



NUTRITION TRACKING LOG

SUGAR FREE EDITION

Congratulations! You've already won.

By committing to 30 days of clean eating, you're going to develop habits that will serve you for the rest of your life. These will build on one another.

First, you'll learn how to eat better.

Committing to a short-term challenge like this will force you plan meals in advance; to pack your lunch; to actually consider where the next meal is coming from. After a week or so, you'll adapt to the new metabolism and habits. We dangle the carrot (so to speak) but you'll have to make the small changes in your own life. Once you make them, you're rolling. We hope to spur that change with this challenge.

As your body changes its metabolism, your sensitivities will change. A month without sugar will cause your taste buds to sharpen their focus, and fruit will taste sweeter. Your brain will learn, and so will your body.

Second, you'll learn how to shop better.

"I ate it because it was there" is a big part of the problem in our culture. When you arrive at your great-aunt's house, she's going to put cookies on a plate and coffee on the stove. No one really feels like eating cookies, but everyone does. Likewise, at 10pm, your brain is tired and craving sleep...but will accept sugar as a substitute. If the Snakky-Kakes aren't available, you're more likely to go lie down.

Committing to a short-term challenge will teach you to stick to the periphery of the grocery store; to choose food that will HELP you, instead of merely avoiding food that might HURT you.

Third, you'll learn how to feel better.

That 3 o'clock "slump" that used to hit in the middle of the afternoon? Not so noticeable now that your insulin levels are more stable.

Finally, you'll learn how to perform better.

We believe in objective measurement. I want you to do things that challenge you. And I don't want you to puke on your podium.

Before you lose a bunch of weight, and after, and during, you'll start to notice some changes in your workouts: they hurt less. You can go longer without a break. You'll feel stronger, faster, less jiggly. These are what count most.

Why Go Refined Sugar Free?

Marks Daily Apple has a "Definitive Guide to Sugar." Found here: <http://www.marksdailyapple.com/the-definitive-guide-to-sugar/#axzz3HXxOSBFW>

The top 3 reasons to avoid sugar?

Sugar:

- promotes fat storage and weight gain

- lowers your immune system
- reduces the recovery of muscle tissue post workout

Not sure whether to believe the science? Be your own lab. For the next 30 days, you owe it to yourself to find out how it affects you. Why 30 days? The first two weeks for people who are addicted to sugar can be challenging. The benefits may not be noticed until after the “withdrawals” are gone. Don’t worry, the cravings significantly decrease within the first two weeks. See our tips below for getting through the tough part.

There are different types of sugars. (For more info, check the link above.) For our challenge, we’re going to focus on removing all added sweeteners, “natural” or not.

What counts as Sugar?

- table sugar
- cane sugar
- glucose
- fructose
- sucrose
- corn syrup
- beet sugar
- agave nectar
- honey
- maple syrup
- artificial sweeteners such as splenda and stevia

Things to limit (read: strongly avoid)

- dried fruit
- fruit juice

Things to watch out for:

- alcohol - check ingredients, rum is made from sugar

Sugar can hide in the most unlikely of places so check your ingredients. It's found in most processed grain products (bonus, by removing sugars, we're also removing most harmful grains!), canned goods, and some dairy products.

Scoring System:

no sugar all day = 0 points

1 food item with sugar all day = 1 point more than 1 item

with sugar = 2 points more than 1 item with sugar = 3 points

Worried about beating the sugar craving or wanting to make the withdrawals easier?

Here's a few tips that can help:

- ● eat regularly, every couple of hours
- ● eat quality foods. What does that mean in real life? Lean meats, vegetables, starches such as sweet potatoes and squash, and fats such as coconut, nuts and olive oil.

- ● get enough sleep
- ● drink enough water - divide your body weight in half and that's the number of ounces you should start with
- ● exercise regularly

Things that will make cravings worse:

- lack of sleep
- dehydration
- hunger

- lack of exercise

- caffeine

<http://www.marksdailyapple.com/sugar-cravings/#axzz3HXxOSBFW>

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Daily Total Points: _____

Workout: Strength/Skill:

Metabolic Conditioning:

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