

30

Sugar Free Days

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



Sugarettes



30 Sugar Free Days Plan

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

The first thing you need to know is that many questions are answered in the e-mails you will be receiving, the [frequently asked questions page](#), or in the [Complete Guide to 30 Sugar Free Days](#) (a more extensive version of this e-book) that you can still purchase.

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, [Sugarettes](#), 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

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 (in moderation)
- **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:

The next page is a chart. Avoid the High and Medium (In RED) and Eat as much as you want of the Low and Below Foods (in GREEN)

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

Dr. Scott

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

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...

GRAINS

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

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

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....)

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

FRUITS

Banana
Dates, dried
Tangerines
Raisins
Watermelon

Crackers and Chips (All)