A top-down view of a wooden table with several white bowls containing different types of sprinkles: chocolate and white, multi-colored, grey, and heart-shaped. A spiral-bound notebook with a red plaid cloth tucked under it is open, showing the title text on a lined page.

JJ'S

# 30-DAY SUGAR DETOX

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# INTRODUCTION

Sugar will cause you to get fat, feel irritable, moody, and tired, and can cause all kinds of health problems, so commit to breaking your sugar addiction today!

# SUGAR DETOX BENEFITS

**Are you having a panic attack right now just thinking about giving up sugar? You have to look at kicking the sugar habit as though you are ending an addiction!**

Many people are addicted to sugar and don't even know it. I believe this addiction is the main reason people get fat. They don't think they eat a lot of sugar because they don't eat a lot of candy, cakes, and pies, but the problem is that sugar is hidden in many foods, including breads, muffins, and even dried fruit. I believe sugar is toxic. It has no nutritional value, it's highly addictive, and it makes you sick and fat.

JJ's 30-Day Sugar Detox will help you eliminate your cravings for sugar, sweets, breads!

By eliminating sweets and carbs, you will give your body a break from sugar. Your liver will have a greater ability to remove toxins, and releasing toxins, releases weight.

Additionally, you will be able to eat healthier once your body no longer craves sweets, breads and sugar and be able to stick to a healthy eating regimen.

# HOW SUGAR MAKES YOU FAT

When you eat sugar, it gets stored in the liver in the form of glycogen. When the liver is overloaded with sugar, it begins to expand, and when it is maxed out, the glycogen is expelled in the form of fatty acids. This excess fat—called fatty acid—is deposited into areas such as the belly, butt, thighs, and hips. Where it gets most dangerous is when the remaining fatty acids end up in our major organs, including the heart and kidneys.

Sugary foods (candy, cakes, pies, muffins, and sodas) and other refined, starchy carbohydrates cause a rapid rise in insulin levels, which results in excess fat in the body. High insulin levels mean you'll have more body fat, while low insulin levels mean you'll have less body fat. Chronically elevated insulin can cause both fat storage and more inflammation in the body.



# ARE YOU ADDICTED TO SUGAR...QUIZ?

To determine if you have a sugar addiction, take this Sugar Addiction Quiz below. Put a check next to every question for which you answer “yes.”

- Do you put sugar in coffee or tea?
- Do you drink sodas at least once a day?
- Do you drink sweetened fruit punches, sports drinks, or juices?
- Do you use syrups, jams, jellies several times a week?
- Did you eat a lot of candy growing up as a kid?
- Do you crave sweets, pasta, or breads or are they your favorite foods?
- Do you eat bread, bagels, croissants, muffins, or donuts for breakfast?
- Do you feel chronically tired or fatigued most days?
- Do you often eat a dessert after dinner?
- Do you crave sweets in the afternoon or late at night?
- Do you buy candy at the movie theater?
- Do you have headaches often?
- Do you drink fruity or sweetened alcoholic drinks?
- Do you keep candy or snacks in your home at all times?
- Do you eat sweets first at a happy hour or party?

**If you answer yes to more than 10 of these questions,** then chances are that you are a Sugar Addict. Sugar will cause you to get fat, feel irritable, moody, and tired, and can cause all kinds of health problems, so commit to breaking your sugar addiction today!

# THE 7 STRATEGIES

7 ways to break a sugar addiction

# 1. GO COLD TURKEY AND DITCH THE SUGAR

In order to say goodbye to your sugar cravings, you must stop eating sugar, plain and simple. The less you eat it, the less you crave it. Easier said than done, I know, but that's the necessary first step. The good news is - once you do this, cravings diminish quickly and dramatically.

It is usually more effective if all sugar and processed sweets are cut out completely. It's not going to be easy, but within a few days, it will reset your body so you are not craving sweets.

Just like a drug addict experiences withdrawal symptoms when they quit a drug, people experience withdrawal symptoms when they stop eating a food they are addicted to, like sugar. These symptoms come on quickly, as soon as digestion is finished, you can feel queasy, tired and headachy

**Do a Sugar Detox Inventory:** Not trying to tell you to waste money but clean out your cupboard of all processed sugars, carbs, crackers, breads; If it is there, it will tempt you!

# 2. WELCOME AND EXPECT SUGAR CRAVINGS

Expect cravings for sugar, expect headaches, expect to be irritable and tired for 3- 5 days. But if you avoid sugar, your cravings will diminish after a few days

It will get better and the longer you keep sugar out of your diet; the cravings will diminish and disappear; don't give in

Cravings and withdrawals symptoms are temporary, so get comfortable being uncomfortable as the cravings won't last

Facing these cravings is the beginning of detoxifying and rebalancing your body. The cravings will actually disappear after three to five days. And once you fight these cravings, your cravings won't be as strong as long as you continue to keep high-sugar foods out of your diet.

If you can let these mild uncomfortable feelings come and go over a few days, you will find it's much easier to control your sugar cravings and desire to eat sweets and carbs.



# 3. BECOME A DETECTIVE AND FIND HIDDEN SUGARS

Start by making yourself aware of everything that has sugar in it. First, you must know how to find sugar in your foods, as it is cleverly hidden in the labeling. Virtually everything we eat, especially packaged and processed foods—including diet and low-fat foods—has sugar in it.

Make sure you read the list of ingredients on the nutritional labels to look for names sugar is disguised as

See the chart on the next page for the names of hidden sugar and avoid them as much as possible



# NAMES OF HIDDEN SUGARS

Caramel  
**Beet sugar**  
Agave nectar  
Confectioners' sugar  
Demerara sugar  
Dehydrated cane juice  
Galactose  
Fruit juice concentrate  
Maltose  
Diatase  
Diastatic malt  
Maltodextrin  
Malt sugar  
Mannitol  
Florida crystals  
Molasses  
Brown sugar  
Sucrose  
Sorghum syrup  
Sorbitol  
Yellow sugar  
Dextrose  
Carob syrup  
Treacle  
Rice syrup  
Corn syrup solids  
Lactose  
Panocha  
Raw sugar  
Muscovado  
Buttered syrup  
Castor sugar  
HFCS (High Fructose Corn Syrup)  
Golden sugar  
Glucose solids  
Barbados sugar  
Grape sugar  
Maple syrup  
Honey  
Cane juice  
Barley malt  
Refiner's Syrup  
Sugar (granulated)  
Turbinado sugar  
Golden syrup  
Cane sugar  
Glucose  
Date sugar  
Fruit juice  
Icing sugar  
Ethyl maltol  
Dextran

# 4. FOLLOW THE 5 GRAMS OF SUGAR GUIDELINE

Sugar is measured in grams, and 4 grams of sugar equals one teaspoon. So if your soda has 40 grams of sugar, that's about ten teaspoons of sugar in just one soda. You can see how so many people end up eating so much sugar every day.

As a guideline, the best way to minimize the amount of sugar in your diet is to choose foods that have 5 grams or less per serving.

When the drink or food item has 5 grams or less of sugar per serving size, the body doesn't overreact to the sugar. This means your pancreas will not have to release too much insulin, which can cause fat storage in the body.

As an example, I used to think I was eating a healthy breakfast by eating oatmeal. However, it wasn't regular oatmeal but the sweetened, flavored instant oatmeal, like apple-cinnamon oatmeal, and it had about 20 grams of sugar per serving, which is way too much. I stopped eating it cold turkey!

# 5. MAKE STEVIA A STAPLE IN YOUR DIET

To sweeten foods, it is always better to use stevia or some equivalent herbal sweetener rather than sugar. Stevia is a natural sweetener made from a plant native to South America and Central America. Other countries have been using stevia as a sugar substitute for several decades

Stevia is calorie-free and does not affect blood glucose, which makes it a great natural alternative to sugar and artificial sweeteners.

Find a Stevia that you love! I have four friends who all use different brands of stevia, and none of us like the others' stevia because they all taste different. If you think you don't like stevia, perhaps just try another brand!

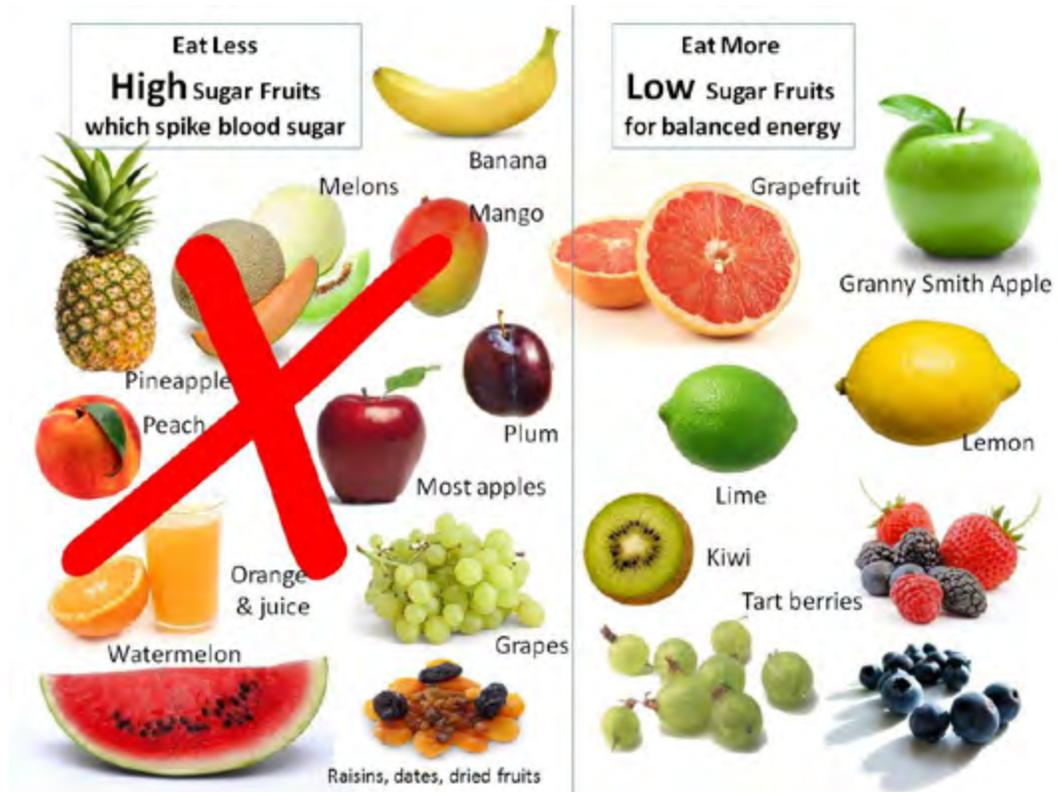
**Avoid Artificial Sweeteners Also:** You know them in those little yellow, pink, and blue packages that are generally marketed as “sugar substitutes.” Most people don't realize that even though artificial sweeteners generally have zero calories, they can still contribute to weight gain. These artificial sweeteners increase appetite by sending false signals to the brain that sweet food is on the way. The brain subsequently becomes confused when sweet food never arrives and so it never gives the signal that you are satisfied. You develop a sweet tooth and sugar cravings throughout the day, sometimes causing you to eat more sugar.

# 6. ENJOY LOW-SUGAR FRUIT AS AN ALTERNATIVE

When you crave sweets, try low-sugar fruit as a better alternative to wean yourself off of refined sugar. The goal is to substitute processed sugars like cake, cookies and sweetened products for natural sugars, like fresh fruit.

How the body metabolizes the natural sugar in fruit differs from how it metabolizes the refined sugar that is often added to processed foods. The body breaks down refined sugar rapidly, causing insulin and blood sugar levels to skyrocket, which leads to fat storage in the body. Also, because refined sugar is digested quickly, you don't feel full after you're done eating, no matter how much you have consumed. The fiber in fruit slows down the metabolism of the natural sugar so you don't get insulin spikes that cause fat storage.

Here are the Low-Sugar Fruit Options



# 7. TRY CHROMIUM TO DECREASE SUGAR CRAVINGS

Chromium is a great way to reduce cravings for sugar and carbs!

Chromium is a mineral found in the body in trace amounts. Research has shown that chromium supplementation has the ability to even out blood sugar levels while enhancing the body's fat-burning metabolism.

Chromium is also known to be helpful in suppressing appetite and sugar cravings. Taking chromium supplements may help control carbohydrate cravings and improve insulin function and glucose metabolism. Research studies have shown that many people with insulin resistance and diabetes have chromium deficiencies; thus, taking chromium supplements can help improve blood glucose levels.

There are two leading types of chromium supplements: chromium picolinate and chromium polynicotinate, and both are found to be effective at reducing sugar cravings. I have had the best results with chromium picolinate.

# A GUIDE TO SWEETENERS: CHOOSE WISELY!

The way to think about sweeteners is how much they cause insulin spikes because that determines how much they will cause fat storage in the body. Foods are given glycemic index (GI) ratings according to how much they cause insulin spikes. The higher the GI Number, the more it causes insulin spikes that cause fat storage in the body.

## Glycemic Index Natural Sweeteners

Natural Sweetener	Glycemic Index Rating
Stevia	0
Yacon Syrup	1
Xylitol	8
Agave Nectar	15
Fructose	17
Rice Syrup	25
Date Sugar	32
Coconut Sugar	35
Apple Juice	40
Barley Malt Syrup	42
Honey	50 (30 raw)
Maple Syrup	54
Blackstrap Molasses	55
Turbinado Sugar	65
Refined White Sugar	99

# THE WEEKLY PLAN

Plan and execute!

# HOW TO DO THE 30-DAY SUGAR DETOX CHALLENGE

- Learn the 7 strategies and apply them everyday so that you can avoid sugar, sweets and carbs for 30 days. A limited amount of natural sugar is also fine.
- Complete the Weekly Plan to identify your No-Sugar Meals each day. There are some recipes included, plus over a hundred recipes and cookbooks in the VIP Portal. The goal is to focus on low to no-sugar meals each day.
- It is important to look for ways to improve each day in order to achieve the highest levels of success. To that end, use the Weekly Plan to grade your progress each day, and document opportunities for improvement. Note what you have done well and what you need to do better.
- Stay Motivated and check-in with the VIP Facebook group for support, tips and accountability every day!

# SAMPLE: DEVELOP YOUR WEEKLY PLAN

## WEEK 1

DAY	BREAKFAST	LUNCH	DINNER	GRADE (A - F)	OPPORTUNITIES FOR IMPROVEMENT
1	Green Smoothie	Turkey Meatballs	Chicken Caesar Salad	A	Did great, cleaned out cupboard of all junk food; Used stevia, read labels; Stayed aware
2	Green Smoothie	Beef Broccoli Stir Fry	Black Bean Chili	A	Did great, avoided birthday cake at work, ate some berries as a snack (sweetened with stevia)
3	Turkey Sausage Egg Bake	Black Bean Chili	Green Smoothie	B	Did pretty good; didn't read labels, may have eaten some applesauce with more than 5 grams of sugar; Still had lots of cravings
4	Green Smoothie	Grilled Red Snapper	Broccoli Chicken	B	Did pretty good, used stevia all day, enjoyed some apples and peanut butter as a snack
5	Green Smoothie	Green Smoothie	Balsamic Salmon	A	Did great, started Chromium to help minimize sugar cravings; staying mindful of staying away from sugar
6	Veggie Omelet	Green Smoothie	Pineapple-Peppered Mahi Mahi	A	Did great; chromium is helping with sugar cravings; Avoided everything with 5 grams of sugar or more. I rock!
7	Green Smoothie	Pineapple-Peppered Mahi Mahi	Sautéed Tomatoes and Spinach	C	Sunday dinner got me; Had candied yams and rice pudding and they weren't made with stevia; will be back on my grind tomorrow

# DEVELOP YOUR WEEKLY PLAN

WEEK \_\_\_\_\_

DAY	BREAKFAST	LUNCH	DINNER	GRADE (A - F)	OPPORTUNITIES FOR IMPROVEMENT

# WHAT TO EAT

Here's what to eat during the 30-day sugar detox challenge

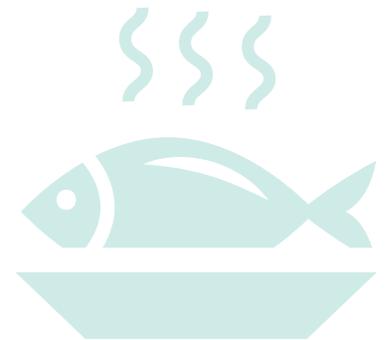
# FOODS TO EAT DURING THIS CHALLENGE

## Meat and Fish:

- Beef/Buffalo
- Chicken/Turkey
- Clams/Mussels/Scallops
- Eggs
- Game meats
- Salmon/Lobster/Shrimp
- Goat
- Halibut/Mahi Mahi/Red Snapper/Swordfish
- Lamb/Veal
- Pork/Tuna

## Vegetables:

- Artichokes/Asparagus/Broccoli
- Cabbage/Carrots/Cauliflower/Celery
- Chard/Cucumber/Eggplant/Garlic
- Green Beans/Kale/Leeks/Lettuce
- Mushrooms/Onions/Parsnips
- Peppers/Radicchio/Radishes/Snap Peas
- Spaghetti Squash/Spinach
- Tomato/Turnips
- Yellow Squash/Zucchini



# FOODS TO EAT DURING THIS CHALLENGE

## Nuts, Seeds, Butters & Oils:

- Almond/Cashew Butter/Coconut Butter
- Vegan Butter/Ghee
- Coconut oil/milk
- Flax Oil/Olive Oil/Sesame Oil
- Cacao (100% Cacao/Cocoa)
- Pecans/Pistachios/Walnuts
- Brazil/Macadamias
- Pumpkin, Sunflower, Sesame Seeds
- Avocado

## Dairy and Beverages:

- Low-fat cheese, cottage cheese
- Water/Alkaline Water
- Coffee (one cup per day)
- Unsweetened green tea/black tea
- Unsweetened almond milk
- Hemp milk/soy milk



# FOODS TO AVOID DURING THE CHALLENGE

## Sweets, Carbs, Breads:

- ✘ Bread/Bagels/Breadsticks
- ✘ Brownies/Cake/Candy/Cookies
- ✘ Cereals with Sugar (most)
- ✘ Crackers/Croissants/Cupcakes
- ✘ Muffins/Pasta/Pastries
- ✘ Pita bread/Pizza
- ✘ Rolls/Tortillas/Tortilla Chips
- ✘ High-Sugar Fruits
- ✘ Ketchup
- ✘ Sodas/Juices



# RECIPES

## NO-SUGAR MEALS

NO-SUGAR MEALS

# BREAKFAST RECIPES

# Pesto Quiche (No-Crust)

## INGREDIENTS:

- 1 cup spinach
- 1 cup broccoli
- 16 ounce carton of egg whites
- 1 cup shredded cheese
- 1/4 cup parmesan
- 1 tablespoon Italian spice
- 1 teaspoon pepper
- 1/4 cup sun dried tomatoes
- 1 tablespoon prepared clean pesto

## DIRECTIONS:

Preheat oven to 350 degrees F.

Put all your ingredients in a bowl and mix it all together to distribute the spices evenly

Pour into your glass pie dish (spray with oil first) and place in a pre-heated oven for about 45 minutes, or until cooked through (avoid the pie crust).

Take it out of the oven and just let it cool.



# Spinach Frittata

## INGREDIENTS:

- 4 eggs
- 2 tablespoons unsweetened almond milk
- 1/4 cup grated parmesan
- 2 cups spinach
- 1 teaspoon garlic powder
- 1 tablespoon olive oil

## DIRECTIONS:

Preheat oven to 350 degrees F.

Sauté your spinach in olive oil. Mix in your garlic at the end when everything is cooked.

Place all ingredients in a baking dish (be sure to whisk eggs) and mix well.

Place in the oven and bake for 30-40 minutes.



# Egg and Shrimp Scramble

## INGREDIENTS:

- 4 egg whites
- 1/4 cup frozen shrimp
- 1/4 cup frozen mixed bell peppers
- 1/4 cup chicken broth
- Pinch of fresh thyme

## DIRECTIONS:

Add all ingredients except for the thyme, to a non-stick pan.

Cook until all ingredients are cooked through.

Put your scramble on a plate, and sprinkle your pinch of thyme over the top.



# Blueberry Quinoa Breakfast

## INGREDIENTS:

- 1/4 cup quinoa, dry, rinsed thoroughly
- 1/2 cup unsweetened vanilla almond milk
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 2 tablespoons pecans, chopped
- 1 1/4 cups blueberries

## DIRECTIONS:

Place the quinoa and almond milk in a small saucepan over medium-high heat.

Bring to a boil, then reduce heat to a simmer.

Cook until most of the liquid has been absorbed, about 15-20 minutes.

Stir in cinnamon, vanilla, pecans, and blueberries. Serve immediately.



# Turkey Sausage Egg Bake

## INGREDIENTS:

- 1 pound turkey sausage
- 1 cup diced onion
- 8 ounces frozen or fresh spinach
- 2 tablespoons fresh basil, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 ounces crumbled goat cheese
- 6 eggs
- ½ cup unsweetened almond or soy milk

## DIRECTIONS:

Preheat oven to 400 degrees.

Heat 1 tablespoon oil in skillet and cook onion and sausage until cooked through and onion is tender (about 8-10 minutes)

Add spinach, basil, salt and pepper.

Whisk 6 eggs and milk together than pour into sausage and veggies and pour into a 9 by 13 baking dish (spray with oil).

Top with goat cheese. Bake 20 minutes until cheese is melted and eggs are fluffy.



# Veggie Omelet

## INGREDIENTS:

- 2-organic brown Cage Free Eggs or Egg Whites
- Tri-color bell peppers- green, red, yellow, orange chopped
- 2 handfuls of spinach
- Mushrooms
- Broccoli (optional)
- Diced tomatoes (optional)
- Onions
- Minced garlic or garlic powder
- Cayenne pepper (optional)
- Miss Dash
- Sea Salt (optional)
- Low fat cheese (optional)
- Sliced Avocado on the side for garnish (optional)



## DIRECTIONS:

Cook veggies in olive oil till tender than add to middle of omelet and fold over

NO-SUGAR MEALS

# LUNCH/DINNER RECIPES

# Berry Detox Salad

(makes 4-6 servings)

## INGREDIENTS:

*For the Berry Spinach Detox Salad:*

- 6 ounces fresh baby spinach
- 6 ounces fresh blueberries
- 6-8 whole strawberries, sliced
- 1/2 cup pecan halves
- 1 ounce goat cheese crumbled

*For the Poppy Seed Dressing:*

- 2-2 1/2 tablespoons raw & unfiltered apple cider vinegar
- 1-1 1/2 tablespoons raw honey
- 2 1/2 teaspoons poppy seeds
- 1/3 cup olive oil
- Sea salt & fresh ground black pepper to taste

## DIRECTIONS:

*For the Berry Spinach Detox Salad:* In a large salad bowl, layer the spinach, blueberries, strawberries, pecans, and goat cheese. Cover and refrigerate until ready to serve.

*For the Poppy Seed Dressing:* In a medium sided mixing bowl, mix together the apple cider vinegar, honey, and poppy seeds. Slowly drizzle in the olive oil while continuously whisking. Season with sea salt & fresh ground black pepper to taste.

Toss the salad with the dressing just before serving.



# Cauliflower Soup

## INGREDIENTS:

- 2 stalks celery, chopped
- 1 onion, chopped
- $\frac{3}{4}$  cup shredded carrots
- 2 tablespoons olive oil
- 1 head cauliflower, coarsely chopped
- 6 cups chicken broth (low sodium)
- Ground black pepper to taste

## DIRECTIONS:

In a large saucepan on medium heat, add the olive oil and allow it to heat to a warm temperature.

Sauté the celery, carrots, and onions. Remove from heat and set aside.

In a colander, steam the cauliflower until tender. Remove and strain then mash the cauliflower and add to the large saucepan of celery, carrots, and onions.

Return the pan to the stove and cook on medium heat. Add the chicken broth and stir ingredients together.

Pepper to taste and simmer for another 15 minutes. Serve immediately



# Broccoli Chicken

## INGREDIENTS:

- 1 pound Chicken breast, sliced into thin strips
- 1 ½ Tablespoons of Extra virgin olive oil
- ½ cup Chicken broth (low-sodium)
- 2 Tablespoons low-sodium Soy sauce
- 4 cups Broccoli florets
- 6 Teaspoons of Dijon mustard
- 1 minced Garlic clove

## DIRECTIONS:

Combine the chicken broth and soy sauce in a small bowl. Stir so that the chicken is covered in the soy sauce. Set aside.

Heat the olive oil in a large skillet on medium heat. Add the garlic and broccoli.

Cook the broccoli until it is crisp on the outside yet tender on the inside. Remove the broccoli from the skillet and cover.

Add the chicken (only) to the skillet and cook until it is crispy and cooked through.

Reserve the sauce. Add the sauce (chicken broth and soy sauce mixture) to the chicken

Bring to a boil then reduce the heat to medium low. Add the mustard and stir well to mix.

Return the broccoli to the skillet and stir to mix. Cook until heated through. Serve warm



# Balsamic Salmon

## INGREDIENTS:

- 8 ounces of salmon fillets
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons Extra virgin olive oil
- 1 Tablespoon Fresh lemon juice
- 1 minced garlic clove
- Dash of salt

## DIRECTIONS:

Preheat the broiler. In a medium dish, add salt, balsamic vinegar, lemon juice, garlic, and the olive oil.

Whisk the ingredients together.

Dip the fish into the mixture and place on a baking sheet. Make sure the oven rack is 4 inches from the heat source.

Place the fish in the oven and broil 4 to 6 minutes turning midway.

Fish should flake when finished. Serve with balsamic vinegar.



# Quinoa Veggie Salad

Quinoa is a healthy grain that tastes great with various veggies.

## INGREDIENTS:

- 1 cup quinoa
- 2 cups water
- 2 small zucchinis, chopped
- 1 medium carrot, chopped
- 1 small red onion, chopped
- 2 Tablespoons Extra-virgin olive oil
- 2 small squash, chopped
- One fresh lemon squeezed

## DIRECTIONS:

Roast chopped vegetables in the oven at 300 degrees until tender.

Bring the quinoa and water to a boil in a medium pot, reduce the heat and simmer for 10-12 minutes until quinoa is fluffy.

Toss everything together in a large dish.

Serve warm or at room temperature with a dash of sea salt or fresh lemon juice to taste.



# Grilled Red Snapper

## INGREDIENTS:

- 1 Tablespoon of Extra virgin olive oil
- ½ squeezed lemon
- 3 minced cloves of garlic
- ½ cup halved cherry tomatoes
- 6 fillets of Red snapper
- ½ Teaspoon salt
- Dash of pepper

## DIRECTIONS:

In a small bowl, add the olive oil, lemon juice, and minced garlic then whisk together.

Add the red snapper fillets to the mixture then let it sit for 10 minutes to marinate.

While the fillets are marinating, prepare the grill.

Add the marinated fish to the prepared and heated grill rack. Flip the fish over after about 5 minutes.

The fish should be completely cooked within 10 minutes

Plate and serve immediately



# Beef Broccoli Stir Fry

## INGREDIENTS:

- 2 Tablespoons, Coconut oil
- 500 grams of minced beef
- 2 cloves sliced garlic
- 2 heads of broccoli
- 4 Tablespoons Tamari soy sauce
- 1 bunch chopped coriander
- 2 Tablespoons shredded fresh ginger
- 1 handful, chopped roasted cashews

## DIRECTIONS:

Preheat the wok or skillet on high adding a drizzle of coconut oil

Add the beef and brown it on all sides.

While beef is browning, wash and cut the broccoli into bite-sized chunks. Add the garlic, chilies, and ginger to the beef then continue to cook until well browned.

Add broccoli and water. Cover the pan and continue to cook for a few minutes stirring periodically.

Broccoli should be tender but still holding a crunch. Season with coriander and serve with cashews on top.



# Black Bean Chili

## INGREDIENTS:

- 9 grams of Chili seasoning mix
- 15 ounces of Diced tomatoes with green chilies
- 30 ounces Black beans
- 1 pound of Lean ground beef

## DIRECTIONS:

In a large iron skillet, crumble and cook the beef until nicely browned. Drain the fat from the skillet.

Add diced tomatoes with green chilies, black beans, and chili seasoning.

Stir all the ingredients together. Simmer for 20-25 minutes and serve warm.



# Turkey Meatballs

## INGREDIENTS:

- 2 Tablespoons grated Parmesan cheese
- 1 large egg
- 1 Teaspoon Black pepper
- 5 leaves fresh basil
- 1 Teaspoon of salt
- 1 ½ pounds of ground turkey
- 1 chopped garlic clove
- ¼ cup chopped yellow onion
- 2 Tablespoons extra virgin olive oil

## DIRECTIONS:

In a medium bowl, add the parmesan cheese, egg, pepper, chopped basil, salt, ground turkey, garlic, and chopped onions.

Heat the olive oil in a medium skillet on medium heat. While the oil is heating, go back to the medium bowl and mix the ingredients well, then form small balls.

Put the meatballs in the heated oil and brown on all sides. Let them cook through.

Serve the mini meatballs with marinara sauce or alone



NO-SUGAR MEALS

# GREEN SMOOTHIES RECIPES

# Pear Banana

## INGREDIENTS:

- 2 handfuls greens
- 1 cup unsweetened almond milk
- 1 banana, peeled and frozen
- 1 pear
- 1 apple, cored and seeded
- 1 teaspoon cinnamon

## DIRECTIONS:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.



# Strawberry Kiwi

## INGREDIENTS:

- 2 handfuls greens
- 1½ cups unsweetened almond milk
- 1 banana, peeled and frozen
- 2 kiwis (skin on)
- 1 cup frozen strawberries
- 2 tablespoons ground flaxseeds

## DIRECTIONS:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.



# Blueberry Banana

## INGREDIENTS:

- 2 handfuls greens
- 1 cup water
- 1 banana, peeled and frozen
- 1½ cups frozen blueberries
- 2 tablespoons ground flaxseeds

## DIRECTIONS:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.



# Mango Strawberry

## INGREDIENTS:

- 2 handfuls greens
- 1½ cups unsweetened almond milk
- ½ cup frozen mango chunks
- 1 cup frozen strawberries

## DIRECTIONS:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.



# Berry Smoothie

## INGREDIENTS:

- 2 handfuls greens
- 1½ cups pf water
- 1 cup frozen mango chunks
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- ½ cup frozen blackberries

## DIRECTIONS:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.



NO-SUGAR MEALS

# SNACK/DESSERT RECIPES

# Blueberry Cottage Cheese

## INGREDIENTS:

- 1/2 cup low-fat or non-fat cottage cheese
- 1/2 cup fresh blueberries
- 1/4 cup pecans

## DIRECTIONS:

Combine all ingredients in a bowl.



# Peanut Butter Mousse

## INGREDIENTS:

- 1 cup of cottage cheese (250 grams)
- 1.5 Tablespoons (peanut butter, make sure it's soft and smooth)
- 1 Teaspoon Stevia

## DIRECTIONS:

Place cottage cheese, peanut butter and stevia in a high-powered blender

Blend until smooth (Feel free to sprinkle in water to help with blending)

When mixed, divide the ingredients into 2 glasses and place in freezer for 10 minutes



# Avocado Deviled Eggs

## INGREDIENTS:

- 6 large hard-boiled eggs
- 2 Teaspoons white vinegar
- ¼ cup puréed Avocado
- Dash of salt and black pepper
- Dash of nutmeg (optional)

## DIRECTIONS:

Peel the shell off the hard-boiled eggs and rinse. Cut the eggs in half lengthwise.

Remove the egg yolks and place them in a small bowl.

On a platter, place the egg whites in a circle and set to the side. Add vinegar, pureed avocado, salt, and black pepper to the egg yolks.

Using a fork, mix all the ingredients together until the egg yolks are smooth and creamy; pour into each of the egg whites and place on a serving platter.

Sprinkle the eggs with nutmeg and serve immediately



# Banana Oats Cookies

## INGREDIENTS:

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup, dates (pitted and chopped)
- 1/3 cup oil (coconut oil or vegetable oil)
- 1 Teaspoon vanilla extract

## DIRECTIONS:

Preheat oven to 350 degrees

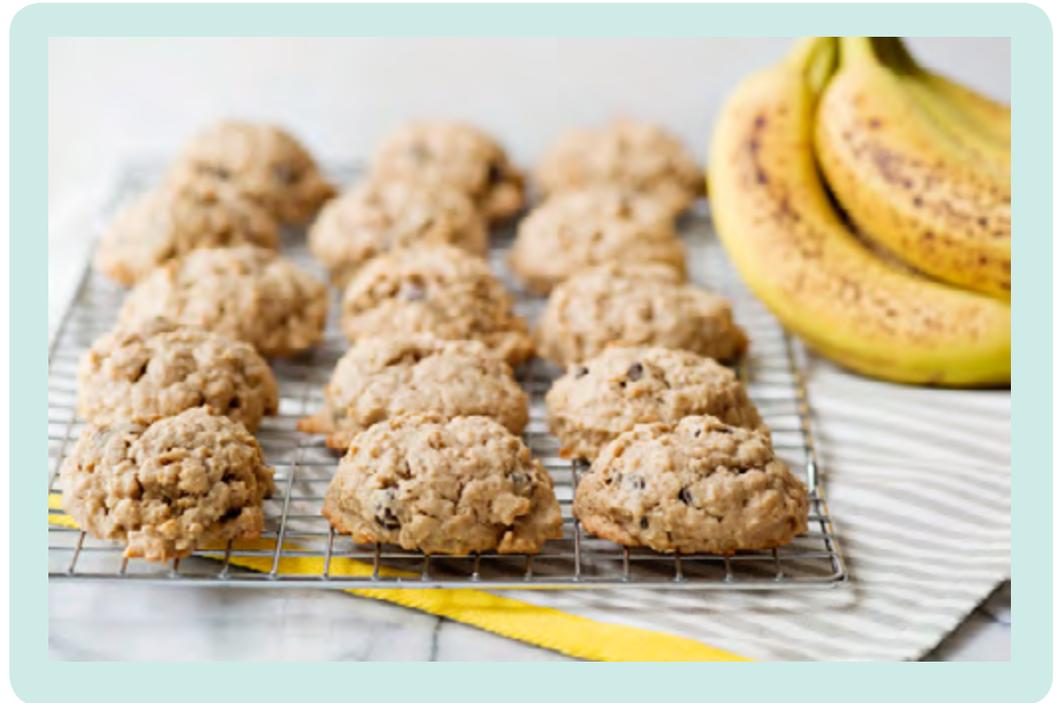
In a large bowl, add the bananas and mash with a fork

Add the vanilla extract, dates, oil and rolled oats

Mix the ingredients together well

Fill one Tablespoon of cookie dough and push dough onto the cookie sheet

Bake for 20 minutes or until lightly brown



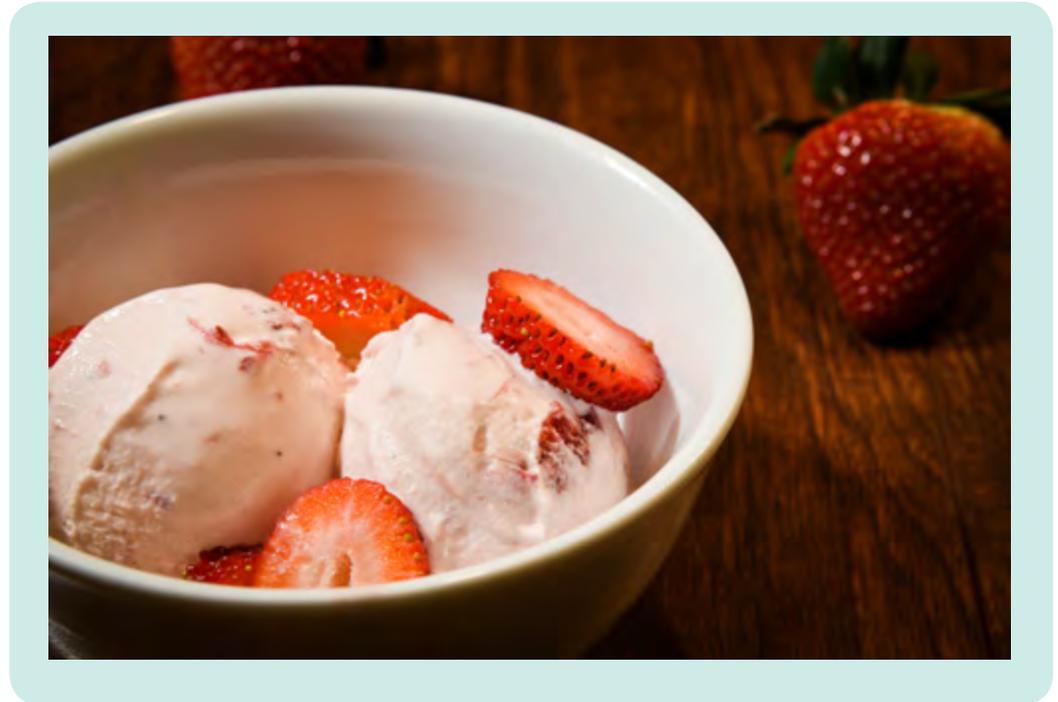
# Banana Strawberry Ice Cream

## INGREDIENTS:

- 4 cups sliced, frozen bananas
- 2 cups frozen strawberries
- 1/2 cup unsweetened almond milk

## DIRECTIONS:

Place all ingredients into a blender and blend until you have a “soft serve” consistency in your ice cream. Be sure to stir with a spatula frequently.



# Cucumber Tomato Salad

## INGREDIENTS:

- 5 cups of heirloom tomatoes
- 2 small cucumbers
- 1 avocado, peeled and pitted
- ¼ red onion finely chopped
- ¼ fresh basil, chopped
- 1 Tablespoon red wine vinegar
- 2 Tablespoons extra virgin olive oil

## DIRECTIONS:

Chop tomatoes, cucumbers and avocado into small, bite-size pieces and combine into a serving dish

In separate bowl, combine onion, basil, vinegar, oil and salt and pepper to taste

Pour over tomatoes and serve.



# Kale Chips

## INGREDIENTS:

- 1 bunch of kale
- 1 teaspoon seasoned salt
- 1 tablespoon olive oil (extra virgin is fine)

## DIRECTIONS:

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale.

Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.



# GOOD LUCK!

Sugar will cause you to get fat, feel irritable, moody, and tired, and can cause all kinds of health problems, so commit to breaking your sugar addiction today!