



# Beat the Sweet

21 Day Sugar Challenge



by Kezia Hall

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## INTRODUCTION

*'What do you mean a Mars Bar is not a healthy snack before dinner....?'*

### **My Sordid Sugar Story**

Whether it's rushing out at night to get some sweets, binging on ice cream and powering through the brain freeze or munching on Mars Bars thinking it is a perfectly practical afternoon snack - I confess to being a recovering sugar addict.

When I was younger it was your typical Mars Bars, apple pies, ice cream and lunch was not lunch if there was not at least one chocolate biscuit. As a teenager there were sleepover's with Ben and Jerry binges and after school runs to the shop for anything from Swiss rolls to 'healthy' cereal bars.

Needless to say my health was not in great shape. As a child I had constant stomach issues and a very low immune system and was always on antibiotics. Then, as a teenager, I got repeated bouts of glandular fever, painful PMS, I was overweight, very anxious and had rather embarrassing bowel habits.

It all continued and it was only when I was in my early twenties while dealing with a bad bout of thrush along with my chronic diarrhoea, constant fatigue, mild eczema, depression and terrible stomach pain that I thought maybe it was time to do something about it (you think?!). I tried my first 'no sugar diet' and OMG it was hard. I managed it for a while and I think mainly ate crisps instead (no sugar, right?!?) but saw the thrush reduce slightly but the other symptoms remained. But that was when I started realise the power that food had on my body.

**It had power to heal or destroy, to mend or break, to nourish or strain.**

As the years have gone on, I have become more and more aware of the power of choosing to eat natural, unprocessed, delicious food. Food can hinder and harm all the amazing dreams you have for your life or the food you eat can fuel them.

So, after perfecting the art of removing refined sugars from my diet and helping other one2one clients do the same, I created this 3- step system to help you thrive.

Make no mistake, this 21 day challenge is not going to be easy, but you will feel the best you have done in years at the end of if you follow my simple advice and tasty recipes. Whether its shedding some weight, restoring your energy, sorting out your health issues or simply just wanting to create a healthier life and diet for you and your household – ditching the sugar is the perfect place to start.

Choose to feed your dreams not your sugar cravings, and join me in Beating the Sweet!



Love,

Kezia xxx

*\*Please note that whilst ditching refined sugar is an amazing place to start and get fabulous result if you are struggling with longer chronic health issues like ME or other autoimmune diseases then this is going to do you a lot of good but wont be the 'magic pill' your looking for. More serious health condition require a range of healing principles in order to see results.*



# About the 21 Day Challenge

## How it Works

This challenge is going to give you massive results in the simplest way possible.

This is not a 21 day fix, this is a platform for creating an insanely healthy, energised and glowing life. I have already confessed to being a sugar addict and so I return to these principles time and time again when I feel like my sweet cravings are beginning to rule the roost.

I am also guessing that you roughly know how to cook decent main meals (meaning your not eating a bowl of sugar for dinner) and that your downfall is most likely to be snacking, puddings and sweet treats. You start the day with some porridge or muesli or eggs, but then 11 am is biscuit time, 3 pm is time for a sweet coffee, and dinner is not dinner without a pudding or large lump of chocolate? Am I right?

This challenge has a simple focus. Replacing our processed high sugar snacks and treats with naturally healthy ones. It focuses is on removing our dependency on refined sugar and replacing the need for sweet things with naturally sweet alternatives.

This is about doing one thing well so that we don't get overwhelmed and give up. When we learn to do one thing really well – like switching out refined sugar, reducing our desire for it and replacing it with other yummy, natural foods then THAT is when we create healthy habits that last for life.

Aim:

- Ditching our addiction to refined sugar.
- Enjoy naturally healthy snack and puds.
- Double our energy.
- Feel better than we have done in years.
- Keep things simple.
- Remember how kick-ass you are ;)

Over the next 21 days I want you to experience how much better you can really feel.

I want you to see the amazing soar in your energy levels, the brightening of your skin, the flattening of your tummy, your longstanding colds and sniffles disappear, how much better food will taste and so much more. Time and time again I have seen how much better people feel by simply introducing more natural foods into their diets so I know you're going to be shouting from the rooftops in a few weeks time.

But I will warn you, sugar is addictive (may sound like an extreme term to use but we will talk about that more later) so this is not an easy ride. Over the first 5 days you might not like me much as the cravings shout loudly, but trust me, it will pass and you will feel fabulous. I am guessing though that you signed up for this because you wanted change, you want to feel and look better, you want to live that healthy life you have always wanted without the weird faddy diets, funny shake powders and without getting utterly overwhelmed by it all. So I know you can do this and I applaud your courage.

This program is about simplicity. This is not a secret ploy to get you to eat vegan/paleo/whatever. This challenge focuses on the main problem – the secret sugars we are unaware of and providing simple tasty recipes to replace our sugar laden snacks. If you want to take it deeper than I provide meal plan options and recipes so you can shift the rest of your diet but that main focus is going to be in transforming your snack life to one without the refined sugar.

### **So here is how it will work over the next 21 days.**

I have split the program into a 3 step system which everyone follows and I will describe more about that below. But there are also 2 levels, basic and advanced, that you choose from.

**Basic** involves focusing on just replacing your snacks and treats with the alternative recipes I've given to you, and ensuring you avoid eating all refined sugars.

**Advanced** is when you do the above AND address your main meals, avoiding all gluten and cows' milk, as well as refined sugar. I provide meal plans for this to help you.

But I want you to start where you're at and do what feels right for you, which is why I have included these two options. If you are brand new to all this healthy eating stuff, have no idea what refined sugar really is, and live mainly off cereal then stick with the basic level, BUT if you know what kombucha is or know where to buy spelt flour at the shop and have slurped a green smoothie before then the advanced version may be the place for you. If you pick the advanced level then make sure you read and implement the 'advanced' notes throughout this eGuide.

But rest assured, both are brilliant and both will give you results and you can come back to each time and time again.

*(Also make sure you join the [coaching group here](#) were you will get daily support from me throughout the challenge)*

## The 3 Step System:

### Week 1 – Cleanse

The first thing we need to do is find out what foods actually have sugar in, how much of it we are eating and the impact it is having on your unique body – then cleanse ourselves of it!

That is why I have included the *Beat the Sweet Journal* which you can print and fill in and see your progress. (see the resources section). Once we know what the refined sugars are that we need to get rid of, we can replace them with other filling and delicious alternatives. Don't worry, you will get handpicked recipes and a shopping list sent to you each week and tons of support as you wean yourself off the sugary drug.

### Week 2 – Repair

Sugar does some damage to your hot body so it is time to repair it and get you back in tip top shape. So this week is all about healing your body and your mindset toward food. This is also when we will slowly introduce more naturally sweet alternatives including how and when to use them. You will be starting to feel a little bit fabulous by this point :)

### Week 3 – Enjoy

Now we really get into the swing of how to sustain your new found energy and glow. This will be about how to find a healthy balance of foods, how to sustain a refined sugar life through birthday festivities and more. Plus more advice on quick and easy snack recipes and how to bake with certain sweeteners, what to do next, and some bonus goodies!

Throughout the challenge you will get emails from me with videos, recipes, tips, access 24/7 to the Beat the Sweet coaching group where you can ask your questions, access a Beat the Sweet resource page with your bonus goodies and meal plans and 3 new simple snack recipes sent to your inbox every week so you never go hungry.

Changing what you eat and overcoming food addictions can be tough. I have been there and battled through on my own which meant I had slow or little progress, but rest assured we are in this together so you can get results fast. You won't be alone in this, no question will go unanswered and if you are struggling we will be here to cheer you up and when you're flourishing the community will be there to cheer you on!

So let's get to it!





## The Problem with Sugar

Yippee!!! Well done, you should be very proud of your fine self for taking the biggest step when it comes to transforming your health and body and waving goodbye to sugar addiction.

You have admitted there is a problem.

But if you're reading this and thinking '*Calm down Kezia! I am not addicted to sugar; in fact I don't have a sweet tooth at all really, never mind an addiction!*'

If you're thinking that then I want you to see how many out of this list describe you:

1. You wake up feeling exhausted.
2. You have struggled with depression or just a low mood in the past.
3. You carry more fat around your middle than anywhere else.
4. You need to have something sweet after every meal.
5. You eat more than 4 portions of fruit a day.
6. You regularly have one of the following: thrush, athletes' foot, oral thrush or other fungal skin infections.
7. You slump in energy between 3-5pm each day.
8. You wake up from about 8pm onwards and don't feel sleepy at bed time.
9. You can't get enough of thing like bread, pasta, couscous biscuits and cakes, and eat them at least once a day.
10. You have issues with your skin and it is not bright and glowing - more dull and grey or blemished.
11. You feel like you NEED sugary food to give you an energy boost through the day.

If you have more than 3/11 then you are in the right place as it sounds like refined sugar could be causing havoc in your hot body.

So let's look at what the problem is with sugar.

## What Do We Mean By "Sugar"?

Sugar is '*any of the class of soluble, crystalline, typically sweet-tasting carbohydrates found in living tissues and exemplified by glucose and sucrose.*'<sup>1</sup>

It is a simple carbohydrate that can come in many different forms. This simple carbohydrate is a monosaccharide. Disaccharides are also carbohydrates that are made up of two monosaccharides. Polysaccharides (starches like pulses and grains) are carbohydrates that are composed up of multiple monosaccharides.

So all carbohydrates are sugars ultimately when they get broken down in the body. Bet you didn't realise that!

Sucrose, common table sugar, is a disaccharide, meaning that when it is broken down in the body it becomes glucose and fructose (two different substances = 'di'). Whilst when you eat a slice of bread you will break it down into multiple forms of sugar within the body, as bread is starch and starches are polysaccharides

Lets back up a bit. Bread and pastas are a form of sugar?

Chemically speaking, yes. Once they are digested they will be used up like sugar. It does take much longer to digest them (if they are in their natural form like sourdough wholemeal bread, brown rice, etc) so you don't get as an immediate sugar release as you would with table sugar but ultimately it ends up as glucose in your blood. And don't get me wrong our bodies run off of glucose so we do need some but as we will talk about later the refinement of these sugars that has taken place dramatically changes how quickly we digest them and the nutrient density of the food itself.

So it is no wonder then that with the dramatic increase not just in refined sugars but also in refined carbohydrates (pasta, bread, cereals, baked goods etc) that as a nation we are addicted to sugar and seeing the health problems as a result.

But we will come back to talking about the important role of the right kind of carbohydrates later in the eGuide as that will where we take it up a level if you choose to follow the advanced program.

### What is refined sugar?

So sugar is a type of carbohydrate that gives our bodies energy either through immediate use or it gets stored as glycogen by the liver and used later within the body (or never at all = belly fat!) Lots of natural foods have sugars in them like fruits, dates and even raw cane sugar itself starts life as a plant, so surely that can't be that bad?

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1 Sally Fallon, Nourishing Traditions, pg 21

The danger is in the heavy refinement and processing, so let's look at what do we mean by refined sugar?

I will let the experts tell you:

*In nature, sugars and carbohydrates – the energy providers – are linked together with vitamin, minerals enzymes, protein, fat and fibre – the body building and digestion regulating components of the diet. In whole form sugar and starches support life, but refined carbohydrates are inimical to life because they are devoid of body building elements, Digestion of refined carbohydrates call on the bodies own store of vitamin, minerals and enzymes for proper metabolization.<sup>2</sup>*

Natural sweeteners are a gift of the earth and we will talk about them in later chapters, but what we are addressing in this challenge and eGuide is refined sugar.

Refined sugar is when they get a plant or grain and...

Boil it for hours on end

bleach it with chemicals

strip it of its natural goodness

process it beyond its natural origins

and often alter its molecular form.

It starts off natural but it becomes a dangerous substance with no nutritional value.

*“...white refined sugar-is not a food. It is a pure chemical extracted from plant sources, purer in fact than cocaine, which it resembles in many ways. Its true name is sucrose and its chemical formula is C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>.*

*...During the refining process, 64 food elements are destroyed. All the potassium, magnesium, calcium, iron, manganese, phosphate, and sulfate are removed. The A, D, and B, vitamins are destroyed.*

*Amino acids, vital enzymes, unsaturated fats, and all fibre are gone.<sup>3</sup>*

As you can see the issue of refining sugar has quite a dramatic impact on what was once a plant from the ground.

In [this study](#)<sup>4</sup> the conclusion is that sugar can lead to behavioural and neurochemical changes that resemble the effect of substance abuse!

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<sup>2</sup> Sally Fallon, Nourishing Traditions, pg 21

<sup>3</sup> *The Hidden Story of Big Sugar* by Macrobiotics.co.uk - <http://www.macrobiotics.co.uk/sugar.htm>

<sup>4</sup> <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2235907/>

Now I don't share this information with you to scare you. I want to inform you, and to empower you to know exactly what you are putting into your body, and the impact it could be having on your life. The food industry wants us to believe that sugar and refined products like bread and pasta are harmless, because that is how they make their millions, but the evidence tells us otherwise.

Plus, even if you are not into reading scientific literature let's look at how you feel right now. Are you feeling you best? Is your body thriving? It is the food industry's job to tell you that food doesn't impact your body that much? What is your body saying in response to that?

My body was depressed, overweight, malnourished, sick, and stuck on the loo. I was supposedly eating 'harmless stuff' and yet my body was responding badly – was I just unlucky or was the food I was choosing doing me harm not good?

## Definitions

For the sake of this eGuide and challenge, when we are talking about sugar we are talking about **refined processed sugars** like table sugar (and if you take it up a level to the advanced section we will address refined carbohydrates too.)

Examples of refined sugar	Examples of refined carbohydrates
caster sugar granulated sugar brown sugar of any type muscovado sugar demerara sugar golden syrup treacle standard honey corn syrup glucose dextrose maltose fructose sugar	shop-bought bread (often lots of added sugar too) pasta cous cous white flour and even whole meal flour cakes and biscuits white crackers and crisp bread oven pizzas shop bought sandwiches pies processed gluten free bread and products

## **Glycemic Index**

Throughout this eGuide you may see some reference to the glycemic index of food. This is a relatively new way of categorising a certain food's impact on our blood sugar and can be a helpful thing to bear in mind, although I don't adhere to it strictly as the GI of a food can be massively impacted by things like what you eat it with and the amount you consume (glycemic load or GL). So, for example, corn on the cob has a rough GI of 20 but if you smother it in some fat like butter then you will slow down the digestion process.

Or you might fancy some maple syrup, which although natural, will still spike your blood sugar, but if you have it with some almond butter then you will massively reduce this insulin spike.

So GI is definitely worth knowing about and having it in your knowledge base but you don't need to be ruled by it.



# Sugar & Your Health

Now we know what sugar is and some of the boarder impact it can have on our bodies lets get specific and look at some health issue or problems that can arise from or increase due to a sugar addiction.

## Fatigue

This is a big one for lots of people. Whether you are diagnosed with chronic fatigue or are just not feeling your best, lots of people are struggling with fatigue.

One of the biggest reasons why sugar impacts our energy is due to our blood sugar levels.

Here is what happens when we eat sugar of any kind:

*Somatic cells require glucose for energy. When the body derives glucose from foods, the pancreas releases insulin, signalling cells to absorb the glucose. This fuels cells throughout the body, resulting in a discernible increase in energy. The liver converts excess glucose to glycogen, which the body stores in muscles and other tissue. Once the body stores 12 hours worth of glycogen, the liver converts the remaining glucose to fat.<sup>5</sup>*

So when we eat sugar of any kind- fruit, chocolate bar, bread - we release lots of insulin to convert it into energy, which is why we feel good, but as it is dangerous for us to have too much glucose in our blood our body removes the excess glucose and stores it and we come crashing down.

This sugar high and then subsequent crash can lead to low energy levels (and mood too!) The speed at which we release the insulin is determined by how refined and processed the sugar and carbohydrates are. As we know, when they are unrefined they contain vitamins and minerals as well as naturally occurring fats and protein (like eat a banana with natural yogurt) to slow the digestion and their insulin release down to a steady pace. But when we eat a spoon of sugar then we get an immediate sugar high and then a crash as our body removes the excess from our blood and stores it.

Living from refined sugar hit to refined sugar hit means that our energy and mood are taken

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<sup>5</sup> <http://www.livestrong.com/article/374773-the-effect-of-sugar-on-energy-level/>

along on this roller coaster ride. It means we get afternoon slumps and struggle to have sustained energy through the day.<sup>6</sup>

## Yeast Infections

I am always surprised by how many of the clients I see live with constant and often chronic yeast infections. This often looks like thrush or athlete's foot and is when there is an overgrowth of specific yeast or fungal species in the body.

Our bodies are filled with bacteria and yeasts (about 1-2kg of the stuff) which should be finely balanced and not cause issues. What happens when we get thrush<sup>7</sup> for example is that the opportunistic yeasts like *Candida albicans* multiply and take over. Can you guess what feeds candida and causes it to multiply and take over?

### Sugar.

Simply put pathogenic (bad) bacteria survive only if they get regular food – sugar. Long term yeast infections and issues often lead to low mood, libido and other digestive issues too. Not only do they perpetuate this cycle of infection after infection, but they also cause crazy sugar cravings as the bad bacteria needs sugar to survive, so our sugar cravings can get a little crazy.

That is why in the first few days you may feel an intense desire to eat sweet food, perhaps you will feel an unreasonable urge to, and this could be down to an imbalance in your gut bacteria.

## Type 2 Diabetes

Type 2 diabetes occurs when you stop producing the right amount of insulin. As we have talked about, insulin is what helps us balance out the amount of glucose in our blood as too much or too little of it can be very dangerous. But when you make insulin work too darn hard, when it is working on over-drive for years due to a high sugar intake, it can become resistant and that, simply put, is how you end up with type 2 diabetes.

You know what the frightening thing is? People are getting diagnosed with this dangerous disease at younger and younger ages. Years ago it was only older people who were most often diagnosed with this disease – now small children are too..<sup>8</sup>

If we constantly put our bodies under stress by eating far too much refined sugar we will tire it out. Our actions have consequences and as [this study](#) indicates – sugar availability and

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<sup>6</sup> [This study](#) also shows that fatigue is improved by a diet low in simple carbohydrates although suggest further researcher needs to be done on the subject.

<sup>7</sup> <http://www.ncbi.nlm.nih.gov/pubmed/6481700> a study showing impact of sugar on vaginal candida

<sup>8</sup> <https://www.diabetes.org.uk/diabetes-in-the-uk-2012>

consumption is what is driving up the rate of diabetes in our population.<sup>9</sup>

## Obesity

I don't need to tell you what a problem obesity is. You can see it with your own eyes, but now 1 in 4 British adults are obese.

For years, this has been blamed on eating too much fat. Too much butter, too much cheese, or too much chicken skin. So we as a nation and culture have faithfully removed bacon fat and chicken skin and switched to low fat margarine. In fact our butter consumption and fat intake in general has dramatically dropped per person in the last 80 years, yet obesity, heart disease and other autoimmune diseases have increased.

Can you guess what has also increased in the last 80 years? Yep, you have got it – our sugar consumption.

Plus, there is some evidence to show that insulin resistance, as we have just touched on, can also be linked with leptin resistance. Leptin is a hormone that basically tells our body 'I am full stop eating', so you can imagine that if this hormone stops doing its job people are going to get to keep on eating!<sup>10</sup>

Recent evidence<sup>11</sup> now tell us that eating natural fats does not make you fat or give you heart disease. Eating too much refined sugar does.

## Digestive Issues

Now, you may be wondering what impact sugar can have on digestive issues. But may I say from personal experience – it can have A LOT!

Whether it's IBS or some other digestive issue, refined sugar can potentially wreak havoc in your gut.

Your gut – meaning from your mouth to your rectum – has on average over 2kg worth of bacteria in it. A whole ecosystem of bacteria lives within you and keeps you healthy and well. We need this delicate balance of bacteria to digest food, produce serotonin (our happy hormones), for fertility, glowing skin and good levels of energy. But if this balance gets disrupted then all hell can break loose.

Within our gut we have a massive variety of bacteria, some more than others, but if one strain of bacteria grows too prominent, multiplies and takes control then that is when we can have

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9 <http://www.medpagetoday.com/upload/2013/3/1/journal.pone.0057873.pdf>

10 <http://www.diabetesselfmanagement.com/blog/leptin-and-diabetes-are-you-leptin-resistant/>

11 <http://ajcn.nutrition.org/content/91/3/535>



issues. If we grow too many aerobic bacteria (types that produce oxygen) then we can end up very gassy, in pain, bloating and with embarrassing wind or burping issues. If we grow too many of a specific stomach-based bacteria we can inhibit our stomach acid production, leaving us wide open to virus and digestive issues.

Can you guess what would cause these opportunistic bacteria to grow beyond their designated area? Can you guess what they feed off?\*

You got it – sugar.

*\* Often it's not sugar consumption alone that causing digestive issues. It is normally a combination of sugar addiction, antibiotics use, ongoing stress, or long term use of the contraceptive pill.*

## Hormones

Well, we have already begun to look at how sugar can impact specific hormones within our bodies.

*'The all-important level of glucose in the blood is regulated by finely tuned mechanisms involving insulin secretions from the pancreas and hormones from several glands, including the adrenal gland and thyroid.'*<sup>12</sup>

Hormones are very important factors in our bodies and health, and it is important to nourish and support them. Sugar consumption does not just cause insulin release, but it also impacts other aspects of our hormonal system. Take the adrenals for example – they have many functions, but one it is to regulate adrenaline and help us to flee when under stress. But due to modern day stressors and consistent "stressful" food our adrenals are constantly working overtime. As you can imagine over time they will just slow down and stop working so efficiently leading to what is called "adrenal fatigue".

Your adrenals also secrete cortisol which is a hormone that helps you to stay alert and wakes you up. It is ten times higher in the morning than evening. But can you imagine if your body is producing high levels of cortisol at night? You wouldn't be getting much sleep, and if you are producing none in the morning then waking up is going to be super-hard unless you have your sugary caffeine fix.

Hormones also have a massive impact on our skin and complexion. If there is any imbalance of hormones or any consistent stress factors (like sugar) then our delicate hormones balance can get disrupted. Skin can break out, PMS can be severe, and even our fertility and virility can be impacted.

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12 Nourishing Traditiona, Sally Fallon, pg 22

## Depression

Whether you have ever been diagnosed with full-blown depression as I have been in the past, or just find that you have a bit of low mood, then sugar consumption could have something to do with it.

Refined sugar massively impacts your gut health. Did you know that 90% of your serotonin is produced in your gut itself? So if there are any issues there then your mood and mental wellbeing will be impacted.

[This study](#) shows the impact that eating a whole food diet has on adults chances of getting depressed. And [a study](#) from 2004 highlights '*A higher national dietary intake of refined sugar and dairy products predicted a worse 2-year outcome of schizophrenia. A high national prevalence of depression was predicted by a low dietary intake of fish and seafood.*'<sup>13</sup>

On a personal note, I experience a direct link between sugar consumption and my mood. After a week of holidaying, and eating more ice-cream, sweet stuff, and refined sugars than usual, I notice a big impact on my mood and that old lurking feeling of depression will slowly creep back into my life. The symptoms are mild, but I know if I carried on eating that way I will continue to feel worse and worse. So ditching the refined sugar is not just about looking good, it is about feeling good on the inside and setting yourself up for more joy, more peace and more fun in your life. Amen to that!

These are just a few examples and things I have noticed in terms of how refined sugar can impact our bodies. This is not to scare you in sugar free submission, **but this is to connect you to the power you have to build this incredible thing in your life called health.** You can choose to respect and nourishing your body and set yourself up for lifelong success or you can choose to feed disease and lethargy.

It is important to ask yourself right now, how do you want to feel?

What do you want to feel MORE of in your life?

What kind of life do you want to lead?

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13 <http://bjp.rcpsych.org/content/184/5/404.full>



## The Secret Sources of Sugar

So now that we know more about what sugar is, it is time to find out where it is lurking in our food.

In order to really make this a lifestyle you need to become your own food detective, looking at ingredients and being informed about what you're actually eating.

Basically put, anything ending in an 'ose' like glucose, dextrose, maltose, fructose, lactose etc. is a sugar.

However, just because it doesn't end in an 'ose' doesn't mean it is not a sugar. Here are some other names given to sugar:

*Cane juice, dehydrated cane juice, cane juice solids, cane juice crystals, dextrin, maltodextrin, dextran, barley malt, beet sugar, corn syrup, corn syrup solids, caramel, buttered syrup, carob syrup, brown sugar, date sugar, malt syrup, diastase, diastatic malt, fruit juice concentrate, dehydrated fruit juice, fruit juice crystals, golden syrup, turbinado, sorghum syrup, refiner's syrup, ethyl maltol, maple syrup, yellow sugar.*

Basically then, if you are buying processed pre-packaged foods the chances are high that there will be some form of sugar in them. Refined sugar is used to make cheap crappy ingredient taste better, meaning that companies can spend less on ingredients and make more money. It also prolongs the shelf life of food, meaning it can stay on the shelf for months or years on end. Their addictive properties mean customers keep coming back for more, which is always good for business!

So your task over the challenge is to look. Pick up one item every time you go shopping and see if it contains some form of sugar. Just skim the ingredients and see where the sugar is lurking.

But let's look at some common processed food and the levels of sugar in them.

**Bread** – you may be surprised to hear that on average shop bought bread has  $\frac{1}{2}$  tsp. of sugar per slice – so that ham sandwich you're eating is actually giving you a spoonful of refined sugar too!

**Pasta sauces** – many pre-made pasta sauces have around 6-12 grams of sugar per serving – that is between 1-3 tsp. of sugar in your bolognese. (Based on 4 g of sugar per teaspoon serving.)

**Alcohol** – it's not called a beer-belly for no reason! In one pint of cider there is up to 20g of sugar – that is 5 tsp. of sugar. Plus the alcohol makes for one crazy blood sugar rollercoaster.

**Baked beans** – with an average of 10g per 100g that works out at about 2.5 tsp for some baked bean goodness.

**Cheese pizza** – can have around 12 g of sugar in it – again about 3 tsp. of sugar and you're not even onto dessert...

**Flavoured 'healthy' yogurt** – this is what fools most people. Healthy probiotics organic yoghurt can have around 13.6g of sugar per 100g serving! And who only ever has 100g? I have been known to eat an entire 500g tub which would be 68g. This is like having 17 teaspoons of refined sugar !!!

You can see why you need to get your detective hats on. But it really doesn't need to be hard – in fact it can be super-simple. Just eat natural foods, and avoid packaged and processed foods as much as possible. Eat plenty of veg, cook food from scratch and make your meals yourself or eat at high quality restaurants that you know use awesome ingredients.

The secret to lasting health, I think, is mainly found is **just eating natural, real whole foods**.

For too long we have passed our responsibility over to supermarkets and food companies and expected them to provide us with good healthy food. But they don't, or not very often, because at the end of the day they are a money making business and they want you to buy their products more than they want you to thrive. So take back your power and choose to invest in your health with natural foods. Health is one of the most powerful things we can have and you are the only one that can do something about it in your life. No doctor, health coach, food company or magic tea is going to have all the answers. You must learn to listen to, connect with, and honour your body which is super easy and fun to do, plus it means you reap some amazing benefits!

So if after reading this you only do one thing, and that one thing is to ditch the packaged food, then you have already made some massive steps. Even if you still carry on baking with sugar but you're making everything from scratch, then that is still progress. And over at Super Naturally Healthy we don't celebrate perfection, we celebrate progress! ;)



# The Naturally Sweet Solution

(Yes - You Can Still Eat Cake!)

So is the best thing is to live off of soup and salad for the rest of your life?

Errrr no...

Chances are that if you signed up for this program then you are into food. You like eating, you maybe like cooking, and did I mention that you like eating?

As you can tell I am very passionate about educating people on the impact that refined sugar can have on their health and lives, because I get so excited about people being the healthiest version of themselves as possible. BUT I am equally passionate about enjoying food, life, and eating cake. Food is fun; it is about community, joy, creativity and nourishment. Food is the foundation of family; it is what structures our days and what we use to mourn or to celebrate. Food marks our lives and to somehow pretend that it doesn't or that we can simply robotically eat dull healthy foods is insane in my books.

So this 21 day challenge is not about just helping you to remove refined sugar from your diet, although we will do that, but it is also about teaching you about how to use natural sweeteners so you can beat the sweet and still enjoy some naturally healthy treats!

Sure, we will spend some time wrenching ourselves away from our sugar addiction, but living completely sugar and sweetness free for the rest of our lives is a tad unrealistic. Ain't no way that I am having a birthday pass without some sort of cake! Neither do I plan on never enjoying some dark chocolate with some red wine on a Friday because of 'the dangers of sugar'. It's important that we ditch the addiction and then learn to live a balanced life where we make **POWERFUL**, not addiction induced, decisions to enjoy some naturally sweet treats.

But before we look at these yummy alternatives it is important to recognise that you can go overboard on any sweetener, and even though these are natural and may even have medicinal properties, it does not mean you should eat them 10 times a day. Don't think that you can eat an entire cake because it is honey sweetened – a cake is still cake! Balance is key but these are a great way to replace old habits with more naturally healthy ones.

These sweeteners are completely natural, but ultimately they are still a source of glucose to the body and too much glucose from **any origin** will disrupt the body's own rhythm and healing. So

the overall aim of this challenge is to reduce how much sweet stuff you eat, and for when you do want a sweet treat then you know what naturally healthy ones to pick.

So here are my favourite sweeteners that I use or recommend starting with. My favourites are at the top:

## Raw Honey

This is not your standard value jar of honey from the supermarket; it is honey that has not been heated and boiled up meaning that it still has all of its delightful enzymes and minerals still active and ready to do you good. They even use high quality honey in hospitals to help treat wounds as it is that effective at healing and nourishing the body!

Here is what one doctor has to say about raw honey:

*It contains natural antioxidants, enzymes and minerals including iron, zinc, potassium, calcium, phosphorous, magnesium and selenium. Vitamins found in honey include vitamin B6, thiamin, riboflavin, pantothenic acid and niacin. In addition, the nutraceuticals contained in honey help neutralize damaging free radical activity.*

*One tablespoon of honey contains 64 calories, yet it has a healthy glycemic load around 10 for 1 Tbsp, which is a little less than a banana. and does not cause a sugar spike and elevated insulin release like white sugar. <sup>14</sup>*

You can also get Manuka honey which is super-pricey, but this is often the sort used in hospitals. There is some suggestion that this honey is even more nutritionally rich than other types, and helps in healing stomach acid issues,<sup>15</sup> but you would only use a small amount.

Supermarkets do sell raw honey, just be sure to look out for words like "raw, unrefined, cold-pressed" on the label to ensure you are getting a massive nutritional punch from your honey. Also, medically raw honey is thought to help with allergies, stomach acid issues, soothe and heal skin, promote good bacteria in the gut and even aid sleep!<sup>16</sup>

How to use it? Sweeten hot drinks like cocoa, use in baking or in sauces when cooking. Drizzle it on natural yogurt.

[This is what I use](#)

## Vegetables and Fruit

These are a favourite of mine as they are 100% natural and super-good for your body . Whether it is my carrot cake muffins or my beetroot brownies, adding vegetables or fruits to baked goods is the perfect way of sweetening food while still adding the fibre and goodness.

In my Green Smoothie Challenge we use fruit mixed with lots of green leafy veg to ensure that

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<sup>14</sup> <http://draxe.com/the-many-health-benefits-of-raw-honey/>

<sup>15</sup> <http://www.manukahoneyblog.co.uk/activehoney/umf-manuka-honey-treatment-for-h-pylori/>

<sup>16</sup> <http://draxe.com/the-many-health-benefits-of-raw-honey/>

you are drinking delicious smoothies and still getting that iron, calcium, magnesium and vitamin C boost!

Ripe bananas, cooked apples, carrots, beetroot, butternut squash, sweet potato or parsnips even can give a naturally sweet taste to food. I use them in smoothies, cookies, cakes, puddings and more.

How to use them? Check out the recipe section for ideas.

## Coconut Sugar

This has been a recent discovery for me but I love it. It is great in my cocoa/hot chocolate and I have used it in chocolate pudding with great success. It has quite a rich, molasses-like taste and has a lower glycemic index than honey, and contains lots of nutrients like zinc, calcium and other minerals that will do your body good.

*Coconut sugar is made in a natural 2-step process:*

*A cut is made on the flower of the coconut palm and the liquid sap is collected into containers.*

*The sap is placed under heat until most of the water has evaporated.*

✘

*Is it More Nutritious Than Regular Sugar?*

*Regular table sugar and high fructose corn syrup don't contain any vital nutrients and therefore supply "empty" calories.*

*However, coconut sugar does retain quite a bit of the nutrients found in the coconut palm. There isn't a lot of data on this, but according to the Philippine Department of Agriculture, coconut sugar contains several nutrients.*

*Most notable of these are the minerals Iron, Zinc, Calcium and Potassium, along with some short chain fatty acids, polyphenols and antioxidants that may also provide some health benefits.*

*Then it contains a fibre called [Inulin](#), which may slow glucose absorption and explain why coconut sugar has a lower glycemic index than regular table sugar (1).<sup>17</sup>*

How to use it? Just like you would do normal table sugar – in coffee tea or baking.

[Here is what I use](#)

## Medjool Dates

If you have yet to try a medjool date then my goodness that is your task for today! They are natural bites of fudgy sweet goodness that won't make your blood sugar rocket due to their relatively low glycemic index.

In general, dried fruit is high in sugar content, as all the sugar in the fruit gets concentrated, but [this study](#) shows dates as being a good low glycemic index food. And [this study](#) also shows that eating dates is not overly dangerous for diabetic individuals.

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<sup>17</sup> <http://authoritynutrition.com/coconut-sugar/>

*The results show low glycemic indices for the five types of dates included in the study and that their consumption by diabetic individuals does not result in significant postprandial glucose excursions. These findings point to the potential benefits of dates for diabetic subjects when used in a healthy balanced diet.*<sup>18</sup>

They taste great in smoothies, or better yet, dipped in peanut or almond butter – just don't eat 10 all at once! They are also available at most supermarkets too or can be bought online. How to use them? Eat on their own or use in smoothies or baking.

[Here is what I use](#)

## Maple Syrup

I love this stuff. Yes it is very sweet but it is 100 per cent natural and from trees, but still can impact your blood sugar quite dramatically. So as long as you don't drink gallons of the stuff then I reckon it can be a healthy addition to pancakes and bacon.

Both sugar and maple syrup have similar properties but here are the differences:

:

*Both are made of about two-thirds sucrose, but maple syrup supplies less sugar overall to your diet plus more nutrients. The [glycemic index](#) score of maple syrup is about 54, compared to a score of about 65 for regular cane sugar. (1) This means that one benefit of maple syrup nutrition is that it impacts your blood sugar levels a bit less drastically than table sugar does. Maple syrup also supplies some trace minerals and antioxidants, while sugar lacks both of these. Another factor that makes these two sweeteners very different is how they are made. Maple syrup is derived from the sap of maple trees. Unlike refined cane sugar – which undergoes a long, complex process in order to be condensed in crystalized sugar – maple syrup is a relatively a much more natural, unrefined product*<sup>19</sup>.

Just make sure you get 100% maple syrup that is just the maple syrup and not other crap in there.

How to use it? Use dashes in hot cocoa, on pancakes or in baking.

[Here is what I use](#)

## Stevia

This is a relatively newish sweetener which can be super-helpful for sweetening drinks, smoothies or snacks. It is a plant that is thought to be 200-300 times sweeter than normal refined sugar!

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18 <http://www.nutritionj.com/content/pdf/1475-2891-10-59.pdf>

19 <http://draxe.com/maple-syrup-nutrition/>



It contains no calories, no carbs, and won't cause your blood sugar to spike, making it great for diabetics. It is very important to get pure stevia leaf extract though, as many products blend it with other crappy artificial sweeteners.

Just 4 drops of this stuff is equivalent to 1 tsp of sugar - so a little goes a long way. Some people don't enjoy the after taste of stevia though. I can only tolerate it in small amounts as, depending on the brand, it can taste a little artificial but a lot depends on the brand you buy.

How to use it: In baking, smoothies to add additional sweetness to sweetish food. I put it in hot cocoa often or in a smoothie that may already have a banana need a little kick of sweetness.

[Here is what I use](#)

## **Brown Rice Syrup**

This is a dark brown colour and comes funnily enough from rice. It is fructose (a type of sugar) free which some people prefer as it is thought to do more damage to the body and normal glucose.

It is made by fermenting whole brown rice with special enzymes that break down the natural starch content of the grain. Then it is cooked until it becomes a syrup.

It is not particular nutrient dense and does not have a particularly low glycemic index so not recommended for diabetics, but vegans and those who want to reduce fructose consumption are big fans.

How to use it: To be honest I rarely use this but it can be used as you would do honey and is perfect for people who don't like the taste of honey.

[Here is what I recommend](#)

## **Xylitol**

Now this stuff looks like normal table sugar and works the same! It is a sugar alcohol. It does contain calories but nearly half the amount of sugar and can be sourced from birch trees and other plants.

It also has the added bonus of being fantastic for oral health. Dentists often recommend patients consume xylitol in some form to help reduce the bad bacteria in the mouth.

You can only have this sweetener in very small amounts though (no more than 1-2 tbsps a week) as excessive use leads to too many trips to the loo! Nice.

[Here is what I use](#)

There are other ones out there like barley malt syrup, date paste or syrup and you can even get raw organic cane sugar which is sugar but much less processed and still contains some minerals and vitamins (I still avoid this because sugar is a highly genetically modified crop due to the

demand for it.)

## Artificial Sweeteners

When you head to the sugar aisle at the supermarket you will see an array of artificial 'low calorie' sweeteners. So it important to talk about the difference.

Artificial sweeteners are chemically-made alternatives to sugar. Aspartame for example is produced in a laboratory and is a super-cheap way of sweetening food whilst said food still can still be labelled as 'diet' or 'low calorie'.

The problem with artificial sweeteners is exactly the same as that with refined sugar so I won't go too in depth on this here. They are not natural and have been linked with various health problems like cancer, behavioural issues, memory problems, and more.

To look more at some of the latest research around artificial sweeteners (in particular aspartame) [click here](#).

But what should you look out for?

Here is a list of artificial sweeteners to avoid:

- Acesulfame potassium
- Aspartame
- Neotame
- Saccharin
- Sucralose
- Hydrogenated starch hydrolysate
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Sorbitol



# Let the 21 Day Challenge Begin!

## How it Works

So let's dive in!

The idea of this 21 day sugar challenge is to provide you with a delicious simple solution to coming off refined sugar.

I have made two levels so that you can pick what is right for you.

**Basic** – focuses only on snacks, treats and puddings. Carry on eating your main meals normally (apart from breakfast) and just switch in your normal snack, pudding or treats with the recipes I send you each week. That is all.

Change nothing else except your snacks and your sweet treats for the recipes I send you. Simple.

**Advanced** – this focuses on adding in more naturally awesome snacks but also addresses the rest of your diet. You follow a gluten and cows' milk free meal plan for the 21 days in addition to removing refined sugars.

Even if you have removed all the standard sugar from your diet but are eating pasta all day, you are still getting a lot of glucose into your blood which could cause problems. So, advanced level also includes a meal plan to guide you through what to eat the rest of time so that you can really stabilise your blood sugar and nourish your whole body.

*(You will supercharge your results if you follow the advanced meal plans in all areas – weight loss, energy, skin and sorting out health issues.)*

So you need to pick what you're going to do.

I recommend taking this one step at a time and begin by just coming off sugar and learning about what natural sweets to enjoy and then you can come back at a later date and tackle the rest of your meal. Small sustainable steps are the Super Naturally Healthy Mantra! This is about a lifestyle shift NOT a 21 day challenge – so pick what feels manageable for you.

# How to begin

## Week 1 - Cleanse

First print off your journal from resource section and do the assessment at the top so that you can see where you are at in terms of your health and body.

Then we can jump in and begin.

It's not really complicated – to begin you need to remove everything sweet from your diet.

No sugar in coffee, no mountains of fruit, no fruit juice, and no chocolate – anything that tastes sweet is out for the first 7 days. The only things permitted are the following:

- A portion of the snack recipes I send you 1-2 a day.
- 1 cup of berries (strawberries, blueberries, blackberries etc.) a day.

That is it.

Here is your complete guide on what food to feast on and what foods to avoid:

Sugar filled foods to remove in week 1	Foods to replace it with
All forms of sweets, chocolate	nuts and seeds
sugar itself	avoid even natural sweeteners for now.
flavoured coffee frappes, lattes, mocha and even smoothies.	water, water flavoured with mint or cucumber
cereal bars, most cereal itself.	have porridge oat or puffed rice instead of cereal (see note on breakfast ideas)
diet or full fat soda drinks, juices, cordials , canned or bottles stuff.	water, fizzy water, herbal teas, keep caffeine to 1-2 cups a day max
fruit juice	vegetable juice
white bread, pasta or cous cous	spelt bread (high quality or not at all), pasta, quinoa, or rice*
biscuits, cakes, chocolate	hot cocoa with milk no added sweeteners
flavour yoghurt	natural yogurt only
pasta/curry/other sauces ketchup, brown sauce	homemade sauces, pastes and tomato paste or sugar free versions.

<p>processed packaged foods like oven pizzas, ready meals etc</p> <p>jam, marmalade, syrups, honey and other spreads</p> <p>fruit in excess.</p>	<p>aim to make your food from scratch</p> <p>avoid all jam and spread for now except for sugar free nut butters like peanut, almond or cashew</p>
<p><b>What else to eat in abundance:</b></p> <p>organic eggs</p> <p>fish</p> <p>meats</p> <p>tons of vegetables</p> <p>nuts and nut butter (no added sugar)</p> <p>pulses</p> <p>lentils</p> <p>cheese</p> <p>non-cows milk (<i>most people don't react well to cows milk so try to avoid milk and use almond/coconut/rice/oat milk instead - avoid soya milk</i>)</p> <p>See the pinterest board for more options.</p> <p>*ideally pick brown rice but white rice may be more convenient</p>	

Then, at the start of each week, I will send you some hand-picked recipes from the recipe section for you to make and snack on during the week. When you get these, plan your meals, and instead of a teacake or slice of toast with jam grab a handful of some Tamari Nut Mix or a cube of coconut fudge.

Week 1 will be the hardest, I have to warn you – those sugar cravings may hit you in the face but that is why meal planning (see below) and having filling snacks available is super-important.

Think about why you are doing this and keep an eye on the emails and Facebook page for more help and support.

To summarise:

- Basic - Stop eating all sweet foods apart from 1 cup of berries a day and a portion of Beat the Sweet snacks.

- Advanced – in addition to the above follow the week 1 meal plan (or you own gluten free and milk free meal plan). Avoid all gluten and cows' milk as well as refined sugar.

## **Week 2 – Heal**

You will be sent more recipes to try and make, and you will still enjoy feasting on all the sugar free foods.

In week two we will introduce some natural sweeteners to one serving per day and you will be coached through this in the emails. But you will carry on meal planning and carry on eating all the food above. If you ever need any inspiration then take a look at the advance level meal plans.

This week we also look at how to heal the body and undo some of the damage that sugar has done. I will share with you some super healing foods and simple strategies and supplements that could really help you thrive!

To summarise:

- Basic – Continue in not eating any refined sugar and keep swapping all previous snacks and treats with the recipes sent to you.
- Advanced – in addition to the above, follow the week 2 meal plan. Avoid all gluten and cows' milk as well as refined sugar.

## **Week 3 – Enjoy!**

This week we focus on how to keep on going, how to increase energy and keep on healing and address your mindset which is a massive factor in your success in this.

We will look at how to still enjoy our food but not go overboard.

To summarise:

- Basic – Continue in not eating any refined sugar and keep swapping all previous snack and treats with the recipes sent to you.
- Advanced – in addition to the above follow the week 2 meal plan. Avoid all gluten and cows' milk as well as refined sugar.

## Breakfast

Breakfast tends to be the only meal which in itself can be very sugar laden.

Nearly all cereals are full of sugar, white bread and jam. Breakfast is therefore the only meal I ask EVERYONE to change and address. Shop-bought cereals or cereal bars are NOT an option so here are some simple breakfast options:

- porridge topped with some blueberries.
- scrambled eggs on rye bread.
- poached eggs with mushrooms and smoked salmon.
- puffed rice (no added sugar) with almond milk and berries and handful of nuts.
- natural yogurt topped with some walnuts, pumpkin seeds and strawberries.
- toasted rye bread topped with almond or peanut butter with coffee.

Again, if you are stuck for ideas then just [check out the Beat the Sweet private recipe board](#) for tons of meal inspiration.

## Meal Planning

Meal planning is not sexy but it is one of the easiest things you can do to improve your healthy and save money. In order for this 21 day sugar challenge to work you're going to need to be organised. In order to not succumb to the biscuit time at 3 pm you are going to need something to hand that will fill you up and balance your blood sugars.

Take 15 mins out of your week to sit down and think, "What am I going to eat for breakfast, lunch, and dinner this week?"

We don't naturally like change, and we like to stick to our normal habits and outline and this WHOLE challenge is about change, so if it gets hard or you're busy and you need to think, "What can I snack on?" the chances are you will revert to habit. **So meal planning is essential for the 21 days.** But I will walk you through this in the emails.



# Going Deeper

## Advanced Level

Firstly, well done for jumping right in.

Advanced level is basically taking it a step further and changing not only your snacks and treats but also how much carbohydrate you are eating by removing gluten and cows' milk from your diet.

But first WHY?

Well, to put it simply, when we eat refined carbohydrates we just get an instant boost of sugar again in our blood stream. All carbohydrate turns to sugar unlimitedly in our bodies, but what we want is a nice SLOW release of that sugar. As you can see, when we refine sugar we strip it of its minerals and natural goodness and it does us harm. This is the same with carbohydrates - things like white bread, pasta, cous cous, or crackers.

So to take it to the next level we need to only consume unrefined carbohydrate.

### **Gluten free?**

Simply put - I have yet to find someone who does not feel significantly more energised, healthier, slimmer and better by removing or massively reducing gluten from their diet.

Gluten is a protein found in most of the processed food that we eat. It comes from the Latin word for glue as it is the glue that holds foods like bread and cakes together, and is, in my opinion, one of the most inflammatory foods out there. Many books have been written that go into the scientific evidence around the problem with gluten (I recommend *The Grain Brain* by Dr. D. P. G. Pulmutter or the *Gut and Psychology Syndrome Diet* by Dr. Natasha Campbell-McBride) so we will not dig into great depths here otherwise we would be here for a while!

Simply put, due to heavy processing, bleaching and genetic modification, grains like wheat and rye which contain gluten can be problematic for our body and cause inflammation. Most experts would agree that most diseases in its basic form come from inflammation of some sort within the body and the food we eat and often be the root of this. ([Read more about it here](#) in a short of useful article). Gluten intolerance can be linked (research is still on going and this does depend



on individuals) to IBS, skin issues, infertility, migraines, anxiety, cancer, chest pain, sugar cravings, dairy intolerance, low immunity and other auto immune problems such as arthritis, asthma, eczema, acne etc. It is also linked to behavioural issues such as autism and mental health issues such as schizophrenia.

**But bread is pretty natural is it not? It has been around for years!**

Well, not exactly, it's only since food became a big industry did heavily-processed bread, cake and other gluten rich foods become staples in our diets. If we go back thousands of years grains would have been too difficult to process en mass, so would have only been eaten in small amounts and prepared in a more traditional way. If you want to look at this more, dentist Dr Weston A. Price spent lots of time studying more traditional cultures across the world and explores more traditional approach to preparing food and its impact on our health.

But this is not about just getting rid of foods – it about replacing them. I recommend that you feast on sweet potato, rice, quinoa, millet, buckwheat, rice cakes, gluten free oats, homemade bread and I can guarantee you will feel the benefit of it.

But please remember to take this at your own pace and listen to your own body. This is about enjoying non gluten foods so that there is no room for sugary white bread anymore. But you may feel amazing eating quality spelt bread or even be an expert bread maker, and cannot imagine not eating bread. In that case just pick how much you want to eat of it – once a week, once a month? What do you need in order to thrive?

However you decide to incorporate, or not, gluten into your diet, the main thing is to stop making it your staple of every meal or snack.

Gluten Free Food	Probably has gluten (unless labelled otherwise)	Gluten filled foods
Beans Seeds and nuts Eggs Fresh meat and fish Vegetables and fruit Gluten free oats Rice Quinoa Buckwheat – in groats or flour Millet Corn (polenta) Dairy products Products labelled gluten free Tamari sauce	Beer Bread, bread crumbs Cake, biscuits, cookies, crackers Cereal and cereal bars Salad dressing, soya sauce and other dressing Gravies and other packages sauces Salami, sausages, some hams Chocolate bars Horlicks, malt drinks and some hot chocolates Basically all processed and packages foods	Rye (rye bread, ryvita, sourdough) Barley Wheat, whole meal, bran (so bread, cakes, biscuits, crackers, dressings, seasonings etc) Bulgar wheat Kamut Couscous Pasta Normal Oats Gnnochi Soya sauce

So if you want to follow the advanced level then download your meal plan below or wait until I send them out in the emails each week:)

[Week 1 Meal Plan](#)

[Week 2 Meal Plan](#)

[Week 3 Meal Plan](#)

## **What if I slip up & eat a tub of chocolate ice cream?!**

Well if you're wondering this then it is a great time to talk about mindset as your success on this 21 day challenge all comes down to your mindset.

What you believe about yourself, your body and your future.

How much you truly value who you are and how much permission you are giving yourself to be YOU.

Our mindset about the food we eat and our bodies is CRUCIAL for lasting success.

That is why I set up my [Flourish eCourse](#) to not only give a complete re-education on what to eat and how to lose weight and heal, but also to transform people's mindsets around food and their bodies.

That is why I have included in this challenge a [21 day journal](#) for you to print off and fill in, so that you can really connect with what is going on in the inside of you.

If you secretly think that this is just hopeless, that you're a failure already, and there is no point, then you have already decided the outcome of this 21 day challenge.

Over the emails through the challenge I will share some top actionable tips for you follow, but be aware and fill in your journal. Just as you are focusing on taking out the toxic food that is sugar ALSO focus on getting rid of any toxic, unkind, cruel beliefs or thoughts about yourself.

But if you do eat a tub of ice-cream then know that you are one meal, and one choice away from investing in your dreams. If you eat sugar then don't beat yourself up or feel guilty, but just get right back on track, be super kind to yourself and make a powerful choice not to be a victim to your past choices.

You are powerful, beautiful, utterly unique, full of world-changing dreams, you're creative and of immense value.

## How to supercharge this challenge

Here are my top tips for if you REALLY want to get that glow and super charge the next 21 day/ rest of your life:

**Vegetables** - make vegetables the foundation of EVERY meal. For example, if having chilli for dinner – instead of tons of rice pile the chilli on top of a plate of roasted veg with a small amount of rice.

**Water** – aim to drink a litre of water before noon and especially first thing in the morning before any coffee or tea.

**Move** – your body gets sick when it is stationary. We need to move to nourish our hormone, mood, metabolism and more. Be intentional about your exercise, find something you love and do it.

**Kindness** – this is super important. Be kind to yourself, don't get on the 'guilt train', beat yourself, or talk crap about your hot self. Use kind words to describe your body and who you are.

**Plan** – failure to plan ahead and ensure we have food in the house or emergency snacks in our handbag is often what catches us out. Plan your meals and always have food in the house that you can eat.

**Eat fat** – eating naturally sweet foods with natural fats is a great way to reduce the impact on your body. That is why nearly all my recipe are high in protein and in fat. If you are not convinced about why fats are good for you then read [this post](#) where I debunk lots of 'fat myths'.

So that is it! Enjoy the recipes below, and make sure you download or listen to the resources – I have also added some surprised bonus ones in there for you too. Otherwise you will see in the first email!



## Recipes & Essentials

So let's talk food.

Here are some of the recipes to help you enjoy naturally sweet and not so sweet stuff. These recipes are focused on snacking food as that is what this challenge mainly focuses on but remember to look at the Pinterest recipe board if you want more main meal ideas.

A lot of these recipes require a food processor, but you don't need a fancy one. You can use [one like this to begin](#) with and it will work fine. (You may just need to make the recipes in two batches and make sure everything is well chopped before putting it in.) I use a [Magi Mix](#) to make most of these.

The idea behind most of these recipes is that they are quick and simple. All the recipes I will send you each week will take on average under 15 mins to make and be super-tasty. Some of these recipes will take longer but are always worth it :)

Also I have made sure that the majority of ingredients are things you can get at your local supermarket. Anything that is more unusual I have linked to in pink to where I buy mine from or for example with coconut oil you can now buy it from most super markets but its cheaper to buy it online.

Plus, all the recipes I will send to you will be gluten and grain free meaning they are high in protein and natural fats so will help keep your blood sugar stable and you full for longer – winner!

## Cupboard Essentials for Naturally Sweet Snacking

([Pink](#) link = buy now)

Variety of nuts and seeds – unless stated all unsalted and unroasted

Organic butter – [read here](#) for why butter is so good!

Lots of vegetables and some fruit – snack, cook and bake with it.

[Creamed coconut](#) – available in world food sections of most super markets and I use it all the time in snack and curries. It is a hard block of concentrated coconut and much cheaper than coconut milk or oil.

[Coconut oil](#) – available in most shops but cheaper online (*you can also just organic butter in replacement for coconut oil*)

[Gelatin](#) – great for healing the body and for marshmallows and mousses (not suitable for vegetarians)

[Organic cocoa](#) – a great source of magnesium and antioxidants and much less processed than standard cocoa.

[Coconut sugar](#) – wonderful for baking, available at most health shops.

[Raw honey](#) most supermarket sell this is small jars I save money by buying it in bulk

[Coconut milk](#) – if your doing advance level getting some quality coconut is a great and filling substitute . I like to avoid the added fillers and crap which is why I buy organic stuff online.

[Chia seeds](#) – source of omega 3 fatty acid, help keep fuller for longer and very nutrient dense

[Tamari sauce](#) – a gluten free version of soya sauce perfect for any doing advanced level.

[Baobab powder](#) – this is purely optional but its a great natural vitamin C powder to help boost your immune system . Great in smoothies and naturally a little sweet.

[Coconut sugar sweetened chocolate](#) – if you cant be bothers to make your own chocolate then this is a great alternative.



# Breakfast

**Eggs are normally the perfect way to start the day and keep you full for a long time, whether scrambled, poached or fried on some toast or with mushrooms and salmon.**

(Don't know how to cooked eggs properly? [Click here](#) for a how to guide to every method.)

**But here are some tasty breakfast ideas for when you don't fancy eggs...**

## **Banana Pancakes**

Serves 2

### *Ingredients*

- 2 large bananas
- 3 organic/free range eggs
- 1 tsp cinnamon

### *Instructions*

1. Blend all the ingredients until smooth.
2. Heat a frying pan with some fats (butter, coconut oil or oils) and use a about 2 tbsp of mixture per pancake. Make sure the pan is hot and then once the batter has been poured turn the heat down.
3. When the pancakes are more solid carefully flip over.
4. Do this with all the mixture and serve with organic butter/coconut oil, fruit, organic bacon, nut butter or raw honey!

## **Walnut and Banana Smoothie**

Makes 1

### *Ingredients* ☒

- 1 cup/250ml water
- 1 cup/250ml natural yogurt – full fat!
- 2 handfuls of spinach
- 1 ripe banana
- large handful of walnuts
- 1 tsp cinnamon
- A squeeze of fresh lemon juice

### *Instructions* ☒

1. Blend it all together :) This makes about one pint of smoothie.

## Cinnamon & Maple Paleo Granola Recipe

Makes 4-6 servings

### Ingredients

- 175g pumpkin seeds
- 200g sunflower seeds
- 40g desiccated coconut (flakes would also be tasty)
- 75g chopped almonds (or other nut)
- 2 tbsp [coconut oil](#) or organic butter
- 3 tbsp maple syrup or raw honey
- Pinch salt
- 3 tsp cinnamon

### Instructions

1. Preheat oven to 180c fan or 200c without a fan.
2. Melt coconut oil in pan and mix in with the maple syrup.
3. In separate bowl mix all the other ingredients.
4. Then pour the coconut oil and syrup mixture over the other ingredients and mix until the seeds are all coated and glossy.
5. Then place on some grease proof paper on a baking tray and place in oven for about 15-20 minutes.
6. Watch the granola carefully as it will catch quickly and burn but once the seeds are golden in colour and puffed up slightly remove from oven.
7. Allow to cool thoroughly and then store in sealed jar.

## Berry Easy Smoothie

Makes 1 large or 2 small servings

### Ingredients

- 2 cups frozen mixed summer fruits
- 2 handfuls kale
- 1 date
- 1 pear
- 300ml water

### Instructions

1. Blend until smooth! Add more water for a runnier consistency



## **Kiwi Kick Smoothie**

Makes 1 large or 2 small servings

### *Ingredients*

- 2 kiwi's peeled
- 1 banana
- 400ml almond milk (or water)
- 3 handfuls of spinach
- tbsp [chia seeds](#) - optional
- tbsp [boabab powder](#) – optional
- handful ice

### *Instructions*

1. Blend in all together until smoothie and drink immediately.

### *Notes*

Feel free to experiment and it will still taste great without baobab or chia seeds too!

## **Lemon & Blueberry Muffin Smoothie**

Makes 1 large or 2 small servings

### *Ingredients*

- zest of half lemon
- 100g/1 cup blueberries
- 1 banana
- 2 large handfuls of fresh spinach
- 1 celery stalk
- 300ml filtered water
- juice of a lemon
- 1/2 cup or 60g almonds
- a pinch quality sea salt
- 1/2 ripe avocado

### *Instructions*

1. Blend until smooth!
2. Makes about 700ml. Serves 1-2.

### *Notes*

Feel free to switch in milk instead of water or to use kale instead of spinach.

## **Pecan & Coconut Breakfast Bars**

Makes 8

### *Ingredients*

#### BAR

- 100g creamed coconut concentrate
- 100g/1 cup pecans
- pinch salt
- 100g/1cup desiccated coconut
- tbsp chia seeds
- 3 medjool dates
- 2 tbsp pumpkin seed
- 2 tbsp maple syrup
- 3 tbsp scoops of coconut oil
- 30-50ml water

#### CHOCOLATE DRIZZLE - optional

- 2 tbsp coconut oil
- 2 tbsp organic cocoa
- tbsp maple syrup

### *Instructions*

1. In a food processor place the dates and creamed coconut and maple syrup. Blend for about 30 seconds. Then add a little bit (a tbsp) of water at a time until a buttery paste forms. Then the other ingredients and pulse the processors few times to get a chunky finished , or blend until 1-2 mins for a smooth texture.
2. Push mixture into a lined glass dish and use a jar or glass to even out the top. Place in freezer for 30min.
3. Melt the drizzle ingredients in a pan on a low heat. The remove bar from freezer and just drizzle over the top. If you want a thicker chocolate layer then just double the ingredients.

### *Notes*

Medjool dates are ideal for this but feel free to use other dates too it may just leave a less fudge consistency.

## **Gluten Free Coconut Porridge**

Makes 1

### Ingredients

- 50g gluten free oats
- 100ml water
- 50ml [coconut milk](#) or cream
- pinch salt
- pinch of cinnamon

### *Instructions*

1. Soak the oats over night (just cover oats with water until covered and leave overnight).
2. Drain oats and then place all ingredient in a pan. Add more water if you like a runnier porridge – I love paste-like porridge!
3. Bring to boil and then serve.



# Savoury Snacks

**These are the perfect things to munch on in the first week or when sugar cravings are high! Full of natural fats and proteins these will stabilise your blood sugar and keep you full for ages!**

## Tamari Trail Mix

Makes 6-8 servings

### Ingredients

- 200g mixed seeds
- 75g almond
- 1/4 tsp salt
- 4 tbsp tamari (in 'free from' aisle or [buy here](#))
- Pinch cayenne

### Instructions

1. In a large frying pan place the seeds, nuts, and cayenne on a medium to high heat.
2. Add no other fat to the pan.
3. Allow the nuts and seeds to toast, and when you start to hear pops and cracking sounds removed the heat.
4. Add the tamari sauce and mix it thoroughly to the hot mix.
5. Allow to cool, and store in air tight jar when completely cool only.

## Sweet and Salty Coconut Crisps

### Ingredients

- 90g coconut flakes
- 60ml of [coconut oil](#) or butter melted
- ¼ tsp salt

### Instructions

1. Melt the coconut oil or butter and then stir into the other ingredients. Place onto a baking tray or dish and place in oven at 180 for about 15-20 mins turning and stirring regularly.
2. Allow to cool and store in air tight container.
3. This will store for over a week in fridge and air tight container.

### Variations

Add tsp cinnamon and just a pinch of salt for some cinnamon spiced goodness.

And why no make in bulk and double the recipe so have tasty snack always ready to go:)

## **Bacon and Onion Egg Muffins**

Makes 6-8

### *Ingredients*

- 4 eggs
- ¼ onion finely chopped
- 1.5 rasher bacon
- 50 ml water/milk
- Seasoning
- Oil for greasing

### *Instructions*

1. Mix all the ingredients together.
2. Pour into greased muffin trays and ensure ingredients are evenly distributed.
3. Fill muffin trays up ¾ full.
4. Place in oven at 180 for about 30 mins or until crisp and brown.

Vegetarian? Just swap out the bacon with about 25g of your favourite cheese or 4-5 sun-dried tomatoes chopped finely :)

## **Peanut Butter Hummus**

Makes 5-6 servings

### *Ingredients*

- 240g chick peas
- 2 tbsp peanut butter
- 1/2 tsp salt
- 1/2 lemon juice
- Small garlic clove
- Pepper
- 100-150ml olive oil or until desired consistency
- a few pinches of smoked paprika

### *Instructions*

1. Place in food processor or use a small hand blender and blend until smooth.
2. This will keep for 3-4 days in the fridge.

### *Notes*

If you don't like the taste of olive oil use cold pressed organic hemp or avocado oil.

## **Guacamole**

Make one large portion

Great for dipping carrots or plain tortillas into!

### *Ingredients*

- 3 avocados
- tsp salt
- 4 tbsp olive oil
- Pinch cayenne pepper
- Handful fresh coriander
- Juice of 1 lime

### *Instructions*

1. Blend ingredients until smooth.
2. Serve and use immediately.

## **Pea & Coconut Soup**

Makes 6-8 servings

### *Ingredients*

- 600ml stock - ideally homemade broth
- 600ml water
- 500g frozen petit pois
- 2 leeks roughly chopped
- 1 large garlic clove
- tsp of salt and seasoning to taste
- 100g [creamed coconut](#)

### *Instructions*

1. In a large pan place all the ingredients and bring to boil. Simmer for 20 mins then blend until smooth. Add seasoning to taste.
2. Serve with sauerkraut.

### *Notes*

Feel free to use coconut milk just add less water. So if you use 150ml of coconut milk use 150ml less of water.

Add more or less liquid depending on you preferred consistency.





## Homemade Nut Butters

**Perfect to dip in carrot, celery and pepper sticks when you need a energy boost!**

### Almond

#### Ingredients

- 200g almonds
- tsp quality sea salt
- 1 tbsp [raw honey](#) – optional

#### Instructions

1. OPTION 1- Soak the nuts\* overnight before you head to bed in salted water. In the morning drain them and place in a tray in the oven at its lowest temperature 50c ish and leave on for 8 hours or until they are completely crisp and dry throughout.
2. OPTION 2 – roast the almond for 20 mins before blending to release more of their flavour.
3. Place all ingredients in food processor blend for 15 minutes, keep stopping and scrapping jug until it becomes silky, runny and warm. Taste and add more salt or honey to taste. Store in a sterilized clean jar in the fridge.

\*soaking the nuts removes the pyhtic acid that can irritate digestion. I stomach nuts so much better when they have been soaked.

### Cashew

#### Ingredients

- 200g cashews
- 1 tsp sea salt
- 1 tsp raw honey

#### Instructions

- OPTION 1 -Soak the nuts\* for about 4 hours (or overnight, but they need less soaking than almonds in general) before you head to bed in salted water. In the morning drain and place in a tray in the oven at its lowest temperature 50c ish and leave on for 8 hours or until they are completely crisp and dry throughout.
- OPTION 2 – roast the almond for 20 mins before blending to release more of their flavour. Place cashews in a bowl and cover with water and a few pinches of salt and leave to soak for ideally around 6 hours but really leave as long as is convenient .
- Place all ingredients in food processor blend for 15 minutes, keep stopping and scrapping jug until it becomes silky, runny and warm. Taste and add more salt or honey to taste. Store in a sterilized clean jar in the fridge.

## **Creamy Cauliflower Soup**

Serves 3 large helpings, 40 mins to make

### **Ingredients**

- 1/2 cauliflower head roughly chopped
- 2 garlic cloves
- salt to taste
- 25g [creamed coconut](#)
- 500ml homemade bone broth or other stock
- 500ml water (or to add until desired consistency)
- 1 onions chopped
- A good pinch of the following ground spices:
  - turmeric
  - cinnamon
  - chilli

### *Instructions*

1. Sauté the onion in some fat for 1-3 minutes on low heat .
2. Then add all the other ingredient and bring to boil.
3. Simmer with pan lid on for about 15-20 minutes or until cauliflower is soft.
4. The blend until smooth with hand blender and season to taste.

### *Notes*

This would also be great cooked in a slow cooker overnight .

Add more water if you leave it to simmer for longer as it will have evaporated.



# Naturally Sweet Treats

**Because life is not as much fun without some sweet treats! Here are some fabulous recipes on how to use natural sweeteners and most of them are super speedy too! Enjoy**

## **Peanut Butter & Banana Cookies**

*Ingredients- yield 6-8*

- 200g peanut butter (sugar free and ideally organic)
- 80g raisins
- 2 bananas (ripe)
- 1 tsp vanilla essence

*Instructions*

1. Place all the ingredients in a blender/food processor until smooth. Then add the raisins and mix in by hand only.
2. On a greased tray place 1 tbsp dollops on tray. Place in a preheated oven at 180c and after 10 minutes squish the cookies down with a fork until flat. Leave to cook for a further 10-15 minutes or until golden.
3. Leave to cool and enjoy!

*Notes*

Can be frozen.

Feel free to use chocolate chips instead of raisins or any other sort of nut butter if peanuts are a problem for you.

## Kezia's Brownies

*Ingredients - Serves 8-10*

- 400g butternut squash roasted
- 100g butter - organic
- 5 drops vanilla essence
- 50g coconut flour OR 100g almond flour
- 4 eggs - organic/free range
- 4 dates - finely chopped
- 5-6 heaped tbsp cocoa powder
- 4-5 tbsp honey 1/2 tsp bicarbonate of soda

*Instructions*

1. Preheat oven 170°C (180°C if fan assisted).
2. Grease and line your chosen tray for brownies. If you prefer thin brownies choose a larger shallow tray but if you like thick brownies make sure your tray is deeper and smaller.
3. In a food processor place the butternut squash and butter. Add the eggs gradually and blend until very smooth.
4. Add all the other ingredients and blend until smooth.
5. Pour mixture into your tray and place in the oven.
6. Leave for 20 mins then go and check. You want there to be a very slight wobble in the middle if you like very gooey brownies. If you are making thinner brownies then they will cook quicker (20-25 mins) whilst deeper ones may take around 40-45 mins to cook. Just keep an eye on them and use a timer so you don't forget!
7. Remove from oven and allow to cool

*Notes*

To roast the butternut squash make sure you remove all the seeds and try not to let the squash burn whilst roasting. Then scoop out the insides once cooked so you don't get the skin in the mixture.

Use a strip of greaseproof paper in the middle of the tray only to ensure that you are able to remove the brownies once cooked and to save some pennies too.

These would also taste good with chocolate chips, dried cranberries, ginger or orange zest. These freeze really well (I have been known to eat them frozen) so why not double up and keep a batch in the freezer for when you want a healthy chocolate fix.

## Chocolate Chip Cookie Dough Bites

*Ingredients - serves 8 bites roughly*

- 200g chick peas
- 9 medjool dates
- 1 tbsp vanilla essence
- 3-4 tbsp raw honey
- 75g choc chip or chopped raw dark chocolate (85%)
- 1 tbsp maple syrup
- pinch salt
- 60g [creamed coconut](#)
- 3 tbsp scoops coconut oil (when solid)

*Instructions*

1. In a food processor, blend all the ingredients except chocolate chips, until smooth. Taste and add more sweetness if desired.
2. Then add chocolate chips and stir in until evenly mixed in.
3. Using a spoon take tbsp amounts and shape into balls type shape and place on a tray covered in grease proof paper.
4. Place in freezer until hard (about 30-45 mins) then store in air tight container in fridge.

## Coconut Chocolate Fudge

Make 8-10 squares

*Ingredients*

- 2 medjool dates
- 200g creamed coconut – finely chopped
- pinches of salt
- 2 tbsp organic cocoa
- tbsp honey – optional
- 100ml water

*Instructions*

1. Blend together all the ingredients except the honey for about 5 mins in a food processor until a creamy thick mixture occurs. This may involve a few scrapping and manual stirs but the heat will eventually melt the coconut.
2. Add the honey whilst blending.
3. Pour thick paste onto greaseproof paper and shape into a rough square about an inch thick.
4. Top with sweet n salt coconut chips or cacao nibs if you want.
5. Place in fridge to set for at least 45 mins.

## Chocolate Fudge Avocado Pots

Makes 4

### Ingredients

- 2 ripe avocados
- 5 tbsp scoops coconut oil (when hard)
- 5-7 tbsp raw honey
- 1/2 tsp vanilla essence
- 5 tbsp cocoa
- 2 pinches of quality salt
- tsp cinnamon (optional)
- 1/8 tsp chilli powder (optional)

### Instructions

1. Melt the coconut oil and honey together then blend with all the other ingredients until silky and smooth. Taste and add for honey accordingly.
2. Pour into ramekins and leave to set for an hour.
3. Serve with coconut cream strawberries or mango.

### Notes

Chilli makes for a great chilli chocolate combo.

You can eat it straight away too before it has set - still tasty!





## Chewy Chia Chocolate Cookies

- *Ingredients*
- 100g almonds
- 3 tbsp ground linseed/flaxseed
- 2 tbsp chia seeds
- 1/8 tsp salt
- 5 medjool dates
- 3 tbsp cacao
- 1 tbsp scoop of coconut oil
- 120ml water
- 1 - 2 tbsp maple syrup or honey

### *Instructions*

1. Preheat oven to 180c.
2. In a food processor blend the almonds until they are fine.
3. Add the other ingredients and blend until a sticky dough is formed.
4. On a greased tray place a tbsp of the dough. Try to flatten it with your spoon - it is very sticky and I like thick cookies - so see the notes if you want thinner ones.
5. Place in oven for 20 mins or until slightly crispy on top.
6. Allow to cool and best eaten within 2-3 days.

### *Notes*

I like eating these straight from the fridge.

I used raw cacao for this recipe - I have not tried it with normal cocoa but I am guessing 2-3 tbsp of cocoa should be enough.

Feel free to use organic butter instead of coconut oil and any other nut (pecan would be FAB) instead of almonds.



## Chocolate 5 Min Mousse

Makes 4

### *Ingredients*

#### MOUSSE

- 7 medjool dates
- 600ml water
- 2 tbsp quality gelatin
- 2 tbsp coconut sugar or 1 tsp raw honey/maple syrup
- 1 tbsp vanilla
- a pinch salt
- 6 tbsp organic cocoa powder
- 2 tbsp scoop coconut oil

#### TOPPING

- 200g raspberries

### *Instructions*

1. Blend all the ingredient for the mousse in a blend and blend until totally smooth - about 30 seconds.
2. Then bang your blender jug a few times to remove large air bubbles.
3. Pour into glasses, teacups or whatever you want to serve it in.
4. Lightly hit the glass again to remove air bubbles.
5. Place in fridge and leave to set - this will take about 3-4 hours.
6. Top with fresh raspberries and enjoy.

### *Notes*

Feel free to add other flavours like chilli, cinnamon, coffee etc.

## Salted Superfood Chocolate Bites

Makes 8-10

### *Ingredients*

- 25g brazil nuts
- 50g cashew nuts
- 100g pumpkin seeds
- 5 pinches of quality salt
- 4 medjool dates
- 2tbsp cacao powder
- 1 tbsp maca
- 3 tbsp coconut oil

### DUSTING (OPTIONAL)

- 1 tbsp maca powder
- 2 tbsp cacao powder or cocoa powder

### Instructions

1. Blend the nuts and seeds until smooth in a food processor.
2. Then add all the other ingredients and blend until smooth.
3. Then take a heaped teaspoon full and roll into a ball and if dusting roll in the mixed cacao and maca before placing on a line tray or plate.
4. Make these quite small as they are so rich you wont want to eat a large one!
5. Put in fridge for 20-25 mins until firm and then enjoy with a cup of tea.
6. Notes- These will store in a sealed tub for over a week in fridge - also suitable for freezing.
7. Feel free to use other nuts, walnut would be great as would almonds.

## Homemade Organic Dark Chocolate

Makes 8-10 small servings

### *Ingredients*

- 125g Organic Butter
- 5 tbsp scoops of Organic Coconut Oil
- 2 tbsp Raw Organic Honey
- 100g Organic Cocoa Powder
- 5 drops Vanilla Essence

### Instructions

1. Line dish with greaseproof paper. (I used a 15cmx25cm dish and it yielded 1cm thick chocolate)
2. Melt the butter and oil on a low heat. Add the cocoa and whisk in thoroughly.
3. Add the honey and vanilla and mix until smooth and silky.
4. Pour into lined dish (or chocolate mould) and place in fridge. Stir the mixture every few minutes until it is too solid to be mixed.
5. Chop into cubes, bars or just break bits off and eat!
6. This needs to be kept in the fridge/freezer as it will go soft at room temperature.



## Sudden Death Chocolate Slices

Make 8-12 pieces

### *Ingredients*

- 125g Organic Butter
- 4 tbsp Coconut Oil
- 3 tbsp Honey (optional)
- 3 tbsp Cocoa Powder
- 3 cups of mixed nut/dried fruit/seeds
- 2-3 pinches of salt if not using salted nuts.

### *Instructions*

1. Melt the honey butter coconut oil and cocoa powder on a low heat.
2. Chop the mixed nut/fruit/seed mix up into small chunks.
3. Mix the wet and dry ingredient together, then pour into a glass dish or lined baking tray.
4. Place in fridge for an hour or freezer for 1/2 hour to set.
5. Cut when set and store in the fridge/freezer.

### *Notes*

Aim for mainly nuts and seeds in your mix with a small handful of dried fruit. This picture is done with a mix of goji berries, raisins, salted cashews and pumpkin seeds with 2/3 being seeds/nuts.

Nut mix ideas:

- Almonds, dates and sunflower seeds.
- Sesame seeds, raisins and almonds.
- Peanuts, apricots and sunflower seeds.

Feel free to use all coconut oil if you want a dairy free option, just double the amount of oil used.

## **Coconut and Almond Energy Bites**

Makes 8-12 bite sizes

### *Ingredients*

- 200g almonds
- 100g coconut cream – finely chopped
- ¼ tsp salt
- 3-4 medjool dates
- Tbsp water if necessary

### *Instructions*

- Place all ingredients in food processor and blend for about 5 minutes, Keep scrapping the ingredient back in and it is the heat that will bring these ingredients together. If you need to add 1-2 tbsp of water to help with this blending but be patient it will come together!
- Once blended shape into small ball (smaller than golf ball!) and place onto grease proof paper and place in fridge to chill and harden ...or eat straight away.

### *Notes*

Use any other nut you have or like but you must use hard creamed coconut .





## Resources

### **Meal Plans**

Please note all the meal plan and weekly snack recipes will be sent to you each week but you access them here if you need them earlier.

[Week 1](#)

[Week 2](#)

[Week 3](#)

[Recipe board](#)

[21 Day Journal & Assessment](#)