

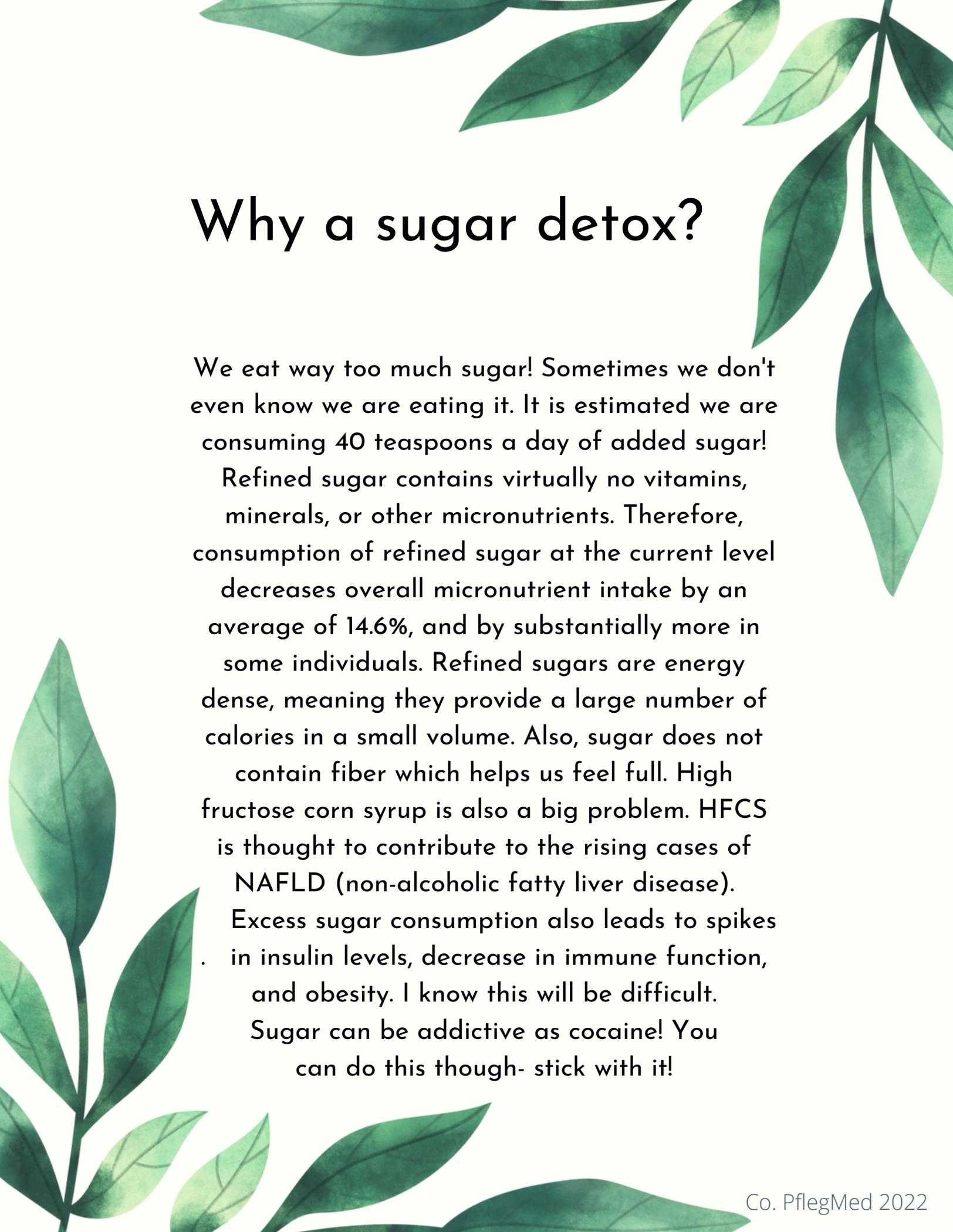


MEAL PLANS, RECIPES & MORE

3 day sugar detox

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PLEASE CONSULT WITH YOUR PERSONAL PHYSICIAN
BEFORE STARTING ANY PLAN



Why a sugar detox?

We eat way too much sugar! Sometimes we don't even know we are eating it. It is estimated we are consuming 40 teaspoons a day of added sugar!

Refined sugar contains virtually no vitamins, minerals, or other micronutrients. Therefore, consumption of refined sugar at the current level decreases overall micronutrient intake by an average of 14.6%, and by substantially more in some individuals. Refined sugars are energy dense, meaning they provide a large number of calories in a small volume. Also, sugar does not contain fiber which helps us feel full. High fructose corn syrup is also a big problem. HFCS is thought to contribute to the rising cases of NAFLD (non-alcoholic fatty liver disease). Excess sugar consumption also leads to spikes in insulin levels, decrease in immune function, and obesity. I know this will be difficult. Sugar can be addictive as cocaine! You can do this though- stick with it!



Tips for success!

1. Drink plenty of water daily. Aim for 1/2 your body weight in ounces.
2. Eat three solid meals during the day. Make sure to have a balance of protein and fat with each meal.
3. Minimize alcohol and caffeine during the detox.
4. Take an omega-3 fatty acid daily.
5. Try a supplement with L-glutamine to help with sugar cravings (it's also great for gut health)
6. Get good sleep!
7. 4-7-8 breath techniques and meditation.
8. Gentle exercise like walking and yoga.
9. Take an Epsom salt bath- great for detoxing and relaxing!
10. Start your meal with 1 tbsp of apple cider vinegar in 8 oz of water
11. Artificial sugars are a no! Natural sugars are ok, but don't go overboard with them.
12. Support! Ask your husband or a friend to join you!



4-7-8 Breathwork

Helpful if a craving hits!

How to do it:

Exhale completely through your mouth, making a *whoosh* sound.

Close your mouth and inhale quietly through your nose to a mental count of **4**.

Hold your breath for a count of **7**.

Exhale completely through your mouth, making a *whoosh* sound to a count of **8**.

This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

[Video on 4-7-8 breath work](#)



Sample meal plans: Day 1

Breakfast:

Overnight Oats with goji berries, cacao nibs and
almond butter

Chicory root tea with coconut milk

Lunch:

Baked Salmon on cauliflower rice
cooked in olive oil

Raspberries

Sparkling Water

Dinner:

Grassfed tacos on grain free tortillas

Black beans on the side

Ginger tea

Snacks:

Bone broth

Olives





Sample meal plans: Day 2

Breakfast:

Omelet with vegetables cooked in grass-fed
butter

Chicory root tea

Lunch:

Taco salad

Apple with peanut butter

Kombucha

Dinner:

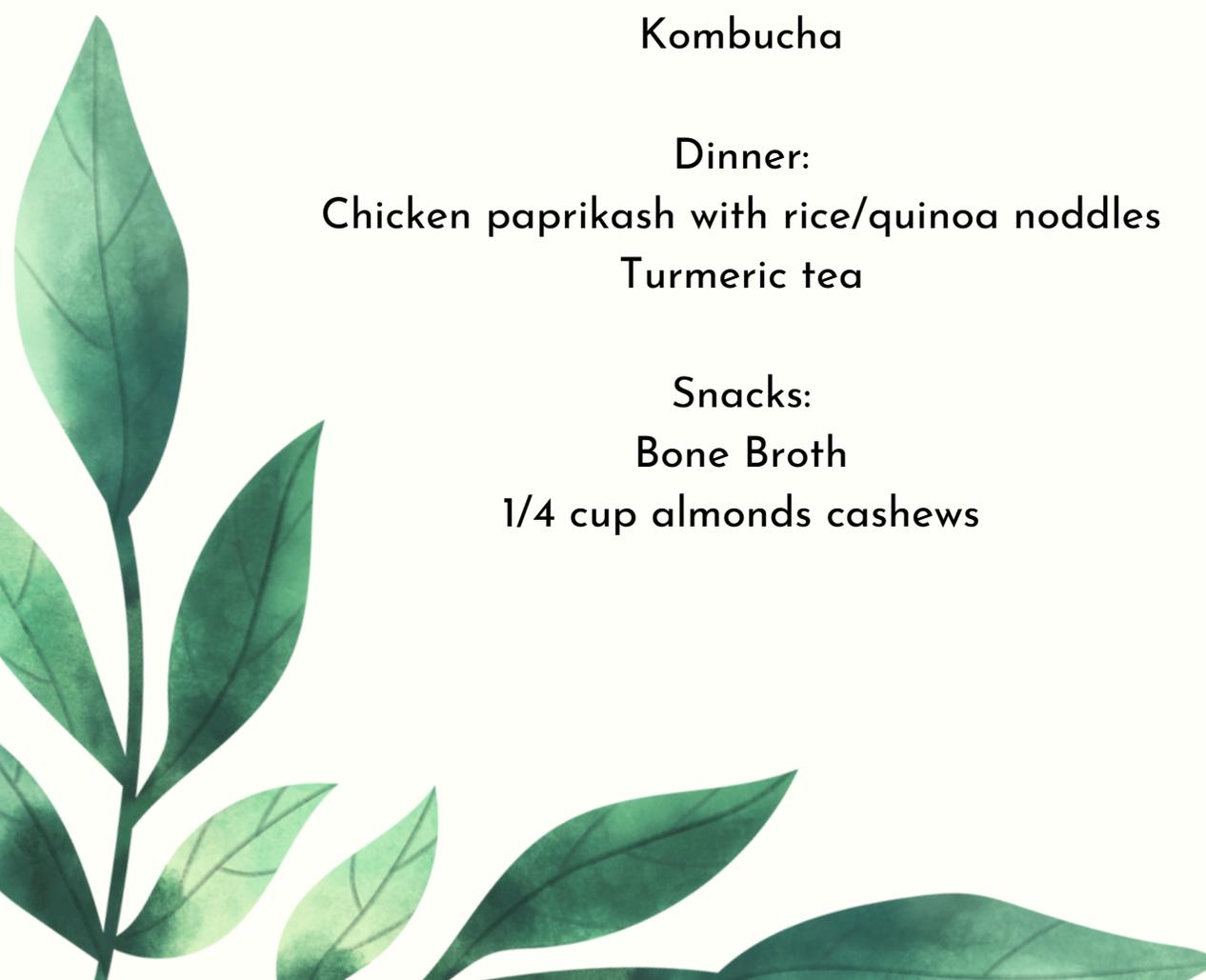
Chicken paprikash with rice/quinoa noddles

Turmeric tea

Snacks:

Bone Broth

1/4 cup almonds cashews





Sample meal plans: Day 3

Breakfast:

Peanut butter protein bars
Chicory root tea with coconut milk

Lunch:

Grassfed burger on a keto bun
Homemade sweet potato fries
Sparkling Kefir Water

Dinner:

Egg roll in a bowl
Peppermint tea

Snacks:

Bone broth
Grassfed beefstick





Recipes

Overnight Oats:

1/2 cup oats

1/3 - 1/2 cup unsweetened almond/coconut milk

1 tsp chia seeds (optional)

Let sit in the refrigerator overnight

Top with cacao nibs, goji berries, bananas, almond butter,
or peanut butter

Chicken paprikash:

Ingredients:

2 pds organic chicken

1 onion

6 tbs butter, ghee or coconut oil

1 carton chicken stock or bone broth

8 oz dairy free sour cream (or coconut cream)

4 - 6 tbs paprika

Directions:

Cut up chicken breast into bit size pieces- set aside

Use a oven safe pan

Place 4 tsp butter or ghee into pan and sauté onions until
soft.

Add 2 tsp more of butter or ghee and add chicken. Cook on
both sides until brown.

Add chicken stock, sour cream and paprika. Mix well.

Cook at 350 for 45 minutes.

Serve with gluten free pasta!



Recipes

Egg roll in a bowl
6-8 cups cabbage, shredded
1/2 - 1 lb sausage
1 onion diced
1 cup carrot shredded
Optional ingredients:
1/4 cup sprouts
1/2 cup peas
1 egg scrambled

Cook sausage in pan, set aside. Cook cabbage with coconut oil in a large pan until soft. Add in the rest of the ingredients.

Top with coconut aminos or GF soy

Roasted Sweet Potato Fries:

Cut sweet potato into thin stripes.
Coat with olive oil and toss into a glass pan.
Add salt or seasoning.
Roast at 325 degrees for 45 minutes,
tossing occasionally.

Peanut butter protein bars

1/2 cup organic peanut butter (no added sugar)
1 cup almond flour
2 pitted dates
1/2 cup oats
1/2 teaspoon vanilla
1/2 teaspoon

Add ins: probiotics, prebiotics, collagen powder

Place ingredients in food processor. Mix.

Press into parchment lined 8 x 8 pan.

Freeze for 1 hour.

Cut into bars. Enjoy.

Supplements to support a detox or fast

Support for your liver is very important. Also, B vitamins and minerals help methylation and phase 1 detox pathways. NAC is the precursor to glutathione, crucial for detoxification.



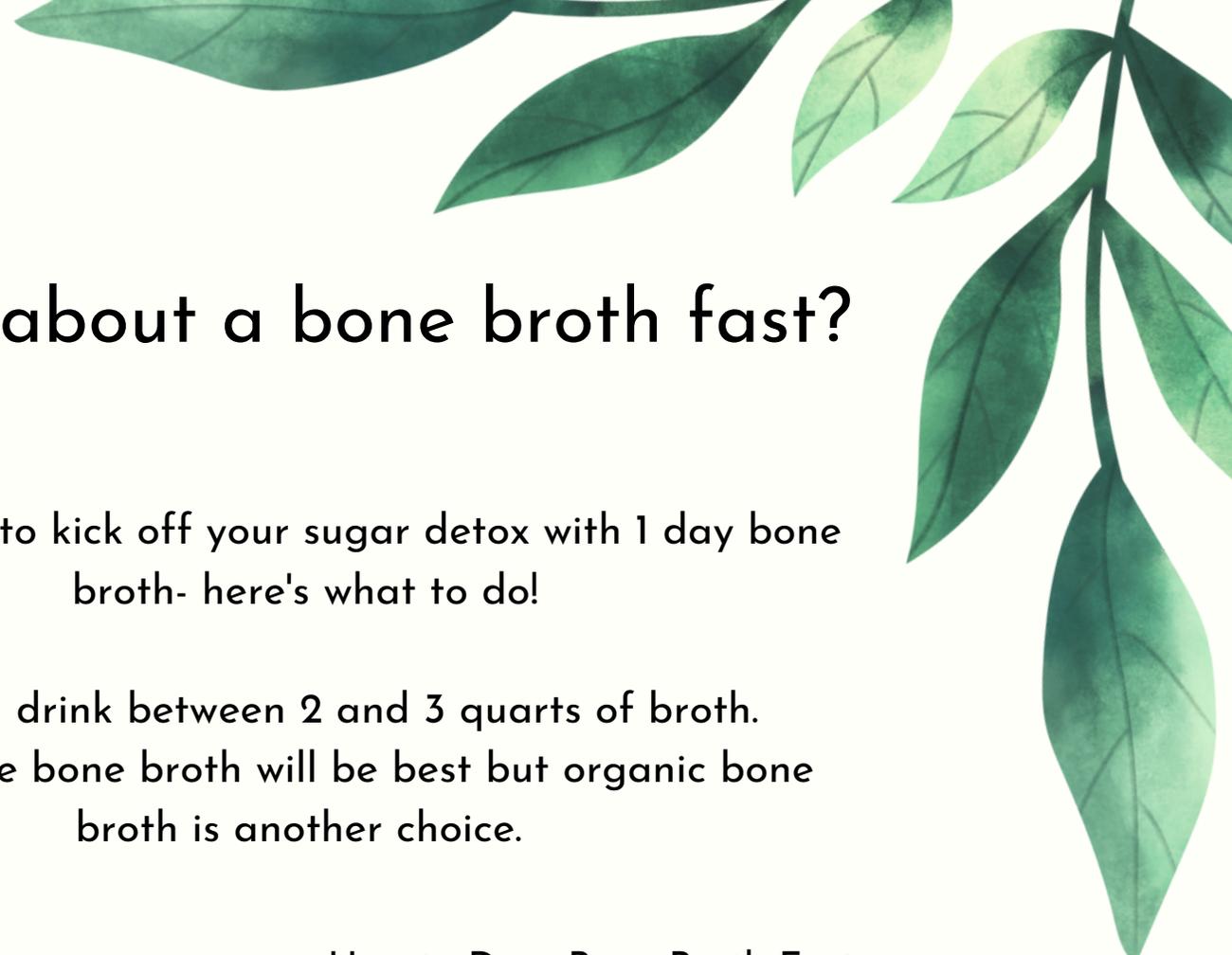
Liver Aid 3 capsules once a day

NAC one capsule daily



MitoBoost 2 capsules in am
2 capsules in afternoon

Fasting is NOT appropriate if pregnant or breastfeeding, if significantly underweight or if you have a history of disordered eating.



What about a bone broth fast?

If you want to kick off your sugar detox with 1 day bone broth- here's what to do!

You will drink between 2 and 3 quarts of broth. Homemade bone broth will be best but organic bone broth is another choice.

How to Do a Bone Broth Fast:

- Consume 2-3 quarts bone broth per day. Organic or homemade is preferred.
- You can add herbs or spices such as turmeric and ginger as well as pinches of Redmond salt to flavor broth and add minerals to it.
- You are allowed to drink green and herbal teas, black coffee and espresso can also be used.
- Generally, consume broth in 5 servings, only 2 should have add ins of ghee/coconut oil, herbs, turmeric the other 3 should be plain broth
- Keep consumption within 8-10 hour window, this means for 14-16 hours (typically 8pm-10am or 12pm) only water, coffee, or tea to support a pure fast.

Fasting is NOT appropriate if pregnant or breastfeeding, if significantly underweight or if you have a history of disordered eating.



After the sugar detox

Congrats! You made it!

You can add back in natural sugars: Maple syrup, honey, coconut sugar and monk fruit. There are not going to be as hard on your insulin levels and your health.

Continue the new habits you learned!

Looking to optimize your health even more?

Check out Dr. Jen's Gut Healthy protocols.

www.healthologybydrjen.com

Gut healthy is so important for healing!

Leaky gut (or intestinal permeability) can

cause

inflammation in the body! Repairing the gut

can have a positive effect on mood, weight,

and digestion.

Great work the last 3 days! I hope to work

with you more!

In Health,

Dr. Jen