

Sugar Freedom ^{XP}

by Catherine Gordon



*Extra Powerful,
Extra Personal,
No Plateaus.*

Sugar Freedom XP

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The One Thing

What is the one thing you would have to achieve this year to make it a success?

Right now, I have “The One Thing,” a book by Gary Keller and Jay Papasan, on my iPod. The central idea of the book is that we can become more productive, successful, and happier by focusing on one thing at a time.

When I wrote Sugar Freedom, I was already under the influence of the idea that in order to turn all of the things I had learned about permanent fat loss into an effective program for my readers to follow, I had to make that plan as simple and straightforward as possible. I had to ask myself, “What is the one thing that makes Sugar Freedom work?” The answer was, and is, “My readers have to know just what to eat instead of sugar, grains, and processed oils.”

In addition, there are times when I want to bring my eating into sharp focus. I do fall off of the no sugar wagon sometimes. I’ve even seen the wheels come off of the wagon as I jump off and watch it go careening off of a cliff to crash at the bottom of the canyon.

The meal plans that follow are the exact menus that I have used to get back on track, get off of plateaus, and look and feel my very best for special occasions.

Now I am sharing the meal plans with you so that you can discover their effects. Will you lose weight? I am confident you will, as my students and readers have reported as many as 5 pounds off in the first three days. Yes, this is bloat, but for our purposes “Bloat be gone” is one of my favorite sayings. Let’s also add “Cravings be gone” and “Hello satisfaction” to the list.

How are these menus different from the ones you’ll find in the original Sugar Freedom Manual? The 3-day bloat busting diet doesn’t feature dairy or meats like uncured bacon. When I wrote Sugar Freedom, I felt I

was asking so much of my readers already when it came to leaving out sugar and grains, and I was so confident that they would get results with the 3 Day Sugar Strike, that I didn't include this 3 day strategy. The 11 days that follow are intended to keep the fat loss going and reinforce the principles of Sugar Freedom which I continue to believe in, and rely on for weight maintenance.

No, as I've begun to get feedback from my students at Gordon studio and my readers, I know that it's time to share the eating tools I use to stay lean with 100% clarity.

I am honored to have your time, trust, and willingness to try something new when it comes to Sugar Freedom XP.

Sugar Freedom XP 3 Day Bloat Buster

Ban bloat, end cravings, and ramp up your fat loss.

The three day diet that follows is very simple. If you look at the Three Day Sugar Strike from the main Sugar Freedom manual which is included with your purchase, you'll see more selections on the list. There may not be a great deal of variety in your choice of foods on XP, but the whole point of this three day diet is to calm cravings and create satiety. So I have taken out anything that, in my experience, could be a trigger food. I call the diet extra personal for this very reason.

I believe that we must all find our personal programs through a process of trial and error, sometimes lots of error.

So where do you start? My motivation in writing this plan is to show you with total candor exactly what kind of eating strategy led to my permanent 60 pound fat loss and maintenance, even at the risk of being criticized for the way I eat.

Bottom line, this 3 day plan just works. It has always come through for me, and my students are reporting the same results: Fullness, loss of cravings, loss of puffiness, and of course, pounds off on the scale.

Your stomach will be flatter and you should simply feel better and have more energy after the first or second day. If you experience a headache or "Low Carb Flu" from the bloat flushing effect of SFXP, dissolve a bouillon cube in a cup of hot water and drink it. You may also wish to drink a cup of bouillon before vigorous exercise. The diet has plenty of fiber from all of the vegetables you'll be eating, so regularity shouldn't be a problem.

The next phase of Sugar Freedom XP adds back organic full fat dairy, fruit, and nuts, so hang in there! On day 11 you can enjoy some organic, soy free dark chocolate if you wish. Of course, if you find SFXP isn't your cup of tea, and tea drinking is encouraged, then your money will be refunded with my genuine thanks for your time and consideration.

Sugar Freedom XP

3 Day Bloat Busting, Craving Ending Meal Plan

When you wake up: Have a cup of warm water with the juice of ½ lemon, and a few drops of liquid stevia to take the sour edge off.

If you drink coffee, you may use unsweetened coconut milk to lighten it, and I recommend liquid stevia if you want a sweetener. Powdered stevia usually contains dextrose, which is a form of sugar.

Day 1

Breakfast:

2 eggs, poached, served over a bed of spinach cooked in olive oil, and topped with salsa.

Snack:

Celery Sticks with organic salsa. (No fruit salsas for now.)

Lunch:

3-4 oz. organic turkey breast, served with 2 cups romaine lettuce, cucumber, celery, and olive oil and vinegar dressing.
1 cup steamed broccoli.

Snack:

1-2 more ounces of turkey, more celery and salsa if you are hungry for a snack.

Dinner:

3-4 oz broiled salmon, 1 cup steamed asparagus with lemon, 1 cup sliced mushrooms cooked in olive or coconut oil.

Day 2

Breakfast: Salmon Patties



Recipe: Drain one 14.5 oz. can of wild red salmon. Remove bones and skin as desired. In a medium pan, heat 2 tbsp. olive oil over low-medium heat. Mix salmon well with $\frac{1}{4}$ cup finely chopped onion, and $\frac{1}{4}$ cup finely chopped celery. Add 2tsp. mustard, salt and pepper to taste. Form salmon patties by pressing salmon into $\frac{1}{4}$ cup measuring cup. Remove by gently tapping cup onto a spatula, and slide it into the pan. The salmon mix will yield about 8 patties, but I like to save some of the mix for a wrap or salad later. Cook 3 minutes on one side then carefully turn, and cook 3 minutes on the other. The patties can be a bit fragile, so you may want to use one spatula to keep the patty from sliding, and another spatula in your other hand to get under it and turn it over. Serve 2 salmon patties with mustard on cabbage leaves, along with 1 cup of sautéed spinach. Please feel free to substitute asparagus, Brussels sprouts, or any vegetable that grows above the ground for the spinach. Salsa is a free condiment that can be used at any time.

Snack: Carrots with salsa

Lunch:

2 Chicken Thighs, with skin if you like, large romaine lettuce salad with

olive oil and vinegar dressing. 1 cup steamed Brussels sprouts.

Snack: 1 or 2 Salmon patties wrapped in a cabbage leaf with mustard or salsa.

Dinner:

4 oz. grass fed organic beef rib eye- broiled. Mixed green salad with cucumber, celery, grated carrot and red cabbage with olive oil and vinegar dressing. 1 cup steamed broccoli.

Day 3

Breakfast:

2 egg omelet cooked in olive, coconut oil, or ghee with sautéed onion, mushrooms, cabbage, and chopped parsley. I like to season these vegetables with organic ginger, ½ tsp. of turmeric, and sea salt to taste.

Snack:

1 Hard boiled egg, and left over vegetables from breakfast.

Lunch: 4oz shrimp sautéed in olive oil with garlic and lemon juice. Large romaine lettuce salad with olive oil and vinegar dressing. 1 cup steamed asparagus. Feel free to dress your cooked vegetables with organic olive oil and a squeeze of lemon juice.

Snack: Make extra shrimp to have as a snack with sliced red bell pepper.

Dinner:

4 oz. grass-fed organic ground beef or bison sautéed with onion, and celery, add some chopped cilantro when the meat is nearly done. Season with sea salt, and cumin to taste if desired. Drain extra fat. Serve with salsa (again, I know) and make a wrap with red cabbage leaves. Large mixed green salad with olive oil and vinegar dressing. 1 cup steamed Brussels sprouts.

Drink at least 6 glasses of water throughout the day. The vegetables on this menu have a diuretic effect. Feel free to have more of them if you're hungry, and add parsley to any of your cooked dishes to get the benefit of its anti-bloating effect.

Principles of the Sugar Freedom XP Bloat and Plateau Busting Diet:

Eliminate all sugar, grains, dairy, soy, canola and soybean oils, fruits, nuts, and anything processed from your eating plan.

Water, herbal tea, and your morning drink of warm water with lemon are so important for your success on Sugar Freedom XP and beyond. So many of the body's biological rely on good hydration, including digestion and fat metabolism.

I suggest starting this diet on a Friday so that you will most likely be home and able to manage your cooking and eating choices.

On the other hand, I've had some students tell me they like starting the diet on Monday when they have work to occupy their attention between mealtimes.

On cooking: These meals are simple to prepare for a reason: In my experience the people who succeed long term at fat loss either prepare their own food, or are willing to ask for their meals to be made to order. I am convinced that the results you will get from this three day plan will be worth the time you will spend grocery shopping, going to the farmer's market or co-op, and preparing your meals.

It's time to take your dreams very seriously, and see if turning away from sugar can get you pointed in a better direction for pursuing all of your life goals, not just your goals for looking and feeling great.

The Sugar Freedom XP Shopping List

Here are the foods you need to succeed on SFXP.

The Sugar Freedom XP Shopping List

In The Produce Aisle:

Salad Greens (Romaine lettuce, spinach, cabbage)

Other Leafy Greens (Swiss chard or other chard, collard greens, kale, bok choy) Herbs (basil, parsley, cilantro) Other salad vegetables (radishes, sprouts, cucumbers, tomatoes) Other green vegetables (avocado, asparagus, broccoli, green beans, Brussels sprouts, cauliflower) Other non-starchy vegetables (peppers, green onions, eggplant, artichokes, mushrooms) There are more vegetables here than you'll find in the three day meal plan. Please feel free to add or substitute any that you see here.

2.Meat, Poultry, Fish, Seafood, Eggs

Eggs: Preferably Organic Free Range. Beef: All cuts, especially grass fed. Pork. Poultry.

Fish: Salmon, Tuna, Shrimp, other fish may be substituted for these as well.

3.Fats and Oils

Coconut oil (Organic) Organic Extra Virgin Olive Oil. Ghee.

4. Frozen Foods:

Organic chicken, turkey, ground beef, ground bison, Shrimp, and vegetables.

Condiments

Mustard, salsa, hot sauce, Braggs Organic vinegar, or any vinegar without added sugar.

Other:

Unsweetened coconut milk

In the Spice Aisle:

Curries, ginger, cumin, iodized sea salt, cinnamon, organic garlic powder, turmeric, etc. to add interest and variety.

Sweeteners:

Liquid Stevia, Erythritol

Sugar Freedom XP: The Next Phase

More variety, more fat loss, get glowing.

In January of 2010, my weight started to go back up again. I had started to eat sweets and starches over the holidays, and by January 31st the scale said 131 pounds, which is just shy of officially overweight for my height of 5'1"

The meal plans that follow for the next 7 days are literally just what I ate to release that weight again. I know this because I started a strategy of writing down what I planned to eat *before* I ate it. I would make my plan the night before, or each morning with my coffee. I highly recommend that you follow this practice. It will help get you ready for the day, and it will focus your awareness on what you need to eat to succeed. In addition, you will end up with a written record of exactly what works for you when it comes to fat loss.

When I started eating this way I lost weight at a consistent rate of 1 pound a week, but something else happened. My hair got shiny, my nails started to grow fast, and my skin took on a golden glow. It turns out that all of the colorful vegetables and fruits on this plan can have a wonderful effect on your well-being and overall appearance. Turns out Mother was right. Eat your vegetables and fruits to grow healthy, but not necessarily bigger.

It's time to add back one serving of fruit a day, organic dairy, and nuts. It sure is more fun to plan meals when we have more foods to choose from.

Note: There are no snacks listed on this meal plan. I find that my best eating frequency is 3 meals a day, eaten sitting quietly at a table. Feel free to add two snacks from the SFXP food list if that works better for you.

Meal Plans: Days 4-10

Day4

Breakfast:

1 Granny Smith Apple, 1 cup organic plain yogurt, 1oz. chopped walnuts.
(Add a few drops of flavored liquid stevia and cinnamon to your yogurt if desired.)

Lunch:

4 oz grass fed ground beef
1 cup spinach sautéed with onion and mushrooms in butter
Green salad with olive oil and vinegar dressing

Dinner:

1 Pork Chop
Large green salad with olive oil and vinegar dressing.
Sauteed eggplant, tomatoes, and mushrooms with ½ cup salsa

Day 5

Breakfast:

1 egg, 2 strips of uncured bacon
1 pear.

Note: at 5'1" and a normal weight my protein needs were less than most women, and certainly less than most men. Another egg or of strip of bacon would be fine here. See the section on protein needs in the main Sugar Freedom Manual.

Lunch:

2 Chicken Thighs
Large green salad with olive oil and vinegar dressing
1 cup broccoli with 1 tsp butter

Dinner:

4oz. Top Sirloin
Large green salad with olive oil and vinegar dressing.

Mixed vegetables with 1tsp butter

Day 6

Breakfast:

2 egg omelet with 1 oz grated raw cheddar

Sauteed mixed vegetables

½ cantaloupe

Lunch:

Tuna Salad: mix 1 can tuna with celery, diced onion, 1T home made mayo.

Large green salad with olive oil and vinegar dressing

1 cup steamed green beans with 1t. butter

To make mayonnaise: Separate the yolk of one egg and place in a small mixing bowl. Using an electric hand mixer on medium speed, beat the egg yolk for 30 seconds, then add olive oil drop by drop to the egg yolk, while continuing to mix, until it begins to emulsify. Once you can see it thickening, start to pour in the olive oil in a steady stream, until you have added ½ cup. Add mustard, apple cider vinegar, and salt to taste. I usually add just 1 tsp. of mustard and 1 tsp. of vinegar, as I like the simple creamy taste of the mayonnaise. Note, this recipe does contain raw egg, so if you are uncomfortable with that you can use soy free Vegenaise instead.

Day 7

Breakfast:

1 egg

2 strips uncured bacon

1 cup blackberries

Lunch:

1 Pork chop

Large green salad with home made dressing

1 cup steamed asparagus with 1t butter and lemon

Dinner

4 oz broiled salmon

Large green salad with olive oil and vinegar dressing

Steamed Brussels sprouts with 1t. butter

Day 8

Breakfast:

1 Egg

2 slices uncured Canadian bacon

1 organic Fuji apple

Lunch:

1 Chicken breast: with skin

Large green salad with sliced avocado and olive oil and vinegar dressing

1 Cup mixed vegetables with 1t. butter

Dinner:

1 Pork chop

Large green salad with olive oil and vinegar dressing

1 cup mixed vegetables with 1t. butter.

Day 9

Breakfast:

2 egg omelet with 1 oz cheese and 1 cup sautéed mixed vegetables

1 grapefruit

Lunch:

Canned wild salmon salad: you can use the same recipe as for the tuna salad above.

Large green salad with olive oil and vinegar dressing.

1 cup spinach sautéed in olive oil with garlic and mushrooms.

Dinner:

4 oz. grass fed beef or bison patty cooked in butter, and topped with sautéed onions and mushrooms.

Large green salad with olive oil and vinegar dressing.

Day 10

Breakfast:

1 egg

2 strips uncured bacon

1 pear

Lunch:

Wild salmon salad

Red cabbage leaves for a wrap

½ cup salsa for dipping

1 cup steamed asparagus.

Dinner:

2 Chicken thighs with creamy mustard sauce

Large green salad with olive oil and vinegar dressing

1 cup broccoli: top with some of the sauce from the following recipe.



Chicken with Creamy Mustard Sauce

Chicken with a creamy mustard sauce that is delicious.

Ingredients

3 tbsps extra virgin olive oil

4 chicken thighs

2 tbs mustard

1/2 cup sour cream

salt and pepper to taste

2 garlic cloves, minced

Directions

1. Season chicken with salt and pepper and brush with mustard
2. Pre-heat the pan with the oil and add the garlic.
Next add the chicken thighs and cook until browned on both sides (be careful with the temperature to not burn the garlic).
3. Add the sour cream and cook on low temperature for 10 minutes, or until done.

Day 11: Time for a Bonus Meal

Interesting Story: A Prima Ballerina's Diet.

Pardon me for stating the obvious, but certain occupations require slenderness for success. If you are a jockey, a boxer, or a dancer, "making weight" can be a work requirement. Dancers have to have enough strength and energy to perform at the elite physical level. When I saw that Diana Vishneva had shared her performance day eating strategy with Glamour magazine, I had to share it here.

Here is an excerpt from the Glamour interview with writer Meredith Turtis:

"Diana's on her feet (literally) dancing five to six hours per day, so I was dying to know how the fit (and toned—just look at those arms!) beauty keeps from petering out.

Her energizing food routine? "Salad with tuna or salmon, coffee and chocolate," she told me.

Well, that's one totally doable regimen, don't you agree? Diana also said she makes sure to eat a full breakfast first thing in the morning so she'll have enough energy to keep her going.

I also asked Diana to spill her number one secret for getting through the most exhausting days, and I *loved* her answer: "Enthusiasm, and love I have for my life." Oh, that just makes me smile."



Prima Ballerina Diana Vishneva: Beautiful and strong at age 38.

Did you notice the tuna or salmon salad, and the chocolate?

Read on for your suggested Day 11 Menu.

After 10 days on the Sugar Freedom XP plan, it's time to broaden your eating horizons a bit. This menu would certainly work at a fine steak house, or maybe you'd like to go Mexican and have fajitas, or have chicken cacciatore at an Italian place. The idea is to explore your boundaries by having a meal with more variety, and then observe how it makes you feel.

Breakfast:

2 egg omelet cooked in butter with 1 oz. organic cheese

Mixed vegetables cooked in butter

1 Cup Strawberries.

Lunch:

4 oz Turkey breast

1 slice uncured bacon cooked crisp

½ avocado

1T home made mayo

½ cup salsa

Red cabbage leaves to make a wrap.

1 Cup steamed broccoli with butter.

Dinner:

4 oz. Rib Eye Steak

½ to 1 baked potato with full fat organic sour cream

1 Cup Roasted Brussels Sprouts

2 oz. organic soy-free dark chocolate with 1 ounce raw almonds

1 glass of red wine.

Hello full belly satisfaction! The idea is to eat up and enjoy yourself sensibly, while staying aware of how “re-feeding” or “eating up” affects you. Personally, having a meal like this every 10 days makes me feel great both physically, and socially. You will notice that the chocolate is eaten with almonds. That’s to keep the sugar content of this dessert lower than the third ingredient. Even when I’m having a special treat, if I choose chocolate with less than 70% cacao and I eat it alone, I can get triggered. (By alone I mean without nuts, not by myself, but I prefer that my bonus meal be shared with my husband, or with friends and family.)

Days 12-14: Back to Basics

Now our goal with days 12-14 is to come in for a “soft landing.” If we can go right back to eating as similar a menu to the ones we followed before day 11, we can feel confident that we’re on the right track to finding our “Forever Food Plan.”

Day 12 Breakfast:

Freedom Pancakes: Beat 1 egg, and add 1T finely chopped almonds, and 1T ground flax seed. Mix well.

Melt 1T butter or coconut oil in a frying pan or on a griddle. Cook just as you would a regular pancake. Serve with whipped heavy cream and fruit. (Note: on occasion, you may wish to use sugar free syrups. I think these are fine in moderation. If you notice that they over stimulate your appetite, leave them out.

2-3 Slices uncured Canadian Bacon

Lunch:

Chicken Breast (Skin on is fine)

Large Green Salad with 1C salad vegetables and oil and vinegar dressing

1 Granny Smith Apple

Dinner:

3-4 oz Shrimp

Served over sauteed grated yellow crookneck squash and zucchini with grated parmesan cheese

1/2 Sweet Potato with butter or coconut oil and cinnamon. *(A favorite treat of mine. CG)*

Day 13 Breakfast:

2 Eggs fried in butter

Vegetable Stir Fry

2-3 Slices Uncured Bacon

Lunch:

Grass Fed Ground Beef 3-4oz

Vegetable Stir Fry

Red Cabbage Leaves For Wrap

Avocado Slices

Salsa for dipping

Fill wraps with ground beef, vegetables, and avocado. Dip in salsa and enjoy.

Dinner:

3-4 oz Oven Baked Salmon topped with Crushed Macadamia Nuts

Large Green Salad with Raspberry Vinaigrette

1C Strawberries topped with Whipped Heavy Cream and Crushed Macadamia Nuts

Day 14 Breakfast:

1C Full Fat Organic Greek Yogurt

1C Strawberries

1oz Chopped Walnuts

Lunch:

Turkey/Asparagus Roll Ups with Home Made Mayo

Large Green Salad with 1C Chopped Vegetables and Olive Oil and Lemon Dressing

1Pear

Dinner:

Lamb Chops with Garlic and Rosemary

1/2 C Red Potatoes

1C Green Beans

Note: If you want to add snacks, low sugar fruits like berries are a good choice. Pair them with one ounce of raw unsalted almonds or walnuts, or an ounce or two of protein like a hard boiled egg if you need something more substantial.

So there you have it, 14 days of Sugar Freedom meals to help you discover the simplicity of losing weight.

I simply love eating this way, and I hope it will leave you feeling satisfied and energized too.

Back in 2010, after I had been pre-planning my eating for several days, I had a strange experience. I prepared dinner for my family, a dinner just like the ones on this plan, and we all sat down and said grace. As I picked up my fork and started to eat, I burst into tears.

Van and Colin were shocked, "What's wrong?" They asked. I told them for the first time in forever, I felt free to eat, finish, and enjoy my meal without guilt or shame, and with the knowledge that it would leave me satisfied, and not craving more.

Are there more people out there like me? Has eating become a stressful, almost frightening experience for you? By setting some simple boundaries for eating, like only eating sitting down at a table, and eliminating trigger foods, I am confident that you can begin to find peace and satisfaction around food.

Hope that Sugar Freedom is a template that allows you to create the eating strategy that gets you to your authentic ideal goal weight, and keeps you there for as long as you wish.

Farewell for now Freedom Friends.

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