

Tips To Help Kick Sugar



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Increase Your Healthy Fats;

- consume fattier cuts of meat (ribeyes, regular ground beef, salmon)
- buy local if you can, you can get discounts buying meat in bulk directly from a farmer.
- use butter, ghee, beef tallow on meat.
- eat extra meat and remove the bun (ie. A&W - Double Teen Burger in a Lettuce Wrap)
- eat until satiety

Why?

- fats regulate hormones and keep you satiated (therefore decrease cravings)
- fuel the brain
- improve joint health

Increase Electrolytes:

- drink clean salted water
- be generous with salt (Redmond's real salt or pink Himalayan salt).
- add a tsp of salt to your water bottle and drink throughout the day.

Why?

- the body will use fat as an energy source instead of glucose on a low carb diet.
- low carb intake reduces the overall amount of glucose in the body.
- Glucose will hold on to salt so if glucose is low in the body, the body will excrete salt (sodium) in urine causing dehydration, light headedness or headache.

Alcohol Choices:

- Gin & Vodka Soda's (you can add lime or lemon for flavour)
- Bourbon and Zevia (Root Beer)
- Whisky can also be an option
- use Zevia for mixed drinks (avoid traditional colas and diet colas)