



21-Day Sugar Detox Guide

Excess sugar in your diet can lead to short term health problems. Cutting down can help you reclaim control of your cravings and your health. Let's kick sugar -- and cravings to the curb and get back to basics! For 21 days, you'll pay close attention to the foods you eat and their sugar content, sharing daily posts on Instagram to get (and give) support to fellow 8fitters. Below you'll find daily challenges plus a space to journal – either for a food diary or to record how you feel. Remember to take photos of your meals and snacks throughout the challenge -- you'll need them for posting and accountability.

Why 21 days ?

It takes 21 days to form a habit. Plus, 21 days is plenty of time to feel the fantastic effects of life with less sugar. By the end of the challenge, you'll feel more energized and less dependant on sugar. You might also notice less bloating and some weight loss. In the beginning, know that it's totally normal to feel sugar withdrawals (headaches, mood swings, intense cravings) for the first few days as your body adjusts to a new normal. These symptoms will dissipate as you stay the course. Turn to other 8fitters for support – you're not in this alone!

The Guidelines

For 21 days, do your best to **remove all added sugar from your diet** so the only sources of sugar you eat comes from whole, real foods like fruits and vegetables. It's easiest to do this if you avoid pre-made or packaged foods. Instead **cook with whole, plant-based ingredients** and **natural protein sources**. If you do eat packaged foods, **double check the label for added sugars or sweeteners** and keep an eye out for science-y names for sugar like dextrose, glucose, sucrose, and disaccharide.

We also recommend you **avoid artificial sweeteners and sugar alcohols** like aspartame, stevia and xylitol for the duration of the challenge too. Though the effect on blood sugar is different than conventional sugar, the effect on the brain is the same and the sugary taste can leave you craving the real thing. We also suggest keeping fruit and sugary vegetables (like corn, beets and sweet potatoes) to just one or two servings a day so you can feel the maximum benefits.

Let's get started!

Day 0

Before we start, let's answer an important question: Why are you doing this challenge? Post a photo explaining your "**why**" on Instagram..

Day 1

It's time to get started! Today, **read your food labels** and take note of how much sugar your regular meals contain. Post a photo featuring a surprisingly high-sugar food on Instagram.

Day 2

Time to rid your pantry and fridge of any sweet temptations and go shopping. Share a **picture** of the sugar temptations you're getting rid of (or hiding).

Day 3

Juices and sodas are big sugar culprits. Share a photo of a **healthy beverage** you enjoy today instead of a sugar-filled one.



Day 4

Share a picture of a **healthy, no-sugar meal** you're enjoying today.

Day 5

Fit Friday! Moving helps **curb sugar cravings**. Share the way you're staying active today. Maybe it's a walk, bike ride, dance class, squats while making dinner — whatever.

Day 6

Dehydration leads to false feelings of hunger and sugar cravings. Share a picture of your tall glass of water or photo showing how you're keeping track of how many glasses you've had.

Day 7

You're one week into your detox. Are you feeling sugar **withdrawals** or **cravings**? Share a selfie and explain how you're feeling.

Day 8

Going into the second week, you might be in need of some **motivation**. Post a photo and in the caption share your favorite motivational quote.



Day 9

Did you do any **meal prep** this week? Share a photo of a meal you prepared ahead of time. No prep? No problem. Do some today and share a picture.

Day 10

Time to brag about **breakfast!** What did you eat today?

Day 11

Time for a **mid-challenge** fridge and pantry check-in! Share a picture of the healthy, sugar-free foods in your fridge or pantry.

Day 12

Get out for a walk, take the stairs or make time for an **8fit HIIT workout**. That last one is super easy because most workouts are 15-minutes or less. Post a sweaty selfie or a screenshot of the workout you just completed.

Day 13

Need a healthy dinner idea? Find a **sugar-free** one in your 8fit app and post a photo.

Day 14

Another week done and dusted. Do some meal prep to stay on track for the final week and share a photo of the process -- no matter **how messy**.

Day 15

It's always good to start the week with some **motivation**. Post a photo of someone who inspires you to live your healthiest, happiest life.

Day 16

Craving dessert but don't want to give into sugar cravings? Try a no-sugar "sweet" treat like our **Peanut Butter Banana Cookies** or **Tahini Chocolate Bites**. Share a picture of a "treat."

Day 17

Who did you **influence**? Write the name of a friend or family member who ate less sugar just by hanging out with you.

Day 18

The challenge is almost over! How's it going? Post a photo and use the **caption** to describe how you're doing.



Day 19

It's that time again — time for more **movement!** Kick any yearnings for sugar by going for a walk, run, or bike ride. Share a photo as proof.

Day 20

You've eaten a lot of healthy things during this **#8fitSugarDetox**. Share a photo of your favorite sugar-free meal.

Day 21

Can you believe you made it to day 21? Pat yourself on the back and **post a final recap** of how you feel at the end of this challenge.

Good job !

We can't wait to see your progress through this **#8fitSugarDetox** journey. Remember, If you fall off the wagon, get back on. Use these 21-days as a learning experience.

