



5-DAY NO SUGAR CHALLENGE VEGETARIAN 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:

Greek Pasta Salad
Leftovers from Dinner Day 1: Moroccan Quinoa
Leftovers from Dinner Day 4: Quinoa White Bean Soup

Dinner Day 1

Moroccan Quinoa

Dinner Day 2

Roasted Brussel Sprouts

Dinner Day 3

Mushroom Carbonara with Steamed Green Beans

Dinner Day 4

Quinoa White Bean Soup

Dinner Day 5

Pasta Frittata



5-DAY NO SUGAR CHALLENGE VEGETARIAN PREP GUIDE

PREP GUIDE

MEAL #1

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

Cut vegetables:

- 1 yellow onion, diced (1 cup)
- 3 carrots, peeled and diced (1½ cups)
- 8 ounces mushrooms, quartered (3 cups)
- ½ head kale, thinly sliced (2 cups)

MEAL #2

3 cups cooked brown rice prepared according to package directions

1 lemon, zested & juiced (2 teaspoons juice, 2 teaspoons zest) * *for the week*

MEAL #3

16 ounces whole wheat pasta cooked according to package directions (8 cups cooked)

Cut vegetables:

- 1 yellow onion, diced (1 cup)
- 1 large bunch kale, chopped (5 cups)
- 14 ounces mushrooms, sliced (5½ 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)
- 8 ounces brown mushrooms, sliced (3 cups)
- ½ head kale, shredded (2 cups)

MEAL #5

Cut vegetables:

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



5-DAY NO SUGAR CHALLENGE VEGETARIAN 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.

Vegetables & Fruit	Quantity	Notes	Est Cost
Brussels sprouts	5 cups		2.5
yellow onion	3		3
carrots	7		3
red or green bell pepper	1		1
brown or button mushrooms	42 oz		18
parsley	1 bunch		1.5
basil	1 bunch		1.5
lemon	1		0.5
kale	3 lg bunches		6
celery	4 stalks		2
spinach	8 cups		

Dairy	Quantity	Notes	Est Cost
eggs	10		4
parmesan cheese	1-1/4 cups		3

Bakery/Misc	Quantity	Notes	Est Cost
dried apricots	1/4 cup		2
crushed tomatoes	1 (15 oz) cans		2
quinoa	7 1/2 cups		4
white beans (cannellini)	5 (15 oz) cans		10
walnuts	3/4 cup		5
		Fresh 20 Grocery Est	\$72.00
		Cost Per Dinner	\$14.40
		Cost Per Serving	\$3.60



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

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	1/2 cup + 2 Tblspns	dried oregano	1 teaspoon
vegetable broth: low sodium	5-1/4 cups	herbes de provence	1 teaspoon
garlic	12 cloves	ground cumin	2 teaspoons
kosher salt	2 teaspoons	whole grain pasta	16 ounces
black pepper	2 teaspoons	long grain brown rice	3 cups

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:

Greek pasta salad

- 4 stalks celery, diced small (2 cups)
 - 1 bell pepper, diced small (1 cup)
 - ½ yellow onion, minced (½ cup)
 - 3 tomatoes, diced (2¼ cups)
 - 1½ cucumbers, diced (3 cups)
 - 1 (15 oz) can organic garbanzo beans, drained and rinsed
 - ¼ cup walnuts pieces
 - ½ cup crumbled feta cheese
 - 4 cups cooked whole wheat pasta
 - ½ cup chopped basil
 - ½ cup chopped mint
 - Dash of kosher salt and black pepper
 - Pinch of oregano
 - 2 Tablespoons wine vinegar
 - 2 Tablespoon olive oil
- Toss all ingredients together. Chill until ready to serve.

330kcal, 16g pro, 31g carbs, 400mg sodium, 2g fiber, 15mg cholesterol, 17g fat, 3.5g sat, 11g sugar, 20% calcium, 20% iron

DINNER RECIPES TO DOUBLE FOR LEFTOVER LUNCHES:

- Moroccan Quinoa
- Quinoa White Bean Soup



DAY ONE

DINNER: *For Moroccan Quinoa*

For Moroccan quinoa

- 2 Tablespoon olive oil
- 1 clove garlic, minced
- 1 yellow onion, diced (1 cup)
- 3 carrots, peeled and diced (1½ cups)
- 8 ounces mushrooms, quartered (3 cups)
- ½ head kale, thinly sliced (2 cups)
- 1½ (15 oz) cans organic white beans, drained and rinsed
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon oregano
- ½ teaspoon kosher salt
- 1 teaspoon black pepper
- 3 cups cooked quinoa
- ½ cup chopped parsley
- ¼ cup dried apricots, diced
- ¼ cup walnuts, chopped

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 Moroccan quinoa

1. Heat oil in skillet over medium heat. Add garlic, onion, and carrots and cook for 3 minutes.
2. Add mushrooms and kale and cook for 4 minutes until mushrooms are browned and kale is wilted.
3. Add beans, cumin, cinnamon, oregano, salt, and pepper and stir to combine.
4. Stir in quinoa and about 2 Tablespoons of water or vegetable broth. Stir to warm through.
5. Add parsley, apricots, and walnuts. Stir to combine.

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.

Moroccan Quinoa: 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 Brussel Sprouts

For roasted lemon Brussels sprouts

1¼ pound blanched Brussels sprouts (5 cups)
2 Tablespoons olive oil
¼ teaspoon kosher salt
Dash of black pepper
1½ (15 oz) cans organic white beans, drained and rinsed
½ cup toasted walnut halves
1 teaspoon lemon zest
2 teaspoons lemon juice
½ cup parmesan cheese

For brown rice

3 cups cooked brown rice, warmed
¼ cup chopped basil

For roasted lemon Brussels sprouts

1. Preheat oven to 400°F.
2. Toss Brussels sprouts with oil, salt, and pepper and put on a bak- ing sheet; bake 20 minutes.
3. Remove from oven and toss with beans, walnuts, lemon zest and juice, and parmesan.
4. Serve with warmed brown rice mixed with basil.

Roasted Lemon Brussel Sprouts: 330 kcal, 15g Protein, 22g Carb, 290mg Sodium, 7g Fiber, 10mg Cholesterol, 21g Fat, 4g Saturated, 2g Sugar, 15% Calcium, 15% Iron

Brown Rice: 160 kcal, 3g Protein, 34g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 1g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 4% Iron



DAY THREE

DINNER: Mushroom Carbonara with Steamed Kale

For mushroom carbonara

- 2 Tablespoons olive oil
- 1 yellow onion, diced (1 cup)
- 2 cloves garlic, minced
- 8 ounces brown mushrooms, sliced (3 cups)
- 4 cups cooked whole wheat pasta 2 eggs
- 1¼ cups low-sodium vegetable broth
- ⅓ cup grated parmesan cheese
- ¼ teaspoon black pepper
- ¼ teaspoon salt

For sautéed kale

- 1 Tablespoons olive oil
- 1 large bunch kale, chopped (5 cups) 2 cloves garlic, minced
- 6 ounces mushrooms, sliced (2½ cups)
- 1 teaspoon lemon zest
- Dash each kosher salt and black pepper

For mushroom carbonara

1. Heat a large pot over medium heat and add oil, onion, garlic, and mushrooms; cook for about 4-5 minutes.
2. Add in pasta and stir until thoroughly heated.
3. In a small bowl, whisk together eggs, broth, cheese, pepper, and salt and pour over pasta.
4. Turn off heat and stir to finish cooking.

For sautéed kale

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

380 kcal, 16g Protein, 49g Carb, 230mg Sodium, 5 Fiber, 145mg Cholesterol, 12g Fat, 3.5g Saturated, 3g Sugar, 10% Calcium, 15% Iron

Kale: 80 kcal, 4g Protein, 10g Carb, 100mg Sodium, 2g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 1g Sugar, 15% Calcium, 8% Iron



DAY FOUR

DINNER: Quinoa White Bean 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)
8 ounces brown mushrooms, sliced (3 cups)
½ teaspoon kosher salt
¼ teaspoon black pepper
1 teaspoon Herbes de Provence
½ head kale, shredded (2 cups)
4 cups low-sodium vegetable broth
1 (15 ounce) can crushed tomatoes
1½ (15 oz) cans organic white beans,
drained and rinsed
3 cups cooked quinoa
¼ cup chopped parsley
¼ cup grated parmesan

1. Heat a large 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 mushrooms and cook for an additional 4-5 minutes until lightly browned and water has evaporated.
3. Add salt, pepper, and Herbes; stir well to combine.
4. Add kale, broth, tomatoes, and beans. Bring to a simmer and cook for 10 minutes.
5. Add in quinoa and stir to warm through. Garnish with parsley and parmesan.

460 kcal, 21g Protein, 75g Carb, 560mg Sodium, 18g Fiber, 5mg Cholesterol, 9g Fat, 2g Saturated, 16g Sugar, 20% Calcium, 25% 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