



5-DAY NO SUGAR CHALLENGE CLASSIC MENU

Our goal with the 5-Day No Sugar Challenge is to eliminate refined sugar. The sugar found in the recipes provided comes from fresh fruits, vegetables and grains. There is no added sugar.

Breakfast Suggestions:

Cinnamon Blueberry Quinoa
Spinach Mushroom Omelet

Lunch Suggestions:

Chicken quinoa salad
Leftovers from Dinner Day 1: Hunter Chicken
Leftovers from Dinner Day 4: Chicken Quinoa Soup

Dinner Day 1

Hunter Style Chicken with Sautéed Spinach

Dinner Day 2

Roast Lemon Cod with Mushroom Quinoa

Dinner Day 3

Ham Carbonara with Steamed Green Beans

Dinner Day 4

Chicken Quinoa Soup

Dinner Day 5

Pasta Frittata



5-DAY NO SUGAR CHALLENGE CLASSIC PREP GUIDE

PREP GUIDE

MEAL #1

12 cups cooked whole wheat pasta prepared according to package direction ** for the week*

Cut vegetables:

- 1 yellow onion, diced (1 cup)
- 2 carrots, peeled and diced (1 cup)
- 1 bell pepper, diced (1 cup)

MEAL #2

6 cups cooked quinoa prepared according to package directions ** for the week*

2 lemons, zested & juiced (3 Tablespoons juice, 4 teaspoons zest) ** for the week*

MEAL #3

Cut vegetables:

- 1 yellow onion, diced (1 cup)
- 1 large bunch kale, chopped (5 cups)
- 6 ounces mushrooms, sliced (2½ cups)

MEAL #4

Cut vegetables:

- 1 yellow onion, diced (1 cup)
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- 1 red or green bell pepper, diced (1 cup)

MEAL #5

Cut vegetables:

- 1 large bunch kale, chopped (5 cups)
- 6 ounces mushrooms, sliced (2½ cups)

5-DAY NO SUGAR CHALLENGE CLASSIC SHOPPING LIST

**Doesn't include ingredients for breakfast and lunch suggestions. Please add the appropriate ingredients if you choose to use those recipes in the blank spaces provided below.

Meat / Seafood	Quantity	Notes	Est Cost
chicken thighs	3 pounds		15
cod fillets	1-1/4 pounds		15
low sodium ham	6 ounces		4

Vegetables & Fruit	Quantity	Notes	Est Cost
yellow onion	3		3
carrots	6		2
red or green bell pepper	2		2
brown or button mushrooms	20 ounces		7.5
parsley	1 bunch		1.5
basil	1 bunch		1.5
lemon	2		1
kale	1 lg bunch		4
celery	4 stalks		2
spinach	8 cups		3
green beans	1 cup		

Dairy	Quantity	Notes	Est Cost
eggs	10		4
parmesan cheese	2/3 cup		3

Bakery/Misc	Quantity	Notes	Est Cost
crushed tomatoes	3 (15 oz) cans		6
quinoa	6 cups		6
Fresh 20 Grocery Est			\$82.50
Cost Per Dinner			\$16.50
Cost Per Serving			\$4.13



5-DAY NO SUGAR CHALLENGE CLASSIC SHOPPING LIST CONT...

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	1/2 cup	dried oregano	1 teaspoon
chicken or veggie broth: low sodium	6 1/4 cups	herbes de provence	1 teaspoon
garlic	13 cloves	whole grain pasta	24 ounces
kosher salt	2-1/4 teaspoons		
black pepper	2-1/4 teaspoons		

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings



BREAKFAST AND LUNCH SUGGESTIONS

Breakfast:

Cinnamon Blueberry Quinoa

- 1 ½ cups uncooked quinoa
- 1 cup low-fat milk or coconut milk
- 2 cups water
- 4 cups blueberry
- 1 teaspoon cinnamon, optional
- ½ teaspoon vanilla, optional

Put quinoa, coconut milk, and water in small saucepan and bring to simmer. Reduce to low and cover for about 15-20 minutes. Stir in cinnamon, blueberry and vanilla.

330 kcal, 10g Protein, 69g Carb, 45mg Sodium, 11g Fiber, 5mg Cholesterol, 3.5g Fat, 0g Saturated, 13g Sugar, 10% Calcium, 25% Iron

Spinach Mushroom omelet

- 1 Tablespoon olive oil
- 2 cups chopped spinach
- 16 mushrooms, sliced
- 8 eggs, whisked
- pinch each kosher salt and ground black pepper

Heat oil in a small skillet over medium heat. Add spinach and mushrooms for 3 minutes. Add eggs, salt and pepper and cook until eggs are set around the sides. Fold over and finish cooking through. Serve with a side of fruit.

200kcal, 16g pro, 6g carbs, 310g sodium, 1g fiber, 450mg cholesterol, 15g fat, 3.5g sat, 1g sugar, 6% calcium, 10% iron



BREAKFAST AND LUNCH SUGGESTIONS CONT...

Lunch:

Chicken quinoa salad

- 2 cups cooked chicken, diced
- 2 cups cooked quinoa
- 4 carrots, diced
- 4 stalks celery, diced
- ¼ cup chopped parsley
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- pinch each kosher salt and ground black pepper

Toss all ingredients together. Chill until ready to serve.

400kcal, 25g pro, 45g carbs, 260g sodium, 8g fiber, 50mg cholesterol, 12g fat, 1.5g sat, 0g sugar, 6% calcium, 10% iron

DINNER RECIPES TO DOUBLE FOR LEFTOVER LUNCHES:

Hunter Chicken

Chicken quinoa soup



DAY ONE

DINNER: *For hunter style chicken with sautéed spinach*

For hunter style chicken

- 1 Tablespoon olive oil
- 3 pounds chicken thighs
- 3 cloves garlic, minced
- 1 yellow onion, diced (1 cup)
- 2 carrots, peeled and diced (1 cup)
- 1 bell pepper, diced (1 cup)
- 8 ounces mushrooms, quartered (3 cups)
- 1 cup chicken broth
- 2 (15 ounce) cans crushed tomatoes
- 1 teaspoon oregano
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 4 cups cooked whole wheat pasta, warmed
- ½ cup chopped parsley
- ¼ cup chopped basil

For sautéed spinach

- 1 Tablespoon olive oil
- 8 cups fresh spinach
- 2 cloves garlic, minced
- 6 ounces mushrooms, sliced
- 1 teaspoon lemon zest
- Pinch each kosher salt and black pepper

For Hunter Chicken

1. Preheat oven to 400°F.
2. Heat an oven proof pot over medium heat and add olive oil. When oil is hot add chicken thighs and sear on each side about 2 minutes.
3. Remove chicken and set aside. Add the garlic, onions, and bell pepper to the pan; sauté for 2 minutes. Add mushrooms, chicken broth, crushed tomatoes, oregano, salt, and pepper.
4. Add the chicken back to pan, put lid on, and put in oven for 25-35 minutes.
5. **Save half the chicken only for Meal #4.**
6. Serve remaining chicken and vegetables with sautéed spinach garnished with parsley and basil.

For sautéed spinach

1. Heat a skillet over medium heat and add oil, spinach, and garlic; sauté for 1 minute.
2. Add mushrooms and cook for about 2-3 minutes.
3. Add zest, salt, and pepper and serve immediately.

Hunter Chicken: 400 kcal, 41g Protein, 23g Carb, 420mg Sodium, 7g Fiber, 120mg Cholesterol, 9g Fat, 1.5g Saturated, 7g Sugar, 4% Calcium, 15% Iron

Spinach: 60 kcal, 2g Protein, 4g Carb, 190mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 1g Sugar, 6% Calcium, 10% Iron



DAY TWO

DINNER: For Roast Lemon Cod with Mushroom Quinoa

For roast lemon cod

- 1 Tablespoon olive oil
- 1 clove garlic, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 1¼ pounds cod fillets (sub 1¼ pounds chicken breast; cook until internal temperature reaches 165°F)

For quinoa

- 3 cups cooked quinoa, warmed
- ¼ cup chopped basil

For roast lemon cod

1. Preheat oven to 400°F.
2. Combine oil, garlic, salt, pepper, lemon juice, and zest. Brush all over cod.
3. Place cod fillet in a roasting pan and cook for about 10-15 minutes. Remove and serve with mushroom quinoa.

For mushroom quinoa

1. Heat oil in skillet over medium heat. Add mushrooms and onions, cook 3 minutes. Add quinoa, salt and pepper, stir to warm through. Remove from heat and top with basil.

Roast Cod: 180 kcal, 32g Protein, 0g Carb, 230mg Sodium, 0g Fiber, 80mg Cholesterol, 4.5g Fat, 0.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

Quinoa: 180 kcal, 10g Protein, 39g Carb, 260mg Sodium, 5g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 5g Sugar, 6% Calcium, 15% Iron



DAY THREE

DINNER: Ham Carbonara with Steamed Green Beans

For ham carbonara

- ½ Tablespoon olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 6 ounces low-sodium ham, diced small
- 4 cups cooked whole wheat pasta
- 2 eggs
- 1¼ cups low-sodium chicken broth
- ½ cup grated parmesan cheese
- ¼ teaspoon black pepper

For green beans

- 1 cup green beans

For ham carbonara

1. Heat a pot over medium heat and add oil, onion, garlic, and ham; cook for about 2-3 minutes.
2. Add in pasta and stir well to combine.
3. In a small bowl, whisk together egg, broth, cheese, and pepper and pour over pasta.
4. Turn off heat and stir to finish cooking.

For green beans

1. Bring a 1/2 inch water to boil in a large frying pan or saute pan.
2. Add green beans, cover, and cook until green beans are tender to the bite and water has evaporated, 3 to 5 minutes (depending on how crisp you like your cooked green beans).

380 kcal, 24g Protein, 46g Carb, 470mg Sodium, 95 Fiber, 145mg Cholesterol, 12g Fat, 3.5g Saturated, 3g Sugar, 10% Calcium, 15% Iron

Green beans: 30 kcal, 2g Protein, 7g Carb, 5mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 3g Sugar, 4% Calcium, 6% Iron



DAY FOUR

DINNER: Chicken Quinoa Soup

For chicken quinoa soup

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 yellow onion, diced (1 cup)
- 4 carrots, diced (2 cups)
- 4 stalks celery, diced (2 cups)
- 1 red or green bell pepper, diced (1 cup)
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon Herbes de Provence
- 4 cups low-sodium chicken broth
- 1 (15 ounce) can crushed tomatoes
- 2 cups cooked chicken, diced * from Meal #1
- 3 cups cooked quinoa
- ¼ cup chopped parsley
- 2 Tablespoons grated parmesan

1. Heat a pot over medium heat and add olive oil. When oil is hot add garlic, onion, carrots, celery, and bell pepper. Cook for 2-3 minutes.
2. Add salt, pepper, and Herbes; cook for another 2-3 minutes.
3. Add broth, tomatoes, and chicken. Bring to a simmer and cook for 5 minutes.
4. Add in quinoa and stir to warm through. Garnish with parsley and parmesan.

500 kcal, 32g Protein, 59g Carb, 500mg Sodium, 11g Fiber, 90mg Cholesterol, 12g Fat, 2.5g Saturated, 16g Sugar, 15% Calcium, 20% Iron



DAY FIVE

DINNER: For Pasta Frittata

For pasta frittata

- 1½ Tablespoons olive oil
- 3 cloves garlic, minced
- 1 large bunch kale, chopped (5 cups)
- 6 ounces mushrooms, sliced (2½ cups)
- ¼ teaspoon kosher salt
- dash of black pepper
- 4 cups cooked whole wheat pasta
- 8 eggs
- 3 Tablespoons parmesan cheese

For pasta frittata

1. Preheat oven to 400°F.
2. Heat a non-stick oven-proof skillet over medium heat and add oil and garlic; sauté for 1 minute then add kale and mushrooms; cook an additional 3-4 minutes.
3. Add salt, pepper, and pasta, stir well to combine.
4. Combine eggs with cheese and pour over vegetables.
5. Cook for about 3-4 minutes then put in oven to finish cooking, about 5-10 minutes.
6. Serve with a side of sliced fruit.

Pasta Frittata: 460 kcal, 27g Protein, 54g Carb, 340mg Sodium, 7g Fiber, 455mg Cholesterol, 18g Fat, 4.5g Saturated, 3g Sugar, 25% Calcium, 25% Iron