



LOW SUGAR DETOX CHALLENGE

with Andres Ayesta

ANDRES AYESTA REGISTERED DIETITIAN

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Andres is a seasoned nutrition expert with over 12 years of experience empowering individuals to transform their bodies and lives. As the founder of Planos Nutrition, an online coaching platform, Andres specializes in personalized nutrition coaching, helping career-driven parents achieve lasting weight loss, boost energy, and improve confidence.

His approach blends evidence-based strategies with a focus on mindset, ensuring clients achieve their goals sustainably. Featured in top media outlets like CNN, Forbes, and Shape, Andres is dedicated to creating a supportive community where health and wellness thrive.

He holds a master's degree in Exercise Science & Sports Nutrition and is a licensed Registered Dietitian in Florida.

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INTRO

Welcome to the Low Sugar Detox Challenge! I'm so glad you decided to take this step toward feeling amazing. I'm Andres Ayesta, a registered dietitian with over a decade of experience in nutrition and lifestyle coaching. I've helped hundreds of clients transform their health by building sustainable habits and fostering a positive relationship with food and themselves; and I want to help you do the same.

Over the next three weeks, you're going to notice some amazing changes. Imagine better skin, increased energy, improved mood, better sleep, and a newfound sense of control over your cravings. It might seem unbelievable now, but these positive shifts are possible and I will be teaching you exactly how to achieve them.

Through building knowledge around sugar in your diet, insightful journaling and actionable steps you'll be empowered with both knowledge and know-how, setting the stage for a life-changing transformation.

This program will give you the tools and techniques you need to make positive changes towards your health and hopefully help you feel amazing!

- Andres



HOW TO USE THIS WORKBOOK

This workbook is designed to accompany the video program. It can be helpful to use both together in order to ensure you reflect and fully understand the key learnings of each lesson and exercise so you can implement changes on your own.

WHAT TO EXPECT

In Week 1, you'll dive into the science behind sugar and its impact on your health, uncovering the hidden effects it has on your body. You'll track your sugar habits and gain a deeper understanding of how and when sugar sneaks into your daily routine. By the end of the first week you'll be empowered with knowledge, setting the stage for a life-changing transformation.

Week 2 brings a game-changing shift, as you start implementing actionable strategies to break free from sugar addiction. With practical tips and easy-to-follow guidance, you'll replace those sugar cravings with healthier, more satisfying alternatives.

By Week 3, you'll notice the incredible improvements in how your body feels—clearer skin, more energy, and a newfound sense of control. This week focuses on building lasting habits, helping you lock in the changes for the long term, so you can thrive without the constant pull of sugar. Embrace the challenge and emerge feeling your absolute best, with healthier habits that stick for life!

If you have any questions you can connect with Andres and share your questions in the comments section underneath each video.

YOUR PERSONAL SUGAR STORY

Your sugar story is simply your unique history with sugar. Think back, way back, to your childhood. Sugar probably played a bigger role than you realized. Birthday cakes, ice cream trucks, candy rewards...or perhaps in young adulthood you ate anything you wanted without restriction and ended up making it part of your daily diet. Those sugary moments became part of your emotional and social fabric. For me, for example, it was cookies. My mom did not bring a whole lot of sugar home but a cookie was something my Dad always had after lunch so I got used to that to this day!

But why does this matter? Well, understanding your sugar story can reveal why you crave sugar now, what triggers your cravings, and how those childhood patterns might still be impacting your health today.

Think about your earliest memories involving sugar. Maybe it was your grandma's special cookie recipe, those sugary cereals you ate while watching cartoons (for me it was Frosted Flakes), or the thrill of trick-or-treating on Halloween. These moments felt special, didn't they? They cemented sugar's role in your emotional memory and daily habits.



As you think back, try to pinpoint specific emotions connected to these sugary experiences. Was it excitement, comfort, love, or perhaps a sense of belonging? Noticing these emotional links can help you understand why sugar becomes a go-to option.

EXERCISE: SUGAR TIMELINE JOURNAL

Time to jot down your key sugar-related memories that tell your personal sugar story. Here are some prompts to help get you started:

First memory of tasting something sweet:

Special events where sugary treats were prominent:

Family traditions involving desserts:

Moments when sugar was used as a reward or comfort:

THE BRAIN ON SUGAR

Have you ever wondered why sugar feels so irresistible sometimes? It all comes down to how sugar interacts with your brain, particularly through dopamine.

Dopamine is a neurotransmitter known as the "feel-good" chemical, and your brain releases it whenever you experience something pleasurable like eating sugar. When you have a sugary snack, dopamine floods what's called your "reward pathway," giving you a brief feeling of happiness or satisfaction. But here's the catch: your brain quickly adapts to this dopamine surge and begins to crave even more sugar to recreate that initial high. This cycle can lead to increased sugar intake and, eventually, sugar addiction.

And beyond mood and energy, excessive sugar can also affect cognitive function. Research* indicates that high sugar diets can impair memory, concentration, and even decision-making abilities over time.

Sugar-induced inflammation and insulin resistance are also associated with accelerated cognitive decline, making it important to monitor sugar intake for overall brain health.

Now, knowing all this, what can you do? Let's do some detective work to find sneaky sugars in your diet.. Turn to the next page to get started.



EXERCISE: SUGAR CRAVINGS LOG

For the next day or two, track your sugar cravings. Every time you feel an urge to reach for something sweet, pause for a moment and write it down in either a journal or a note on your phone. Note these specific details:

Time of craving	Your mood before the craving hit	Your activity or situation when craving hit	What you did in response to the craving

HIDDEN SUGARS IN YOUR DIET

Sugar can be listed under more than 60 different names! Here's a handy list you can bring to the store to help when identifying hidden sugars on nutrition labels.

Agave nectar	Glucose solids
Barbados sugar	Golden syrup
Barley malt	Grape sugar
Beet sugar	High-fructose corn syrup (HFCS)
Brown rice syrup	Honey
Brown sugar	Icing sugar
Buttered syrup	Invert sugar
Cane juice	Lactose
Cane sugar	Malt syrup
Caramel	Maltodextrin
Corn syrup	Maltol
Corn syrup solids	Maltose
Confectioner's sugar	Mannose
Coconut sugar	Maple syrup
Crystalline fructose	Molasses
Date sugar	Muscovado sugar
Dehydrated cane juice	Organic cane sugar
Dextrin	Panela
Dextrose	Powdered sugar
Evaporated cane juice	Raw sugar
Ethyl maltol	Refiner's syrup
Florida crystals	Rice syrup
Fructose	Saccharose
Fruit juice	Sorghum syrup
Fruit juice concentrate	Sorbitol
Galactose	Sucanat
Glucose	Sucrose
	Sugar
	Syrup
	Treacle
	Turbinado sugar
	Yellow sugar
	Yacon syrup



EXERCISE: PANTRY AUDIT

Time to head to your pantry, fridge, or cupboards and start investigating! Identify five foods or products you regularly consume that you suspect contain hidden sugars.

Check their labels closely, looking specifically for those sneaky sugar aliases and note it down below. Also, check for total sugar and how many of those sugars are Added Sugars.

Sneaky sugar products:

EMOTIONAL CONNECTION TO SUGAR

Have you ever noticed that sugar cravings often spike during certain emotional moments? That maybe stress has you reaching for chocolate, or boredom has you snacking mindlessly, or celebrations naturally involve sugary treats.

Emotional eating occurs when we turn to food not because we're physically hungry, but to manage emotions. Think of a time when stress led you straight to the freezer for ice cream after a tough day; that's emotional eating in action.

3 common emotional triggers that often lead us straight to sugar:

1. **Stress:** This is the number-one reason for emotional eating. When you're stressed, your body releases cortisol, a hormone that drives cravings for sugary, high-fat foods. And stress-driven cravings specifically target sweets because sugar provides rapid emotional relief.
 2. **Celebrations and Social Events:** These events are culturally centered around sugary treats. Social settings tend to increase sugar consumption, often without us consciously realizing it.
- Comfort and Nostalgia:** Sugary foods frequently evoke comforting childhood memories and family traditions.



EXERCISE: YOUR SUGAR ROADMAP

Take some time to reflect on the questions below. With this awareness, you can start meeting emotional needs that arise in healthier ways, like taking a walk, talking to a friend, or engaging in relaxing activities.

When do sugar cravings hit hardest for you—during stress, celebrations, loneliness, or boredom?

What emotional need are you truly trying to fulfill—comfort, distraction, happiness?

SETTING YOUR DETOX GOALS

Today we're taking an exciting step forward; setting realistic and measurable goals to prepare for your sugar detox week ahead!

An effective way to set goals is using the **SMART** framework. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound.

- *Specific*: Clearly define what you plan to accomplish. Instead of saying, "I'll eat less sugar," try, "I'll cut out desserts after dinner."
- *Measurable*: You should be able to track your progress. For example, "I'll limit myself to one sweet snack per week."
- *Achievable*: Your goal needs to challenge you, but it also must be realistic. If completely eliminating sugar feels overwhelming, start by targeting specific sugary items first.
- *Relevant*: Your goal should align with your broader health and wellness objectives, like feeling more energized or reducing inflammation.
- *Time-bound*: Define a clear time frame. Lucky for us, we already have one built-in; the upcoming detox week!

Example: "During the 7-day sugar detox, I will replace sugary drinks like soda and sweetened coffee with unsweetened coffee, herbal tea or sparkling water."

- *Specific*: Targeting sugary drinks
- *Measurable*: You can clearly track whether you've avoided sugary drinks
- *Achievable*: Swapping beverages is manageable
- *Relevant*: Supports overall health and energy goals
- *Time-bound*: Set for one week

EXERCISE: SETTING YOUR DETOX GOALS

Set 1 SMART goal for the upcoming 7-day sugar detox. Here's an example:

Goal: Eliminate afternoon sugary snacks and replace them with fresh fruit or nuts.

Challenges: Mid-afternoon energy slump, office candy bowl temptations.

Solutions: Keep healthy alternatives readily available, inform colleagues of my goal. Maybe some will be interested in joining in!

Tracking Method: Keep a daily log in my phone to track progress and feelings.

MY SMART GOAL:

CHALLENGES:

SOLUTIONS:

TRACKING METHOD:

BREAKFAST MAKEOVER

Week 2 here we go! Let's explore some delicious and simple ways to makeover your breakfast without sacrificing satisfaction or convenience!

Swap that flavored yogurt for plain Greek yogurt. Make it exciting by adding fresh berries, nuts, seeds, and a sprinkle of cinnamon. You'll get protein, healthy fats, and fiber, keeping you full and energized.

Trade granola for homemade or low-sugar granola. Look for granola sweetened naturally or make your own using oats, nuts, seeds, and spices. Add some natural sweetness with unsweetened coconut or a small handful of dried fruits.

Replace sugary cereals with overnight oats. Soak oats in any milk you like overnight, then top with sliced fruit and nuts. This simple meal is naturally sweet, satisfying, and packed with fiber.

Choose whole fruits instead of juice. Whole fruits provide fiber and natural sweetness without spiking your blood sugar as drastically as juices.

Opt for savory breakfasts. Eggs, avocado toast on whole grain bread, or vegetable omelets provide excellent nutrition without sugar.

Once you've prepared your low-sugar breakfast, snap a photo to celebrate your creation!



MANAGING CRAVINGS

Cravings typically arise due to a combination of physical, emotional, and habitual triggers. Physiologically, sugar causes dopamine release, giving your brain a quick mood boost and temporary satisfaction. But remember, as we learned last week, that spike quickly leads to a crash, sparking more cravings and creating a difficult cycle to break.

3 strategies to help combat sugar cravings

- 1. Distract Yourself (Mindful Delay Technique):** Sometimes simply delaying your response to a craving by 10-15 minutes significantly reduces its intensity. Next time a sugar craving hits, set a timer and choose an engaging activity like taking a short walk, doing a quick chore, or calling a friend. You'll often find that by the time your timer goes off, the craving has substantially diminished or vanished completely.
- 2. Stay Hydrated (Water Check-In):** Did you know dehydration can often masquerade as sugar cravings? Staying well-hydrated can notably reduce sugar cravings. Whenever you feel a craving, drink a large glass of water first, then pause for a few minutes. Many participants find this simple step significantly lowers cravings immediately.
- 3. Choose Healthier Alternatives (Smart Swap):** Replace sugary snacks with healthier alternatives that satisfy the craving without spiking blood sugar. For instance, opt for fresh fruit paired with nut butter, or a handful of nuts mixed with a small piece of dark chocolate (70% cocoa or higher). Satisfying your craving with nutritious options that contain healthy fats, protein, or fiber can dramatically reduce overall sugar intake.

EXERCISE: MINDFUL CRAVING JOURNAL

Try each technique at least once throughout the day. Notice which one feels most effective for you then journal for a few minutes below about which technique(s) worked for you and which didn't. Having these notes to refer back to can be helpful in your journey.

Mindful Delay: Distract yourself with a brief activity

Water Check-In: Drink water first before eating anything

Smart Swap: Reach for your pre-chosen healthy alternative

My notes:

SUGAR SWAP STRATEGIES

Making strategic food swaps is a powerful way to maintain progress and keep cravings at bay. Swapping sugary foods for healthier alternatives helps you stay satisfied and energized without the sugar highs and lows.

Here are some common high-sugar foods and their tasty, lower-sugar counterparts:

Soda and Sugary Drinks

→ **Flavored Sparkling Water**

Sweetened Yogurt

→ **Plain Greek Yogurt with Fruit and Nuts**

Granola Bars

→ **Homemade Energy Bites**

Ice Cream

→ **Frozen Banana "Nice Cream"**

Breakfast Cereal

→ **Overnight Oats**

Candy

→ **Fresh fruit slices or berries**

Store-bought salad dressing

→ **Olive oil, lemon juice, and herbs**

Sugary peanut butter

→ **Natural peanut or almond butter**

Jams and jellies

→ **Mashed avocado or hummus on toast**

Sweetened coffee creamer

→ **Unsweetened almond, oat, or coconut milk**

sugary pastries

→ **Whole grain toast**

Candy-coated nuts

→ **Roasted chickpeas**

Swap sugary sauces like ketchup

→ **Salsa or hot sauce**

Milk chocolate

→ **Dark chocolate (70% cocoa or higher)**



EXERCISE: DOCUMENT YOUR SUGAR SWAPS

Your practical challenge today is to complete at least three sugar swaps. Choose items from your daily meals or snacks that are typically high in sugar and intentionally replace them with one of the healthier alternatives listed on the previous page or a similar swap of your choice.

Document your swaps below and notice how you feel afterward—more energized, satisfied, or balanced? Which swap surprised you the most in terms of flavor or satisfaction?

My swaps and observations:

RECIPE: FROZEN BANANA “NICE CREAM”

Ingredients:

- 2 large ripe bananas, sliced and frozen
- Splash of unsweetened milk (any milk of choice — just enough to blend)

Flavor Add-Ins (choose one or mix!):

- Chocolate: 1 tablespoon unsweetened cocoa powder
- Peanut Butter: 1–2 tablespoons natural peanut butter
- Vanilla: ½ teaspoon pure vanilla extract
- Berry Swirl: ¼ cup frozen raspberries or strawberries
- Spice it up: ¼ teaspoon cinnamon or a pinch of sea salt

Instructions:

1. Freeze bananas: Peel and slice ripe bananas, then freeze in a single layer for at least 2–3 hours (or overnight).
2. Blend: Add frozen banana slices to a high-powered blender or food processor. Blend until smooth and creamy, scraping down the sides as needed. Add a small splash of milk if it's too thick to blend.
3. Add flavor: Toss in cocoa, peanut butter, or other add-ins and blend again until incorporated.
4. Serve: Enjoy immediately for soft-serve texture, or freeze for 1–2 hours in a container for a scoopable consistency.

RECIPE: HOMEMADE ENERGY BITES

Makes ~20 bites

Ingredients:

- 1 ½ cups rolled oats
- ½ cup almond butter (natural, no added sugar)
- ⅓ cup unsweetened shredded coconut
- ¼ cup dark chocolate chips (70%+ cocoa)
- 2 tablespoons honey or maple syrup (optional, for extra stickiness/sweetness)
- 1 teaspoon vanilla extract
- Pinch of sea salt

Instructions:

1. Mix everything in a large bowl until well combined. If the mixture feels too dry, add a little more almond butter or a teaspoon of warm water.
2. Chill for 15–20 minutes in the fridge to firm up the mixture.
3. Scoop and roll into 1-inch balls using your hands or a cookie scoop.
4. Store in an airtight container in the fridge for up to 1 week, or in the freezer for up to 3 months.

SUGAR AND BEVERAGE CHOICES

Beverages often contribute significantly more sugar to your diet than you might realize. Sugary drinks are the single largest source of added sugars in the average American's diet.

- Just one bottle of soda can contain ~39 grams of sugar; nearly ten teaspoons!
- Bottled iced teas often pack 20-30 grams of sugar per bottle.
- Flavored coffees, popular for their delicious taste, can hide 30 grams or more of sugar in a single drink.
- Sports drinks, despite their health-focused image, typically include over 20 grams of added sugar per serving. These are designed for athletics activities not to drink as a day to day beverage

Beverage alternatives

Thankfully, making better beverage choices doesn't have to be hard. Armed with your nutrition label knowledge and some know-how you'll be able to kick sneaky drink sugars to the curb.

- **Fruit-Infused Water:** Keep hydrated by infusing water with natural flavor; try combinations like strawberry-basil, lemon-cucumber, or raspberry-mint.
- **Homemade Iced Tea:** Brew your favorite tea and cool it down without added sugars. Add fresh lemon or berries for extra flavor.
- **Cold Brew Coffee:** Swap sweetened iced coffee drinks for unsweetened cold brew coffee. Add a splash of unsweetened milk and a dash of cinnamon for extra taste.
- **Unsweetened Smoothies:** Blend your own smoothie at home using fresh or frozen fruits, leafy greens, and unsweetened nut milk or yogurt for a naturally sweet and nourishing drink.

EXERCISE: BEVERAGE MAKEOVER JOURNAL

Today's practical challenge is all about transforming your beverage habits for an entire 24-hour period.

Here's your goal: Replace every sugary drink you'd usually consume with one of the low- or no-sugar alternatives or other creative options you prefer. Pay attention to how this change impacts your energy, mood, and overall sense of well-being throughout the day, and feel free to jot down your observations below.

My beverage observations:

OVERCOMING SUGAR SETBACKS

Setbacks are completely normal. They don't mean you're failing; they simply mean you're human. Everyone encounters challenges on their wellness journey, especially when breaking free from something as pervasive as sugar.

It's important to remember this because all-or-nothing thinking, or believing one slip-up ruins everything, can significantly derail your progress.

Here are some practical ways to handle setbacks so that you can bounce back even stronger:

- **Practice Compassionate Self-Talk:** Instead of criticizing yourself for a slip-up, treat yourself like you would a friend. Acknowledge the setback without judgment, and gently remind yourself of your successes so far.
- **Identify Your Triggers:** After a setback, reflect briefly and kindly on what led up to it. Were you stressed, tired, or in an environment full of temptation? Understanding the trigger helps you plan strategies to manage it better next time.
- **Reconnect with Your Goals:** Revisit your original reasons for doing the detox. Reconnecting emotionally with your goals can rekindle motivation and remind you why it's worth getting back on track.
- **Plan Your Next Steps Clearly:** Immediately outline your next healthy action. It can be as simple as grabbing a glass of water instead of a soda, or maybe it's prepping a nourishing meal, scheduling a walk, or chatting with an accountability partner. Quick action reaffirms your commitment to your journey.

EXERCISE: SETBACK RECOVERY PLAN

Time to clearly plan your immediate next steps for bouncing back after any future setbacks. Having this personalized plan means you'll be prepared to handle challenges calmly, confidently, and positively whenever they occur. Stick it to your fridge or have a picture of it as your phone background for when you need it most! outline these steps clearly:

First, write down how you'll practice compassionate self-talk after a setback.

Now, list your most common triggers and specific strategies to manage them.

Reaffirm your goals by writing down exactly why reducing sugar is important to you.

BODY CHANGES AND BENEFITS

By now, you might be noticing some exciting physical changes.

Improved Skin Health: Sugar reduction can significantly reduce inflammation, often resulting in clearer, healthier skin.

Weight Management: Many of you might notice improved weight management or reduced bloating.

Better Sleep Quality: Less sugar can mean better, more restful sleep. High sugar consumption can interfere with the quality and duration of sleep.

Have you noticed a boost in your mental health?

Enhanced Mood and Focus: Lower sugar consumption is linked to improved mood, better concentration, and increased cognitive function.

Reduced Anxiety and Depression Symptoms: Studies suggest that high sugar diets can exacerbate symptoms of anxiety and depression.

Improved Relationship with Food: Many participants report a healthier relationship with food, with reduced cravings and less emotional eating. Learning healthier coping strategies can deeply transform your eating habits long-term.



EXERCISE: DOCUMENT YOUR CHANGES

Today's exercise is about reflection and self-awareness. Take a few minutes today to document changes you've noticed since reducing your sugar intake.

Changes in your energy levels throughout the day:

Differences in sleep quality:

Your current experience with sugar cravings—frequency and intensity:

Improvements in mood, stress, or anxiety:

SOCIAL SITUATIONS AND SUGAR

Here are practical, respectful ways to respond when faced with social sugar pressure at parties get togethers, or holidays:

Express Gratitude and Redirect: "That looks delicious, thank you! I'm good for now, but I'll definitely grab some fruit instead."

Share Your Journey Briefly: "I'm working on cutting back sugar to improve my health, I really appreciate your understanding!"

Humorous Deflection: "I'd love to, but sugar and I are taking a little break right now."

Offer a Firm but Friendly No: "No thanks, I feel better when I skip sweets. But please enjoy!"

Having these responses prepared helps you handle social pressure gracefully, sticking to your goals without awkwardness or guilt.



EXERCISE: YOUR FOOD PUSHER SCRIPTS

Your homework is to create your personalized response scripts for common social scenarios. Take a moment to write down three or four short, comfortable phrases you can use confidently in social settings. Tailor them to fit your personality and your social circles, making them feel authentic and natural to you.

Example scenario: At a birthday party

Your response: "Thanks so much for offering, it looks great! I'm passing on sweets for a bit, but I'd love to hear how it is!"

My script:

Scenario:

Response:

Scenario:

Response:

BUILDING YOUR LOW SUGAR KITCHEN

Let's look at some practical essentials to create a supportive, low-sugar kitchen and how to effectively organize your pantry to help you stay on track effortlessly.

Here are some key ingredients and items to stock your pantry and fridge, setting you up for success:

- **Healthy Sweeteners** (in moderation): Stevia, monk fruit, cinnamon, vanilla extract.
- **Nutritious Snacks:** Nuts, seeds, popcorn, unsweetened dried fruits, and dark chocolate (70% cocoa or higher).
- **Whole Grains:** Rolled oats, quinoa, whole grain bread, and brown rice.
- **Fresh Produce:** Plenty of fruits and vegetables, especially berries, apples, carrots, cucumbers, and leafy greens.
- **Proteins and Healthy Fats:** Nut butters (unsweetened), avocado, eggs, plain Greek yogurt, cottage cheese, beans, lentils, and lean meats.
- **Flavor Boosters:** Herbs, spices, vinegars, olive oil, and citrus fruits.

Easy tips to create a supportive kitchen environment:

- **Keep healthier choices at eye-level:** Place nutritious snacks and foods in clear sight and easily reachable spots.
- **Store sugary treats out of immediate sight:** If you live with others who consume sugary foods, designate a less accessible shelf or drawer.
- **Use clear containers:** Clear storage bins or jars help you quickly see nutritious options and portion them appropriately.
- **Label clearly:** Use labels to organize shelves by food type like "Proteins," "Healthy Snacks," or "Whole Grains," making healthier choices easy and intuitive.
- **Prep fresh produce:** Wash and cut fruits and veggies in advance, storing them in the fridge for convenient snacking

CREATING SUSTAINABLE SUGAR HABITS

Habit formation follows a simple but powerful process called the Habit Cycle, consisting of three main parts:

Trigger: This is the cue that signals your brain to perform a specific behavior. It could be a specific time of day, an emotional state, or a particular place.

Routine: The routine is the behavior itself; the action triggered by the cue. This might currently be something sugary, like reaching for candy when you finish your lunch.

Reward: The reward is what reinforces the habit. It satisfies the craving, making your brain want to repeat the routine next time the trigger occurs.

How you can apply the habit cycle to your sugar detox:

Identify your triggers: Clearly pinpoint what prompts your sugar cravings. It might be stress after work, boredom in the evening, or a mid-afternoon energy slump.

Replace your routines: Consciously decide on healthier routines that you'll perform instead of reaching for sugar. For example, taking a short walk, drinking herbal tea, or eating a piece of fruit.

Choose meaningful rewards: To reinforce your new routines, reward yourself with something enjoyable and healthy, such as feeling more energized, practicing self-care, or celebrating your daily success.

EXERCISE: YOUR HABIT FORMATION PLAN

Today's homework involves mapping out three specific habits you'd like to establish for lasting low-sugar success. Write down for each habit:

Trigger: What prompts the craving or habitual sugar consumption?

New Routine: The healthier alternative you'll perform instead.

Reward: How you'll reinforce and celebrate this positive change.

Example:

Trigger: Afternoon energy dip around 3 PM

New Routine: Eat a handful of cashews and an apple instead of a sugary snack

Reward: Notice and appreciate increased energy and productivity afterward instead of slump

Trigger:

New Routine:

Reward:

Trigger:

New Routine:

Reward:

Trigger:

New Routine:

Reward:

YOUR FUTURE SUGAR STORY

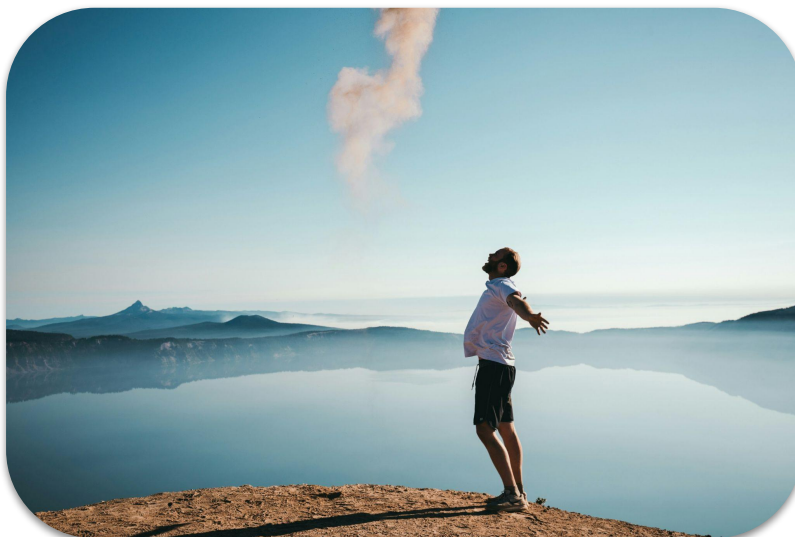
This challenge was never about eliminating sugar forever. It was about becoming aware of how sugar shows up in your life, how it makes you feel, and what you truly want your relationship with it to look like moving forward.

For some, that might mean continuing to minimize added sugars. For others, it could be about redefining boundaries; treats on occasion without guilt or spiraling. The key is that your future sugar story is yours to write.

So how do you craft that story? By getting clear on how you want to feel, what habits you want to keep, and what lessons you're taking with you from these last few weeks.

Here are a few prompts to help you reflect as you move forward:

- What positive changes have you noticed since reducing sugar?
- Which new habits or routines are you committed to keeping?
- How do you want sugar to fit into your life from this point on?
- What would the “future you” say to encourage you when things get tough?



EXERCISE: SUGAR STORY LETTER

Today's final exercise is deeply personal: write a letter to yourself about your new sugar story. Address it to your future self; someone who has continued the work, who's experienced the long-term benefits, and who still remembers why this journey mattered so much.

Your letter can include: A recap of what you've learned, a commitment to the habits that worked best for you, encouragement to keep showing up, even after slip-ups, a vision for how you want to feel and live moving forward, etc.

Dear _____ ,

FINAL NOTE

Well done for completing this series.

I hope you have been able to learn some valuable tools and techniques that will help you feel empowered and able to manage your sugar cravings more effectively.

I encourage you to review the notes you have made in this guidebook and put the your plan and insights into action as needed.

Finally, remember that your journey with managing sugar will be an ongoing one, be patient with yourself and make it a priority to always treat yourself with kindness and compassion.

I wish you all the best for the next chapter of your journey!

- Andres

