

Wellness Interpreted

Sugar Free January 2019 Meal Plan

Week 2

January 7 - January 13

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunday night prep: *Make Frittata *Prepare Chicken *Cook Spaghetti Squash *Prep Salad Wednesday night prep: * Cook rice for chickpea salad and stir fry * Prepare chick pea salad	Breakfast	Vegetable Frittata	→				Breakfast "Salad"	→
	Lunch	Chicken Taco Salad	→		Chickpea, Brown Rice, and Avocado salad	→	Tuna Stuffed Avocado	→
	Dinner	Chicken Parm Meatballs w/ Spaghetti Squash and greens	→	Buffalo Chicken Bake w/ roasted broccoli	→		Beef and Broccoli Stir Fry	→
	Snacks	Olives Fruit Mixed nuts	→					

Sugar Free January Challenge - Week 2

Sunday Night Prep

Prepare the Salsa chicken (3 cooking options)

- 2 lb boneless, skinless chicken breasts
- 1 cup salsa (look for no added sugar)
- 1.5 tbsp taco seasoning (recipe below)

Instant Pot Method

1. Add all ingredients + 1/4 cup of water to the Instant Pot and toss to coat. Secure lid, set valve to sealing.
2. Cook on high pressure for 10 minutes. Natural pressure release until valve drops.
3. Remove chicken from pot and shred. Add about a 1/2 to 3/4 cup of the liquid to the shredded chicken.

Crock Pot Method

1. Add all ingredients to the Crock Pot + 1 cup of water and toss to coat.
2. Cook on high for 3-4 hours or low for 6-8 hours.
3. Remove chicken and shred. Add about 1/2 to 3/4 cup of the liquid to the shredded chicken.

Stove Top Method

1. Over medium-high heat in a large skillet, sear chicken breasts in olive oil, about 4 minutes per side.
2. Season with taco seasoning and cook about another 2 minutes.
3. Add the salsa, reduce heat to medium-low. Cover and simmer chicken for about 15-20 more minutes until it reaches 165 Degrees F or until juices run clear. If the pan starts to dry, add water to the pan as needed.
4. Remove the chicken and shred. Add about 1/2 cup of the liquid to the shredded chicken.

Tip: It may sound like an extra step or having to purchase another kitchen gadget, but I always use a kitchen thermometer when cooking meat. You don't have to sacrifice cutting into the chicken 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.

Taco Seasoning

- 1 tbsp chili powder
- 1.5 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 1/4 tsp onion powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes

1. Mix all spices together. Makes about 2 tbsp.
 2. Use 1.5 tbsp for salsa chicken and reserve the rest for the salad dressing for taco salads.
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Veggie Frittata

Servings: 5

- 8 eggs
- 2 cups of broccoli florets, diced bite sized
- 8 oz package of sliced mushrooms
- 1 bell pepper, diced bite sized
- 1/2 cup grape tomatoes, halved
- 1/2 of a small onion, diced
- 1 clove garlic, minced
- 1/4 sour cream
- 3 ounces crumbled feta cheese
- 2 tbsp olive oil for cooking
- salt and pepper

1. Preheat the oven to 350 degrees F. Grease a large baking dish with spray or butter
2. Heat 1 tbsp of oil in a large pan over medium-high heat. Add the onion and sauté 4-5 minutes.
3. Add the additional 1 tbsp oil, bell pepper, and garlic. Cook for about 5 minutes stirring occasionally until bell pepper has begun to soften. Add the mushrooms and broccoli and stir for about 5 minutes more. Add the halved grape tomatoes to the veggies. Season with salt.
4. Transfer the veggies to a baking dish. Sprinkle feta cheese over top of veggies.
5. In a mixing bowl, whisk the eggs, milk, and generous pinch of salt and pepper. Pour evenly over the veggies.
6. Bake for 20-35 minutes. The time will vary based on multiple factors (size and type of pan, size of cut veggies, etc). Start checking at 15 minutes to prevent overcooking. Frittata is done when eggs are just set.

Note: If you are cooking for two people, increase eggs to 1 dozen, the sour cream to 1/3 cup, and add extra veggies. The scaled up size may need a few minutes longer to cook.

Spaghetti Squash

I am using the microwave method to easily and quickly cook the spaghetti squash. If you do not wish to use the microwave for the squash, you can alternatively roast in the oven.

- 1 medium spaghetti squash

1. Stab the squash with a fork several times and place in the microwave for 3-5 minutes. This is enough time to just soften the squash to make it easier to cut. Be very careful to allow it to cool for a few minutes before cutting so any built up steam can dissipate.
2. Cut the squash in half and scoop out the seeds.
3. Place the squash flesh side down in a microwave safe baking dish. Add about 1/2 inch water.
4. Microwave on high for about 10 minutes until a fork can easily slice into flesh. It may take a little longer depending on the size of the squash.
5. Allow to cool and then run a fork through the flesh to create the spaghetti strands.
6. Half of the squash will be used with the Chicken Parmesan Meatballs and half will be used for the Buffalo Chicken Bake

Snack Ideas

- Cut up veggies with or without hummus or guacamole
 - Hard boiled eggs
 - Fruit
 - Nuts
 - Olives
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Prep the chicken taco salad for lunches

Cut the veggies and prep the beans and salad dressing according to the directions in the Salsa Chicken Salad recipe below.

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, as well as anything that needs to be heated. In this case, I pack the chicken, beans, and diced onion together so I can heat them up in the microwave. You can pack the dressing in a small container or jar.*

Wednesday Night Prep

Brown Rice

Cook rice according to package directions for enough to make 3 cups cooked rice.

Prep the chickpea salad for lunches

Make the salad dressing according to the directions in the Chick Pea Salad recipe below. Set aside until ready to use (this can be left out at room temperature overnight).

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**Go to my 5 Tips for Best Storing Avocados blog post for tips on how to store cut avocados. I recommend cutting the avocado just prior to serving.*

(<https://wellnessinterpreted.com/5-tips-to-better-store-your-avocados/>)

Recipes

Chicken Taco Salad

Servings: 3

- 2.5 cups shredded salsa chicken
- 1 can black beans, drained and rinsed
- 5 cups of lettuce of your choice (I like a crunchy lettuce for this salad)
- Bell pepper, sliced into thin match sticks
- 1/4 cup diced onion
- Grape tomatoes
- Plantain chips (optional)
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For the dressing:

- 1/3 cup sour cream
- 3 tbsp salsa
- Remaining taco seasoning from above
- 1 tsp apple cider vinegar
- 2 tsp olive oil
- A few dashes of hot sauce (optional)
- Squeeze of lemon or lime juice (about 1/2-1tsp)

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.

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Chicken Parmesan Meatballs over Spaghetti Squash with Garlicky Spinach

Servings: 2

Meatballs

- 0.5 lb ground chicken*
- 2 tbsp almond flour (you can substitute breadcrumbs)
- 1/2 cup freshly shredded parmesan cheese, divided in half.
- 1 egg yolk
- salt and pepper
- 1/2 tsp garlic powder
- 1 tbsp dried parsley
- olive oil for cooking
- 1 jar of marinara sauce (look for no added sugars)

Spinach

- 1 bag of fresh baby spinach
- olive oil for cooking
- 1-2 garlic cloves, minced
- Salt

Spaghetti Squash

- 1/2 of the prepared spaghetti squash

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1. Mix together the ground chicken, egg, almond flour, 1/4 cup parmesan cheese, and spices. Form into about 10 meatballs.
2. Heat 1tbsp over medium-high heat. Add meatballs to pan and brown on all sides, about 3 minutes per side. Use additional tbsp of oil and adjust heat if necessary.
3. Add the marinara sauce to the pan. Cover and cook for about 5-8 minutes until meatballs are cooked through and no pink remains. Sprinkle the remaining 1/4 cup of parmesan cheese over top and cover to melt.
4. Just before the meatballs are done- make the spinach. Heat oil in a skillet over medium heat. Add the spinach and garlic and cook until just wilted (about 2 minutes). Season with salt.
4. Serve meatballs over reheated spaghetti squash with extra sauce alongside the spinach.

**Note: This recipe is only 2 servings and so it only requires 1/2 lb ground chicken. My suggestion is to either freeze the other 1/2 of ground chicken for use in a later recipe OR double the batch of meatballs. The meatballs can be frozen for a later meal. If doubling the batch use 1 whole egg.*

Chickpea, Brown Rice, and Avocado Salad

Servings: 2

- 1 can chickpeas, rinsed and drained
- 1.5 cups cooked rice
- 1 avocado, cubed
- 4 cups mixed greens
- 1 oz feta cheese
- 4 green onions sliced

Bright Lemon Dressing

- 1/4 cup olive oil
- 1.5 tsp lemon juice
- 2 tsp apple cider vinegar
- 1 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.

Meal Prep Tips:

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Buffalo Chicken and Spaghetti Squash Bake with Roasted Broccoli

Servings: 3

- 1/2 of the prepared spaghetti squash (press out as much moisture as possible)
- 2-3 cups cooked shredded chicken
- 1 egg
- 1/3 cup Frank's Red Hot
- 1/3 cup ranch dressing, 3 tbsp reserved (look for sugar free, or you can make the recipe below)
- 1 tsp garlic powder
- 1/4 cup sliced green onions

For the Broccoli:

This broccoli is enough for this side dish as well as some reserved for the beef and broccoli stir fry recipe below. If you are not making the beef and broccoli stir fry, you can reduce this recipe to 3 cups.

- 5 cups of raw broccoli florets
- Olive oil
- Salt

1. Preheat oven to 400 degrees F and grease a baking dish.
2. In a large bowl, mix together the egg, Frank's Red Hot, garlic powder, and ranch dressing.
3. Add the chicken, spaghetti squash, and green onion. Mix until combined.
4. Transfer to a greased baking dish. Bake for 20-30 minutes until set. Serve alongside roasted broccoli.

For the Broccoli:

1. While the casserole is baking, toss 5 cups of raw broccoli florets with about 1-2 tbsp olive oil and salt.
2. Spread evenly on a parchment lined baking sheet.
3. Roast for about 15-20 minutes or until edges start to get brown and crispy.
4. Reserve 2 cups of cooked broccoli for the beef and broccoli recipe below.

Simple Breakfast Salad

Servings: 1

- 2 or 3 eggs, cooked to your liking (I like soft boiled here, but you can make however you like)
- 1 cup mixed greens
- A few grape tomatoes, halved
- Olive oil, salt, pepper
- Additional topping ideas: crumbled bacon, caramelized onions, sautéed mushrooms, feta cheese

1. Cook eggs to your liking. Any method works.
2. To make soft boiled eggs, bring water to a boil, gently place eggs inside a steamer basket (If you're making boiled eggs you can make all 4-6 so you have them for tomorrow, too).

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. Cover the pot and reduce heat to medium high. Cook for 6.5 minutes (yes, 6 and a half exactly). Cover the pot and reduce heat to medium high. Transfer to ice bath to stop the cooking process.

3. Add greens, tomato, and any other toppings to plate. Drizzle with some olive oil. Toss. Top with eggs and season the eggs and salad with salt and pepper.

Tuna Stuffed Avocados

Servings: 1

- 1 can tuna
- 2 tsp mayo
- 1 tsp mustard
- 2 green onions, sliced thin
- Salt and pepper to taste
- 1 Avocado, halved
- Hot sauce (optional)

1. Cut the avocado in half and season with salt and pepper.
2. Mix together the tuna, mayo, mustard, green onions, salt and pepper.
3. Stuff avocados with tuna.

Beef and Broccoli Stir Fry

Servings: 2

- 1/2 – 1 lb of flank steak or skirt steak (For me, about 3/4 lb for two servings is perfect)
- 1.5 cups cooked brown rice
- 2 cups of previously roasted broccoli
- 2 tsp arrowroot starch (you can sub corn starch)
- 1-2 tbsp olive oil for cooking.
- Pinch of black pepper
- 1/4 cup lower sodium soy sauce
- 1 tbsp apple cider vinegar
- 2 cloves garlic, minced
- 1/4 tsp onion powder
- 1/4 tsp red pepper flakes
- 1/8 tsp ground ginger
- 2 dashes of fish sauce (optional)

1. Whisk together the soy sauce, vinegar, garlic, onion powder, pepper flakes, ground ginger, and fish sauce. Set aside.
2. Thinly slice the steak against the grain. Coat with 2 tsp of starch and a pinch of black pepper.
3. Heat 1 tbsp olive oil over medium high heat. Add beef to pan, being careful not to crowd the pan. Cook in multiple batches if necessary. Flip over beef pieces to brown on each side.
4. Once beef is browned, remove from pan.
5. Add additional olive oil to the pan and add the broccoli. Cook until broccoli is warmed.
6. Turn heat to low and pour sauce over broccoli. Add the beef and juices back into the pan and mix thoroughly. Cook over low heat until sauce is bubbly.
7. Serve over cooked brown rice.

Grocery List

Produce

- 5 cups raw broccoli florets
- 8 oz sliced mushrooms
- 2 bell peppers
- Grape tomatoes
- Small onion
- 3 avocados
- Garlic
- Medium spaghetti squash
- Fruit for snacks
- Lemon
- Bag of baby spinach
- ~6 cups mixed greens
- Green onions
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Meats/Dairy

- 2 lbs Chicken
- 1/2 lb ground chicken
- 1/2 - 1 lb flank or skirt steak
- Eggs
- Feta cheese
- Sour cream (8oz)
- Parmesan cheese (wedge)

Dry Goods

- Brown rice
- Almond flour or panko breadcrumbs
- Salsa (look for no added sugar)
- Olives for snacks
- 1 can black beans
- 1 can chickpeas
- 2 cans tuna
- Marinara sauce (24oz) (look for no added sugar)
- Plantain chips
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Check pantry first:

- Olive oil
- Olive oil spray
- Hot sauce
- Soy sauce
- Fish sauce (optional)
- Red wine Vinegar
- Apple Cider Vinegar
- Mayo (Look for no added sugar)
- Mustard
- Arrowroot or corn starch
- Sea salt
- Black pepper
- Chili powder
- Cumin
- Garlic Powder
- Onion powder
- Ground Ginger powder
- Dried dill
- Dried Parsley
- Dried oregano
- Crushed red pepper flakes
- Paprika
- Mixed nuts for snacks