

Plan to remove sugar from your daily meals in just 3 weeks

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Although sugar is an important and indispensable part of our daily meals, we don't have to eat as much sugar a day. Besides, cutting down on sugar in your daily diet also brings a lot of benefits to your body, you will feel alert and energetic, reduce the risk of getting heart-related diseases or diabetes.

Below is a detailed plan to remove sugar from daily meals in just 3 weeks:

Week 1



For most people, the first week is the most difficult week. Because when you suddenly cut the amount of sugar absorbed into your body, you may experience some symptoms such as **headache and fatigue** .

1. **Eliminate the amount of sugar in your home** : A clean-up with the purpose of finding and removing sugar in your home is the first thing you need to do. When you open the cupboard, fridge or right on the table and see the packages of sweet candies, cakes, you will feel more and more hungry for them. So remove those unhealthy snacks that contain lots of sugar so you don't have to think about them anymore. If there is any doubt about the sugar content in the food, check the ingredients list, especially the amount of sugar in it. There are a number of foods that do not specify the nutritional content, as well as the amount of natural sugar and added sugar.
2. **Eat 1 or 2 desserts a week** : A complete cut in added sugar is really difficult, many people " *struggle to think* " to add a low amount of sugar to the diet every day. Allow yourself to eat a few times during the first week so your body can gradually reduce sugar levels, which reduces symptoms of headaches and fatigue. However, make sure you don't eat them in the evening - this only helps you end the symptoms of headaches and fatigue next week.
3. **Eat foods that provide a lot of energy** : Eat nutritious foods, provide enough energy for your body, such as pasta noodles. This will help you feel fuller and alert, less seduced by sugary snacks.
4. **Use willpower** : The first week is really hard but after it is done, you will feel much easier to remove sugar from your daily diet. Keep trying and don't give up!

Week 2



Congratulations - you have completed the first week's plan! This week will focus on reducing all sugar added and looking for healthy, healthy foods to replace.

1. **Drink only water** : This week, drink water instead of soft drinks, including diet drinks and fruit juices. Mineral water will help your body eliminate toxins, so you will feel more alert and healthy. In addition, you can sip a cup of coffee or a cup of tea if you want but remember to drink filtered water in the afternoon and evening!
2. **Replace sugar with other healthy snacks** : If you want to follow this diet for a long time, you will need to replace a sugary snack by eating something healthy. You can try salty snacks like peanuts or cashews, or eat something that contains natural sugar like a banana.

3. **Learn about extra sugar added** : Many foods contain added sugar but are not listed on the advertisement, instead they say it contains syrup, honey or concentrated fruit juice.
4. **Bring some " urgent " snacks to satisfy your craving** : There will be times in the second week, you start to feel a craving for sugar. Make sure you have prepared a healthy snack in the precautionary bag, so it is less likely you want to give up the plan and eat the sugar again.

Week 3



The body is getting used to the sugar-free diet - and it must thank you for that! In this third week, your "craving" for sugar has diminished, meaning that the hardest part of the plan has passed.

1. "*Half a spoonful of sugar*" regime: Many people cut down on snacks and cool drinks that contain sugar but add one tablespoon of sugar to a cup of coffee. If you are doing that then reduce the amount of sugar on the spoon. For a long time, a small amount of sugar will bring a lot of benefits to the body.
2. **Establish a healthy diet** : Try to eat 3 regular meals every day at the right time and plan what to eat to be healthy. If there is a regular eating route, you will be less likely to fall into hunger and eat less sugary snacks.
3. **Long-term planning** : If you want to remove sugar from your diet, make a reasonable plan when buying food so you don't choose sugary foods. This will help you "*stick together*" with a reasonable diet in the future.

Good luck!

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