

# TFGG

*the fit girl gang*



**Sugar  
Swaps**



# Sugar Swaps

Here you have it you amazing babes! The ultimate tool to help you cut down on sugar in almost every situation imaginable. Block Three is all about kicking our sugar habits to the curb, and that is what this baby is going to help you do. Like we've talked about, sugar can be one of (if not THE) hardest habits to kick, but it's all about being conscious about the food we consume, and making smart choices. Remember, it's the little things that add up to make BIG results.

## **I WANT: CANDY**

Sour Patch Kids 56g bag - 36g sugar

Swap it for:

Frozen Grapes 1 cup - 16g sugar

## **I WANT: CHOCOLATE**

Snickers Bar - 27g sugar

Reeces (3 regular size cups) - 24g sugar

Swap it for:

TFGG Peanut Butter Cup Smoothie - 7g sugar

TFGG Chocolate Peanut Butter Cup - 2g sugar

## **I WANT: SWEET CEREAL**

Raisin Bran 1 cup - 18g sugar

Swap it for:

Fibre One Original 1/2 cup - 0g sugar

\*Bonus: This guy has 16 grams of fibre per serving (aka you're gonna be so nice and full).

## **I WANT: POP**

Coke 1 can - 39g sugar

Swap it for:

Zevia 1 can - 0g sugar

## I WANT: MILK

Skim milk 1 cup - 12g sugar

Swap it for:

Unsweetened Almond Milk 1 cup - 0g sugar

Unsweetened Cashew Milk 1 cup - 0g sugar

## I WANT: CHOCOLATE MILK

Lucerne Chocolate Milk 1 cup - 21g sugar

Swap it for:

Almond Breeze Unsweetened Chocolate 1 cup + 1 tbsp stevia - 0g sugar

## I WANT: A GRANOLA BAR OR PROTEIN BAR

Nature Valley Granola Bar - 13g sugar

Cliff Bar - 22g sugar

Swap it for: A low sugar, high protein alternative.

One Protein Bar - 1g sugar

Quest Bar - 1-2g sugar (depending on flavour)

Grenade Carb Killa Bar - 1-2g sugar (depending on flavour)

## I WANT: PANCAKE SYRUP

Aunt Jemima 3 tbsp - 29g sugar

Swap it for:

E.D. Smith No Sugar Added Syrup 3tbsp - 6g sugar

Walden Farms Pancake Syrup - 0g sugar

I WANT: KETCHUP

Heinz Ketchup 3 tbsp - 12g sugar

Swap it for:

Heinz No Sugar Added Ketchup 3 tbsp - 3g sugar

I WANT: BBQ SAUCE

Bullseye Original 3 tbsp - 18g sugar

Swap it for:

Annie’s Organic Original BBQ Sauce 3 tbsp - 6g sugar

I WANT: ICE CREAM

Ben & Jerry’s Half Baked 1 cup - 54g sugar

Swap it for:

Cool Whey Vanilla Protein Ice Cream 1 cup - 1g sugar

Menchie’s No Sugar Added Vanilla Frozen Yogurt 1 cup - 12g sugar

TFGG RASBERRY SORBET - 9g sugar

\*Makes 3 servings

INGREDIENTS

- 2 cups frozen raspberries
- 3 cups frozen strawberries
- 1 whole lemon (peeled)
- 1/2 tsp xanthan gum
- Stevia or Monkfruit (use as much as you like, depending on how sweet you want it!)

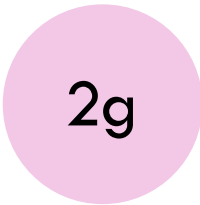
DIRECTIONS

- Place all ingredients in food processor or high powered blender and blend until smooth.
- Place in the freezer for 1 hour, stirring every 20 minutes.
- Enjoy!!!

MACRONUTRIENT  
BREAKDOWN

\*For 1 serving of Raspberry Sorbert

Protein



Carbs



Fibre



Fat



Cals



## I WANT: PUDDING

Jello Chocolate Pudding Cup - 19g sugar

Swap it for:

Jello No Sugar Added Chocolate Pudding Cup - 0g sugar

## I WANT: HOT CHOCOLATE

Nestle Hot Chocolate 1 serving - 19g sugar

Starbucks Classic Hot Chocolate Grande - 43g sugar

Swap it for:

## TFGG HEALTHY HOT CHOCOLATE - 0g sugar

### Ingredients:

- 1.5 cups unsweetened almond or cashew milk
- 1 tbsp cocoa powder
- 1 serving Believe Supplements Chocolate Fudge Flavour

\*If you don't have, swap this for a little extra cocoa and some stevia instead!

## I WANT: MY FAVOURITE STARBUCKS GO-TO (HOT)

White Chocolate Mocha Non-Fat No-Whip Grande - 58g sugar

Cinnamon Dolce Latte Grande Non Fat No Whip - 38g sugar

Pumpkin Spice Latte Grande - 49g sugar

Swap it for:

Skinny Latte with Almond Milk (choice of sugar-free syrup: Vanilla, Caramel, Hazelnut, or Cinnamon Dolce) Grande - 3g sugar

## I WANT: MY FAVOURITE STARBUCKS GO-TO (COLD)

Iced White Chocolate Mocha Grande - 61g sugar

Caramel Frappuccino Non-Fat No-Whip Grande - 60g sugar

Swap it for:

Light Espresso Frappuccino with Almond Milk Grande - 2g sugar

\*This is ice blended with a shot of espresso (or two) a bit of almond milk, and then you can add the sugar-free syrup of your choice



# Sugar Swaps

## I WANT: DRIED FRUIT

Mixed Dried Fruit 1 cup - 84 g sugar  
Dried Mango 1 cup - 92 g sugar

Swap it for:

Fresh Mixed Berries 1 cup - 10g sugar  
Fresh Mango 1 cup - 24g sugar

## I WANT: BREAD

White Wonder Bread 2 slices - 6g sugar (0g fibre)

Swap it for:

Ezekiel Bread 2 slices - 0g sugar (6g fibre)

## I WANT: JAM

Smuckers Raspberry Jam 2 tbsp - 24g sugar

Swap it for:

Smuckers No Sugar Added Raspberry Jam 2 tbsp - 8g sugar

## I WANT: CHEESECAKE

Kirkland Cheesecake (Costco) 1 piece - 36g sugar

Swap it for:

## TFGG MUG CHEESECAKE - 7g sugar

### INGREDIENTS

- 3 oz light cream cheese
- 2 tbsp plain fat-free greek yogurt
- 1 tsp vanilla extract
- 1 egg
- 1 tsp vanilla extract
- 3-4 tbsp stevia or monkfruit
- Top with: 2 tbsp sugar-free Cool Whip & 1/4 cup raspberries

### DIRECTIONS

- In a large mug, mix together all base ingredients well.
- Place in the microwave and microwave for approximately 90 seconds (depending on the strength of your microwave) making sure to stir every 30 seconds.
- Remove and place in the fridge for at least 1 hour
- Top with sugar-free Cool Whip & Raspberries and enjoy!

### MACRONUTRIENT BREAKDOWN

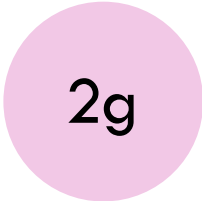
Protein



Carbs



Fibre



Fat



Cals





## **I WANT: JUICE**

SunRype Apple Juice 2 cups - 60g sugar  
Tropicana Orange Juice 2 cups - 44g sugar

Swap it for:

GT's Kombucha 480mL Bottle - 4-12g sugar (depending on flavour)

## **I WANT: SUGAR IN MY COFFEE**

Sugar 2 packets - 8g sugar

Swap it for:

Stevia 2 packets - 0g sugar

## **I WANT: NUTELLA**

Nutella 2 tbsp - 22g sugar

Swap it for:

**TFGG DIY NUTELLA** - 1g sugar

## **INGREDIENTS**

- 1 tbsp natural peanut butter
- 1 tbsp cocoa powder
- 1 tbsp stevia or monkfruit

## **I WANT: CRACKERS**

Ritz low fat crackers 10 - 4 g sugar (0g fibre)

Swap it for:

Mary's Gone Crackers Super Seed 10 - 0g sugar (3g fibre)  
Annie's Saltine Crackers 10 - 0g sugar (1g fibre)



# Sugar Swaps

## **I WANT: A SPORTS DRINK**

Gatorade Blue 1 bottle - 21g sugar

Swap it for:

Vega Sport Electrolyte Hydrator + Water - 0g sugar

## **I WANT: GRANOLA**

Honey Bunches of Oats Protein Granola with Dark Chocolate 1 serving - 31g sugar  
Kellogs low fat Granola with Raisins 1 serving - 17g sugar

Swap it for:

Purely Elizabeth Granola Coconut Cashew 1 serving - 5g sugar

## **I WANT: ICED TEA**

Snapple Iced Tea Lemonade - 36g sugar

Swap it for:

Starbucks Iced Green Tea (with no syrup) - 0g sugar  
\*If you are in the mood for sweet you can add stevia!

## **I WANT: YOGURT**

Yoplait Strawberry 1 snack size container - 26g sugar  
Dannon Fruit on The Bottom Blueberry 1 snack size container - 24g sugar

Swap it for:

Plain fat-free Greek Yogurt - 6g sugar  
\*If you want to sweeten it and make it a little more exciting, add vanilla extract, stevia, or berries!



I WANT: A QUICK SMOOTHIE TO-GO

- Starbucks Strawberry Banana Smoothie - 41g sugar

Booster Juice Funky Monkey - 67g sugar

Tim Hortons Berry Smoothie - 43g sugar

McDonalds Mango Pineapple Smoothie - 65g sugar

Swap it for: Make your own. Always!

TFGG DARK CHOCOLATE SEA SALT SMOOTHIE - 0g sugar

INGREDIENTS

- 1 serving chocolate whey protein powder

• 3/4 cup unsweetened chocolate almond milk

• 2 tbsp cocoa powder

• 1 tbsp chia seeds

• 1 cup frozen spinach

• 1/3 avocado

• 1 cup ice

• 1/2 tsp xanthan gum

• Stevia or Monkfruit to sweeten

• Sprinkle with Pink Himalayan sea salt (and stir it in) to bring out the most delicious chocolatey flavour you can imagine

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	32g	19g	13g	16g	329