

Kick The Sugar Challenge



RECIPE GUIDE

Fast
Easy

Tasty Recipes to support
you during the
Re-Integration Phase of
**The Kick The Sugar
Challenge!**

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Breakfast

You **MUST** eat breakfast on this **ENTIRE Challenge** that includes protein. Lots of it. Like **20-25 grams of it**. Leftover dinner works well! If you don't, you will not be able to complete the Challenge. Your sugar cravings will overcome you. xo

FEEL-YOUR-BEST BREAKFAST SMOOTHIE

Sarah Roberts Makes 2 **BIG** smoothies (about 20-ounces each)

Why I Make This: With only ½ cup of berries each, it isn't sweet, but it actually tastes quite nice! Plus, it is packed with nutrition, and is SO satisfying that it sets us up for an amazing day!

NOTES: Don't omit the almond butter...it makes all the difference! Don't omit the frozen avocado. We need the fat, the fibre and the texture it adds.

I NEED YOU TO EAT ¼ of an avocado EACH DAY. I include lots of recipes that call for avocado, but if you *hate* the taste of avocado, then you will need to learn to love this smoothie. 😊

I also want you have coconut oil EACH DAY.

If you are a smoothie person like me, I **HIGHLY** recommend making up a week's worth of "smoothie packs" on Sundays. It will save you a ton of time and stress in the morning. You can make them up and toss them in the fridge or freezer, greens and all!

SMOOTHIE PACK: Ceylon Cinnamon, spirulina, ashwagandha, hemp hearts, spinach and/or kale.

SMOOTHIE INGREDIENTS

- 2 cups water
- 1 cup fresh or frozen berries (I like blueberries or raspberries)
- ½ frozen avocado ***See Note 1**
- 1 to 2-inch nub of peeled, frozen ginger (aids digestion)
- 1 teaspoon vanilla extract (optional)
- 1 teaspoons **Ceylon** cinnamon ***See Note 2**
- 1 tsp turmeric ***See Note 3**
- 1 teaspoon spirulina ***See Note 4.**
- 2 teaspoons Ashwagandha ***See Note 5.**
- 6 Tablespoons Hemp Hearts ***See Note 6.**
- 1 or 2 small cucumbers, roughly chopped. I also like celery.
- 3 large handfuls of Greens (I like parsley, baby spinach, baby kale (fresh or frozen) etc... ***See Note 7.**
- 2 tablespoons roasted almond butter
- 1 tablespoon organic virgin coconut oil ***See Note 8**
- 1 tablespoons chia seeds ***See Note 9.**
- 1 tablespoon flax seeds ***See Note 9.**

INSTRUCTIONS

1. In the morning, add the water to your blender
2. Add the frozen avocado, berries and ginger
3. Add in the smoothie pack & greens
4. Add in the almond butter (I “wipe” the spoon with a spinach leaf or two!)
5. Add vanilla (optional)
6. Add in the coconut oil
7. Add Flax/Chia
8. Blend and pour.

NOTES: Drink with a straw to be sure you get it all and it doesn’t land on your face!

If you like your smoothie REALLY cold, start with frozen greens (throw the whole box or bag in the freezer!) and add a couple of ice cubes.

GOOD MORNING SUNSHINE QUINOATMEAL

Sarah Roberts

Why I Make This: Let's pronounce this Keen-Oatmeal! I LOVE oatmeal, but there isn't enough protein in it to ward off sugar cravings later in the day. Enter Quinoatmeal!

INGREDIENTS

- ¾ Cup Cooked quinoa
- ¾ Cup Cooked oatmeal
- ½ Cup Fresh or frozen berries (any kind)
- Ceylon cinnamon
- 1 Tablespoon Almond butter
- Almond milk
- Raw or toasted coconut flakes

INSTRUCTIONS

1. Cook up a batch of quinoa. Remember to rinse it well prior to adding it to the boiling water to remove the sappenins that cause bitterness. Some people soak their quinoa overnight to remove even more. Quinoa takes 15 minutes, so get it started first.
2. Then, cook up a batch of oatmeal. It takes about 6 minutes.
3. Once the oatmeal is done, add in frozen berries (if you don't have fresh) to get them warmed through.
4. In your bowl, combine cooked quinoa with berry oatmeal and stir to combine.
5. Top with almond butter, cinnamon, almond milk and coconut flakes.

Voila! A high protein, comforting breakfast that will get you through your morning.

P.S. I ALWAYS have quinoa on hand. I cook up BIG batches and freeze it in Ziploc bags. This way, it is easy to add into recipes.

I OFTEN have oatmeal ready to go. A great tip is to portion it into muffin tins and freeze. Once frozen, pop them out and store in a Ziploc baggie.

This way, you can just grab one when you need it. You can do the same thing with your quinoa, if you like, which will make this breakfast even easier. Simply re-heat on the stove or microwave, add berries and top as you wish. **Enjoy!**

HIGH PROTEIN PANCAKES

Kathy Smart

Serves 2.

Makes four 4-inch pancakes

Why I Make These: Kathy's recipes are always so good, and although I LOVE pancakes, they are usually extremely carb-heavy and leave me feeling drained. Not these! The protein in the cottage cheese and eggs sets us up for a MUCH better day. Enjoy!

INGREDIENTS

- ½ Cup Quick Cooking Wheat-Free Oats (if not gluten intolerant, just use regular oats)
- ½ Cup Organic Cottage Cheese (2%)
- 1 teaspoon Vanilla Extract
- 1 teaspoon cinnamon
- 2 whole eggs
- Coconut oil (for frying)

INSTRUCTIONS

1. Add all of the above ingredients (except coconut oil) to a blender and blend on high for 1-2 minutes or until smooth.
2. Heat coconut oil on medium heat onto a non-stick frying pan.
3. Pour half of the pancake batter onto the heated frying pan, making 2 pancakes.
4. Allow to cook on medium heat.
5. When you start to see bubbles forming at the top of the pancakes, flip them over.
6. Allow to cook on the other side and repeat with remaining batter.

SARAH'S NOTES: I spread almond butter and a pinch of cinnamon on mine. I also like to take a ½-1 cup of frozen blueberries and place them in a pot over medium heat. Add the juice of ¼ to half a lemon and a pinch of cinnamon and allow to thicken for a few minutes. Pour blueberry sauce over pancakes and enjoy!

For more awesome recipes and inspiration, follow Kathy Smart at LiveTheSmartWay.com and order her cookbook *Live The Smart Way!* It is amazing!

Lunch

The easiest lunches are leftovers from dinner. ☺ Another favourite is just a big salad with chicken, chickpeas, steak, tuna, eggs or salmon on top. That said, here are some more easy lunches.

KABBOULEH SALAD

Kathy Smart

Why I Make This: This is one of my favourite recipes that Kathy shared years ago. It has been a staple in my kitchen ever since. So fresh, so delicious. Thanks, Kathy!

Serves 6

- 1 cup of cooked quinoa
- Juice of 2 lemons and 2 limes
- 2 Tablespoons of olive oil ½ teaspoon of sea salt
- ½ cup each of chopped mint and chopped parsley
- ½ cup chopped red pepper
- ½ cup chopped red onion
- 1 cup of kale, finely chopped

INSTRUCTIONS

Combine all of the ingredients above and gently stir.

Kathy Smart Tip! To make your kale even more tender, place chopped kale in a bowl and drizzle with ½ tsp of olive oil and ¼ tsp of sea salt. Massage oil and salt into kale leaves and allow to sit while you prep salad.

Take this salad to work and enjoy with a leftover chicken breast, steak, or hard boiled eggs/devilled eggs. I also love to add chopped avocado!

EASY ASIAN WRAPS

Sarah Roberts

Why I Make This: I love Asian flavours. But a lot of Asian restaurants and sauces are filled with sugar. I always like an easy lunch that can be put together in minutes, and I LOVE using tahini in something other than hummus! Tahini is high in calcium and tastes amazing in the sauce I use in these wraps. Enter Easy Asian Wraps!

Serves 2

INGREDIENTS

- 1 Tablespoon tahini
- 1 Teaspoon Toasted Sesame Oil
- 1 Teaspoon Apple Cider Vinegar
- ¼ Teaspoon grated ginger (fresh or frozen)
- Chili flakes to taste
- 1 head Boston Lettuce or a few baby Bok Choy, or Endive, Radicchio or even Romaine.
- Leftover crockpot chicken (or steak or chicken tenders etc.)
- Julienned veggies for garnish (I like red pepper, celery and cucumber)

INSTRUCTIONS

1. Mix all sauce ingredients (except lettuce) to form a paste.
2. Smear a bit of the paste on a leaf.
3. Add pieces of chicken (or whatever you are using)
4. Top with sliced veggies and enjoy!

EASY PEASY ANY VEGGIE SOUP

Sarah Roberts

Why I Make This: I love using up veggies that are starting to wilt or that are getting close to going. You can use any vegetables at all! Along with some protein, soup can round out a meal nicely and can be served hot or cold. This makes a big pot of soup, so feel free to cut the recipe in half or even thirds, depending on how much veg you have.

Makes 8x 1 cup bowls

INGREDIENTS

- 2 tablespoons coconut oil or EVOO
- 8 cups chopped vegetables (be sure you have at least 2 stalks of celery and 2 small-medium cooking onions chopped into the mixture)
- 1 or 2 crushed garlic cloves
- 2 sprigs fresh thyme or 1 teaspoon dried and/or ½ cup chopped parsley
- 6 cups water
- ½ cup almond milk (optional)
- ½ teaspoon salt
- Freshly ground pepper to taste.
- Pinch of nutmeg, to taste

INSTRUCTIONS

1. Heat oil in a pot over medium heat until it melts. Add chopped vegetables; cook, stirring occasionally, until softened, 4 to 6 minutes.
2. Add garlic and thyme (and/or parsley); cook, stirring, until fragrant, about 10 seconds.
3. Add water; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 8 minutes.
4. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in almond milk (if using), salt and pepper and a pinch of nutmeg.

Dinner

LAMB BURGERS

Sarah Roberts

Why I make this: Who doesn't love a good burger? But have you ever tried a lamb burger? SO GOOD! It gives us a change of flavour and pairs so well with roasted peppers and homemade tzatziki sauce. (Omit tzatziki until final week of Re-Integration). Plus, we can use those yummy cauliflower tortillas instead of a bun!

Serves 2-4

INGREDIENTS

- 700 grams to 1 lb ground lamb
- 1 egg
- 1 teaspoon dried oregano
- 1 ½ teaspoons apple cider vinegar
- ½ teaspoon dried chili flakes
- 2-4 cloves crushed garlic (depending on how much you love garlic!)
- ½ cup green onions (aka scallions) or Spring onion
- 1 tablespoon chopped fresh mint
- 2 Tablespoons oats (you can leave them whole or slightly pulse them in a spice grinder or blender)
- Salt & Pepper to taste
- Sliced Red Peppers (for garnish)
- Extra Virgin Olive Oil (EVOO)
- Home Made Tzatziki (for garnish) If in 4th week of Re-Integration
- Large lettuce leaves (I like Boston lettuce) for the bun.
- Or, make the cauliflower tortillas with mint instead of cilantro and use one as the bottom bun!

INSTRUCTIONS

1. If cooking the burgers on the BBQ, pre-heat the grill. If cooking them in the oven, pre-heat the oven to 400°F.
2. Mix the lamb, egg, Oregano, vinegar, chilli flakes, garlic cloves, onions, mint, oats, salt and pepper in a bowl and shape into patties.
3. Slice the red pepper and place rings in a Ziploc bag. Drizzle in a tiny bit of EVOO and season with salt and pepper. Close the bag and shake, shake, shake!

4. Place the peppers directly on the top rack of the oven and allow them to char slightly (you can also do this on the BBQ). Remove and set aside.
- 5.If you own a BBQ, grill the lamb burgers outside, but if not, place your baking sheet in the oven for 5 minutes to heat it up.
- 6.Remove pan and cover it with parchment and place the burgers on the pan.
- 7.Cook burgers for 5 minutes, then flip them over with tongs.
- 8.Cook for another 5-12 minutes, depending on the size and thickness of your patties and your desired level of doneness. I like medium rare, so I only cook them for about 6 minutes on the second side.
9. Once done, to assemble the burgers, place some tzatziki on the lettuce leaf or tortilla (if you have entered or passed the 4th week of Re-Integration), then place the slices of grilled red pepper and then the lamb patty. Garnish with some fresh mint leaves and more green onion, if desired. Enjoy!

Serve with sweet potato fries and/or the Kaboulleh salad...it pairs beautifully! **Enjoy!**

TURKEY BURGERS & VEGGIES WITH SPICY AVOCADO SAUCE

Adapted from PaleoNewbie.com

Serves 4

Why I Make This: Elizabeth, one of our fellow Challengers, made these burgers and said they were really tasty! So, I figured we should all have a chance to try! I adapted the recipe slightly.

BURGER INGREDIENTS

- 1.25 lbs ground turkey
- Extra Virgin Olive Oil (for drizzling patties)
- Bell Peppers, cut into thin strips (about 2 cups)
- 1 small onion, cut thin
- 1 package mushrooms, optional (I assume about 10 mushrooms)
- 1 large tomato, sliced
- Lettuce, any kind
- Cauliflower tortilla (optional, to use a bottom bun)

SPICY AVOCADO SAUCE INGREDIENTS

- 2 avocados, chopped
- 2 cloves garlic
- ½ Cup chopped cilantro (leaves only)
- Juice of 1 lemon
- Juice of 1 lime
- 2-4 Tablespoons diced shallots (optional)

BURGER SEASONING INGREDIENTS (optional)

- 1 teaspoon salt
- 1-2 teaspoons ground pepper
- 1 teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne
- ½ teaspoon coriander
- ½ teaspoon turmeric

INSTRUCTIONS

1. Mix together burger seasoning (optional). You can also use your own favourite seasoning.
2. Make the Spicy Avocado Sauce (you can also just top the burger with avocado slices). Simply combine all ingredients in you blender or bullet and blend until creamy. Add a little water, if needed, to achieve desired consistency.
3. Place ground turkey in a bowl, mix in seasoning and combine, using your hands.
4. Form 4 turkey patties.
5. Drizzle patties with a little bit of olive oil and set aside.
6. If grilling the burgers outside, get them going. If doing them in the oven, place your baking sheet in the oven for 5 minutes to heat it up.
7. Remove pan and cover it with parchment and place the burgers on the pan.
8. Cook burgers for 30 minutes, turning once.
9. In a frying pan or skillet over medium heat, sauté the sliced mushrooms in a bit of olive oil.
10. In the meantime, slice peppers and onions into strips.
11. Add peppers and onions to the mushrooms, season with salt and pepper, and sauté for a few minutes. Do not overcook.
9. Serve the turkey patties on a cauliflower tortilla or large piece of lettuce. See recipe for Cauliflower tortilla in Side Dishes.
10. Top with avocado sauce, a large piece of tomato and the vegetable mixture. Enjoy!

EASY YUMMY FAJITAS

Sarah Roberts

Why I Make This: What makes fajitas so fun is creating my own, adding toppings and wrapping it up myself. In this version, we swap out regular corn tortillas for lettuce wraps or cauliflower tortillas and we use leftovers from a previous steak (or chicken) night to make this a fast, easy meal. You can also use the **Lime Cilantro Avocado** dressing for these! **Serves as many as you like!**

INGREDIENTS

- Sliced leftover steak or chicken
- Sliced red and green peppers
- Sliced red onion
- Fresh lime juice
- Pinch cumin
- Pinch chili powder
- Pinch salt & pepper
- Extra Virgin Olive Oil (EVOO)
- Home-Made Guacamole (see recipe in Easy Dips)
- Tex-Mex Salsa (see recipe in Easy Dips)
- Black Bean Dip (see recipe in Easy Dips)
- Large lettuce leaves (for wraps)
- Cauliflower Tortillas
- Lime Cilantro Avocado dressing (if desired)

INSTRUCTIONS

1. In a frying pan or skillet set to medium-high heat, add the peppers and onions. Allow vegetables to slightly blacken, but not burn. Use your spatula to keep them from burning.
2. Squeeze the lime juice into the pan and move vegetables around.
3. Add in seasoning and a drizzle of EVOO. Stir to coat the vegetables and remove from heat onto a warm plate.
4. Add in the meat and allow it to heat up in the pan with the vegetables.
5. Layer two lettuce wraps (one can get very messy) or one tortilla, and place steak and desired dips on top. Roll it up and eat! Enjoy!

BROWN LENTIL CURRY

Kathy Smart

Here is Kathy's full recipe, including the write-up.

This comes from my friend and colleague Sabha. She first brought me this yummy curry for lunch one day and I just had to have this recipe.

I first met Sabha in a health food store many years ago. We became fast friends and Sabha is not only a wonderful friend and colleague but a marvelous cook. **Serves 8**

INGREDIENTS

- 2 Cups of brown lentils (or green, but not the red split lentils)
- Water for soaking
- 8 cups water
- 2 medium onions, chopped
- 4 cloves garlic, chopped
- 2 teaspoons sea salt
- 2 Tablespoons curry powder
- ¾ cup crushed canned tomatoes or 3 tablespoons tomato paste
- 1 Tablespoon ground coriander
- 1 teaspoon Garam Masala
- 1 teaspoon Onion Seeds (See Sarah's Notes)
- ¼ cup coconut oil

INSTRUCTIONS

1. Soak lentils in a bowl of 6 cups of water for about 1 ½ hours. The lentils will absorb a lot of the liquid. (See Sarah's Notes).
2. Drain the remaining liquid.
3. Place 8 cups fresh water in a large pot and place it on the stove over high heat.
4. Add soaked lentils, onions, garlic, sea salt and curry powder to the water.
5. Bring to a boil and reduce to medium-low heat to simmer.
6. Cover pot and cook for approximately ½ hour.
7. Add tomatoes or tomato paste and continue to cook on medium-low heat for another half hour until lentils are tender. (See Sarah's Notes).
8. Add Garam Masala and ground coriander.

9. Continue cooking lentils, uncovered, until slightly thickened (about 15-20 minutes), stirring occasionally.
10. Heat coconut oil in a small pot on medium heat and fry the onion seeds until they start to sizzle--be careful not to burn them--then add oil and onion seeds to the cooked curry and stir well. (See Sarah's Notes).

Sarah's Notes:

1. I often don't take the time to soak the lentils for the whole hour and a half. I feel the result is just as good.
2. I almost always double the recipe as these are seriously delicious and I love leftovers, even eaten cold!
3. I always use tomato paste (not crushed tomatoes), and I just use the whole can instead of only 3 tablespoons.
4. Don't omit the coconut oil/onion seeds step! It is what makes this recipe so rich and delicious. Onion seeds can be found at Indian grocery stores. A friend of mine found them at her local "Freshco". They can also be found at some Health Food Stores.
5. I serve it over cauliflower rice or quinoa.

A Final Note from Sarah: This is a staple recipe in my home and is a regular Sunday meal, plus I love the leftovers, eaten hot or cold. Thanks Kathy and Sabha!

EASY THAI SOUP OR DISH (Using Leftovers from Crockpot Chicken)

Sarah Roberts

Serves 6-8

Why I Make This: I love Thai flavours. I really love re-purposing leftovers. I absolutely love yummy meals made in minutes! Done, done and done with this baby. You can make this a soup or a dish served over the cauliflower “rice”. I hope you love it as much as I do! ☺

INGREDIENTS

- 1 tablespoon coconut oil
- 2 cups riced cauliflower (see recipe in easy side dishes for how to rice cauliflower)
- 1 Tablespoon dried lemongrass
- Cayenne Pepper (I like a teaspoon or two, but I like it hot!)
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons roasted almond butter
- 1 can full fat, organic BPA-free canned coconut milk
- Leftover stock and veggies from crockpot chicken, puréed cold in a blender with 1 cup of water
- 3-4 tablespoons (or more, to taste) chopped fresh coriander
- Leftover chicken pieces from the crock pot chicken

INSTRUCTIONS

1. Heat coconut oil in a large pot over medium-high heat until it melts. Add cauliflower rice, a pinch of salt and pepper and sauté for about 3-4 minutes.
Note: If you would prefer to serve the dish over the “rice”, at this point, remove cauliflower from the pot and set aside.
2. Add in dried lemongrass, cayenne pepper, salt and pepper and allow the spices to “bloom” for a minute or two.
3. Add in the almond butter and stir it in well.
4. Add in coconut milk. Stir well to incorporate.
5. Add in puréed vegetables and stock.
6. Add in fresh coriander.
7. Season to taste, add in leftover chicken pieces, and voila! Delicious Thai soup (or a dish) in about 15 minutes. :)

ALMOST 5-INGREDIENT PIZZA SPAGHETTI PIE

Adapted from Paleomg

Serves 3-4

Why I Make This: Jessica, one of our fellow Challengers, offered this recipe and it sounds incredible! I am not a fan of sausage, as it typically contains a lot of nitrates and nitrites, which are toxic, and even if it is locally made, there can be a lot of sodium and fat. I recommend using local lean ground beef. I adapted the recipe slightly.

INGREDIENTS

- 1 large spaghetti squash (about 600 grams)
- 1 pound ground beef
- ½ yellow onion, diced
- 1 cup Sarah's Tomato Sauce (found in original Recipe Guide)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- salt and pepper, to taste
- 3 eggs, whisked
- Optional: add anything you like with pizza: veggies, basil...)

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Cut spaghetti squash in half lengthwise.
3. Scoop out seeds and place spaghetti squash cut side down on a baking sheet and bake for 20-25 minutes or until the skin of the squash gives when you press on it. Then reduce oven heat to 350 degrees and cook a bit longer, until squash is done.
4. Once squash is done cooking, remove threads using a fork and place in an 8x8 greased baking dish.
5. Place a large pan over medium heat. Add sausage or beef and onion.
6. Cook until pink no longer remains in the meat and it is broken up into pieces.

7. Add tomato sauce, dried basil, oregano, and salt and pepper to the pan and mix well.
8. Add meat mixture to the 8x8 dish and mix well with spaghetti squash threads.
9. Lastly, add whisked eggs to the baking dish and mix everything together until you can no longer see the eggs.
10. Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.
11. Let rest for 5 minutes before serving.

MEXICAN-STYLE TURKEY MEATLOAF

Ann Boroch

Why I Make This: Ann Boroch cured herself of Multiple Sclerosis and created the Candida Cure. She recently launched The Candida Cure Cookbook. With her permission, this recipe is included here after Kate, a Challenger posted a pic of this meatloaf! We all wanted to try!

INGREDIENTS

- 1 pound ground turkey
- ½ medium onion, small dice
- ½ red bell pepper, small dice (optional)
- 3 cloves garlic, minced
- ½ jalapeno pepper, seeded, small dice (optional)
- 1 Tablespoon Olive Oil
- 1 egg, beaten
- 2 Tablespoons ground flaxseed meal
- 1 teaspoon sea salt, divided
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon fresh cilantro, minced
- 1 teaspoon paprika
- Olive Oil to grease the loaf pan

INSTRUCTIONS

1. Preheat oven to 375°F and lightly grease a loaf pan with olive oil. Set aside.
2. Heat 1 tablespoon of olive oil in a medium sized sauté pan, add ½ teaspoon salt and sauté the chopped onions, bell pepper and garlic over medium heat for a few minutes. For a spicy meatloaf, sauté the jalapeno pepper along with these.
3. Remove veggies from heat, transfer to a bowl, and let cool for about 5 minutes.
4. Place the ground turkey in a large bowl and add the egg, flaxseed meal, remaining salt, spices and sautéed vegetables. Mix thoroughly with your hands.
5. Place this mixture into the prepared loaf pan and bake for about 40 minutes or until the internal temperature reaches 165°F.
6. Remove meatloaf from the oven and let it cool slightly before removing it from the pan. Slice and serve garnished with fresh salsa (optional).

THAI INSPIRED VEGAN STEW

Sarah Roberts Adapted Kathy Smart Recipe for Re-Integration Phase

Why I Make This: Once again, Kathy nails a recipe! I love this veggie option, but see my note below for how to make it with beef or lamb.

INSTRUCTIONS

- 1 Tablespoon coconut oil
- 1 medium onion, chopped
- 2 Tablespoons each of minced garlic and chopped fresh ginger (feel free to grate your frozen ginger!)
- 3 Tablespoons of **Home-made Green Curry Paste** (see above recipe) OR store-bought sugar-free Red or Green Thai curry paste
- ¼ cup unsweetened almond butter
- 4 cups of a mixture of carrots, sweet potatoes and cauliflower florets
- 1 19-ounce can chickpeas, drained and rinsed
- 1 19-ounce can kidney beans, drained and rinsed
- 2 cups of either water, vegetable broth or chicken stock
- 1 9-ounce can coconut milk
- 4 cups baby spinach or chopped Swiss chard
- Salt & Pepper to taste

INSTRUCTIONS

- 1.Heat coconut oil in a medium sauce pan on medium heat. Add the onions and cook gently until golden brown.
- 2.Add garlic and ginger, stirring constantly for one minute.
- 3.Add curry paste and almond butter, stirring until well combined.
- 4.Add vegetables, chickpeas, kidney beans stirring well and allowing vegetables to infuse with the flavours of the onions and curry paste.
- 5.Cook for 5 minutes while mixing well.
- 6.Add water and coconut milk, and bring mixture to a simmer.
- 7.Let cook until the vegetables are tender, about 20 minutes.
- 8.Just before serving, add in baby spinach or chard and allow to wilt, cooking for about one minute longer. **Serve stew piping hot.**

Sarah's Note: I have made this several times using beef or lamb.

Brown cubed meat in coconut oil on medium-high heat, seasoned with salt and pepper. Remove meat and set aside while you continue the recipe as normal. After you add the water, return the meat to the pot and continue the recipe. **NOTE:** Feel free to remove one or both of the cans of beans from the recipe if making with meat.

Side Dishes

JICAMA CHIPS & DIP

Sarah Roberts

Why I make this: French Fries just don't do anything good for our bodies...even any nutrients in a potato are gone as soon as we deep fry it. For this reason, I avoid deep fried foods as much as possible. But I LOVE FRIES! These are yummy. I hope you try them. ☺ I enjoy these beside Tasty Chicken Tenders or a juicy burger!

Serves 2-4

INGREDIENTS

- 1 medium jicama, peeled and sliced into "skinny fries"
- 1-2 teaspoons EVOO or melted coconut oil
- Seasoning of your choice (I like just salt and pepper!)
- Cilantro Lime Avocado Dip or a Greek Yogurt-based dip of your choice (if you have entered the 4th week of Re-Integration)

INSTRUCTIONS

- 1.If you have a microwave, pre-cook the fries in a little water for about 6-7 minutes. If not, you can steam them on the stove for a few minutes.
- 2.Then, drain the water and pop them in a Ziploc bag. Drizzle the olive oil or melted coconut oil and seasoning of choice (either just salt and pepper or try herbamare, garlic powder, chili powder, cumin...) and shake them up in the baggie!
3. Spread them on a parchment-lined baking sheet and bake at 400°F for about 40-45 mins, turning once halfway.
4. Eat them alone or with the Cilantro Lime Avocado dip (or Greek yogurt dip in the 4th week or Re-Integration)and enjoy!

PERFECT QUINOA

Why I make this: I LOVE quinoa. Did you know it isn't actually a grain? Nope! It is a seed, yet it acts like a grain and we enjoy it anywhere we would use rice or pasta. It is also a great breakfast food, as you saw in the Quinoatmeal recipe.

WHY? Because it is a complete protein! This makes it a superfood! We can enjoy a vegetarian meal and not be missing out on our protein requirements. It is naturally gluten-free and adapts well to any recipe as it has a very mild flavour. It is SO easy to cook, and it freezes beautifully. I always make double and triple batches so I have it on hand to add to soups, ladle saucy dishes overtop or use in breakfast recipes or even in a smoothie instead of hemp hearts!

For all of these reasons, it is by far my favourite "grain"!

Cook quinoa at a 2:1 ratio. So, for 1 cup of dry quinoa, use 2 cups of water.

INGREDIENTS

- Quinoa
- Water

INSTRUCTIONS

1. Place cold water in a medium pot and bring to a boil.
2. Rinse quinoa **well** using a sieve (don't skip this step! It removes sappenins, the bitter outer residue, that make it bitter and can hurt our tummies). You will know you have rinsed it well when there is no more "froth". If you cook your quinoa and notice "froth" or "soap suds", you didn't rinse it well enough.
3. Add quinoa to the boiling water and give a quick stir.
4. Turn heat to LOW.
5. Cover and cook quinoa on low for 15 minutes.
6. Allow to sit, off the heat, for a few minutes.
7. Fluff with a fork and serve.

BAKED SPAGHETTI SQUASH

Why I Make This: I LOVE spaghetti squash as a replacement for noodles, but there are literally a bazillion ways to enjoy spaghetti squash! I will continue to share more ways I enjoy it as we progress, but here is how to cook the perfect spaghetti squash.

INGREDIENTS

- 1 medium-large spaghetti squash
- Olive oil or melted coconut oil
- Salt & Pepper

INSTRUCTIONS

1. Preheat oven to 425° F
2. Cut spaghetti squash in half lengthwise.
3. Scoop out the seeds and discard.
4. Drizzle some oil in each cavity and season with salt and pepper.
5. Place spaghetti squash cut side down on a baking sheet and bake for 45-60 minutes or until the skin of the squash gives when you press on it.
6. Remove from oven and turn squash right-side up.
7. Using two forks, hold the one side of the squash steady while you pull the threads with your other fork. It will be hot! Be careful.

Note: I often just loosen the threads right in the squash and serve sauce right on top! It becomes the bowl!

CAULIFLOWER TORTILLAS

Adapted from TipHero.com

Link to Video: <http://tiphero.com/cauliflower-tortillas/>

Why I Make This: Cynthia, a fellow Challenger, shared this video recipe with us. They are really tasty! See variations at the bottom.

INGREDIENTS

- ¾ of a head of cauliflower
- ½ teaspoon salt
- 2 tablespoons lime juice
- 2 eggs, whisked
- ¼ cup cilantro

INSTRUCTIONS

1. Preheat oven to 375°F
2. Pulse cauliflower in a food processor.
3. Transfer cauliflower to a bowl, cover in plastic wrap and microwave on high for 2 minutes.
4. Squeeze it well through cheesecloth, a dish towel or a nut milk bag.
5. Place the dry cauliflower into a bowl, add salt, lime juice, whisked eggs and cilantro and stir well to combine.
6. Plan to make 6 tortillas, so scoop out some of the mixture and place on a parchment-lined baking sheet. Flatten using your hands.
7. Bake at 375°F for 17 minutes, flipping after 10.

Sarah's Notes: I don't own a microwave. I tried making these by steaming my cauliflower on the stove and then reeeeeeealy wringing it out using a nut milk bag. I wouldn't recommend this method. It is too wet.

Instead, rice your cauliflower and then cook it on the stove over medium heat in a large frying pan. It will take several minutes, but you will notice it soften. Proceed with the recipe.

Variations:

For use as a bottom bun in the lamb burger recipe, swap out the cilantro for mint.

If you aren't a fan of cilantro, swap it out for flat leaf parsley.

MASHED CAULIFLOWER

Sarah Roberts

Why I Make This: Mashed potatoes are a favourite with roasts and saucy meals, but for people trying to lower their consumption of starchy vegetables, mashed cauliflower is a fantastic option! You can really add anything you want to this dish, but to keep it simple, follow along below. I hope you enjoy!

INGREDIENTS

- 1 head cauliflower (or about ½ bag of Costco cauliflower)
- 1 tablespoon Extra Virgin Olive Oil (EV00)
- 1-2 Tablespoons Almond Milk
- Salt & Pepper to taste
- Pinch nutmeg
- 1 crushed garlic clove or a few roasted garlic cloves, optional
- 1 scallion, sliced (optional)

INSTRUCTIONS

1. Cut the cauliflower into florets
2. In a large pot, add a few inches of water and place on the stove over high heat.
2. Once the water is boiling, add your metal steamer and place the florets on top. Steam for 12-14 minutes with the lid on and the heat on high. (Or, if you own a microwave, you can microwave on high in an inch of water for about 10 minutes, or until soft).
3. Once cooked, drain the water and put the florets back in the pot. Add oil, almond milk, salt and pepper, and nutmeg (and garlic, if using) and blend until creamy using an immersion blender. Or, transfer them to a blender or food processor.
4. Serve with some chopped scallions or chives, if desired.

ROSEMARY SWEET POTATO FRIES

The Detoxinista

Serves 2

INGREDIENTS

- 2 medium sweet potatoes, cut into fry shapes **Sarah's Note:** I sometimes just cut mine into half-moons to save time cutting and flipping! Be careful cutting, though.
- 1-2 tablespoons coconut oil, melted
- 1 tablespoon fresh rosemary, chopped
- Sea salt & pepper

INSTRUCTIONS

1. Preheat your oven to 425°F, and line a baking sheet with parchment paper.
2. Soak the cut sweet potatoes in cold water for at least 20 minutes, up to an hour if you have the time, to remove some of the starch content. (This helps make crispier fries!)
3. Drain and rinse well, to ensure the starch is removed, then pat dry with a towel, so that the resulting fries are nice and dry.
4. Transfer the fries to a clean bowl, and toss with the coconut oil and rosemary, using your hands or a spoon to coat evenly.
5. Arrange the fries into a single layer on the lined baking sheet, and bake at 425°F for 15 minutes. For crispier results, be sure to leave some space between the fries, so they don't sweat by being overcrowded.
6. After the 15 minutes, remove from the oven, flip them over using your fingers or a fork, then return to the oven for another 10 minutes, or until the fries are golden around the edges.
7. Sprinkle immediately with a generous portion of sea salt and pepper, while the fries are still hot and glossy. **Enjoy!**

THE REAL DEAL SWEET POTATO FRIES

Sarah Roberts (adapted from recipes by The Detoxinista and SmittenKitchen.com)

Serves 2

Why I Make This: There is nothing as comforting as the warmth and taste of sweet potatoes. Turning this beautiful root vegetable into fries feels indulgent without the guilt! I combined three methods to create this recipe, and I think it really delivers a crispy, tasty result without over-doing it on the oil. I hope you enjoy!

INGREDIENTS

- 1 large sweet potato, cut into fry shapes and/or sometimes half-moons. Be careful cutting!
- 1 tablespoon coconut oil
- Himalayan salt & pepper

INSTRUCTIONS

1. Preheat oven to 450°F
2. Soak the cut sweet potatoes in cold water for at least 20 minutes, and up to an hour if you have the time, to remove some of the starch content. (This helps make crispier fries!)
3. Drain and rinse well, to ensure the starch is removed, then place potatoes in a large pot covered in an inch or two of water and set the heat to High and a timer for 10 minutes. Cover the pot with a lid.
4. If the potatoes come to a boil (they usually do not), reduce the heat to medium.
5. On your baking sheet, drop one heaping tablespoon of coconut oil and place the pan in the pre-heated oven for about 5 minutes to get the pan and the oil hot.
6. After the potatoes have been on the stove for 10 minutes, drain the potatoes and place them on your hot pan covered in oil and slide them around to get coated in oil---be careful! Oil is hot!
7. Arrange the fries into a single layer, sprinkle with a pinch of salt and bake at 450°F for 15 minutes.
8. After the 15 minutes, remove from the oven, flip them over using tongs, then return to the oven for another 5-10 minutes, or until the fries are golden around the edges.
9. You may even want to flip them one more time, but be careful not to burn them. Once one, sprinkle immediately with a bit more salt and some pepper. Enjoy!

Snacks

TACO NUTS

Sarah Roberts

Why I Make This: I love Mexican flavours, and the protein and fiber in these nuts helps me feel full and ward off cravings. These nuts are spicy and salty and remind me of a sinful snack...but with zero guilt!

Serves Lots!

INGREDIENTS

- 2 cups mixed nuts **See Note**
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon cumin
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 1 Tablespoon olive oil
- 2 Tablespoons Raw coconut chips (optional)

INSTRUCTIONS

1. Over medium heat, add the nuts to a skillet or frying pan.
2. Then, make your spice blend with all remaining ingredients except the olive oil.
2. Stir occasionally and don't allow them to burn. This should take several minutes. You want them to brown.
3. Once browned, add in the olive oil to coat the nuts.
4. Add in the spice mixture and stir to ensure each nut is coated.
5. Transfer nuts to a parchment-lined pan to cool.
6. Sprinkle on the coconut chips, if using.
7. Enjoy!

Note: I like almonds and pecans, but you can feel free to experiment with all sorts of nuts and seeds!

If adding seeds, do so halfway through cooking so they don't burn.

Pumpkin seeds would be especially delicious in this recipe.

The coconut chips are a very nice addition, too! 😊

EGGNOG NUTS

Sarah Roberts

Why I make this: When I was a kid, I was eggnog nuts! ;) But it is just sooo full of sugar that I stay away from it now. That said, I still love the flavours of cinnamon and nutmeg together, and wanted to create a snack for us that would combine both. I have been playing with different ways of making a tasty sweet snack without the sugar. I hope you enjoy!

INGREDIENTS

- 1 egg white
- 1 teaspoon cold water
- 1 cups raw almonds and 1 cup raw pecans
- 1 tablespoon ground Ceylon cinnamon
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon of Himalayan salt
- Raw coconut flakes, optional, to add after the almonds are done.

INSTRUCTIONS

1. Preheat oven to 250°F
2. In a large mixing bowl, whisk egg white and water until frothy. This should take about 30 seconds. Add almonds and stir to coat with the egg white/water mixture. Add in the cinnamon, nutmeg and salt and stir again until almonds are well coated.
3. Spread on a parchment-lined baking sheet and bake for 1 hour, tossing the nuts a few times during cooking to prevent burning.
4. Sprinkle with a pinch more salt and cinnamon.
5. Allow to cool for about 10 minutes before taste-testing.
6. Add some raw coconut flakes, if desired.
7. Let cool completely before storing in an airtight container in the fridge.

Enjoy these whenever you are craving a sweet snack but want something better for your body!

Dressings, Sauces & Seasonings

FLAX SEED PESTO SAUCE

Sarah Roberts

Why I Make This: I love flax seeds. They are a source of vegetarian Omega 3 and lignans that help balance hormones. Usually, a pesto sauce calls for \$15 worth of pine nuts. This one is made for a fraction of the price without sacrificing flavour...plus, it has healthy benefits! Win-Win. ☺

Serves 4-6

INGREDIENTS

- 6 cups packed basil leaves
- 4 fat cloves of garlic, smashed and roughly chopped
- 1/4 cup ground flax seeds
- 1 teaspoon coarse sea salt
- 1 cup of Extra Virgin Olive Oil (EVOO)
- 2 tablespoons fresh lemon juice

INSTRUCTIONS

1. Add all ingredients to a blender or food processor with an S blade.
2. Pulse until mixture forms a paste.
3. Add more EVOO to make a smooth but grainy texture (you don't want it oily).
4. Serve over pasta or cauliflower rice or on vegetables...
5. Enjoy!

Note: You can also use walnuts instead of flax seeds for a different flavour. This recipe is nice stuffed into mushrooms and either eaten raw with a tomato on top or baked in the oven at 350° for about 15 minutes.

CILANTRO, LIME & AVOCADO DRESSING

Darlene Charman

Why I Make This: Darlene is a KTSC Challenger who loves to cook! She made this recipe early on and shared it with us. We all loved it!

INGREDIENTS

- ¾ Cup of cilantro
- 2 limes Freshly squeezed
- 1/2 avocado
- 1/2 jalapeño pepper
- 1-2 garlic cloves
- 1/3 cup water
- 1/3 cup extra virgin olive oil
- Sea salt and pepper
- Dash of cayenne or cumin

INSTRUCTIONS

1. Blend all ingredients in a blender and serve as a salad dressing, on top of chicken, rice, quinoa or as a dipping sauce for “fries”!

HOME-MADE TACO SEASONING

AllRecipes.com

Why I Make This: Darlene, a fellow Challenger, posted this recipe after she made a Taco Salad. Use in ground beef or pulled chicken to make Taco Salads, Tacos (using the cauliflower tortillas), Easy Fajitas (instead of steak or chicken) and anywhere else you want taco seasoning! Thanks, Darlene!

INGREDIENTS

- 2 teaspoons hot chili powder
- 1½ teaspoons paprika
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoons cumin
- ½ teaspoon oregano
- ¼ teaspoons black pepper
- Pinch cayenne
- Pinch red pepper flakes

INSTRUCTIONS

1. Mix all ingredients in a bowl until well combined.

HOME-MADE TZATZIKI

Sarah Roberts

Why I Make This: I LOVE Greek food. The meats, lemon, garlic...I just really enjoy the flavours of Greek food! Tzatziki is a classic sauce used to accompany their dishes, and here is the way I do it. It turns out creamy and delicious and uses high protein Greek yogurt as the base. Enjoy on lamb burgers, with chicken skewers or as a veggie dip!

INGREDIENTS

- 1 16-ounce container of plain Greek yogurt
- ½ of an English cucumber, seeded, grated (using a box grater) and squeezed (**see Note**).
- 1 clove fresh garlic
- 1 Tablespoons fresh lemon juice
- 1 teaspoon grates lemon zest (optional—if you like it lemony)
- 2 Tablespoons chopped fresh dill
- Good pinch of salt & cracked black pepper, to taste.

INSTRUCTIONS

1. Combine the yogurt, cucumber, garlic and lemon juice in a bowl. Stir well.
2. Add lemon zest, dill, salt, and pepper and whisk until smooth.
3. Pour into a serving dish, cover tightly, and refrigerate up to 8 hours before serving.

NOTE: To “seed” your cucumber, cut it in half and store one half. Then cut your half lengthwise down the middle and, using a spoon, scrape out the seeds. Then, squeeze out any excess liquid by squeezing the grated cucumber in paper towel. This will help your Tzatziki stay creamy, not watery.

A NOTE FROM ME

This is a love letter. From me to you.

Can you believe how far you've come?

Seriously...think about what you have accomplished!

NO sugar for 28 days.

Preparing and cooking every single meal.

Becoming mindful of everything you eat.

Using your journals to track how you feel and what you are grateful for. Working on self-care and loving yourself more and more each day through the exercises.

Doing the work of educating yourself about Big Sugar and the food industry.

Connecting with others who are on your same journey.

And after everything, you are now looking to Re-Integrate for another 28 days....WOW!

I am so very proud of you and all you are doing to improve your health, feel better and do something that you probably didn't even think was possible.

I knew you had it in you all along...I am just so glad YOU are realizing it, too. 😊

What I know for sure is that success breeds success. Now that you know you CAN do it, you are pushing yourself even harder and wanting to see what else you can achieve.

This brings me so much joy, and it is my greatest pleasure to be with you on this leg of the journey, cheering you on and doing the work alongside you.

Keep going...

I am with you and I love you so much.

Sarah