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Congratulations on downloading this guidebook to accompany my 3-day challenge and training, “**Crush Your Sugar Cravings: 3-Day Clean Eating & No-Added Sugar Challenge.**”

Mark Your Calendar! Join me for the live training on these dates at:

- 9:30 AM PT / 10:30 AM MT / 11:30 AM CT / 12:30 PM ET:

DAY 1 (**January 28**): How Your Morning MoJoe Affects Sugar Cravings ☕

DAY 2 (**January 29**): How Skipping Meals Can Increase Sugar Cravings 🚫🥗

DAY 3 (**January 30**): How Food Combinations Keep Sugar Cravings at Bay and Level Out Your Mood 🍴

Don't forget to join my [Private Facebook Group](#), where you will receive support from not only a Registered Dietitian Nutritionist, Sandra Gultry, but also other weight loss warriors!

A Quick Word Before We Begin...

Woohoo! 🎉 I'm so excited you're joining us!

Let's get real—behavior change is hard, especially when it comes to eating habits and weight loss. And with so many “quick fixes” out there, it's easy to feel confused and stuck.

- Maybe you've been tweaking your intermittent fasting window, waiting until 1:00 P.M. to eat your first meal—only to binge later because you're so hungry. 🍽️
- Or maybe you've tried every new version of Keto, cutting carbs but finding it impossible to sustain. 🥵
- Perhaps you've considered (or even tried) Ozempic, but you're concerned about the potential side effects, cost, and deep inside, you know it's not a good long-term solution to your weight challenges. 💉

The truth is all these approaches are just forms of dieting. They don't set you up for success in the long run, and they certainly don't teach you how to nourish your body in a way that feels sustainable and enjoyable.

Why This Challenge Matters

This 3-day challenge is about helping you take back control—by starting with simple, realistic steps.

You'll learn how small changes, like balancing meals and cutting added sugar, can lead to:

- ✨ Boosted energy levels so you feel less sluggish throughout the day
- ✨ Reduced cravings and improved mood 😊
- ✨ A natural jumpstart to weight loss—without deprivation or extreme measures

Trust me when I say: struggling with your weight does not have to be your story! In just three days, you'll discover how food can truly work for your body and help you feel your best. You'll also learn to spot common myths about nutrition and weight loss that might be sabotaging your progress—so you can finally step off the roller coaster for good.



Why Listen to Me?

Because I've been where you are. I know what it's like to feel overwhelmed by food choices, frustrated by ineffective solutions, and unsure of what actually works.

As a Registered and Licensed Dietitian, Certified Personal Trainer, and Nutrition Coach, I've helped hundreds of people:

- ✓ Lose weight and keep it off for good
- ✓ Boost their energy and confidence 💪
- ✓ Make food choices that align with their personal beliefs, medical needs, and lifestyles

This isn't about quick fixes—it's about creating a plan that works for you. My goal is to help you end the frustration and start living a life that feels balanced, joyful, and sustainable.

How to Get the Most Out of This Guide:

🖨️ Print it out and keep it handy during all three days of the challenge. Each day, I'll provide fresh insights and actionable steps to move you closer to your goals.

I'm thrilled to help you begin "Crushing Your Sugar Cravings!" This challenge is the perfect springboard to jumpstart weight loss, boost your energy, and build the confidence to sustain these changes long-term.

Many Blessing and Healthy Regards,

Sandra Gultry



**Crush Your Sugar Cravings: 3-
Day Clean Eating Challenge -
2023**

action
It's All About Choices.

Aerobic | Conditioning | Training | Individualized | Optimal | Nutrition

Sandra Gultry

<http://ActionChoices.com>

Welcome to "Crush your Sugar Cravings: A 3-Day Clean Eating No Added-Sugar Challenge"!

I am so excited you decided to join this exciting and fun challenge.

This 3-day challenge is designed to help you kick the sugar habit without feeling deprived.

The meals are packed with vegetables, legumes, and whole grains, making it the perfect 3-day detox for anyone new to sugar-free living.

On the next pages, you will find the customized plan with an itemized grocery list and recipes so that you know exactly what to eat and when.

In the note section of each recipe as well as below, you will see food substitutions and other time saving tips!

Over the next 3 days, we are going to "Crush your Sugar Cravings" and have so much fun in the process. I look forward to hearing your successes, challenges and opps moments!

If you have any questions or comments, do not hesitate to post in our private FB group.

Many Blessings and Healthy Regards!

Sandra

Important Next Steps

1. Join and access my [private Facebook group](#) This is where **all the events** of the challenge will take place and where the recordings are saved.
2. Finally, mark your calendar for the bonus pre-challenge kick-off **LIVE (30 minutes)** in our FB group on **Thursday January 5th @ 7:00 PM EST**. The live will to help you prepare for grocery shopping, meal substitutions, and give more details about how the challenge is run. This is also an opportunity to get your questions answered. The goal is for you to start off strong on **Tuesday January 10th**.

Food Substitution and other Tips Per Recipe

SNACK #1

Yogurt & Berries

- May substitute with a soy-based yogurt and the protein content is not effected
- Recommendation: Purchase plain Greek yogurt and frozen berries of choice. Measure out 6 oz yogurt and top with the frozen berries. Allow it to thaw overnight. Yummy and no longer just plain yogurt.

Apple with almond butter

- May use any nut butter of choice
- If preference is peanut butter, a good recommendation is Smucker's Natural Peanut butter - crunchy or creamy

Apple slices & Humus

- Any hummus of choice
- May use pear slices instead

LUNCH

Cauliflower, Kale & Lentil Detox Soup

- May use frozen cauliflower and kale to save time
- Add paprika, cumin, and mild curry powder with great results
- Serving size is 2 cups
- Canned brown lentils were used in this recipe. I wouldn't recommend red lentils but brown or green are both good

SNACK #2

Rice Cakes with Almond Butter

- May use any nut butter of choice. See additional comments above
- Don't like rice cakes: Celery sticks or apple slices would work just as well. Any type of cracker or toast would also work well, just read the ingredients list of any packaged products if you are trying to keep it sugar-free.

DINNER

One pan Salmon Kale & Cabbage

- Save time: Buy the packages of cut up cabbage and kale
- One large head of cabbage will usually yield 6 cups or more

More Helpful Information

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head

out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

I also recommend **reviewing each recipe** before you go shopping to see if you need to reach out to me for substitutions.

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Meal Prep Guide

Included with your 3-day meal plan is a meal prep guide, which is a document that lays out the exact steps you will take to put this meal plan to use. This prep guide is designed to break down the entire plan day-by-day, so that you know exactly when to cook, what to make, and what to do with leftovers!

This prep guide alongside your meal plan takes all the guess work away and will help you get the best results by ensuring they never forget, or feel overwhelmed when it comes to prepping and packing your meals/snacks.


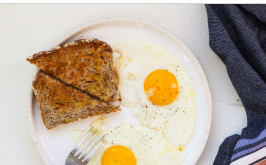















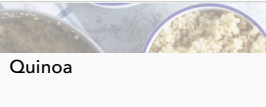
Recipe Notes

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list.

Unless otherwise indicated, you will be eating one serving of each meal. So, if a recipe serves two, prepare it, divide it into two even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

	Tue	Wed	Thu	Fri
Breakfast	 <p>Spinach & Goat Cheese Omelette CYSC</p>	 <p>Eggs & Toast CYSC</p>	 <p>Avocado Toast with a Poached Egg CYSC</p>	
Snack 1	 <p>Yogurt & Berries</p>	 <p>Apple with Almond Butter</p>	 <p>Apple Slices & Hummus</p>	
Lunch	 <p>Cauliflower, Kale & Lentil Detox Soup</p>	 <p>Cauliflower, Kale & Lentil Detox Soup</p>	 <p>Cauliflower, Kale & Lentil Detox Soup</p>	 <p>One Pan Salmon, Kale & Cabbage</p>
Snack 2	 <p>Crackers & Avocado</p>	 <p>Crackers & Avocado</p>	 <p>Rice Cakes with Almond Butter</p>	
Dinner	 <p>Slow Cooker Swedish Meatballs</p>	 <p>Slow Cooker Swedish Meatballs</p>	 <p>One Pan Salmon, Kale & Cabbage</p>	
	 <p>Quinoa</p>	 <p>Quinoa</p>		

Fruits

- 2 Apple
- 3/4 Avocado

Breakfast

- 1/4 cup Almond Butter
- 2 Plain Rice Cake

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 tsp Onion Powder
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 cup Frozen Berries

Vegetables

- 1 cup Baby Spinach
- 1 Carrot
- 1/2 head Cauliflower
- 1 stalk Celery
- 1/4 cup Fresh Dill
- 2 Garlic
- 6 cups Green Cabbage
- 6 cups Kale Leaves
- 3 cups Mushrooms
- 1/2 cup Parsley
- 1 White Onion
- 1/2 Yellow Onion

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 1 1/8 cups Lentils
- 1/2 cup Quinoa
- 1/4 cup Salsa
- 3 cups Vegetable Broth
- 3 1/2 ozs Whole Grain Crackers

Bread, Fish, Meat & Cheese

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Goat Cheese
- 1/4 cup Hummus
- 8 ozs Salmon Fillet
- 2 slices Whole Grain Bread

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 3 tbsps Avocado Oil
- 3 tbsps Coconut Aminos
- 3/4 tsp Coconut Oil
- 1 tsp Dijon Mustard
- 1 tbsps Extra Virgin Olive Oil

Cold

- 3 Egg
- 3/4 cup Liquid Egg Whites
- 1 cup Plain Greek Yogurt

Other

- 3/4 cup Water



Spinach & Goat Cheese Omelette CYSC

1 serving
20 minutes

Ingredients

- 3/4 tsp Coconut Oil
- 1 Egg
- 1/4 cup Liquid Egg Whites (From carton)
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 cup Baby Spinach
- 1/4 cup Goat Cheese (crumbled)
- 1/4 cup Salsa

Directions

- 1 Heat coconut oil in medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 4 Repeat with remaining ingredients. Enjoy!

Notes

No Coconut Oil: Substitute with any oil - Olive, canola, vegetable, etc

No Goat Cheese: Use feta cheese instead



Eggs & Toast CYSC

1 serving
5 minutes

Ingredients

- 1 Egg
- 1 slice Whole Grain Bread (Toasted.
Good options: Martin's 100% Whole
Grain Potato Bread or Arnold's 100%
Whole Wheat)
- 1/4 cup Liquid Egg Whites

Directions

- 1 Spray cooking spray in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!

Notes

No Coconut Oil: Use olive oil, butter or ghee instead.

Gluten-Free: Use gluten-free bread or serve on sweet potato toast.



Avocado Toast with a Poached Egg CYSC

1 serving
15 minutes

Ingredients

1 slice Whole Grain Bread (Toasted.
Toasted. Good options: Martin's 100%
Whole Grain Potato Bread or Arnold's
100% Whole Wheat)
1/4 Avocado
Sea Salt & Black Pepper (to taste)
1 Egg
1/4 cup Liquid Egg Whites

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the seed, and into fine slices. Layer avocado on the toast, mash with a fork. If desired, season with a bit of sea salt and black pepper.
- 3 Whisk the whole egg and liquid egg whites. Spray pan with cooking spray and cook omelette style.
- 4 Transfer the egg to the top of your toast. If desired, season with sea salt and pepper. Enjoy!



Yogurt & Berries

1 serving
5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Apple with Almond Butter

1 serving
5 minutes

Ingredients

1 Apple
2 tbsps Almond Butter

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Apple Slices & Hummus

1 serving
5 minutes

Ingredients

1 Apple
1/4 cup Hummus

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple: Use pear slices instead.



Cauliflower, Kale & Lentil Detox Soup

3 servings
40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 stalk Celery (diced)
- 1 Carrot (medium, peeled and diced)
- 2 Garlic (cloves, minced)
- 1/2 head Cauliflower (chopped into florets)
- 2 cups Kale Leaves (chopped)
- 3 cups Vegetable Broth
- 1 1/8 cups Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers: Refrigerate in a covered container up to 4 days. Freeze up to 6 months.
Serving Size: One serving is equal to approximately 2 cups of soup.



Crackers & Avocado

2 servings
10 minutes

Ingredients

3 1/2 ozs Whole Grain Crackers
1/2 Avocado
Sea Salt & Black Pepper (to taste)

Directions

- 1 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

Make it Paleo: Use grain-free flax crackers instead.

More Protein: Top with hemp seeds, smashed beans, or tofu scramble.



Rice Cakes with Almond Butter

1 serving
5 minutes

Ingredients

2 Plain Rice Cake
2 tbsps Almond Butter

Directions

1 Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter: Use any type of nut or seed butter instead.
Likes it Sweet: Add honey, jam, sliced bananas or berries.



Slow Cooker Swedish Meatballs

4 servings
4 hours 30 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/2 cup Parsley (chopped and divided)
- 1 tsp Onion Powder
- 3/4 tsp Sea Salt
- 3 cups Mushrooms (sliced)
- 1 White Onion (chopped)
- 1/2 cup Canned Coconut Milk
- 3 tbsps Coconut Aminos (or tamari)

Directions

- 1 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 2 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 3 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 4 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Notes

Serve it With: Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

Leftovers: Keeps well in the fridge up to 3 days. Freeze for longer.



Quinoa

2 servings
15 minutes

Ingredients

1/2 cup Quinoa (uncooked)
3/4 cup Water

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.



One Pan Salmon, Kale & Cabbage

2 servings
20 minutes

Ingredients



- 6 cups Green Cabbage (roughly chopped)
- 4 cups Kale Leaves (roughly chopped)
- 3 tbsps Avocado Oil
- 8 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Fresh Dill (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Dijon Mustard

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 2 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 3 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 4 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 5 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!






Notes

- No Avocado Oil:** Use olive oil instead.
- No Apple Cider Vinegar:** Use lemon juice instead.
- Leftovers:** Keep covered in the fridge up to two days.

Day	Task	Notes	
<p style="text-align: center;">0 Sun/Sun</p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the salmon</p>	<p>You'll be reminded later on in the week when to set them out to thaw.</p>
		<p>Make the Cauliflower, Kale & Lentil Detox Soup. <i>(If time permits, make this on Monday)</i></p>	<p>Let cool and divide between containers. Store in the fridge for lunches.</p>
		<p>Prepare Yogurt & Berries.</p>	<p>Divide between small jars or containers for easy grab-and-go snacking.</p>
		<p>Portion out hummus, almond butter, crackers, and rice cakes.</p>	<p>Store in small containers for snacks this week.</p>





Crush Your Sugar Cravings 3-Day Challenge

Want more personalization? Schedule here to chat: ActionChoices.com/JumpstartConsult

0 Mon		If morning works best for your schedule, make Swedish Meatballs with Quinoa for dinner.	Store in containers for dinner tomorrow and lunch on Wednesday.
		If evenings work best for your schedule, make Swedish Meatballs with Quinoa for dinner.	Store in containers for dinner tomorrow and lunch on Wednesday.
1 Tue		Make Spinach & Goat Cheese Omelette for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Spinach & Goat cheese omelette, Yogurt & Berries, Cauliflower, Kale & Lentil Detox Soup, and Crackers & Avocado.
		Reheat Slow Cooker Swedish Meatball with Quinoa for dinner.	Reheat in the microwave or toaster oven.
		Transfer the salmon from the freezer to the fridge to thaw .	For tomorrow night's dinner.
3 Wed		Make Eggs & Toast for breakfast.	Enjoy

Crush Your Sugar Cravings 3-Day Challenge

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		Pack your meals if you are on-the-go.	Eggs & Toast, Apple Slices & Hummus, Cauliflower, Kale & Lentil Detox Soup, and Rice Cakes & Almond Butter.
		Reheat Slow Cooker Swedish Meatball with Quinoa for dinner.	Reheat in the microwave or toaster oven.
		Transfer the salmon from the freezer to the fridge to thaw.	For tomorrow night's dinner.
4 Thu		Make Avocado Toast with an Egg for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Make Avocado Toast with an Egg, Apple Slices & Hummus, One Pan Salmon, Kale and Cabbage, and Rice Cakes & Almond Butter.
		Make One Pan Salmon, Kale and Cabbage for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take the ground turkey and the shrimp out of the freezer.	Thaw in the fridge for remaining recipes this week.

Crush Your Sugar Cravings 3-Day Challenge

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Was three (3) days too short?

Are you impressed by how you are feeling after only THREE days of eating clean, delicious, fulfilling, and easy to prepare meals and snacks?

Do you want to see your weight loss jump ignited, keep this energy high, and continue this road to improved health?

Stay Tuned for More Details on my Newly Updated Group Program



About Sandra

Sandra is sought after registered dietitian, licensed nutritionist, certified personal trainer, and health coach for adult women and men. She teaches her clients to overcome that sense of frustration and overwhelm associated with failed attempts at losing weight, keeping the weight off, and/or improving their health status. Resulting in healthy and sustainable weight loss, newfound energy, and the ability to enjoy the things they love doing.

Sandra offers private sessions, group programs, webinars, and more. She lives in Orlando, FL with her husband and energetic and active son.

To learn more please visit:



Email: ClientCare@ActionChoices.com

Website: <http://www.ActionChoices.com>

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