TABLE OF CONTENTS

Chapter	Page
Introduction	
It's the sugar, stupid!	
Just say no	
The Sugar-Free Miracle™ Diet Rules	
Rule #1: Caloric sweeteners and powdery flours	
Rule #2: Full fat food choices	
Rule #3: Protein	
Rule #4: Veggies	
Rule #5: Fruit	
Rule #6: Dairy	
Rule #7: Eating Frequency	
Artificial Sweeteners	
Alcohol	
Daily Food Budget Overview	
Become a Sugar and Flour Detective	
Get Lean by Thinking Red-Yellow-Green	
Organize, Don't Agonize	
Easy Peasy Snacks	
Weekly Menu Example	
Weekly Shopping List	
Daily Tracking and Diary	
Mistakes Happen; Get Over Them Quickly	
Eating Out	
For Vegetarians	
10 Simple Success Tips	
Frequent Q&As	
Tools, Recipes, Seminars, Boot Camp, Coaching	