

Wellness Interpreted

Sugar Free January 2019 Meal Plan

Week 5

January 28 - January 31

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunday night prep: * Make the Chicken Cacciatore * Cut veggies for snacks * Prepare the chia puddings	Breakfast	PB&J Chia Pudding (dairy free) or Yoqurt	→					
	Lunch	Chicken Cacciatore	→					
	Dinner	Mushroom and Lentil Soup with green salad	→	Lemon Garlic Chicken and Broccoli	→			
	Snacks	Veggies with Hummus, Fruit	→					

Sunday Night Prep

Chicken Cacciatore (Slow cooker)

Servings: 4

- 2 pounds bone-in chicken thighs, skin removed
- 2 red bell peppers, chopped
- 1 large yellow onion, chopped
- 8 ounces mushrooms, sliced
- 1 28oz can crushed tomatoes
- 1/2 cup chicken broth or red wine (your preference)
- 1 tbsp tomato paste
- 3 cloves minced garlic
- 2 tsp dried oregano
- 1 tsp onion powder
- 1/2 tsp sea salt
- 1/4 tsp red pepper flakes (optional)
- 1/4 cup olives, halved

1. Add all ingredients except chicken and olives to the slow cooker. Mix well.
2. Add the chicken to the slow cooker. Cook on low for 8 hour or high for 4 hours.
3. Carefully remove the chicken to a cutting board. Remove the bones.
4. Return meat to the slow cooker along with the olives. Adjust salt to taste.

Note:

**To bulk up this meal or add carbohydrate, serve over rice or polenta.*

Snack Ideas

- Cut up veggies with or without hummus or guacamole
- Hard boiled eggs
- Fruit
- Nuts
- Olives

Craving something else?

Right now I really like the “Made in Nature” Veggie Pops in sour cream and onion. They also have a broccoli cheddar flavor (Both are dairy free, added sugar free) and “Rhythm Superfoods” beet chips.

PB&I Chia pudding (Or yogurt)

Servings: 1*

- 1/4 cup of **canned** coconut milk + 1/4 cup water**
- 2 tbsp chia seeds***
- 1/2 tsp vanilla extract
- 1-2 tbsp peanut butter or almond butter (no sugar added)
- 1/2 cup frozen berries, thawed.

1. In a jar or bowl, mix together the coconut milk, water, chia seeds, and vanilla extract.
2. Refrigerate overnight to set.
3. When ready to eat, add the peanut butter and spoon the berries overtop.

Notes:

** I make a single serving the night before. If you want to make all 4 of your breakfasts at once, use 4 different jars or bowls.*

***You can use any milk you like to make chia pudding. I like coconut milk because it is thick and creamy, and also want to use up the remaining can of coconut milk that will be opened to make the mushroom and lentil soup.*

***If you use almond milk, regular milk, or any other milk from a carton, you do not need the water. You should use 1/2 cup of the milk. In this recipe, water is used to thin the canned coconut milk because it is very thick.*

***If you open the can and find that there is a thick cream on the top- don't panic! This is normal. The cream tends to separate from the water as the can sits on the shelf. You can either place it in a blender to combine OR bring a pot with a couple inches of water to a light boil. Then gently place the can in the pot. The hot water will warm the cream so you can mix it all back together.*

****You can substitute unsweetened yogurt for the chia pudding. Just add the vanilla, peanut butter, and fruit when you are ready to eat!*

Recipes

Mushroom and Lentil Soup

Servings: 2

- 1 can lentils*
- 8 oz mushrooms, sliced
- 1 shallot, finely chopped
- 2 cloves minced garlic
- 1/4 tsp dried thyme
- 1 tbsp less sodium soy sauce (you can sub tamarind or coconut aminos if needed)
- 2 cups chicken stock
- 1/3 cup coconut milk**
- 1 cup chopped spinach
- 1 tbsp olive oil
- 2 tsp arrowroot flour or corn starch

1. Heat olive oil over medium heat in a medium pot. Add the shallot to the pan and cook until softening, about 3 minutes.
2. Add the mushrooms and garlic to the pan. Cook until soft, about 8 minutes.
3. Add the soy sauce and thyme. Mix well.
4. Add the chicken broth, coconut milk, and lentils. Bring to a light boil for about 3 minutes until lentils are warmed.
5. In a small bowl, mix together the arrowroot flour and some cold water until combined (this is necessary to prevent clumping). Add the slurry to the pot and mix well.
6. Add the chopped spinach and cook until spinach is wilted and soup has slightly thickened.

Note:

**I use canned lentils in this soup because I am lazy. If you prefer dried lentils, cook according to package directions before starting the soup.*

**If you don't like lentils, you can substitute white beans or even cooked rice.*

***This does not make the soup taste like coconut, only adds creaminess. You can sub 1/4 cup cream if you prefer.*

Simple Green Side Salad

Servings: 2

- Lettuce of your choice (I like spring mix)
- 1/4 cup shredded carrots
- Grape tomatoes

Bright Lemon Dressing

- 1/4 cup olive oil
- 1 tbsp lemon juice
- 2 tsp apple cider vinegar
- 1.5 tsp red wine vinegar
- 1/4 tsp garlic powder
- 1/4 tsp salt
- Pinch of black pepper

1. In a small bowl, whisk together the ingredients for the dressing. Set aside until ready to use.
2. When ready to eat, assemble salads and toss with dressing.

Notes:

**Feel free to use any of the dressing recipes provided in any of the Sugar Free January Meal Plans. I never get tired of this simple dressing and make it often.*

Garlic and Lemon Chicken with Broccoli

Servings: 2

- 1 lb boneless, skinless chicken thighs
- 2 tbsp lemon juice
- 4 tbsp olive oil
- 6 cloves garlic, minced
- 1/4 tsp smoked paprika
- 1/2 tsp sea salt
- 1/2 tsp dried oregano
- 1/2 tsp dried rosemary
- 1/2 tsp dried sage
- 1/4 tsp black pepper

For the broccoli:

- 1 head fresh broccoli, chopped into florets
- 1 tbsp olive oil
- 1 tsp lemon zest
- 1/8 tsp garlic powder
- 1/8 tsp salt

1. Preheat oven to 425 degrees. Line a baking sheet with parchment paper.
2. In a bowl, whisk together the ingredients for the marinade/sauce.
3. Mix the chicken with half of the marinade. Let sit on the counter for 15-20 minutes. Reserve the second half of the marinade for serving.
4. Bake in the oven for 10 minutes.
5. Meanwhile, toss the broccoli florets with oil and spices.
6. After the 10 minutes is up, Add the broccoli to the oven.
7. Bake for 20 minutes more, stirring broccoli halfway.
8. When finished, top chicken with remaining half of the marinade and serve alongside the roasted broccoli.

Grocery List

Produce

- 2 Red bell peppers
- Large yellow onion
- 16 oz sliced mushrooms
- Fruit for snacks
- Spinach
- Spring mix
- Head of broccoli
- Grape tomatoes
- Shredded carrots
- 1 lemon
- Garlic
- Hummus for snacks
- Carrots/celery for snacks

Frozen

- Mixed berries

Meats/Dairy

- 2 lbs bone in chicken thighs
- 1 lb boneless, skinless chicken thighs

Dry Goods

- 28oz can crushed tomatoes
- Chicken broth
- Red wine (optional)
- Tomato paste
- Olives (green or Kalamata)
- Chia seeds
- Can coconut milk
- Chicken stock (20oz)
- 1 can lentils or dried lentils

Check pantry first:

- Olive oil
- Olive oil spray
- Soy sauce
- Red wine vinegar
- Apple Cider Vinegar
- Vanilla extract
- Sea salt
- Black pepper
- Garlic Powder
- Onion powder
- Dried oregano
- Dried Ground Thyme
- Dried rosemary
- Dried sage
- Crushed red pepper flakes
- Smoked Paprika
- Arrowroot or corn starch
- Almond butter or peanut butter (no sugar added)
- Garlic cloves