THE 30-DAY

NO-SUGAR RESET

A practical guide to reducing added sugar, planning satisfying meals, and building habits that last.

Inside your reset
30-day roadmap • simple meal plan • grocery lists • label-reading guide • habit tracker • easy recipes

A flexible, food-first plan. No perfection required.

This guide focuses on added sugar, not eliminating fruit, vegetables, or naturally occurring sugars in plain milk and yogurt.

Welcome to your reset

This 30-day plan is designed to help you notice where added sugar shows up, make simple swaps, and build meals around protein, fiber-rich plants, and satisfying fats. It is not a cleanse, a detox, or a promise of weight loss. You do not need special products or expensive supplements.

What counts as added sugar?

Added sugars are sugars and syrups added during processing or preparation: examples include cane sugar, brown sugar, corn syrup, honey, agave, maple syrup, and ingredients ending in “-ose” such as dextrose. The Nutrition Facts label lists **Added Sugars** beneath Total Sugars.

What stays on the menu?

• Whole fruit, vegetables, beans, lentils, and unsweetened dairy or fortified alternatives.

• Plain oats, rice, potatoes, whole grains, nuts, seeds, eggs, fish, poultry, tofu, and other proteins.

• Flavor from cinnamon, vanilla, citrus, herbs, spices, and unsweetened cocoa.

A few important notes

This is general nutrition education, not medical care. If you have diabetes or take glucose-lowering medication, are pregnant or breastfeeding, have a history of disordered eating, or have a medical condition requiring a specific diet, check with your clinician or registered dietitian before making significant dietary changes. Do not stop prescribed medication. Adjust portions to your hunger, activity, culture, budget, and needs.

Your only rule: aim for progress, not perfection. If you eat something sweet, simply return to your next planned meal.

How to use the 30 days

Days 1–7: Notice & prepare

Read labels, identify your biggest added-sugar sources, and replace sweet drinks gradually. Set up easy breakfasts and snacks.

Days 8–14: Build your routine

Choose mostly unsweetened staples. Pair carbohydrates with protein or healthy fats to make meals more satisfying.

Days 15–21: Practice real-life choices

Plan for restaurants, workdays, celebrations, and cravings without treating food as “good” or “bad.”

Days 22–30: Make it sustainable

Keep the swaps that work, plan your next grocery shop, and decide which flexible habits you want to continue.

Daily anchors

• Eat regular meals; avoid skipping meals to compensate for sweets.

• Include a protein source and a fruit or vegetable at most meals.

• Choose water or unsweetened drinks most often.

• Keep convenient options available: fruit, plain yogurt, nuts, eggs, hummus, or cheese.

• Take 2 minutes each evening to plan tomorrow's breakfast and one snack.

A simple plate guide

At lunch and dinner, try filling about half your plate with vegetables or fruit, one quarter with protein, and one quarter with grains or starchy vegetables. Add a satisfying fat such as olive oil, avocado, nuts, or seeds. This is a flexible visual guide—not a strict rule.

The 60-second label check

Use this quick routine when comparing packaged foods:

- **1. Check serving size.** The package may contain more than one serving.
- **2. Find Added Sugars.** Compare similar products and choose lower-added-sugar options when practical.
- **3. Scan the ingredient list.** Ingredients are listed by weight. Look for sugar, syrups, honey, agave, and sweeteners.
- **4. Consider the whole food.** Also check fiber, protein, sodium, and overall ingredients—not just sugar.

Common names for added sugar

Look for	Try instead
sugar / cane sugar	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.
brown sugar / raw sugar	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.
corn syrup / high-fructose corn syrup	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.
honey / agave / molasses	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.
maple syrup / rice syrup	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.
dextrose / maltose / sucrose	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.
fruit juice concentrate (when used as a sweetener)	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.
invert sugar / glucose syrup	Unsweetened versions; season with fruit, cinnamon, citrus, or herbs.

Important: “No added sugar” does not necessarily mean sugar-free. Plain fruit and milk contain naturally occurring sugars, and some products may use non-sugar sweeteners. The goal here is to reduce added sugar in a way that feels sustainable.

Week 1 grocery list

Choose quantities based on household size, appetite, and the meals you plan to make. Frozen and canned produce are useful budget-friendly options.

• Eggs; plain Greek yogurt or unsweetened alternative

• Chicken, canned tuna/salmon, tofu, or beans

• Oats, brown rice, quinoa, whole-grain bread with little/no added sugar

• Spinach, broccoli, carrots, bell peppers, cucumbers

• Apples, berries, bananas, oranges

• Avocados, olive oil, almonds or walnuts

• Hummus; salsa; unsweetened nut butter

Week 2 grocery list

Choose quantities based on household size, appetite, and the meals you plan to make. Frozen and canned produce are useful budget-friendly options.

• Eggs; plain yogurt; cottage cheese (optional)

• Turkey/chicken, lentils, chickpeas, tofu

• Whole-wheat tortillas, oats, quinoa, sweet potatoes

• Mixed greens, tomatoes, zucchini, green beans, onions

• Pears, oranges, frozen berries

• Pumpkin seeds, chia seeds, olive oil

• No-added-sugar marinara; low-sodium broth

Week 3 grocery list

Choose quantities based on household size, appetite, and the meals you plan to make. Frozen and canned produce are useful budget-friendly options.

• Salmon or other fish, chicken, eggs, black beans

• Plain yogurt or unsweetened soy yogurt

• Brown rice, whole-grain pasta, potatoes

• Cauliflower, cabbage, broccoli, mushrooms, salad greens

• Apples, grapes, kiwi, seasonal fruit

• Nuts, avocado, tahini

• Mustard, vinegar, herbs, spices; check sauces for added sugar

Week 4 grocery list

Choose quantities based on household size, appetite, and the meals you plan to make. Frozen and canned produce are useful budget-friendly options.

• Eggs, chicken, tofu, beans or lentils

• Plain yogurt, milk or fortified unsweetened alternative

• Oats, quinoa, whole-grain wraps

• Roasted vegetables, salad greens, cucumbers, tomatoes

• Fruit for snacks and breakfasts

• Nut butter, seeds, olive oil

• Staples you enjoyed and will realistically use again

Your 30-day meal plan

Use this 7-day menu for Weeks 1–4, with the weekly variation notes below. Repeat meals, swap proteins, and use leftovers. The plan intentionally includes whole fruit and unsweetened dairy; it is designed to reduce added sugar, not all carbohydrates.

Week 1: Follow the menu and focus on noticing labels.

Day	Breakfast	Lunch	Dinner	Snack idea
Mon	Greek yogurt, berries, chia	Chicken quinoa bowl with cucumber and tomato	Baked salmon, broccoli, brown rice	Apple + almond butter
Tue	Eggs, spinach, whole-grain toast	Lentil vegetable soup + side salad	Turkey or bean taco bowl, avocado, salsa	Carrots + hummus
Wed	Overnight oats with cinnamon and walnuts	Tuna or chickpea salad wrap	Chicken stir-fry with vegetables and rice	Plain yogurt + berries
Thu	Cottage cheese or tofu scramble + fruit	Leftover stir-fry bowl	Black bean stuffed sweet potato + greens	Handful of nuts + orange
Fri	Peanut butter banana oats	Chicken or tofu salad bowl	Whole-wheat pasta with no-added-sugar marinara and vegetables	Cucumber + hummus
Sat	Veggie omelet + fruit	Quinoa chickpea bowl	Sheet-pan chicken/tofu, potatoes, and vegetables	Pear + walnuts
Sun	Plain yogurt parfait with fruit and seeds	Leftover protein and veggie plate	Bean and vegetable chili	Apple + cheese or soy alternative

Week 2: Repeat the menu; swap chicken for tofu, beans, or fish where you like. Use pears, oranges, or seasonal fruit. Try one new vegetable.

Week 3: Repeat the menu; change the flavor profile with herbs, lemon, cumin, paprika, ginger, or garlic. Plan one restaurant meal using the choices guide.

Week 4: Repeat the menu; prioritize your favorite low-effort meals and make a short list of the swaps you want to keep after Day 30.

If you need more food, add another snack or increase portions. Examples: extra fruit and yogurt, toast with eggs, hummus and pita, or leftovers.

5 easy, no-added-sugar meal ideas

Berry-chia breakfast bowl

Stir ¾ cup plain Greek yogurt (or unsweetened alternative) with 1 tablespoon chia seeds. Top with ½ cup berries and chopped nuts. Add cinnamon or vanilla.

Sheet-pan protein and vegetables

Put chicken, tofu, or chickpeas on a tray with chopped broccoli, peppers, and potatoes. Toss with olive oil, garlic, paprika, and pepper. Roast at 425°F until chicken reaches 165°F or vegetables are tender and browned.

Quick lentil soup

Simmer cooked lentils with low-sodium broth, diced tomatoes, carrots, onion, spinach, cumin, and pepper until vegetables are tender. Check canned tomato labels for added sugar.

No-added-sugar taco bowl

Layer brown rice, black beans, lettuce, tomato, avocado, and grilled chicken or tofu. Add lime, cilantro, and salsa with no added sugar.

Apple-cinnamon overnight oats

Combine ½ cup rolled oats, ½ cup unsweetened milk, ½ chopped apple, cinnamon, and 1 tablespoon nuts or seeds. Refrigerate overnight; add plain yogurt if desired.

Quick snack combinations

- Fruit + nuts or nut butter
- Plain yogurt + berries + seeds
- Hummus + vegetables or whole-grain crackers
- Boiled eggs + fruit
- Cheese or unsweetened soy alternative + whole-grain toast
- Edamame, roasted chickpeas, or a small handful of trail mix without candy

Cravings, celebrations & eating out

Cravings can be influenced by routine, stress, sleep, hunger, and what is available. You do not need to fight every craving or label foods as forbidden.

When a craving hits

• Pause and check: am I hungry, thirsty, tired, stressed, or simply wanting a familiar taste?

• If hungry, eat a satisfying meal or snack with protein and fiber.

• If you want something sweet, try fruit with yogurt, cinnamon oats, or another option you enjoy.

• If you choose dessert, enjoy it without guilt and return to your usual routine at the next meal.

Eating out

• Choose water, sparkling water, or unsweetened tea most often.

• Ask for sauces and dressings on the side; some contain added sugar.

• Build a meal around a protein, vegetables, and a satisfying starch.

• Look at menus before you go if that reduces stress.

Parties and family meals

Decide what matters to you for that event. You can bring a dish you enjoy, choose the foods you genuinely want, or simply keep your regular meals earlier in the day. Avoid compensating by skipping meals.

A reset is a practice—not a pass/fail test.

30-day habit tracker

Check off the habits you practiced. A missed day is not a reason to quit; pick up where you are.

Day	Focus	Done	One note / win
1	Notice drinks and sweeteners	■	
2	Read 3 food labels	■	
3	Prepare a simple breakfast	■	
4	Swap one sweet drink	■	
5	Add a fruit or vegetable	■	
6	Plan tomorrow's meals	■	
7	Reflect on your biggest sugar source	■	
8	Choose unsweetened staples	■	
9	Pair carbs with protein	■	
10	Prep a snack ahead	■	
11	Try a new vegetable	■	
12	Make a satisfying lunch	■	
13	Plan a grocery shop	■	
14	Reflect on energy and routine	■	
15	Eat regularly on a busy day	■	
16	Check a favorite sauce label	■	
17	Plan a restaurant choice	■	
18	Try a new spice or herb	■	
19	Enjoy a meal without distractions	■	
20	Notice stress and cravings	■	
21	Prepare a backup meal	■	
22	Choose a favorite repeat meal	■	
23	Share a recipe with someone	■	
24	Plan for a celebration	■	
25	Reflect on useful swaps	■	
26	Build next week's grocery list	■	
27	Choose 3 easy breakfasts	■	
28	Choose 3 easy lunches	■	
29	Write your maintenance plan	■	
30	Celebrate consistency	■	

Your daily check-in

Use this short check-in at the end of each day:

■ I ate regular, satisfying meals.

■ I included protein and fiber-rich foods.

■ I chose mostly unsweetened drinks.

■ I checked a label or made a thoughtful food choice.

■ I treated myself with flexibility and kindness.

■ I planned one helpful thing for tomorrow.

After Day 30: keep what works

The goal is not to avoid every sweet food forever. Choose a realistic set of habits you can maintain:

• Keep unsweetened drinks as your everyday default.

• Buy plain yogurt, oats, and nut butters when you enjoy them.

• Read labels on the products you buy often.

• Plan a few easy breakfasts, lunches, and dinners.

• Make room for celebrations and foods you love.

My 3 habits to continue

1. _____

2. _____

3. _____

My easiest go-to meal: _____

One thing I learned: _____

My next small step: _____

You did not need a perfect 30 days to make progress. Keep the habits that make your life easier, more nourishing, and more enjoyable.

A note on nutrition & safety

This guide is for general educational purposes only and is not a substitute for individualized medical or nutrition advice. Nutrition needs vary. A no-added-sugar approach is not appropriate for everyone in the same way, and strict food rules can be harmful for some people.

If you have diabetes, use insulin or other glucose-lowering medication, are pregnant or breastfeeding, have a history of disordered eating, or have a medical condition that affects nutrition, speak with a qualified healthcare professional before making significant changes. Seek individualized advice for allergies, food intolerances, kidney disease, or other therapeutic diets.

Food safety reminders

• Refrigerate perishable foods promptly and follow package storage guidance.

• Cook poultry to an internal temperature of 165°F.

• Wash produce under running water.

• Use clean utensils and avoid cross-contamination.

Personalization notes

This sample menu is not calorie-counted and does not prescribe portions. Adjust servings to your hunger, age, body size, activity, preferences, and medical needs. Choose culturally familiar foods and affordable ingredients. Canned, frozen, and store-brand options can work well.

THE 30-DAY NO-SUGAR RESET

Simple choices. Satisfying meals. Habits you can keep.