

NATURALLY YOU NUTRITION

5-DAY SUGAR FREE CHALLENGE RECIPES



RECIPES AND MEAL PLAN TO COMPLETE NATURALLY
YOU NUTRITION'S 5-DAY SUGAR FREE CHALLENGE



5-DAY SUGAR FREE CHALLENGE

MEDICAL DISCLAIMER

This meal plan is designed for educational and sharing purposes and is to be followed at your own risk. You are an adult, capable of listening to your body and knowing what foods you may need to avoid so you feel your best. If you have any concerns about following this balanced, whole food meal plan then please speak with your doctor. Naturally You Nutrition assumes no risk for your voluntary participation in this meal plan.



5-DAY SUGAR FREE CHALLENGE

MEAL PLAN

The menu is broken down to include breakfast, lunch, and dinner, as well as two daily snacks. The simple recipes are intended to make preparing your meals easy and fast. These home-style meals are delicious and nutritious, and best of all SUGAR-FREE! Feel free to re-arrange the meal plan to your liking.

Non-Vegan Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Chia coconut porridge	Your choice	Vegetable Frittata cups + Avocado Green Salad	Your choice	Grilled Salmon with Dijon Mustard Sauce + Roasted Asparagus
Day 2	Green Eggs and Ham with Berries	Your Choice	Lentil Soup with Chicken Breast + Broccoli	Your Choice	Beef and Broccoli Stir fry over Quinoa
Day 3	Yogurt + Berry Parfait	Your Choice	Greek Spinach Salad with Chicken	Your Choice	Lemon Basil Chicken with Incredible Shrinking Greens
Day 4	Egg Muffins	Your Choice	Tuna Avocado Salad	Your Choice	Bolognese Sauce over Zoodles
Day 5	Berry Green Smoothie	Your Choice	Lentil Stuffed Mushrooms	Your Choice	Mexican Chicken Bowl and Cauliflower Rice



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Vegan Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Chia coconut porridge	Your choice	Chickpea Omelet + Avocado Green Salad	Your choice	Black Bean Burgers+ Roasted Asparagus
Day 2	Yogurt + Berry Parfait	Your Choice	Lentil Soup with Broccoli + Baked Sweet Potato	Your Choice	Tofu and Broccoli Stir fry over Quinoa
Day 3	Tofu Scramble	Your Choice	Roasted Vegetable Buddha Bowl	Your Choice	Comfort Curry with Incredible Shrinking Greens
Day 4	2 Rice cakes, nut butter + fruit slices	Your Choice	Hemp and Kale Protein Salad	Your Choice	Tempeh Bolognese Sauce over Zoodles
Day 5	Berry Green Smoothie	Your Choice	Lentil Stuffed Mushrooms	Your Choice	Lazy Layered Enchilada Casserole



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Recipes

BREAKFAST RECIPES

Coconut Chia Porridge

Ingredients:

¼ cup chia seeds

¼ cup dried unsweetened shredded coconut

1 cup unsweetened coconut milk

½ cup fresh blueberries

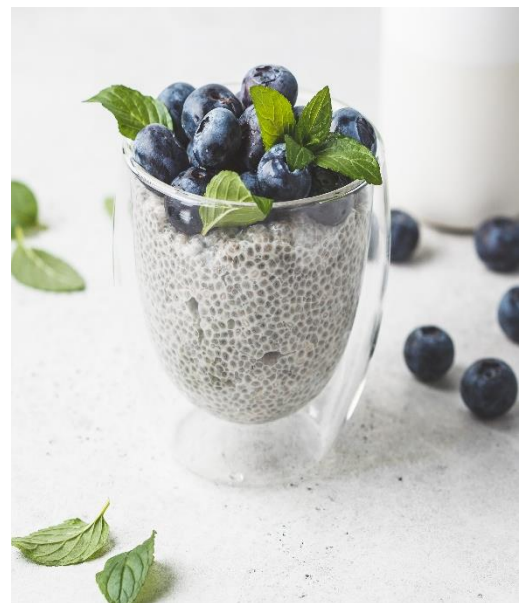
¼ tsp vanilla

One drop liquid stevia

1/8 tsp cinnamon

Directions:

1. Place whole chia seeds and shredded coconut into a bowl.
2. Put the coconut milk, spices, and vanilla into the bowl and mix.
3. Stir well and let sit for at least 10-15 minutes or overnight in the fridge.
4. Top with blueberries.



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Quick Green Eggs and Ham

Ingredients

2 cups chopped leafy greens (Kale, Collards or Swiss Chard)

4 whole eggs

1 ounce (about 1 thumb) of lean ham per serving, chopped

Directions

1. Turn heat on medium-high.
2. Place leafy greens in a skillet with 2 tbsp of water.
3. Cover and let steam for 3 minutes.
4. Make four holes in the greens and break one egg into each hole.
5. Cover and let cook for another 3 minutes.
6. Sprinkle chopped ham.

Add 1 cup of fresh or frozen mixed berries to be eaten on the side.



5-DAY SUGAR FREE CHALLENGE

Chickpea Omelet - Vegan

Ingredients

- 1 tbsp olive oil
- 1 cup chickpea flour
- 1 cup water
- ½ tsp turmeric
- 1 tbsp nutritional yeast
- 2 green onions, chopped
- 2 cloves garlic, pressed
- 1 cup asparagus, chopped into 2-inch pieces
- ¼ cup fresh dill, chopped
- Salt and pepper to taste

Directions

1. In a bowl combine the chickpea flour, water, turmeric, nutritional yeast and a pinch of salt and pepper. Whisk to combine.
2. Heat 1 tbsp of oil in a skillet over medium heat. Add the asparagus, garlic, salt and pepper and cook until the asparagus is tender crisp - about 4 minutes. Remove the asparagus and set aside.
3. In the same skillet, add the chickpea flour mixture adding more oil first if necessary. Swirl the batter around the skillet to distribute it evenly. Cook for 3-4 minutes until golden on the bottom.
4. Add the cooked asparagus to the omelet and carefully fold the omelet over the asparagus. Transfer onto a plate, sprinkle with dill and green onions and serve.



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Tofu Scramble

Ingredients

8 oz extra firm tofu

1 tbsp olive oil

½ red pepper, diced

¼ red onion, minced

2 cups fresh spinach

¼ tsp salt

½ tsp chili powder

½ tsp cumin

½ tsp garlic powder

Directions

1. Heat a skillet over medium heat and add olive oil. Once hot, add the onions and red pepper and sauté until soft.
2. Crumble tofu into pan and stir to combine with onion and pepper. Add spices and spinach. Continue to stir and sauté until heated through and combined. Serve



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Rice Cakes Topped With Nut Butter and Berries

Ingredients

2 rice cakes

2 tbsp natural nut butter of choice

Any low glycemic fruit of choice such as sliced strawberries, raspberries, blueberries

Directions

1. Spread nut butter on the rice cakes, top with fruit.



5-DAY SUGAR FREE CHALLENGE

Yogurt Berry Parfait

Ingredients

2 cups plain almond, cashew or coconut yogurt (unsweetened)

½ cup fresh raspberries, blueberries, or strawberries

¼ cup walnuts

1 tbsp chia seeds or hemp seeds

Directions

1. In 2 broad glasses alternate with 4 tbsp plain yogurt, and 2 tbsp fresh berries until you have used 1 cup of yogurt and ¼ cup berries in each cup.
2. Sprinkle with walnuts and cinnamon if desired.



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Egg Muffins

Ingredients

- 6 whole eggs
- 1 cup of egg whites
- ½ tbsp olive oil
- 1 cup broccoli, finely ground
- 1 cup mushroom, finely chopped
- ½ cup onion, chopped

Directions

1. Preheat oven to 350° F
2. Grease muffin tin (use oil mister) and set aside.
3. Using a food processor or blender, pulse the raw broccoli until it's finely ground, set aside and chop mushrooms and onions.
4. Heat frying pan over medium heat and add oil. Sauté mushrooms and onion until tender. Mix mushroom and onion mixture in with broccoli. Stir to combine.
5. Using a tablespoon, spoon vegetable mixture into the bottom of each muffin tin.
6. Combine whole eggs with liquid whites. Whisk until combined.
7. Pour egg mixture over vegetables until ¾ way full.
8. Bake for 15 – 20 minutes or until firm.



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Green Berry Smoothie

Ingredients

1 cup spinach

1 cup berries

Protein powder of choice – brown rice, hemp, etc.

1 cup almond milk, unsweetened

½ cup water as needed

Directions

1. Combine all ingredients in a high-speed blender and blend until smooth.



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LUNCH RECIPES:

Vegetable Frittata Cups

Ingredients

½ tbsp extra virgin olive oil
½ red onion, halved, thinly sliced
¼ cup pepper, cut into short, thin strips
1 small clove garlic, crushed
¼ cup asparagus, cut into 1-inch pieces
5 pieces sun-dried tomatoes, finely chopped
3 eggs
¼ cup almond milk, unsweetened
Salt and black pepper to taste

Directions

1. Preheat oven to 375° F.
2. Heat oil in a large frying pan over medium-high heat.
3. Add the onion, pepper, and garlic. Cook, stirring often, for 5 minutes.
4. Add the asparagus and cook for 3 minutes.
5. Remove from the heat and set aside to cool a little.
6. Stir in the sun-dried tomatoes.
7. Using an oil mister, spray 4 large muffin cups with oil.
8. Whisk together the eggs and almond milk, and season with salt and pepper.



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9. Divide the vegetables among the 4 muffin pan cups. Pour the egg mixture evenly over the vegetables.

10. Bake for about 20-25 minutes, or until frittatas are set and lightly golden.

11. Set aside in the pan for 10 minutes before turning out.

Add a big green salad with your lettuce and veggies of choice. Add in ¼ cup of avocado. Mix 1 tbsp of extra virgin olive oil with 1 tsp of Apple Cider Vinegar and pour dressing over the salad.



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Herbed Kale Protein Salad

Ingredients – Dressing

1/3 cup extra virgin olive oil
1/4 cup apple cider vinegar (raw with the mother)
1 lemon, juiced
1 tbsp tamari
1 tbsp dried oregano
1/4 cup hemp seeds
Salt and pepper to taste

Directions

Blend all dressing ingredients in a high-speed blender until smooth and creamy.

Salad Ingredients

4 cups fresh kale, chopped or torn
1 cup of red cabbage, cut thin
1 medium to large beet, grated (if you have the beet greens add them to the salad)
1-2 carrots, grated
1 cup broccoli sprouts (if available)
1/2 cup pumpkin seeds
1/2 cup hemp seeds
1/2 cup roasted lentils or chickpeas

Directions

1. Combine salad ingredients in a large bowl and toss to combine. Serve with dressing.



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Comfort Curry (vegan)

Ingredients

3-4 large sweet potatoes, cut in a large dice
2 cups dried red lentils
4 carrots, diced
2 small to medium red onions, chopped
3 cups organic vegetable broth (check the label for clean ingredients or use your own)
1 (28 oz) can diced tomatoes (preferably fire roasted)
2 kaffir lime leaves (optional but recommended)
1 can coconut milk – full fat (it's ok its healthy fat)
1 tbsp curry powder (I like Simply Organics brand)
1 tbsp freshly grated ginger
2 tsp natural sea salt

Directions

Place everything in a slow cooker and cook on low for six hours. Remove lime leaves before serving. Puree if you'd like a thick creamy soup or if you have fussy kids that don't like to see vegetables or lentils. You can also serve this over a bed of spinach and let it wilt into the soup.



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Easy Lentil Soup

Ingredients

½ yellow or white onion

3 cloves of garlic

1 medium sweet potato (equivalent to 1 ½ cups)

1 stalk celery

2 tbsp extra virgin olive oil

1 cup dried green or brown lentils

Spices: ½ tsp salt, ½ tsp black pepper, ½ tsp cumin, 1 tsp coriander

3 cups water or broth

1 cup chopped tomato

Directions

1. In large soup pot add onion, garlic, sweet potato, and celery. Cook on medium heat in extra virgin olive oil, until onions are soft.
2. Add dried green or brown lentils and spices.
3. Cover with water and add fresh tomato.
4. Cook until the lentils are soft, approx. 25-40 minutes.
5. Top with fresh parsley and lemon (optional).

Bake a 6-ounce chicken breast with garlic and lemon at 350° F for 15 – 20 minutes.

Have on the side of the soup. Steam 1 cup of broccoli and enjoy on the side with the chicken



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Spinach Greek Chicken Salad

Ingredients

4 handfuls of Romaine lettuce, chopped
¼ cup of red onion, thinly sliced
1 cup tomatoes, chopped
10 large black or green olives, chopped
½ cup red bell pepper, chopped
2 tsp flaxseed oil or olive oil
Lemon juice, approximately half a lemon
4oz/120g of nitrate free turkey deli meat

Directions

1. Combine all ingredients in a bowl.
2. Top with salad dressing or flax oil and lemon juice.



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Tuna Avocado Salad

Ingredients

1 ripe avocado, chopped into ½ inch pieces
1 can of tuna in water, drained
¼ cup red onion, finely chopped
½ cup cilantro, roughly chopped
1 tbsp olive oil
1 half lemon, juice squeezed
1 tbsp balsamic vinegar
Salt and pepper to taste

Directions

1. Combine the first four ingredients in a medium-sized bowl and set aside.
2. In a small bowl, combine olive oil, lemon juice, balsamic vinegar, salt, and pepper and stir well to make the dressing.
3. Pour dressing onto the tuna avocado bowl and gently stir with a spoon to combine.



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Lentil Stuffed Portobello Mushrooms

Ingredients

2 large Portobello mushrooms
1 cup green lentils (BPA free can, drained)
½ cup chopped yellow onion
½ cup chopped red bell pepper
1 clove garlic, finely chopped
¼ cup low-sodium chicken or vegetable broth
Salt and Pepper to taste

Directions

1. Preheat oven to 425° F.
2. Prepare mushrooms by brushing top and bottom with olive oil and place onto a well oiled baking sheet.
3. Heat 1 tbsp of olive oil in a pan on medium heat. Add onions and cook for 2 minutes.
4. Add chopped garlic and simmer for another 2 minutes.
5. Add pepper, lentils, and vegetable broth, and allow to simmer on low for 10 minutes.
6. Place lentil mixture into the mushrooms and fill up each mushroom cap until full
7. Place mushrooms into oven and cook for 20-25 minutes
8. Allow to cool slightly before serving.



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Roasted Veggie Buddha Bowl

Ingredients

- 1 cup quinoa
- 2 Tbsp coconut oil or olive oil
- 1 red onion, cut into discs
- 2 medium sweet potatoes, cut into large chunks
- 2 cups Brussel sprouts, washed, trimmed and halved
- 2 cups cauliflower florets
- 1 can (398 ml) chickpeas, drained and rinsed
- 1/3 cup tahini
- ¼ cup lemon juice
- ½ tsp garlic powder
- ¼ tsp salt
- ½ tsp paprika (optional)

Directions

1. Place quinoa in a pot and cover with 1 ¾ cups of water. Bring to a boil, then reduce heat to low and cook covered for about 35 minutes. Remove from heat about halfway through to prevent burning on the bottom. Don't open the lid!
2. Meanwhile roast vegetables by placing the sweet potatoes, cauliflower, chickpeas, onion and brussel sprouts on a baking sheet. Drizzle with 2 tbsp of oil and toss gently to coat. Sprinkle with salt and pepper if desired. Bake for 25 minutes.



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3. While the vegetables and quinoa are cooking, prepare the dressing. In a small bowl whisk together tahini, lemon juice, garlic, paprika if using, and salt. Thin if needed with a little water or more lemon juice.
4. To assemble, place ½ cup of cooked quinoa in the bottom of a bowl. Top with an assortment of the roasted vegetables and drizzle with the dressing.



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DINNER RECIPES:

Grilled Salmon with Dijon Mustard Sauce

Ingredients

6 ounces raw salmon fillet
¼ of a lemon
2 tbsp Dijon mustard
2 tsp extra virgin olive oil
2 tbsp lemon juice
2 tbsp dried pine nuts (optional)
2 tsp dried dill weed
Salt and pepper



Directions

1. Preheat grill or oven to 425° F. Rinse fillet with cold water. Squeeze lemon juice (use the 1/4 lemon for this) over fillet and season to taste with salt and pepper.
2. To make the sauce, mix mustard, oil, 2 tbsp of lemon juice, pine nuts, and dill in a bowl.
3. Grill or bake the fish until cooked through.
4. Pour sauce over fish and serve with steamed vegetables and sweet potato or any of our preferred vegetables.



5-DAY SUGAR FREE CHALLENGE

Lazy Layered Vegan Enchilada Casserole (Vegan)

This recipe comes together quickly and is full of flavour!

Sauce Ingredients

- ¼ cup tomato paste
- 1 tbsp chili powder
- 1 tsp cumin
- ½ tsp garlic powder
- ½ tsp dried oregano
- ¼ tsp salt
- ¼ tsp ground black pepper
- Pinch of cinnamon
- 2 cups vegetable broth
- 1 tsp apple cider vinegar

Directions

1. Whisk all sauce ingredients together in a bowl and set aside.

Enchilada Ingredients

- 1 small jar salsa
- 1 recipe enchilada sauce (from above)
- 1 red onion, chopped
- 3 cloves garlic, pressed
- 1 tsp cumin
- 2 bell peppers, chopped
- 2 cups cauliflower rice (can use a 340g frozen package)
- 1 (300g) frozen package of chopped kale or spinach



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2 cans (15 oz) black beans, drained and rinsed

1 tsp salt

5 whole wheat tortillas (Ezekiel is best), or brown rice tortillas for gluten free

Optional – cilantro and avocado slices to serve

Directions

1. Preheat oven to 400°F. Lightly grease an 8" diameter casserole dish or deep-dish pie pan. Trim tortillas if needed to fit your casserole dish.
2. In a large skillet over medium heat, add 1 tbsp of olive oil and sauté the onions until almost translucent. Add the garlic and cook for one more minute.
3. Add the riced cauliflower, bell pepper and salsa. Stir and let cook for five minutes.
4. Add the black beans, cumin, salt, and greens. Cover and cook for two or three more minutes until everything is heated through.
5. To assemble, place half of a ladle of sauce on the bottom of your casserole dish. Place a tortilla on top of it. Top the tortilla with a thin layer of the vegetable mixture. Repeat this until you have reached the top of your casserole dish.
6. Cover and bake for 25-30 minutes. Serve with avocado slices and sprinkle with fresh chopped cilantro.



5-DAY SUGAR FREE CHALLENGE

Broccoli Stir-Fry on Quinoa (vegan variation)

Ingredients

½ cup quinoa
½ tbsp olive oil
½ cup chopped yellow onion
1 clove garlic, minced
½ cup chopped red bell peppers
2 cups broccoli
1 lb. lean beef tenderloin cut into thin strips (for vegans, sub tofu or tempeh)
½ cup water and 2 tbsp tamari or soy sauce
2 tbsp chopped fresh basil
Sea salt and fresh ground black pepper, to taste

Directions

1. Cook quinoa according to package directions; set aside.
2. Meanwhile, heat oil in a wok or large skillet on medium-high. Add onion and garlic and cook for 2 to 3 minutes, until onions are soft.
3. Add bell peppers and broccoli and cook for 2 minutes, until onions are golden brown.
4. Add beef and cook for another 2 minutes, stirring frequently.
5. Add water-soy sauce combination and bring to a simmer over same heat. Simmer for 2 minutes, until steak is cooked through.
6. Remove from heat, stir in basil and season with salt and pepper.
7. Serve beef mixture over quinoa.



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Lemon Basil Chicken Breast

Ingredients

6 ounces chicken breast
Olive oil cooking spray
1½ tbsp chopped basil
1½ tbsp chopped parsley
1 garlic clove, crushed
½ tsp grated lemon zest
½ tsp olive oil
Sea salt and freshly ground pepper to taste

Directions

1. Prepare grill.
2. Lightly coat the grill rack with olive oil cooking spray.
3. In a small bowl, mix the basil, parsley, garlic, lemon zest and olive oil. Set ½ tbsp of seasoning mix aside.
4. Coat the chicken with the seasoning mix pressing it into the meat on both sides.
5. Grill the chicken for 6 to 10 minutes, turning several times, until the meat is cooked through and tender.
6. Sprinkle the reserved tbsp of seasoning on top and add salt and pepper to taste. Serve with Incredible Shrinking Greens.



5-DAY SUGAR FREE CHALLENGE

Incredible Shrinking Greens

Ingredients

2 pounds greens (use Swiss chard, spinach, mustard, turnip, beet, dandelion or collard greens or kale, or a mixture)

1 tbsp olive oil

½ cup chopped red peppers

¼ tsp cayenne pepper (optional)

2 cloves garlic, crushed

1 green onion, chopped (both white and green parts)

1 tsp ground ginger

¼ cup chopped onion

Directions

1. Wash the greens thoroughly in cool water, making sure to get rid of any sand or grit. Remove and discard the stems and dry the greens slightly with a paper towel. Tear the greens into bite-size pieces and set aside.

2. Meanwhile, in a large pot over medium heat, add olive oil, heat briefly. Add the remaining ingredients. Once the mixture has come to a boil, add the greens. Stir to incorporate the seasonings and reduce the volume of greens, about 1 minute.

3. Reduce heat to low and cook, uncovered, 20 to 30 minutes, or until the greens are tender. Add salt, if desired, to taste. Before serving, discard the garlic, if desired.



5-DAY SUGAR FREE CHALLENGE

Bolognese Sauce with Zucchini Noodles (vegan variation)

Ingredients

500 grams extra lean ground beef (vegans substitute tempeh, grated on a box grater)

1/2 cup chopped Spanish onion

3 cloves of garlic, finely chopped

1 large zucchini

1/2 cup of fresh basil

1/2 teaspoon garlic salt

2 tbsp olive oil

1 cup fresh spinach leaves

1/2 cup fresh grated carrot

1 jar of low sugar fresh tomato sauce (plain)

Salt and pepper to taste

Directions

1. Heat 1 tbsp oil in a pan and sauté onions for 2 minutes.
2. Add ground beef and allow to cook for 5 mins, breaking apart as it cooks.
3. Add salt and pepper and allow beef to cook another 5 minutes. Then add grated carrot, basil, and spinach. Allow to simmer for 2 minutes. Then add jarred tomato sauce and garlic salt.
4. Reduce temperature to low and let simmer for another 5 minutes.
5. Wash zucchini. On a clean cutting board, use a spiralizer to spiralize the zucchini or cut thinly by hand to the shape of pasta noodles.
6. Serve with 3/4 cup sauce poured onto zucchini spirals. Top with more basil if desired.



5-DAY SUGAR FREE CHALLENGE

Mexican Chicken Bowl

Ingredients

2 chicken breasts
½ cup tomato, diced
¼ cup finely chopped red onion
¼ cup finely chopped green bell pepper
½ cup chopped cilantro
1 avocado, sliced
1 teaspoon chipotle powder
½ teaspoon paprika
½ teaspoon chili powder
½ teaspoon garlic salt
2 tablespoons olive oil
1 tablespoon apple cider vinegar
Salt and pepper to taste
1 lime



Directions

1. Heat olive oil in a medium pan. Prepare spice mixture along with half squeezed lime and one tablespoon olive oil in a mixing bowl and rub onto chicken.
2. Cook chicken until done and set aside.
3. Combine all other ingredients in a medium-sized bowl and add oil, apple cider vinegar and salt, and pepper.
4. Add chicken to the vegetable bowl and top with fresh squeezed lime and chopped cilantro.



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Cauliflower Rice

Ingredients

- 1 small head of cauliflower
- ½ a medium yellow onion, finely chopped
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon garlic powder

Directions

1. Roughly chop cauliflower and place in a food processor.
2. Pulse until cauliflower is reduced to a rice or couscous-like size.
3. Heat olive oil in a pan on medium heat.
4. Add onions and cook for 3 minutes until golden.
5. Add cauliflower and cook for 5-10 minutes on low, depending on preferred softness desired.



5-DAY SUGAR FREE CHALLENGE

Steak Spiced Black Bean Burgers (vegan)

Note: This is a sugar free challenge so that means NO KETCHUP! Try having your burger with a juicy tomato slice, mustard, or a pickle instead (make sure it's a sugar free dill pickle not a sweetened bread and butter pickle!). Wrap it up in a large lettuce leaf in place of a bun.

Ingredients

2 cans (398 ml) black beans
2 cups brown mushrooms, chopped
2 cloves of garlic, minced
½ cup of rolled oats
½ cup pumpkin seeds
1 red onion, chopped
2 tbsp steak spice
2 tbsp dried parsley
1 tbsp tamari
3 tbsp ground chia seeds + ¼ cup water

Steak Spice Recipe

2 tbsp black pepper
1 tbsp paprika
1 tbsp sea salt
1 tbsp garlic powder
1 tbsp dill seeds (not fronds)
1 tsp red pepper flakes
1 ½ tsp dry mustard
1 tbsp onion granules
1 tsp coriander seed, ground
Combine all ingredients together and store



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Directions

1. Preheat the oven to 400°F.
2. In a large pan, sauté the onions mushrooms garlic and tamari until soft. Set aside.
3. In a food processor, process the pumpkin seeds and oats until they are a fine crumb.
4. Add the black beans, chia paste, spices, and mushroom mixture. Process until combined.
5. Oil a baking sheet or line with parchment paper. Scoop the burger mixture out of the processor and form into patties on the baking sheet. Bake for about 20 minutes and carefully flip halfway through. Serve bun-less with a side of vegetables or baked sweet potato. White potatoes should be avoided during the challenge as they have a high glycemic value.



5-DAY SUGAR FREE CHALLENGE

SNACK RECIPES:

Snacking is one area in which you have a bit of control on the 5 Day Sugar-Free Challenge. It is your choice which snack will fit your day. Aim to have a snack 2-3 hours after breakfast and again 2-3 hours after lunch. Try not to snack after dinner.

EASY

1. ½ cup hummus with 8 celery sticks
2. ½ a sliced apple or pear with 2 tbsp almond butter
3. Almond butter and gluten-free crackers (Mary's brand)
4. One serving of low glycemic fruit like berries, cantaloupe, apricot
5. Two hard-boiled eggs

ADVANCED

Mint Avocado Smoothie

Ingredients

- ½ cup roughly chopped mint leaves
- 1 avocado, sliced
- ½ cucumber, chopped
- ½ green apple, chopped
- 1 cup spinach
- ½ cup almond milk, unsweetened
- ½ cup coconut water or regular water

Directions

1. Combine all ingredients in a high-speed blender, and blend until smooth.



5-DAY SUGAR FREE CHALLENGE

Peanut Butter Cookies

Ingredients

- 1 cup smooth peanut butter, natural and sugar free
- 1 egg
- 1 tsp vanilla extract
- 3 tsp powdered stevia or ½ tsp liquid stevia

Directions

1. Preheat the oven to 350° F.
2. In a medium bowl, combine the peanut butter, egg, and vanilla. Mix vigorously with a fork or whisk until the ingredients are well combined.
3. Add the stevia to the peanut butter mixture and stir until everything starts to resemble dough.
4. Use clean hands to form small, 1-inch balls of dough. Place the balls of dough on an ungreased cookie sheet. Press the balls down with a fork to flatten them and create those classic peanut butter cookie lines.
5. Bake the cookies in the oven for 12-14 minutes, or until the bottoms are just beginning to turn golden brown.
6. Remove the baking sheet from the oven and let the cookies cool on the pan for at least ten minutes (they will be too soft to eat directly from the oven).



5-DAY SUGAR FREE CHALLENGE

Popcorn

Ingredients

1 tbsp coconut oil, heaping

½ cup (organic) popcorn kernels

Sea salt, to taste

Optional - 1 tbsp chopped fresh rosemary, 1 tsp garlic powder, and 2 tbsp nutritional yeast (Nutritional yeast is loaded with B vitamins and tastes like cheddar cheese!)

Directions

1. Melt coconut oil in large pot over medium heat.
2. Once melted drop in popcorn kernels. Shake to coat. Cover with a lid set ajar.
3. Keep pot moving until popping stops. Watch out as it can burn easily near the end.
4. Sprinkle with sea salt and other seasonings if desired.



5-DAY SUGAR FREE CHALLENGE

Chocolate Avocado Pudding

Ingredients

- 2 ripe avocados
- ½ cup unsweetened cocoa powder
- ½ cup unsweetened almond or coconut milk
- 1 teaspoon vanilla extract
- 1 pinch ground cinnamon
- 1 packet of stevia

Directions

1. Combine all ingredients in a high-speed blender or food processor.
2. Blend until smooth.
3. Refrigerated for 20-30 minutes before serving.



5-DAY SUGAR FREE CHALLENGE

Blueberry Walnut Spoon Bread

This recipe is a cross between a hot bowl of oatmeal and a blueberry muffin and is quick enough for a weekday snack.

Ingredients

1/3 cup plain oatmeal (quick oats, not instant)
1/4 cup almond milk, unsweetened
1/4 cup egg whites (2 whites)
1/8 tsp baking powder
1/4 cup frozen or fresh blueberries
1/2 tsp powdered stevia or 1/4 tsp liquid stevia
3 walnut halves, chopped

Directions

1. Place oats in a microwave-safe bowl. Stir in almond milk, egg whites, baking powder, blueberries, and stevia.
2. Sprinkle walnuts on top.
3. Microwave for 75 seconds or until puffed and solid.
4. Enjoy with a spoon.

