

30

Sugar Free Days

A Weight Loss and Health Plan Based
on Dr. Scott Olson's Book



Sugarettes



30 Sugar Free Days Plan

Congratulations! Thank you for joining us for **30 Sugar Free Days!**

You have quite the journey ahead of you. I should warn you at the start that when you choose to go for thirty days without sugar **or foods that act like sugar** you are going to run smack into your addiction and the (sometimes intense) cravings that come with that addiction.

I'm not going to lie to you; 30 days without sugar (or foods that act like sugar) is going to be hard. The reason why it is going to be hard to stay away from sugar and foods that act like sugar is because **sugar is an addiction**. And as addictions go, sugar addiction is every bit as hard to break as addictions to alcohol, cigarettes and drugs. Yes, that difficult! Scientific studies on sugar addiction show that it is very similar to other types of addiction and just as hard to break.

While all of this can sound a bit bleak, it really isn't. Once you make the break from sugary foods, you will find you have much better energy, sleep better, feel better, and, yes, you will start to lose weight (if that is your goal). So while you are in for a bit of a hard time, the results are well worth it. By adapting a sugar-free diet you are putting yourself on the path to much better health and reducing the chances of heart disease, diabetes, and many other diseases that can cut your life short.

Eating foods that are what I call "low and below" foods (see below) is the best way for you to fuel your body and once you adjust to this way of eating, you may never go back.

Foods that Act Like Sugar

Keeping sugar out of your diet is easy enough to understand, but, in case you haven't read my book, [Sugaretttes](#), let me explain what *foods that act like sugar* are.

There are actually many foods that act like sugar in the body. An understanding of these sugary foods came about because we decided to test just how individual food change our blood sugar and the result of those studies is what is known as the **glycemic index**.

After studying thousands of individual foods, scientists developed a measure of how different foods affect our blood sugar and they call it the glycemic index.

The glycemic index is broken into three parts:

- **High Glycemic Foods:** which are foods that can dramatically increase our blood sugar.
- **Medium Glycemic Foods:** are foods that have a moderate, but still high impact on our blood sugar.
- **Low Glycemic Foods:** which are foods that make our blood sugar change very little.

What the creators of the glycemic index are not telling you is that there is another kind of food that doesn't even show up on the glycemic index and these are what I call **Below the Glycemic Index foods** and it is precisely *these foods* that you want to base your diet on. Actually, I will recommend that you chose foods that are either low on the glycemic index or below the glycemic index or "**Low and Below Foods**".

All the other foods are the "foods that act like sugar in your body" or the High and Medium foods. On the list of foods that act like sugar are all grains, starchy vegetables (potatoes, parsnips, cooked carrots) and some fruit. I have a complete list of both foods later in this E-Book.

So, to sum it up, the **30 Sugar Free Days Plan is eating only Low and Below foods for 30 Days.**

Okay, that is the basics, let's get to the specifics.



Foods You Can Eat

The plan for the 30 Sugar Free Days is relatively simple: no sugar, no grains and no starchy vegetables (potatoes, parsnips...) or high glycemic index fruits (Dates, watermelon, banana).

Put in another way: you can eat most vegetables, most fruits, and almost any protein source you want, but nothing else. You also want to avoid any drink that has calories in it (that means no alcohol, no soda, no fruit juice).

At this point I have to tell you that this is not a high protein diet, rather, I would like to see you replace all of your grains, sugars and starchy vegetables with low glycemic index foods. In a way, the diet is a vegetarian (vegetable only) fruitarian (fruit only) diet with protein added as a side dish. I suggest that you build a diet that is 80 percent fruits and vegetables and 20 percent proteins.

How much can I eat?

I always get this question, so I'm going to answer it here. If you are typical, the amount of sugar you have running around in your blood when you eat sugar and foods that act like sugar has more to do with weight loss than the amount of calories you eat. I know this doesn't sound like what you are used to, but it is true. (see this post on my site: [calories and weight loss](#))

Eating more often (every 2 hours) is what I suggest. This not only keeps your blood sugar steady, but also actually boosts your metabolism. The key is that you are only eating Low and Below Foods, if you are doing that, then you can eat as much as you would like (within reason).

What to Eat

EAT:

- **Meat and Dairy:** such as chicken, fish, beef, wild game, eggs, cheese
- **Vegetables:** you should have something fresh and crunchy at every meal, emphasis on low glycemic vegetables, but include them all: carrots (raw), salad (any green), celery, broccoli, cauliflower, onions, garlic, cucumber, cabbage, peas, peppers, tomatoes and others.
- **Fruits:** fruits generally contain a lot of sugars and should be used in moderation, but there are low-glycemic index fruits you can focus on (see below).

AVOID:

- **Grains:** Stay away from all grains including wheat, barley, corn, oats, rice, rye. Later on, if you want to try and add a carbohydrate, try brown rice in the occasional meal.
- **Carbohydrates:** Sugars of all kinds including cookies, cakes, candy, look for the hidden sugars in salad dressings, table sugar, brown sugar, powdered sugar, cane sugar, corn syrup, and sorghum, honey, maple syrup, many juices, dextrose, turbinado, amazake, sorbitol, high fructose corn syrup. You can avoid many of these if you are the one making and preparing your own food.

Here is the List of Foods You Want to Eat and Avoid

AVOID: The Following High and Medium Foods

GRAINS

Barley
Brown rice
Corn
Long grain rice
Oats
Rye
Sweet corn
Wheat
White rice
Wild rice

Grain Products

Breads (All breads)
Bagel
Baguette, white
Blueberry muffin
Bran muffin
Corn tortilla
English Muffin
Kaiser bread rolls
Rice Pasta
White bread
Whole Grain bread
Wonder Bread™

Breakfast Cereals (All cereals)

Cheerios™
Coco Pops™
Corn Chex™
Corn Pops™
Cornflakes™
Crispix™
Grapenuts Flakes™
Grapenuts™
Instant Cream of Wheat
Life™
Quick Oatmeal
Raisin Bran™
Rice Chex™
(more....)

Crackers and Chips (All)

Corn chips
Popcorn
Potato chips
Pretzels
Puffed rice cakes
Rice cracker
Soda Crackers
Water crackers

Other Breakfast Foods

Croissant
Cupcake
Doughnut
Oatmeal muffin
Pancakes
Pop Tarts™
Waffles

Cakes

Almost all cakes
Angel food cake

VEGETABLES

Carrots, boiled
French fries
Parsnips
Potato: Baked, Instant,
Mashed
Pumpkin
Sweet potato
Tapioca

FRUITS

Banana
Dates, dried
Tangerines
Raisins
Watermelon

Fruit Products

Fruit Roll-Ups®
Fruit Juices
Jams and Jellies
Processed fruit bars,
fruit wraps...

SUGAR AND SUGAR SNACKS

Most sugary snacks
Candy Bars
Glucose
Honey
Jelly beans
Sucrose
Syrup

DRINKS

Almost all fruit juices
Almost all Sodas
Sport Drinks

DAIRY

Yoghurt, low fat
Ice cream

BEANS

Broad beans

OTHER

Macaroni and Cheese
Pizza, cheese
Popcorn
Soup, green pea
Soup, split pea

EAT: The Following (Low and Below Foods)

FRUITS (RAW)

Apple
Blackberries
Blueberries
Cherries
Dried apricots
Grapes
Grapefruit
Kiwi fruit
Mango
Orange
Peach
Pear
Pineapple
Plums
Raspberries
Strawberries

VEGETABLES

Avocados
Broccoli
Brussels sprouts
Cabbage
Carrots, raw
Cauliflower
Celery
Chard
Cucumber
Eggplant
Green Beans
Green Peas
Garlic
Kale
Onions
Jalapenos
Peppers (Green, Red...)
Radish

Split peas

Sprouts
Tomatoes
Yam (Canada)
Lettuce of all kinds
Green leaf
Iceberg
Red leaf
Romaine

Mixed greens
Arugula
Beet greens
Collard Greens
Dandelion greens
Endive
Escarole
Radicchio
Red mustard
Spinach

BEANS

Baked Beans
Black eyed beans
Chickpeas (Garbanzo beans)
Hummus (chickpea salad
dip)
Lentils, red
Pinto beans
Red Kidney Beans
Romano beans
Soya beans

DAIRY

Full-fat cows' milk
Cheese (most)

NUTS AND SEEDS

Almonds
Cashews
Macadamia
Mixed nuts
Peanut butter (no
sugar)
Peanuts
Pecans
Pistachio
Sunflower seeds
Walnuts

PROTEIN

Beef
Chicken
Eggs
Fish
Pork
Poultry (all)
Sausages
Wild game

MUSHROOMS

Maitake
Reishi
Shitake...



Meal Plans and Recipes

BREAKFAST

Breakfast, as they say, is the most important meal of the day and especially so for those of you going through the 30-day challenge.

Sugar acts like a magnet and if you put something sweet in your mouth early in the day, then the rest of the day is going to be a struggle to keep from eating something else sweet. The best foods to start off your day are eggs and beans as both help you keep your blood sugar stable during the entire day.

Research has also shown that eating a low-glycemic breakfast actually helps keep blood sugar stable throughout the day. The problem is that we are so used to eating something sweet for breakfast.

Here are a few suggestions and recipes that can help you get through the program:

- **Eggs:** Soft boiled, poached are great ways to start the day. Try adding in some steamed vegetables, avocados, garlic, onions, or even with mixed greens
- **Eggs and Beans:** A traditional meal. Beans have been shown to help normalize blood sugar throughout the day. Huevos Rancheros is a great way to combine beans and eggs.
- **Frittata or Omelet:** It is great to add vegetables to any eggs that you are eating. Remember to add water to your eggs if you are frying them, this keeps the temperature down because frying can create harmful byproducts.
- **Eat Dinner for Breakfast:** This is odd for a lot of people, but it can work for you. Fish, chicken or turkey and vegetables works well here.
- **Tofu with vegetables:** You can scramble tofu and add in any acceptable vegetables.

Recipes

Omelet

Omelets are great because they combine both good proteins and vegetables.

Cut Veggies: Broccoli, onions, garlic, green peppers, hot peppers (jalapeno, Anaheim...), tomatoes, zucchini, avocado and others.

Grate Cheese: choose a variety such as American, Gouda, Swiss or others.

Eggs: Scramble eggs in bowl. You can add a little milk in to make the omelet extra fluffy.

Combine: Heat skillet and pour eggs in, add veggies and cheese and then fold over.

Breakfast Smoothies

Most smoothies are out of the program because they are just too sweet. Any time you break up a food (as with a blender) you almost always change that food from a low-glycemic index food to a high.

This smoothie, though, should be as low-sugar as possible and fills the need for people to have something sweet in the morning.

Mix in a Blender:

½-1 Cup Berries (blueberries, blackberries...)
1-2 Scoops protein powder (Egg or Whey)
½ -1 Cup Water
1-2 Tablespoons flax or other oil
2-4 Tablespoons flax meal
Sweeten with Stevia to taste

Huevos Rancheros

Around our house, this is an every-morning meal. We usually make a batch of chili and stick it in the refrigerator and then add it to our eggs in the morning. This is the traditional favorite, without (of course) the tortilla.

Chili Recipe:

1 Pound ground beef, bison, chicken, lamb, or turkey
1 (30 ounce can) tomato puree
1 (6 ounce can) tomato paste
1 (4 ounce can) diced jalapeno peppers
1 (4 ounce can) diced green peppers
1 (30 ounce can) Pinto or Black beans
1 (large) onion
2-3 cloves garlic
1 Tablespoons lemon juice
2 Tablespoons soy sauce
2 Tablespoons cumin
1 Tablespoon coriander
½ Tablespoon paprika
2 Tablespoons parsley

Set entire ingredients in Crockpot and cook on medium to high for 4 to 6 hours.

Eggs

Prepare eggs to your liking: scrambled, over easy, Sunnyside or even boiled or poached and mix in with eggs. Add avocado slices for extra healthy fat and protein.

Breakfast Casserole

This dish does contain potatoes, but the sugars are held in place by the large amount of protein in the dish. This is a great weekend dish because it does take a bit of time to create and bake.

2-3 large raw potatoes, grated
1 medium onion, chopped
1-2 large sausage, chopped or crumbled
½ cup cheddar cheese
½ cup mozzarella cheese
4 eggs, beaten
1 tablespoon basil
1 tablespoon oregano
1 teaspoon parsley
1 teaspoon salt

Mix the potatoes and onion and then press the mixture into the bottom of a greased cooking pan. Cook this "crust" for 30 minutes at 425 degrees Fahrenheit.

Place the sausage and cheese on top of the crust. Mix the eggs and herbs and pour the mixture on top of the sausage and cheese.

Bake for another 40-45 minutes at 350 degrees Fahrenheit.

Muffins

Muffins are definitely not on the diet. Stevia is used in this recipe for a sweetener. Many baked products just don't taste the same with Stevia because sugar, while adding sweetness, also browns food. Stevia doesn't brown foods. These muffins can kind-of take the place of something muffiny.

3 eggs
¼ cup coconut flour
2 tablespoons butter or coconut oil
2 tablespoons coconut milk or whole milk
¼ teaspoon salt
¼ teaspoon vanilla
¼ teaspoon cinnamon (optional)
¼ teaspoon baking powder
1-2 packages Stevia.

Mix ingredients together and then pour into greased muffin tins. Bake at 350 degrees Fahrenheit for 15 to 20 minutes.

Grab and Go Ideas:

- Fruit with peanut butter
- Cheese and Fruit
- Fruit and Stevia
- Plain yogurt with fruit

LUNCH

Lunch ideas:

- **Protein and Salad:** Some source of protein on shopping list (fish, chicken, turkey or eggs) and a salad is great. The salad can be mixed greens or simple a spinach salad. Put flaxseed oil dressing on the salad.
- **Sushi**
- **Vegetable Pilaf and Tofu:** Another great combination.
- **Soup:** Protein-based soups or even bean and veggies soup.
- **Chinese food:** Most Chinese food fits the diet, just avoid the rice.
- **Mexican food:** Many Mexican food restaurants can keep the carbohydrates (usually rice and tortillas) off your plate, beans, meat, cheese and vegetables make for a good lunch.
- **Hummus Dip with vegetables:** Combine these two for a light and tasty lunch.

Tuna Salad

Here is something you can prepare beforehand and then throw together for a quick lunch

1 can plain tuna

Add in any of the following that sounds good to you:

Celery
Grated carrots
Onion (red or yellow)
Pickles
Capers
Mustard
Garlic powder
Turmeric
Curry
Parsley
Dill
Salt
Ground pepper
Mayonnaise
Oil and vinegar dressing

Use a large leaf lettuce and spread the tuna salad into the leaf, roll up and enjoy.

Hummus and Veggies

Hummus is one of the few mixed foods that have been tested and shown to be low on the glycemic index. You can now buy hummus at most grocery stores.

You can also buy mixed cut veggies at the store. Keep both hummus and veggies around for a quick snack or a good lunch.

Salmon Hash

When you choose salmon, make sure you are getting wild salmon and not farmed.

½ pound salmon
1 large egg
1 tablespoon dill
1 teaspoon salt
1-2 tablespoons olive oil

Break salmon up in frying pan and cook until light pink. Crack egg and scramble into salmon. Season with dill and salt and serve.

DINNER

Dinner ideas:

- **Protein and Vegetables:** Grill your protein (fish, chicken, turkey) with herbs and then fill your plate with vegetables.
- **Meat Stew:** add in lots of vegetables
- **Stir Fry Salmon with Vegetables**
- **Beef Stroganoff (no grain)**
- **Greens:** Chard, collard, kale and other greens are powerfully good foods to add to your diet.
- **Baked Asparagus with Steak**
- **Meat Loaf**

Roasted Veggies

While veggies are best when they are raw, every once in a while you need something more hearty

Choose any of the following veggies you enjoy and chop them into small pieces:

Broccoli
Brussels sprouts
Cabbage finely chopped
Carrots
Cauliflower
Green beans
Green Peas
Garlic
Onion

Place the veggies into a Pyrex cooking pan and pour the following mixture over the top:

1-2 tablespoons dry curry
1 teaspoon salt
½ cup chicken broth
2- tablespoons olive oil or butter

Bake at 350 degrees Fahrenheit for 10-15 minutes.

Fish Enchilada Soup

1 pound light fish, swordfish, cod, tuna haddock...
2 Tablespoons grape seed oil or butter
1 small onion, chopped
2 cups green enchilada sauce

1 cup grated cheese (cheddar, Monterey Jack...) for garnish

Sauté fish and onions in oil or butter (about 7 minutes on both sides).

Break up the fish into small pieces, mix enchilada sauce until warm.

Serve in bowl with grated cheese as a garnish.

Feta Stuffed Chicken

5 chicken breasts
¼ cup Feta cheese
10 ounce Spinach (frozen package)
2 Tablespoons Pine Nuts or Walnuts
1 small onion
¼ cup Chicken Broth
1 Tablespoon Olive Oil
1 Tablespoon lemon juice
Salt and pepper to taste

Sauté onion in Olive oil and then add in Chicken broth, lemon juice, spinach and salt and pepper. Cook until spinach is fully cooked. Mix spinach mixture in with Feta cheese.

Cut a horizontal slit through chicken breast and then stuff with cheese mixture.

Bake at 375 degrees Fahrenheit for 30 minutes.

Cabbage Patch Stew

This recipe came from Lisa who added it to the Facebook page.

1 pound ground beef
1 chopped onion
2 Tablespoons butter if not using ground beef
2 stalks celery chopped
1 head coarsely chopped cabbage
2 cups stewed tomatoes
1-15 ounce can beans
1 small can diced green chilies
1/2 teaspoons cayenne pepper
1 teaspoons oregano
salt and pepper to taste
red pepper flakes to taste

Cook meat, onion and celery until done. Add remaining ingredients and simmer about 1 hour or put in crock pot for 6-8 hours or until cabbage is cooked. Garnish with cheese or sour cream if desired.

Turkey and Chickpea Burgers

This recipe came from Suzanne who contributed it to the Facebook page.

INGREDIENTS:

- 1 15 oz can chickpeas, drained and rinsed
- ½ cup scallions, roughly chopped
- 1 tsp ground cumin
- 1 tsp fresh ground black pepper
- ¼ tsp sea salt
- 2 tbsp Worcestershire sauce
- ¾ pound ground turkey breast (12 oz)
- Olive oil cooking spray
- A handful of chopped Cilantro (I added this to the recipe)

INSTRUCTIONS:

1. In a food processor, combine chickpeas, scallions, cumin, pepper, salt, and Worcestershire sauce. Pulse until smooth.
2. Transfer chickpea mixture to a large mixing bowl. Add turkey (& Cilantro) and mix by hand until combined.
3. Divide turkey-chickpea mixture into 4 equal portions, shaping each into a ¼ inch patty. Heat a large nonstick skillet over medium-high heat. Coat skillet with cooking spray and cook patties for 4 to 6 minutes on each side.

I didn't want to have it on a bun so I just had it with some mashed avocado and sugar free salsa...it was almost too much to eat...I suggest making 6 patties.

Fajitas

Fajitas are a great meal.

- 1-2 pounds skirt steak or chicken, cut into strips.
- 1 medium onion, sliced
- 2 large Bell peppers, choose one green and one of another color (yellow, red)
- ¼ cup of soy sauce
- ¼ cup lime juice
- 1 teaspoon chili powder
- 2 tablespoons oil

Combine soy sauce, lime juice, oil and chili powder in a small bowl and mix. Marinate chicken and veggies for at least one hour, but preferably overnight.

Cook meat and veggies separately in a skillet at high temperature until done.

Serve with salsa, sour cream, cilantro, guacamole or anything else that you enjoy.

Snacks

Smaller Meals/Snacks

- **Beef or Salmon Jerky**
- **Celery and Peanut Butter:** (the kind of peanut butter without sugar)
- **Cheese**
- **Dried Fruit**
- **Hard Boiled Eggs**
- **Hummus and Vegetables:** Good combination for a quick snack.
- **Nitrate free deli meat slices**
- **Nut Butters:** Not just peanut butter any more. Almond butter, sunflower butter, pumpkinseed butter are all really great sources of protein.
- **Seeds and Nuts:** Eat as much as you want of almonds, walnuts, sesame, pumpkin and sunflower seeds. Try and rotate the nuts and seeds that you eat so as not to overdo it.
- **Soups**
- **Unsweetened Yogurt:** Put your own fruits in the cup
- **Vegetables and Fruits:** Eat as much as you like of any of the allowable fruits and vegetables. Try and not overdo too many fruits, they are sweet and can cause blood sugar problems.

I am always looking for more recipies and meal ideas. If you have some you want to share, feel free to send them to me at: support@olsonnd.com or add them to the Facebook page.

– thank you, Dr. Scott

What About Chocolate?

One of the biggest questions I get is if chocolate is good for you and can you have it on the diet.

Yes, chocolate is good for you, but it is actually cocoa that is good for you (most of the studies on the benefits of chocolate have been done on cocoa). When cocoa is manufactured into chocolate, many of the health benefits go away.

If you have a strong craving for chocolate, try taking a tablespoon of cocoa and adding to your coffee. This will let you know if it is the cocoa that you are craving, or if it is the sugar in chocolate that you are craving. Cocoa plus coffee is very bitter and most people won't like it, but try adding some cream or milk and a little Stevia and see if that helps.

There are a few other ways to try and get your chocolate fix:

Avocado and Chocolate

As strange as this may sound, it is a traditional dish in areas of the world where avocados grow.

2 large soft avocados
2 cups dark chocolate or carob chips
1/8 cup skim milk, possibly more needed
1 T vanilla extract
liquid sweetener, add as much as you want depending on taste
pre-made reduced fat pie crust
raspberries
1 T orange juice

Dark Chocolate

Here is another chocolate recipe

1 square unsweetened chocolate
1 square cocoa butter
1/8 teaspoon Stevia
1/8 teaspoon vanilla
1 Tablespoon milk powder

Combine above ingredients in double-boiler and heat until melted, pour into mold or onto wax paper, let cool.

Chocolate Mousse

Okay, this is not exactly the perfect chocolate mousse, but something pretty close. Remember, this mousse contains raw egg and if you don't feel comfortable eating raw eggs you can exclude them from the recipe.

Ingredients:

6 oz unsweetened chocolate
2 Tablespoons cocoa powder
1 teaspoon espresso powder
2 Tablespoons butter
3 eggs
1 cup heavy cream
1 teaspoon vanilla
2-3 packages Stevia

Whip cream into stiff soft peaks, set aside in refrigerator.

Whip egg whites into soft peaks, set aside.

Heat the chocolate, cocoa, espresso, vanilla, and butter in double-boiler until melted. Let cool to body temperature and then mix in egg yellows and Stevia.

Fold in ½ of whipped cream, then fold in ½ of egg whites. Then fold in the rest of the whipped cream and egg whites.

Pour mixture into tall glasses and refrigerate.



Diet Tips

- If you really want to make this a great weight loss program, you need to add exercise into your routine. I talk more about this in the e-mails.
- Fill your plate with fruits and vegetables. Your plate should have about 80 percent vegetables or fruits and about 10 to 20 percent protein.
- This is not a diet that limits calories, generally you can eat as much as you like. You will find that eating more often (every few hours) actually helps you with cravings and has been shown to boost your metabolism.
- I cannot stress how important good support is for a weight loss program. If you haven't already, sign up to receive e-mail updates.

FREQUENTLY ASKED QUESTIONS:

Can I have honey, maple syrup, agave or other natural sweetener?

I get a lot of questions about sugars and which are okay to eat and which are not. Most of the questions have to do with finding a good substitute to take the place of white sugar. Sorry to say, but the short answer is that there are **no** good substitutes either in natural sugars or artificial sweeteners. Yes, sugars like honey, agave and maple syrup do have a small amount of nutritional value to them, but that nutritional value does not offset what these sweeteners do to your blood sugar levels. These all act just like sugar in your body.

What about artificial sweeteners?

These are not a good choice either. See my blog post for more information about artificial sweeteners: [Complete Guide to Artificial Sweeteners](#).

What about Stevia?

Stevia is an herb that actually helps with blood sugar control and appears to have no bad side effects. Stevia was recently approved by the FDA for inclusion in food and we will see if the low side effects remain as it is introduced to large numbers of people. I suggest using it in moderation. Read more here: [What about Stevia?](#)

I'm a vegetarian; can I still do the diet?

Vegetarians can still do the diet. I think it is tougher, but it can be done. Basically, I think we should eat a *mostly* vegetarian diet anyway. I recommend a diet of around 80 percent vegetables and fruits and then 20 percent protein. The protein in the diet is important not only for nutrition, but to also keep blood sugar lower.

Can I eat sprouted grains on the diet?

There are different levels of commitment to the 30 Sugar Free Days.

The first is for the most committed and it means no sugar and no foods that act like sugars (all grains, starchy veggies and some fruit).

On the other end are the people who are just removing *added* sugars.

In between these two groups are people who are eating whole grains boiled (like the way we eat rice) and foods such as sprouted breads. Eating sprouted grains is certainly a better way to eat grains as they are more digestible and higher in protein when they are sprouted. The only problem is that eating any grains keeps your addiction going and I think it is ultimately harder.

The choice, of course, is up to you. Any step you take to reduce the amount of sugar in your life is good. If you think you can avoid grains altogether for the 30 days, then do so, if not, it is still a step in the right direction.

I'm an extreme athlete; can I really go without eating and grains or sugars?

People who are extreme athletes (those who exercise over an hour) have extra needs. While there is no research in this area, I suspect that eating no-grain and no-sugar diet would actually benefit an athlete. But then you do need to make sure you are getting other forms of fuel during your long exercise bouts. I like Hammer ® products for a fairly low-sugar exercise fuel.

Best thing to do? Test this and see if you find you can't maintain your energy levels for your longer runs. Try using fruit for fuel instead of sugar if you can.

What if I fall off the wagon?

Understand that this is a lifetime effort and that if you fall off the wagon, you simply can get on the next day. One of the e-mails you signed up to receive will cover this topic more thoroughly.

What about Dairy?

Dairy is actually a good mix of protein, carbohydrate and fat. It is generally low on the glycemic index. The only problem with dairy foods is that a lot of people are allergic to them. Take a week and remove them from your diet and then reintroduce them and see how you do.

Thank you all for your support and I wish you the best on the next 30 days and your healthy journey!

Dr. Scott