

Sugar Summit Worksheet

FOODS WE
ALL CAN EAT.
LET'S STOCK
UP ON THESE.

FOODS YOU
LIKE THAT
AREN'T THAT
TEMPTING TO ME

FOODS WE
DON'T WANT
IN THE HOUSE
FOR A WHILE

Blank space for listing foods we all can eat.

Blank space for listing foods you like that aren't that tempting to me.

Blank space for listing foods we don't want in the house for a while.

**The One-Month No Sugar
& No Flour Challenge.**

