

THE QUIT SUGAR

CHALLENGE

Quit Sugar Shopping List

Hooray! You're going on a wonderful journey to transition away from sugar and toward a sugar-free experience, so you can feel good about your food choices and more in control around sugar. One of the key elements of a successful transition from your dependence on sugar is to find ways to enjoy the taste of sweetness, without the triggering effect of actual sugar.

For this reason, during the Quit Sugar Challenge, you will be using healthy sugar substitutes in recipes that usually call for sugar. Enjoying your favorite recipes (and some new ones you'll soon discover), without getting triggered to binge, will help you quickly see how easy quitting sugar can be!

There is only one product that you actually need to purchase. And if you already have it in your cupboard, then you're set!

The product you'll want is liquid stevia! Stevia has been my "friend" for years. I've been able to enjoy a little bit of sweetness now and then, without getting a sugar hangover, bloating, or weight gain. It's derived from a plant and won't raise your blood sugar. I lovingly refer to stevia as God's gift to emotional eaters! You will learn more about stevia and other safe sweeteners during the Quit Sugar Challenge.

Please note: there are brands of stevia products that aren't very pure because they contain unhealthy fillers, some of which are a form of sugar itself! (I'm not kidding.)

So don't be seduced by packaging or promises. I want to be sure you're purchasing a form of stevia that is healthy and contains minimal fillers (make sure it's alcohol-free, as well, as the alcohol affects the taste of what you'll be mixing with the stevia).

If you have tried stevia and for some reason, it doesn't work for you, you can purchase a different sweetener like monk fruit, erythritol or xylitol.

The brand of stevia I like best for a plain sweetener (not flavored) is either Sweetleaf or KAL brand. Stevia

does come in a powdered form, as well, but my experience is that it can easily clump in liquids or yogurt...and it doesn't taste good in clumps!

You can click on each name for the cheapest form to purchase online. The links take you to my favorite site for natural products online.*

Stevia (plain) KAL

Powdered Stevia KAL

Stevia (plain) Sweet Leaf

Flavored Stevia Sweet Leaf (Choose from many flavors: Root Beer, Cola, Vanilla, English Toffee, Chocolate, Mint, Lemon, Grape, Orange, etc.) If you want to try just one flavor for now, choose your favorite!

Locally: Whole Foods also carries Sweet Leaf Stevia, Trader Joe's carries its own brand. Some grocery stores may carry the Sweet Leaf brand, as well. Other lower-cost brands may not be as pure or may have more filler and less flavor, in which case you'll need more of it for the same amount of sweetness.

Here are a few other ingredients I recommend for the Quit Sugar Challenge, as you will be given recipes that call for some of these ingredients. None of these products are required, but you will be invited to try some of the recipes, and having these ingredients on hand can help.

Unsweetened almond, cashew or coconut milk

(I love Blue Diamond brand, found in most grocery stores, but you can purchase on Amazon, as well.)

Coconut flour This can be found locally at Whole Foods

Cacao powder This can be found locally at Whole Foods

Enjoy!

**I do not make money from these links or purchases.*