

CHALLENGE



14-DAY SUGAR DETOX CHALLENGE





**A HEALTHY
OUTSIDE
STARTS
FROM THE
INSIDE**



WELCOME

MEET YOUR COACH

Welcome! My name is Sally, the founder of Healthy Living Health Coaching. My mission is to help others achieve their optimal health & wellness through nutrition and lifestyle changes with a holistic approach.

If you've been consuming a little too much sugar or refined carbohydrates in your diet such as white bread, pizza dough, pasta, pastries, white flour, white rice, sweet desserts, etc. then you will benefit from the 14-day Sugar Detox Challenge!



xo Sally





TIPS FOR

GETTING STARTED

- 1 Review the 14-Day Sugar Detox Challenge. Print it out, and get it organized in a binder/folder with tabs.
- 2 Review your meal plan and recipes. Write down your meals for the week, write your shopping list, and get all your ingredients for the week ahead of time.
- 3 Batch cooking is a great way to cook once, and eat two to three times. Cook up enough protein and vegetables ahead of time to have them readily available.
- 4 Have containers that are already portioned and stored in the refrigerator that is ready to go with food for lunches/dinners to keep you on track.





HOW TO

FOLLOW THIS PLAN

- 1 The 14-Day Sugar Detox Challenge is a low-sugar diet that includes whole, fresh fruits and vegetables as well as lean proteins. The recipes are free of gluten and dairy.
- 2 To get you started, there are meal plans, recipes, and shopping lists. You are not required to follow the meal plan exactly and may substitute the suggested meal to your liking.
- 3 The Sugar Detox Challenge does not count calories, and there is no need to be hungry. Increase the portion or have a snack if you require more food than what is on the meal plan. And listen to your body, if you're not hungry, skip the snack.
- 4 Hydration is essential. Aim for 64-80 ounces per day, primarily water, but tea and broth also count.



TIPS FOR A SUCCESSFUL, STRESS-FREE CHALLENGE

1

CLEAN UP & UNCLUTTER:

Finding organization in the things around you is the way to a focused mind. If you can't think of or find anything, it's time to do some much-needed housekeeping. Begin in the kitchen and eliminate temptation.

MEAL PLANNING:

Take the time to plan out your meals for the week ahead of time. When you plan your meals, you save time, money, and calories. What day can you devote some time to meal planning for the week?

2

3

EXERCISE PLANNING:

If weight loss is your goal for the next few weeks, plan your workouts. Take a look at your schedule and make it a goal to run your schedule and not have your schedule run you.

TRACK-VISUALIZE PROGRESS:

Journaling - keep it simple and track your daily progress. See the available sheets/resources - create goals, track your daily habits, and reflect on the daily mindset practice.

4

5

BE KIND TO YOURSELF:

Mistakes happen, we are human but what matters is that you keep pushing through and learn from your mistakes. Be patient, take it one meal at a time, one day at a time.

SUGAR-DETOX CHEAT SHEET

www.healthylivinghealthcoaching.com

STEP 1

CUT OUT PROCESSED FOODS

Consume cleaner and less processed foods. Eliminate packaged foods, i.e. candy, chips, frozen, fast food, and packaged meals.

STEP 2

EAT MORE FRUITS & VEGGIES

Eat more fresh fruits and vegetables.

STEP 3

DRINK MORE WATER

Increase your fluid intake to at least 64-80 ounces daily, including mostly water and herbal tea.

WHAT'S IN

- Low-sugar whole fruits: (lemons/limes, green apples, berries)
- Non-starchy vegetables
- Root vegetables: (sweet potatoes, beets, squash)
- Meat and Poultry: organic chicken & grass-fed red meat
- Fish: wild-caught
- Eggs: pasture-raised chickens (roam freely, eat organic, free of hormones and antibiotics)
- Healthy fats (avocado, nuts)
- Oils (olive oils, avocado, coconut)
- Vinegar (apple cider, white wine, balsamic)
- Gluten-free Grains
- Dairy-free (coconut or nut milk)
- Caffeine: in moderation
- Herbs/Spices

WHAT'S OUT

- Alcohol
- Processed/Packaged Foods
- High sugar fruits
- Starchy vegetables (potatoes, corn, peas)
- Processed fruit juices
- Soda, sweetened beverages
- Sweeteners (sugar, corn syrup, stevia, artificial sweeteners)
- Avoid Processed meats (hot dogs, sausages, cold cuts, canned meats)
- Candies & Sweets
- Condiments (jelly, fruit spreads)

WEEK ONE

SHOPPING LIST

PRODUCE

- 5 Avocados
- 1-pint Blueberries
- 1 Green apple
- 2 Lemons
- 2 Limes
- 12 Strawberries
- 2 cups Arugula
- 1 head Broccoli
- 1 cup Brussel sprouts
- 10 Carrots
- 2 heads Cauliflower
- 1 stalk Celery
- 1 Cucumber
- 1 bunch Green onions
- 2 bunches Kale
- 1 bag Mixed greens
- 3 yellow onions
- 1/2 head purple cabbage
- 1 Red bell pepper
- 1 Spaghetti Squash
- 1 bag Spinach
- 5 Sweet Potatoes
- 1 Tomato
- 1 Zucchini
- 1 head of Garlic
- 2 bunches Cilantro
- 10 inches Fresh Ginger
- 1 bunch Parsley

PROTEIN

- 3 Eggs
- 2 - 4oz Wild-Caught Salmon fillets
- 8oz Skirt Steak
- 1 lb Turkey, ground

SPICES

- Cinnamon
- Coriander
- Curry
- Cayenne
- Black Pepper
- Basil
- Ground Ginger
- Onion Powder
- Oregano
- Paprika
- Red Pepper Flakes
- Rosemary
- Sea Salt

SUBSTITUTIONS

- Almond milk - substitute Coconut milk, cashew milk
- Avocado - substitute 1-2T Coconut Oil
- Salmon - substitute Trout

OTHER

- Almond Milk, unsweetened
- Almond butter, unsweetened
- 15oz can Black Beans
- Brown Rice
- 14 oz can Light Coconut Milk
- Coconut Oil
- Ground Flaxseed
- Hemp Seeds
- Herbal Tea
- Hummus (or make your own; see recipe)
- Miso, white
- 2 cups Mixed Nuts (almonds, cashews, walnuts)
- Gluten-Free Oats
- Olive Oil
- Rice Wine Vinegar
- Sesame Seeds
- Sesame Oil
- Stone Ground Mustard
- Tahini (sesame paste)
- 6 oz can Tuna, in water
- Quinoa
- 8 Rice Cakes
- Optional: GF Vegan Protein Powder



WEEK TWO

SHOPPING LIST

PRODUCE

- 4 Avocados
- 1-pint Blueberries, Raspberries & Blackberries
- 1 green apple
- 3 Lemons
- 18 Strawberries
- 6 cups Arugula
- 1 Acorn Squash
- 1 Beet
- 1 package Button Mushrooms
- 3 Carrots
- 1 stalk of celery
- 1 cup Cherry Tomatoes
- 2 Cucumbers
- 1 lb Green Beans
- 1 bunch Green Onions
- 4 bunches Kale
- 1 bunch broccoli rabe
- 1 pkg Mixed Greens
- 1 Red Onion
- 4 Yellow Onions
- 1 Green Bell Pepper
- 3 Red Bell Peppers
- 1 Spaghetti Squash
- 10 cups Spinach (2 bags)
- 2 Sweet Potatoes
- 1 head of Garlic
- 4 inches Fresh Ginger
- 1 bunch Parsley

PROTEIN

- 7 Eggs
- 5 Chicken Breasts
- 8oz Salmon (can or fresh)
- 1/2 lb Beef or Turkey, ground

SPICES

- Black Pepper
- Basil
- Cinnamon
- Cumin
- Oregano
- Sea Salt

SUBSTITUTIONS

- Almond milk - substitute Coconut milk, cashew milk
- Avocado - substitute 1-2T Coconut Oil
- Coconut aminos - substitute gluten-free tamari/soy sauce

OTHER

- Almond Milk, unsweetened
- Almond Butter
- Brown Rice
- Apple Cider Vinegar
- 1/4 cup Chicken Broth
- Coconut aminos
- Coconut Flour
- Coconut Oil
- Ground Flaxseed
- Hemp Seeds
- Herbal Tea
- Hummus (or make your own, see recipe)
- Mixed Nuts (walnuts, almonds, cashews, pistachios)
- Gluten-Free Oats
- Olive Oil
- Rice wine vinegar
- Sesame seeds
- Sesame oil
- Tamari
- 1 can stewed tomatoes
- Tomato paste
- Water chestnuts
- 15 oz can White beans
- 6oz can of tuna, in water



WEEK 1: DAILY MENU

DAY	1	2	3	4	5	6	7
BREAKFAST	Quinoa Cereal + 1/2 cup Berries	Strawberry Avocado Smoothie	Paleo Scramble	Strawberry Avocado Smoothie	Paleo Scramble	Flaxseed Oatmeal	Quinoa Cereal, 1/2 cup Berries
SNACK	1/4 c Nuts	1/2 c fresh veggies + 2 T Hummus	1/4 c Nuts	2 Rice Cakes + 2 T Almond Butter	1/4 c Nuts	1/2 c fresh veggies with 2 T Hummus	2 Rice Cakes + 2 T Almond Butter
LUNCH	Sesame Kale Salad	Turkey Burger + Carrot Avocado Salad	Squash Burrito Bowl	Fish in Foil + Roasted Veggies	Sesame Kale Salad	Tuna Salad over Greens	Kale, Quinoa & Cashew Salad
SNACK	Green Smoothie	1/4 c Nuts	2 Rice Cakes + 2 T Almond Butter	Green Smoothie	1/4 c Nuts	2 Rice Cakes + 2 T Almond Butter	Strawberry Avocado Smoothie
DINNER	Turkey Burger + Sweet Potato Fries	Squash Burrito Bowl	Fish in Foil + Roasted Veggies	Turkey Burger + Roasted Veggies + Sweet Potato Fries	Vegetable Curry	Vegetable Curry	Blueberry Steak Salad
BEFORE BED	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea



WEEK 2: DAILY MENU

DAY	1	2	3	4	5	6	7
BREAKFAST	Strawberry Avocado Smoothie	Quinoa Cereal, 1/2 cup Berries	Paleo Scramble	Strawberry Avocado Smoothie	Paleo Scramble + 1/2 cup Berries	Flaxseed Oatmeal + 1/2 cup Berries	Quinoa Cereal, 1/2 cup Berries
SNACK	1/2 c fresh veggies + 2 T Hummus	Salt & Vinegar Kale Chips	1/4 c Nuts + Berries	Salt & Vinegar Kale Chips	Green Smoothie	1/2 c fresh veggies + 2 T Hummus	2 Rice Cakes + 2 T Almond Butter
LUNCH	Tuna Salad over Greens	Blueberry Steak Salad	Garlic Ginger Chicken + Kale Salad	Bean & Arugula Salad	Bean & Arugula Salad	Spaghetti Squash Bolognese	Spaghetti Squash Bolognese
SNACK	Salt & Vinegar Kale Chips	Strawberry Avocado Smoothie	1/2 c fresh veggies + 2 T Hummus	1/4 c Nuts	1/4 c Nuts	2 Rice Cakes + 2 T Almond Butter	1/2 c fresh veggies + 2 T Hummus
DINNER	Garlic Chicken + Sweet Potato + Kale Salad	Garlic Chicken + Sweet Potato + Kale Salad	Salmon Burgers _ 1/2 Baked Acorn Squash + Broccoli	Spaghetti Squash Bolognese	Salmon Burgers _ 1/2 Baked Acorn Squash + Broccoli	Chicken & Green Bean Stir-Fry + Brown Rice	Chicken & Green Bean Stir-Fry + Brown Rice
BEFORE BED	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea



RECIPES

BREAKFAST

FLAXSEED OATMEAL

SERVES 1

- 1 cup water
- 1/2 cup gluten-free oats
- 2 tablespoons ground flaxseed
- 1 teaspoon cinnamon

Add water to a medium pot, bring to a boil, add the oats and decrease the temperature to med/low. Stir every 1-2 minutes. After 10 minutes, add flaxseed and cinnamon, and stir thoroughly. Cook for additional 1-2 minutes, remove the pot from the stove, pour into a bowl, and top with extra cinnamon (to taste). Optional: add unsweetened coconut or nut milk and stir. Enjoy!

Note: Follow the directions on the oats packaging directions. Some oats require more water and cooking time.

QUINOA BREAKFAST CEREAL

SERVES 1

- 1/3 cup dry quinoa
- 1/2 cup almond milk
- 1 cup water
- 1/4 cup blueberries

Add water to a medium pot, bring to a bowl and then add quinoa. Reduce heat to a simmer for 10 minutes. Add almond milk and blueberries and simmer for additional 3-5 minutes, stirring occasionally. Remove from heat. Optional: garnish with nuts.

PALEO SCRAMBLE

SERVES 1

- 1 T coconut oil
- 1 garlic clove, minced
- 1 onion, chopped
- 1/2 bell pepper, chopped
- 1 whole egg
- 2 egg whites
- 1 handful of spinach
- Salt and pepper, to taste

Prepare produce, warm a skillet over medium heat, and add oil. Once heated, add garlic, onion, and bell pepper, and saute for 2-3 minutes. While the veggies are cooking, prepare the eggs and whisk; add salt/pepper then add to skillet and cook for 3-4 minutes, stirring occasionally. Add the spinach and cook until the spinach is wilted. Serve and enjoy!

RECIPES

SMOOTHIES

GREEN SMOOTHIE

SERVES 1

- 1/2 cucumber, peeled
- 4 ice cubes
- 1/2 avocado, ripe
- 1 T almond butter
- 1 T hemp seeds
- 1-inch fresh ginger, peeled
- 1 tsp ground cinnamon
- 1 large handful of spinach
- 3/4 cup of almond milk

Place all ingredients into a blender and process until smooth. Add additional almond milk if the smoothie is too thick. Pour into a glass, and top with fresh berries and a sprinkle of chia seeds (optional).

STRAWBERRY AVOCADO SMOOTHIE

SERVES 1

- 6 strawberries, green tops removed
- 1 handful of spinach
- 1/2 avocado, ripe
- 8 oz of almond or coconut milk
- 4 ice cups
- Optional: 1 scoop of protein powder

Place all ingredients into a blender and process until smooth. Add additional almond milk if the smoothie is too thick. Pour into a glass, and top with fresh berries and a sprinkle of chia seeds (optional).

RECIPES

SALADS

BLUEBERRY STEAK SALAD

SERVES 2

For the salad:

- 8 oz Skirt Steak, thinly sliced
- 1 T coconut oil
- 2 cups arugula
- 3/4 cup blueberries
- 2 cups mixed greens
- 1 avocado, chopped

For the dressing:

- 2 T olive oil
- 1 T lemon juice
- Pinch of sea salt

1. Heat skillet over medium-high heat, then add oil once hot. Add steak and saute to your desired taste. Remove from heat and let cool.
 2. In a small jar, add dressing ingredients and shake. (Hint: Make a whole jar of dressing to use later).
 3. In a medium bowl, add 1/2 mixed greens, 1/2 arugula, and 1/2 steak. Add salad dressing (to taste), and mix. Top with blueberries, and avocado.
- Note: save enough steak and the other half of the salad for another meal, and place it in a container.

CARROT AVOCADO SALAD

SERVES 1

- 2 carrots, peeled and chopped
- 1 T olive oil
- 1/2 avocado, diced
- Salt and pepper, to taste

Preheat oven to 400 degrees F. Line a baking sheet with foil or parchment paper. Mix olive oil, salt and pepper, and carrots in a bowl until carrots are well coated. Add carrots to the baking sheet and bake for 20-30 minutes or until carrots are fork-tender. Flip carrots once, halfway through. Remove carrots and let cool. Add carrots and avocado to a bowl and mix; serve and enjoy! TIP: make extra carrots for an easy additional side or snack later.

RECIPES

SALADS

TUNA SALAD

SERVES 2

- 1 can tuna in water, drained
- 1/2 small apple, chopped
- 1 carrot, peeled, sliced
- 1/2 celery stalk, sliced
- 1 T olive oil
- Juice from 1/2 lemon
- Pepper to taste
- 1/2 to 1 tsp each: dried oregano, basil, and parsley
- Mixed Greens

1. In a medium bowl, mix together tuna, apple, carrot, celery, olive oil, lemon juice, pepper, and herbs until well mixed. Add more herbs, spices, or oil for additional flavor.
2. Serve over mixed greens.

KALE SALAD

SERVES 1

- 1/2 bunch of kale, stems removed and chopped
- Salt & Pepper, a dash
- 2 T olive oil
- 1 T apple cider vinegar
- 1/2 sweet potato, cubed and roasted
- 1 red or golden beat, cubed and roasted

Place kale in a large bowl. Drizzle olive oil, salt, and pepper, vinegar over the kale. Toss and massage the kale with your hands until the leaves are evenly coated. Let it sit for 15 minutes. Add sweet potato and beets, enjoy!

RECIPES

SALADS

KALE, QUINOA & CASHEW SALAD

SERVES 1

For the Salad:

- 1/2 bunch kale, remove stem and cut into small bitesize pieces
- 1/2 cup Cashews
- 1 carrot, peeled and sliced
- 1 cup cooked quinoa

For the dressing:

- Salt and Pepper, to taste
- 2 T olive oil
- 1 T lemon, juiced

In a large bowl, place the salad ingredients. In a small bowl, whisk together the dressing ingredients and pour over the salad and mix well. Serve, and enjoy!

To Cook Quinoa: The ratio is 1 cup of uncooked quinoa to 2 cups of water. Bring quinoa and liquid to a boil in a medium pot. Reduce the heat to low and cover and simmer until the quinoa is tender and most of the liquid has been absorbed. Fluff with a fork.

SESAME KALE SALAD

SERVES 1

For the Salad:

- 1 bunch kale, remove stem and cut into small bitesize pieces
- Sea Salt
- 2 carrots, peeled and sliced
- 2 tsp sesame seeds

Tahini Miso Dressing:

- 1/4 cup Tahini
- 1 T white miso
- 1 1/2 T Rice wine vinegar
- 1/2 tsp sesame oil
- Pinch of red pepper flakes
- 1 handful of cilantro, chopped
- 1/3 cup water

Place kale in a large bowl, and sprinkle with salt. Mix the dressing ingredients in a small bowl and pour over kale; mix well and let it sit for 15 minutes. Top with carrots and sesame seeds.

RECIPES

SALADS

SPINACH SALAD

SERVES 1

For the Salad:

- 1-2 handfuls of spinach

For the dressing:

- 1 T stone ground mustard
- 1 T olive oil
- Salt and Pepper, to taste

In a large bowl, whisk the dressing ingredients. Add spinach to a bowl, toss, and mix. Serve and enjoy! Optional: add cashews, and carrots.

WARM BEAN & ARUGULA SALAD

SERVES 2

- 4 cups Arugula
- 2 T coconut oil
- 1 medium onion, diced
- 4 cloves of garlic, minced
- 1 can low-sodium white beans, rinsed
- 1/4 cup low-sodium chicken broth
- 1/4 cup lemon juice
- 1/4 cup fresh parsley, chopped
- Salt and Pepper, to taste

Over medium heat, add oil, onions, and garlic to a large size pan. Stir occasionally for 3-5 minutes or until the onions are translucent. Add the broth and beans to the pan and cook until it thickens about 10 minutes. Place arugula in a large bowl. Add the bean mixture, and lemon juice, and toss to coat. Tip: Toss with arugula right before serving. Note: Reserve some of the bean mixture for a meal as well as the arugula.

RECIPES

SIDES

BAKED ACORN SQUASH

SERVES 2

- 1 Acorn Squash, halved and seeded
- 1 T Butter or Ghee
- 1 T maple syrup
- Sea salt and pepper, to taste

Preheat oven to 350 degrees F. Place squash cut side down in baking dish. Add a small amount of water, covering the bottom of the pan. Place in oven and bake until the outside is soft about 45 minutes. Remove from oven, turn squash face up, and season with butter, syrup, salt, and pepper. Note: Reserve another half for another meal.

CAULIFLOWER RICE

SERVES 2

- 1 small head of cauliflower, grated
- 1 T coconut oil
- 1/2 medium onion, diced
- 1 garlic clove, minced
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 T rice wine vinegar
- 1 tsp toasted sesame oil

Cut the cauliflower into small florets and place in a food processor; pulse until it resembles the texture of rice. Add the coconut oil to a large skillet over medium heat and cook the onion, garlic, salt, and pepper for about 3-5 minutes; try not to burn the garlic. Add the cauliflower rice, sesame oil, and rice wine vinegar. Cook until cauliflower is al dente; remove from heat and serve.

RECIPES

SIDES

ROASTED VEGETABLE

SERVES 2

- 1 cup Brussel Sprouts
- 1/2 cup Broccoli Florets
- 1 cup Cauliflower Florets
- 2 T olive oil
- Dash of salt and pepper

Preheat oven to 400 degrees F and line a baking sheet with foil or parchment paper. Wash and prepare vegetables, place on a baking sheet, drizzle with oil, salt, and pepper, and mixed together. Place sheet pan in the oven and cook for 30 minutes; stir halfway through. Note: make extra for another meal.

BROCCOLI RABE

SERVES 1

- 1/2 bunch Broccoli Rabe
- 2 cloves garlic, minced
- 1 T coconut Oil

Roughly chop the broccoli rabe, and remove the thick stems. Heat oil in a medium-sized skillet over medium heat. Add the garlic and saute for 3 minutes or until the garlic starts to brown. Add broccoli rabe and saute until wilted and soft for about 5 minutes.

SWEET POTATO & KALE SAUTE

SERVES 2

- 1 T Coconut Oil
- 1 Sweet Potato, peeled and diced
- 1/2 tsp Cumin
- Sea salt and pepper, to taste
- 1/2 bunch of Kale, stems removed and chopped

Heat coconut oil in a skillet over medium heat. Add sweet potatoes, cumin, and salt/pepper. Cook for 15-20 minutes, stirring occasionally, and until soft. Add kale until wilted. Note: Reserve enough for an additional meal.

SWEET POTATO FRIES

SERVES 2

- 2 medium Sweet Potatoes, peeled and sliced into thin wedges
- 2 T Olive Oil
- 1 tsp Rosemary
- 1/2 tsp Sea Salt

Preheat oven to 425 degrees F. Place potato wedges into a bowl and toss with the oil, rosemary, and salt. Arrange on a lined baking sheet. Bake for 30 minutes or until the inside of the potato is soft and the outside is lightly browned and the edges are crispy.

RECIPES

ENTREES

CHICKEN & GREEN BEANS STIR FRY

SERVES 2

- 1/4 cup Tamari
- 2 tsp Sesame Oil
- 1 T Rice wine vinegar
- 3 T Coconut Oil
- 1 lb Green Beans, trimmed
- 1 inch Ginger, minced
- 2 Cloves Garlic, minced
- 2 tsp Green Onions, chopped
- 2 boneless, skinless chicken breasts, diced
- 1 cup Red bell peppers, sliced
- 1/2 cup water chestnuts
- 2 cups Brown Rice, cooked

1. In a small bowl, whisk together soy sauce, sesame oil, and rice wine vinegar.
 2. Heat two tablespoons of coconut oil in a large skillet over medium-high heat. Add green beans. Saute for a few minutes until beans turn dark green, and are tender but still crisp. (If beans are particularly thick, add two tablespoons of water to the pan and cover the skillet for a couple of minutes to steam-cook beans). Do not overcook, as beans will go back in the pan briefly later.
 3. Remove beans from the pan and set aside.
 4. Add one more tablespoon of coconut oil to the pan, and add ginger, garlic, green onions, and chicken. Saute, stirring continuously until the chicken is lightly browned and cooked through (turns from pink to white). Add the red peppers and saute for another minute. Add the water chestnuts and saute for another minute. Add the soy sauce mixture and beans. Use a spatula or large wooden spoon to toss the ingredients Saute for 2 to 3 minutes.
 5. Serve over brown rice, top with a dash of sesame oil, and garnish with sesame seeds.
- Note: Reserve enough for another meal.

RECIPES

ENTREES

EASY STIR FRY OVER BROWN RICE

SERVES 2

- 1 cup Broccoli, chopped
- 1 cup Snow Peas, chopped
- 1 Bell Pepper, chopped
- 2 Chicken Breasts, sliced
- 2 cups cooked brown rice
- 1 cup Chicken Broth
- 1/2 cup Tamari
- 3/4 tsp ground ginger
- 1/2 tsp sea salt
- 1/2 tsp garlic powder

In a large pot over high heat, add broth, vegetables, and seasonings and bring to a boil then reduce heat, cover and simmer for 15 minutes or until veggies are soft and chicken is cooked. Serve over brown rice

EASY VEGETABLE CURRY

SERVES 2

- 1 T Coconut Oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 T fresh ginger, grated
- 1/2 cup Broccoli Florets
- 1 small zucchini, diced
- 1 sweet potato, peeled and diced
- 1 T curry powder
- 1 can (14oz) light coconut milk
- 1 cup water
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- Cilantro

Heat oil in a large pot over medium-high heat. Add onions, garlic, ginger, broccoli, zucchini, and sweet potato. Cook until onions are soft, stirring frequently. Stir in curry powder, add coconut milk, water, salt, and pepper, and reduce heat to a simmer for about 15 minutes. Serve over brown rice, and garnish with cilantro. Suggestion: substitute vegetable stock for the water. Note: Save an extra serving for another meal.

RECIPES

ENTREES

FISH IN FOIL

SERVES 2

- 2 4oz salmon fillets
- 2 tsp olive oil
- 1 tsp paprika
- 1 tsp pepper
- 1 lemon, sliced thinly

Preheat oven to 400 degrees F. Rub fish with olive oil, and season with paprika and black pepper. Place each fillet on a large sheet of aluminum foil, and squeeze a few slices of lemon juice on the fish. Arrange lemon slices on top of the fillets. Seal the edges of the foil and enclose the fish. Place on a baking sheet and place in oven to bake for 15-20 minutes. Fish is done when it flakes easily with a fork.

GARLIC GINGER CHICKEN

SERVES 3

- 3 chicken breasts, chopped
- 2 onions, chopped
- 1 red bell pepper, chopped
- 1 green pepper, chopped
- 1 package of button mushrooms, chopped
- 3 garlic cloves, minced
- 2 inches ginger, minced
- 1 T sesame oil
- Tamari, low sodium to tast

Heat oil in a skillet over medium heat. Add chicken, onions, and garlic and brown. Once the chicken is browned and the onions are caramelized, add tamari and let simmer for about 10 minutes then add the remaining veggies and cook until done. Note: Reserve enough for 2 more meals.

RECIPES

ENTREES

QUICK & EASY TURKEY BURGERS

SERVES 3

- 1 lb of ground turkey
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp ground pepper
- 1/2 tsp coriander
- Pinch of cayenne
- 2 green onions, chopped
- 1 tomato, sliced
- 1 avocado, sliced
- 1 T coconut oil

Mix turkey, spices, and green onions in a bowl and combine well until mixed. Form 3 patties. Heat coconut oil in a pan over medium-high heat, place patties in a pan, and cook for 5 minutes on each side. Place burgers on a plate, and top with tomato and avocado. Note: Make 3 patties and save 2 for other meals.

SALMON BURGER

SERVES 2

- 8 oz salmon, skin removed
- 1 T sesame oil
- 1 T rice vinegar
- 1 garlic clove, pressed
- 1 tsp ginger, minced
- 1/4 cup green onions, chopped
- 1/4 cup sesame seeds
- 1 large egg
- 1 T coconut flour
- 2 T coconut oil, for frying

Remove skin from salmon and cut into small squares. Combine salmon, sesame oil, vinegar, garlic, ginger, green onion, sesame seeds, and egg in a large bowl and mix well. Add coconut flour to the mixture and mix in. Once combined, use your hands to form two burger patties. Melt coconut oil in a skillet over medium heat and place patties in the skillet and cook until golden brown or about 5 minutes on each side.

RECIPES

ENTREES

SPAGHETTIN SQUASH BOLOGNESE

SERVES 2

For spaghetti squash:

- 1 small/medium spaghetti squash; halved and seeds removed

for the Bolognese sauce:

- 2 T olive oil
- 1 small onion, chopped
- 1/2 lb ground beef (or turkey)
- 1 can stewed tomatoes
- 1 T tomato paste
- 2 carrots, peeled and diced
- 1 cup cherry tomatoes, halved
- 2 T dried oregano
- 2 T dried basil
- Salt and pepper, to taste

1. Preheat oven to 450 degrees F.
 2. Cut spaghetti squash in half and remove seeds.
 3. Place squash on a roasting pan, face down, cover the bottom of the pan with water, and bake for 30-45 minutes until the shell of the squash is soft.
 4. Remove squash from oven, let it cool then scrape out the insides using a fork. Consistency should resemble spaghetti.
 5. While the squash is cooking, begin the sauce by heating olive oil over medium heat in a large stock pan. Add the onion and saute until lightly browned.
 6. Add the beef (or turkey) to the pot and cook until browned. Add the rest of the ingredients; bring to a boil then reduce to a simmer and cook for 20 minutes.
 7. Serve the sauce over the spaghetti squash and garnish with extra basil.
- Reserve another portion for another meal.

RECIPES

ENTREES

SQUASH BURRITO BOWL

SERVES 2

For Roasted spaghetti squash:

- 1 small/medium spaghetti squash; halved and seeds removed
- 2 T olive oil
- Salt and pepper, to taste

For the Avocado Salsa Verde:

- 1 ripe avocado, diced
- 1/3 cup fresh cilantro, chopped
- 1 T fresh lime juice
- 1 garlic clove, minced
- Optional: diced jalapeno and tomatoes

For the Slaw:

- 1 cup purple cabbage, chopped
- 1 can black beans, rinsed and drained
- 1 red bell pepper, chopped
- 1/3 cup green onions, chopped
- 1/3 cup fresh cilantro, chopped
- 2-3 T fresh lime juice, to taste
- 1 tsp olive oil
- 1/4 tsp sea salt

1. Preheat oven to 375 degrees F.
2. Cut spaghetti squash in half and remove seeds. Brush the inside of each squash with olive oil and sprinkle with salt and pepper.
3. Place squash on a roasting pan, face down, cover the bottom of the pan with water, and bake for 30-45 minutes until the shell of the squash is soft.
4. Remove squash from oven, let it cool then scrape out the insides using a fork. Consistency should resemble spaghetti.
5. While the squash is cooking, make the slaw. Add the beans, cabbage, bell pepper, green onion, cilantro, lime juice, and salt to a large bowl and mix well.
6. To make the salsa, blend the avocado, cilantro, lime juice, and garlic in a blender until smooth and creamy.
7. Divide spaghetti squash into bowls, and top with slaw and salsa. Optional: garnish with cilantro, diced avocado, and tomatoes.

Note: Save 1 serving for another meal.

RECIPES

SOUPS

ASPARAGUS SOUP

SERVES 2

- 1 T coconut oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 lbs asparagus, chopped
- 1 quart chicken stock
- sea salt, to taste
- 1 tsp chives, chopped for garnish

Saute onion and garlic in a large soup pan. Add asparagus and chicken broth. Bring to a boil, turn down the heat, cover, and simmer until the asparagus is fork-tender. Pour soup into a blender and puree until smooth. Serve and sprinkle with pepper and chives.

SNACKS & DESSERTS

BEET CHIPS

SERVES 2

- 2 medium beets
- 1 T olive oil
- sea salt to taste

Preheat oven to 425 degrees F. Line a baking sheet with foil or parchment paper. Slice the beets into thin slices. In a bowl, mix together the beets with olive oil and salt. Spread beets on the baking sheet, so they're not touching. Place in oven and bake for 20-30 minutes until crispy.

RECIPES

SNACKS

FLAX CRACKERS

SERVES 4

- 1 cup ground flax meal
- 2 T sesame seeds
- 2 T hemp seeds
- 2 T chia seeds
- Dash of pepper
- 1/2 cup water
- Optional: dash of tumeric

Preheat oven to 400 degrees F and line a baking sheet with parchment paper. Combine all dry ingredients in a medium mixing bowl. Add water to the bowl, slowly, and mix well until the consistency is paste-like but not overly wet or sticky. Spread the mixture onto the baking sheet to 1/4 inch or less in thickness. Tip: use a piece of plastic wrap to help spread the mixture without sticking to your hands. Bake for about 20-25 minutes or until the edges are lightly browned and crispy. Make sure the middle is cooked. Remove from oven and allow to cool for 10 minutes and cut into 20 squares.

SALT & VINEGAR KALE CHIPS

SERVES 2

- 1 bunch kale
- 1 T apple cider vinegar
- 1 T olive oil
- 1 tsp sea salt

Preheat oven to 375 degrees F. Tear, or roughly chop the kale leaves up into large pieces; discard thick stems. Place kale in a large mixing bowl and drizzle with vinegar, olive oil, and salt. Mix well and massage the kale with your hands, coating the leaves. Spread kale out on 2 baking sheets so that the kale doesn't touch. Place in oven for 10 minutes until dry and crispy. Keep an eye on it; it will burn quickly, then let it cool.

HUMMUS

SERVES 2

- 1 can chickpeas, drained, reserve liquid
- 1/2 cup tahini
- 1/4 cup olive oil
- 2 cloves of garlic, peeled
- 1 lemon, juice
- Salt and pepper, to taste
- Optional: parsley, cumin, paprika

Place chickpeas, tahini, olive oil, garlic, and lemon juice in a food processor. While mixing, slowly add the reserved liquid from the chickpeas until it reached a smooth consistency. Add salt and pepper and cumin, to taste. Place in a bowl, drizzle with olive oil, sprinkle with paprika, and garnish with chopped parsley.

GOAL PLANNER

MY GOAL:

MY WHY:

START DATE:

ACHIEVE BY:

ACTION STEPS:

-
-
-
-
-
-
-

NOTES & IDEAS:



W E E K 1

MEAL PLAN

BREAKFAST

LUNCH

DINNER



	BREAKFAST	LUNCH	DINNER
S			
M			
T			
W			
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W E E K 2

MEAL PLAN

BREAKFAST

LUNCH

DINNER



	BREAKFAST	LUNCH	DINNER
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DAILY HEALTH TRACKER

GOAL :



BREAKFAST



LUNCH



DINNER

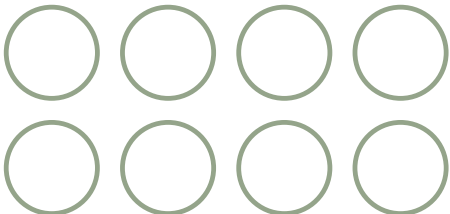


SNACK



EXERCISE :

WATER :



AFFIRMATIONS :

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WORKOUT PLAN

ACTIVITY

TIME

REPS

DAY

DAY

DAY

DAY

DAY



DAILY

MINDSET PRACTICE

MORNING

TODAY'S MANTRA:

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LOOKING FORWARD TO:

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TO MAKE TODAY GREAT, I WILL:

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EVENING

I AM GRATEFUL FOR:

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PEOPLE I APPRECIATE:

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THREE GOOD THINGS TODAY:

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OTHER THOUGHTS

MOMENT TO REMEMBER



HABIT TRACKER

MORNING ROUTINE



S M T W T F S

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EVENING ROUTINE



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MEDITATION



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EXERCISE



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HABIT TRACKER

HABIT: _____

MONTH OF: _____

S M T W T F S

WEEK ONE



WEEK TWO



WEEK THREE



WEEK FOUR



NOTES



HABIT TRACKER

WEEK OF: _____

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MORNING ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NOTES

