

10 TIPS FOR DEALING WITH SUGAR ADDICTION



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Hi my name is Vickee Motley!

I'm a transformation coach and certified personal fitness chef that helps women transform their lives through online and in-person coaching. My program pillars allow You to reach your weight loss goals and address other health concerns such as emotional eating, diabetes, and high blood pressure. I also offer vegan cooking parties that provides innovative and delicious meal ideas (aside from the Standard American Diet) that will encourage you to choose healthier options and have fun doing it.

10 TIPS FOR DEALING WITH SUGAR ADDICTION



Surveys completed by the USDA show that sugar consumption has increased almost annually since 1982. Sources include cane sugar, beet sugar, corn syrup, and corn sugar. The cause of this increase is greatly related to added sugars within a wide variety of popular soft drinks and processed junk foods.



Reduce or eliminate caffeine. The ups and downs of caffeine include dehydration and blood sugar swings, and may cause sugar cravings.



Drink water. Sometimes sweet cravings are a sign of dehydration. Before you go for the sugar, have a glass of water and wait a few minutes.



Eat naturally-sweet vegetables and fruit to crowd out your sugar cravings like sweet potatoes, carrots and squash. Sweet vegetables soothe the internal organs of the body and energize the mind. And because many of these vegetables are root vegetables, they're energetically grounding. Adding in sweet vegetables helps to crowd out less healthy foods in the diet.



Avoid chemicalized, artificial sweeteners and foods with added sugar. Use gentle sweeteners like maple syrup, brown rice syrup, dried fruit, stevia, barley malt, and monk fruit



Get physically active. Start with simple activities like walking and yoga. Start with 10 minutes a day and gradually increase. Being active helps balance blood sugar levels, boost energy, and reduce tension, decreasing the likelihood that you'll want to self-medicate with sugar.

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Sugar qualifies as an addictive substance for two reasons:

1. Eating even a small amount creates a desire for more.
2. Suddenly quitting causes withdrawal symptoms such as headaches, mood swings, cravings, and fatigue.



Get more sleep, rest, and relaxation. Simple carbohydrates, such as sugar, are the most readily-available source of energy for an exhausted body and mind. If you're in a state of chronic stress and/or sleep deprivation, your body will crave the quickest form of energy available – sugar.



Evaluate the amount of animal food you eat. According to yin-yang principles of eating (such as in Macrobiotics and Traditional Chinese Medicine), eating too much animal food (yang) can lead to cravings for sweets (yin). Imbalances can also occur when you eat too little animal protein. Through experimentation and intuition, you can find which foods create balance for you as an individual.



Eliminate fat-free or low-fat packaged snack foods. These foods contain high quantities of sugar to compensate for lack of flavor and fat, which will send you on a roller coaster ride of sugar highs and lows.



Experiment with spices. Coriander, cinnamon, nutmeg, cloves, and cardamom will naturally sweeten your food and reduce cravings.



Slow down and find sweetness in non-food ways! Cravings almost always have a psychological component. By identifying the underlying causes of food cravings and making lifestyle adjustments accordingly, you can find balance and take charge of your health. When life itself becomes sweet, excess sugar isn't needed!

HOW ARE YOU GOING TO COMBAT SUGAR TODAY?



Yeah, you can go cold turkey when trying to get rid of sugar, but 9 times out of 10 you'll end up bingeing. When it comes to eliminating sugar it does take time and when you do it gradually you'll be able to stick with your new found achievement.

It's said that it takes 14 days to make habits stick, but to be honest it may take a little longer.

So lets start TODAY!

Choose 1 tip that you will do today as well as the rest of the week. Print this guide out, put it on the refrigerator, and write down what you plan to commit to and GO FOR IT. Stick with this for 2 week then move to another tip/habit.

WHAT DO YOU PLAN TO STICK TO TODAY/WEEK?

DID YOU ACTUALLY STICK TO YOUR PLAN TODAY?

HOW DID YOU FEEL?

WHAT DID YOU LEARN TODAY/WEEK?

4 RECIPES TO HELP REDUCE SUGAR CRAVINGS



Almost everyone craves sweets. Rather than depending on processed sugar to satisfy cravings, add naturally sweet foods to your daily diet to satisfy your sweet tooth.!

SWEET SENSATION VEGETABLES

Ingredients

2 carrots
1/2 onion sliced
2 beets
1 winter squash
1 sweet potatoes
1 turnips
1 cup cabbage

DIRECTIONS

1. Pre-heat oven too 400 degrees.
2. Chop the vegetables into bite-sized pieces. Drizzle with grapeseed oil.
3. Use a cookie sheet or oven pan and spread veggies evenly and roast for 30-45 minutes. The softer the vegetables get, the sweeter they become, but avoid overcooking. (they shouldn't become extremely burnt, overcooked vegetables lose nutrients).
4. When the vegetables are tender, remove the vegetables from the pan and place in a bowl. Season to taste with spices, salt, or seaweed. For added protein, top with hemp seeds, tofu or beans.
5. Enjoy!

P.s. you can actually boil these instead of roasting. The leftover cooking water makes a delicious, healing, soothing tonic to drink by itself.

*Other cooking methods include steaming, roasting, and stir-frying. Sweet vegetables can also be simmered and pureed to create a soup, or you can simply eat them raw, grated in a salad. Be creative!



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BUTTERNUT SQUASH PAD THAI

Ingredients

2 cups Butternut Squash noodles (pre-spiraled is great)

1 bag of pre-cut kale, green and purple cabbage (if you desire to chop go ahead)

Dressing

1/4 cup raw or natural peanut butter

1/4 tamari

1 tsp lemon juice or apple cider vinegar

1-2 tbsp maple syrup

1/2 tap grated ginger or ground ginger

DIRECTIONS

As a super busy person this is definitely the simplified version. If you are indeed providing for more than yourself I would suggest buying a small head of cabbage and bunch of kale to make a larger salad.

1. In a large mixing bowl, combine all of the ingredients for the dressing.
2. Once dressing is mixed together, add in your butternut squash mixture, stir to coat.
3. Serve right away or refrigerate and serve chilled until the next morning. That's when it is the bomb. Directions



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CARAMEL DATE SHAKE

Ingredients

(Servings 2)

5 Medjooldates, pitted

¾ cup coconut milk

1 teaspoon pure vanilla extract

¼ teaspoon sea salt

½ teaspoon fresh lemon juice

1½ cup ice

(optional- a handful of frozen blueberries makes a nice addition also!)

DIRECTIONS

- 1. Make to take the seeds out of the dates first.**
- 2. Put all of the ingredients and BLEND about 1 minute! You may have a few date chunks/pieces, but they'll be good.**
- 3. Pour into 2 glasses and enjoy!**



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QUINOA DETOX SALAD

Ingredients

(Servings 3)

1 cup (185g) cooked quinoa
¼ small red/purple cabbage
1 small head of broccoli
3 leaves of kale (stems removed)
1 medium carrot
2 tbsp. hemp seeds
2 tbsp. sunflower seeds
¼ cup (30g) raw pumpkin seeds
½ cup (65g) dried cranberries
½ cup (120ml) salad dressing of choice or use simple detox dressing below

Simple Detox Dressing (Optional):

¼ cup (60ml) apple cider vinegar
¼ cup (60ml) extra virgin olive oil
1 garlic clove, whole peeled and bruised
½ tbsp. maple syrup
pinch of salt & pepper

DIRECTIONS

1. Chop the broccoli into small bite-sized pieces. Slice the kale and purple cabbage into thin shreds. Peel and grate the carrot. Place all the prepared vegetables into a large bowl and top with the sunflower seeds, cooked quinoa, dried cranberries, hemp seeds and pumpkin seeds.

2. To make the dressing, place all ingredients into a small blender and blend until smooth. Or substitute with a store-bought dressing of choice.

3. Pour the dressing over the salad and mix well to combine. Serve immediately, or store overnight in the fridge for a quick grab and go lunch.



THANKS A MIL!



Hey As a bonus I'd like to invite you to take advantage of a **FREE BeFit Strategy Session**. This session allows you to schedule a 20 minute chat to further strategize how I can help you combat su if there are any other health goals that I can help you accomplish and challenges I can help you beat.

Super excited that you got this guide and can't wait to see how you crush this sugar issue. Schedule an appointment or email any questions.

[Book your call Today!](#)



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