



sugar free JANUARY PLAN

FOODS TO CONSIDER:
REFINED SUGAR, HONEY, MAPLE SYRUP, AGAVE, CORN SYRUP, ARTIFICIAL SWEETENERS, WHOLE FRUITS, DRIED FRUITS, FRUIT JUICE, REFINED GRAINS, WHOLE GRAINS, SAUCES, PRE-PACKAGED FOODS, FRIED FOODS, DESSERTS, NATURALLY SWEET DESSERTS, ALCOHOL

SWEET FOODS I'M CUTTING OUT

SWEET FOODS I'M KEEPING

MY ULTIMATE SUGAR FREE GOAL:

SIGNED HERE:  _____