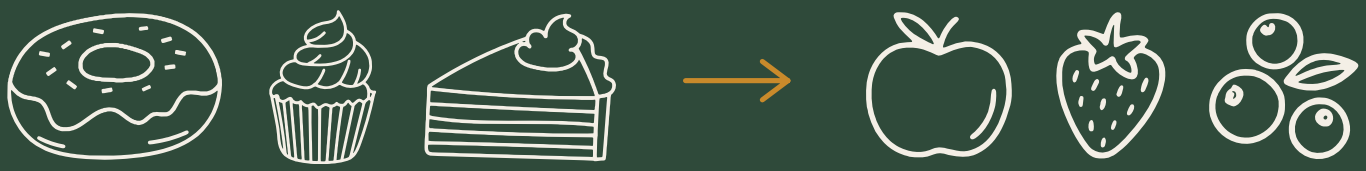
A 21-DAY SUGAR RESET

Stop the Sugar Cravings

The 21-Day Sugar Reset for Women 25+

Cut back on added sugar without banning anything.
One small habit a day for steadier energy and fewer cravings.

CRAVINGS AUDIT · 63 NAMES FOR SUGAR · 34 SWAPS · 21 DAILY PAGES · 7-DAY MEAL PLAN



By Coach Luke | NASM-CPT, NESTA Nutrition Coach

START HERE

How your 21 days work

Hi, I'm Coach Luke. In 20+ years of coaching, sugar cravings are one of the things women ask me about most. Usually the problem isn't willpower. It's a handful of everyday things stacking up: a skipped breakfast, a sweet coffee, a short night, a stressful afternoon and a candy bowl in sight. This reset handles them one small habit at a time, **without banning anything**.

1. **Read the "Why cravings happen" pages** (pages 4 and 5). Ten minutes, plain language.
2. **Take the Sugar Cravings Audit** (pages 6 to 8) to find your top 2 craving triggers and the days to lean into.
3. **Fill in your Day 0 baseline** (page 9) before you start.
4. **Add one habit a day for 21 days** in three phases: **Notice**, **Swap**, **Steady**. Each daily page takes about 10 minutes.
5. **Log your cravings and rate your energy and mood** on every daily page.
6. **Check in on Days 7, 14 and 21**, then compare Day 0 with Day 21 and choose your keeper habits.

What's inside

3	Before you start
4-5	Why cravings happen + added sugar 101
6-8	Sugar Cravings Audit
9	Day 0 baseline
10	21 days at a glance
11-13	Hidden-sugar label guide (63 names)
14-15	34 everyday swaps
16	Craving Rescue card
17-25	Phase 1: Notice (Days 1-7) + check-in
26-34	Phase 2: Swap (Days 8-14) + check-in
35-43	Phase 3: Steady (Days 15-21) + check-in
44	Day 0 vs Day 21
45-48	7-day low-sugar meal plan, recipes, grocery list, snacks
49	Keep it going
50	When to talk to your doctor
51	Thank you + printing tips
52	Your free store bonuses

Missed a day? Pick up where you left off. Nothing resets. Print the daily pages once, or write on the PDF with a tablet note app.

READ THIS FIRST

Before you start

What this reset can do

- Show you where added sugar hides in your day
- Help you find what sets your cravings off
- Give you one small, doable change a day
- Leave you with 3 or 4 keeper habits and a plan for real life

What it can't do

- Diagnose or treat any condition. The audit is a self-check, not a test
- Replace advice from your doctor or dietitian
- Promise weight loss or any medical result
- Make you never want sweets again. Wanting dessert is normal

How to rate your day

Rating	What it means
Cravings 1 to 5	1 = barely noticed it, 3 = hard to ignore, 5 = I couldn't think about anything else
Energy 1 to 10	1 = running on empty, 5 = getting by, 10 = bright, with energy left over
Mood 1 to 5	1 = low or on edge, 3 = okay, 5 = calm and good

Three ground rules

- **Reset, not restrict.** Nothing is banned. Fruit stays in. Dessert can be planned.
- **Added sugar is the target**, not the natural sugar in fruit, plain milk or plain yogurt.
- **Small beats perfect.** Doing the habit "a bit" still counts. Tick it.

Please check with your doctor first if...

you have diabetes or prediabetes, take insulin or any blood-sugar medication (including GLP-1 medicines), are pregnant or breastfeeding, or have a history of disordered eating. Changing what and when you eat can affect your medication needs, so talk with your doctor or a registered dietitian before you start. See page 50.

WHY CRAVINGS HAPPEN

The craving loop, explained

First, the good news: cravings are normal. Sweet foods are designed to taste great, and your brain remembers what gave it a quick lift. Cravings get loud when everyday triggers keep setting off the same loop:



A trigger (hunger, a short night, a habit, stress, a sweet drink, a candy bowl) sets off a craving. The sweet fix feels good for a little while, then you're often hungry or flat again, and the loop starts over. You don't break it with willpower. You break it by **changing the triggers**.

The six craving triggers

- **A** **Running on empty** — Skipped meals and low protein
- **B** **Running on low sleep** — Short or broken sleep
- **C** **Habit and routine** — Time-of-day and situation cues
- **D** **Stress and feelings** — Comfort and reward
- **E** **Drinks and hidden sugar** — Sugar you don't notice
- **F** **Easy access** — Sweets in sight and in reach

Most women have two or three of these going at once. The audit on pages 6 to 8 helps you find yours, so you know which days of the reset matter most for you.

ADDED SUGAR 101

Added sugar vs natural sugar

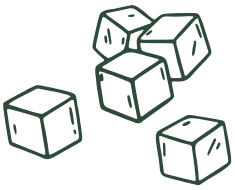
Added sugar (the target)

Sugar and syrups put into food and drinks during making or at the table: table sugar, honey, syrups, juice concentrates and the 63 names on page 12. This is what the reset helps you cut back on.

Natural sugar (keep it)

The sugar that comes packaged with fiber, water, protein and nutrients in whole fruit, vegetables, plain milk and plain yogurt. Fruit stays in this plan.

How much is a lot?



4 grams of sugar is about 1 teaspoon. Divide the Added Sugars grams on a label by 4 to see it in teaspoons.

The American Heart Association suggests most women keep added sugar to about **25 g (6 teaspoons) a day**. The 2025-2030 U.S. Dietary Guidelines say no more than 10 g in a meal. Many people get two to three times 25 g a day.

Why cutting back often helps

- **More filling meals.** When protein and fiber replace sweet snacks, many women feel full for longer and snack less.
- **Steadier energy.** Fewer big sweet hits often means fewer afternoon slumps.
- **Quieter cravings.** Many women notice that sweet foods taste sweeter and cravings ease after a few weeks of eating less added sugar.
- **Room for treats you love.** Less hidden sugar leaves room for the desserts that are worth it to you.

No "toxic sugar" talk here. Sugar isn't poison and you are not "addicted" because you like dessert. This reset is about less added sugar, more of the time, in a way you can keep.

Find your top craving triggers

This is a self-check, not a diagnosis. Tick every statement that sounds like you most weeks. Go with your first answer. No one else sees this.

A. Running on empty · Skipped meals and low protein

- [ ] 1. I often skip breakfast or have coffee only.
- [ ] 2. I go 5 hours or more without eating on a normal day.
- [ ] 3. Most of my protein comes at dinner.
- [ ] 4. My strongest cravings show up when I'm really hungry.

Ticks for A: _____ of 4

B. Running on low sleep · Short or broken sleep

- [ ] 5. I usually sleep less than 7 hours.
- [ ] 6. I crave sweets more the day after a bad night.
- [ ] 7. I use sugar or caffeine to get through the afternoon.
- [ ] 8. My bedtime changes a lot from night to night.

Ticks for B: _____ of 4

C. Habit and routine · Time-of-day and situation cues

- [ ] 9. I want something sweet after almost every dinner.
- [ ] 10. I snack in front of the TV or phone most evenings.
- [ ] 11. Certain times of day almost always mean a sweet treat.
- [ ] 12. I often eat sweets without really deciding to.

Ticks for C: _____ of 4

Find your top triggers, part 2

Keep going. When you finish, add up your ticks for each letter and turn to page 8.

D. Stress and feelings · Comfort and reward

- [ ] 13. I reach for sweets when I'm stressed or overwhelmed.
- [ ] 14. I treat myself with sugar after a hard day.
- [ ] 15. Boredom or loneliness sends me to the pantry.
- [ ] 16. I feel guilty after sweets, then eat more.

Ticks for D: _____ of 4

E. Drinks and hidden sugar · Sugar you don't notice

- [ ] 17. I drink sweet coffee drinks, soda, sweet tea or juice most days.
- [ ] 18. I rarely check labels for Added Sugars.
- [ ] 19. I use flavored yogurt, granola, cereal or bars as 'healthy' choices.
- [ ] 20. I use bottled sauces or dressings most days.

Ticks for E: _____ of 4

F. Easy access · Sweets in sight and in reach

- [ ] 21. There are sweets on my counter, desk or in my bag.
- [ ] 22. Work has a candy bowl, treats or pastries most days.
- [ ] 23. I shop hungry or without a list.
- [ ] 24. Events, eating out or family treats knock me off track.

Ticks for F: _____ of 4

Your top 2 triggers

Write your ticks for each letter. Your **top 2 letters** are your main craving triggers. Every day of the reset helps, but the days listed next to your top 2 will likely make the biggest difference for you, so give them extra attention.

Trigger	My ticks	Lean into these days
A. Running on empty	____	Day 4, Day 5, Day 10
B. Running on low sleep	____	Day 14, Day 16
C. Habit and routine	____	Day 6, Day 7, Day 13, Day 15
D. Stress and feelings	____	Day 6, Day 13, Day 17
E. Drinks and hidden sugar	____	Day 2, Day 3, Day 8, Day 9, Day 11
F. Easy access	____	Day 12, Day 19, Day 20

My #1 trigger

_____

_____

My #2 trigger

_____

_____

What your scores mean

- **3 or 4 ticks** in a letter: a strong trigger for you. Mark its days on the 21-day overview (page 10).
- **Tie?** Pick the one that shows up most often in your week.
- **Low ticks everywhere?** Great. Use the reset to tidy up hidden sugar (letter E) and keep cravings quiet.
- **Lots of D ticks?** Stress and feelings play a big part. Day 17 helps, and talking with a counselor or your doctor is a good idea if food feels out of control.

Redo the audit after Day 21 and compare your ticks. Many women see their top triggers drop.

BEFORE DAY 1

Your Day 0 baseline

Fill this in today, before Day 1. Be honest. This isn't a score to beat, it's a snapshot so you can see what changed by Day 21 (page 44). Think about a typical day from the last week.

CIRCLE ONE FOR EACH

How often I crave sweets (1 = rarely, 10 = all day)	1 2 3 4 5 6 7 8 9 10
How strong my usual craving is (1 to 10)	1 2 3 4 5 6 7 8 9 10
My afternoon energy (1 to 10)	1 2 3 4 5 6 7 8 9 10
My usual mood (1 to 5)	1 2 3 4 5
My sleep quality (1 to 5)	1 2 3 4 5

COUNT OR ESTIMATE

Sweet drinks on a typical day _____

Sweet snacks or desserts on a typical day _____

Times I ate sweets without deciding to (this week) _____

Hours I usually sleep _____

Labels I check out of 5 _____

My craving hot spots

Times and places cravings usually hit

_____

_____

Why I want this

What would fewer cravings change for you?

_____

_____

Date: _____ My top 2 triggers from the audit: _____

YOUR PLAN

21 days at a glance

One new habit a day, and you keep the earlier ones going. Print one copy for each week and tick every habit you kept, every day (habits you haven't reached yet stay blank). Star the days your audit pointed to.

Day	Habit	M	T	W	T	F	S	S
PHASE 1: NOTICE · DAYS 1 TO 7								
1	Log your sweets	☐	☐	☐	☐	☐	☐	☐
2	Read 5 labels	☐	☐	☐	☐	☐	☐	☐
3	Drink tally	☐	☐	☐	☐	☐	☐	☐
4	Protein breakfast	☐	☐	☐	☐	☐	☐	☐
5	No skipped lunch	☐	☐	☐	☐	☐	☐	☐
6	Name it	☐	☐	☐	☐	☐	☐	☐
7	Map it	☐	☐	☐	☐	☐	☐	☐
PHASE 2: SWAP · DAYS 8 TO 14								
8	Swap drink #1	☐	☐	☐	☐	☐	☐	☐
9	Swap breakfast	☐	☐	☐	☐	☐	☐	☐
10	Pair it	☐	☐	☐	☐	☐	☐	☐
11	Swap a sauce	☐	☐	☐	☐	☐	☐	☐
12	Out of sight	☐	☐	☐	☐	☐	☐	☐
13	Plan your sweet	☐	☐	☐	☐	☐	☐	☐
14	Slump swap	☐	☐	☐	☐	☐	☐	☐
PHASE 3: STEADY · DAYS 15 TO 21								
15	Walk after meals	☐	☐	☐	☐	☐	☐	☐
16	Sleep first	☐	☐	☐	☐	☐	☐	☐
17	Stress stand-in	☐	☐	☐	☐	☐	☐	☐
18	Steady plate	☐	☐	☐	☐	☐	☐	☐
19	Pantry reset	☐	☐	☐	☐	☐	☐	☐
20	Real-life plan	☐	☐	☐	☐	☐	☐	☐
21	Choose keepers	☐	☐	☐	☐	☐	☐	☐

How to read a label in 20 seconds

Nutrition Facts

Serving size 2/3 cup (55g)

Calories	**230**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	
Total Sugars 12g	
Includes **10g Added Sugars**	**20%**
Protein 3g	

Example label for illustration only.

1. **Check the serving size.** If you eat two servings, double everything.
2. **Find "Includes __g Added Sugars".** This is the line that matters. Total Sugars also counts natural sugar from fruit and milk.
3. **Turn grams into teaspoons.** Divide by 4. In the example, 10 g is about 2.5 teaspoons.
4. **Look at the % Daily Value.** 5% or less is low, 20% or more is high.
5. **Scan the ingredients.** They're listed by weight. Several different sugars spread through the list can add up to a lot.

Front-of-box words, decoded

The package says	What it usually means
No added sugar	No sugar was added, but it can still be high in natural sugar (for example, juice).
Unsweetened	Nothing sweet was added. A good sign, but still check the label.
Reduced sugar / less sugar	At least 25% less than the regular version, which may still be a lot.
Natural, organic, raw	Says nothing about how much sugar it has. Organic cane sugar is still sugar.
Made with real fruit	Often a small amount of fruit plus added sugar. Check Added Sugars.
Healthy, wholesome, protein	Marketing words. Many bars and granolas with these words have 2+ teaspoons of added sugar.

Coach Luke's rule of thumb: for everyday foods like yogurt, cereal, bread and sauces, aim for the lowest Added Sugars you enjoy. Save the higher-sugar choices for treats you plan.

63 names for added sugar

If any of these appear in the ingredient list, sugar has been added. The more of them you see, and the closer to the start of the list, the more sugar the food has. Keep this page with your grocery list.



Ends in -ose (9)

- Sucrose
- Glucose
- Fructose
- Dextrose
- Maltose
- Lactose (added)
- Galactose
- Saccharose
- Crystalline fructose

Syrups (20)

- Corn syrup
- High-fructose corn syrup
- Corn syrup solids
- Glucose syrup
- Glucose-fructose syrup
- High-maltose corn syrup
- Maple syrup
- Golden syrup
- Brown rice syrup
- Barley malt syrup
- Malt syrup
- Carob syrup
- Refiner's syrup
- Sorghum syrup
- Agave syrup or nectar
- Tapioca syrup
- Oat syrup
- Date syrup
- Invert sugar syrup
- Buttered syrup

Sugar by another name (22)

- Cane sugar
- Brown sugar
- Raw sugar
- Coconut sugar
- Date sugar
- Beet sugar
- Powdered sugar
- Confectioners' sugar
- Icing sugar
- Caster sugar
- Turbinado sugar
- Demerara sugar
- Muscovado sugar
- Panela
- Rapadura
- Palm sugar
- Grape sugar
- Invert sugar
- Evaporated cane juice
- Cane juice crystals
- Florida crystals
- Yellow sugar

Juices, nectars and others (12)

- Honey
- Molasses
- Blackstrap molasses
- Treacle
- Maltodextrin
- Dextrin
- Diastatic malt
- Fruit juice concentrate
- Apple juice concentrate
- Coconut nectar
- Caramel
- Isoglucose

Tip: the "-ose" ending is a quick clue. Lactose is the natural sugar in plain milk and yogurt and only counts as added when it's put into a product as an ingredient.

Where added sugar hides

These are common sources in a normal day. Amounts are typical ranges, not exact, and vary a lot by brand. That's why the label check matters: two brands of the same food can differ by several teaspoons.



Food or drink	Typical added sugar
Flavored yogurt	often 2 to 4 tsp per cup
Granola	often 2 to 4 tsp per cup
Breakfast cereal	varies, check per serving
Instant flavored oatmeal	often 2 to 3 tsp per packet
Bread and wraps	small amounts, but daily
Pasta sauce	often 1 to 3 tsp per half cup
Ketchup and BBQ sauce	about 1 tsp per tablespoon
Salad dressings	honey, French, poppy seed
Teriyaki, sweet chili	often 2 to 3 tsp per 2 tbsp
Granola and protein bars	often 2 to 4 tsp per bar
Coffee drinks	each syrup pump about 1 to 2 tsp
Sweetened creamer	about 1 tsp per tablespoon
Soda	about 9 to 10 tsp per 12 oz can
Sweet tea and lemonade	often 6 to 9 tsp per 16 oz
Juice drinks and smoothies	can be 6+ tsp per bottle
Energy and sports drinks	often 7 to 14 tsp per can
Dried fruit with added sugar	e.g. sweetened cranberries
Nut butters	some brands add sugar
Canned soups	some tomato-based ones
Deli meats and jerky	honey, maple or teriyaki flavors

Your biggest wins are daily foods and drinks. A sweet coffee every morning adds up to far more than a slice of cake on a birthday.

SWAP LIST · 1 OF 2

34 everyday swaps

Tick the swaps you want to try. You don't need all of them. Two or three swaps for the foods you have every day beat ten swaps for foods you rarely eat. No sweeteners required: these swaps use real food.



DRINKS

Instead of	Try
☐ Soda	**Sparkling water with lemon, lime or a splash of juice**
☐ Sweet coffee drink	**Latte with half the syrup, or cinnamon and milk**
☐ Sweetened creamer	**Milk or half-and-half plus cinnamon or vanilla extract**
☐ Sweet tea	**Unsweetened iced tea with lemon or mint**
☐ Juice	**Whole fruit and a glass of water**
☐ Energy drink	**Coffee or tea, water, and a 5-minute walk**
☐ Lemonade	**Water with sliced cucumber, berries or citrus**

BREAKFAST

Instead of	Try
☐ Flavored yogurt	**Plain Greek yogurt + berries + cinnamon**
☐ Sugary cereal	**Plain oats or a lower-sugar cereal + fruit**
☐ Granola	**A small handful of nuts and seeds on yogurt**
☐ Pastry or muffin	**Eggs + whole-grain toast, or cottage cheese toast**
☐ Flavored instant oatmeal	**Plain oats + banana or berries + nut butter**
☐ Syrup on pancakes	**Mashed berries or a little nut butter**

SNACKS

Instead of	Try
☐ Candy	**Fruit + a few nuts, or a square of dark chocolate**
☐ Granola bar	**Apple + peanut butter, or a cheese stick + fruit**
☐ Cookies	**Plain Greek yogurt with cocoa and berries**
☐ Sweetened dried fruit	**Fresh fruit or unsweetened dried fruit**
☐ Snack cakes	**Whole-grain crackers + cheese or hummus**
☐ Trail mix with candy	**Plain nuts + a few raisins**

34 everyday swaps (continued)

SAUCES AND DRESSINGS

Instead of	Try
☐ Ketchup	**Salsa or a little mustard**
☐ BBQ sauce	**Dry spice rub or a little hot sauce**
☐ Bottled sweet dressing	**Olive oil + lemon or vinegar + herbs**
☐ Teriyaki or sweet chili	**Low-sodium soy, garlic, ginger and lime**
☐ Jarred pasta sauce	**A no-sugar-added brand, or canned tomatoes + herbs**
☐ Honey mustard dip	**Plain Greek yogurt + mustard + herbs**

DESSERTS AND TREATS

Instead of	Try
☐ Ice cream every night	**A planned small bowl twice a week**
☐ Big dessert	**Half portion, shared, on a small plate**
☐ Milk chocolate	**A square or two of dark chocolate**
☐ Candy at the movies	**Popcorn, or bring a planned treat**
☐ Sweets as a reward	**A non-food reward: a walk, a bath, a show**

ON THE GO

Instead of	Try
☐ Coffee shop pastry	**Egg bites, oatmeal or a protein box**
☐ Vending machine	**Keep nuts or a cheese stick in your bag**
☐ Drive-through shake	**Unsweetened iced coffee or tea + a protein snack**
☐ Office treats	**Your planned snack first, then decide**

My top 3 swaps

_____

_____

_____



PRINT + KEEP HANDY

Craving Rescue card

When a craving hits, run through this card before you decide. You're not saying no to sweets. You're giving yourself a real choice. Cut it out along the dashed line and keep it on the fridge, at your desk or in your bag.

WHEN A CRAVING HITS



Pick one. Then decide.

Pause	Set a 10-minute timer. Many cravings fade.
Water	Drink a full glass, slowly.
Walk	5 minutes, outside if you can.
Protein snack	Pick one from page 48.
Name it	Hungry, tired, stressed, bored or habit?

Still want it? Have a small portion, on a plate, sitting down. Enjoy it, then move on.

Mini wallet cards

CRAVING RESCUE

- [ ] Pause 10 min
- [ ] Water
- [ ] Walk 5 min
- [ ] Protein snack
- [ ] Name it
- [ ] Still want it? Small, sitting down

CRAVING RESCUE

- [ ] Pause 10 min
- [ ] Water
- [ ] Walk 5 min
- [ ] Protein snack
- [ ] Name it
- [ ] Still want it? Small, sitting down

CRAVING RESCUE

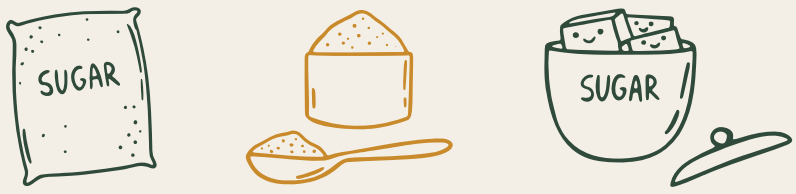
- [ ] Pause 10 min
- [ ] Water
- [ ] Walk 5 min
- [ ] Protein snack
- [ ] Name it
- [ ] Still want it? Small, sitting down

PHASE 1 OF 3 · DAYS 1 TO 7

Notice

See where added sugar shows up and what sets your cravings off. Nothing gets cut this week.

Day 1	Log every sweet thing, cut nothing
Day 2	Read the label on 5 foods
Day 3	Tally your sweet drinks
Day 4	Eat a protein-first breakfast
Day 5	Don't let lunch slide
Day 6	Name it, then wait 10 minutes
Day 7	Map your craving times



DAY 1 OF 21 · NOTICE

Log every sweet thing, cut nothing

Why it helps. You can't change what you can't see. Most women are surprised by how many small sweet moments add up in a day, and most of them happen on autopilot.

HOW TO DO IT

1. Write down every sweet food or drink today in the craving log below, even a spoonful.
2. Note the time and what was going on (hungry, tired, bored, a habit, stress).
3. Do not cut anything. Today is for noticing only.

Make it easier: Keep the page on the counter or snap a quick photo of each sweet thing and log them tonight.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ **1. Log your sweets (new today)**
- ☐ 2. Read 5 labels (Day 2)
- ☐ 3. Drink tally (Day 3)
- ☐ 4. Protein breakfast (Day 4)
- ☐ 5. No skipped lunch (Day 5)
- ☐ 6. Name it (Day 6)
- ☐ 7. Map it (Day 7)
- ☐ 8. Swap drink #1 (Day 8)
- ☐ 9. Swap breakfast (Day 9)
- ☐ 10. Pair it (Day 10)
- ☐ 11. Swap a sauce (Day 11)
- ☐ 12. Out of sight (Day 12)
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 2 OF 21 · NOTICE

Read the label on 5 foods

Why it helps. The Nutrition Facts label shows Added Sugars on its own line. Once you know where to look, the hidden sources in yogurt, bread, sauces and bars jump out.

HOW TO DO IT

1. Pick 5 foods you eat often: cereal, yogurt, bread, a sauce, a snack bar.
2. Find Added Sugars on each label and write the grams below. 4 g is about 1 teaspoon.
3. Check the ingredient list against the 63 names for sugar (page 12).

Make it easier: Start with the foods you eat every day. They matter far more than a once-a-month treat.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ **2. Read 5 labels (new today)**
- ☐ 3. Drink tally (Day 3)
- ☐ 4. Protein breakfast (Day 4)
- ☐ 5. No skipped lunch (Day 5)
- ☐ 6. Name it (Day 6)
- ☐ 7. Map it (Day 7)
- ☐ 8. Swap drink #1 (Day 8)
- ☐ 9. Swap breakfast (Day 9)
- ☐ 10. Pair it (Day 10)
- ☐ 11. Swap a sauce (Day 11)
- ☐ 12. Out of sight (Day 12)
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Labels checked: 1 _____ g 2 _____ g 3 _____ g 4 _____ g 5 _____ g

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 3 OF 21 · NOTICE

Tally your sweet drinks

Why it helps. For many women, drinks are the single biggest source of added sugar: sweet coffee drinks, soda, sweet tea, juice drinks and energy drinks. They also don't fill you up.

HOW TO DO IT

1. Tally every drink today that has added sugar, syrup or sweetened creamer.
2. Estimate the teaspoons using the label or the Where It Hides page (page 13).
3. Circle the one sweet drink you'd miss least. That's your first swap on Day 8.

Make it easier: Coffee counts: each pump of flavored syrup is often around 1 to 2 teaspoons of sugar.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ **3. Drink tally (new today)**
- ☐ 4. Protein breakfast (Day 4)
- ☐ 5. No skipped lunch (Day 5)
- ☐ 6. Name it (Day 6)
- ☐ 7. Map it (Day 7)
- ☐ 8. Swap drink #1 (Day 8)
- ☐ 9. Swap breakfast (Day 9)
- ☐ 10. Pair it (Day 10)
- ☐ 11. Swap a sauce (Day 11)
- ☐ 12. Out of sight (Day 12)
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 4 OF 21 · NOTICE

Eat a protein-first breakfast

Why it helps. A breakfast of coffee and a pastry often leads to a mid-morning hunt for something sweet. Starting with about 20 to 30 g of protein keeps most women fuller for longer.

HOW TO DO IT

1. Build breakfast around a protein: eggs, Greek yogurt, cottage cheese, leftover chicken.
2. Add fiber: fruit, oats, whole-grain toast or vegetables.
3. Notice how long until you feel hungry again and write it below.

Make it easier: Quick 20 g+ ideas: 3 eggs with toast and a glass of milk, 1 cup plain Greek yogurt with berries, cottage cheese toast (meal plan, page 45).

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Log your sweets
- [ ] 2. Read 5 labels
- [ ] 3. Drink tally
- [x] **4. Protein breakfast (new today)**
- [ ] 5. No skipped lunch (Day 5)
- [ ] 6. Name it (Day 6)
- [ ] 7. Map it (Day 7)
- [ ] 8. Swap drink #1 (Day 8)
- [ ] 9. Swap breakfast (Day 9)
- [ ] 10. Pair it (Day 10)
- [ ] 11. Swap a sauce (Day 11)
- [ ] 12. Out of sight (Day 12)
- [ ] 13. Plan your sweet (Day 13)
- [ ] 14. Slump swap (Day 14)
- [ ] 15. Walk after meals (Day 15)
- [ ] 16. Sleep first (Day 16)
- [ ] 17. Stress stand-in (Day 17)
- [ ] 18. Steady plate (Day 18)
- [ ] 19. Pantry reset (Day 19)
- [ ] 20. Real-life plan (Day 20)
- [ ] 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 5 OF 21 · NOTICE

Don't let lunch slide

Why it helps. Going 5 or more hours without eating is one of the most common craving triggers. By 3PM, anything sweet looks like a good idea.

HOW TO DO IT

1. Set a lunch window today and protect it like a meeting.
2. Include a palm of protein and some fiber (vegetables, beans, whole grains).
3. If dinner is more than 4 to 5 hours after lunch, plan a snack (page 48).

Make it easier: Pack lunch the night before, or keep a backup at work: tuna packets, nuts, a can of beans.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Log your sweets
- [ ] 2. Read 5 labels
- [ ] 3. Drink tally
- [ ] 4. Protein breakfast
- [ ] **5. No skipped lunch (new today)**
- [ ] 6. Name it (Day 6)
- [ ] 7. Map it (Day 7)
- [ ] 8. Swap drink #1 (Day 8)
- [ ] 9. Swap breakfast (Day 9)
- [ ] 10. Pair it (Day 10)
- [ ] 11. Swap a sauce (Day 11)
- [ ] 12. Out of sight (Day 12)
- [ ] 13. Plan your sweet (Day 13)
- [ ] 14. Slump swap (Day 14)
- [ ] 15. Walk after meals (Day 15)
- [ ] 16. Sleep first (Day 16)
- [ ] 17. Stress stand-in (Day 17)
- [ ] 18. Steady plate (Day 18)
- [ ] 19. Pantry reset (Day 19)
- [ ] 20. Real-life plan (Day 20)
- [ ] 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 6 OF 21 · NOTICE

Name it, then wait 10 minutes

Why it helps. A craving is a signal, not an order. Naming what's behind it (hunger, tiredness, habit, stress or boredom) gives you a choice instead of an automatic yes.

HOW TO DO IT

1. When a craving hits, ask: am I hungry, tired, stressed, bored, or is this just habit?
2. Set a 10-minute timer and do something else: water, a short walk, a task.
3. If you still want it after 10 minutes, have a small portion, sitting down, and enjoy it.

Make it easier: Cut out the Craving Rescue Card (page 16) and keep it where cravings usually hit.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ **6. Name it (new today)**
- ☐ 7. Map it (Day 7)
- ☐ 8. Swap drink #1 (Day 8)
- ☐ 9. Swap breakfast (Day 9)
- ☐ 10. Pair it (Day 10)
- ☐ 11. Swap a sauce (Day 11)
- ☐ 12. Out of sight (Day 12)
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 7 OF 21 · NOTICE

Map your craving times

Why it helps. After a week of logs, patterns show up. Most women find their cravings cluster at 2 or 3 predictable times. Those are the times you'll plan for next week.

HOW TO DO IT

1. Look back over your Days 1 to 6 logs.
2. Write your top 2 craving times and the usual trigger for each below.
3. Fill in your Week 1 check-in (page 25).

Make it easier: Common hot spots: mid-afternoon at work, right after dinner, and in front of the TV.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ **7. Map it (new today)**
- ☐ 8. Swap drink #1 (Day 8)
- ☐ 9. Swap breakfast (Day 9)
- ☐ 10. Pair it (Day 10)
- ☐ 11. Swap a sauce (Day 11)
- ☐ 12. Out of sight (Day 12)
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

My top 2 craving times + triggers: _____

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

WEEK 1 CHECK-IN · DAY 7

How did Days 1 to 7 go?

Look back over your daily pages and fill this in. Compare with Day 0 (page 9). Any change, even a small one, counts.

Most days my cravings were (1 = rarely, 10 = all day)	1 2 3 4 5 6 7 8 9 10
My strongest craving this week (1 to 10)	1 2 3 4 5 6 7 8 9 10
My afternoon energy, most days (1 to 10)	1 2 3 4 5 6 7 8 9 10

This week's habits

1. Log your sweets	kept ____ of 7 days
2. Read 5 labels	kept ____ of 7 days
3. Drink tally	kept ____ of 7 days
4. Protein breakfast	kept ____ of 7 days
5. No skipped lunch	kept ____ of 7 days
6. Name it	kept ____ of 7 days
7. Map it	kept ____ of 7 days

Counts

Sweet drinks on a typical day	_____
Unplanned sweets this week	_____
Planned sweets I enjoyed	_____
Average hours of sleep	_____
Mood most days (1 to 5)	_____

What helped most

What got in the way

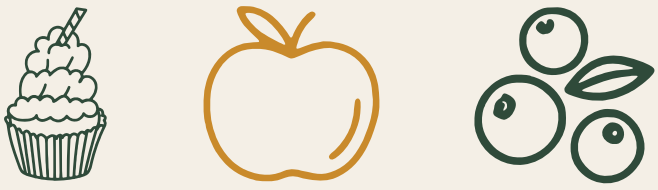
Up next: Next week you start swapping. Your Day 3 drink and Day 7 craving times are your starting points.

PHASE 2 OF 3 · DAYS 8 TO 14

Swap

Trade your biggest sources for options you actually like, one swap a day.

Day 8	Swap your number-one sweet drink
Day 9	Swap to a low-sugar breakfast
Day 10	Pair every carb snack
Day 11	Swap one sauce or dressing
Day 12	Move sweets out of sight
Day 13	Plan your sweet, don't fight it
Day 14	Swap your afternoon slump fix



DAY 8 OF 21 · SWAP

Swap your number-one sweet drink

Why it helps. Because drinks are such a big source, swapping just one can cut more added sugar than giving up dessert. Start with the one you circled on Day 3.

HOW TO DO IT

1. Pick a swap from the Drinks list (page 14) that you'd actually enjoy.
2. Have it ready: sparkling water in the fridge, unsweetened tea bags at work.
3. Use it every time you'd normally reach for the sweet drink.

Make it easier: Going halfway counts. Half the syrup, half sweet tea and half unsweetened, or a smaller size.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ **8. Swap drink #1 (new today)**
- ☐ 9. Swap breakfast (Day 9)
- ☐ 10. Pair it (Day 10)
- ☐ 11. Swap a sauce (Day 11)
- ☐ 12. Out of sight (Day 12)
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 9 OF 21 · SWAP

Swap to a low-sugar breakfast

Why it helps. Many breakfast foods, like flavored yogurt, granola, cereal and coffee shop muffins, carry a surprising amount of added sugar. A simple swap keeps the same convenience.

HOW TO DO IT

1. Check your usual breakfast label for Added Sugars.
2. Choose a swap from the Breakfast list (page 14), or a breakfast from the meal plan (page 45).
3. Add your own fruit or cinnamon for sweetness.

Make it easier: Plain Greek yogurt plus berries and a few nuts tastes sweet and keeps you full.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Log your sweets
- [ ] 2. Read 5 labels
- [ ] 3. Drink tally
- [ ] 4. Protein breakfast
- [ ] 5. No skipped lunch
- [ ] 6. Name it
- [ ] 7. Map it
- [ ] 8. Swap drink #1
- [x] **9. Swap breakfast (new today)**
- [ ] 10. Pair it (Day 10)
- [ ] 11. Swap a sauce (Day 11)
- [ ] 12. Out of sight (Day 12)
- [ ] 13. Plan your sweet (Day 13)
- [ ] 14. Slump swap (Day 14)
- [ ] 15. Walk after meals (Day 15)
- [ ] 16. Sleep first (Day 16)
- [ ] 17. Stress stand-in (Day 17)
- [ ] 18. Steady plate (Day 18)
- [ ] 19. Pantry reset (Day 19)
- [ ] 20. Real-life plan (Day 20)
- [ ] 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 10 OF 21 · SWAP

Pair every carb snack

Why it helps. A snack of crackers, fruit or a granola bar on its own is gone fast. Pairing it with protein, fiber or healthy fat makes it more filling, so the next craving shows up later.

HOW TO DO IT

1. For each snack today, add a partner: cheese, nuts, nut butter, yogurt, hummus or an egg.
2. Use the Snacks page (page 48) for ideas.
3. Note in your log whether the next craving came later than usual.

Make it easier: Easy pairs: apple + peanut butter, crackers + cheese, berries + Greek yogurt.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ **10. Pair it (new today)**
- ☐ 11. Swap a sauce (Day 11)
- ☐ 12. Out of sight (Day 12)
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 11 OF 21 · SWAP

Swap one sauce or dressing

Why it helps. Ketchup, barbecue sauce, teriyaki, sweet chili and many bottled dressings are quiet sugar sources. You use them every day, so a swap adds up.

HOW TO DO IT

1. Check the labels on the sauces and dressings you use most.
2. Pick one to swap from the Sauces list (page 15).
3. Try a quick homemade option: olive oil, lemon and herbs, or salsa.

Make it easier: Salsa, mustard, hot sauce, pesto and plain vinegar often have little or no added sugar. Check the label.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Log your sweets
- [ ] 2. Read 5 labels
- [ ] 3. Drink tally
- [ ] 4. Protein breakfast
- [ ] 5. No skipped lunch
- [ ] 6. Name it
- [ ] 7. Map it
- [ ] 8. Swap drink #1
- [ ] 9. Swap breakfast
- [ ] 10. Pair it
- [x] **11. Swap a sauce (new today)**
- [ ] 12. Out of sight (Day 12)
- [ ] 13. Plan your sweet (Day 13)
- [ ] 14. Slump swap (Day 14)
- [ ] 15. Walk after meals (Day 15)
- [ ] 16. Sleep first (Day 16)
- [ ] 17. Stress stand-in (Day 17)
- [ ] 18. Steady plate (Day 18)
- [ ] 19. Pantry reset (Day 19)
- [ ] 20. Real-life plan (Day 20)
- [ ] 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 12 OF 21 · SWAP

Move sweets out of sight

Why it helps. What you see, you eat. Sweets on the counter or at your desk get eaten because they're there, not because you're hungry. A small change to your space does the work for you.

HOW TO DO IT

1. Move sweets into an opaque container on a high shelf or out of the kitchen.
2. Put fruit, nuts or another planned snack where the sweets used to be.
3. At work, keep a backup snack in your bag instead of visiting the candy bowl.

Make it easier: You don't have to throw anything out. Out of sight is enough for most women.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☑ **12. Out of sight (new today)**
- ☐ 13. Plan your sweet (Day 13)
- ☐ 14. Slump swap (Day 14)
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 13 OF 21 · SWAP

Plan your sweet, don't fight it

Why it helps. Banning sweets often backfires. Planning one sweet you love, at a set time and portion, takes away the all-or-nothing feeling and the guilt.

HOW TO DO IT

1. Choose a sweet you truly enjoy and decide when you'll have it this week.
2. Serve a single portion on a plate. Sit down and eat it slowly.
3. Notice how satisfying it is when you plan it and enjoy it.

Make it easier: Planned sweets work best after a meal, not on an empty stomach.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Log your sweets
- [ ] 2. Read 5 labels
- [ ] 3. Drink tally
- [ ] 4. Protein breakfast
- [ ] 5. No skipped lunch
- [ ] 6. Name it
- [ ] 7. Map it
- [ ] 8. Swap drink #1
- [ ] 9. Swap breakfast
- [ ] 10. Pair it
- [ ] 11. Swap a sauce
- [ ] 12. Out of sight
- [ ] **13. Plan your sweet (new today)**
- [ ] 14. Slump swap (Day 14)
- [ ] 15. Walk after meals (Day 15)
- [ ] 16. Sleep first (Day 16)
- [ ] 17. Stress stand-in (Day 17)
- [ ] 18. Steady plate (Day 18)
- [ ] 19. Pantry reset (Day 19)
- [ ] 20. Real-life plan (Day 20)
- [ ] 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 14 OF 21 · SWAP

Swap your afternoon slump fix

Why it helps. If your cravings peak in the afternoon, the fix is often energy, not sugar. A short walk, water or a protein snack usually helps more than a cookie.

HOW TO DO IT

1. At your usual craving time, try one: a 5-minute walk, a full glass of water, or a protein snack.
2. Rate your craving before and 20 minutes after.
3. Fill in your Week 2 check-in (page 34).

Make it easier: Set a phone reminder 15 minutes before your craving time so you get ahead of it.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☐ 12. Out of sight
- ☐ 13. Plan your sweet
- ☐ **14. Slump swap (new today)**
- ☐ 15. Walk after meals (Day 15)
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

WEEK 2 CHECK-IN · DAY 14

How did Days 8 to 14 go?

Look back over your daily pages and fill this in. Compare with Day 0 (page 9) and last week's check-in. Any change, even a small one, counts.

Most days my cravings were (1 = rarely, 10 = all day)	1 2 3 4 5 6 7 8 9 10
My strongest craving this week (1 to 10)	1 2 3 4 5 6 7 8 9 10
My afternoon energy, most days (1 to 10)	1 2 3 4 5 6 7 8 9 10

This week's habits

8. Swap drink #1	kept ____ of 7 days
9. Swap breakfast	kept ____ of 7 days
10. Pair it	kept ____ of 7 days
11. Swap a sauce	kept ____ of 7 days
12. Out of sight	kept ____ of 7 days
13. Plan your sweet	kept ____ of 7 days
14. Slump swap	kept ____ of 7 days

Counts

Sweet drinks on a typical day	______
Unplanned sweets this week	______
Planned sweets I enjoyed	______
Average hours of sleep	______
Mood most days (1 to 5)	______

What helped most

What got in the way

Up next: Next week is about keeping cravings quiet for good: movement, sleep, stress and real life.

PHASE 3 OF 3 · DAYS 15 TO 21

Steady

Lock in the habits that keep cravings quieter: movement, sleep, stress and a plan for real life.

Day 15	Walk 10 minutes after a meal
Day 16	Protect your sleep
Day 17	Have a stress stand-in that isn't food
Day 18	Build a steadier plate
Day 19	Reset your shopping and pantry
Day 20	Plan for eating out and events
Day 21	Choose your keeper habits



DAY 15 OF 21 · STEADY

Walk 10 minutes after a meal

Why it helps. A short, easy walk after eating is a simple habit that helps many women feel better after meals and gives the evening a new routine that isn't dessert.

HOW TO DO IT

1. After your largest meal, walk for 10 minutes at an easy pace.
2. Indoors counts: walk the hallway, the stairs or march in place.
3. Note how you feel after and whether the after-dinner craving changed.

Make it easier: Make it your new after-dinner ritual: walk first, then decide about dessert.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☐ 12. Out of sight
- ☐ 13. Plan your sweet
- ☐ 14. Slump swap
- ☐ **15. Walk after meals (new today)**
- ☐ 16. Sleep first (Day 16)
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 16 OF 21 · STEADY

Protect your sleep

Why it helps. Short sleep is one of the strongest craving triggers there is. After a bad night, most people want more sweet and starchy food the next day. Aim for 7 to 9 hours.

HOW TO DO IT

1. Pick a bedtime that gives you 7 to 9 hours before your alarm.
2. Start a 30-minute wind-down: dim lights, screens away, something calm.
3. Log tonight's sleep and tomorrow's cravings so you can see the link.

Make it easier: If 7 hours feels far away, move bedtime 15 minutes earlier each night this week.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☐ 12. Out of sight
- ☐ 13. Plan your sweet
- ☐ 14. Slump swap
- ☐ 15. Walk after meals
- ☐ **16. Sleep first (new today)**
- ☐ 17. Stress stand-in (Day 17)
- ☐ 18. Steady plate (Day 18)
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

Have a stress stand-in that isn't food

Why it helps. When stress is the trigger, sugar is a quick comfort. Having a different 3-minute reset ready gives you another option before you reach for the cookie jar.

HOW TO DO IT

1. Choose one 3-minute reset: slow breathing, a short walk, stretching, texting a friend, music.
2. Try it the next time stress hits, before deciding about food.
3. Write below which one helped most.

Make it easier: Try 4-6 breathing: in for 4 counts, out for 6 counts, for 2 to 3 minutes.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- [ ] 1. Log your sweets
- [ ] 2. Read 5 labels
- [ ] 3. Drink tally
- [ ] 4. Protein breakfast
- [ ] 5. No skipped lunch
- [ ] 6. Name it
- [ ] 7. Map it
- [ ] 8. Swap drink #1
- [ ] 9. Swap breakfast
- [ ] 10. Pair it
- [ ] 11. Swap a sauce
- [ ] 12. Out of sight
- [ ] 13. Plan your sweet
- [ ] 14. Slump swap
- [ ] 15. Walk after meals
- [ ] 16. Sleep first
- [ ] **17. Stress stand-in (new today)**
- [ ] 18. Steady plate (Day 18)
- [ ] 19. Pantry reset (Day 19)
- [ ] 20. Real-life plan (Day 20)
- [ ] 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 18 OF 21 · STEADY

Build a steadier plate

Why it helps. Meals that include protein, fiber and some healthy fat keep most women full for longer, which means fewer cravings between meals.

HOW TO DO IT

1. Fill half your plate with vegetables or salad.
2. Add a palm-sized portion of protein and a fist of whole-grain or starchy carbs.
3. Add a thumb of healthy fat: olive oil, avocado, nuts or cheese.

Make it easier: The 7-day meal plan (page 45) is built this way. Borrow a meal if you need ideas.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☐ 12. Out of sight
- ☐ 13. Plan your sweet
- ☐ 14. Slump swap
- ☐ 15. Walk after meals
- ☐ 16. Sleep first
- ☐ 17. Stress stand-in
- ☐ **18. Steady plate (new today)**
- ☐ 19. Pantry reset (Day 19)
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1–5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1–10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1–5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 19 OF 21 · STEADY

Reset your shopping and pantry

Why it helps. The easiest place to win is the store. If the low-sugar options are in your kitchen, they become the easy choice.

HOW TO DO IT

1. Use the grocery list (page 47) or your own list before you shop.
2. Swap 3 pantry items for lower-added-sugar versions (cereal, yogurt, sauce, bread).
3. Shop after eating, not hungry.

Make it easier: Compare two brands side by side on Added Sugars. The difference is often bigger than you'd expect.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☐ 12. Out of sight
- ☐ 13. Plan your sweet
- ☐ 14. Slump swap
- ☐ 15. Walk after meals
- ☐ 16. Sleep first
- ☐ 17. Stress stand-in
- ☐ 18. Steady plate
- ☐ **19. Pantry reset (new today)**
- ☐ 20. Real-life plan (Day 20)
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 20 OF 21 · STEADY

Plan for eating out and events

Why it helps. Restaurants, parties, holidays and office treats are where good weeks usually go off track. A simple plan made in advance keeps one event from becoming a week.

HOW TO DO IT

1. Write your go-to restaurant order: protein + vegetables + one thing you love.
2. Pick one line for declining treats kindly, like: 'No thanks, I just ate. It looks great.'
3. Decide ahead of time which treat is worth it to you, and enjoy that one.

Make it easier: One sweet at a party is not a setback. The next meal is just a normal meal.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☐ 12. Out of sight
- ☐ 13. Plan your sweet
- ☐ 14. Slump swap
- ☐ 15. Walk after meals
- ☐ 16. Sleep first
- ☐ 17. Stress stand-in
- ☐ 18. Steady plate
- ☐ 19. Pantry reset
- ☐ **20. Real-life plan (new today)**
- ☐ 21. Choose keepers (Day 21)

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

DAY 21 OF 21 · STEADY

Choose your keeper habits

Why it helps. You've tried 20 habits. You don't need all of them forever. Pick the 3 or 4 that made the biggest difference for you, and those become your new normal.

HOW TO DO IT

1. Look back at your check-ins and logs.
2. Circle 3 or 4 keeper habits on the Keep It Going page (page 49).
3. Fill in your Day 21 check-in (page 43) and Day 0 vs Day 21 (page 44).

Make it easier: Keepers can be tiny. 'Check one label' or 'walk after dinner' count.

TODAY'S HABITS (TICK WHAT YOU DID; GREY = COMING UP)

- ☐ 1. Log your sweets
- ☐ 2. Read 5 labels
- ☐ 3. Drink tally
- ☐ 4. Protein breakfast
- ☐ 5. No skipped lunch
- ☐ 6. Name it
- ☐ 7. Map it
- ☐ 8. Swap drink #1
- ☐ 9. Swap breakfast
- ☐ 10. Pair it
- ☐ 11. Swap a sauce
- ☐ 12. Out of sight
- ☐ 13. Plan your sweet
- ☐ 14. Slump swap
- ☐ 15. Walk after meals
- ☐ 16. Sleep first
- ☐ 17. Stress stand-in
- ☐ 18. Steady plate
- ☐ 19. Pantry reset
- ☐ 20. Real-life plan
- ☐ **21. Choose keepers (new today)**

CRAVING LOG

Time	Strength 1-5	Trigger (hungry, tired, habit, stress, bored)	What I did

Energy (1-10) AM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) PM (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-5) (1) (2) (3) (4) (5) Sweet drinks today: _____ Hours slept: _____

ONE-LINE NOTE: _____

WEEK 3 CHECK-IN · DAY 21

How did Days 15 to 21 go?

Look back over your daily pages and fill this in. Compare with Day 0 (page 9) and last week's check-in. Any change, even a small one, counts.

Most days my cravings were (1 = rarely, 10 = all day)	1 2 3 4 5 6 7 8 9 10
My strongest craving this week (1 to 10)	1 2 3 4 5 6 7 8 9 10
My afternoon energy, most days (1 to 10)	1 2 3 4 5 6 7 8 9 10

This week's habits

15. Walk after meals	kept ____ of 7 days
16. Sleep first	kept ____ of 7 days
17. Stress stand-in	kept ____ of 7 days
18. Steady plate	kept ____ of 7 days
19. Pantry reset	kept ____ of 7 days
20. Real-life plan	kept ____ of 7 days
21. Choose keepers	kept ____ of 7 days

Counts

Sweet drinks on a typical day	_____
Unplanned sweets this week	_____
Planned sweets I enjoyed	_____
Average hours of sleep	_____
Mood most days (1 to 5)	_____

What helped most

_____

_____

What got in the way

_____

_____

Up next: Now compare with your Day 0 baseline on the next page and choose your keepers (page 49).

DAY 21

Day 0 vs Day 21

Copy your Day 0 numbers from page 9, then fill in today's. Redo the audit (pages 6 and 7) for the last two rows. Look for direction, not perfection.

Measure	Day 0	Day 21	Change
How often I crave sweets (1-10)			
How strong my usual craving is (1-10)			
Afternoon energy (1-10)			
Usual mood (1-5)			
Sleep quality (1-5)			
Sweet drinks on a typical day			
Sweet snacks or desserts a day			
Sweets eaten without deciding to (per week)			
Hours I usually sleep			
Labels I check out of 5			
Audit ticks for my #1 trigger			
Audit ticks for my #2 trigger			

The biggest change I noticed

What I want to keep working on

Didn't move much? That's useful too. Look at which triggers stayed high and repeat those days for another week. Sleep and stress (Days 16 and 17) often take longer.

7-DAY LOW-SUGAR MEAL PLAN

A week of low-sugar meals

Every recipe here is one of mine, published on coachluke.com, and none of them call for sugar, honey or syrup. Each meal is built on protein, fiber and real flavor, so it fits the "steadier plate" from Day 18. Use it during any week of the reset, or after Day 21.

Day	Breakfast	Lunch	Dinner
Day 1	High-Protein Cottage Cheese Egg Bake	Greek Chicken Meal Prep Bowls	Mediterranean Chicken Skillet with Artichokes and Olives
Day 2	High-Protein Cottage Cheese Egg Bake	Greek Chicken Meal Prep Bowls	Mediterranean Baked Cod with Tomatoes and Olives
Day 3	High-Protein Cottage Cheese Egg Bake	Greek Chicken Meal Prep Bowls	Sheet-Pan Chicken Fajita Meal Prep Bowls
Day 4	Cottage Cheese Toast	Tuscan White Bean and Kale Soup	20-Minute Lemon Garlic Chicken and Broccoli Skillet
Day 5	Cottage Cheese Scrambled Eggs	Tuscan White Bean and Kale Soup	Lemon Garlic Shrimp with White Beans
Day 6	High-Protein Breakfast Tacos	Greek Chickpea Salad	Juicy Turkey Burgers
Day 7	Savory Breakfast Bowls	Greek Yogurt Chicken Salad	Chicken Souvlaki with Tzatziki

How it's set up

- **Cook once, eat three times:** the egg bake covers breakfasts on Days 1 to 3 and the Greek chicken bowls cover lunches.
- The Tuscan soup covers lunch on Days 4 and 5.
- Dinners serve 4 (the broccoli skillet serves 2). Leftovers make easy extra lunches, or freeze them.

Make it yours

- Swap any meal for another on the list.
- Add fruit, plain yogurt or a snack from page 48 as you need.
- Portions are a guide. Eat until you're comfortably full.
- Check sauces and salsa for added sugar (page 11).



Your recipes (tap to open)

Tap a recipe name in the PDF to open the full recipe with ingredients, steps and nutrition. Printed copy? Type the short address into your browser.

#	Recipe	Serves	Address
1	High-Protein Cottage Cheese Egg Bake	6	coachluke.com/high-protein-cottage-cheese-egg-bake/
2	Greek Chicken Meal Prep Bowls	4	coachluke.com/greek-chicken-meal-prep-bowls/
3	Mediterranean Chicken Skillet with Artichokes and Olives	4	coachluke.com/mediterranean-chicken-skillet/
4	Mediterranean Baked Cod with Tomatoes and Olives	4	coachluke.com/mediterranean-baked-cod-tomatoes-olives/
5	Sheet-Pan Chicken Fajita Meal Prep Bowls	4	coachluke.com/chicken-fajita-meal-prep-bowls/
6	Cottage Cheese Toast	2	coachluke.com/cottage-cheese-toast/
7	Tuscan White Bean and Kale Soup	4	coachluke.com/tuscan-white-bean-kale-soup/
8	20-Minute Lemon Garlic Chicken and Broccoli Skillet	2	coachluke.com/lemon-garlic-chicken-broccoli-skillet/
9	Cottage Cheese Scrambled Eggs	2	coachluke.com/cottage-cheese-scrambled-eggs/
10	Lemon Garlic Shrimp with White Beans	4	coachluke.com/lemon-garlic-shrimp-white-beans/
11	High-Protein Breakfast Tacos	4	coachluke.com/high-protein-breakfast-tacos/
12	Greek Chickpea Salad	4	coachluke.com/greek-chickpea-salad/
13	Juicy Turkey Burgers	4	coachluke.com/turkey-burger-recipe/
14	Savory Breakfast Bowls	4	coachluke.com/savory-breakfast-bowls/
15	Greek Yogurt Chicken Salad	4	coachluke.com/greek-yogurt-chicken-salad/
16	Chicken Souvlaki with Tzatziki	4	coachluke.com/chicken-souvlaki/
17	Keto Bacon Dijon Deviled Eggs (snack)	6	coachluke.com/keto-deviled-eggs/

The deviled eggs are an optional make-ahead snack. Nutrition for each recipe is on its page. Recipes can be updated over time; the links always go to the latest version.

Grocery list

For all 7 days, with each recipe made once as written. Check your fridge and pantry first and cross off what you have. Adjust for your household.

PROTEIN

- [ ] Boneless skinless chicken breast, about 7.25 lb (bowls, skillets, fajitas, souvlaki)
- [ ] Rotisserie chicken, 1 small
- [ ] Cod fillets, 24 oz
- [ ] Raw shrimp, 1.5 lb
- [ ] 93% lean ground turkey, 2 lb
- [ ] Turkey breakfast sausage, 12 oz; bacon, 3 slices
- [ ] Eggs, 3 dozen (+1 dozen for the deviled eggs)

DAIRY

- [ ] Low-fat cottage cheese, 32 oz
- [ ] Plain Greek yogurt, 24 to 32 oz
- [ ] Feta cheese, 8 oz
- [ ] Shredded part-skim mozzarella, 1 cup
- [ ] Sharp cheddar, 4 oz (2 oz + 1/2 cup shredded)
- [ ] Parmesan, small wedge
- [ ] Butter; sour cream (deviled eggs)

PRODUCE

- [ ] Baby spinach, about 12 oz
- [ ] Kale, 1 bunch
- [ ] Cherry tomatoes, 5 pints
- [ ] Cucumbers, 3
- [ ] Bell peppers, 5 (mixed)
- [ ] Red onions, 2
- [ ] Yellow onions, 2
- [ ] Green onions, 1 bunch
- [ ] Broccoli, 1 large head (4 cups florets)
- [ ] Carrots, 2
- [ ] Celery, 1 bunch
- [ ] Large sweet potato, 1
- [ ] Avocados, 2
- [ ] Lemons, 8
- [ ] Limes, 1
- [ ] Red grapes, 1 small bunch
- [ ] Garlic, 3 heads
- [ ] Fresh parsley, cilantro, dill, chives, basil
- [ ] Fruit for snacks: berries, apples, oranges

PANTRY

- [ ] Quinoa (3 cups cooked)
- [ ] Brown rice (3 cups cooked)
- [ ] Canned cannellini beans, 4 x 15 oz
- [ ] Canned chickpeas, 2 x 15 oz
- [ ] Canned black beans, 1 x 15 oz
- [ ] Canned diced tomatoes, 15 oz
- [ ] Low-sodium chicken broth, 32 oz + 1.5 cups
- [ ] Marinated artichoke hearts, 12 oz
- [ ] Kalamata olives, 1 jar
- [ ] Capers, small jar
- [ ] Salsa (check: no added sugar)
- [ ] Dijon mustard
- [ ] Worcestershire sauce
- [ ] Hot sauce; mayo and dill pickles (deviled eggs)
- [ ] Extra virgin olive oil
- [ ] Sliced almonds

BREAD

- [ ] Whole-grain bread, 1 loaf
- [ ] Whole-wheat English muffins, 2
- [ ] Corn tortillas, 8
- [ ] Whole-grain buns or lettuce leaves for the burgers

SPICES

- [ ] Dried oregano
- [ ] Smoked paprika
- [ ] Chili powder
- [ ] Ground cumin
- [ ] Garlic powder
- [ ] Dried rosemary and thyme
- [ ] Red pepper flakes
- [ ] Everything bagel seasoning
- [ ] Salt and black pepper

Smart snacks + planned sweets

12 low-sugar snack ideas

Each pairs a carb with protein, fiber or fat (Day 10).

- [ ] Apple or pear + 1 tbsp peanut butter
- [ ] Plain Greek yogurt + berries + cinnamon
- [ ] Cheese stick + a handful of grapes
- [ ] Hard-boiled eggs + cherry tomatoes
- [ ] Hummus + carrots, cucumber and peppers
- [ ] Cottage cheese + pineapple or peaches
- [ ] A small handful of almonds or walnuts + an orange
- [ ] Whole-grain crackers + cheese
- [ ] Roasted chickpeas
- [ ] Turkey roll-ups with cheese
- [ ] Edamame
- [ ] 1 to 2 squares of dark chocolate + a few nuts

How to plan a sweet

1. Pick a sweet you really love, not whatever's around.
2. Decide when: after a meal works best.
3. Serve one portion on a plate.
4. Sit down, eat it slowly and enjoy it. No guilt.

My planned sweets this week



Fruit is welcome. Whole fruit counts as natural sugar and brings fiber with it. Two or three servings a day fits this reset well.

AFTER DAY 21

Keep it going

Most women find that 3 or 4 habits do most of the work. Circle or tick your keepers below. Those are the habits you keep for the next month. The rest are there whenever you need them.

- [ ] 1. Log your sweets
- [ ] 2. Read 5 labels
- [ ] 3. Drink tally
- [ ] 4. Protein breakfast
- [ ] 5. No skipped lunch
- [ ] 6. Name it
- [ ] 7. Map it
- [ ] 8. Swap drink #1
- [ ] 9. Swap breakfast
- [ ] 10. Pair it
- [ ] 11. Swap a sauce
- [ ] 12. Out of sight
- [ ] 13. Plan your sweet
- [ ] 14. Slump swap
- [ ] 15. Walk after meals
- [ ] 16. Sleep first
- [ ] 17. Stress stand-in
- [ ] 18. Steady plate
- [ ] 19. Pantry reset
- [ ] 20. Real-life plan
- [ ] 21. Choose keepers

Your plan for the next 4 weeks

- **Keep your keepers daily** and check in once a week on a reprinted check-in page.
- **One bad day is one day.** The next meal is a normal meal. No need to "start over Monday".
- **Holidays and trips:** repeat Day 20 before you go.
- **Cravings creeping back?** Run Days 1 to 7 again for a week. Noticing is often enough to reset.
- **Redo the audit** every few months. Triggers change with seasons, work and life.

My keepers

My "if cravings creep back" plan

PLEASE READ

When to talk to your doctor

Cutting back on added sugar is a reasonable goal for most adults. But some people should talk with a doctor or registered dietitian **before** changing how they eat.

Diabetes or blood-sugar medication

If you have diabetes or prediabetes, or take insulin, other blood-sugar medicines or GLP-1 medicines, check with your doctor before you start. Changes in what and when you eat can affect your medication needs and your risk of low blood sugar.

Pregnancy and breastfeeding

Your needs change. Ask your doctor or midwife before changing your eating habits.

A history of disordered eating

Tracking food and cravings isn't right for everyone. Talk with your care team first. In the U.S., the National Alliance for Eating Disorders helpline is 1-866-662-1235.

Other health conditions

Kidney disease, PCOS, food allergies or any condition you're being treated for: ask before making changes.

Also talk to your doctor if you notice

- Constant thirst, needing to pee a lot, or blurry vision
- Strong cravings with shakiness, sweating or feeling faint
- Ongoing tiredness, low mood or anxiety that doesn't improve
- Feeling out of control around food

This guide is for general education and isn't medical advice. I'm a NASM-certified personal trainer and NESTA nutrition coach, not a physician or registered dietitian. It does not diagnose, treat, cure or prevent any condition, and it makes no promise of weight loss or any medical result. Results vary from person to person.

THANK YOU

Here's to fewer cravings

Thank you for buying direct from my small business. It means a lot, and it lets me keep making honest, no-gimmick guides. Your free bonuses are on the next page.



Printing tips

- Print at 100% (actual size) on Letter or A4.
- Print the guide pages once and the daily pages as often as you like.
- Cut out the Craving Rescue card and keep it handy.
- Reprint any page for your personal use.

Please note

This guide is general education about everyday habits. It is not medical advice and does not diagnose, treat or cure any condition. Talk to your doctor about any health concerns.

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Coach Luke | NASM-CPT, CES, PES | NESTA Nutrition Coach

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Your free store bonuses

Because you bought from my own store, you get two extras that I can't include anywhere else.

Bonus 1: 21 daily coaching emails

One short email from me each morning for the 21 days, matching that day's page, with a tip, a common mistake to skip and a nudge to log your cravings. They start automatically after your purchase from coach@coachluke.com. Not seeing them? Check your Promotions or Spam folder and move the first one to your inbox.

Bonus 2: my Free Resource Library

Scan the code or tap here for my free printable guides, checklists and recipe packs, including more low-sugar breakfast and snack ideas.

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Hit reply on any coaching email or write to coach@coachluke.com. I read every message.

