



NO SUGAR

CHALLENGE GROUP



THE
WELLNESS
WAY

THEWELLNESSWAY.COM

🚫 FOODS TO AVOID

- 🚫 Acorn Squash
- 🚫 Alcohol
- 🚫 Agave Nectar
- 🚫 All Fruit/Berries (lemon & lime are okay)
- 🚫 All of Your Food Allergies
- 🚫 All Root Vegetables
- 🚫 Almond Flour Crackers
- 🚫 Artificial Sweeteners
- 🚫 Beans - starchy (ex. pinto, northern, kidney, black beans)
- 🚫 Bread/Ezekiel Bread
- 🚫 Butternut Squash
- 🚫 Cane Alcohol
- 🚫 Canola Oil
- 🚫 Cassava Flour
- 🚫 Coconut Sugar
- 🚫 Corn
- 🚫 Cow's Milk
- 🚫 Cow's Milk Cheese
- 🚫 Dextrose
- 🚫 Honey
- 🚫 Juice
- 🚫 Kombucha
- 🚫 Lentils
- 🚫 Maple Syrup
- 🚫 Molasses
- 🚫 Oats
- 🚫 Pasta
- 🚫 Processed Foods
- 🚫 Quinoa
- 🚫 Rice
- 🚫 Soda
- 🚫 Sprouted Grains
- 🚫 Sweeteners (maltodextrin, dextrin, glucose, zein, malt, maple syrup, malt extract, Glucono delta lactone (GDL), mono-glycerides, di-glycerides, sorbitol, sugar (beet or cane), modified food starch, caramel flavoring or coloring)
- 🚫 Whey Protein
- 🚫 Wild Rice

✅ FOODS TO ENJOY

- ✅ All Seeds
- ✅ Apple Cider Vinegar (ACV)
- ✅ Arrowroot Powder
- ✅ Asparagus
- ✅ Avocados
- ✅ Avocado Oil
- ✅ Broccoli
- ✅ Brussels Sprouts
- ✅ Buckwheat
- ✅ Cabbage
- ✅ Cauliflower
- ✅ Celery
- ✅ Chia Seeds
- ✅ Coconut/Coconut Flakes
- ✅ Coconut Oil
- ✅ Collagen/Beef Gelatin
- ✅ Cucumber
- ✅ Dairy-Free Butter
- ✅ Eggplant
- ✅ Eggs
- ✅ Elderberry
- ✅ Erythritol
- ✅ Fish
- ✅ Goat Cheese
- ✅ Goat Milk
- ✅ Green Beans
- ✅ Hot Sauce
- ✅ Hummus/Garbanzo Beans
- ✅ Kale
- ✅ Lemons/Limes
- ✅ Leeks
- ✅ Lettuce
- ✅ Liverwurst
- ✅ Monk Fruit Sweetener
- ✅ Mushrooms
- ✅ Mustard
- ✅ No-Sugar Dark Chocolate Chips
- ✅ Nuts - limit to ½ cup per day
- ✅ Olives
- ✅ Olive Oil
- ✅ Onions
- ✅ Organ Meats
- ✅ Organic Grass-Fed Beef, Pork,
- ✅ Poultry, Bacon, Sausage, or Turkey
- ✅ Peas (Whole Peas Only, Not Pea Protein Powder)
- ✅ Pesto (Vegan)
- ✅ Peppers
- ✅ Radishes
- ✅ Sauerkraut
- ✅ Sheep Cheese
- ✅ Shellfish
- ✅ Shirataki Noodles
- ✅ Spaghetti Squash
- ✅ Spinach
- ✅ Stevia
- ✅ Tomatoes
- ✅ Tomato Sauce (Sugar-Free)
- ✅ Veganaise
- ✅ Wheatgrass
- ✅ Xanthan Gum
- ✅ Xylitol
- ✅ Yellow Squash
- ✅ Zevia
- ✅ Zucchini Squash

AVOID ALL FOOD ALLERGIES

If you are new to The Wellness Way, [click here](#) to find out what food allergies are!

thewellnessway.com



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FREQUENTLY ASKED QUESTIONS

WHO SHOULD NOT DO THE CHALLENGE?

Truthfully, it's really difficult to think about a person that would not benefit from doing a challenge like this. If you have extenuating circumstances, we recommend you reach out to your Wellness Way doctor for their recommendations. If you do not have a Wellness Way doctor, you can find one [near you](#), or speak to your primary care physician.

WHAT CAN I DO ABOUT MY WITHDRAWALS?

Honestly, not much! The first couple weeks can be extremely difficult for some people, as sugar is one of the most addictive substances on the planet! Keep drinking water, stay the course, and the withdrawal symptoms will start to subside. Reach out to the group for added support!

MY MUSCLES/LEGS ARE CRAMPING UP...WHAT CAN I DO?

This is a common complaint when people start to eliminate sugar from their diets and is typically caused by electrolyte imbalances. We recommend making sure you are getting plenty of good quality Celtic Sea or Himalayan salt. You may also benefit from some potassium and magnesium as well. You can soak in an Epsom salt bath for further relief. Keeping electrolytes up is important!

COFFEE RECOMMENDATIONS?

We LOVE coffee at The Wellness Way...however most coffee is extremely toxic, and could also be a source for mold exposure. We love Bulletproof Coffee, as it is completely organic, free of toxins, and third-party tested for mold.

WHY ORGAN MEATS?

Dr. Patrick Flynn talks extensively on organ meats in many of his LIVE videos. In the spirit of "like repairs like"...eating liver will actually aid your own liver in its healing! By eliminating sugar, many of you have a liver that is transforming. This liver will nourish your own liver, and will provide you with a wide array of nutrients. Don't want to eat liver? You can take it as a supplement instead.

WHEN PURCHASING MEATS, SHOULD I CHOOSE ORGANIC OR GRASS FED?

Grass-fed can mean that they were fed grass most of their life, then given corn and soy to fatten them up before butchering. Organic means that they can still be fed organic corn and soy. The best meats are the ones that are organic, grass-fed and grass-finished!

THE INGREDIENTS IN THIS PRODUCT CONTAIN “NATURAL FRUIT SUGARS” ...IS THAT OK?

Not for this challenge!

WHY AM I NOT LOSING WEIGHT?

This is the most common question we get. Some seem to have a miraculous transformation, while for others the scale does not seem to budge. First of all, we recommend ditching the scale! The scale is a liar! If you want a better judge of progress, use our [string trick](#), go by symptoms of inflammation (pain, energy), and inches. Finally, if the scale still will not budge, that means your body is absolutely brilliant and is protecting you from something. We recommend getting tested. Most people will find the answer as to why they are not losing weight by getting their [food allergies tested](#), getting their [stool tested](#), and getting a simple blood work panel done. Take these results to your local Wellness Way doctor, please do not post them to the group! Your local Wellness Way doctor would be honored to get you on a plan to the fastest weight loss based on your results. For more insight on The Wellness Way Approach to Weight Loss, check out this [article](#), or [view Dr. Jason Nobles' talk](#).

I'M CONSTIPATED...HELP!

Your body is going through a ton of changes right now! Changes in bowel habits can happen. We recommend making certain you are getting plenty of water, first and foremost. In addition, taking some [Relax Magnesium](#) can be helpful! Worst case scenario, we are also huge proponents of [coffee enemas](#)!

WHAT DO YOU RECOMMEND FOR SAFE COOKWARE?

We're glad you asked! Please [read our article](#) on safe cookware!

RECOMMENDATIONS FOR WATER FILTERS?

Dr. Patrick loves the water filters from [Radiant Life](#). [Berkey](#) is another favorite that is very affordable!

I'VE HEARD DR. PATRICK PROMOTE A 3-DAY FAST BEFORE...CAN WE START THIS CHALLENGE OUT WITH A 3-DAY FAST?

Absolutely! This is a way that many people like to jumpstart a weight-loss challenge or just get through the withdrawal faster. We recommend that only men start out with a 3 day fast, or women who need to lose 50 pounds or more.

CAN I DO THE NO SUGAR CHALLENGE WHILE BREASTFEEDING?

Hey lady! You need to be careful with this one. Sometimes, low sugar can really plummet the milk supply. You still need sugars to nourish both yourself and your tiny human. We recommend that you get your sugars from adding in low glycemic-index fruits and sweet potatoes, and watch your supply for increased demands!

FAVORITE COSTCO FINDS?

We have an [article](#) you can read!

WHAT HAPPENS WHEN WE ARE LOSING OUR APPETITE ON THIS CHALLENGE?

That's fine! Your body is no longer demanding simple sugars for fuel and will start using up its stored fat supply first. Congrats!

CAN WE CONTINUE TO TAKE MEDICATIONS FOR MIGRAINES WHEN I GET ONE FROM NO SUGAR?

Yes. Please continue to take your medications as prescribed unless otherwise directed by your physician.

WHAT ABOUT THE TIMING OF WHEN WE SHOULD EAT. DO YOU HAVE AN OPINION ON INTERMITTENT FASTING VERSUS EATING EVERY 2 HOURS?

You're not going to want to eat every 2 hours. Intermittent fasting is what we recommend for most people.

DO YOU HAVE ANY RECOMMENDED PROTEIN POWDERS FOR THIS CHALLENGE?

We really like [Ancient Nutrition Bone Broth Protein](#) and hemp protein for protein powders. We do not recommend pea protein, or any MLM products such as Isagenix, Herbalife, etc.

WHAT IS THE DIFFERENCE BETWEEN THIS AND A KETOGENIC DIET?

In a ketogenic diet, there is a lot of focus on achieving very high levels of fat consumption, which can include a lot of dairy, and ultimately even limits vegetable consumption because of some of the green vegetables can be high in sugar. For this challenge, we are not focusing on counting carbs, or macros, or keeping certain percentages of consumption in check. We are allowing unlimited vegetables (especially leafy greens), and unlimited proteins and fats, so long as they are from the approved list. The goal isn't necessarily "ketosis" as much as it is decreasing your reliance on sugar.

WHAT HAPPENS WHEN YOU REINTRODUCE SUGAR INTO YOUR DIET? WHAT SHOULD WE DO AFTER THE CHALLENGE?

This challenge is meant to get you to think differently about your diet. Many of you will choose to keep going, others of you will chose to add in some fruits into your rotation again. This should be decided on a case by case basis based on your particular needs.

IS LEMON IN THE WATER OK?

Yes! This is one fruit that you can use for flavoring!



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RECIPE IDEAS

Click picture or search recipes
name at thewellnessway.com/healthy-recipes

HEALTHY CHICKEN FAJITAS



CROCKPOT WHOLE ORGANIC CHICKEN



CHICKEN STRIPS



CHICKEN KABOBS



MAMA FLYNN'S MEATBALLS & MUSHROOM GRAVY



SALMON VEGGIE BURGERS



Click the name or picture to view the recipe!

VEGAN, GLUTEN-FREE TACOS



SLOW COOKER SHREDDED BEEF TACOS



BEEF STIR FRY RECIPE



GAZPACHO



HOMEMADE BEEF OR PORK RUB



HOMEMADE BARBECUE RUB



Click the name or picture to view the recipe!

HOMEMADE POULTRY RUB



ROASTED BROCCOLI SALAD



EASY DAIRY-FREE CUCUMBER SALAD



HOMEMADE TARTAR SAUCE



MAMA FLYNN'S FAUX 'TATOES



DAIRY-FREE KICKIN' QUESO



Click the name or picture to view the recipe!

GUACAMOLE DIP



CHRISTY'S THIN MINTS



CHRISTY'S PEANUT BUTTER DREAM PIE



TRIO CHIA PUDDING



CHAVOCADO MOUSSE



PEANUT BUTTER BLISS SMOOTHIE



Click the name or picture to view the recipe!