

Quit Plan: Modified from "Big Fat Lies" by David Gillespie.

To cut the addiction - have no sugar in your diet for at least 2 weeks.

I recommend that you **focus on getting sugar free for a whole month** before you worry about your weight. Your appetite control will kick in and you will find yourself getting full at mealtimes.

Breakfast –options:

Oats – unflavoured, Weetbix – no added sugar,

Vogel's Original whole grain bread or any low sugar bread.

Eggs, Bacon, Steak, Avocado.

Vegemite.

Avoid– jams honey and any other spreads.

Avoid juices and soft drinks.

Morning Tea

A handful of cashews (35) and a glass of water

Lunch

Two rounds of ham, cheese and lettuce on sourdough with butter and a glass of water.

Afternoon tea

1 sliced pear

Dinner

Roast Beef with roast vegetables. Or any meat with vegetables.

Avoid dessert.

Can have cheese with Arnotts water crackers – unflavoured.

Notes:

Avoid any food advertised as low-fat as it will have added sugar or use fruit sugars – fructose.

Avoid sauces, however you can have soy, vinegar or lemon juice.

Eat non processed foods – meat, vegetables, milk, nuts, some fruit – pears, cranberries, raspberries, kiwifruit.
Bread whole grain with no added fruit.

Avoid fruit juices and dried fruits – very high fructose (bad sugar)

Avoid seed oils – sunflower oil, canola oil, linseed oil, rice bran oil

Can use olive oil, avocado oil, coconut oil, palm oil.