

LA Nutrition Decision

7 Day Sugar Detox



Chapter 1

The 7 day Sugar Detox: Clean Living

Whole Foods fuel our bodies and our spirits with Clean Burning Energy. Sugar leaves a slimy film in our system and makes us vulnerable to Disease and Depression.



Day 1: Energy Cycle: Perfect Black Eyed Bean Salad

In the modern noisy world we rarely listen to our bodies. Our Energy Cycle dips and arches like a roller coaster. The sugar stimulates us to work harder when we need a break, so that we can be more effective. What if it makes us less efficient? A Perfect Energy Meal.



Black Eyed Bean Salad serves 2

- 1 Can Black Eyed Peas
- 1 Fresh Avocado Sliced
- 3 Cups endive Lettuce Chopped
- 2 Carrots Grated
- 1 Hot Pepper with/ without seeds

Lemon Vinaigrette

- 1/4 Cup Extra Virgin Olive Oil
- 1/2 Cup Lemon Juice
- 1 Tbsp Raw Honey
- 1/2 tsp Salt
- 1/4 tsp Fresh Cracked Pepper

The 7 Day Sugar Detox begins with great nutrition. The results are immediate. In 7 days you will feel Free of your addiction. Continue with the program for 21 days and see a complete transformation. You can cleanse your body from sugar every 3-6 months depending on how much you ingest monthly. This a unique opportunity to be the first one to benefit from this new 7 day program.

In 7 days I know you will be able to go between meals without snacking. You will be able to avoid emotional eating more easily. Your mood swings will lessen or disappear and your PMS will decrease as well. Be your own testimonial and prove that you can have power over sugar addiction.

21 Day Sugar Detox Testimonial

I met with Lilian for the sugar detox program. It was a difficult start but Lillian helped me through it with being there for me and answering all my questions. I learned a lot about myself and I lost a few pounds while under her counseling. I really enjoyed my time with her and would recommend this type of counseling to all my friends.

- Tammy Bergman

I am especially vulnerable to sugar. I created this detox for myself and it gives me the security to never feel at the mercy of my cravings. Whenever I feel like I am having cravings too often or thinking about food obsessively between meals, I know it is time for a Detox.

Many Things can trigger the overconsumption of sugar. Dehydration is my personal struggle. I seem to need 4 L a day of water to remain Hydrated in an Israeli summer. Often a sick child or work deadline can trigger the sugar binges that kick start that cycle of frenzy and crash.

You can always Pass Go and begin again. That is what the detox is all about. Resetting your system so that you remain consistent with your health goals for more of the time.

7 is a powerful number and symbolized balance in creation. Reset your body and your mind so that you can live the life you were meant for and not the game of catch up and binging that overwhelms us and depletes our everyday happiness.

Study these Guidelines and individualize your menu so that you really experiment with new grains and foods. Detoxification has an emotional component as well. You must do the meditation and exercise recommended here to see the best results.

7 days is very little time but our body's are exquisite machines. Make the most out of each day and achieve your goals.

Ready to begin?

Step 1: **Join the Facebook Group** -.- to ask questions and get Support. Buddy up- Doing this with a friend doubles your chances of completing the program.

Step 2: Supplements I recommend for ideal results:
Probiotic, Omega 3, Vitamin D and Vitamin B12.



Stone Fruit and Berries and the best sources of natural sugar in our diets. Every color is a unique indulgence.

Step 3: Learn the Guidelines

The Detox: Eat Non- Starchy vegetables with every meal. These leach out toxins and the fiber and water help to clean out your entire system from bone to blood.

Eat up to 1 1/2 Cup Serving of starchy vegetables a day. like sweet potato, corn or peas.

Eat up to 1 serving of dairy 1 C milk, or 1/2 C plain Yogurt, 1/3 C cottage cheese, 1.5 oz hard cheeses a day. Organic if possible.

Eat Extra Virgin Olive Oil, Flax Oil, Cold Pressed Coconut Oil

Eat up to 1 Serving of animal protein a day like 3.5 oz of organic or grass fed beef, chicken or fish a day.

Eat Beans, Lentils, Nuts, Nut Butter's and Seeds unsalted and natural as needed.

Eat Gluten free Whole Grains like Oats, Quinoa, Buckwheat and Millet as needed.

Eat only grains in their whole form, no flour of any kind. Eat 1 up to 1 Tablespoon a day of natural Honey/ Agave+ 1 Stevia



You can Grill anything and it becomes an event. A grill is a great way to relax while you cook, so that you can eat mindfully.

Clean out the Toxins!

Do Exercise 30 Minutes moderately every day

Do Drink 3 L-4.5 L of water a day

Do Stretch for 10 minutes every day

Do take a hot bath or Shower every day and exfoliate

Do Meditate every day when you wake up and Before Bed:

Meditation: Breathe in for 5 counts and out for 7 counts Repeat 7 times.

“ Say I respect my body as the home for my true self, I will make my body a true reflection of my self.”

Ready to Begin? Ready to Change the Future?

Glimpse the Past..

“Even though sugar was very expensive, people consumed it till their teeth turned black, and if their teeth didn't turn black naturally, they blackened them artificially to show how wealthy and marvelously self-indulgent they were.”

— Bill Bryson, At Home: A Short History of Private Life

Indulgence is a word with many emotional overtones. You define your own indulgence. Will you Indulge in amazing effervescent Health?



Each Fruit is the representation of the seed within. Our body is also the fruit we grow from our spirit.

This week should be restful for your body and engage your mind. The recipes here are repeated throughout the week. This will minimize new techniques to master and needless work. Feel free to change and edit the sample menu to your tastes.

Share your Recipes and Solutions [here](#).

The menu is designed to balance your inner acidity and **Alkaline levels** while we detox. So if I offer a green vegetable try to simply switch out one you may prefer. For more on whether alkalinity matters click on the link.

This program is the product of my experience and knowledge gleaned from my 10 years of experimentation and study. I don't have a fancy list of journals to give you, just common sense and honest balance. Share your results with me and be a partner in simplifying great health and effortless weight loss for everyone.

Feel free to move meal timing around to suit your schedule, just stay true to the guidelines. Remember, you must be consistent to know if it works for you.

Good Luck and I will be here with you every step along way.

The Plan

Foods high in bad fats, sugar and chemicals are directly linked to many negative emotions, whereas whole, natural foods rich in nutrients - foods such as fruits, vegetables, grains and legumes - contribute to greater energy and positive emotions-Marilu Henner



Day 1:

Breakfast: **Steal Cut Oats** 1 cup cooked with 1 tsp natural honey and cinnamon. 2 **Cups Israeli Salad**. Green Tea or decaffeinated Coffee (milk/Stevia to taste?).

Lunch: 3.5 oz **Salmon** with **Quinoa Pilaf** and Steamed Broccoli.

Snack

1/2 Cup Grapes 10 almonds or walnuts

Dinner: **Red Lentil Soup** add 4 cups frozen cauliflower to the recipe. Serve with **Romaine Salad**.

Snack if needed: 2 Cups air popped popcorn with 1/4 tsp salt

Day 2:

3 Egg whites fried in 1 tblsp Olive Oil with 1/3 C chopped onion and 3 tbsp mixed herbs leftover from the romaine salad. 2 **Cups Israeli Salad**. GT/Decaff

Lunch: Leftover Lentil soup with 1/2 canned (preferably frozen) chick peas added in.

Snack: 1/2 avocado with 1 tbsp **hummus** and 1 Bell Pepper Sliced and 1 Cup Cucumber Slices

Dinner: Leftover 3.5 oz Salmon with corn on the cob and leftover steamed broccoli.

Snack if needed: 5 walnut halves 3 Medjool dates.

Make your food attractive and watch your portions shrink.



Eating can be boring, so experience a small portion mindfully, not a large portion with distraction.

Day 3:

Breakfast: 3 **Energy Bites** 1 Sliced Green Apple GT/DCoffee

Snack: Leftover Hummus with 1.5 C sliced Green Zucchini and Carrot.

Lunch: Leftover Quinoa Pilaf with **Chicken Skewers** Steamed Green Beans

Snack optional: 1 tbsp pumpkin seeds with 10 walnut halves chopped, toast in a dry non stick pan with cayenne pepper and salt to taste.

Dinner: Sauté 200 gm tofu in 1 Tbsp Olive Oil and 2 tsp Curry powder. Add 3 Cups Fresh Spinach after the tofu browns and 1/3 c boiling water with Saffron (or lemon Zest) Serve with leftover Steamed broccoli.

Day 4:

Breakfast: 3 egg whites with 2 oz left over salmon, 1 Cup Fresh Spinach and 1 tbsp Olive Oil. Serve with Hummus (leftover) Bell Pepper. GT/ DCoffee

Lunch: 2 Cups Cauliflower Rice (put raw cauliflower in the food processor until rice like in size) Sautéed with 1 grated carrot and 1/3 c grated onion in 2 tbsp Olive oil until soft. S/P and sweet paprika to taste. Leftover Chicken Skewers.

Dinner:

Leftover Lentil soup and Romaine salad

Snack:

2 Energy Balls

Day 5:

Breakfast: Steel Cut Oats with salt and 7 chopped almonds.

Snack: 1/2 Cup Berries

Lunch: Chocolate Chicken Thighs

Mix 1 tbsp cocoa powder with boiling water and S/P to taste 1 Tbsp Honey. Sauté 3 .5 oz of Boneless skinless chicken thighs in the sauce until they begin to brown and are cooked through, 7 minutes. Serve with leftover green beans.

Snack: **Kale Chips**

Dinner:

Black Bean Chili with 1/2 C **Millet** cooked

Cabbage Coleslaw

Day 6

Breakfast: Green Cleanser: Green tea cooled 1 Cup 2 cups chopped Kale, 1 cup berries or Mango, Ice till blender is Full or 1 Cup. 2 Energy Balls

Lunch: Leftover Chili and Millet with steamed Brussels Sprouts (broccoli)

Snack: Spicy nut roast leftover 1/4 Cup 1 Date

Dinner: Chocolate Chicken leftover with **Mashed Cauliflower**

Snack: Kale Chips

Day 7:

Breakfast: Green Cleanser with 2 energy balls

Lunch: **Stir Fried leftover Millet** Leftover Curry Tofu

Snack: 2 Cups Air popped popcorn with sliced Cherry Tomatoes and green olives

Dinner: **Kasha with Vegetables** 3 oz lean steak pounded thin and grilled or broiled with S/P 2 cloves of crushed garlic 1 tsp italian seasoning and 1 tablespoon of Olive oil. 2-3 minutes till medium rare. Steamed green beans.

How to ReIntroduce Sugar

Sweets are one of the greatest pleasures in life.

However,

The choicest pleasures of life lie within the ring of moderation.

-Benjamin Disraeli

Peach Tartlets Recipe



Moving On

Adding desserts and sweets back in to our lives must begin with the question is it Food?



Fruit Crisp

Filling:

6 cups mixed Fruit, apples, plum, nectarines pictured here. Skin On and diced.

1 c un-sweetened apple sauce

zest of 1 lemon

1 tsp cinnamon

mix together and pour into baking pan

Topping:

1 cup 100% whole spelt flour

1 Cup Oats

1/2 Cup flax seed

1/4 cup chopped almonds

1/2 C Raw Sugar

2 tsp Cinnamon

You should begin adding back other food slowly on an as needed basis. Remember, these are the habits that will build your ideal body and energize your fulfilling life.

Adjust the menus as necessary to accommodate your schedule and tastes. Just follow the rules of the Detox.

Never the less, be open minded and expand your comfort zone so that next time you feel tired, lethargic or like the shine has gone off your life, you can return here anytime.

Please Share your results and recipes with me [here](#) so that I can quote you and add your recipes for everyone's benefit.

Enjoy this Ebook and Remember

No disease that can be treated by diet should be treated with any other means.

Maimonides

You create the body you will live in. Every bite is powerful medicine. I hope that this detox has helped you to feel better, slimmer and more energetic. May we all be blessed with the greatest blessing, good health.

Warmly,

Lily Aronin

<http://lily-aronin.healthcoach.integrativenutrition.com>

Thank you for sharing your results from this new detox program.

Keep an eye out for **New Events and Ebooks** Coming Soon.

Follow me on **Twitter** for up to date recipes, ideas and inspiration.



Lily Aronin is a Holistic Health Coach. She lives with her husband and four children in Israel. She received her training from the Institute for Integrative Nutrition, where she was trained in more than one hundred dietary theories and studied a variety of

practical lifestyle coaching methods. She combines this with her B.A. in Psychology and lifelong interest in exercise and nutrition. Lily holds group classes live in Modiin and Talmon. Lily also runs Webinars and Weight Loss Challenges in combination with her select private clients from all over the world.

Become a part of this vibrant online community with her **monthly newsletter**.

Enjoy this taste of Lily's Philosophy on Food.

Audio 3.1
Portion Power
Lecture



Coconut -Flax - Chocolate Macaroons




<http://mangiablog.com/2013/04/16/little-miss-predictable/>

edit half the coconut flakes for ground flax seed

Chapter 4

Resources



“By failing to prepare, you are
preparing to fail.”

— Benjamin Franklin

Shopping List

Dairy (optional Organic)

Milk 1 %

Cottage Cheese 3%

Yogurt plain 1.5 %

Grated Parmesan

Grated cheese 9%

Almond milk

Meat (grass fed Argentinian/ organic)

Skirt Steak (schnitzel steak)

Ground Beef 93% lean or higher

Poultry (free range /organic)

Chicken Breast/ Bonless Skinless

Chicken Thigh/ Bonless Skinless

Whole Chicken

Eggs (omega 3/ free range / organic)

Grains/ Legumes (Organic Optional)

Frozen/ Dry/ Canned (not best)

Millet

Quinoa

Brown rice

Red Lentils

Green Lentils

Garbanzo Beans

Red Kidney Beans

Black Eyed Peas

Black Beans

Fruits (Organic or washed in vinegar)

Apples

Plums, Nectarines

Berries

Grapes

Avocado (no limit)

Vegetables

Starchy Limited(Fresh/ Frozen)

Corn

Peas

Sweet Potatoes

Pumpkin

Limited by Fullness

Carrots

Cucumber

Kohlrabi

Tomatoes

Bell Peppers

Herbs

Greens

Mushrooms

Onions

Cauliflower

Broccoli

Green Beans

Artichoke

Hot Peppers

Garlic

Summer Squash

Spaghetti Squash

Eggplant

Cabbage

Brussel Sprouts

Sprouted legumes

Recipe Resources

- I. **Steal Cut Oats**
- II. **Cups Israeli Salad.**
- III. **Salmon**
- IV. **Quinoa Pilaf**
- V. **Red Lentil Soup**
- VI. **Romaine Salad.**
- VII. Egg white omelet- 3 Egg whites fried in 1 tblsp Olive Oil with 1/3 C chopped onion and 3 tbsp mixed herbs
- VIII. **hummus**
- IX. **Energy Bites**
- X. **Chicken Skewers**
- XI. Braised Tofu and Greens- Sauté 200 gm tofu in 1 Tbsp Olive Oil and 2 tsp Curry powder. Add 3 Cups Fresh Spinach after the tofu browns and 1/3 c boiling water with Saffron (or lemon Zest)
- XII. Eggs Florentine -3 egg whites with 2 oz left over salmon, 1 Cup Fresh Spinach and 1 tbsp Olive Oil S/P to taste

- XIII. Cauliflower Rice -Cauliflower Rice (put raw cauliflower in the food processor until rice like in size) Sautéed with 1 grated carrot and 1/3 c grated onion in 2 tbsp Olive oil until soft. S/P and sweet paprika to taste.
- XIV. Chocolate Chicken Thigh- Mix 1 tbsp cocoa powder with boiling water and S/P to taste 1 Tbsp Honey. Sauté 3 .5 oz of Boneless skinless chicken thighs in the sauce until they begin to brown and are cooked through, 7 minutes.
- XV. **Kale Chips**
- XVI. **Black Bean Chili**
- XVII. **Millet**
- XVIII. **Cabbage Coleslaw**
- XIX. Green Cleanser - Green tea cooled 1 Cup 2 cups chopped Kale, 1 cup berries or Mango, Ice till blender is Full or 1 Cup. (1 tblsp agave if needed)
- XX. **Mashed Cauliflower**
- XXI. **Kasha with Vegetables**
- XXII. Skirt Steak -3 oz lean steak pounded thin and grilled or broiled with S/P 2 cloves of crushed garlic 1 tsp italian seasoning and 1 table- spoon of Olive oil. 2-3 minutes till medium rare.

Additional Resources for Recipes

- **Green Lite Bites**
- **Whole Lifestyle Nutrition**
- **Family Friendly Recipes**

Additional Resources for Shopping