Fueled & Fit EDGE

Sugar Free COVENANT

FOODS TO CONSIDER

REFINED (WHITE) SUGAR, HONEY, MAPLE SYRUP, SUGAR-FREE MAPLE SYRUP, AGAVE, CORN SYRUP, ARTIFICIAL SWEETENERS, WHOLE FRUITS, DRIED FRUITS, FRUIT JUICES, REFINED GRAINS, WHOLE GRAINS, SAUCES, PRE-PACKAGED FOODS, FRIED FOODS, DESSERTS, NATURALLY SWEET DESSERTS, ALCOHOL, DAIRY, NUT MILKS, SUGAR ALCOHOLS, OTHER _____, _____.

SWEET FOODS I'M CUTTING FROM MY DIET	SWEET FOODS I'M KEEPING IN MY DIET
_____	_____
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MY ULTIMATE SUGAR-FREE GOAL:

SIGNED: _____