



MEAL PLANS, RECIPES & MORE

# 3 day sugar detox

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PLEASE CONSULT WITH YOUR PERSONAL PHYSICIAN  
BEFORE STARTING ANY PLAN



Hi! My name is Dr. Jen and I am a board certified physician in Integrative and Emergency Medicine. I recovered from Hashimoto's Thyroiditis, which is the most common autoimmune disease in women in the United States, and am now in remission. When I was initially diagnosed I was told there was nothing I could do to change my fate- my thyroid would be destroyed by my own body.  
You can change your health!

To learn more about Dr. Jen visit her website.  
To listen to Dr. Jen's podcast and thyroid story.  
To follow Dr. Jen on IG @integrativedrmom  
Helpful YouTube videos



# 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) Gut Shield is a great supplement for this.
6. Get good sleep!
7. 4-7-8 breath techniques and meditating on prayer.
8. Gentle exercise like walking.
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: (if needed)

Overnight Organic Oats with goji berries, cacao nibs and almond butter

Chicory root tea (or coffee) with coconut milk  
OR Coffee with 1 teaspoon grassfed butter and 1 tsp MCT oil or coconut oil)

Lunch:

Baked Salmon on cauliflower rice  
cooked in olive oil

Raspberries

Sparkling Water

Dinner:

Grassfed tacos on grain free tortillas or lettuce

Green 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

OR Coffee with 1 teaspoon grassfed butter and 1  
tsp MCT oil or coconut oil)

## Lunch:

Taco salad

Apple or celery with peanut butter

Kombucha

## Dinner:

Chicken paprikash with rice noddles or spaghetti  
squash

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  
OR Coffee with 1 teaspoon grassfed butter and 1  
tsp MCT oil or coconut oil)

## Lunch:


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

## Dinner:

Egg roll in a bowl  
Peppermint tea

## Snacks:

Bone broth  
Grassfed beefstick







# Sync with your cycle!

You can do the 3 day sugar fast anytime in your cycle! However, you can tweak it depending on where you are at in your cycle!

You might be able to skip breakfast or just have coffee with butter and coconut oil in it if you are in your follicular phase. Opt for more low carb options- celery over apples with peanut butter if you are in your follicular phase.

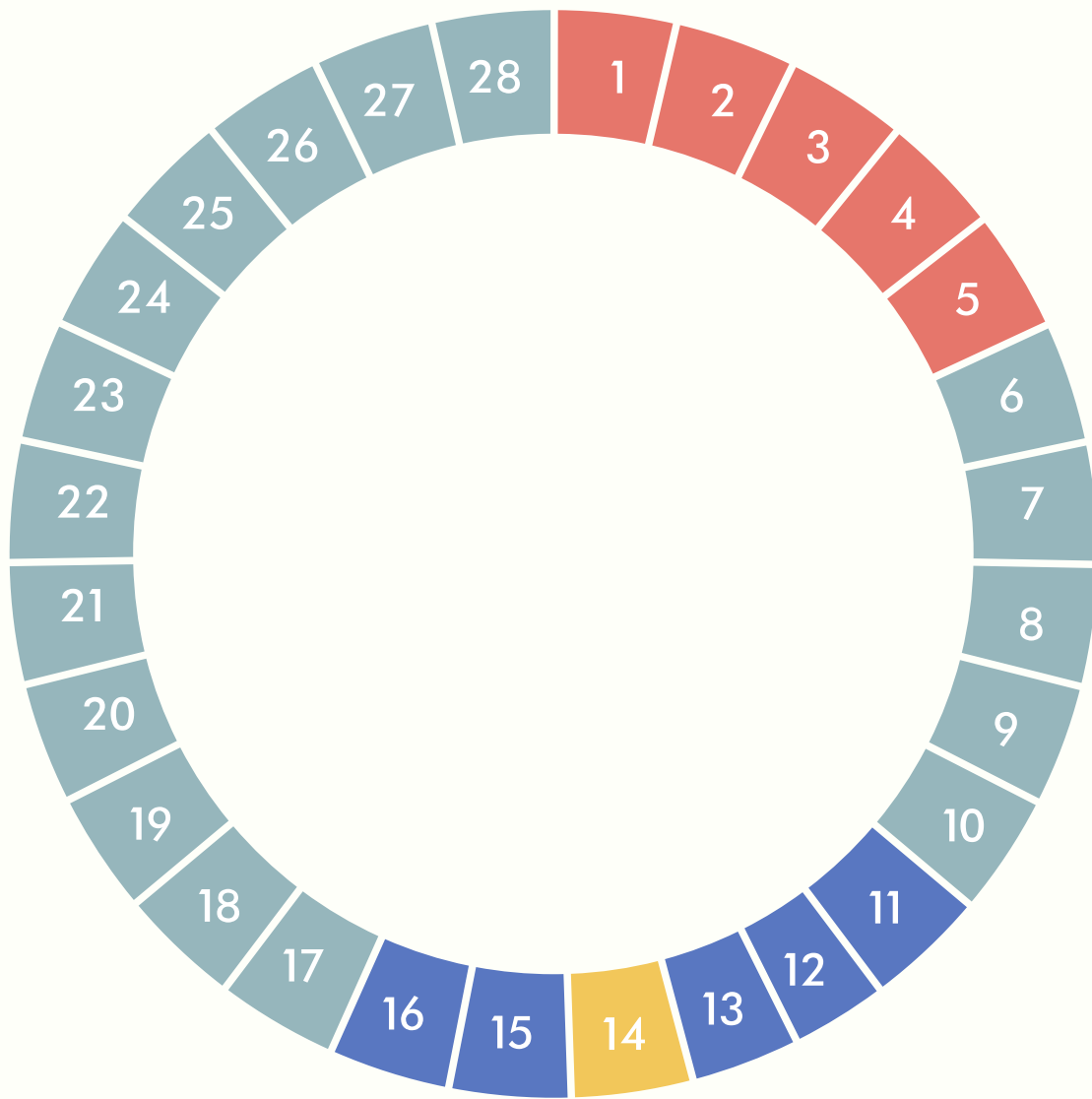
On the next page this will all be explained.

Listen to your body and track your cycles- use your hormones for your own good!

Follicular phase: Estrogen is the main player here, with testosterone showing up on the first few days, then again during ovulation.

Luteal phase: Progesterone is the main player during this phase and we need to protect it!

Ladies- it may seem confusing but once you get it down you can use it as a powerful weapon to improve your health! Men are different and their hormones fluctuate every 24 hours, ladies ours fluctuates over 28 days!



Follicular phase:

Days 1- 5 Menses- Can be lower carb

Days 6-13 Best time for Keto/Fasting

Great time for completing tasks, resistance training, pushing yourself, being Social

Ovulation:

Day 14/15 Increase fiber, low carb

Glowing here- best for pictures, interviews

Luteal Phase:

Day 16-28 Add in complex carbs but not simple carbs! Increase fiber- vegetables and water!

Best for dreaming, staying in, more likely to get injured, restorative exercise.



# 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 fast- 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. Pay attention to your cycle.

Continue the new habits you learned!

Looking to optimize your health even more?

Check out Dr. Jen's Gut Healthy protocols.

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.

Want to work together? Check out the offered services.

[www.healthologybydrjen.com](http://www.healthologybydrjen.com)

Great work the last 3 days! I hope to work with you more!

In Health,  
Dr. Jen

