  
Pecans  
Pistachio  
Sunflower seeds  
Walnuts

### PROTEIN

Beef  
Chicken  
Eggs  
Fish  
Pork  
Poultry (all)  
Sausages  
Wild game

### MUSHROOMS

Maitake  
Reishi  
Shitake...



# Meal Plans and Recipes

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[in complete version]



## Diet Tips

- If you really want to make this a great weight loss program, you need to add exercise into your routine. I talk more about this in the e-mails.
- Fill your plate with fruits and vegetables. Your plate should have about 80 percent vegetables or fruits and about 10 to 20 percent protein.
- This is not a diet that limits calories, generally you can eat as much as you like. You will find that eating more often (every few hours) actually helps you with cravings and has been shown to boost your metabolism.
- I cannot stress how important good support is for a weight loss program. If you haven't already, sign up to receive e-mail updates.

**Thank you all for your support and I wish you the best on the next 30 days and your healthy journey!**

*Dr. Scott*