

Week 7

White OUT



Natural Sweeteners and their "sweet" benefits!

Stevia is a low calorie, sweet tasting herb that can be used in place of sugar or artificial

sweeteners in anything from coffee to baked goods. **Real Maple Syrup** isn't just for pancakes! It can be used as a substitute for sugar in baking cookies, cakes...it also helps to boost your immune system!



Date Sugar comes from dehydrated dates, is loaded with minerals such as iron, calcium, magnesium, zinc and selenium making a much healthier alternative to sugar.

Honey and **Agave** are both rich in antioxidants, vitamins and minerals.

Weight DOWN

EAT FIVE CUPS OF VEGGIES EVERY DAY

Vegetables are high-volume, low-calorie, and packed with fiber, so they fill you up, not out. Divvy it up however you'd like. Maybe two cups with lunch, two cups with dinner, and one cup for an afternoon snack. Stick to your favorites, or try new ones; go for fresh or stock up on frozen.

ADD 1 TABLESPOON OF CHIA SEEDS TO YOUR DAILY MENU

Chia seeds may help to suppress appetite because they swell up in your digestive tract. Plus, the whopping five grams of fiber per Tablespoon make these nutrition sprinkles especially filling. Chia seeds will also add a boost of protein, calcium, antioxidants and omega-3's! Stir them into oatmeal, blend into smoothies or add to your yogurt and soups.

