



48 HOUR  
*sugar detox*

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Welcome!

My name is Melissa Weatherall, and I'm a Registered Holistic Nutritionist. I graduated from NutraPhoria School of Holistic Nutrition receiving their two-year Advanced Holistic Nutrition Diploma in 2018.

I am a firm believer in Balanced Wellness. I help busy women lose weight, gain energy and vitality by teaching that balance and lifestyle is more sustainable than deprivation and restrictions. I don't believe in restrictive diets, or labor-intensive meal plans that take hours to prepare. I want you to enjoy life without feeling deprived and I like to keep things simple.

It's my passion to teach everyone I meet how to achieve Balanced Wellness and live their best life.

I am excited you are here! Let's get started!

Much Love, Mel xo

## 48 HOUR SUGAR DETOX

Excess of everything is bad and so is the case with sugar. It is a known fact that consuming too much of it can cause severe damage to your health. It increases your body weight and leads to skin issues. Those who are addicted to sugar know how hard it is to avoid sugary foods. You may find it impossible to resist, but trust me, it is not. Nothing is impossible. You can get rid of this addiction with a strong determination.

Yes, it is not going to be easy. But you can do this. Just make up your mind and stay strong.

If you want to stay healthy and enjoy a sound and happy life, you need to stay away from sugar. Control your cravings if you want to stay physically fit and active. It will also save you from numerous health issues.

## WHY IS IT HARD TO RESIST?

Resisting the sugar cravings is one of the hardest things to do. Both the body and brain become addicted and your body continues to crave more and more. Even some experts call it a physiological problem. According to some research studies, the brain reacts to sugar in the same way as it responds to drugs. Consumption of sugar triggers the release of dopamine that makes you feel good and consequently your body and mind begin to crave more.

If you are looking for ways to minimize the use of sugary foods, you will find this detox very useful. I have come up with a very healthy 48-hour sugar detox plan for you.

# BENEFITS OF DOING A SUGAR DETOX

Before you start your detox, for your motivation, the following are some of the benefits that you will experience when you do a sugar detox.

## **WEIGHT LOSS**

This one is obvious. Several studies show a strong association between sugar intake and weight gain. The less you consume sugar, the more you reduce your body weight. In fact, it is one of the simplest and most effective ways of controlling your weight. Interestingly, it reduces the visceral fat in your body that is otherwise hard to get rid of. Avoiding sugar helps to reduce the layers of fat that are formed around the liver and other vital organs. These fats are also linked to increased risk of diabetes and heart diseases. Therefore, a sugar detox will help to prevent these health issues as well.

## **INCREASED ENERGY**

Another prominent perk of a sugar detox is the increase in energy. You will feel more energized and active. You will have more stamina which will enable you to spend more time in your workouts. You will eliminate the fatigue that is often caused by over-consumption of sugary foods.

The refined sugar dissolves more quickly in the bloodstream and gives you a quick jolt of energy but quickly leaves your body to crave for more. On the other hand, the high protein foods take more time to digest and keep your body energized longer. Therefore, saying no to sugar and relying on healthier options instead will make you stronger.

## **BETTER HEART HEALTH**

Want to avoid cardiovascular diseases? Stay away from sugar. Quitting sugar has a positive impact on your heart. Those who consume less sugar have lower risks of heart diseases while people with excessive consumption of sugar have more chances of developing heart diseases.

## **LOWER RISK OF DIABETES TYPE 2**

Experts often show a link between sugar and type 2 diabetes. Thus, avoiding sugar lowers the chances of this deadly disease. Additionally, it lowers the risk of obesity that leads to diabetes.

## GLOWING SKIN

Quit sugar and you will feel and see an incredible change in your complexion. Within days, you will have younger looking skin with significant decrease in wrinkles. Saying goodbye to sugar will help you to get rid of fine lines and make your skin firm again.

## IMPROVED SLEEP QUALITY

If you have been a sugar addict, you may have an idea about how badly it interferes with your sleep. Insomnia, an extremely irritating condition is also caused by eating too many sweet foods. A sugar detox will help you to enjoy a better quality of sleep and improve your overall health.

Consider these points when wanting to control your sugar intake. Trust me it is definitely worth your efforts!

# FACTORS THAT INDICATE YOU NEED A SUGAR DETOX?

There are certain factors or signals that indicate the need for sugar detox for your body.

### **Some of these are:**

- Obesity
- Insomnia
- Cravings
- High Blood Pressure
- Anxiety

If you have any of the above-mentioned problems, perhaps your body is telling you that it is time to say goodbye to sugar.

As I said, it is NOT going to be easy. You should be patient and consistent in your efforts. To make things easier for you, below are some easy tips and steps to get positive results in a short time. These will be very helpful in reducing your sugar consumption.

## **MAKE UP A SUPPORTIVE ENVIRONMENT WITH HEALTH CENTERED PRACTICES**

Do activities like yoga, walking, meditation or any kind of workout that you find more comfortable. It will keep you fit and active, and release your stress at the same time. These activities combined with an environment in which you can eat healthy bring amazing results. These little steps are going to be very helpful for adopting a healthy lifestyle.

## **REMEMBER THAT IT IS GOING TO BE DIFFICULT**

Are you addicted to sugar? Do you love donuts, cakes, and other sweet stuff? If yes then you should know that cutting down these tasteful foods is not going to be easy. But if you want to enjoy a better-quality life and want to reduce your sugar intake, then the first thing that you need to understand is that it is going to take some time. You cannot quit it all at once. It is a challenge that is not at all easy. You might have to fight yourself and make conscious efforts. Only then will you be able to achieve the desired results. Remember, you can do this. Just some time and your continuous struggle are required.

## **TEST YOURSELF**

When you are starting something as challenging as this, remember that every small step and every little improvement is important. Keep trying and you will achieve your goal. A very helpful way of starting your anti-sugar fight is to try the sugar detox for a short time. If you successfully complete that, it will raise your confidence and help you to decide whether you want to continue it or not. On the other hand, if you fail in your short-termed detox plan, you can step back, review your plan and make adjustments so you can try again.

## **DECIDE WHAT IS BEST FOR YOU**

Only you can take care of yourself. Nobody else can. If you want to reduce your sugar consumption, it is all in your hands. You have to decide what to eat and what to avoid. I can only give you a guideline and some suggestions, but in the end, you have to make the final decision and take the first step. You know yourself better. Value yourself and make a firm decision that you are going to do this.

## SAY NO TO SUGARY DRINKS

Did you know that about half of your daily sugar intake comes from the sweet beverages? Yes, that is true. The energy drinks, soda, sports drinks, coffee and tea with added sugar. How about quitting these? It would decrease your daily sugar intake considerably. Why not replace these with some better and healthier alternatives? It would do wonders for your health.

## MAKE HEALTHY FOOD CHOICES

It would be smart to make sugar-free choices for your breakfast. The traditional morning meals like sweet yogurt, jam, juices, and smoothies should be avoided and you should go for some healthier options. For instance, boiled eggs are best for providing sufficient energy and a kick start for the day.

Similarly, you need to pay attention to your snacks. You might be consuming a lot of sugar during your day, while watching a movie or even stress eating. The best way to avoid these is to keep healthy choices around. Always keep a jar of nuts with you. Likewise, eating fresh fruits is way better than cakes and other sweet foods.

## HERE IS YOUR 48 HOUR SUGAR DETOX.

Remember, this is not to stress you. This is to give you a mini reboot. I have also included extra recipes, so you can switch it up or even extend your detox longer if you're finding that you are doing well with it.

### WARM CHIA BREAKFAST PUDDING

1 cup milk of your choice (coconut, almond or hemp)  
1/3 cup chia seeds  
1 teaspoon vanilla extract (optional)

**Assemble the night before.** The night before you are ready to eat your breakfast, mix the milk, chia seeds, and vanilla if using in a container with a lid. Shake well and let it sit overnight in the refrigerator.

**The next morning.** The next morning, transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

**Serving suggestion.** Add a sweetener of your choice. Top with dried apricots, pomegranate seeds, sliced apple or pear, etc.

## LEMON GINGER QUINOA

- 1 tablespoon extra-virgin olive oil
- 1 small carrot, grated
- 1-inch piece of ginger, grated
- 1 small onion, minced
- 2 large garlic cloves, minced
- 2 cups quinoa
- 3 ⅓ cups water
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ lemon, juiced

**Sauté the vegetables.** Add extra virgin olive oil to a large saucepan over medium heat. When the pan is hot, add carrot, ginger, onion and garlic. Sauté for about 2 to 3 minutes.

**Add the quinoa.** After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam -- with the cover on -- for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

**Serving suggestions.** This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, broccoli, etc.

## JAMAICAN JERK ROASTED WINTER VEGETABLES

### JERK MARINADE

- 6 tablespoons olive oil
- 1/4 cup fresh lime juice
- 4 scallions, coarsely chopped
- 1 habanero chiles (more if you want it extra spicy)
- 3 garlic cloves, peeled
- 2 tablespoons dried thyme
- 1-inch piece of fresh ginger
- 1 to 2 pitted dates
- 2 teaspoons allspice
- 1 teaspoon sea salt
- ¼ cup apple cider vinegar

### ROASTED VEGETABLES

- 2 large parsnips, peeled and chopped
- 2 small beets, peeled and chopped

½ pound calabaza, chopped (also known as pumpkin)\*

**\*Note:** Calabaza can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.

**Make the jerk marinade.** Place all the ingredients for the jerk marinade in a blender. Blend until the marinade is smooth. Taste and adjust seasonings to your preference.

**Marinate the vegetables.** Add the raw vegetables to a bowl or large freezer bag. Add enough marinade to well coat the vegetables. Allow this mixture to marinate for at least 8 hours before roasting.

**Roast the vegetables.** Preheat your oven to 425°F. When the vegetables are well marinated, place in a roasting pan. When the oven is hot, place the vegetables in the oven and roast for 40 to 45 minutes.

Serving suggestion. Serve the warm jerk vegetables on top of mashed cauliflower or cauliflower rice with a salad.

## CHOCOLATE-COVERED BERRIES SMOOTHIE

1 cup water or almond, hemp or coconut milk

1/2 avocado

1 cup of frozen berries

1 tablespoon ground flax seeds

1 tablespoon chia seeds

1 tablespoon raw cacao

3-4 ice cubes (optional)

1/2 dropper of vanilla stevia

3 to 4 ice cubes

## RED ALERT SALAD

2 cups chicory lettuce (or your choice)  
1 bunch beet greens, thinly sliced  
½ cup shredded beets  
½ cup shredded carrots  
¼ small red cabbage, thinly sliced

### DRESSING

2 lemons, juiced  
10 basil leaves  
1 small bell pepper  
¼ cup extra virgin olive oil  
1 small apple, chopped  
1-inch piece of fresh ginger  
1 small garlic clove  
¼ teaspoon salt  
¼ teaspoon pepper

**Prepare the dressing.** Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, basil, bell pepper, olive oil, apple, ginger, garlic, salt, and pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

**Toss the salad.** Add your chicory lettuce, beet greens, shredded beets, carrots, and red cabbage to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Enjoy!

## WINTER'S BOUNTY

1 small butternut squash  
(or a 20-ounce pack, peeled and cut)  
1 fennel bulb  
1 large red onion  
2 large beets  
1 large carrot  
1 large parsnip  
1 large bell pepper  
10 whole garlic cloves  
4 tablespoons extra virgin olive oil  
¼ cup balsamic vinegar  
2 teaspoons dried rosemary  
1 teaspoon dried thyme  
½ teaspoon salt  
½ teaspoon black pepper

**Suggestion:** Serve on a bed of fresh baby spinach.

Preheat your oven to 450°F.

**Prepare your vegetables.** Chop your butternut squash, fennel bulb, red onion, beets, carrot, parsnip, and bell pepper into 1-inch pieces. The pieces should be fairly uniform to ensure even cooking. Place the vegetables onto a roasting pan. Add your whole garlic cloves to the roasting pan.

**Spice your vegetables.** Once your vegetables are in the roasting pan, coat with olive oil, balsamic vinegar, rosemary, thyme, salt, and pepper. Massage the vegetables to ensure that everything is well coated. Spread the vegetables evenly in the roasting pan so that they will cook thoroughly.

**Roast your vegetables.** Cover your roasting pan with aluminum foil and seal the edges. Place pan inside the oven and roast for 20 minutes. Remove from the oven and remove the foil. Turn the vegetables over with a spatula. Put the vegetables back in the oven -- without the foil -- to roast for an additional 15 to 20 minutes. The vegetables are fully cooked when you can put a fork through the middle without force.

**Serve.** Let your vegetables cool for at least 10 to 15 minutes. Serve on a bed of baby spinach.

## SPINACH & PUMPKIN SEED POWER SMOOTHIE

1 cup water or almond, hemp or coconut milk  
3 tablespoons pumpkin seeds<sup>[L]</sup><sub>[SEP]</sub>  
1 small frozen banana, sliced into 2-inch chunks<sup>[L]</sup><sub>[SEP]</sub>  
1 cup frozen blueberries  
1 cup spinach  
1 tablespoon ground flax seeds  
1 tablespoon chia seeds<sup>[L]</sup><sub>[SEP]</sub>  
1 teaspoon cinnamon<sup>[L]</sup><sub>[SEP]</sub>  
Stevia to taste  
3 to 4 ice cubes (optional)

## BASIL LEMON QUINOA WITH LENTILS

2 cups lentils, soaked overnight  
2 tablespoons extra virgin olive oil  
1 cup cooked quinoa  
¼ cup raisins  
1 cup basil leaves, chopped  
½ large lemon, juiced  
Sea salt to taste

**Cook your lentils.** Drain your lentils and add them to a pot. Cover the lentils with water and cook over medium heat for 20 to 30 minutes.

**Add remaining ingredients.** When lentils are cooked, drain and let them cool and pour olive oil on top. Add cooked quinoa, raisins, chopped basil leaves, and sea salt to taste. Stir all the ingredients in a large bowl and add olive oil.

## INDIAN CURRY CAULIFLOWER WITH PEAS AND CARROTS

1 large head cauliflower  
¼ cup frozen peas  
¼ cup frozen carrots  
2 tablespoons extra virgin olive oil  
1 tablespoon curry powder  
1 teaspoon mustard seeds  
1 teaspoon cumin seeds  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
¼ teaspoon red pepper flakes (optional)

Preheat the oven. Preheat the oven to 400°F.

Roast the cauliflower. Wash and chop the cauliflower into bite-sized florets. Place onto a roasting pan with peas, carrots, extra virgin olive oil, curry powder, mustard seeds, cumin seeds, sea salt, black pepper, and red pepper flakes (optional). Bake in a pre-heated oven for 30 to 35 minutes. When the cauliflower is browned and tender, remove from the oven and allow to sit for 5 minutes. Place into a serving bowl. Enjoy!

## GRAIN-FREE PORRIDGE

¼ cup raw pumpkin seeds  
2 tablespoons flax seeds  
1 tablespoon chia seeds  
2 tablespoons unsweetened shredded coconut  
1 teaspoon cinnamon  
½ teaspoon ginger  
½ teaspoon vanilla extract  
½ cup warm dairy-free milk of your choice

**Grind the cereal.** In a coffee grinder or blender, add the pumpkin seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine. Place in a serving bowl. Add warm dairy-free milk along with cinnamon, ginger, and vanilla.

**Serving Suggestions.** Add spices like cinnamon, allspice, ginger, or garam masala to your cereal. Or you may add a teaspoon of the sweetener of your choice. Top your cereal with sliced bananas, apples, shredded coconut, etc.

## MASSAGED KALE WITH APPLE

4 cups of kale, thinly sliced  
1 cup parsley, chopped  
1 large lemon, juiced  
1 avocado, chopped  
4 tablespoons extra virgin olive oil  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
1 large apple, chopped  
¼ cup carrots, shredded

**Suggested toppings:** pumpkin seeds, dried cranberries

**Prepare the kale.** Add kale, parsley, lemon juice, avocado, extra virgin olive oil, sea salt, and black pepper to a large bowl. Massage the kale and other ingredients with clean hands. The kale should turn a bright green and become softer. Massage until well incorporated. Taste and adjust seasoning as needed.

**Add remaining ingredients.** Add your chopped apple and shredded carrots to the kale mixture. Toss. Top with pumpkin seeds and dried cranberries if desired.

## CHICKEN BONE BROTH WITH SIDE SALAD

### CHICKEN BONE BROTH

3-5 pounds of soup bones\*

Water (enough to cover the bones)

1 tablespoon Bragg's raw apple cider vinegar

**\* Note:** ask at your local butcher shop. Soup bones are usually very cheap, if not free!

**Make your stock.** In the stock pot, cover your soup bones with enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

**Store your stock.** After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keeps in the fridge for a few days, or for four to six months in the freezer.

**Make a chicken soup.** If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.

# READY TO TAKE YOUR SUGAR DETOX TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and some of my clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program to take your health, life, and energy to the next level?

Join me in my **Detox 365 Program** which I will be releasing summer 2020 (Details Soon).