

THE NO-SUGAR RESET GUIDE

A Science-Based Approach to Restoring Energy, Appetite Control & Metabolic Health
7 Days | No Extreme Dieting | Sustainable Habits

INTRODUCTION

The purpose of this reset is not restriction or punishment.

This 7-day no-sugar reset is designed to help your body stabilise blood sugar levels, reduce cravings, improve energy, and restore appetite regulation using evidence-based nutrition and habit strategies.

This guide focuses on removing added sugars and ultra-processed foods, while supporting your body with adequate protein, fibre, hydration, and micronutrients.

This is not a detox.

Your liver and kidneys already detoxify efficiently.

This reset simply removes inputs that overload metabolic and hormonal systems.

WHAT "NO SUGAR" ACTUALLY MEANS

What You Are Removing

1. Added sugars (white, brown, raw, coconut sugar)
2. Honey, syrup, agave, maple syrup
3. Sugary drinks (juice, soda, energy drinks)
4. Ultra-processed snacks (biscuits, sweets, chocolates)
5. Sweetened yoghurts and flavoured oats
6. Hidden sugars in sauces, marinades, dressings

What Is Still Allowed

1. Whole fruits (in controlled portions)
2. Natural dairy (unsweetened yoghurt, milk)
3. Carbohydrates from whole foods (potatoes, rice, oats)
4. Healthy fats and protein

The focus is added sugar, not carbohydrate elimination.



THE SCIENCE BEHIND THE RESET

1. Blood Sugar & Insulin Regulation

Frequent sugar intake causes rapid blood glucose spikes followed by crashes.

This leads to:

- Increased hunger
- Energy dips
- Cravings
- Fat storage signals

Removing added sugar allows insulin sensitivity to improve, stabilising appetite and energy.

2. Appetite Hormones (Leptin & Ghrelin)

High sugar intake disrupts hunger hormones:

Leptin (satiety) becomes less effective

Ghrelin (hunger) increases

Within 5–7 days of sugar removal, appetite signalling begins to normalise.

3. Dopamine & Cravings

Sugar activates dopamine pathways similarly to addictive substances.

Repeated exposure lowers dopamine sensitivity, causing stronger cravings.

Short-term removal reduces this overstimulation and improves reward sensitivity to real food.

4. Gut Health & Inflammation

Added sugars feed pro-inflammatory gut bacteria.

Reducing sugar:

- Improves gut microbiome balance
- Reduces bloating
- Improves digestion and immune signalling

WHAT THIS RESET IS (AND IS NOT)

This Reset IS:

- Sustainable
- Science-based
- Supportive of moms and busy adults
- Focused on habit rebuilding

This Reset is NOT:

- A detox
- A starvation diet
- A long-term sugar ban

WHAT HAPPENS AFTER 7 DAYS

Expected outcomes:

- Reduced cravings *
- More stable energy *
- Improved digestion *
- Better appetite awareness *

PROTEIN (Anchor Every Meal)

Protein stabilises blood sugar and reduces cravings.

SA-friendly options:

- Eggs
- Chicken breast or thighs
- Lean mince
- Tinned tuna or pilchards
- Greek yoghurt (unsweetened)
- Cottage cheese
- Lentils and beans

CARBOHYDRATES (Whole & Controlled)

Carbohydrates are not the enemy. Quality and timing matter.

Best choices:

- Potatoes or sweet potatoes
- Brown rice
- Oats (plain, unsweetened)
- Butternut
- Legumes
- Fruit (1–2 portions per day)
- FATS (Support Hormones & Satiety)
- Olive oil
- Avocado
- Nuts and seeds
- Full-fat dairy (moderate portions)

VEGETABLES (Non-Negotiable)

Aim for colour and volume:

- Spinach
- Broccoli
- Cabbage
- Green beans
- Peppers
- Carrots
- Tomatoes

Next step:

Reintroduce sugars intentionally, not automatically.

CALL TO ACTION

Reset your body without extreme dieting.
This guide is your starting point—not your finish line.
For personalised meal plans, structured training, and accountability, explore the
Evolv Program and continue your progress with expert guidance

Common Symptoms (Days 1–3)

- Headaches
- Fatigue
- Irritability
- Cravings
- Brain fog

These are temporary and linked to blood sugar and dopamine adjustment.

How to Reduce Headaches

- Increase water intake
- Add electrolytes (salt food properly)
- Do not skip meals
- Ensure adequate carbohydrates

How to Manage Cravings

- Eat protein first
- Delay cravings by 10 minutes
- Drink water or herbal tea
- Brush teeth after meals
- Remind yourself cravings peak and pass
- SLEEP, STRESS & MOVEMENT

Sleep

Poor sleep increases sugar cravings by up to 30%.

Aim for:

Consistent bedtime

Screens off 60 minutes before sleep

Protein at dinner to stabilise overnight blood sugar

Stress

Stress increases cortisol, which raises blood glucose.

Daily stress-reduction ideas:

- 10 minutes of walking
- Deep breathing
- Quiet time before bed

Movement

No extreme workouts needed.

Recommended:

- Daily walking
- Light strength training
- Stretching
- Movement improves insulin sensitivity even without weight loss.

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