



THE 3-DAY SUGAR DETOX



LAMANN360

Your longevity pathway

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LET'S GET STARTED!

Welcome to the 3-Day Sugar Detox! By joining this detox, you have taken the first step towards heightened sugar awareness. In the next 3 days, you will discover how sugar impacts your body, mind, emotions, and overall health. You'll empower your body to thrive without relying on short-lived energy bursts from sugar and you will avoid those dreaded sugar crashes. In this guide, you'll find valuable insights to conquer cravings and rejuvenate your life during these three days and beyond!

DETOX DEETS AND DAILY TO-DOS

For the next 3 days, we will focus on eliminating all refined sugars from our diet. If this sounds tough, remember that whole real foods contain natural sweetness that you can enjoy! When you recalibrate your palette you will be amazed at how sweet nature's candy tastes- fruits and even veggies can satisfy your sweet tooth! Don't forget your daily meal plans to simplify the process!

Why is cutting out sugar different from just eating healthily? This sugar detox offers so much more than simply "eating clean". Why? Because of sneaky sugars! Many foods are labeled as "healthy" but are in fact loaded with hidden sugar.

Whole foods, in contrast, are very nutrient-dense. So instead of filling up with lots of sugary foods, we are able to make room for foods that are full of vitamins, minerals, fiber, and other beneficial elements. Moreover, cutting out sugar provides these advantages:

Healthier Skin:

Say goodbye to breakouts and skin rashes. A whole foods diet also promotes collagen repair.

More Energy:

No more sugar crashes. Enjoy sustained energy from complex carbs, protein, and healthy fats.

Reduced Belly Fat:

Refined sugar often gets stored as visceral fat, contributing to conditions like heart disease and cancer.

Reduced Risk of Diabetes:

By reducing sugar intake, you're supporting better insulin regulation, which, in turn, lowers the risk of developing diabetes.

A Healthier Heart:

Prioritizing a heart-healthy lifestyle through reduced sugar consumption significantly decreases the chances of heart disease-related mortality by 38%.

Wellness Wisdom

USE THESE TIPS TO MAKE YOUR SUGAR DETOX A SUCCESS!

Water:

Don't slip on your healthy hydration habits this week! Keep up with half your body weight in ounces plus electrolytes.

Move Your Body:

When you work out, your body releases feel-good chemicals like endorphins. These not only boost your mood but also reduce stress and anxiety, which are common triggers for sugar cravings. Additionally, regular physical activity can help regulate blood sugar levels and improve insulin sensitivity.

Focus on Fiber:

A healthy gut is linked to reduced sugar cravings. Fiber feeds beneficial gut bacteria, promoting a balanced microbiome, which can help control those sweet tooth urges.

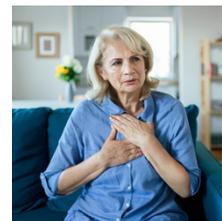
Sleep:

A good night's sleep helps regulate hormones like ghrelin (which makes you hungry) and leptin (which signals fullness). When you're well-rested, these hormones stay in check, reducing the urge to snack on sugary treats.

What to Expect:

Don't be alarmed if this is challenging for you! Not everyone has these symptoms, but it is possible you will experience:

- Headaches
- Fatigue
- Sugar cravings
- Anxiety
- Mood swings



Sweet Secrets Unveiled

This is a skill! Packaging can be tricky, and we can't rely on the front label to tell us the whole truth. Many "sugar-free" foods have artificial sweeteners, so be diligent about reading all of the ingredients.

Nutrition Facts	
Serving size	1 ounce (30g)
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 48mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DID YOU KNOW?

**80% of
packaged foods
contain sugar!**

When reading the ingredients, keep an eye out for these top 10 most common names for sugar:

- 1 High fructose
- 2 Corn syrup
- 3 Dextrose
- 4 Fructose
- 5 Galactose
- 6 Glucose
- 7 Lactose
- 8 Maltose
- 9 Sucrose
- 10 Cane Sugar

Nourish or Nix

WHEN IN DOUBT, STICK TO WHOLE FOODS AND AVOID ALL REFINED SUGAR.



Nourishing Foods to Eat:

- All fruits and vegetables
- All nuts and seeds (if tolerated)
- Legumes, including beans, peas, lentils (if tolerated)
- All UNSWEETENED non-dairy milks
- Fish, chicken, turkey, beef, pork, lamb (avoid processed meat)
- All herbs and spices, all vinegars, healthy oils including olive, coconut, avocado, almond, and walnut
- Water (any kind, including carbonated)
- Herbal tea

Sugary Foods to Nix:

- AVOID alcoholic beverages that contain sugar
- AVOID chocolate, baked goods, candy, and processed foods that contain any type of sweetener
- AVOID artificial sweeteners

Your Brain on Sugar

Sugar often triggers an insatiable desire for more sugar and can mimic a drug-like impact on the brain's reward center.



Quick facts about how sugar affects your brain:

Refined/processed sugars have no nutrient value.

When we eat processed sugars, our brain releases feel-good hormones like dopamine, taking us on a roller coaster ride that can have side effects such as:

- Negative effect on mood
- Energy crashes
- More sugar cravings!

Natural sugars, such as those found in whole foods (included in our meal plans!) are not refined, so they are more easily absorbed into your bloodstream due to the increase of fiber.

At lamann360, we take pride in teaching you the WHYs behind our recommendations. **If you are aware of how sugar affects your brain and your overall health, and how it contributes to diseases like cancer, diabetes, and heart disease, you will be educated to make better choices to support your health!**

Remember, we celebrate progress over perfection! Even small changes on a consistent basis add up to a positive impact on your health. You've got this!

Understanding Sugar and Its Effects

Welcome to Day 1 of our Sugar Detox!

DID YOU KNOW?
Adults consume an average of 17 teaspoons of added sugar every day.

That is more than 2-3 times the recommended amount for men and women respectively. This adds up to around 60 pounds of added sugar consumed annually!

Refined sugar lacks essential nutrients and is linked to serious illnesses such as cancer, diabetes, heart disease, and obesity.

Keep in mind, during this detox, we'll exclusively indulge in natural sugars found in fruits and vegetables. They provide vital micronutrients essential for our journey to optimal health!

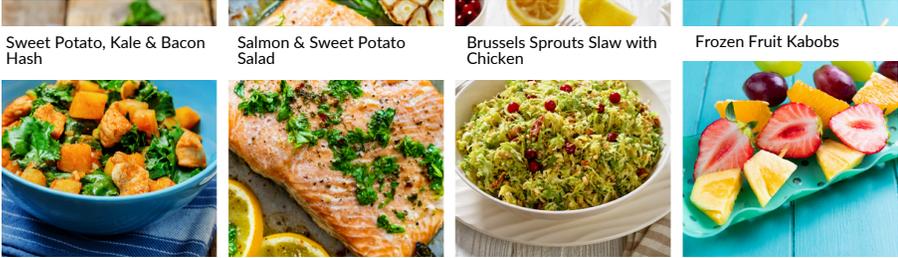
GOALS FOR TODAY:

AVOID refined sugar and other sweeteners. Refer to the list on page 5 for the top ten most common names of sugar. If you usually put a packet of sweetener in your morning coffee, try to skip it! Or use a naturally sweet creamer, like coconut cream.

PUSH your first meal back by an hour and skip the pastries and cereal. It's easy to overdo it on sugar at breakfast, which is one of the reasons intermittent fasting is so beneficial in increasing overall health!

INCREASE your fruit and veggie intake – where can you ADD in a serving of produce, especially high fiber veggies?

today's meals



Detoxing Your Diet and Managing Cravings

Welcome to Day 2 of our Sugar Detox!

What have we learned so far? Let's review:

- The negative impact of sugar on your health
- How sugar sneaks into the everyday foods we eat
- The power you have to break the sugar spell!

Now, let's talk about tips for long-term success. Your sweet journey ahead!

- 1 **Mindful Eating:** Slow down and be present for each meal. Take 3 deep breaths before you eat, allowing the body to recognize that it's mealtime. Do your best to avoid distractions such as screens.
- 2 **Recognize your sugary habits:** How often do you reach for an afternoon treat simply out of habit? Try replacing that treat with a new habit- taking a walk or having a cup of tea.
- 3 **Keep a high-protein snack on hand:** If you find yourself caught off-guard when the sugar cravings hit, always have a snack on hand. Protein will satiate you so you avoid those impulse buys.
- 4 **Avoid grocery shopping when you're hungry:** Shopping on a full stomach will empower you to stick to your grocery list.
- 5 **Aim for a high-protein breakfast:** Eating until you are satiated is the best way to set yourself up for success for the rest of the day!

GOALS FOR TODAY:

AVOID sugar and other sweeteners.

MAINTAIN the same eating window as yesterday.

IMPLEMENT at least one of the tips above!

today's meals

Chicken & Squash Breakfast Patties



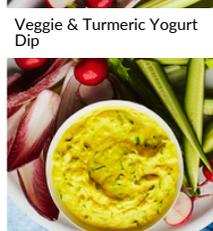
Chicken, Kale & Avocado Bowl



Sage & Lemon Chicken Thighs with Roasted Veggies



Veggie & Turmeric Yogurt Dip



Sustaining a Low-Sugar Lifestyle

You made it to Day 3!!

Congratulations, you deserve a big high-five! Now is your chance to celebrate your wins and envision a future where you can continue to feel better and better.



GOALS FOR TODAY:

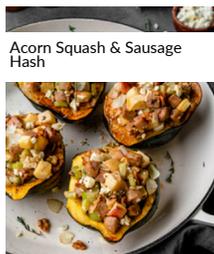
CELEBRATE with us! Share your biggest win from the last 3 days. Did you ditch your daily dessert? Rediscover sweetness in whole, real foods? Find long-lasting energy?

DESIGN your future by completing this sentence:

To keep my momentum going, I will _____ because my goals are _____.

KEEP up that momentum! We're here to cheer you on and guide you toward a genuinely sustainable, healthy lifestyle. Our goal is to help you achieve wellness, prevent disease, and empower you with the energy to fulfill your purpose. You've got this!

today's meals



Sweet Potato, Kale & Bacon Hash (3 servings)



INGREDIENTS

- 4 slices turkey bacon (chopped)
- 1 sweet potato (large, cubed)
- ¼ cup water
- 2 cups kale leaves (chopped)
- ⅛ tsp sea salt

INSTRUCTIONS

- 01** Heat a pan over medium heat. Add the bacon and cook for four to six minutes or until crispy. Remove the bacon and keep the fat in the pan.
- 02** Add the sweet potato and water to the pan. Cover and cook on medium heat for five to seven minutes or until the sweet potato has softened.
- 03** Remove the lid from the pan and let the sweet potato brown for three to five minutes. The water will cook off, and the fat from the bacon will crisp up the sweet potato.
- 04** Add the kale and salt to the pan and mix well. Enjoy!

Salmon & Sweet Potato Salad



INGREDIENTS

2 sweet potatoes (small, peeled, cut into wedges)
2 tbsps extra virgin olive oil (divided)
sea salt & black pepper (to taste)
12oz salmon fillet
4 cups mixed greens
¼ cup basil leaves (chopped)
½ cucumber (large, chopped)
2 tbsps lemon juice
2 tbsps chives (chopped)

INSTRUCTIONS

- 01** Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper. Spread the sweet
- 02** potatoes on the prepared baking sheet. Toss the sweet potatoes with half of the oil, salt, and pepper. Cook in the oven for 10 minutes. Remove the baking sheet from the oven. Flip the sweet
- 03** potatoes and arrange the salmon in the center of the pan, among the sweet potatoes. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes. Set aside to cool slightly. Add the mixed greens to a plate and top with basil, cucumber, sweet
- 04** potatoes, and salmon. Top with the remaining oil, lemon juice, chives, and season with salt and pepper, if needed. Enjoy!

Brussels Sprouts Slaw with Chicken



INGREDIENTS

8oz chicken breast (cut into cubes)
¼ tsp oregano (dried) ⅛ tsp garlic powder
¼ tsp sea salt (divided) 1½ tbsps extra virgin olive oil (divided)
3 cups Brussels sprouts (shredded) 2 cups purple cabbage (sliced thin)
1½ tbsps lemon juice 1 tsp coconut aminos

INSTRUCTIONS

- 01** Add the cubed chicken to a small bowl with the oregano, garlic powder, and half the salt. Toss to combine.
- 02** Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 03** Add the Brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil, and remaining salt. Mix well with your hands to combine.
- 04** Divide the slaw evenly between plates. Top with chicken and enjoy!

Frozen Fruit Kabobs



INGREDIENTS

- ¼ seedless watermelon (medium, cubed)
- 2 cups strawberries (halved)
- 2 cups grapes
- 3 peach (pits removed, chopped)
- 12 barbecue skewers

INSTRUCTIONS

- 01 Add the fruit pieces to the skewers and place on a parchment-lined baking sheet. Freeze for at least three hours. Enjoy!

Chicken & Squash Breakfast Patties - (6 servings)



INGREDIENTS

- 1lb extra lean ground chicken
- 1 cup butternut squash (grated)
- ¼ cup red onion (finely chopped)
- 1 apple (peeled, finely chopped)
- 4 garlic (clove, minced)
- 1 tsp dried thyme
- ½ tsp sea salt
- 1 tbsp extra virgin olive oil

INSTRUCTIONS

- 01** Combine the chicken, butternut squash, red onion, apple, garlic, thyme, and salt in a mixing bowl. Mix well.
- 02** Heat the oil in a non-stick pan over medium heat.
- 03** Form the mixture into patties approximately four inches (10-centimeters) in diameter and cook for four to five minutes per side or until cooked through. Cook the patties in batches, if necessary. Serve and enjoy!

Chicken, Kale & Avocado Bowl



INGREDIENTS

- ½ tsp coconut oil
- 6 white button mushrooms (sliced)
- 4 cups kale leaves (chopped)
- ½ tsp sea salt (divided)
- 8 ozs extra lean ground chicken
- ¼ tsp dried thyme
- ¼ tsp onion powder
- ½ tsp oregano
- ½ tsp garlic powder
- 1 avocado (sliced)

INSTRUCTIONS

- 01** Heat a large skillet over medium heat and add the oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 02** In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic, and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 03** Add the mushrooms, kale, and chicken to a bowl and top with sliced avocado. Serve and enjoy!

Sage & Lemon Chicken Thighs with Roasted Veggies



INGREDIENTS

- 8oz chicken thighs with skin (bone-in)
- ½ lemon (juiced)
- ¼ cup fresh sage
- Sea salt & black pepper (to taste)
- ½ cup red onion (chopped)
- 1 carrot (large, cut into sticks)
- 1 zucchini (large, cut into sticks)
- 1 tbsp coconut oil
- 1 stalk green onion (sliced)

INSTRUCTIONS

- 01** In a bowl, add the chicken, lemon juice, sage, salt, and pepper. Wrap the bowl and let it sit in the fridge for about 20 minutes.
- 02** Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 03** Place the marinated chicken, onion, carrot, and zucchini on the baking sheet. Drizzle the vegetables with coconut oil and sprinkle with salt and pepper.
- 04** Bake in the oven for 25 to 30 minutes or until everything is cooked through. Top with green onions and enjoy!

Veggie & Turmeric Yogurt Dip



INGREDIENTS

- $\frac{2}{3}$ cup unsweetened coconut yogurt
- $\frac{1}{2}$ tsp turmeric
- $\frac{1}{4}$ tsp sea salt (to taste)
- 2 carrots (medium, peeled, cut into sticks)
- 2 stalks celery (cut into sticks)

INSTRUCTIONS

- 01** In a bowl, mix together the coconut yogurt, turmeric, and salt. Serve alongside the carrot and celery sticks. Enjoy!

Acorn Squash & Sausage Hash - (4 servings)



INGREDIENTS

- 10oz chicken or turkey sausage (casings removed)
- 1 tbsp extra virgin olive oil
- 1 acorn squash (peeled, chopped into cubes)
- ½ yellow onion (chopped)
- 2 cups mushrooms (sliced)
- 2 cups kale leaves (chopped)
- 1 tbsp nutritional yeast
- 1 tsp sea salt
- 1 apple (cored, cubed)

INSTRUCTIONS

- 01** In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 02** In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 03** Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 04** Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

Lemon Chicken Salad with Cucumber Ribbons



INGREDIENTS

- 8oz chicken breast
- 1½ tsp extra virgin olive oil
- ¼ tsp Italian seasoning
- ¼ tsp sea salt (divided)
- ½ cucumber (large)
- 2 tbsps extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp fresh dill
- ½ garlic (clove, minced)
- ½ stalk celery (finely chopped)
- 2 tbsps red onion (finely chopped)

INSTRUCTIONS

- 01** Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- 02** Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 03** In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 04** To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

Steak & Berry Salad



INGREDIENTS

8oz top sirloin steak
2 tsp coconut oil
Sea salt & black pepper (to taste)
4 cups mixed greens
½ cup strawberries (halved)
½ cup blueberries
½ cup blackberries
¼ cup balsamic vinaigrette

INSTRUCTIONS

- 01** Preheat the grill to medium-high heat. Season the steak with salt and pepper. When ready to grill, brush the oil onto the grates.
- 02** Grill the steak for five to six minutes per side or until cooked to your liking. This timing will depend on how thick your steak is and the doneness you desire.
- 03** Let the steak rest for five minutes before slicing. Meanwhile, add the mixed greens, strawberries, blueberries, and blackberries to a bowl.
- 04** Top with the sliced steak and balsamic vinaigrette. Enjoy!

Balsamic Bacon Wrapped Dates



INGREDIENTS

- 1 cup pitted dates
- 6 slices turkey bacon (cut in half)
- 2 tbsps balsamic vinegar

INSTRUCTIONS

- 01.** Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02.** Roll up one date in a half slice of bacon and push a toothpick through it. Place on the prepared baking sheet. Repeat with each remaining dates and bacon.
- 03.** Bake for 25 minutes, flipping halfway through, or until desired crispiness.
- 04.** Remove from oven, drizzle with the balsamic vinegar, and enjoy!



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the full 360 degrees support.**

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