

sugar free JANUARY PLAN

	YES	NO		YES	NO
SUGARS			GRAINS / CARBS		
ALL SUGARS	<input type="checkbox"/>	<input type="checkbox"/>	ALL GRAINS	<input type="checkbox"/>	<input type="checkbox"/>
RAW SUGAR	<input type="checkbox"/>	<input type="checkbox"/>	BROWN RICE	<input type="checkbox"/>	<input type="checkbox"/>
BROWN SUGAR	<input type="checkbox"/>	<input type="checkbox"/>	WHITE RICE	<input type="checkbox"/>	<input type="checkbox"/>
WHITE SUGAR	<input type="checkbox"/>	<input type="checkbox"/>	WHOLE WHEAT PASTA	<input type="checkbox"/>	<input type="checkbox"/>
PALM SUGAR	<input type="checkbox"/>	<input type="checkbox"/>	REGULAR PASTA	<input type="checkbox"/>	<input type="checkbox"/>
AGAVE NECTAR	<input type="checkbox"/>	<input type="checkbox"/>	WHOLE WHEAT BREAD	<input type="checkbox"/>	<input type="checkbox"/>
CORN SYRUP	<input type="checkbox"/>	<input type="checkbox"/>	WHITE BREAD	<input type="checkbox"/>	<input type="checkbox"/>
MAPLE SYRUP	<input type="checkbox"/>	<input type="checkbox"/>	WHITE FLOUR	<input type="checkbox"/>	<input type="checkbox"/>
BROWN RICE SYRUP	<input type="checkbox"/>	<input type="checkbox"/>	WHOLE WHEAT FLOUR	<input type="checkbox"/>	<input type="checkbox"/>
HONEY	<input type="checkbox"/>	<input type="checkbox"/>	FRIED FOODS	<input type="checkbox"/>	<input type="checkbox"/>
ARTIFICIAL SWEETENERS	<input type="checkbox"/>	<input type="checkbox"/>	CONDIMENTS / SAUCES		
FRUITS			ALL CONDIMENTS	<input type="checkbox"/>	<input type="checkbox"/>
ALL FRUITS	<input type="checkbox"/>	<input type="checkbox"/>	SOY SAUCE	<input type="checkbox"/>	<input type="checkbox"/>
DATES	<input type="checkbox"/>	<input type="checkbox"/>	KETCHUP	<input type="checkbox"/>	<input type="checkbox"/>
BANANAS	<input type="checkbox"/>	<input type="checkbox"/>	BARBECUE SAUCE	<input type="checkbox"/>	<input type="checkbox"/>
PINEAPPLE	<input type="checkbox"/>	<input type="checkbox"/>	SPAGHETTI SAUCE	<input type="checkbox"/>	<input type="checkbox"/>
WATERMELON	<input type="checkbox"/>	<input type="checkbox"/>	PEANUT BUTTER/NUT BUTTER	<input type="checkbox"/>	<input type="checkbox"/>
DRIED FRUITS (UNWEETENED)	<input type="checkbox"/>	<input type="checkbox"/>	STORE BOUGHT DRESSINGS	<input type="checkbox"/>	<input type="checkbox"/>
VEGETABLES			STORE BOUGHT SAUCES	<input type="checkbox"/>	<input type="checkbox"/>
ALL VEGETABLES	<input type="checkbox"/>	<input type="checkbox"/>	<small>*IDEA: USE STORE BOUGHT SAUCES AND CONDIMENTS WITH LESS THAN 2G ADDED SUGAR PER SERVING</small>		
POTATOES	<input type="checkbox"/>	<input type="checkbox"/>	DRINKS		
SWEET POTATOES	<input type="checkbox"/>	<input type="checkbox"/>	ALL DRINKS	<input type="checkbox"/>	<input type="checkbox"/>
CORN	<input type="checkbox"/>	<input type="checkbox"/>	WINE	<input type="checkbox"/>	<input type="checkbox"/>
SQUASH	<input type="checkbox"/>	<input type="checkbox"/>	BEER	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY			ALCOHOL	<input type="checkbox"/>	<input type="checkbox"/>
ALL DAIRY	<input type="checkbox"/>	<input type="checkbox"/>	SWEETENED JUICES	<input type="checkbox"/>	<input type="checkbox"/>
YOGURT	<input type="checkbox"/>	<input type="checkbox"/>	SWEETENED TEA & COFFEE	<input type="checkbox"/>	<input type="checkbox"/>
CHEESE	<input type="checkbox"/>	<input type="checkbox"/>	COCONUT WATER	<input type="checkbox"/>	<input type="checkbox"/>
MILK	<input type="checkbox"/>	<input type="checkbox"/>	KOMBUCHA	<input type="checkbox"/>	<input type="checkbox"/>
ALMOND MILK	<input type="checkbox"/>	<input type="checkbox"/>	DIET SODA	<input type="checkbox"/>	<input type="checkbox"/>
SOY MILK	<input type="checkbox"/>	<input type="checkbox"/>	OTHER:		
OTHER NUT MILKS	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>
			_____	<input type="checkbox"/>	<input type="checkbox"/>
			_____	<input type="checkbox"/>	<input type="checkbox"/>
			_____	<input type="checkbox"/>	<input type="checkbox"/>

I'M CUTTING OUT: 	I'M KEEPING:
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SIGNED HERE: _____