

Wellness Interpreted

Sugar Free January 2019 Meal Plan

Week 1

January 2 - January 6

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tuesday night prep: * Cook and shred chicken * Hard boil eggs * Cut veggies for Thai Chicken Salad * Make dressing for Thai Chicken Salad	Breakfast			Green Smoothie	→		Eggs with avocado and spinach	→
	Lunch			Thai Chicken Chop Salad	→		Thai Chicken Chop Salad	Burqer salad with avocado/ feta dip
	Dinner			Chicken, broccoli, ranch, and potato skillet	→		Salt and vinegar oven fries with burqer and a green salad	Shaved brussel sprout salad with Chicken & balsamic dressing
	Snacks			Hard boiled eggs, Fruit, Bell pepper strips	→			

Sugar Free January Challenge - Week 1

Tuesday Night Prep

Roast the chicken

You can use any mix of dark and light meat for the chicken. This prep calls for 5 lbs of chicken breasts, but feel free to use whatever is on sale. You will need to adjust the cooking time if you buy chicken thighs or bone in chicken.

- 5 lb Chicken breasts
- Salt, pepper, garlic powder
- Olive oil spray

1. Preheat oven to 425 degrees and spray a foil lined sturdy baking sheet with olive oil spray
2. Pound out the chicken so that the breasts are consistent thickness. If the breasts are really thick I usually cut them butterfly style first. Liberally season the chicken with sea salt, pepper, and garlic powder on both sides.
3. Cooking times vary based on the thickness of the chicken. Start checking around the 20 minute mark and increase cook time as necessary. Don't overcook. Cook until internal temperature reaches 165 degrees or juices run clear.
4. Allow chicken to cool before shredding or cutting into cubes.

Tip: It may sound like an extra step or having to purchase another kitchen gadget, but I always use a kitchen thermometer when cooking breasts. You don't have to sacrifice cutting into a breast to check for doneness, meaning you won't lose juices and create a dry chicken breast. And you never have to guess whether or not the chicken is thoroughly cooked.

Cook the hard boiled eggs

I like to have hard boiled eggs handy for a quick protein snack. There are so many methods out there for the perfect hard boiled egg. If you have a method you like, use it. Here is the method that I found works best for me.

- 6 eggs

1. If using a steamer basket, bring water to a boil, gently place eggs inside the basket in a single layer. If you don't have a basket, you can still use this method by only using about a 1/2 inch of water in the pot.
 2. Cover the pot and reduce heat to medium high. Cook for about 13 minutes.
 3. Place cooked eggs in an ice bath (ice cubes and cold water in a bowl) to cool.
-

Prep the salad for lunches

Prepare the salad dressing according to the directions in the Thai Chicken Chop Salad recipe below. Store in an airtight container until ready to use.

Chop the veggies for the salad according to the Thai Chicken Chop Salad recipe.

Veggies for Snacking

Cut up some veggies to have a quick and easy snack throughout the week. Here are some ideas:

- Sweet bell pepper strips
- Carrot sticks or celery sticks with/without hummus or guacamole
- Sliced cucumber
- Sugar Snap Peas
- Edamame

Recipes

My favorite Green Smoothie

Servings: 1

- 1 cup nut milk, no sugar added (*I usually use almond milk*)
- 2-3 cups baby spinach, loosely packed
- 1 stalk of celery
- 1 peeled carrot OR 1/2 cup match stick carrots
- 4 grape tomatoes
- 1/2 Avocado
- 1 banana, previously sliced and frozen
- 1/3 cup frozen pineapple

Blend all ingredients together in a high powered blender. I use a Vitamix blender and it comes out perfectly smooth. If you are using a lower powered blender, I would recommend leaving out the celery to avoid a stringy smoothie.

Thai Chicken Chop Salad

Servings: 4

- 3 cups Shredded chicken
- 2 cups Coleslaw mix
- 2 cups Baby spinach, chopped
- 1/2 cup of Match stick carrots
- 1/2 of a Cucumber, sliced thin into about 2 inch long sticks
- 1 Yellow, orange, or red bell pepper, sliced into 2 inch long sticks
- 4 Green onions, sliced (*green and white parts*)
- 1/2 cup Chopped nuts (*suggested: cashews or almonds*)

For the dressing:

- 1/4 cup Almond butter or peanut butter
- 1 tbsp Lime juice (*freshly squeezed is best*)
- 2 tbsp Soy sauce (*you can sub tamari or coconut aminos if needed for gluten or soy free options*)
- 1 tbsp Vinegar (*white, red, or rice works here*)
- 1 tbsp Apple cider vinegar
- 1/8 tsp Ginger
- 1/4 tsp Garlic powder
- 1/4 tsp Red crushed red pepper flakes (*optional*)
- 4 tbsp Water

1. Whisk together ingredients for Dressing. Set aside or refrigerate until ready to use.

2. To serve: Combine all of the salad ingredients together and toss with dressing.

Meal Prep Tips:

** Assemble salads when ready to eat so they do not get soggy. No one likes a soggy salad!*

**When I pack salads to take to work I separate the "wet" ingredients from the "dry" ingredients. In this case, I pack the slaw, baby kale, green onion, and nuts separate from the rest of the ingredients. You can pack the dressing in a small container or jar.*

Ranch Seasoned Brussels Sprouts and Potatoes with Chicken

Servings: 3

- 2 cups of cubed chicken
- 3/4 of a 12 oz bag of brussels sprouts, stems cut off and halved (*Set aside the remaining 1/4 for the salad on Sunday*)
- 2 medium Yukon gold potatoes, diced into about 1/2 inch cubes
- 2-3 tbsp olive oil

Ranch seasoning mixture:

- 1.5 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried dill
- 2 tsp dried parsley
- 2 tsp dried chives
- 1.5 tsp sea salt
- 1/2 tsp black pepper

1. Preheat oven to 400 degrees. Line a sheet pan with parchment paper.
2. Add all ranch spices to a small bowl and mix until well combined.
3. Toss the brussels sprouts and potatoes with olive oil and half of the seasoning mix.
4. Place in single layer of a parchment paper lined baking sheet. Use two baking sheets if necessary to avoid crowding, which would increase the baking time.
5. Place in the oven for about 30-35 minutes until sprouts are crispy on the outside and the potatoes are tender.
6. Add the potatoes, sprouts, shredded chicken to a bowl. If the mixture seems dry, add 1 tbsp of olive oil. Add the remaining half of the seasoning mixture and toss to coat. Spread everything back onto one of the baking sheets. It is okay if there is overlap this time.
7. Add back to the oven for about 5-10 minutes until chicken is heated through.

Simple Eggs with Avocado and Spinach

Servings: 1

- 2-3 Eggs
- 1/2 Avocado
- 1 cup baby spinach
- Olive oil spray
- Salt and pepper
- Hot sauce (*optional*)

1. Heat olive oil spray in nonstick pan over medium heat.
2. Add spinach and cook for just a minute or so until it begins to wilt. Remove from pan.
3. Add additional spray to pan if needed. Cook eggs to preference. Both over easy and scrambled work. Season eggs with salt and pepper.
4. Slice half of an avocado and layer over the spinach. Sprinkle with salt, black pepper, and a few dashes of hot sauce.
5. Top with eggs and serve.

Salt and Vinegar Roasted Potatoes

Servings: Potatoes -1, Burgers – 2 (*Save 1 burger for tomorrow's lunch*)

- 1 medium Yukon gold potato, cut into 1/2 inch fries
- 1/4 cup white vinegar
- 1/2 tsp sea salt, divided
- Black pepper
- 1 tsp olive oil

1. Preheat oven to 425 degrees.
2. Add the vinegar and half of the salt to a small pot. Place the potato in the pot and cover with enough water to cover the potato by about an inch. Bring to a boil, reduce heat, and cook for about 10 minutes. (The potato should start to soften but will still be firm- keep an eye on the potatoes to prevent overcooking).
3. Drain the potatoes and pat dry. Place in a single layer on a parchment lined baking sheet. Toss with olive oil, remaining salt, and pepper.
4. Bake for about 20-30 minutes until the outsides crisp up. Stir once or twice throughout baking to ensure even cooking.

Burger Varieties

I separated these into their own recipe because the idea is that you cook the burgers once and have leftovers for tomorrow.

- 2/3 lb of lean ground beef (*Look or 1.3lb and freeze half for a later date*)
- Olive oil spray
- Sea salt and pepper

1. Gently mix with sea salt and a bit of freshly ground black pepper in a large bowl. DO NOT OVERMIX@ This will cause your burgers to be dense and dry. Mix them as little as you can until the salt and pepper is just mixed in. Loosely form 2 patties. Add a thumbprint into one side of each of the patties. This helps them from curling up during cooking and remain flat.
2. Season again with some sea salt on both sides of the burger.
3. Heat a skillet (I like to use cast iron here) over medium high heat and add the olive oil. Add burgers to pan and turn down the heat to medium.
4. Cook for 4 minutes on one side, flip and cook for 5 minutes more (this will yield a medium-well burger). Do not press your spatula down into the burger. This will squeeze out the juices and result in a dry and sad burger.

Chipotle burger

Servings: 1

- 1 burger cooked above
- 1/2 cup spring mix or lettuce of choice
- 1/2 avocado, sliced
- 1 sliced green onion

For the Chipotle Aioli:

- 2 tbsp mayo
- Small squeeze of lime juice (*about 1/4 tsp!*)
- 1/8 tsp garlic powder
- 1/4 tsp onion powder

- 1/8 tsp chipotle powder or chili powder
- 1/8 tsp smoked paprika

1. Mix aioli ingredients together in a small bowl.

2. Place burger on top of spring mix. Top with avocado slices, chipotle aioli, and green onions. Serve alongside salt and vinegar fries.

Burger salad with guacamole/feta dip

Servings: 1

- 1 burger cooked above
- 2 cups spring mix or lettuce of choice
- 1/4 cup matchstick carrots
- 1/4 cucumber, sliced into 2 inch sticks
- Grape tomatoes

For the Avocado/Feta dip:

- 1/2 avocado
- 2 tbsp crumbled feta cheese
- 1/8 tsp garlic powder
- Small squeeze of lime juice (*about 1/2 tsp!*)
- Salt to taste

1. Mix together the ingredients for the avocado feta dip. I like the avocado to be a bit chunky still.

2. Assemble salad and place burger on top. Top with the avocado feta dip.

Shaved Brussel Sprout Salad with Chicken and Balsamic Dressing

Servings: 1

- Remaining Brussel sprouts saved from earlier in the week
- About 3/4 cup shredded or cubed chicken
- 1/4 cup slivered almonds

For the dressing:

- 1 tbsp + 1 tsp olive oil
- 1 tsp balsamic vinegar
- 1/4 tsp Dijon mustard (*you can sub brown mustard*)
- Salt and pepper to taste

1. Wisk the dressing ingredients in a small dish. I like light dressing but feel free to double this recipe if you like more dressing.

2. Shave the Brussel sprouts. You can accomplish this in three different ways:

- a. Chop super thinly with a sharp knife (Keep the stems on to give you something to hold on to, half the spouts lengthwise, and slice super thin)
- b. Using a food processor with slicing or grating attachment (remove stems first)
- c. Use a mandolin (Stick a fork into the stem of the sprout so you do not have to get your fingers close to the blade).

2. Toss all ingredients to combine.

Grocery List

Produce

- 3 Sweet bell peppers
- Oranges
- 16 oz Baby Spinach
- Celery
- 5 oz bag spring mix
- Match stick carrots
- Grape Tomatoes
- 1 Cucumber
- 4 avocados
- 3 small bananas
- Frozen pineapple
- Bag coleslaw mix
- Green onions
- 1 Lime
- 12 oz Brussel sprouts
- 3 Yukon gold (or red) potatoes

Meats/Dairy

- 5 lbs Chicken
- 1.3 lb 90% lean ground beef
- Eggs
- Nut milk (no sugar added)
- Feta cheese

Dry Goods

- Almond butter or peanut butter (no sugar added)
- Slivered or chopped almonds

Check pantry first:

- Olive oil
- Olive oil spray
- Hot sauce
- Soy sauce
- White Vinegar
- Balsamic Vinegar
- Apple Cider Vinegar
- Dijon or brown mustard
- Mayo (Look for sugar free)
- Sea salt
- Black pepper
- Garlic Powder
- Onion powder
- Ground Ginger powder
- Dried dill
- Dried Parsley
- Dried chives
- Crushed red pepper flakes
- Chipotle powder or chili powder
- Smoke Paprika