

Kick The Sugar Challenge



MEAL PLAN

A detailed PLAN to
support you on your **Kick
The Sugar Challenge!**

KICK THE SUGAR

CHALLENGE MEAL PLANNING

Meal planning seems to be the one area where Challengers are having trouble. I understand. For me, meal planning comes naturally, but that's because I have been doing it for so long...plus, I LOVE to plan, prepare and cook.

I KNOW not everyone shares my passion. But **my hope is that you will develop a greater love for planning and cooking once you get more practice** and once you continue to enjoy tasty recipes coming out of your kitchen!

We simply MUST plan ahead if we want to avoid pitfalls. So, that is why I have prepared this sample meal plan for you.

What I hope you get from this plan is a “road map” where you can imagine cooking *some* sort of one-pot meal each Sunday that yields lots of leftovers to be eaten during the week;

A plan to eat breakfast each morning;

A plan to have grab-and-go-lunches each day;

A plan to have *some* kind of healthy snacks so that you are prepared for the real world;

A plan for easy week-day meals (that also yield leftovers);

A plan for repurposing some meals to create other meals.

If this sounds like stuff you'd like to hear more about, then let's get started!

Empowering Ourselves

Before we begin, I'd just like to remind you that although you may have food preferences or allergies or intolerances that won't align with the tips and recipes I offer here, that's ok.

Once you get familiar with the way to plan, **you'll be able to swap out ingredients, create entire meals on your own, and feel empowered to know what you can enjoy while maintaining your health goals.**

Sarah's Time-Saving Kitchen Tips

Tip #1 Buy one or two dozen eggs each week, especially if we are planning on eating eggs for breakfast regularly. We need to hard boil some and leave others for other recipes.

Kitchen Exercise: Hard-boiled Eggs

INGREDIENTS

- 12 large eggs

INSTRUCTIONS

1. Use a medium-large sized pot
2. Add enough water (about 3-4 inches) to cover the eggs and bring to a boil
3. Gently lower eggs into boiling water with a spoon
4. Reduce heat to medium-high, so that water is simmering
5. Cook for 15 minutes
6. Remove eggs from water with a spoon, place in a bowl of icy cold water
7. Crack shells on counter and peel eggs

Sarah's Notes: I peel them as I need them, rather than peeling the whole dozen at once. This helps them stay fresh longer. I replace the eggs in the carton and mark the box "hard-boiled".

Tip #2 Chop your vegetables for snacks as soon as you get home from the grocery store. It has been my experience that

vegetables go rotten in the fridge if I don't chop them **right away** and have them fresh and ready to eat. We will be eating LOTS of veggies on this plan, so know yourself and shop accordingly. **Note: Veggie trays are very expensive, but if it's the only way you will eat veggies, buy them.**

Tip #3 Buy lots of avocados because, as we all know, avocados are never ripe and then all of a sudden they are overly ripe! We want our avocados ripening at all times so that as soon as they are ready, we turn them into guacamole; slice them into a salad; smear them on chicken; or use them frozen in our **Feel Your Best Breakfast Smoothie**. The healthy fat and fiber in avocados will help us to ward off sugar cravings.

Kitchen Exercise: Freezing Avocados

Cut them in half, toss the pit, scoop out the flesh and freeze them in halves or quarters on parchment paper and then, once frozen, store them in a Ziploc bag.

Tip #4 Buy lots of boxed or bagged organic spinach and kale. We'll need it for salads, our smoothie, wilted as a side dish and in recipes. You can even throw the whole box/bag in the freezer!

Tip #5 Buy lots of fresh garlic. It makes everything taste good!
Kitchen Tip: Easy-Peeled Garlic Peel garlic cloves by placing an entire bulb in a mason jar and shake it like crazy!! Seriously, it works!!! It takes some effort (and a few minutes), but once done, all the cloves will be separated and peeled. 😊

Tip #6 Buy fresh ginger. It makes so many things taste amazing!
Kitchen Tip: Easy-to-Grate Ginger Peel the ginger using a potato peeler and then chop into one inch nubs. You can also leave it unpeeled, if you prefer. Freeze them in a Ziploc bag. Using a rasp or box grater, grate some into your lemon water, your herbal tea, and any recipe that calls for ginger! Use a nub in your breakfast smoothie. No more fibrous ginger that's hard to chop!

Tip #7 Pre-package Nuts. This way, you just have to grab and go! I suggest having a pack in your car, your gym bag, at work and anywhere else you might get hungry and need to act fast!

Tip #8 Make Smoothie Packs. Making up smoothie packs ahead of time is an amazing time-saver. See the RECIPES section for the You're your Best Breakfast Smoothie recipe and how to build your smoothie packs. Your morning self will thank you!

Tip #9 Prepare 5 "Snack Bags", one for each weekday. These are pre-packed bags of various snacks that we can just grab from the fridge each morning.

Inside our Snack Bags we'll pack:

- a baggie of trail mix, Sweet & Spicy Nuts, Taco Nuts or Egnog Nuts
- a piece of fruit (optional)
- 2 hard-boiled eggs
- a baggie of veggies
- and a small container of hummus, almond butter or other dip

Tip #10 Make Quinoa! If you have passed Day 21 of the Challenge, you can always have quinoa on hand. I often have some pre-cooked and packaged in a Ziploc bag in the freezer for an easy breakfast, side dish or addition to a meal/salad. **Quinoa is a "complete protein", meaning it has all of the *essential* amino acids our bodies need.** Essential amino acids are those our bodies do not make, so we need to find them in our food sources. Quinoa is actually not a grain, but a seed, or a "pseudo-cereal". That said, it is used like a grain and can be substituted into any recipe that calls for rice or pasta. Plus, it has the added benefit of being a vegetarian source of protein, so when I want to enjoy a vegetarian meal, I use quinoa knowing that I am receiving all of the nutrients I need.

So, now that we know all the tricks, we can get started with our meal plan!

Without planned meals, *we are at the mercy of our hunger and our cravings.* If we aren't prepared and if we aren't vigilant, we are setting ourselves up for hunger and temptation.

HOW IT WORKS

I shop on Saturday and I plan 3 hours in the kitchen on Sunday to get all of my prep done. I am passionate about eating healthy, stretching my dollar, saving myself time throughout the week, and making sure I am prepared with meals and snacks that make me feel good. I don't leave much to chance.

Be forewarned! I eat leftovers. I know some people *hate* leftovers, but my time is saved because of leftovers. So is my wallet. I hope you can learn to love leftovers.

I maximize my time and my dollar by planning ahead, buying in bulk, cooking meals that yield leftovers, and by eating those leftovers. 😊

When you go through this week, you may decide that you don't like what I cook on a certain day, or that you have food preferences, allergies or intolerances that don't align with my recipes...and that's ok, too.

The point is to give you an idea of how to go about planning, and then you can modify it from there.

NOTE: All of the recipes can be found in the Recipe Guides.

So, let's get started!! What are we making this week?!

Sunday's Meal: Lentils

Monday's Meal: Lentil Leftovers

Tuesday's Meal: Crock Pot Chicken

Wednesday's Meal: Thai Chicken Dish

Thursday's Meal: Vegetable Fried "Rice"

Friday's Meal: Rosemary Salmon

Saturday's Meal: Tasty Chicken Tenders

MY SUNDAY PLAN

STEP 1: The first thing I do after I wake up is make my lemon water and boil a dozen eggs.

Kitchen Exercise: How I Hard-boil Eggs

INGREDIENTS

➤ 12 large eggs

INSTRUCTIONS

1. Use a medium-large sized pot
2. Add enough water (about 3-4 inches) to cover the eggs and bring to a boil—**BUT DO NOT ADD EGGS YET**
3. Gently lower eggs into boiling water with a spoon (if the eggs are room temperature, they won't crack in the boiling water as easily, but I usually don't wait to allow them to warm up and take my chances) ;)
4. Reduce heat to medium-high, so that water is simmering
5. Cook for 15 minutes.
6. Remove eggs from water with a spoon, and place in a bowl of icy cold water.
7. Crack shells on counter and peel eggs.

Sarah's Notes: I peel as I need them, rather than peeling the whole dozen at once. This helps them stay fresh longer. I replace the eggs in the carton and mark the box "hard-boiled".

Sunday Breakfast

STEP 2: Breakfast: I make my smoothie or eggs or eat some leftover dinner.

After Breakfast

STEP 3: Smoothie Packs: I prepare Smoothie Packs to make my life easier in the mornings. Most days, I like starting out with a smoothie, so I make up 5 smoothie packs. See Recipe Guide for details.

I am making **Kathy Smart's Brown Lentil Curry** for dinner tonight (and then to have as leftovers during the week). So, I start the recipe now.

STEP 4: Brown Lentil Curry: I chop the onion and garlic and work through this incredibly easy and delicious recipe. (**NOTE: Recipe found in "Easy Dinners" in the Recipes Section of the Re-Integration Phase Recipe Guide**).

Once done, it can just sit on the stove, covered, with the element off. ****Note:** Depending on how many people I am serving and/or how much I want leftover, I often make a double batch of lentils!

STEP 5: While the lentils are cooking, I clean and chop 4 cups **total** of any combination of the following: Sweet potatoes, turnips, carrots, peppers, cauliflower, celery, onions. This is for the **Crock Pot Chicken** I'll be preparing on Tuesday morning.

**** Note:** Sometimes all I have is a sweet potato and an onion, or a red pepper and some cauliflower, and that works in the chicken recipe, too!

STEP 6: I store my crock pot veggies in a Ziploc bag in the fridge
NOTE: I re-use lots of my Ziploc bags as I know how wasteful this can be or, I re-use the produce bags from the grocery store or else I store in plastic/glass containers with lids.
I also throw 5 or 6 **cloves of peeled garlic** into my bag of veggies for the crock pot chicken recipe.

STEP 7: I chop up a whole head of cauliflower into florets and store in a Ziploc bag or airtight container. I will be using it for Thursday's dinner, **Vegetable Fried "Rice"**.

STEP 8: I chop up raw veggies and pre-package them in baggies to have as snacks on-the-go during the week.

STEP 9: I make a batch of **Creamy, Dreamy Hummus**

STEP 10: I make and pre-package **Healthy Trail Mix or Taco Nuts or Tasty Nut Mix or EggNog Nuts**.

STEP 11: I prepare my 5 "**Snack Bags**", one for each weekday (See **Tips**).

Planning Exercise: I remove a whole chicken from the freezer and place on a plate in the fridge so it thaws by Tuesday morning. This is for my **Crock Pot Chicken**.

Sunday Lunch

Once we are in the Maintenance Phase, Sunday is often my "cheat meal day", so I usually make it a lunch out somewhere. But until Maintenance or if I don't feel I need a "cheat meal", I don't mind eating the same thing for lunch and dinner, so I'll eat some lentils on top of greens for lunch. Arugula is nice and spicy, spinach is mild, and kale softens nicely under the heat of the lentils.

But if I'd rather just have the lentils for dinner and I am not going out for lunch, I make a batch of **Healthy Deviled Eggs** using some of my hard-boiled eggs from this morning, and serve with veggies or a salad.

Sunday Dinner

Brown Lentil Curry With Quinoa. I make a double or triple batch of quinoa and serve it hot with the lentils. To heat up the lentils, I just remove what I need for dinner and warm up in a pot on the stove.

I either serve the lentils over greens (to wilt them) or serve steamed vegetables on the side. (So, in my bowl I place quinoa, my greens and then lentils on top).

I wait until the quinoa is cool and then store some separately in a Ziploc bag and refrigerate. I'll be using plain cooked quinoa in Wednesday's dinner. I store the remaining cooled lentils/quinoa in portioned containers and refrigerate. These are my lunches for a few days.

NOTE: If you can't handle having the same thing a few times in a row, whip up a batch of tuna or salmon salad and store in a container. Place a few handfuls of greens in a baggie to make for an easy lunch for tomorrow.

MY MONDAY PLAN

Monday Breakfast

I almost always have a **Smoothie** using one of my smoothie packs.

Monday Lunch

I pack a small cooler and take leftover **Lentils/Quinoa** OR I take **tuna or salmon salad** (if I don't want the same thing for lunch and dinner) and a **Snack Bag**.

Monday Dinner

Lentil leftovers! As you can see, I am a BIG fan of leftovers and don't mind eating them several times in a row. To re-heat everything, I melt a little coconut oil on the stove, add the quinoa and fry. In a separate pot, I warm the lentils. (**Note:** I don't own a microwave, but if you'd rather reheat yours in one, go for it!)

If you have room in the fridge for your crock pot and **want to REALLY plan ahead**, throw your Crock Pot Chicken recipe together and store it in the fridge for tomorrow morning. I normally don't have room in my fridge and so I just do it in the morning.

MY TUESDAY PLAN

Tuesday Breakfast

Smoothie.

Planning Exercise: Prepare **Crock Pot Chicken**.

See recipe, but in a nutshell, I grab my pre-chopped veggies and toss them into the crock pot, and drizzle them with oil and seasoning. I pat the chicken dry, rub it with olive oil and season it. Before I run out the door, I turn on the crock pot. 5-6 hours on HIGH or 7-8 hours on LOW.

Tuesday Lunch

Leftover lentils and a Snack Bag

Tuesday Dinner

Yummy, yummy **Crock Pot Chicken!**

Remove chicken from crock pot and place in a shallow dish or large bowl. I'm careful, as it is fall-off-the-bone, so I do this wearing clothes I don't care about or an apron!

Using a carving knife, I cut down the back of the chicken, cutting it completely in half. I remove both legs with my hands (I should wear gloves, as it's hot, but often don't) by twisting and pulling. The chicken comes off easily. I remove the skin and discard. I slice off some white meat from one side and plate it.

Using a slotted spoon, I scoop out some of the cooked veggies from the crock pot onto each plate. I drizzle some of the juices from the crock pot onto the chicken.

I serve it with a **Simple Salad**. Dinner is done!

Kitchen Exercise: Chicken Clean Up & Storage

After dinner, once the bird has cooled a bit but is still warm, I de-bone the chicken. I use my bare hands but thin gloves are even better. I either discard the carcass or immediately place in water and boil to make stock.

I store the remaining chicken in a container(s).

I store the veggies in their own container, separate from the broth that's in the crock pot.

I store the broth in a medium-sized container. Once everything is cool, I refrigerate it.

MY WEDNESDAY PLAN

Wednesday Breakfast

Smoothie or any Egg Recipe.

Wednesday Lunch

Leftover Crockpot chicken with veggies and a Snack Bag.

Wednesday Dinner

Easy Thai Soup or Dish

I serve it over my leftover plain cooked quinoa. Dinner is done!

Planning Exercise: Tomorrow night, I'm making The Detoxinista's **Vegetable Fried "Rice"**. I take a few minutes to "rice" the cauliflower by pulsing it in my food processor or using a box grater. I store it in a Ziploc bag in the fridge for tomorrow.

MY THURSDAY PLAN

Thursday Breakfast

Smoothie or any breakfast recipe (but honestly, I almost always have a smoothie)

Thursday Lunch

Leftover Thai Chicken Dish and a Snack Bag

Thursday Dinner

Vegetable Fried “Rice”

See recipe in Easy Dinners Section. I also add any extra vegetables I have on hand or leftover from my snack bags or sometimes I add some Asian vegetables that I buy frozen.

Kitchen Exercise: I pull out a salmon fillet from the freezer for tomorrow’s dinner, **Rosemary Salmon**. I prepare the marinade and pour it into the Ziploc bag of salmon so it can marinate overnight.

MY FRIDAY PLAN

Friday Breakfast

Smoothie

Kitchen Exercises:

- I soak one cup of almonds in water to make **Homemade Almond Milk** tonight.
- I pull out a package of chicken breasts from the freezer and leave it in the fridge for **Tasty Chicken Tenders** tomorrow night.

Friday Lunch

Leftover Vegetable Fried “Rice” and a Snack Bag

Friday Dinner

I feel like I have more time on Friday nights, so I can take time to make a more elaborate side dish. That said, it still has to be easy and fast! Enter **The Detoxinista’s Salt & Vinegar Brussels Sprouts**. I used to loathe the taste of Brussels sprouts, but now I *Love* them, and this recipe appeals to even the fussiest of palates (my niece and nephew’s!).

I proceed with my **Rosemary Salmon** recipe and serve it with the Brussels sprouts and/or a salad. Because of the texture of Brussels sprouts, I don’t feel like I need a starchy side dish.

Kitchen Exercises: Make **Homemade Almond Milk** to use in the oatmeal recipe I’m making tomorrow (there is NOTHING like homemade almond milk!!)

MY SATURDAY PLAN

Saturday Breakfast

Saturday mornings aren't rushed, so it's a nice day to enjoy **Creamy Blueberry Oatmeal!** I like using steel cut oats, but rolled are good, too. I just add in frozen blueberries when it is done cooking to warm them through. Once done, I serve it with my homemade almond milk and chopped nuts and toasted coconut. I also add almond butter to mine. I often eat an egg & veggie scramble as well.

Saturday Lunch

Buffet! I serve up any leftovers that are still in the fridge from the week (eggs, Vegetable Fried "rice", salads etc...) along with remaining chopped veggies and hummus, fruit etc... If needed, I whip up some tuna or salmon salad.

Kitchen Exercise: Tuna Salad or Salmon Salad

- Drain a can of tuna or salmon.
- Mix in a dollop of Dijon mustard and a drizzle of apple cider vinegar. Crack a bunch of black pepper.
- Squeeze some fresh lemon juice (probably a half a lemon).
- Mash it together with a fork until combined.

Optional: Add in chopped celery, red pepper, and/or red onion if desired. Serve over greens.

Saturday Dinner

Tasty Chicken Tenders. I serve with a **Simple Salad** and **Rosemary Sweet potato "fries"** or **The Real Deal Sweet potato "fries"**.

Ta-Da!!!

And that, my fellow Challengers is how I do it!!

I hope the recipes and instructions were easy-to-follow and inspired you to get organized and excited about planning your week of meals.

I would love to hear how it went for you, so comment in the Facebook group or send me an email at Sarah@SarahTalksFood.com and let me know how you did this week and whether this served you. Thank you!

A Final Note From Me

I created this resource to serve you. I wanted to share how I manage a week in my kitchen because I understand how overwhelming it can feel to think about having to prepare *every single meal, all week long*.

But with a plan and some preparation, you can avoid common pitfalls, eat well on a budget, and feel happy, healthy and in control.

You are awesome!

Sarah xo