

HEAL YOUR HUNGER

THE QUIT SUGAR

SOLUTION

WORKBOOK

Hosted by
Tricia Nelson



Quit Sugar Solution Workbook

How to Use This Workbook:

Welcome!

Glad you've said YES to yourself and this journey of becoming sugar-free!

Remember: The only place that SUCCESS comes before WORK is in the dictionary! 😊

Results will come when you fully engage in this program. That means:

- 1. **Watch every class.**
- 2. **Take notes in the workbook as you watch.**
- 3. **Complete every ACTION ITEM and check the boxes on the list when completed.**
- 4. **Post in the QSC Facebook Group.**
- 5. **Have a positive attitude and have fun!**

This can be the turning point for you...the point at which you stop the struggle and no longer sabotage your weight loss and health goals by eating sugar.

My suggestion? Treat this like it's the most important moment in your life. Give it everything you've got. Let sugar know you're not messing around. You mean business!

It starts right now...

Print this workbook, grab a pen, and join me. You don't want to miss a thing!

Light & Love,

Nicia

Action List

Note: You will get a point for every action item you do. These points enable you to win a prize.

Each day, you'll learn details about these items and what to do next.

- Purchase Stevia and other suggested items
- Pre-Day 1: Introduce yourself (+photo) post
- Day 1: Sweet Assessment & Post
- Day 2: Sweet Sleuthing Post
- Day 3: Sweet Sabotage Quiz & Post
- Day 4: Sweet Swap Post
- Day 5: Sweet Success Post
- Comment & like posts
- Watch each class
- Complete this list and post a picture of it in our private group on the last day.

BONUS PRIZE:

Day 1 Word

Day 2 Word

Day 3 Word

Day 4 Word

Day 5 Word

DAY 1

Sweet Seduction:

How We Get Hooked and How to Quit

Mindset Minutes:

QSC Notes:

Juicy Morsel:

Biggest Takeaway:

Action Step: DAY 1 Sweet Assessment & Post

Completed? ☐ Yes ☐ No

Sweet Assessment

Answer these questions as thoroughly and honestly as possible. Freedom awaits...

1. Do you crave something sweet at the end of a meal?
☐ YES ☐ NO
2. Do you find it hard to resist eating bread when it's offered before or during a meal?
☐ YES ☐ NO
3. Are you aware of turning to food when you don't want to feel uncomfortable emotions?
☐ YES ☐ NO
4. Check the feelings you have after eating too much sugar:

☐ Bloated	☐ Disappointed in yourself
☐ Physically uncomfortable	☐ Hopeless
☐ Afraid about the physical consequences	☐ Depressed
5. The two foods you have the hardest time giving up are _____
and _____.
6. Some the health issues that are coming up on account of your weight gain and sugar consumption are _____

7. Why do you think you go back to eating sugar whenever you quit it for a time?

8. Your doctor has warned you about being pre-diabetic.
☐ YES ☐ NO
9. How would you feel if you were able to quit eating sugar.

10. How would your life be different if you were able to quit eating sugar?

DAY 2

Sweet Sleuthing: Hidden Sugar Everywhere!

Mindset Minutes:

QSC Notes:

Juicy Morsel:

Biggest Takeaway:

Action Step: DAY 2 Sweet Sleuthing Post

Completed? ☐ Yes ☐ No

Sweet Sabotage Quiz

Take the following Sweet Sabotage. Place the point number in the box that applies and tally your score.

	Never 0 Points	Sometimes 1 Point	Often 2 Points	Almost Always 3 Points
I eat when I'm not hungry.				
I eat until I'm stuffed.				
I attempt to avoid negative feelings by eating.				
I've lied about what I've eaten.				
I go overboard on sugar and carbs.				
I wait until I'm alone to overeat.				
I've vomited or tried to vomit the food I've eaten.				
My thoughts are preoccupied with food.				
I'm unhappy with my body size.				
I read diet books, magazines and search online hoping to find the right diet.				
I am preoccupied with losing weight.				

Total up your points (Never = 0, Sometimes = 1, Often = 2, Always = 3).

Your corresponding value is below. During the call, we'll go over the significance of each level and what that means for you.

Level 1 (0 - 4) Level 2 (5 - 8) Level 3 (9 - 14) Level 4 (15+)

MY LEVEL: _____

DAY 3

Sweet Sabotage: How to Stop Self-Sabotage

Mindset Minutes:

QSC Notes:

Juicy Morsel:

Biggest Takeaway:

Action Step: DAY 3 Sweet Sabotage Quiz & Post

Completed? ☐ Yes ☐ No

WHAT IS EMOTIONAL EATING COSTING YOU?

_____ Z	A _____
_____ Y	B _____
_____ X	C _____
_____ W	D _____
_____ V	E _____
_____ U	F _____
_____ T	G _____
_____ S	H _____
_____ R	I _____
_____ Q	J _____
_____ P	K _____
_____ O	L _____
_____ N	M _____

EMOTIONAL EATING

What we eat
When we eat
How much we eat
Why we eat

\$ _____

DAY 4

Sweet Swaps:

Goodbye Sugar, Hello Yum!

Mindset Minutes:

QSC Notes:

Juicy Morsel:

Biggest Takeaway:

Action Step: DAY 4 Sweet Swap Post

Completed? ☐ Yes ☐ No

DAY 5

Sweet Success:
Time to Celebrate!

Mindset Minutes:

QSC Notes:

Juicy Morsel:

Biggest Takeaway:

Action Step: DAY 5 Sweet Success Post

Completed? ☐ Yes ☐ No

YAY! Wahoo! You did it!

You've either made it through the course successfully OR you're taking a sneak peak at the workbook in its entirety first. LOL!

That might be the case. I know this because by our very nature emotional eaters are curious. It's in our DNA. Anyway, here's the point—you've said YES to yourself for this course.

One last thing:

Check out the Action List on the first page of your workbook.

Total up the number of actions you've taken and give yourself a score to be eligible for prizes (prizes announced monthly in the Quit Sugar Challenge Facebook Group).

TOTAL SCORE: _____

Note - no matter the number, you're awesome!

VIP Integration Day

6 Ways to Reduce Cravings

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

7 Sweet Strategies

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

5 Party Survival Tips

1. _____
2. _____
3. _____
4. _____
5. _____

Recipes

Heathy Soda:

Tall glass of sparkling water (ice optional)
3-4 drops of stevia, plain or flavored.
Squeeze of lemon, lime, or orange, if desired!

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Iced Tea:

3 Tea bags of fruit-flavored tea (i.e., peach, raspberry, blueberry or cherry)
Several drops of stevia to taste
Ice

Microwave or boil 3 cups of water. Let the tea bags steep in the water until the water cools down. Add water and ice, and plain stevia, to taste.

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Yogurt:

1 C. plain yogurt
3-4 drops of stevia, plain or flavored
Berries
1 Tsp. of Chia or flax seeds (optional)

Recipes *(cont.)*

Perfect Pumpkin Pancakes

For 2 people

4 eggs
2/3 can of pumpkin
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoon coconut flour
2 tablespoons coconut oil
Dash of cinnamon
Vanilla-flavored Sweetleaf brand Stevia (or plain stevia)
Crushed walnuts (optional)

Mix everything but only 1 tablespoon of coconut oil together
Use the other tablespoon of coconut oil to grease the pan

Eat with or without sugar-free maple syrup (moist enough to eat without)

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Banana Pancakes

For 2 people

4 eggs
2 bananas
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoon coconut flour
2 tablespoons coconut oil
Dash of cinnamon
Vanilla-flavored Stevia (or plain stevia)
Crushed walnuts (optional)

Mix everything but only 1 tablespoon of coconut oil together
Use the other tablespoon of coconut oil to grease the pan

Eat with or without sugar-free maple syrup (moist enough to eat without)

Recipes *(cont.)*

Banana Green Smoothie

8 oz. of unsweetened cashew, almond or coconut milk
1 frozen banana (freeze before overripe)
1 scoop of protein powder (any kind: whey, rice, pea, hemp, bone broth powder, etc.)
1 large bunch of fresh, organic, washed spinach
Dash of cinnamon
A few drops of stevia
A few Ice cubes

Blend ingredients in a blender and Enjoy!

Chocolate Smoothie

½ frozen banana
1 C. unsweetened almond milk (or other milk)
¼ C cacao powder (not needed if you use chocolate protein powder)
1 scoop of vanilla or chocolate protein powder
1 big handful of spinach
Stevia to taste

Optional:

1 Tbsp. almond butter
1 Tbsp. chia or flax seeds

Mix everything in a blender until fully blended. Enjoy!

Recipes *(cont.)*

Overnight Chia Pudding

¾ cup chia seeds
3 cups almond milk
1 scoop vanilla protein powder
1 can coconut milk, well shaken
1 tablespoon vanilla
1 cup blueberries

Topping:

Blueberries
Toasted almonds or nuts of your choice

In a blender, place almond milk, protein powder, coconut milk, vanilla and blueberries. Mix liquid with the chia seeds in a container, and allow to sit in the fridge overnight. Stir before serving. Top with berries and mixed nuts.

If you want to change it up, make a simple nut granola. Use sliced almonds, walnuts, cashews, and flax seeds. Coat them in coconut oils, vanilla, and cinnamon and bake in the oven at 325° until crispy, about 10 to 15 minutes.

Adapted from a recipe by Melodee Meyer from the Clean Food Diet

Recipes (cont.)

Nut'ola

Nut'ola can be made in large batches, so it makes future breakfasts quick and easy. I suggest making it on the weekend, while you have time, and keeping it in an airtight glass container. Any nuts can be used – this is not an all-inclusive list. Feel free to add whatever nuts you like and take out something if you don't.

2 cups almonds, sliced
2 cups coconut flakes
1 cup almonds, chopped
1 cup macadamia nuts
½ cup flax seeds
½ cup chia seeds
½ cup sesame seeds
2 oranges, juiced and zested
¼ cup coconut oil
1 tablespoon vanilla
Salt to taste

Preheat oven to 300°F.

Heat the coconut oil, orange juice, zest, cinnamon, and vanilla in a large pot until the zest becomes fragrant. Add in all the nuts, seeds, and coconut flakes, stirring until coated. Salt lightly.

Line 2 sheet trays with parchment and spread the mixture over 2 trays. Cook until browned slightly, stirring every 10 minutes so it doesn't burn on the edges. Allow to cool completely before storing in an airtight container.

Adapted from a recipe by Melodee Meyer from the Clean Food Diet

Recipes *(cont.)*

Grain-free Porridge, 2 ways

Coco-Nutty

2 tablespoons almond butter
¼ cup shredded coconut
6 tablespoons warm water or coconut milk (full fat)
¼ teaspoon vanilla extract
½ teaspoon cinnamon
3-4 drops of stevia, to taste

Pumpkin Tahini (Nut-Free)

1 tablespoon tahini (raw or roasted)
½ cup canned pumpkin
¼ cup warm water
¼ teaspoon vanilla extract
¼ teaspoon cinnamon
1 tablespoon shredded coconut
1 tablespoon raisins
3-4 drops of stevia, to taste

Combine all ingredients in a small mixing bowl.

Transfer to a sauce pan and heat over a low flame until it reaches your desired temperature.

Adapted from a recipe by Diane Sanfilippo, author of Practical Paleo

Recipes *(cont.)*

Apple Streusel Egg Muffins

3 large green apples, chopped into ½ inch pieces (approx. 2 cups)
3 tablespoons warm water
2 teaspoons cinnamon, divided
9 eggs
1 ½ tablespoon butter or coconut oil, melted
3 tablespoons coconut milk
1 ½ tablespoons coconut flour
¼ teaspoon baking soda
Pinch of sea salt

Preheat oven to 350°F.

In a medium skillet, sauté the apples, water, and 1 ½ teaspoon of the cinnamon until the apples are the consistency of chunky applesauce or apple pie filling. Allow the mixture to cool before combining with the egg mixture.

In a medium-sized mixing bowl, whisk the eggs, butter, coconut milk, coconut flour, ½ teaspoon of cinnamon, baking soda, and salt until well combined. Add the cooled apples, reserving ¼ cup for a garnish.

Spoon egg and apple mixture into linked muffin tins - ¼ cup each. Gently spoon about one teaspoon of the remaining apple mixture onto the top of each muffin.

Bake for 40 minutes.

Adapted from a recipe by Diane Sanfilippo, author of Practical Paleo

Recipes *(cont.)*

Cacao Coconut Cookies

¼ cup mashed banana
2 eggs
2 teaspoons coconut oil melted
½ teaspoon pure vanilla extract
4-5 drops of stevia (to taste)
1 tablespoon coconut flour
Dash of cinnamon
1 cup unsweetened shredded coconut
1/3 cup cacao powder
pinch of sea salt

Preheat oven to 350°F. Line a baking sheet with parchment paper.
In a medium-sized mixing bowl, whisk together the banana, eggs, coconut oil, vanilla and stevia.

Mix in the coconut flour and cacao powder over the egg mixture. Mix in the shredded coconut and salt.

Spoon the cookies onto the prepared baking sheet in 8 evenly sized dollops, then flatten with a fork.

Bake until golden brown, about 15 minutes.

Recipes *(cont.)*

Cacao Pudding

2 Avocados
¼ C almond milk
2 scoops of vanilla or chocolate protein powder
¼ C. Cacao powder
Vanilla or plain stevia to taste

Blend all of the ingredients together and divide evenly into small glass containers or mugs. Refrigerate and enjoy!

Cacao Bark:

3 Tbsp. coconut oil
3 Tbsp. coconut butter (manna)
¼ C. Cacao powder
5 drops of vanilla stevia or 1/8 tsp. vanilla extract
Stevia drops to taste
Salt to taste
Optional choice of:
½ C. chopped pecan, walnut, macadamia, pistachio or goji pieces

Heat the coconut oil and butter until liquid, stir in the cacao powder, salt and nuts, spread across parchment paper on a cookie sheet, place in the freezer for 20 minutes. Break up into pieces of bark. Note: You can also pour the liquid into small paper cups similar to the shape of peanut butter cups.

Recipes *(cont.)*

Peanut Butter Cups:

3 Tbsp. coconut oil
3 Tbsp. coconut butter (manna)
¼ C. Cacao powder
5 drops of vanilla stevia or 1/8 tsp. vanilla extract
Stevia drops to taste
Salt to taste

1/4 C. of Natural Peanut Butter (no sugar added)
Few drops of stevia
Salt

First stir the stevia, salt and peanut butter together and set aside. Next, heat the coconut oil and butter until liquid, stir in the cacao powder and salt. Pour the liquid into the first third of the small paper cups. Put a small dollop of peanut butter in the cup, in the middle of the chocolate. Pour more chocolate over the peanut butter so it fills the rest of the cup. Place the pan of peanut butter cups in the freezer for 20 minutes. Enjoy!

Note: Depending on the size of your paper cups, it should make about 10 cups. You can double the recipe for more cups.

Recipes *(cont.)*

Mint Chocolate Chip Ice Cream

2 large, ripe avocados
1 (13-ounce) can full fat coconut milk
3 drops mint-flavored liquid stevia
ó cup fresh mint leaves
¼ C. Coconut or MCT oil
1 cup cacao nibs

INSTRUCTIONS:

Scoop the avocado flesh into a food processor.
Add all the other ingredients, except the cacao nibs,
and blend until smooth.

Transfer to an ice-cream maker and process as instructed by the manufacturer.

Then, add the cacao nibs. If you don't have an ice-cream maker, transfer to a bowl after blending in the food processor, then stir in cacao nibs and place in the freezer until well chilled.

Serves 4

Adapted from a recipe by Dr. Joe Tatta