

Wellness Interpreted

Sugar Free January 2019 Meal Plan

Week 3

January 14 - January 20

Prep Ahead:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Sunday night prep: *Make Chili *Bake Sweet Potatoes *Make Hard Boiled Eggs *Cut carrots for snacks *Make salad dressing	Breakfast	Breakfast Stuffed Sweet Potatoes (Two ways)							
	Lunch	Southwest Chili with Green Salad							
	Dinner	Balsamic Chicken and Mushrooms over Aruqula			Sheet Pan Fajitas (with meatless option)		Stuffed Acorn Squash		
	Snacks	Hard boiled eggs Veggies w/ hummus							

Sunday Night Prep

Make the Southwest Chili (3 cooking options)

Servings: 5

- 1 lb ground turkey
- 6 oz ground Italian sausage (Chicken or pork)
- 1 red pepper, chopped
- 15 oz can black beans, drained
- 15 oz can diced tomatoes
- 8 oz can tomato sauce
- 8 oz chicken broth
- 1 tbsp Worcestershire sauce
- 1 tsp apple cider vinegar
- 1 cup frozen corn
- 1tbsp + 1tsp chili powder
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp oregano
- ¼ tsp salt
- Toppings as desired (see note below)*

Instant Pot Method

1. Use the sauté function to brown the ground turkey and sausage
2. Add everything to instant pot except for corn and apple cider vinegar. Mix well.
2. Cook on high pressure for 12 minutes. Natural pressure release for 10 minutes (quick release the rest).
3. Stir in corn and apple cider vinegar. Use sauté mode for a couple of minutes until corn is heated.

Slow Cooker Method

1. Brown the ground turkey and sausage in a skillet.
2. Add everything to the slow cooker except for the corn and apple cider vinegar.
3. Cook on high for 4 hours or low for 8 hours.
3. Stir in corn and apple cider vinegar. Turn to high until corn is heated.

Stove Top Method

1. In a large pot, brown the ground turkey and sausage.
2. Add the bell pepper and cook for 3-4 minutes.
2. Add the remaining ingredients except for the corn and apple cider vinegar. Cook on low for 30 minutes.
4. Add the corn and apple cider vinegar. Turn heat to medium and cook until corn is heated.

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

Prepare the Sweet Potatoes

- Bake the sweet potatoes according to the recipe below.

Meal Prep Tip: If you are having the “savory” option every day, you can make the eggs ahead of time, but I would only make them ahead for 2 days at a time or else they start to get rubbery.

Prep the salads for lunches

Cut the veggies and prep the salad dressing according to the directions in the Simple Green Salad recipe below.

Meal Prep Tip: Assemble salads when ready to eat so they do not get soggy.

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.

Cook the hard boiled eggs

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
- Ice cubes for ice bath

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.

Recipes

Breakfast Stuffed Sweet Potatoes (Two ways)

Servings: 5

- 5 sweet potatoes

Feeling Sweet (Per sweet potato)

- 2-4 tbsp almond or peanut butter
- 3/4 cup fruit of choice (Strawberries or blueberries are my favorites)
- Unsweetened shredded coconut (optional)

Feeling Savory (Per sweet potato)

- 1-2 eggs, scrambled
- Handful of chopped spinach
- Any other toppings your heart desires

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
2. Pierce potatoes all over with a knife in several places.
3. Bake in the oven for 45 minutes (may take longer depending on size). Rotate baking sheet 180 degrees halfway through cooking for even cooking.
4. Top with your choice of toppings.

Notes:

**You can use virtually any breakfast fillings on these you can think of. Some ideas are: bacon, sausage, kale, avocado, mushrooms, caramelized onions, leftover roasted veggies, hot sauce*

**Frozen fruit will work in the winter when fresh berries are not in season*

Meal Prep Tips:

**If you are planning to pack and have for breakfast at work, pack the potato separate from the toppings and top after reheating. *Reheat eggs separate from the potatoes- they only take about 30 seconds in the microwave).*

Simple Green Side Salad

Servings: 5

- Lettuce of your choice (I like spring mix)
- 1 cup shredded carrots
- 1/2 cup shredded radishes
- Grape tomatoes

Bright Lemon Dressing

- 1/2 cup olive oil
- 2 tbsp lemon juice
- 1tbsp + 1 tsp apple cider vinegar
- 1 tbsp red wine vinegar
- 1/2 tsp garlic powder
- 1/2 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:

* Assemble salads when ready to eat so they do not get soggy. You can pack the dressing in a small container or jar.

Balsamic and Mushroom Chicken Thighs over Arugula

Servings: 3

- 1.33 lbs boneless, skinless chicken thighs
- 1/2 cup chicken broth
- 3 tbsp balsamic vinegar
- 6-8 oz mushrooms, sliced
- 1/2 small onion, diced small
- 3 cloves garlic, minced
- 1/2 tsp dried thyme (or 1/4 tsp ground thyme)
- Olive oil
- 1 bag arugula
- Salt, pepper, garlic powder
- Cooked rice or quinoa (optional)

1. Season the chicken with salt, pepper, and garlic powder.

2. In a large skillet, heat the olive oil over medium-high heat.

3. Add chicken to the pan and cook for 5-6 minutes.

4. Flip the chicken, turn the heat to medium, and cook for about 6-8 minutes until chicken is cooked through. Remove the thighs from the pan.

5. Add the mushrooms and diced onion to the pan. Cook for about 6-8 minutes until mushrooms soften. Season with the thyme and some salt.

6. Add the chicken back into the pan along with the chicken broth and balsamic vinegar.

7. Cook until the sauce thickens and reduces.

8. Serve over arugula.

Notes:

*If you want added carbohydrate or to bulk this up, serve alongside rice or quinoa.

*If you don't like arugula, spinach can be substituted. This is also great with roasted asparagus.

Sheet Pan Fajitas (With Meatless option)

Servings: 2 (This makes about 4-6 fajitas. Adjust as necessary)

- 1 lb chicken breast, sliced into 1/2 inch thick strips
(Or 2 Portobello mushroom caps, gills removed, sliced into 1/2 inch thick strips)
- 2 poblano peppers, sliced into strips
- 1/2 onion, sliced into strips
- 4-6 corn tortillas

- 3 tbsp olive oil
- 2 tbsp lime juice
- 1/4 tsp ground cumin
- 1/4 tsp chili powder
- Salt and pepper
- Feta Cheese

1. Preheat oven to 425 degrees. Line a sheet pan with foil.
2. In a small bowl, whisk together the olive oil, lime juice, and spices.
3. In a bowl, toss the peppers and onions with half of the marinade. (For portobello option, add mushrooms and use all of the marinade)
4. In a separate bowl, toss the chicken with the remaining half of the marinade.
5. Allow to marinate for 15 minutes or longer.
6. In a single layer, spread the peppers and onions on half of the baking sheet and the chicken on the other half. Use two sheets if needed so nothing overlaps to ensure even cooking.
7. Bake for 20 minutes. Toss about half way through for even cooking. Adjust seasoning if needed.
8. Spoon into tortillas and top with feta cheese.

Tip:

**You can also make a mix of chicken and Portobello if you like.*

Stuffed Acorn Squash

Servings: 2

- 1 Acorn Squash
- Wild rice to yield 1 cup cooked (I use a brown/wild rice blend)
- Apple juice
- 2 Apple chicken sausage or ground Italian sausage
- 1 cup chopped spinach
- Salt, Pepper, Garlic
- Olive oil
- Dried cranberries (no sugar added)

1. Preheat oven to 425 degrees. Line a baking sheet with parchment.
2. Put the acorn squash in the microwave for 5 minutes. This will help it to soften and make it easier to cut.
3. Once cooled, use a SHARP knife and cut the squash lengthwise. Scoop out the seeds.
4. Place cut side up, drizzle with olive oil and sprinkle with salt/pepper.
5. Bake for about 40-60 minutes (this will vary depending on size of the squash).
6. While the squash is cooking: Cook the rice according to package directions, substituting the water for apple juice (Trust me!)
7. About 20 minutes before the squash is done, add the sausages to the pan. Bake for 20 minutes, turning over halfway though.
8. Once the squash is done cooking. Remove from the oven and set aside. In the pot with the cooked rice, add the sausage, spinach, and season with salt, pepper, garlic as needed. Stir to wilt spinach.
9. Stuff the squash with the mixture and top with dried cranberries.

Grocery List

Produce

- 1 red bell pepper
- 2 poblano peppers
- Grape tomatoes
- 1 onion
- Carrots for snacks
- Shredded carrots
- Shredded or whole radishes
- Fruit for snacks
- Lemon
- Lime
- Bag of baby spinach
- Bag mixed greens
- Bag of arugula
- 5 medium sweet potatoes
- 6-8 oz sliced mushrooms
- 2 Portobello Mushroom caps (optional for meatless version of fajitas)
- 1 acorn squash
- Hummus for snacks

Frozen

- Sweet corn
- Berries

Meats/Dairy

- 1.33 lbs Chicken thighs (boneless & skinless)
- 1lb chicken breast
- 1 lb ground turkey
- 6 oz Italian sausage (Chicken or pork)
- Apple chicken sausage
- Eggs
- Feta Cheese

Dry Goods

- Wild/brown rice blend
- 15 oz can black beans
- 15 oz can diced tomatoes
- 8 oz can tomato sauce
- Chicken broth
- Corn tortillas
- Dried cranberries (look for no sugar added)
- Apple juice (no added sugar)

Check Pantry first:

- Olive oil
- Red wine Vinegar
- Apple Cider Vinegar
- Balsamic Vinegar
- Worcestershire sauce
- Sea salt
- Black pepper
- Chili powder
- Cumin
- Garlic Powder
- Onion powder
- Dried oregano
- Smoked Paprika
- Dried or ground thyme
- Peanut butter or almond butter (look for no sugar added)
- Unsweetened shredded coconut (optional topping)
- Garlic cloves
- Rice or Quinoa(optional)