

21 day
kick sugar Deconstructing Cravings
 program

Craving	Nutrients You Need	Eat Instead
Carbohydrate	Protein; Nitrogen	Fish, nuts, red peppers and meat. Fish oil can help stabilize your blood sugar and curb carb cravings.
Sugar	Sulfur; Chromium; Tryptophan	Broccoli, eggs, fruit, full fat, raw dairy (if tolerated), raw nuts and spinach
Caffeine	Iron; Phosphorus; Sulfur	Phosphorus - seafood and full fat raw dairy (if tolerated). Sulfur - broccoli, garlic, onions, grass-fed, red meat and cauliflower Iron - leafy greens and grass-fed, red meat and organ meats.
Salt	Manganese; Vitamin C; Vitamin E; Vitamin B1; Vitamin B5.	Leafy greens and berries; grass-fed meat
Chocolate	Magnesium	Nuts, seeds, fish and cucumber
Meat	Iron; Fat; Vitamin B12	Olive oil, avocado, nuts, and, of course grass-fed meat and organ meats.