

8 WEEK NO SUGAR CHALLENGE

Start Here



FACILITATED BY ALISON CEBULLA

Theme:

Rules and fundamentals of the challenge

Main Goals:

1. Clean out your pantry
2. Throw away or give away anything with added sugar
3. Start looking at every food label and if added sugar is in the ingredient list--do not buy or eat
4. Tell the people in your life about your goal and ask for their support

Secondary (optional) Goals:

1. Use the meal prep spreadsheet to plan meals
2. Buy needed kitchen items such as tupperware for food prep or a blender to make smoothies
3. Pick times when you will prepare food to be eaten on a later day.
4. Decide what your sweet treat substitute foods are going to be.

Tasks within the program:



1. Login to KindWarrior.co and watch the week 1 video lessons
2. Check out the week 1 resources (posted below the video lessons)
3. Join the Slack group and introduce yourself
4. Email alison.cebulla@gmail.com with any questions
5. Follow [@kindwarrior_food](https://www.instagram.com/kindwarrior_food) on Instagram for food ideas. Check out recipes on kindwarrior.co/blog/category/Food

How are we going to feel?



This week we will probably have a “New Year New Me” high. We’re feeling excited about our new goals and envisioning a better future self.

This week will probably feel exciting and fairly easy.

We may gasp when we realize just how many of our regular foods include sugar.

Some grief may come up.