

FREE



7-Day Brain Health Starter Kit

Sugar Detox Guide
+ Shopping List
+ Daily Timeline

WHAT'S INSIDE

- ✓ Day-by-day meal suggestions (simple, no-cook options)
- ✓ Sugar swap cheat sheet
- ✓ What happens to your brain each day (timeline)
- ✓ Printable shopping list

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Welcome!

Hey there! I'm Nancy, and I'm so glad you downloaded this guide.

If you're dealing with brain fog, sugar cravings, low energy, or trouble focusing — you're in the right place. Your brain isn't broken.

It's starving for the right fuel.

This 7-Day Starter Kit is designed to help you:

- ✓ Reduce sugar cravings naturally
- ✓ Boost your mental clarity and focus
- ✓ Support your gut-brain connection
- ✓ Feel more energized throughout the day
- ✓ Build habits that protect your brain long-term

How to Use This Kit

1. Follow the daily meal suggestions — or mix and match to fit your taste.
2. Use the Sugar Swap Cheat Sheet when cravings hit.
3. Read each day's brain timeline to stay motivated.
4. Print the shopping list and prep on Day 0 (the day before you start).
5. Be kind to yourself — progress, not perfection!

What Happens to Your Brain When You Quit Sugar

Day
1-2

Withdrawal & Reset

Your brain protests — cravings spike, you may feel tired or irritable. This is normal! Your dopamine receptors are recalibrating.

Day
3-4

Stabilization Begins

Blood sugar starts leveling out. Energy dips become less dramatic. Your gut bacteria begin shifting toward healthier populations.

Day
5

Clarity Emerges

Many people notice improved mental clarity around this point. Your brain is learning to use steady fuel instead of sugar spikes.

Day
6

Taste Buds Awaken

Foods start tasting sweeter naturally. Fruits become more satisfying. Your palate is resetting after years of sugar overload.

Day
7

New Baseline

Energy is more consistent. Focus improves. You've proven to yourself that you can do this — and your brain is already thanking you.

Remember: These 7 days are just the beginning.

Real brain health transformation happens over 6-12 weeks.

This kit gives you the foundation to build on.

Day-by-Day Meal Suggestions

Simple meals — no-cook options marked with *

DAY 1

BREAKFAST	Scrambled eggs with spinach and avocado
SNACK	Handful of walnuts + blueberries *
LUNCH	Grilled chicken salad with olive oil dressing *
SNACK	Celery with almond butter *
DINNER	Baked salmon with roasted broccoli and sweet potato

DAY 2

BREAKFAST	Overnight oats with chia seeds, berries, and cinnamon *
SNACK	Hard-boiled eggs (prep ahead) *
LUNCH	Turkey and avocado lettuce wraps *
SNACK	Mixed nuts and an apple *
DINNER	Stir-fried shrimp with vegetables and cauliflower rice

DAY 3

BREAKFAST	Smoothie: spinach, banana, almond butter, almond milk *
SNACK	Cucumber slices with hummus *
LUNCH	Quinoa bowl with black beans, avocado, and salsa *
SNACK	A handful of pumpkin seeds *
DINNER	Chicken thighs with roasted Brussels sprouts

DAY 4

BREAKFAST	Greek yogurt with walnuts and a drizzle of honey
SNACK	Sliced bell peppers with guacamole *
LUNCH	Leftover chicken over mixed greens with olive oil *
SNACK	A small handful of dark chocolate chips (85%+) *
DINNER	Turkey meatballs with zucchini noodles and marinara

Day-by-Day Meal Suggestions

Days 5–7 | You're almost there!

DAY 5

BREAKFAST	Veggie omelet with mushrooms, tomatoes, and feta
SNACK	Trail mix: almonds, pumpkin seeds, unsweetened coconut *
LUNCH	Tuna salad (olive oil-based) on bed of greens *
SNACK	Sliced pear with a few cashews *
DINNER	Baked cod with asparagus and quinoa

DAY 6

BREAKFAST	Chia pudding with berries and a sprinkle of hemp seeds *
SNACK	Carrot sticks with tahini dip *
LUNCH	Chicken & vegetable soup (batch cook or store-bought, no sugar)
SNACK	A small avocado with everything seasoning *
DINNER	Grass-fed burger (no bun) with sweet potato fries and salad

DAY 7

BREAKFAST	Smoothie bowl: frozen berries, spinach, almond butter, granola *
SNACK	Handful of macadamia nuts *
LUNCH	Mediterranean plate: hummus, olives, cucumber, chicken *
SNACK	Celery with sunflower seed butter *
DINNER	Celebrate! Grilled salmon with roasted veggies and lemon

Pro Tips from Nancy

- ✓ Prep proteins in bulk on Sunday — grilled chicken, hard-boiled eggs, baked salmon.
- ✓ Keep brain-healthy snacks visible and sugary snacks out of sight.
- ✓ Drink a full glass of water before every meal — your brain needs it!
- ✓ Don't skip meals. A hungry brain craves sugar. Keep it fueled consistently.

Sugar Swap Cheat Sheet

When a craving hits, reach for the swap instead

INSTEAD OF THIS...	TRY THIS!
✗ Soda or juice	→ ✓ Sparkling water with lemon or berries
✗ Candy or gummy bears	→ ✓ Frozen grapes or blueberries
✗ Ice cream	→ ✓ Frozen banana blended with cocoa powder
✗ Cookies or pastries	→ ✓ Apple slices with almond butter
✗ Sweetened coffee drinks	→ ✓ Black coffee with cinnamon + coconut milk
✗ Breakfast cereal	→ ✓ Overnight oats with chia seeds and berries
✗ White bread / toast	→ ✓ Sweet potato toast or whole grain + avocado
✗ Pasta sauce (jarred)	→ ✓ Crushed tomatoes with garlic, basil, olive oil
✗ Flavored yogurt	→ ✓ Plain Greek yogurt with walnuts and berries
✗ Granola bars	→ ✓ Handful of mixed nuts and seeds
✗ Ketchup	→ ✓ Mustard, salsa, or guacamole
✗ Sports drinks	→ ✓ Coconut water or water with a pinch of sea salt

Craving Hack

When a sugar craving strikes, drink a full glass of water and wait 10 minutes.
Most cravings are actually dehydration in disguise. Your brain is 80% water!

Brain Health Shopping List

Print this page and take it to the store!

PROTEINS

- ☐ Wild-caught salmon (2 fillets)
- ☐ Chicken breasts or thighs
- ☐ Ground turkey (1 lb)
- ☐ Eggs (1 dozen)
- ☐ Shrimp (1 lb)
- ☐ Canned tuna (2 cans, in olive oil)
- ☐ Baked cod or white fish (2 fillets)

FRUITS

- ☐ Blueberries (2 containers)
- ☐ Bananas (for smoothies & freezing)
- ☐ Apples (3-4)
- ☐ Pears (2-3)
- ☐ Lemons (3-4)
- ☐ Frozen mixed berries (1 bag)
- ☐ Grapes (for freezing)

HEALTHY FATS

- ☐ Avocados (4-5)
- ☐ Extra virgin olive oil
- ☐ Coconut milk or almond milk
- ☐ Dark chocolate (85%+ cacao)

VEGETABLES

- ☐ Spinach (2 bags)
- ☐ Broccoli (2 heads)
- ☐ Brussels sprouts
- ☐ Asparagus (1 bunch)
- ☐ Zucchini (3-4)
- ☐ Sweet potatoes (3-4)
- ☐ Mixed greens / salad mix
- ☐ Bell peppers (3-4 colors)
- ☐ Celery, carrots, cucumbers
- ☐ Mushrooms, tomatoes

NUTS, SEEDS & PANTRY

- ☐ Walnuts
- ☐ Almonds
- ☐ Pumpkin seeds
- ☐ Chia seeds & hemp seeds
- ☐ Almond / sunflower seed butter
- ☐ Quinoa
- ☐ Oats (rolled, unsweetened)
- ☐ Hummus
- ☐ Cinnamon, garlic, basil
- ☐ Coconut water

Tip: Buy organic when possible, especially for the "Dirty Dozen" items.

Focus on the outer aisles of the grocery store — that's where the real food lives!

You Did It!

Congratulations on completing your 7-Day Brain Health Starter Kit!
You've taken the first step toward a healthier, sharper, more focused brain.

But here's the thing — these 7 days are just the beginning.
Real brain health transformation happens when you have a personalized plan
built around YOUR brain, YOUR body, and YOUR goals.

Ready for the Next Step?

1

Book a Free 15-Minute Consultation

Let's talk about your brain health goals and see if coaching is right for you. No pressure, no pitch — just a conversation.

2

The Brain Health Breakthrough Session (\$150)

A deep-dive 60-minute session where we assess your brain health, identify your top 3 priorities, and create your action plan.

3

90-Day Brain Health Transformation

My signature program: weekly coaching, custom nutrition plan, supplement guidance, and ongoing support for lasting change.

Book Your Free Consultation

NancyTheHealthCoach.com

San Diego, CA | Virtual Sessions Available Nationwide



Nancy Ryan, EBHCC

Elite Brain Health Coach Certified — Amen University

Nancy specializes in helping busy professionals optimize their brain health through nutrition, with expertise in ADHD, sugar addiction, gut-brain connection, and cognitive performance.

When her daughter was diagnosed with autism at age three, Nancy dove into brain-nutrition research — and it changed everything. She healed her own anxiety and gut issues through nutrition, and after losing her mother to Alzheimer's, turned that experience into a mission to help others protect their brains. She's based in San Diego and works with clients virtually.