



TOP

*Sweeties*



# NUTRITIOUS CARB

Sugar, flour & processed foods can wreak havoc on our health, energy, and ability to reach our goals.

Try these swaps to ditch the white stuff and add more nutritious carbs to your diet.

## INSTEAD OF THIS...



- SPIRALIZED ZUCCHINI
- BUTTERNUT SQUASH
- SWEET POTATO "NOODLES"
- SHIRITAKI NOODLES



- BROWN RICE
- QUINOA
- CAULIFLOWER RICE
- ANY WHOLE GRAIN



- HIGH FIBRE BREAD WITH MORE THAN 7G OF FIBRE



- LETTUCE WRAPS
- NORI WRAPS
- ANY HEARTY LEAF LIKE CABBAGE OR COLLARDS AS A WRAP

INSTEAD OF THIS...



- SWEET POTATOES
- BEET
- SQUASH



- STEEL CUT OATS
- CHIA PUDDING
- PROTEIN POWER BOWLS



- BERRIES DIPPED IN 80% DARK CHOCOLATE



- STEVIA
- MONK FRUIT SWEETENER



- VEGGIE FRIES IN THE AIR FRYER LIKE
- GREEN BEANS
  - TURNIPS
  - CARROTS



- VEGGIES LIKE PEPPERS OR CUCUMBERS LIKE CRACKERS & TOP WITH YOUR FAVE THINGS



# LOW SUGAR SMOOTHIE

When making a green smoothie, it can quickly turn into a sugar bomb. Try these easy swaps to reduce the sugar in your smoothies **WITHOUT** reducing the taste or nutrition.

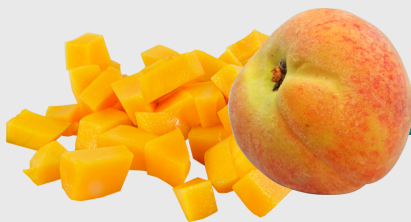
## INSTEAD OF THIS...



INSTEAD OF BANANAS, TRY AVOCADO! NOT ONLY DOES THIS KEEP THE SAME CREAMY, DREAMY TEXTURE BUT ADDS A TON OF FIBER WHILE CUTTING THE SUGAR BY UP TO 90%



INSTEAD OF MILK OR ORANGE JUICE, TRY UNSWEETENED CASHEW MILK! ONE CUP HAS ZERO GRAMS OF SUGAR AND TASTES DELICIOUS



INSTEAD OF MANGOS, PEACHES AND HIGH SUGAR FRUITS, TRY LOW SUGAR BERRIES! BERRIES LIKE RASPBERRIES, BLACKBERRIES & STRAWBERRIES ARE LOW IN SUGAR, HIGH IN FIBER AND LOADED WITH FLAVOR

# LOW CALORIE/ SUGAR BEVERAGE

Drinks and liquids are some of our diet's biggest sources of empty calories and sugar.

Depending on what you normally drink, if you follow these simple swaps you can cut your sugar intake by up to 50%!

## INSTEAD OF THIS...



## DRINK THIS!



SPARKLING NATURALLY  
FLAVOURED WATER (BRANDS LIKE  
LACROIX, BUBBLE, PERRIER)



SODA WATER OR FLAT WATER  
INFUSED WITH CUCUMBER, LEMON,  
LIME, HERBS, OR BERRIES



UNSWEETENED ALMOND  
OR CASHEW MILK (TRY NOT  
TO USE IT AS A BEVERAGE)

BLACK COFFEE, COFFEE WITH A  
SMALL SPLASH OF UNSWEETENED  
COCONUT OR CASHEW MILK



INSTEAD OF THIS...



DRINK THIS!



GREEN TEA



HERBAL TEAS



UNSWEETENED  
ICED TEA  
UNSWEETENED  
HERBAL ICED TEA



BLACK TEA

MINT INFUSED  
HOT WATER



# DAIRY FREE

Whether you are avoiding dairy due to intolerances or making a personal choice, here are some easy and amazing swaps for some of your favorite foods while ditching dairy.

## INSTEAD OF THIS...

MILK



UNSWEETENED ALMOND  
CASHEW, OAT, RICE, COCONUT  
OR ANY NUT OR SEED MILK

CREAM



COCONUT MILK,  
COCONUT CREAM



YOGURT



PLAIN COCONUT, CASHEW, OR  
ALMOND YOGURT (WATCH THE  
SUGAR)

INSTEAD OF THIS...

TRY THIS!

CHEESE



NON-DAIRY CHEESE (USE EXTREME MODERATION) OR NUTRITIONAL YEAST



MILK KEFIR

COCONUT KEFIR, KOMBUCHA, RAW SAUERKRAUT

WHEY PROTEIN POWDER



VEGAN PROTEIN POWDER, CHIA, OR HEMP SEEDS IN YOUR SMOOTHIE



DAIRY ICE CREAM

MAKE YOUR OWN DAIRY FREE ICE CREAM BY BLENDING TOGETHER CASHEW BUTTER AND FROZEN BANANAS

SOUR CREAM



NON DAIRY SOUR CREAM (WATCH THE SUGAR CONTENT)

**NOTE – Calcium-rich Non-Dairy Foods**

Including these calcium superstars in your diet will ensure you are getting ample calcium!

- ALMONDS
- KALE
- COLLARD GREENS
- SESAME SEEDS
- ORANGES
- STEEL CUT OATS





8

# Holistic HABITS

TO REDUCE CRAVINGS AND  
BALANCE HORMONES

These easy-to-implement tricks & habits will help you balance hormones & reduce cravings to get to your health and/or weight loss goals without getting overwhelmed.

### FOLLOW THE 80/20 RULE

When we try to be 100% perfect with our eating, it can lead to a negative "good or bad" / "on or off" relationship with nutrition which can lead to cravings. Aim to focus your plate, meal, or day around 80% from nutritionally dense foods (think real, whole foods) and leave 20% not so nutritionally dense (think processed, refined foods) so there are no foods that are considered off limits

### BALANCED MEALS = BALANCED HORMONES

To easily balance hormones, every meal or snack should include a balance of protein, fiber (preferably low glycemic or complex carbs), and healthy fat. This not only helps to balance blood sugar but it will help with cravings especially if weight loss is your goal.

### ADEQUATE PROTEIN AT EVERY MEAL

Protein is the most satiating macronutrient. It will keep you feeling full for longer periods. This will also keep you from snacking in between meals. A good range to start is 20-25g per meal. Protein can come in many forms from animal or plant-based sources.

### HYDRATE, HYDRATE, HYDRATE

Thirst can often be confused with hunger. If you are dehydrated, you may have strong cravings for food while in fact, you just need to hydrate. Before grabbing a snack, have a cup of water first. Daily goal? Aim to drink 2-3L throughout to make sure you are not dehydrated

### ESSENTIAL FATS ARE A MUST

Fats are important for hormonal balance and help to control our appetite. Most fats can be manufactured by the human body except for essential fatty acids like omega 3's. These must come from our diet and are key to combating inflammation. Include cold-water fatty fish, such as salmon, mackerel, tuna, herring, sardines, chia seeds, flax seeds, walnuts, egg yolks, and supplements.

### DITCH THE FAKE SUGARS

While fake sugars do not impact blood sugar or have zero to low calories, they have been shown to increase sweet cravings and contribute to bloating and/or digestive issues. Avoid fake sweeteners like aspartame, Acesulfame-K, sucralose, saccharin, etc.

### GET YOUR ZZZ'S

Sleep is sooo important to reduce cravings, balance hormones and helps our bodies regulate. Also it has been shown that hunger hormones can be higher when we are sleep deprived (feeling extra starving in the morning?) Aim for 7-9 hours a night.

### STRESS LESS AND PRACTICE SELF CARE

Stress can lead to high sugar cravings due to cortisol being released. It can also make it harder to lose weight. Deep breathing, walks in nature, dancing, meditation, yoga, and exercise are a few ways to help de-stress. Additionally, adding a self-care routine can be key to supporting a shift in nutrition, especially when it comes to our mindset and thoughts. Journaling can be very helpful. To start, write out 15 reasons why you want to make this shift and any thoughts or feelings that come up. Do not judge them. Journal them out and love yourself through all the feels