



## 5-DAY NO SUGAR CHALLENGE FOR ONE 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

\*\*\*When appropriate, Vegetarian modifications are listed below the cooking instructions\*\*\*\*



## 5-DAY NO SUGAR CHALLENGE FOR ONE PREP GUIDE

### For the week:

- 4 ounces cooked whole wheat pasta prepared according to package directions (2 cups)
- 1½ cup cooked quinoa prepared according to package directions
- 1 lemon, zested & juiced (2¼ teaspoons juice, 1 teaspoon zest)

### Day 1

- ¼ yellow onion, diced (¼ cup)
- ¼ bell pepper, diced (¼ cup)
- 2 ounces mushrooms, quartered (¾ cup)

### Day 2

- ¼ yellow onion, thinly sliced (¼ cup)
- 8 medium brown mushrooms, sliced

### Day 3

- ¼ yellow onion, diced (¼ cup)
- 1½ ounces mushrooms, sliced (¾ cup)

### Day 4

- ¼ yellow onion, diced (¼ cup)
- 1 carrot, diced (½ cup)
- 1 stalk celery, diced (½ cup)
- ¼ red or green bell pepper, diced (¼ cup)

### Day 5

- ¼ large bunch kale, chopped (1¼ cups)
- 1½ ounces mushrooms, sliced (¾ cup)



## 5-DAY NO SUGAR CHALLENGE FOR ONE 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	3/4 pound		2
cod fillets	1 (5-6 oz) fillet		4
low sodium ham	1-1/2 ounces		2
VEGETABLES & FRUIT	QUANTITY	NOTES	EST COST
yellow onion	1		1
carrot	1		0.5
red or green bell pepper	1		1
mushrooms	1 pound	brown or button	2
fresh parsley	1 bunch	need 3 Tablespoons chopped	1.5
fresh basil	1 bunch	need 3 Tablespoons chopped	1.5
lemon	1		0.5
fresh spinach	3 ounces		3
celery	1 stalk		0.5
kale	1 sm bunch		2
green beans	1 cup		1
DAIRY	QUANTITY	NOTES	EST COST
egg	2		1
parmesan cheese	1/4 cup		3
BAKERY/MISC	QUANTITY	NOTES	EST COST
crushed tomatoes	1 (15 oz) can		2
quinoa	1 1/2 cup		1.5
		<b>FRESH 20 GROCERY EST</b>	<b>\$32.00</b>



## 5-DAY NO SUGAR CHALLENGE FOR ONE SHOPPING LIST CONT...

PANTRY ESSENTIALS	QUANTITY	NOTES
olive oil	2 Tablespoons	
chicken or vegetable broth: low sodium	1-1/2 cups	
garlic	4 cloves	
kosher salt	3/4 teaspoon	
black pepper	3/4 teaspoon	
dried oregano or Italian seasoning	1/4 teaspoon	
herbes de provence	1/4 teaspoon	
whole grain pasta	4 ounces	



## BREAKFAST AND LUNCH SUGGESTIONS

### Breakfast:

#### Cinnamon Blueberry Quinoa

- 6 Tablespoons uncooked quinoa
- ¼ cup low-fat milk or coconut milk
- ½ cup water
- 1 cup blueberry
- ¼ teaspoon cinnamon, optional
- ⅛ 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 teaspoon olive oil
- ½ cup chopped spinach
- 4 mushrooms, sliced
- 2 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

- ½ cup cooked chicken, diced
- ½ cup cooked quinoa
- 1 carrot, diced
- 1 stalk celery, diced
- 1 Tablespoon chopped parsley
- 2 teaspoons olive oil
- 2 teaspoons lemon juice
- pinch each kosher salt and ground black pepper

Toss all ingredients together. Chill until ready to serve.

Vegetarian: Omit chicken, add ¼ can garbanzo beans and 2 Tablespoons feta cheese.

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 Chicken*

- ¾ teaspoon olive oil
- ¾ pound chicken thighs
- 1 small clove garlic, minced
- ¼ yellow onion, diced (¼ cup)
- ¼ bell pepper, diced (¼ cup)
- 2 ounces mushrooms, quartered (¾ cup)
- ¼ cup chicken broth
- ½ (15 ounce) can crushed tomatoes
- ¼ teaspoon oregano
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 Tablespoons chopped parsley
- 1 Tablespoon chopped basil

### *For sautéed spinach*

- ¾ teaspoon olive oil
- 3 ounces fresh spinach (2 cups)
- ½ clove garlic, minced
- 1½ ounces mushrooms, sliced (¾ cup)
- ¼ 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.

**Vegetarian:** Omit above, prepare Moroccan Quinoa: Heat ½ Tablespoon oil in a skillet over medium heat. Add ½ minced garlic clove, ¼ cup diced onion and ¼ cup diced carrot. Cook 2 minutes. Add ¾ cup sliced mushrooms and ½ cup shredded kale; cook until kale is wilted. Add ½ cup white beans, ½ teaspoon cumin, ½ teaspoon each cinnamon and oregano, and a pinch of salt and pepper. Stir to combine. Add ¾ cup cooked quinoa with 1-2 teaspoons water; stir to combine. Add 2 Tablespoons chopped parsley, a few chopped dried apricots, and a few chopped walnuts. Stir to combine.

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*

¾ teaspoon olive oil

¼ clove garlic, minced

Pinch of kosher salt

Pinch of black pepper

2¼ teaspoons lemon juice

¾ teaspoon lemon zest

1 (5-6 oz) cod fillet (sub 6 ounces chicken breast; cook until internal temperature reaches 165°F)

### *For mushroom quinoa*

1½ teaspoons olive oil

¼ yellow onion, thinly sliced (¼ cup)

8 ounces brown mushrooms, sliced

¾ cup cooked quinoa

½ teaspoon each kosher salt and black pepper

2 Tablespoons 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.

**Vegetarian:** Omit above. Serve Lemon Brussels Sprouts over Brown Rice. Preheat oven to 400°F. Toss 1¼ cups blanched Brussels sprouts with ½ Tablespoon oil, and a pinch of salt and pepper. Place on a baking sheet and bake 20 minutes. Remove from oven and toss with ½ cup white beans, 2 Tablespoons chopped walnuts, ½ teaspoon lemon juice, a pinch of lemon zest, and 2 Tablespoons parmesan cheese. Serve over ¾ cup cooked brown rice.

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 teaspoon olive oil
- ¼ yellow onion, diced (¼ cup)
- ½ clove garlic, minced
- 1½ ounces low-sodium ham, diced small
- 1 cup cooked whole wheat pasta
- 1 egg, beaten (use half the egg, save the other half for Meal #5)
- ½ cup low-sodium chicken broth
- 2 Tablespoons grated parmesan cheese
- Pinch of 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.

#### Meanwhile

#### *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).

Vegetarian: For carbonara; increase oil to 1½ teaspoons, replace ham with ¾ cup sliced mushrooms.

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

- ¾ teaspoons olive oil
- ½ clove garlic, minced
- ¼ yellow onion, diced (¼ cup)
- 1 carrot, diced (½ cup)
- 1 stalk celery, diced (½ cup)
- ¼ red or green bell pepper, diced (¼ cup)
- Pinch of kosher salt
- Pinch of black pepper
- ¼ teaspoon Herbes de Provence
- 1 cup low-sodium chicken broth
- ¼ (15 ounce) can crushed tomatoes
- ½ cup cooked chicken, diced \* *from Meal #1*
- ¾ cup cooked quinoa
- 1 Tablespoon chopped parsley
- 1½ teaspoons 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.

Vegetarian: Omit chicken. After step one add ¾ cup sliced mushrooms and cook 2-3 minutes until water evaporates. Use vegetable broth. Add ½ cup shredded kale and ½ cup white beans with crushed tomatoes. Increase parmesan cheese to 1 Tablespoon.

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

- 1 teaspoon olive oil
- 1 clove garlic, minced
- ¼ bunch kale, chopped (1¼ cups)
- 1½ ounces mushrooms, sliced (¾ cup)
- Pinch of kosher salt
- Pinch of black pepper
- 1 cup cooked whole wheat pasta
- 1 whole egg plus ½ egg reserved *\*from Meal #3*
- 2¼ teaspoons 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.

Vegetarian: No modifications are needed

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