

Wellness Interpreted

Sugar Free January 2019 Meal Plan

Week 4

January 21 - January 27

<i>Prep Ahead:</i>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Sunday night prep: *Make the pork *Make the rice *Prep the dressings and sauces *Cut veggies for snacks	Breakfast	Green Smoothie	→						
	Lunch	Carnitas Burrito Bowl	→		Cubano Salad	→			
	Dinner	Pesto White Beans and Quinoa	→	Egg Roll in a Bowl	→		Chicken Caesar Salad	→	
	Snacks	Veggies and fruit	→						

Sugar Free January Challenge - Week 3

Sunday Night Prep

Make the Carnitas (2 cooking options)

Servings: 5

- 3 lb pork shoulder or pork butt
- Juice from 2 limes (Or 1/4 cup lime juice)
- Juice from 2 oranges (Or 1/2 cup of orange juice)
- 1 cup chicken broth
- 3 cloves minced garlic
- 1 white onion, cut into quarters
- 1-2 tsp sea salt
- 1 tsp dried oregano
- 1 tsp cumin
- 1/2 tsp black pepper
- 2 bay leaves
- Olive oil for browning

Instant Pot Method

1. Cut the pork into 3 inch chunks. Use the sauté function to heat the olive oil and sear the pork chunks on all sides.
2. Add all of the remaining ingredients. Mix well to coat the pork.
3. Cook on high pressure for 30 minutes. Natural pressure release for 20 minutes (quick release the rest). Shred the meat using two forks.
4. *OPTIONAL: While the pressure is naturally releasing, turn on the oven to broil. Using a slotted spoon, remove the meat from the pot and add to a parchment lined baking sheet and add about 1/4-1/2 cup of the juices to the pork. Broil for about 3-6 minutes until the edges get a little crispy. Add additional salt to taste, if necessary.

Slow Cooker Method

1. Rub all of the seasoning into pork. Place roast in the slow cooker.
2. Add all remaining ingredients and mix well.
3. Cook on low for 8 hours.
4. When meat is cooked, shred the meat using two forks.
5. *OPTIONAL: While the pressure is naturally releasing, turn on the oven to broil. Using a slotted spoon, remove the meat from the pot and add to a parchment lined baking sheet and add about 1/4-1/2 cup of the juices to the pork. Broil for about 3-5 minutes until the edges get a little crispy. Add additional salt to taste, if necessary.

**This step is optional, but I really don't recommend skipping it. It's not truly carnitas without the crispy edges!*

Prep the salad dressings and sauces

Make the salad dressings according to the recipes below:

- Dressing for Cubano Salad
- Pesto Sauce for Pesto White Beans and Quinoa*
- Chimichurri for carnitas Burrito Bowls

**Note: Alternatively, you can buy prepared pesto, but I like homemade better*

Cook the Coconut-Lime Rice

- Rice (enough to make 3 cups cooked)
- 1 tbsp coconut oil
- Squeeze of lime juice

Cook the rice for the burrito bowls according to package directions, adding 1 tbsp coconut oil and the juice from half of a lime. Make enough to have 3 cups of cooked rice.

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.

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.

Carnitas Burrito Bowls

Servings: 3

- 3 cups coconut lime rice, cooked (see above)
- 2.5 cups cooked carnitas
- 1 15oz can black beans, rinsed and drained
- Grape tomatoes, halved
- 1/2 bell pepper, cut into matchsticks
- Sliced red onion
- Prepared Chimichurri
- Additional toppings as desired*

For the Chimichurri

- 1/3 cup olive oil
- 1/2 cup flat leaf parsley (fresh)
- 2 tbsp red wine vinegar
- 1 tbsp dried oregano
- 2 cloves garlic, minced
- Salt and pepper to taste

1. Prepare the chimichurri. You can either chop the parsley fine enough and mix all ingredients together, or mix in a food processor. If you use the food processor, I recommend only putting in the parsley, oregano, and garlic into the food processor, and then whisking in the olive oil and vinegar. The chimichurri should be oily and herby – it should not be a paste or completely blended up.

2. Top the cooked rice with the Carnitas, beans, tomatoes, and bell pepper. Drizzle the chimichurri over the bowl.

**Topping suggestions: Sour cream, green onion, sliced jalapeno, avocado, diced onion, shredded cheese*

Pesto White Beans and Quinoa

Servings: 2

- 1 15oz can cannellini beans
- 2 cups quinoa, cooked according to package directions
- 2 cups baby spinach, chopped
- 1 tbsp olive oil
- 2 green onions, sliced
- 1/2 cup basil pesto, recipe below*

Pesto Sauce

- 1/4 cup olive oil
- 1 cup fresh basil leaves, packed
- 1-2 cloves garlic
- 2 tbsp nuts (pinenuts are traditional but I usually use walnuts)
- 1/4 tsp salt
- 2 tbsp freshly grated parmesan cheese

1. Cook quinoa according to package directions (enough to make 2 cups cooked).
2. Prepare the pesto sauce. Place all ingredients except for the olive oil into a food processor. Pulse until the basil and garlic is broken down. Turn processor on a low speed and drizzle in olive oil until smooth.
2. Heat olive oil in a skillet over medium heat.
3. Add the beans to the pan. Cook until warmed through – about 5 minutes.
4. Add chopped spinach and stir until combined.
5. Add pesto to the beans. Heat until warmed through. Serve over quinoa.

Notes:

**You can use store-bought pesto to save time, but I like the homemade version best*

**If you don't like quinoa, you can substitute with rice*

Cubano Salad

Servings: 2

- Lettuce of your choice (I like a crunchy lettuce like romaine hearts)
- 2 cups prepared pork
- 1/2 cup shredded Swiss cheese
- Grape tomatoes
- 1/2 cup shredded carrots
- 1/2 yellow, red, or orange bell pepper, cut into matchsticks
- Pickle
- Handful of olives
- Sliced red onion

Mustard Vinaigrette Dressing

- 1/4 cup olive oil
- 1 tsp apple cider vinegar
- 1.5 tsp Dijon mustard
- 1/4 tsp garlic powder
- 1/3 tsp oregano

- Salt and black pepper to taste

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.

Meal Prep Tips:

** Assemble salads when ready to eat so they do not get soggy. Pack the pork and cheese separate from the other ingredients to heat up in the microwave. Pack the pickle separate from the remaining ingredients so that it does not result in soggy ingredients. You can pack the dressing in a small container or jar.*

Egg Roll in a Bowl

Servings: 3

- 3/4 – 1 lb ground turkey or chicken (you can also sub pork)
- 6 green onions, sliced (white and green parts, separated)
- 1 bag of shredded coleslaw mix (You can sub shredded cabbage)
- 4 cloves minced garlic
- 1/2 cup shredded carrots
- 1-2 tbsp coconut oil (you can sub olive oil)
- 1/4 cup less sodium soy sauce
- 1/4 tsp ground ginger
- 1 tbsp apple cider vinegar
- 1/4 tsp red pepper flakes (optional)
- 3 tbsp mayo
- Sriracha or hot sauce

1. Heat the oil in a large skillet over medium heat. Add the white parts of the onions. Saute until translucent.
2. Meanwhile, in a small bowl whisk together the soy sauce, ground ginger, apple cider vinegar, and red pepper flakes. Set aside.
3. Add the ground turkey and season with salt and pepper. Add the minced garlic. Saute until the turkey is cooked through, about 7 minutes.
4. Add the coleslaw, carrots, and soy sauce mixture. Cook until coleslaw is tender, about 5 more minutes. Once cooked, mix in the green parts of the onion.
5. Mix together the mayo and the sriracha or hot sauce. Drizzle over top of the bowls before serving.

Chicken Caesar Salad

Servings: 2

- 12 oz chicken breast
- 1 bag romaine lettuce

For the dressing:

- 3 tbsp light sour cream
- 3 tbsp olive oil
- 1 tbsp Dijon mustard
- 3/4 tsp Worcestershire sauce
- 1.5 tsp apple cider vinegar

- 3/4 tsp lemon juice
- 2 tbsp freshly grated parmesan cheese
- 1/2 inch anchovy paste (optional but highly recommended)*

1. Preheat the oven to 425 degrees. Pound chicken to even thickness.
2. Cook the chicken for about 25-35 minutes (cook time will depend on thickness of the chicken) until the chicken reaches 165 degrees F.
3. Mix all of the ingredients together in a small bowl for the dressing. You can use an immersion blender or food processor if you want it to be really smooth, but for me the little bit of texture from the grated cheese is fine.
4. When the chicken is done, toss the lettuce with the dressing. Slice the chicken, add the salad, and serve.

**Note: The anchovy paste is optional, but really gives the dressing a great Caesar flavor. It comes in a tube that you can keep in your refrigerator, so if you make Caesar dressing frequently it is great to have on hand. I find it in my grocery store near the tuna and anchovies.*

Grocery List

Produce

- 3 limes
- 2 oranges
- 1 lemon or lemon juice
- 1 white onion
- 1 small red onion
- 16 oz Baby spinach
- Celery
- Shredded carrots
- Grape tomatoes
- 3 Avocados
- 5 Bananas
- Sweet bell pepper
- 1 bunch Flat leaf parsley
- Fresh basil leaves (1 cup)
- 1 bunch green onions
- Romaine lettuce (4 salads)
- 1 bag shredded coleslaw

Frozen

- Frozen Pineapple

Meats/Dairy

- 3 lb pork shoulder or butt
- Nut milk
- Parmesan Cheese (wedge or freshly grated)
- Shredded Swiss cheese
- Ground turkey
- 12 oz chicken breast
- Light sour cream

Dry Goods

- Chicken broth
- 15 oz can black beans
- 15 oz can cannellini beans
- Nuts for pesto (walnuts or other)
- Pickles (look for no added sugar)
- Olives
- Anchovy paste (optional)

Check Pantry first:

- Olive oil
- Dijon mustard
- Red wine Vinegar
- Apple Cider Vinegar
- Worcestershire sauce
- Less sodium soy sauce
- Bay leaves
- Sea salt
- Black pepper
- Cumin
- Garlic Powder
- Dried oregano
- Ground ginger
- Red pepper flakes
- Garlic cloves
- Rice
- Quinoa
- Coconut oil
- Mayo
- Hot sauce or Sriracha