

5 FIVE  
JOURNEYS

# Sugar Detox

7 Day Challenge

It's time to kick sugar to the curb!



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# Introduction

Welcome to the 5 Journeys Sugar Detox!

Despite all of the confusion about which diet to follow, one thing is for sure—we can ALL benefit from less sugar!

What's sugar? For this detox, it's all added sugar and sweeteners (refer to the next page). We especially want to be avoiding any sort of artificial sugars like aspartame, sucralose or splenda.

Join us on this journey toward resetting our body's taste for sugar with nothing but real, whole, plant rich foods! Our recipes have naturally sweet foods like fruits, sweet potato and cinnamon to re-train our taste buds. It's time to unveil your ideal body, get beautiful skin, and clear your mind.

So, let's get started on building a sustainable sugar & craving-free lifestyle!



# Where Do I Start?

## **Step 1:**

Read the guide thoroughly

## **Step 2:**

Don't freak out!

## **Step 3:**

Tell your family, friends, and loved ones that you are doing this. Get their buy-in!

## **Step 4:**

Set an exact date for when you're going to start the detox.

## **Step 5:**

Go shopping, who doesn't love shopping? Refer to the grocery list provided in the guide.

## **Step 6:**

Get started!

## **Step 7:**

Wash, rinse, repeat, watch your life transform!

**Need assistance? Let's schedule a call to get you to the right person.**



# FAQs

## Why should I limit sugar?

Research shows a clear link between excess sugar intake and an increased risk of multiple chronic diseases. Most of us in this country are over consuming it because of its addictive qualities! If you are consistently craving sweets, have excess fatigue, gas, bloating, brain fog, or other inflammation in the body, you will likely benefit from cutting out and limiting sugar.

## How can I prepare for the next 7 days?

To get yourself set up for your sugar detox, first make sure to join our [Facebook group](#) for ongoing support and motivation! You are not in this alone. Also, make sure to read through this full guide. Reference the shopping list, meal planning calendar, and recipes. It will be helpful to prep a few recipes ahead of time so if the week gets busy, you will be equipped to keep rocking it!

*Need more recipe ideas? Reference [www.fivejourneys.com/recipe](http://www.fivejourneys.com/recipe) & check the box for 'sugar-free'*

## How should I feel throughout the week?

With cutting out sugar, you should start to feel more energy, improved digestion, less bloating, better sleep, and increased mental clarity. Depending on how your body relies on sugar, you may feel some detox symptoms like headaches, irritability, and fatigue. Make sure to hydrate and listen to your body! Some cravings in the beginning of the detox are normal, as your body is adjusting to using better fuel sources. However, after removing all processed sugars, you should start feeling better within a few days.

## Can I eat out?

Yes! We have built 2 dine/takeout days into the meal plan calendar! Be sure to reference our 'Sugar Conscious Dining & Takeout Guide' for support.

## What should I drink?

Make sure to hydrate with water throughout the day, mainly between meals. Great options for sweeter drinks without added sugar would be infused lemon water or no sugar added seltzers. Up to 1-2 cups of coffee or tea daily are allowed, but make sure to avoid adding any sugar or sweetened creamers!

## What about alcohol?

For best results and body detox benefit, I recommend avoiding all alcohol during the week, as it breaks down to sugar in the body. Remember, it's only 7 days, and you are not alone in this!

## Can I take supplements?

Yes, please continue to take all doctor recommended vitamins, supplements, medications while on the detox. This detox is only food-based so there should not be any worry of interactions with medications or supplements.

## What happens after the 7 days?

Some of you may need a longer detox off of sugar. If you feel yourself improving, but not quite at your best-keep going! There will always be added benefit from staying off of added sugar longer than the allotted 7 days. Make sure to read our '5 Root Causes of Sugar Cravings, and How to Get Rid of Them for Good' blog to understand why you are experiencing cravings in the first place, and how to build these new healthy habits into your lifestyle moving forward.

Need more support? Schedule a 1-on-1 consult with our functional nutritionist, or join our [Eat Your Way to Health 4 Week Challenge](#) to further enhance your diet!





# 7 Day Detox Meal Plan

MONDAY - SUNDAY

## Breakfast

## Lunch

## Dinner

### Day 1

No Sugar Banana Bread

Omega Chopped Salad

Buddha Bowls with  
Ginger Sesame  
Sauce

### Day 2

Bacon Brussels  
Breakfast Hash

Buddha Bowls with  
Ginger Sesame  
Sauce

Sugar Free Zoodle  
Pad Thai

### Day 3

Carrot Apple  
Muffins

Sugar Free Zoodle  
Pad Thai

Spicy Black Bean  
Soup + Plantain  
Chips

### Day 4

Bacon Brussels  
Breakfast Hash

Spicy Black Bean  
Soup + Plantain  
Chips

1 Pan Lemon  
Chicken

### Day 5

Vanilla Chia  
Protein Pudding +  
Grain Free Apple  
Spice Granola

Omega Chopped  
Salad

Sweet Potato  
Black Bean  
Burgers

### Day 6

OUT to Eat

Sweet Potato  
Black Bean  
Burgers

Meatball Sub  
Zucchini Boats

### Day 7

Vanilla Chia  
Protein Pudding +  
Grain Free Apple  
Spice Granola

OUT to Eat

Creamy Butternut  
Squash Alfredo  
with Crispy Kale



# Grocery Shopping 101



**We recommend these tips below for shopping during  
AND after the sugar detox!**

## 1. Skip The Aisles

- Make sure to spend most of your time shopping the perimeter of the store where the produce, fresh meat/fish, eggs, dairy/dairy alternatives are located; the aisles are filled with packaged/processed foods which are generally higher in carbs, sugar, and low in nutrient density
- What are some detox-approved aisle items?
  - Spices, canned beans/tomatoes/artichokes, canned wild fish, canned coconut milk and unsweetened coconut flakes/flours, olive, coconut or avocado oils, nuts/nut butters & organic teas

## 2. Don't Go Hungry

- Eat a meal before shopping so you aren't famished and ready to grab and devour every cool product you find; impulse buys can cause your experience to go from calculated to costly.

## 3. Choose Organic and Local

- All organic not affordable? At a bare minimum make sure to purchase organic produce from the Dirty Dozen list, these include: strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes
- Local is best-anytime you have the opportunity to support a local farmer, buy your produce from them!

## 4. Stick To Our List

- On any trip to the supermarket, we always recommend creating a list before you go and sticking to the items on the list! Our list below is a curated sugar detox shopping list designed to re-sensitize your taste buds to sugar, while also naturally supporting your body's own ability to detox!



# Grocery List

All foods listed below are recommended to be purchased organic where possible, especially dirty dozen produce\*. Recommend organic poultry, grass fed beef and wild seafood where affordable.

## Produce

- Bananas (brown and/or yellow)
- Yellow onions
- Brussels sprouts - shredded
- Sweet potatoes
- Apple
- Spinach/Greens of choice
- Ginger root
- Butternut squash
- Lacinato/dinosaur kale
- Head of garlic
- Lemons
- Red onion
- Carrots (whole and grated)
- Green bell pepper
- Jalapeno
- Avocados
- Plantains
- Limes
- Green onions
- Red bell pepper
- Zucchini
- Bean sprouts
- Navel Orange
- Mixed greens
- Radicchio
- Cherry tomatoes
- Cucumber
- Radishes
- Purple cabbage
- Cauliflower
- Shiitake mushrooms
- Leeks
- Brussels sprouts-whole
- Optional for chia pudding toppings: pomegranate, chopped pear or berries

## Dry Goods

- Canned coconut milk (full fat)
- Almond or cashew butter
- Coconut flour
- Almond Flour
- GF Oats
- Unsweetened applesauce
- Walnuts
- Chia seeds
- Unflavored collagen protein
- Dried apples
- Unsweetened coconut flakes/shreds
- Ground flax seeds
- Pecans
- Sunflower seeds
- Pumpkin seeds
- Cashews
- Vegetable broth
- Black beans
- White beans
- Fish sauce
- Coconut aminos
- Quinoa
- Kalamata olives
- Apple cider vinegar
- Spicy brown mustard
- Chickpeas
- Tahini
- Crushed tomatoes
- Optional for butternut alfredo: Nutritional Yeast
- Optional for meatball zucchini boats: Chickpea/lentil pasta

## Seasonings/Herbs

- Sea salt
- Vanilla extract
- Baking soda
- Baking powder

### Dried spices/herbs:

- Cinnamon
- Pumpkin pie spice
- Nutmeg
- Black pepper
- Red pepper flakes
- Ginger
- Garlic powder
- Turmeric
- Sage
- Smoked paprika
- Chili powder
- Cumin
- Oregano
- Italian seasoning

### Fresh herbs:

- Cilantro
- Parsley
- Dill
- Optional for meatball zucchini boats: Basil

## Refrigerator

- Unsweetened almond milk (or other DF milk)
- No sugar added uncured bacon
- Eggs
- Shrimp
- Canned salmon (or fresh)
- Ground beef
- Chicken thighs
- Optional for meatball zucchini boats: Vegan/non-dairy cheese

## Oils

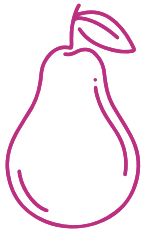
- Coconut oil
- Avocado oil
- Extra virgin olive oil
- Vegan butter
- Optional for buddha bowl sauce: Toasted sesame oil

**\*Dirty Dozen Produce (produce you should try to buy organic):**

*strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes*



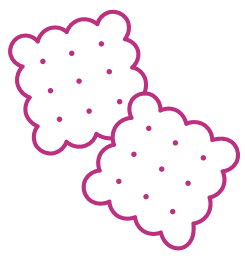
# Easy Snacks Ideas



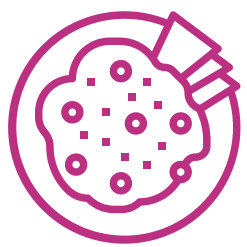
Low sugar fruits: green apples, citrus, pears, berries, kiwi



No sugar added plant based yogurts (Unsweetened Gt's Cocoyo, Coconut Cult, Kite Hill, Forager, Lavva)



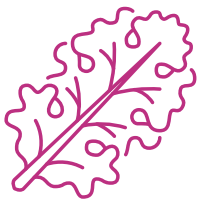
Hu, Simple Mills or Mary's Gone Crackers



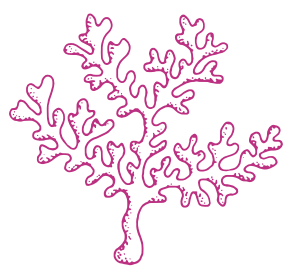
Hummus or mashed avocado + crackers or dipping veggies: snap peas, celery, carrots, cucumber, bell peppers, etc.



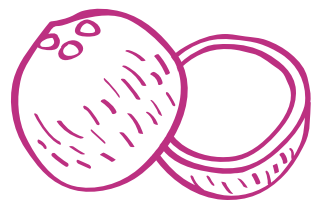
Unsweetened beef or turkey jerky (Chomps or Nick's Sticks brands)



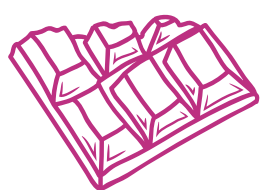
Kale chips, Rhythm chips, Roasted chickpeas (Biena brand)



Seaweed Snacks



Toasted Coconut Chips



Eating Evolved midnight coconut bar (100% cacao chocolate) or Pascha unsweetened chocolate chips



Raw nuts like almonds, walnuts, hazelnuts, and macadamia nuts



# Day 7

## Today's Meals

### **Breakfast**

No Sugar Banana Bread

### **Lunch**

Omega Chopped Salad

### **Dinner**

Buddha Bowls with Ginger

Sesame Sauce



# Day 2

## Today's Meals

### **Breakfast**

Bacon Brussels Breakfast Hash

### **Lunch**

Buddha Bowls with Sesame  
Ginger Sauce

### **Dinner**

Sugar Free Zoodle Pad Thai



# Day 3

## Today's Meals

### **Breakfast**

Carrot Apple Muffin

### **Lunch**

Sugar Free Zoodle Pad Thai

### **Dinner**

Spicy Black Bean Soup +  
Plantain Chips



# Day 4

## Today's Meals

### **Breakfast**

Bacon Brussels Breakfast Hash

### **Lunch**

Spicy Black Bean Soup +  
Plantain Chips

### **Dinner**

1 Pan Lemon Chicken



# Day 5

## Today's Meals

### **Breakfast**

Vanilla Chia Protein Pudding +  
Grain-Free Apple Spice  
Granola

### **Lunch**

Omega Chopped Salad

### **Dinner**

Sweet Potato Black Bean  
Burgers



# Day 6

## Today's Meals

**Breakfast**

Out to Eat

**Lunch**

Sweet Potato Black Bean  
Burgers

**Dinner**

Meatball Sub Zucchini Boats



# Day 7

## Today's Meals

### Breakfast

Vanilla Chia Protein Pudding +  
Grain Free Apple Spice Granola

### Lunch

Out to Eat

### Dinner

Creamy Butternut Squash  
Alfredo with Crispy Kale





# Recipes

## Measurement Key

c = cup

t = teaspoon

T = tablespoon



# *Added Sugar & Sweeteners*

A wooden bowl is shown at the top right, tilted and pouring a stream of white sugar granules down the center of the page. The granules are small and crystalline, creating a vertical trail of sugar that tapers as it descends.

*Stay away from...*

White Table Sugar

Cane Syrup

Agave

Maple Syrup

Honey

Coconut Sugar

Sugar Alcohols

Stevia

Monk Fruit



# Money Saving Tips



Consider getting 1 large container of greens like arugula for use in multiple recipes (hash/salad/buddha bowls, make sure to get a separate head of kale for the butternut alfredo dish)



Buy 2 butternut squash-spiralize the cylinder-like portion for the butternut alfredo and save the remainder for the buddha bowls



Use almond/cashew butter for both the banana bread and the zoodle pad thai; save the leftovers for snacks during the week



Any spiralizing, grating or chopping of veggies that you do on your own will require a bit more time but will save you money!



Use leftover carrots, radishes or cucumber from the recipes to snack on with hummus during the week



## RECIPE

# Vanilla Chia Protein Pudding

Gluten Free • Grain Free • Dairy Free • Egg Free • Peanut Free  
Paleo • Whole 30 • Keto • Detox friendly • Sugar/Sweetener  
Free • Candida friendly • Low FODMAP • Low Histamine

Servings: Serves 3-4 (makes ~2.5 cups)

## INGREDIENTS

- 1 c full fat canned coconut milk
- 1 ¼ c unsweetened almond milk (or non-canned dairy-free milk of choice)
- 1 t vanilla extract
- ½ c chia seeds
- 2 scoops unflavored collagen (or unflavored vegan protein of choice)
- Pinch of salt
- Toppings: **Grain Free Apple Spice Granola** or unsweetened coconut flakes, fresh pomegranate seeds, fresh berries, sliced pear, raw almond butter



## INSTRUCTIONS

1. In a medium sized bowl, whisk together all ingredients (except toppings)
2. Cover and place in the fridge, let sit for at least 2 hours or overnight to thicken
3. To serve-scoop into a bowl with fresh fruit and a sprinkle of **Grain Free Apple Spice Granola**



## TIPS

- Soak canned coconut milk in warm water and shake before opening to make sure the contents have combined
- For the non-canned milk you can use an almond milk, flax milk, cashew milk or even oat milk-just make sure there is no sugar added!
- I recommend [Vital Proteins](https://www.vitalproteins.com/) for the collagen peptides



## RECIPE

# Grain Free Apple Spice Granola

Gluten Free • Grain Free • Dairy Free • Egg Free • Peanut Free  
Paleo • Whole 30 • Vegan • Keto • Detox friendly  
Sugar/Sweetener Free • Candida friendly

Makes ~1.5 cups of granola (Serving size ¼ cup)

## INGREDIENTS

- 2 T melted coconut oil- melted
- ¼ c unsweetened applesauce
- 1 t cinnamon
- ½ t pumpkin pie spice
- 2 T ground flaxseeds
- ¼ c coconut shreds
- ½ c chopped pecans (can also use cashews or walnuts here)
- ¼ c sunflower seeds
- ¼ c pumpkin seeds
- ⅓ c dried apple (recommend Trader Joes dried apples)
- Pinch of sea salt



## INSTRUCTIONS

1. Preheat oven to 300
2. Spread parchment paper over a large baking sheet
3. Whisk together melted coconut oil, applesauce, spices and flaxseeds; set aside and let sit for 5 minutes
4. In a separate bowl mix together coconut, nuts and seeds
5. Pour the liquid mixture over the grain free granola mix and mix thoroughly with a large spoon or spatula
6. Chop dried apples and fold into granola mix
7. Pour granola onto lined baking sheet and form into a large donut shape (there should be a hole in the middle and the granola mix should form a large circle)
8. Sprinkle with sea salt & bake for 25 minutes
9. At 25 minutes pull baking sheet out, break up the pieces a bit and spread around with a spatula
10. Bake for an additional 5-10 minutes or until golden and fragrant
11. Allow to cool for at least a half hour before storing



## TIPS

- Store in an airtight sealed container or mason jar for 1-2 weeks
- Most granolas are packed with added sugars and are easy to consume beyond the serving size, this is a great naturally sweet alternative!



## RECIPE

# No Sugar Banana Bread

Gluten Free • Grain Free • Dairy Free • Peanut Free • Paleo  
Whole 30 • Detox friendly • Sugar/Sweetener Free

Makes ~10 slices; serving size=1-2 slices per person

## INGREDIENTS

- 4 ripe bananas (~1 ½ cups of mashed banana)
- 4 eggs
- ½ c almond butter
- 4 T melted coconut oil
- 1 t vanilla extract
- ½ c coconut flour
- ½ t nutmeg
- 1 t baking soda
- 1 t baking powder
- Pinch of salt
- Optional: ½ c roughly chopped raw walnuts



## INSTRUCTIONS

1. Preheat oven to 350°
2. Grease bread pan (I use a scoop of coconut oil or ghee for this)
3. Whisk together in one bowl: mashed bananas, eggs, almond butter, coconut oil, vanilla
4. Add in coconut flour, nutmeg, baking soda/powder and salt
5. Fold in 1/4-1/3 c walnuts and pour into greased pan; top with more walnuts
6. Bake for 45-55 minutes or until knife comes out of the center clean



## TIPS

- Using all overripe bananas will make it taste sweeter-dial down your taste for sweet by using a mix of yellow and brown bananas
- This bread freezes quite well!
- For a dessert-like snack while sugar detoxing, I love to have a cup of plain dairy free yogurt (like [Lavva brand](#)) sprinkled with ½ a crumbled piece of the bread and a dash of cinnamon



RECIPE

# Bacon Brussels Breakfast Hash

Gluten Free • Grain Free • Dairy Free • Egg Free • Nut Free  
Peanut Free • Paleo • Whole 30 • AIP • Detox friendly  
Sugar/Sweetener Free

Serves ~4-5

## INGREDIENTS

- 1 package or 8 oz organic bacon (make sure no sugar added!)
- 1 small onion-diced
- 1 c shredded brussels sprouts
- 1 medium sweet potato-cubed
- 1 large crisp apple-chopped (can leave skin on for more fiber)
- 2-3 c spinach or greens of choice
- 1 ½ t cinnamon
- 1 t raw grated ginger root or ¾ tsp powdered ginger
- 1 t garlic powder
- 1 t turmeric
- Sea salt, black pepper to taste
- Optional garnishes: chopped scallions, sliced avocado, fresh herbs



## INSTRUCTIONS

1. Heat a skillet on medium heat, cut bacon into smaller chunks and add to skillet
2. Cook bacon until crisp and remove from pan (leave the fat in the pan)
3. Add the chopped onion and cook over medium/high until onion starts to become translucent
4. Shred brussels in a food processor (or buy pre-shredded)
5. Add shredded brussels, sweet potato, apple and saute for 20-25 minutes, or until softened, stirring every few minutes
6. Add in all spices and then add spinach, stirring until wilted
7. Stir in the cooked bacon and add salt and pepper to taste
8. Portion into containers for a few breakfasts for the week; serve sprinkled with chopped onion and/or sliced avocado

### TIPS

- I recommend Applegate Organics sunday bacon or Pederson’s no sugar added hickory bacon
- If you don’t eat pork you can use an organic chicken or turkey sausage instead!
- Time savers-buy pre-shredded bagged brussels sprouts, frozen cubed sweet potato or butternut squash, frozen greens





RECIPE

# Creamy Butternut Squash Alfredo

Gluten Free • Grain Free • Dairy Free • Egg Free • Peanut Free  
Paleo • Whole 30 • Vegan • Detox friendly  
Sugar/Sweetener Free

Serves 3-4

## INGREDIENTS

**Alfredo Sauce (makes about 1.5 cups of sauce):**

- 1 c raw cashews (soaked-at least 30 min, best overnight)
- Vegan butter or avocado oil
- 3 cloves garlic (minced)
- ¼ large onion (chopped)
- ½ c coconut or almond milk
- Zest of ½-1 lemon
- 1 t dried sage
- ½ t sea salt + more to taste
- ⅛ t black pepper
- Optional: pinch of red pepper flakes (adds spice),  
¼ cup nutritional yeast (adds cheesier flavor)

**Butternut Noodles/Crispy Kale:**

- 2 large top portion of butternut squash, peeled or roughly
- 4 cups of spiralized noodles
- 2 c chopped lacinato/dinosaur kale
- Vegan butter, avocado oil



## INSTRUCTIONS

**For the Sauce:**

1. Boil water; pour 2 cups of hot water over raw cashews and let soak for at least 30 minutes or overnight
2. Saute garlic and onion in 1 T butter on medium heat until just starting to brown
3. Add ½ cup cashew soaking water + cashews to a blender or food processor, add sauteed butter/garlic mixture and all other ingredients
4. Blend on high until smooth and creamy; taste and add more salt as needed

**For the Veggies:**

1. Preheat oven to 400
2. Cut off the top cylinder-like portion of the butternut that can be spiralized, reserving the bottom (rounder portion) for another recipe, trim off the top and peel the skin off
3. Spiralize the butternut cylinder into noodles using the thickest setting of your spiralizer. Cut into 6 inch lengths so it's easy to eat (can also use a peeler and shave into ribbons if you don't have a spiralizer)
4. Heat a saute pan on medium with ~1T butter, add the noodles, cover and cook until tender (~5 min)
5. Wash and dry kale well-rip into smaller pieces and remove stems, layer on a lined baking sheet and toss in avocado oil, sprinkle with salt
6. Place into the oven and set timer for 5-10 minutes-make sure to keep an eye on the kale as it cooks quickly-remove once crispy
7. Once ready to serve, warm sauce with cooked noodles in saucepan and serve; garnish with a generous handful of kale chips

## TIPS

- To save time/energy just buy the raw butternut squash noodles! (I've seen them at Wegmans, Whole Foods and Stop & Shop)
- For vegan butter- I recommend [Miyokos](#) brand; coconut/almond milks don't need to be canned-just make sure they are unsweetened!



RECIPE

# Spicy Black Bean Soup

Gluten Free • Grain Free • Dairy Free • Egg Free • Nut Free  
Peanut Free • Vegan • Detox friendly • Sugar/Sweetener Free  
Candida friendly

Serves ~5-6 people

## INGREDIENTS

- 1 large yellow onion
- 3 garlic cloves
- 2 carrots
- 1 green bell pepper
- 1 jalapeno
- 1 ½ t smoked paprika
- 1 T + 1 t cumin
- 1 container of vegetable broth (32 oz)
- 4 cans of black beans (or two 29 oz cans) -drained
- 1 good handful of cilantro-chopped
- Juice from 1 juicy lime (~2 T)
- Salt and pepper to taste
- Avocado oil
- Optional Toppings: avocado, cilantro, radish
- Serve with **Plantain Chips**



## INSTRUCTIONS

1. Drizzle 1 T avocado oil into a large soup pot over medium heat
2. Dice onion and mince garlic - add to pot
3. Peel carrots and dice into small pieces, chop bell pepper in the same way
4. Slice jalapeno down the middle and scoop out ~½ the seeds (if you don't like spice remove all seeds)-make sure to avoid putting your hands in/around your eyes after touching the pepper!
5. Add carrots and peppers to pot and cover, cook for 4-5 minutes or until soft
6. Add the spices to the veggies until you can smell the cumin and then add the broth and beans
7. Turn up heat until soup is bubbling then bring it down a simmer and cover partially, let cook for 20-25 minutes
8. Remove from heat, ladle out ~2 ladles worth of soup and set aside; use an immersion blender to puree the remaining larger portion of the soup
9. Return the non-pureed portion to the soup and stir in chopped cilantro, lime juice and salt/pepper
10. Serve in bowls with toppings of choice & fresh **Plantain Chips**

## TIPS

- I love to garnish with thinly sliced radish, guacamole and extra cilantro; Kite hill unsweetened plain greek yogurt is nice dolloped over top as well (like sour cream)
- **Instant pot version:** Use dried beans; saute garlic, onion, carrot, pepper on saute function, add remaining ingredients through black beans; seal the pressure knob and cook on high pressure for 30 minutes, natural pressure release; use an immersion blender to puree to desired consistency (I recommend leaving it a little chunky); add lime juice, cilantro, salt/pepper



## RECIPE

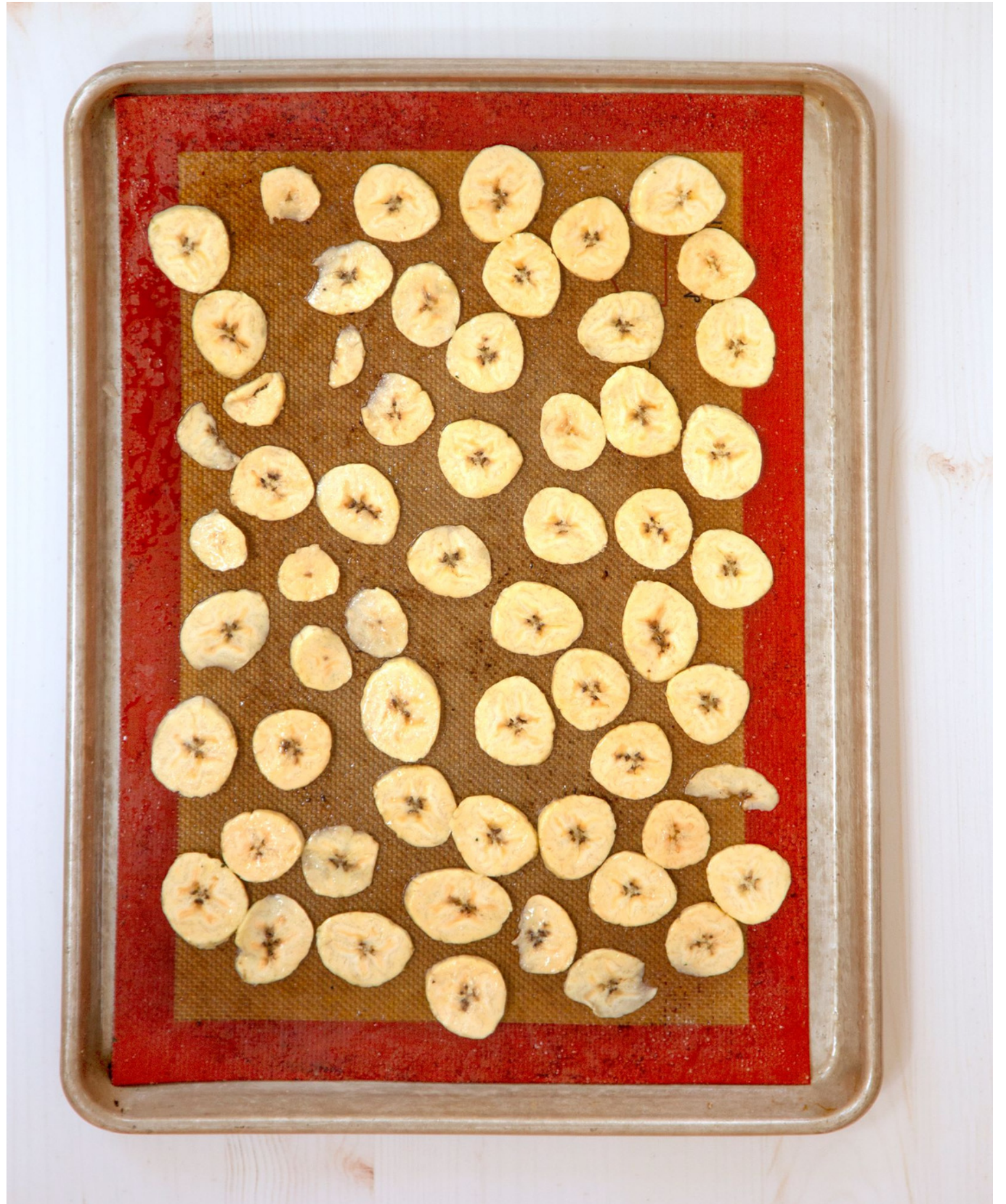
# Plantain Chips

Gluten Free • Grain Free • Dairy Free • Egg Free • Nut Free  
Peanut Free • Paleo • Whole 30 • Vegan • AIP • Detox friendly  
Sugar/Sweetener Free Low FODMAP • Low Histamine

Serves 3-4 people

## INGREDIENTS

- 3 large green plantains
- Avocado oil
- Sea salt



## INSTRUCTIONS

1. Preheat oven to 400, line a baking sheet with parchment
2. Slice plantains- make a slit in the peel first and then peel with your hands-this is the hardest step of the whole recipe :)
3. Make the slices as uniform as possible (about an ⅛ of an inch thick is great)-you can just use a knife or a mandolin if you have one
4. Place plantains in a single layer on your lined baking sheet and toss in avocado oil
5. Bake for 10 minutes, flip and bake for an additional 5-10 minutes or until golden and crispy
6. Remove from oven, sprinkle with salt and eat!



## TIPS

- These are best served warm & fresh! They will get less crispy once stored for leftovers but can easily be reheated
- FODMAP-friendly: stick to the serving size! (¼ of the recipe)
- Make sure the plantains are green vs. brown or yellow!
- No time to make these? I recommend purchasing the Barnana or Trader Joes brands of plantain chips



# Sugar Free Zoodle Pad Thai





RECIPE

# Sugar Free Zoodle Pad Thai

Gluten Free • Grain Free • Dairy Free • Peanut Free • Paleo  
Whole 30 • Keto • Detox friendly • Sugar/Sweetener Free

Serves 4 people

## INGREDIENTS

**Pad Thai**

- 2 T coconut oil
- 2 large cloves garlic, minced
- ½ c green onions, chopped small-greens/whites separated (~3 onions)
- 1 pound shrimp
- 1 large red pepper, sliced into thin strips
- 1 ½ c grated carrots (about 3 medium)
- 4-5 medium/large zucchini (spiralized) (~4 cups zoodles)
- 2 eggs
- ½ c bean sprouts
- Optional Garnishes: ¼ c cilantro or parsley, roasted cashews

**Sauce (makes ~¾-1 cup sauce)**

- Juice of 1 lime
- 2 T fish sauce
- 2 T coconut aminos
- 1 clove of garlic-minced
- ⅓ c fresh squeezed orange juice (~½-1 navel orange)
- 2 ½ T cashew or almond butter
- ½ t of red pepper flakes (add more if you like spice!)
- ½ t of salt



## INSTRUCTIONS

1. Whisk together all sauce ingredients in a bowl and set aside In a large skillet, heat 2 T of coconut oil over medium heat
2. Add minced garlic and just the whiter portions of the green onion, saute over medium heat for 2-3 minutes
3. Add in shrimp and cook until just starting to turn pink
4. Add sliced pepper, carrot and zoodles and cover the pan and cook for an additional 8-10 minutes (if there's a lot of liquid, drain off a bit of it)
5. Push veggies to one side of the pan and crack in the eggs. Cook through and then mix the egg in with the vegetable mixture
6. Toss in the bean sprouts, leftover green onions and drizzle with sauce, turn heat to low and let the flavors meld for a few minutes
7. Remove from heat and serve immediately garnished with fresh cilantro and chopped cashews

## TIPS

- To save time-make the sauce ahead of time and buy pre-spiralized zucchini, pre-chopped veggies; the night-of, just saute everything together for a meal in under 15 minutes!
- Looking for a ready-made no sugar pad thai sauce? Try [Yai's brand Pad Thai Sauce](#)





RECIPE

# Buddha Bowls with Ginger Sesame Sauce

Gluten Free • Grain Free • Dairy Free • Egg Free  
Nut Free • Peanut Free • Vegan • Detox friendly  
Sugar/Sweetener Free

Serves 4 people

## INGREDIENTS

### Bowls

- 1 c dry quinoa
- ½ head purple cabbage
- 1 small head of cauliflower
- 1 head of butternut squash (unused rounder portion from butternut alfredo bowl above) or 1 cup chopped winter squash
- 1 container shiitake mushrooms
- 2 cloves garlic
- 2 c spinach or greens of choice (2 large handfuls) 2 cans chickpeas
- 3 t smoked paprika
- 1 avocado, peeled and sliced
- ¼ c pumpkin seeds
- Avocado oil
- Sea salt and pepper to taste

### Ginger Sesame Sauce (makes ~½ cup)

- 2 T tahini
- 2 T fresh lemon juice
- 1 T extra virgin olive oil
- 2 T water
- 1 ½ t freshly grated ginger root
- ½ t toasted sesame oil (optional)
- ½ t garlic powder
- ¼ t sea salt
- ⅛ t black pepper



## INSTRUCTIONS

1. Preheat the oven to 400
2. Drain and rinse chickpeas, toss in paprika and salt/pepper-place into an 8x8 baking dish
3. Wash and chop cauliflower into florets. Chop cabbage and squash into bite sized chunks. Wipe mushrooms and place on baking sheet. Toss all + cubed butternut squash in oil and chopped/minced garlic
4. Place the vegetables in a single layer on a lined sheet pan. Season with salt and pepper
5. Roast chickpeas and vegetables for 30-40 minutes in the oven or until tender; Add more salt and pepper if needed (chickpeas 25 minutes to start and watch until desired crispness)
6. Meanwhile, rinse and then cook the quinoa according to package instructions, fluff with a fork
7. Whisk together all sauce ingredients in a bowl, add more warm water until reaching desired thickness (should be able to roughly drizzle)
8. To assemble the buddha bowls, spoon quinoa into bowls and top with a large handful of greens
9. Arrange roasted veggies and chickpeas into compartments on top
10. Add sliced avocado, sprinkle with pumpkin seeds and drizzle with sauce, dig in!

### TIPS

- Feel free to use whatever beans you like or sub chopped rotisserie chicken!
- Make a double portion of the quinoa so you can use the remainder for the omega chopped salad!
- Get an extra large container of greens to use for the omega chopped salad, breakfast hash and the buddha bowls
- Meal prep this dish by completing steps 1-7 and storing components in containers in the fridge-you can serve veggies warm or cold!





RECIPE

# Meatball Sub Zucchini Boats

Gluten Free • Grain Free • Dairy Free • Egg Free  
Nut Free • Peanut Free • Paleo • Whole 30 • Keto  
Detox friendly • Sugar/Sweetener Free • Candida friendly

Serves 4 people

## INGREDIENTS

### Meat Sauce

- 1 pound grass fed ground beef
- 2 cloves of garlic or 1 large clove (minced)
- 1 large can crushed tomatoes (30 oz)
- ½ c shredded carrot
- 1 T italian seasoning
- 1 T fresh chopped basil or 2 tsp dried
- ½ t salt + more to taste

### Zucchini Boats

- 4 medium/large zucchini (if you have a big appetite I recommend 2-3 small zucchini or 1-2 medium/large per person)
- Optional garnishes-fresh chopped basil, dairy free cheese or grated vegan parmesan
- Avocado oil
- Sea salt and pepper



## INSTRUCTIONS

### Meat Sauce

1. Cook ground beef in a large skillet until browned, remove from skillet and wipe down (doesn't need to be fully cleaned, leave some of the oils)
2. Heat skillet to medium/high heat, add garlic and cook until just starting to sizzle/brown
3. Add carrots and canned tomatoes, seasonings, salt
4. Bring to a bubble and then cover and reduce heat to low
5. Add cooked meat and let meat sauce simmer on the stove for ~10 minutes

### Zucchini Boats

1. Preheat oven to 400
2. Wash and slice zucchini in half the long way
3. Scoop out interior portion where seeds are-they should look like little canoes
4. Spread a large baking sheet with parchment and place boats scooped side up in the dish, fill each boat with meat sauce
5. Sprinkle with chopped basil and dairy free cheese
6. Bake for 20-25 minutes (I like to broil right at the end for 1-2 min) or until tender; serve!

## TIPS

- You can easily sub ground turkey for beef here
- Serves well alongside a chopped romaine salad drizzled with olive oil & lemon juice
- Craving carbs? Serve with ½ cup gluten free high fiber pasta



Omega Chopped Salad





RECIPE

# Omega Chopped Salad

Gluten Free • Dairy Free • Egg Free • Peanut Free  
Detox friendly • Sugar/Sweetener Free

Serves 4 people

## INGREDIENTS

**Salad**

- 2 cans wild salmon (3 oz)
- 5 oz container mixed greens
- ½ head of radicchio
- ½ c cherry tomatoes
- ⅓ c cucumber
- ⅓ c radish
- ⅓ c kalamata olives
- ¾ c cooked quinoa
- ¼-⅓ c sliced red onion
- ¼ c chopped walnuts

**Dressing**

- 1 lemon (4 T fresh squeezed juice)
- 2 T apple cider vinegar
- 2 t spicy brown mustard
- 1 ½ t dried oregano
- 2 T fresh dill
- ½ c olive oil
- ¼ t sea salt + additional and pepper to taste



## INSTRUCTIONS

1. Whisk together all dressing ingredients and set aside
2. Place greens into a large bowl, wash and chop radicchio and add to bowl
3. Drizzle greens/radicchio with a bit of dressing and massage it in with your hands
4. Wash all veggies and chop into bite sized pieces (tomato, cucumber, radish), halve olives; add all + sliced onion to salad bowl
5. Drain and break up canned salmon into pieces (can also used fresh cooked if you prefer), add to bowl
6. Place dry saute pan on the stove on low/medium, add raw walnuts
7. Toast walnuts until fragrant-this goes quickly and they can burn easily so stay by the stove!
8. Add the cooked quinoa and walnuts to salad bowl; toss in remaining dressing and serve!

## TIPS

- What the heck is radicchio? It looks like a smaller, maroon & white head of lettuce
- For meal prepping-leave dressing and walnuts out until the day you're eating!
- Do you get sluggish in the middle of the day at work? This salad is packed with brain boosting fats thanks to the omegas in the salmon and walnuts and the monounsaturated (think cholesterol friendly!) fats in the olives/olive oil



## RECIPE

# 1 Pan Lemon Chicken

Gluten Free • Grain Free • Dairy Free • Egg Free • Nut Free • Peanut Free • Paleo • Whole 30 • Keto • AIP

Detox friendly • Sugar/Sweetener Free

Candida friendly • Low Histamine

Serves 3-4 people

## INGREDIENTS

- 5-6 organic chicken thighs
- ½ c lemon juice (3-4 large lemons)
- 2 cloves garlic-minced
- 1 T salt
- 2 leeks
- 1 pint of raw brussels sprouts (~2 cups)
- 1 large or 2 medium sweet potatoes
- Avocado oil
- Sea salt and pepper



## INSTRUCTIONS

1. Whisk together 1/2 cup fresh squeezed lemon juice, minced garlic cloves and 1 T salt
2. Place 5-6 chicken thighs in a large baking dish (make sure they are all in 1 layer, skin side down)
3. Pour lemon juice mix over the thighs (optional but recommended-marinate in the fridge overnight)
4. Preheat oven to 375
5. Wash all veggies well (leeks can be very dirty!), halve brussel sprouts, chop leeks into thick slices
6. Add veggies (Brussels and leeks to baking dish), toss in a bit of avocado oil
7. Layer chicken over veggies in a deep glass baking dish (9x13 works best)
8. Pour the leftover lemon marinade from the chicken ovetop
9. Cube sweet potatoes (roughly same size as the brussels) layer on a separate baking sheet with parchment, toss in about 1 T avocado oil and sprinkle with sea salt
10. Place both the baking dish and sheet in the oven
11. Bake at 375 for 40-45 minutes or until chicken reaches an internal temp of 165
  - a. Check potatoes at 30-35 min for doneness (should be fork tender), serve warm



## TIPS

- Using bone-in, skin-on chicken thighs will provide the best flavor
- One of my favorite tools for cooking meat in the kitchen-a [meat thermometer](#)! They are super cheap and can help you overcome the intimidation of roasting meat!
- Low FODMAP variation: use garlic infused olive oil, use just the green portion of the leeks, switch out brussels for green beans



RECIPE

# Carrot Apple Muffins

Gluten Free • Dairy Free • Peanut Free • Whole 30  
Detox friendly • Sugar/Sweetener Free  
Candida friendly

Serves 3-4 people

## INGREDIENTS

- 2 c almond flour
- 1 c gluten free oats
- 2 t ground cinnamon
- 1 t baking soda
- ½ t sea salt
- 3 eggs
- 2 T coconut oil, melted
- ½ c unsweetened applesauce
- 1 c apple, grated
- 1 c carrots, peeled and grated



## INSTRUCTIONS

1. Preheat the oven to 350 F, and line a muffin tin with paper liners.
2. In a bowl, mix the dry ingredients- almond flour, oats, cinnamon, baking soda and salt- set aside.
3. In a larger bowl, whisk the eggs, coconut oil, and applesauce together.
4. Add the grated carrots and grated apple to the wet ingredients, and whisk until incorporated.
5. Add the dry ingredients to the larger bowl, and stir to combine and form a smooth batter.
6. Fill up each muffin tin well ¾ of the way up.
7. Place in the oven and bake for 25-30 minutes, until golden at the top, and a toothpick comes out clean.
8. Let cool before removing from the tins, and enjoy!

## TIPS

- To get creatives with leftovers- cut muffins in half, grease your cast iron skillet, and brown the cut sides down. Top with some vegan butter or nut butter and fruit, for a delicious snack!
- If you like bigger pieces of apple in your muffins, try chopping them up instead of grating. Make sure to leave the skin on for some yummy added crunch and fiber.
- To make this a complete breakfast- have it on the side of a veggie omelet topped with avocado, and a handful of fresh fruit



## RECIPE

# Sweet Potato Bean Burgers

Gluten Free • Dairy Free • Peanut Free • Whole 30  
Detox friendly • Sugar/Sweetener Free  
Candida friendly

Serves 3-4 people

## INGREDIENTS

- 1 (15 oz.) can white beans, rinsed and drained
- 1 medium sweet potato, cooked and mashed
- 1/2 c gluten free flour such as almond, oat, or coconut
- 1 T olive oil
- 2 eggs
- 1 t chili powder or paprika
- 1 t garlic powder
- 1 t onion powder
- Salt + pepper to taste



## INSTRUCTIONS

1. In a food processor or high speed blender, add the beans and sweet potato. Blend on high.
2. To the food processor, add in the oil, eggs, gluten free flour, and spices. Blend again until it forms a dough, and everything is well broken down.
3. Take the mixture out of the food processor and into a bowl. Mix completely until smooth.
4. Form burger patties with the mixture, and set aside on a plate.
5. Grease a skillet or a cast iron and heat up on medium.
6. Once skillet is hot, add the burger patties and cook for 5-7 minutes on each side, or until browned and cooked through.



## TIPS

- If you don't have white beans on hand, you can also use a can of black beans!
- If the patties are a little too soft, they may have too much moisture. Combat this by adding a few more tablespoons of gluten free flour.
- Top the burger with some avocado, lettuce, and a dollop of homemade ketchup! (1 can of tomato paste + salt, pepper, garlic powder + 1/4 cup apple cider vinegar)



# Bonus Resources

## Day 1:

- Top 5 Hidden Sources of Sugar

## Day 2:

- No Sugar Dessert Hacks

## Day 3:

- 5 Tips For Reducing Sugar Cravings

## Day 4:

- Why Stress Could be the Cause of Your Sugar Cravings

## Day 5:

- How to Sweeten Your Mood Without Sugar

## Day 6:

- Sugar Conscious Dining & Takeout Guide

## Day 7:

- 5 Root Causes of Sugar Cravings, and How to Get Rid of Them for Good!







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Detoxing!

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