I QUIT SUGAR
with Sarah Wilson
A CHEAT’S GUIDE TO QUITTING SUGAR

9 QUICK AND CLEVER RECIPES
YOU WON’T BELIEVE ARE SUGAR-FREE!
Hello! I’m guessing you’re intrigued about this sugar-quitting business. I gave it a go in January 2011, I felt infinitely better (see below), so I kept going and going. And then I put a program together that has helped more than 1.8 million people worldwide get off the white stuff.

**SO, SHOULD YOU QUIT SUGAR?**

Hmmm, maybe ask yourself:

- Do you get energy slumps in the afternoon?
- Do you need something sweet after lunch or dinner?
- Does your stomach get bloated after eating?
- Are you unable to eat just one piece of cake and walk away? (That was me!)
- Are you “podgy” around the middle but pretty slim everywhere else? (Me again!)
- Does your brain often feel foggy and unclear?
- Do you want to lose weight? (I lost 12kg and have maintained my weight for five years...and counting).

If you ticked yes to most of the above – and have a sneaking suspicion that sugar is making you feel baseline crappy – you might want to give it a crack.

**WHAT WILL IT DO?**

Me, I experienced clear skin and less wrinkles in two weeks. Next came stable energy, weight loss and a significant reduction in my autoimmune disease symptoms. The most significant change? I found food freedom – my appetite hormones recalibrated and I can now eat like I did when I was a kid... what my body needs, not craves! Quitting sugar has been shown to:

- Help with PCOS, reversing conditions in a lot of cases.
- Reverse infertility in hundreds of our participants. We have a lot of IQS babies!
- Combat low energy levels and fatigue long term.
- Reduce cholesterol levels and other metabolic markers.
- Decrease chronic pain.

From the outset I’ve only ever put quitting sugar forward as a gentle invitation. If you think it might be something you’d like to try, the Team and I are glad to say we’re here to help.

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SO, HOW DO YOU QUIT SUGAR?

WE ALLOW 8 WEEKS.

Addiction theory shows you need 60 days to break an emotional and physical habit like sugar.

LEARN TO READ LABELS AND SHOP HEALTHILY.

When you know that a tub of low-fat “plain” yoghurt contains 6 tsp of sugar, all kinds of things start to change.

WE LEARN TO COOK.

When we quit sugar, we quit processed foods, which means we’re left with REAL food, which we have to cook. The 8-Week Program is a fun value-added “learn to cook” course in many ways, where you’re shown all the smart, new wellness and kitchen tricks, like one-pot cooking and desk jar lunches, for instance.

ANOTHER THING?

The 8-Week Program is not a strict diet regime! We encourage flexibility and adapting the Program to suit your lifestyle. Think bread and cheese are out of the question? Think again. We use loads of healthy fats and complex carbohydrates on the Program to make sure you are in the best position to quit sugar and find food freedom.

BE SUPPORTED.

You’ll also become part of a community that actually cares. Throughout, you have access to more than 45 healthcare experts from around the world, on call 24/7, ready to answer all kinds of questions (“Why am I so thirsty?”). That includes our in-house team of dietitians and nutritionists, who will guide you through every step.

NOW, SOME STATS WE QUITE LIKE.

• 99% of 8-Week Program graduates felt the Meal Plans were balanced and healthy.
• 93% would recommend the 8-Week Program to others.

LOOKING FOR MORE INFO?

Chat to one of our experts live about quitting sugar at IQuitSugar.com/8-Week-Program.

WHILE I’VE GOT YOU, A LITTLE GIFT...

10% OFF OUR STORE

Use this code at the checkout to receive 10% off all print books, eBooks and merchandise at store.IQuitSugar.com.
THREE SUCCESS STORIES

HAMISH
Hamish was a sugar fiend who weighed 117kg, with a 112cm (44in) tummy, and wore XXL-sized shirts.
“I play rugby and weight train about three to five times a week, however, I never really dropped much in size around the middle. It [quitting sugar] wasn’t too hard. Initial cravings passed and as I started to feel better, I was complimented on how good I was looking. At this stage I have lost 12kg, dropped a shirt size and two pants sizes, and most importantly my tummy is now at 40.5in [103cm].”

ELISE
Like any busy mum feeding a family of five, Elise went into the Program with concerns. But these quickly faded right from week one.
“My kids seem surprised by how tasty the meals were (I was expecting to make a lot more modifications to the meals than I actually did). I easily found the ingredients at my local supermarket, and because I replaced processed food with whole ingredients my grocery bills were no more expensive!”

LAURA
Laura truly is a testament to how easy our 8-Week Program recipes are – cooking them all without a fully functional kitchen!
“The Meal Plan was so easy to follow, and the weekly Shopping List and Sunday Cook Up made sure I had everything I needed for the week ahead. Alternative ingredients were suggested (this is where the Forum is great!). There are the experts online who provide support and guidance in various different areas, from personal trainers to psychologists and nutritionists. I really felt like I belonged to a great online community.”

“I lost 12kg and dropped two pants sizes.”

“I am about to do my fifth I Quit Sugar 8-Week Program and every time I learn something new.”

“I loved how simple yet delicious the recipes on the Program were. I did the whole 8 weeks cooking in a campervan kitchen and was able to cook everything with ease.”
Caramel Peach Pancakes?! Yes, this is how we introduce sweetness back in Week 6 of the Program. You can still eat fruit when you quit sugar!

**INGREDIENTS**
- 125g full-fat natural or Greek yoghurt
- 50g butter, melted
- 1 lemon, juiced
- 1 egg
- 150g brown rice flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon, ground
- ¼ teaspoon ginger, ground
- ½ teaspoon vanilla powder
- pinch of sea salt
- 1 large yellow peach, pitted and cut into thin slices

**TO SERVE**
- ½ teaspoon rice malt syrup
- 30 g full-fat natural or Greek yoghurt

**METHOD**
1. Place yoghurt, three-quarters of the butter, lemon juice and egg into a medium-sized mixing bowl and whisk together with a fork until combined. Add in the remaining ingredients (except the peach). Stir together until you form a thick but smooth batter. If your batter is too thick, add a dash of water until you get the right consistency.

2. Heat half of the remaining butter in a large frying pan on medium heat. Scoop up some of the mixture and spread it onto the frying pan. Place 2–3 peach slices on top of the pancake and push down. Let the pancake cook for 2 minutes, or until you see bubbles form. Flip and cook the other side for another minute until pancake has cooked through and peach is browned. Repeat with the remaining butter, batter and peaches. This should yield six pancakes.

3. Serve with a dollop of natural yoghurt and a drizzle of rice malt syrup.
SUPERFOOD ABUNDANCE BOWL

The best thing about this salad? You can prepare it the night before and take it to work in a lunch box so that you have a delicious sugar-free lunch that will make everyone around you envious.

INGREDIENTS

- 1 small (250g) sweet potato, skin scrubbed well and cut into 2cm pieces
- 1 small (250g) eggplant (aubergine), cut into 2cm pieces
- 30ml coconut oil, melted
- ½ small (125g) head broccoli, cut into florets
- 4 leaves kale, stems removed, finely sliced
- 10ml olive oil
- ¼ cup of coriander leaves, roughly chopped
- ¼ cup of mint leaves, roughly chopped
- 1 cup cooked quinoa
- ¼ cup almonds, coarsely chopped
- ¼ cup mung bean sprouts, optional
- 2 tablespoons tahini, to serve

METHOD

1. Preheat oven to 200°C/400°F/Gas Mark 6. Line an oven tray with baking paper.
2. Place sweet potato and eggplant separately on prepared tray and drizzle with coconut oil. Bake for 30 minutes or until tender and golden.
3. Add broccoli to a small pot and cover with water. Bring to the boil and allow to simmer for 5 minutes until slightly soft but still crunchy. Add in the kale leaves in the last minute. Drain and drizzle with olive oil.
4. Stir coriander and mint through cooked quinoa. Set aside.
5. Divide all ingredients between two bowls or lunch boxes. Sprinkle with almonds, bean sprouts and tahini.
PORK WITH KIMCHI CABBAGE +BAKED APPLES

We’ve paired the classic combination of pork and apple with a kimchi-inspired braised cabbage to spice up a mid-week meal.

INGREDIENTS

**PORK + BAKED APPLES**
- 1 teaspoon butter
- 5ml extra virgin olive oil
- 300g pork tenderloin
- 1 small (120g) red apple

**TO SERVE**
- sea salt, to season
- freshly cracked black pepper, to season
- 2 teaspoons wholegrain mustard, to serve

**KIMCHI CABBAGE**
- 5ml apple cider vinegar
- 250g (¼ small) white cabbage, shredded
- 1 small (100g) carrot, julienned
- ¼ teaspoon cayenne pepper
- 2 garlic cloves, minced
- 5ml extra virgin olive oil
- 2 large kale leaves, stems removed and finely chopped
- sea salt, to season

**METHOD**

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Combine all ingredients for the Kimchi Cabbage in a medium-sized pot on a low-medium heat. Cook for 5 minutes, stirring. Cover, reduce temperature to low and allow to cook for 10 minutes.
3. While the Kimchi Cabbage is braising, make the Pork + Baked Apples. Add the butter and olive oil to an oven-proof frying pan on a low-medium heat. Add in pork loin and cook for 4 minutes, turning continuously to sear the outside. In the last minute, add the apples and coat in butter and olive oil. Place oven-proof frying pan in the preheated oven to finish cooking through for 8 minutes.
4. Once pork has cooked through, remove pork and apples from the oven and cover for a further 5 minutes. Slice pork into 1cm-thick pieces. Separate the Pork + Baked Apples and Kimchi Cabbage between a plate for dinner tonight and a container for lunch tomorrow.* Season both generously with salt and pepper and serve with wholegrain mustard.

*We always make our 8-Week Program dinner recipes so that there are leftovers for lunch tomorrow. This prevents wastage, decreases costs and makes sure you always have a sugar-free meal on stand by.
PORK WITH KIMCHI CABBAGE + BAKED APPLES
Words cannot describe how completely, totally, absolutely obsessed we are with avocado toast, and it seems like the rest of the world is too! We’ve decided to make things even better by having a HUGE “dip” of avo, which you can scoop with some Parmesan toast. Oh yeah!

INGREDIENTS

- 1 large avocado.
- 80g cottage cheese
- ½ lime, juice and zest
- 20ml extra virgin olive oil
- 1 tablespoon mint leaves, finely chopped, plus extra to serve
- 2 tablespoons dill leaves, finely chopped, plus extra to serve
- 1 teaspoon sesame seeds
- ½ teaspoon chia seeds
- ½ teaspoon flax seeds

PARMESAN TOASTS

- 4 slices thick-cut sourdough bread
- 50g Parmesan cheese

METHOD

1. To make avocado dip, add avocado, cottage cheese, lemon, olive oil, mint, dill, salt and pepper to a mixing bowl. Mash with a fork to combine. Scoop into a small serving bowl and sprinkle with extra dill, mint and mixed seeds. Set aside.

2. Place bread under the grill and toast on one side. Flip and sprinkle the Parmesan evenly over the uncooked sides of the bread. Place back under the grill and cook until cheese is golden. Remove.

3. Serve the avocado dip with Parmesan toast alongside. Dip your toast into the avocado dip to scoop and eat.
Not Quite Cherry Ripe Bites

These little morsels have everything you need in one; low-fructose fruit, good fat and chocolate. Tick, tick, tick!

INGREDIENTS

FILLING
- 100g unsweetened shredded coconut
- 20ml rice malt syrup
- 20ml coconut oil, melted
- 30ml coconut milk
- 1 teaspoon vanilla powder or extract, optional
- ½ cup raspberries (fresh or frozen)

CHOCOLATE COATING
- 100g 85-90% dark chocolate

METHOD

1. Line a baking tray with baking paper. Add all the filling ingredients to the food processor. Pulse until mixture comes together but still has texture. Roll tablespoons of the mixture into round balls, place on a baking tray and freeze for at least an hour.

2. Meanwhile melt store-bought chocolate over a double boiler being careful not to seize the chocolate. Remove the coconut balls from the freezer and roll them in the melted chocolate so they are completely coated.

3. Place balls on a tray and sit in the fridge to set before serving.

Note: These balls will require refrigeration.
NOT QUITE CHERRY RIPE BITES
**LAMB NACHOS**

*serves 4 | 10m prep | 20m cook*

These Lamb Nachos are the perfect dish to feed a group. Whether you’re having a weekend movie session with some friends or people around to watch your favourite football team play, they’re a real crowd pleaser.

**INGREDIENTS**
- 200g natural gluten-free corn chips
- 150g Cheddar cheese
- 450g lamb mince
- olive oil, for frying
- 1 avocado, mashed
- 1 punnet cherry tomatoes, halved
- 1 teaspoon cumin, ground
- 1 teaspoon cinnamon, ground
- 2 cloves garlic, minced
- cayenne pepper, to serve
- 1 lime, cut into wedges, to serve

**METHOD**

1. Preheat oven to 180°C/350°F/Gas Mark 4. Line a large baking tray with baking paper.
2. Heat olive oil, cumin, cinnamon and garlic in a medium-sized frying pan and cook until fragrant. Add in the lamb mince and fry off until browned, about 5 minutes.
3. Spread corn chips on a baking tray and sprinkle with half the cheese. Add lamb and top with remaining cheese.
4. Place corn chips in the oven and cook for 10 minutes, or until cheese has melted.
5. Top the chips and lamb with avocado and tomato. Sprinkle with cayenne pepper and serve with lime wedges and a green salad if you like.
LAMB NACHOS
MEXICAN CHILLI

CHICKEN TACOS

INGREDIENTS
• 500g shredded roast chicken
• 4 cloves garlic, crushed
• 1 onion, finely sliced
• juice of 2 limes
• 20ml olive oil
• 1 teaspoon cumin
• 1 teaspoon chilli powder
• 1 teaspoon smoked paprika
• sea salt and freshly ground black pepper, to taste
• 60ml chicken stock
• 1 red chilli, sliced with seeds, optional
• 1 bunch fresh coriander, chopped roughly
• 6 small gluten free tortillas

This recipe came about organically at our photo shoot. We had all this delicious food and the natural decision was to do a bit of a “makeyourown taco” spread for lunch. If you don’t have leftover chicken, you can use 500g chicken mince or half a roast chicken from the supermarket instead (it tastes just as good).

METHOD
1. Place the shredded chicken (or mince) in the slow cooker. Add garlic, onion, lime juice, olive oil, spices and salt and pepper. Stir all the ingredients to ensure the chicken is coated.
2. Cover and cook for 1 ½ hours on low or 45 minutes on high. Warm the tortillas in the microwave or grill.
3. Spoon the chilli chicken mixture into each tortilla and garnish with your choice of toppings.

TOPPINGS
• ¼ red cabbage, shredded
• 1 avocado, mashed or cubed
• 1/2 bunch coriander
• lime wedges
• sour cream
• tzatziki

serves 6-8 | 10m prep | cook 7h on low or 3 ½ h on high

THIS RECIPE APPEARS IN SLOW COOKER COOKBOOK
COCONUT “MARSHMALLOWS”

INGREDIENTS

• 3 ½ tablespoons Gut Lovin’ Gelatin powder
• 270ml can coconut milk
• ½ teaspoon vanilla extract
• 1 pinch sea salt

METHOD

1. Dissolve the gelatin in 1/3 cup of cold water and let it sit for 5 minutes until it has become gel like.
2. Heat the coconut milk, cream, vanilla and sea salt in a saucepan until almost boiling.
3. Remove from the heat and stir in the gelatin until it has dissolved.
4. Pour into a 10x15cm glass or plastic container. Refrigerate for 1 hour, then cut into squares.

Store in the fridge in an airtight container for up to a week.
SUGAR-FREE NUT-ELLA

This version will fool even the most sceptical child. It’s great on a slice of toast or a few rice cakes for afternoon tea.

INGREDIENTS

- 1 cup hazelnuts
- 125ml coconut milk
- 1 tablespoon rice malt syrup
- 1 tablespoon coconut oil
- ¼ cup raw cacao powder
- 1 tablespoon vanilla powder

METHOD

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Bake the hazelnuts for 8–10 minutes, until browned. Rub most of the skins off as they can be a bit bitter (you don’t have to be too precise). Grind the nuts in a food processor until smooth.
3. Add the remaining ingredients and process until well mixed. Add extra coconut milk if you want more of a ‘sauce’ consistency. Store in the fridge for several weeks.
LEARN HOW TO QUIT SUGAR AND TAKE CONTROL OF YOUR HEALTH – FOR GOOD!

- 8 weeks of economical, speedy meal plans.
- Super simple shopping lists.
- More than 90 member-only recipes.
- Community forums and weekly emails to keep you on track. And answer whatever questions you might have.
- 45 doctors, nutritionists, dieticians, psychologists on hand to help.
- Weekly motivational videos from Sarah.
- All of this delivered on a brand NEW, easy-to-use online platform. With fun widgets!

LOOKING FOR MORE?

For more information on the 8-Week Program or to sign up for the next round, visit IQuitSugar.com/8-Week-Program.