



# 7 day Sugar Free Challenge

Register by  
Oct 9, 2013.

- Increase your energy
- Eliminate cravings for carbs
- Easy and tasty meals

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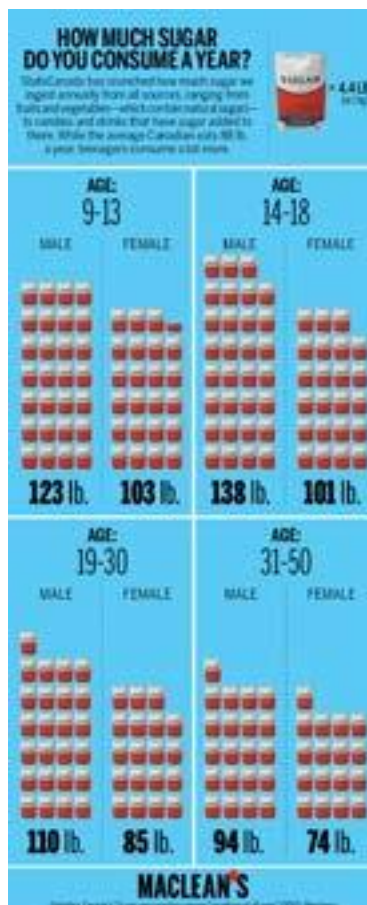
# Hi and Welcome to the 7-Day Sugar Free Challenge

You probably haven't spent a ton of time wondering what happens to your body after you eat something sugary – it goes in there with all the rest of the food you consume and keeps you alive - end of story.

Well, sugar is definitely important to staying alive. Carbohydrates are the primary source of energy, and play an important role in the functioning of the internal organs, the nervous system and the muscles, but our systems do not need sugar in the quantity that we are used to.

Before food processing, when sugar was mainly obtained from fruits and vegetables, people consumed about 30 grams per day of it. Today, the average American consumes 76 grams a day, which is about 19 teaspoons. That adds up to 96 pounds of sugar yearly (40 lbs of which is high fructose corn syrup).

Canadians consume slightly lower amounts at 88 pounds. The World Health Organization would like to see the number get down to 25 grams a day for both men and women (6¼ teaspoons).



High amounts of sugar can wreak havoc on our immune systems, hormones and digestion. Some of the negative effects are: premature aging, weight gain, fatigue, bone loss, mental fatigue, depression and it is a major contributing factor to diabetes, heart disease and cancer.

How much sugar do you consume in a day?

At first thought, you probably think, “not that much”.

Let’s have a look, starting with breakfast. For example, you begin your day with a bagel with peanut butter and a small strawberry yogurt - for a total of 33 grams of sugar.

At mid morning you have a large cup of coffee from your favorite coffee shop (double/double) - 34 grams of sugar.

For lunch you decide to go easy on the calories so you have a salad with Italian vinaigrette and a slice of whole wheat bread - that’s another 14 grams of sugar.

For an afternoon pick-me-up you have a can of pop - 39 grams of sugar.

And then for dinner you have some pasta with grilled chicken and store bought tomato sauce - that’s 9 grams for the sauce and about 2 grams from the noodles.

**The GRAND TOTAL: 131 grams of sugar or 32 teaspoons (roughly ¾ of a cup)!**

That’s a bit of an eye opener for sure.

That’s why I’ve created the 7 Day Sugar Free Challenge. I am going to help you gain control of your sugar addiction, (yes, it is an addiction) and ease you off of sugar in the long term.

Sugar is labeled as an addiction because it stimulates the brain in a way that is similar to cocaine and alcohol, causing the release of the feel good chemicals dopamine and serotonin.

When sugar is consumed in large quantities it has several effects:

- It causes people to eat it, despite the negative consequences like weight gain, fatigue and moodiness
- Tolerance will develop and more will be needed for the same effect, this equals cravings
- Some people have trouble functioning without it and have a “stash” available when their energy plummets
- Upon quitting sugar withdrawal symptoms may appear

This last one is why we have labeled this “a challenge”, as it may be difficult to stay on track when the cravings hit – but we have provided emergency fixes and a very detailed and easy to follow meal plan and recipes. With some advanced planning, a trip to the grocery store and a positive attitude, you will come out the other side feeling great!

When you make it to the end of the 72-hours, reward yourself! But not with sugar!

Break the “treat” pattern of rewarding good behavior or success with something sweet.

The first 3 days of any addiction are the hardest – but when it is over you will be able to reduce

your sugar intake as your taste buds quickly change and things that you used to love may begin to taste overly sweet. You may find yourself reaching for a fruit instead. Congratulations... You did it!

## 10 Tips to Break the Addiction

- 1. Stop fluctuating and start balancing:** Get your blood sugar levels steady first by eating breakfast within a half hour of waking and then eat smaller meals more often or make sure you are having healthy snacks every couple of hours. Eating a balanced meal while sitting down calmly is very important.
- 2. Start combining:** Eat simple carbohydrates with a fat and protein at each meal and snack. When sugary foods are taken on their own it can quickly satisfy hunger and lift energy, but it leaves room for future cravings when energy begins to slump a few hours later.
- 3. Plan your day:** Meal planning and grocery shopping might seem like an added stress, but really it can be a lifesaver. This way you can control your sugar on a meal to meal, daily or weekly basis. If you have a packed lunch and snacks ready to go, it is a lot harder to fall off the wagon.
- 4. Make a list:** Why do you want to quit sugar? Make a thorough list of why it is important to you and then refer back to it when a craving hits.
- 5. Address underlying health issues:** When sugar addiction is out of control it might be your body's cry for attention. Some issues that manifest as sugar cravings are stress/adrenal fatigue, yeast overgrowth, hypothyroid, unbalanced hormones or a slow thyroid. A lot of people also link sugar with both positive and negative emotions.
- 6. Take a multi-vitamin/ mineral supplement:** Sometimes it is not just a sugar craving but a craving for missing nutrients, like magnesium in chocolate or chromium in oatmeal cookies. B vitamins are especially critical.
- 7. Get a good night's sleep:** Your cravings for sugar might be a cycle of needing the instant pick-me-up that sugar can give. The cycle is set in motion by not getting enough quality sleep, requiring an artificial energy boost by mid-morning.
- 8. Avoid triggers:** Just like a substance abuse problem, sugar addiction can be perpetuated by constantly following the same patterns, like going to the same coffee shop or watching late night TV.
- 9. Do something else:** Take your mind off sugar by finding a new activity to pursue –knitting, walking, reading, yoga, board games – the sky's the limit.
- 10. Get support:** When things get rough call up a friend to talk things out. Better yet, get a friend, colleague or loved one to do the challenge with you!

## What to do When You Feel the Crave

Even in a short 72-hour sugar detox, your body will probably have some intense cravings for sweets. Cravings usually only last between 10 to 20 minutes, but when you need Sugar NOW:

**Drink some water.** Often when you are thirsty, your body interprets it as hunger. Try drinking a large glass of water, then wait 10 minutes and see how you feel.

**Assess your hunger.** Are you hungry? The sugar craving is usually your first thought when you are hungry as it will provide energy the fastest. Take time to prepare some food to address the hunger.

**Go for a walk.** Take your mind off the craving by changing the scenery for 15 minutes; the craving should take care of itself by the time you get back. If you walk briskly you will increase the release of endorphins, which will squash your craving.

**Take a hot shower.** The heat and steam in a hot shower will help you relax and give you perspective on your craving.

**Eat a piece of fruit or a healthy snack.**

**Chew some gum.** Make sure it is sweetened with Xylitol. Some nice brands are: Pür Gum, Glee Gum and Xyla. Trident Xtracare is more readily available but has more additives than the others.

**Assess your mood.** Are you feeling unsupported, tired, angry or overwhelmed? Try to find ways of dealing with these issues before you reach for the sweets. For a quick fix take 3 deep breaths – it has been clinically shown to reduce stress.

**Eat a bit of what you are craving.** Keep it under 150 calories and combine it with a healthy fat and protein combination like almonds. Don't feel guilty! Savor it. Then go re-read why you want to quit sugar and get back on the horse.

## The SUGAR Alternatives Guide

There are so many types of sugar out there, it can be completely confusing! The sweeteners that are going to be used in the 72-Hour Sugar Free Challenge have to be sugar free. All the recipes either contain Stevia, natural sugars or Xylitol.

**Stevia:** Stevia is an herbal product, from the leaves of Stevia Rebaudiana. It is naturally sweet, very sweet. It may lower blood pressure. Available in liquid or powdered form, it has a potential after-taste. More liquid should be added for desired consistency – the rule is to add 1/8 cup of liquid, but some experimenting may be needed.

**Xylitol:** Chemically processed from the Birch tree/bark. It may inhibit bacterial growth in the mouth. Having too much will quickly cause gastric distress. It may ferment in the intestines, causing bloating, gas or diarrhea. It is as sweet as sugar but has 40% less calories than real sugar. Does not work well in breads.

# Conversion Chart

When using sugarless substitutes or “the best” sweeteners in recipes:

1 cup of white sugar

- ✓ 2 tablespoons powdered Stevia or 1 teaspoon liquid Stevia
- ✓ 1 cup xylitol
- ✓ ½ cup honey
- ✓ ½ cup plus 1 teaspoon maple syrup
- ✓ 1 cup coconut palm sugar
- ✓ ¾ cup evaporated cane sugar

## BEST to the WORST

After the 72-hour period you might want to introduce sugar back into your life. The following is a list of the best to the worst:

### THE BEST

1. Maple syrup
2. Honey
3. Coconut palm sugar
4. Evaporated cane juice
5. Fruit derived sugars like ripe banana, unsweetened apple sauce, whole dates

### THE IN-BETWEENS

1. Raw sugar: Turbinado, Muscovado, Demerara, Rapadura/ Panela
2. Agave nectar
3. Yacon syrup
4. Brown rice syrup

### THE WORST

1. White sugar
2. Beet sugar, grape sugar
3. Brown sugar
4. Added sugars and sugar synonyms: Glucose, Fructose, Sucrose, Caramel, Lactose, Maltose, Dextrose, Maltodextrin plus more!
5. Artificial sweeteners: Sucralose/ Splenda, NutraSweet, Equal, Sweet and Low
6. Sorbitol: Extracted from corn syrup

### THE ABSOLUTE WORST

Corn Syrup, High Fructose Corn Syrup (HFCS) or Glucose/Fructose: Consists of industrially treated, genetically modified cornstarch that has been converted into sugar. The process is very inexpensive but uses huge amounts of energy to produce. There are extreme health risks associated with HFCS that come from its conversion to triglycerides or circulating fats in the blood. Blood triglycerides are stored as fat, which increases the size of fat cells, causing weight gain and is associated with diabetes, heart disease and obesity.

## Living the Sweet Life: Tips to Avoid Sugar in the “Real World”

FAQ's about the 72-Hour Sugar Free Challenge:

### Q: Can I eat fruit? What kind is best?

Yes, fruit is an acceptable way to consume sugar – it is a whole food. The complex carbohydrates in fruit come in the form of both soluble and insoluble fiber. This allows the natural sugars to be re-leased more slowly and will regulate blood sugar, especially when paired with a fat and protein.

Some fruits have lower amounts of fructose, which makes them low-glycemic. All of the examples on the chart contain less than 10 grams of fructose per serving. Some fruits are very sweet and should be avoided for 72-hours, such as grapes, cherries, bananas, mangos and dried fruits.

**Type of fruit**                      **Serving Size**                      **Grams of fructose**

Apricot	1 medium	0.9 g
Cantaloupe	4 slices	1.3 g
Raspberries	1 cup	3.0 g
Clementine	1 medium	3.4 g
Kiwi	1 medium	3.4 g
Blackberries	1 cup	3.5 g
Strawberries	1 cup	3.8 g
Pink Grapefruit	½ medium	4.5 g
Tangerine	1 medium	4.8 g
Nectarine	1 medium	5.4 g
Apple	½ medium	6.3 g
Pear	½ medium	5.9 g

### Q: Can I have any alcohol?

During the Challenge the body may be detoxifying, which means there will be added strain on the liver. Try to give alcohol a break for 3 days. After that here are your best choices:

- Wine: Dry red wine is the best at 1-3 grams of sugar per liter
- Spirits: Gin/Vodka/Whisky is okay, but you should have it on the rocks or with soda water (not tonic water)
- Beer: Must be light, like Bud Light (7 grams of carbs) or Corona Light (5 grams of carbs)

## Q: Is chocolate okay?

While on the Challenge, all regular chocolate is out. But if you want a chocolaty flavor try a handful of raw cacao nibs. Afterwards aim for chocolate that contains at least 60% cocoa.

## Q: Which vegetables are the sweetest?

Vegetables make up the bulk of the food you will be eating on the 72-Hour Sugar Free Challenge. Almost all of them are acceptable and can be substituted as need be. There are a few to avoid for the duration, as some of them are starchy (parsnip and potato) while others are just very high in sucrose (like carrots, beets, and peas). Of all the legumes and lentils are your best bet.

Type of Vegetable	Serving Size	Grams of Sugar
All Greens: Swisschard, collards, spinach, arugula, kale, etc.	1 cup	0.17- 1.63 g
Celery	1 cup	1.85 g
Cucumber	1 cup	0.87 g
Olives	5 medium	1 g
Broccoli	1 cup	1.55 g
Cauliflower	1 cup	2.04 g
Zucchini	1 cup	2.49 g
Asparagus	1 cup	2.52 g
Tomato	1 medium	3.23 g
Lentils	1 cup	3.9 g

## Q: What beverages can I have?

Lots and lots of water! Remember, sometimes the body mistakes thirst for hunger, this triggers cravings. Water will also flush the system out and reduce the potential effects of withdrawal from sugar. Caffeinated drinks might be hard on your system, but if you must, sweeten with Stevia or xylitol, or not at all. Other acceptable drinks are herbal teas, lemon water, sugar free kefir and kombucha. The last 2 are highly recommended, as they will help boost good bacteria in the gut.

## Q: Where can I eat out?

We understand that it is difficult to cook all meals at home and follow the 72-Hour Challenge implicitly. There are a few options out there in the real world for when you want to eat out:

- Sashimi at a sushi restaurant (watch out! sushi rice is sweetened)



- Indian food: Not necessarily all low fat, but definitely low in sugar
- Ethiopian food: Mostly beans and meats, and the injira bread is fermented
- Raw food restaurants: They can't use anything that has been heated over 150 degrees, so processed sugars are definitely out
- Regular restaurants: Opt for grilled fish or chicken (no BBQ) and have it with steamed vegetables or a salad (make sure the dressing is sugar free, and if you're unsure ask for lemon and olive oil)

## Q: Which products have hidden sugar?

Some foods that we love to eat all the time actually have tons of sugar. This can be disappointing for sure. Keep an eye out for sugar content in: ketchup, chips (potato/corn), white flour, white rice, sauces, dips, deli meats, nut butters, balsamic vinegar and barbecued items.

## Q: What should I look for on package labels?

Have you noticed that on nutrition labels sugar is the only item that is listed without a “% daily value”? This is because if it had to be labeled the percentage would be huge, over 100%! The ingredients matter more. Companies will use a variety of sugars to avoid having to list “sugar” as their first ingredient. Use the handy Best/ Worst chart included here to check for all the different varieties of sugar.

## Q: Can I eat grains?

Yes, the carbohydrates in whole grains are released slowly due to their fiber content. Your best choices are buckwheat, millet, oats and quinoa. On a side note, quinoa is actually a seed, but it works so well in place of white rice it often gets included as a grain.

## Q: What is the easiest way to stay on track?

Follow the emergency craving tips PLUS:

- Each meal should contain leafy greens, and a high quality fat and protein
- You can support your digestion with enzymes or apple cider vinegar and a quality probiotic supplement
- Healthy fats are great for satisfying a craving and they help trigger satiety and are needed to absorb fat-soluble vitamins (A, D, E & K)
- Replace processed foods (oils, sugars, chemicals) as they send messages to the brain leading to addiction

## Q: What do I do once the challenge is complete?

1. Congratulate yourself on a job well done! Whether you followed the diet completely or cheated a little, you did your best and you now have a better understanding of how sugar is everywhere and some tips on how to keep on track.
2. Remove temptation. Take some time to clear out the junk from your house, car and workplace. It's the old adage, out of sight, out of mind.
3. Slowly change your grocery shopping to echo your reduced sugar needs. It is extremely difficult to transform your kitchen into a clean green machine in one go, by slowly replacing products as you use them up, your kitchen will transform over time, without breaking the bank.
4. Keep working towards your goal of eliminating harmful sweeteners. You have completed step one on your sugar reduced or sugar free journey. Keep your list of reasons why you want to be healthier handy and reference it when you start to fall off the wagon.
5. Continue to drink more water. Don't forget most cravings can be quelled with a tall glass of water.

## 7 Day Sugar Free Challenge

The menu is broken down into 3 full day sections, which include breakfast, lunch and dinner, as well as two daily snacks.

The simple recipes are intended to make preparing your meals easy and fast. The home-style meals are delicious and nutritious, and best of all SUGAR FREE!

All recipes serve 2 – one for you and one for your challenge buddy.

Take some time to look over the menu and recipes and then reference the shopping list when you pick up staple items that you will need for the 3 days.

While the 72-hour plan is all laid out here, there may be a time when you are out and about and need to eat. Go ahead, see “Surviving in the Real World” for suggestions.

# Shopping List

## Fruits

- 1 pint blueberries
- 1 pint raspberries or strawberries
- 1 apple
- 1 pear
- Lemons
- Fresh ginger
- 2 avocados

## Vegetables

- 1 red onion
- 1 cooking onion
- 2 red peppers
- 1 bulb garlic
- 1 bunch asparagus
- 1 head broccoli
- 1 large bunch greens (kale, collards or Swiss chard)
- 2 sweet potatoes
- 1 small bunch celery
- Small bunch fresh basil
- Small bunch fresh parsley
- Romaine lettuce
- 1 tomato
- 1 bunch green onions

## Grains

- Quinoa

## Nuts and Seeds

- Walnuts
- Pine nuts (optional)

## Legumes

- Dried green lentils

## Meat/Poultry/Fish/Dairy

- 2 ounces lean ham
- 1 pound lean beef tenderloin
- 2 ounces nitrate free turkey meat
- 2 ounces chicken breast
- Eggs
- 6 ounces salmon fillet
- Skim milk or soy milk
- 1 ounce feta cheese
- Plain yogurt

## Fats/ Oils

- Olive oil
- Flax oil (optional)

### **Herbs and Spices**

- Cinnamon
- Salt and pepper
- Dried dill
- Ground cumin
- Ground coriander
- Cayenne pepper (optional)
- Dried thyme

### **Baking Items**

- Unsweetened shredded coconut
- Liquid or powdered Stevia or xylitol
- Vanilla

### **Pantry Items**

- Coconut milk
- Sundried tomatoes
- 1 can diced tomato, low sodium
- Soy sauce or Tamari
- Black olives
- Apple cider vinegar

	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Day 1</b>	Chia Coconut Porridge	Your choice	Vegetable Frittata Large salad with dressing	Your choice	Grilled Salmon with Dijon Mustard Sauce
<b>Day 2</b>	Quick Green Eggs and Ham 1 cup mixed berries	Your choice	Easy Lentil Soup	Your choice	Beef and Broccoli Stir Fry on Quinoa
<b>Day 3</b>	Yogurt Berry Parfait	Your choice	Greek Salad	Your choice	Lemon Basil Chicken Breast with Greens
<b>Day 4</b>	Chia Coconut Porridge	Your choice	Vegetable Frittata Large salad with dressing	Your choice	Grilled Salmon with Dijon Mustard Sauce
<b>Day 5</b>	Quick Green Eggs and Ham 1 cup mixed berries	Your choice	Easy Lentil Soup	Your choice	Beef and Broccoli Stir Fry on Quinoa
<b>Day 6</b>	Yogurt Berry Parfait	Your choice	Greek Salad	Your choice	Lemon Basil Chicken Breast with Greens
<b>Day 7</b>	Choose your favorite	Your choice	Choose your favorite	Your choice	Choose your favorite

# Recipes

## BREAKFAST:

### Chia Coconut Porridge

#### Ingredients

¼ cup chia seeds  
¼ cup dried unsweetened shredded coconut  
1 cup unsweetened coconut milk  
½ cup fresh blueberries  
¼ tsp vanilla extract or one-drop liquid Stevia  
1/8 tsp cinnamon

#### Directions

1. Place whole chia and shredded coconut into a bowl.
2. Put the coconut milk, spices and vanilla into the bowl and mix.
3. Stir well and let sit for at least 10-15 minutes or overnight in the fridge.
4. Top with blueberries.

### Quick Green Eggs and Ham

#### Ingredients

2 cup chopped leafy greens (Kale, Collards or Swiss Chard)  
4 whole eggs  
1 ounce (about 1 thumb) of lean ham per serving, chopped

#### Directions

1. Turn heat on medium high.
2. Place leafy greens in a non-stick skillet with 2 tbsp of water.
3. Cover and let steam for 3 minutes.
4. Make four holes in the greens and break one egg into each hole.
5. Cover and let cook for another 3 minutes.
6. Sprinkle chopped ham on top – and enjoy!

Add 1 cup of fresh or frozen mixed berries to be eaten on the side.

### Yogurt Berry Parfait

#### Ingredients

1 cup plain yogurt  
½ cup fresh raspberries, blueberries or strawberries  
¼ cup walnuts

#### Directions

1. In 2 broad glasses alternate with 4 tbsp plain yogurt, and 2 tbsp fresh berries until you've used 1 cup of yogurt and ¼ cup berries in each cup.
2. Sprinkle with walnuts and cinnamon if desired. Enjoy!

# LUNCH:

## Vegetable Frittata Cups

### Ingredients

½ tbsp extra virgin olive oil  
½ red onion, halved, thinly sliced  
¼ cup pepper, cut into short thin strips  
1 small clove garlic, crushed  
¼ cup asparagus, cut into 1-inch pieces  
5 pieces semi-dried tomatoes, finely chopped  
3 eggs  
¼ cup unsweetened soymilk or skim milk  
Salt and black pepper to taste

### Directions

1. Preheat oven to 375° F.
2. Heat oil in a large, non-stick frying pan over medium-high heat.
3. Add the onion, pepper and garlic. Cook, stirring often, for 5 minutes.
4. Add the asparagus and cook for 3 minutes.
5. Remove from the heat and set aside to cool a little.
5. Stir in the semi-dried tomatoes.
6. Using an oil mister, spray 4 large muffin cups with oil.
7. Whisk together the eggs and milk, and season with salt and pepper.
8. Divide the vegetables among the 4 muffin pan cups. Pour the egg mixture evenly over the vegetables.
9. Bake for about 20-25 minutes, or until frittatas are set and lightly golden.
10. Set aside in the pan for 10 minutes before turning out.

Add big green salad with your lettuce and veggies of choice. Add in ¼ cup of avocado. Mix 1 tbsp of extra virgin olive oil with 1 tsp of Apple Cider Vinegar and pour over dressing.

## Easy Lentil Soup

### Ingredients

½ regular onion 3 cloves of garlic  
1 medium sweet potato (equivalent to 1 ½ cups)  
1 stalk celery  
1 tbsp extra virgin olive oil  
1 cup dried green or brown lentils  
Spices: ½ tsp salt, ½ tsp black pepper, ½ tsp cumin, 1 tsp coriander  
3 cups vegetable broth  
1 cup chopped tomato, fresh or canned

### Directions

1. In large cast iron pot add onion, garlic, sweet potato and celery. Cook on medium heat in extra virgin olive oil, until onions are soft.
2. Add dried green or brown lentils and spices.

3. Cover with water and add fresh tomato.
4. Cook until the lentils are soft, approx. 25-40 minutes.
5. Top with fresh parsley and lemon (optional).

Bake a 6 ounce chicken breast with garlic and lemon at 350 for 15 – 20 minute. Have on the side of the soup. Steam 1 cup of broccoli and enjoy on the side with the chicken.

## **Greek Salad**

### **Ingredients**

4 handfuls of Romaine lettuce, chopped  
¼ cup of red onion, thinly sliced  
1 cup tomatoes, chopped  
10 large black or green olives, chopped  
½ cup red bell pepper, chopped  
1 oz feta cheese, crumbled  
2 tsp flaxseed oil or olive oil  
Lemon juice, approximately half a lemon  
4oz/120g of nitrate free turkey deli

### **Directions**

Combine all ingredients in a bowl. Top with salad dressing or flax oil and lemon juice.

## **DINNER:**

### **Grilled Salmon with Dijon Mustard Sauce**

#### **Ingredients**

6 ounces raw salmon fillet  
¼ of a lemon  
2 tbsp Dijon mustard  
2 tsp extra virgin olive oil  
2 tbsp lemon juice  
2 tbsp dried pine nuts (optional)  
2 tsp dried dill weed  
2 cups broccoli florets  
12 medium spears raw asparagus  
2 medium sweet potatoes  
Salt and pepper

#### **Directions**

1. Preheat grill or oven. Rinse fillet with cold water. Squeeze lemon juice over fillet and season to taste with salt and pepper.
2. To make the sauce, mix mustard, oil, lemon, pine nuts and dill in a bowl.
3. Grill the fish on high heat.
4. Pour sauce over fish and serve with steamed broccoli, asparagus and sweet potato.



Toss asparagus with 1 tsp of olive oil, sprinkle garlic powder and bake for 10 minutes at 425 degrees. Add in 6-8 spears of roasted asparagus.

### **Beef and Broccoli Stir-Fry on Quinoa**

#### **Ingredients**

½ cup quinoa  
½ tbsp olive oil  
½ cup chopped yellow onion  
1 clove garlic, minced  
½ cup red bell peppers, chopped  
2 cups broccoli  
1 lb. lean beef tenderloin, trimmed of visible fat and cut into thin strips  
½ cup water and 2 tbsp tamari or soy sauce  
2 tbsp chopped fresh basil  
Sea salt and fresh ground black pepper, to taste

#### **Directions**

1. Cook quinoa according to package directions; set aside.
  2. Meanwhile, heat oil in a wok or large skillet on medium-high. Add onion and garlic and cook for 2 to 3 minutes, until onions are soft.
  3. Add bell peppers and broccoli and cook for 2 minutes, until onions are golden brown.
  4. Add beef and cook for another 2 minutes, stirring frequently.
  5. Add water-soy sauce combination and bring to a simmer over same heat. Simmer for 2 minutes, until steak is cooked through.
  6. Remove from heat, stir in basil and season with salt and pepper.
- Serve beef mixture over quinoa.

### **Lemon Basil Chicken Breast**

#### **Ingredients**

6 ounces chicken breast  
Olive oil cooking spray  
1½ tbsp chopped basil  
1½ tbsp chopped parsley  
1 garlic clove, crushed  
½ tsp grated lemon zest  
½ tsp olive oil  
Sea salt and freshly ground pepper to taste

#### **Directions**

1. Prepare grill.
  2. Lightly coat the grill rack with olive oil cooking spray.
  3. In a small bowl, mix together the basil, parsley, garlic, lemon zest and olive oil. Set ½ tbsp of seasoning mix aside.
  4. Coat the chicken with the seasoning mix pressing it into the meat on both sides.
  5. Grill the chicken for 6 to 10 minutes, turning several times, until the meat is cooked through and tender.
  6. Sprinkle the reserved tbsp of seasoning on top and add salt and pepper to taste.
- Serve with Incredible Shrinking Greens.

## Incredible Shrinking Greens

### Ingredients

2 pounds greens (may use Swiss chard, spinach, mustard, turnip, beet, dandelion or collard greens or kale, or a mixture)  
1 tbsp olive oil  
1 tbsp chopped red peppers  
¼ tsp cayenne pepper (optional)  
2 cloves garlic, crushed  
1 green onion, chopped (both white and green parts)  
1 tsp ground ginger  
¼ cup chopped onion

### Directions

1. Wash the greens thoroughly in cool water, making sure to get rid of any sand or grit. Remove and discard the stems and dry the greens slightly with paper towel. Tear the greens into bite-size pieces and set aside.
2. Meanwhile, in a large pot over medium heat, add olive oil, heat briefly. Add the remaining ingredients. Once the mixture has come to a boil, add the greens. Stir to incorporate the seasonings and reduce the volume of greens, about 1 minute.
3. Reduce heat to low and cook, uncovered, 20 to 30 minutes, or until the greens are tender. Add salt, if desired, to taste. Before serving, discard the garlic, if desired.

## SNACKS:

Snacking is one area in which you have a bit of control on the 72-Hour Sugar Free Challenge. It is your choice which snack will fit your day. Aim to have a snack 2-3 hours after breakfast and again 2-3 hours after lunch. Sorry, no snacking after dinner.

### EASY (self-explanatory)

1. ½ cup hummus with 8 celery sticks
2. ½ a sliced apple or pear with 2 tbsp almond butter
3. 1½ ounces cheddar cheese and gluten-free crackers (Mary's brand)
4. One serving of low glycemic fruit (found in FAQs)
- 5.

## PREP REQUIRED

### Sugar Free Peanut Butter

#### Cookies Ingredients

1 cup smooth peanut butter, natural and organic  
1 egg  
1 tsp vanilla extract  
3 tsp powdered Stevia or ½ tsp liquid Stevia

### Directions

1. Preheat the oven to 350° F.
2. In a medium bowl, combine the peanut butter, egg, and vanilla. Mix vigorously with a

fork or whisk until the ingredients are well combined.

3. Add the Stevia to the peanut butter mixture and stir until everything starts to resemble dough.
4. Use clean hands to form small, 1-inch balls of dough. Place the balls of dough on an ungreased cookie sheet. Press the balls down with a fork to flatten them and create those classic peanut butter cookie lines.
5. Bake the cookies in the oven for 12-14 minutes, or until the bottoms are just beginning to turn golden brown.
6. Remove the baking sheet from the oven and let the cookies cool on the pan for at least ten minutes (they will be too soft to eat directly from the oven).

## **Popcorn**

### **Ingredients**

1 tbsp coconut oil, heaping  
½ cup (organic) popcorn kernels  
Sea salt, to taste

### **Directions**

1. Melt coconut oil in large pot on medium heat.
2. Once melted drop in popcorn kernels. Shake to coat.
3. Keep pot moving until popping stops. Watch out as it can burn easily near the end.
4. Sprinkle with sea salt.

## **Sugar Free Blueberry Walnut Spoon Bread**

This recipe is a cross between a hot bowl of oatmeal and a blueberry muffin, and is quick enough for a weekday snack.

### **Ingredients**

1/3 cup plain oatmeal (quick oats, not instant)  
¼ cup skim milk (or milk substitute)  
¼ cup egg whites (2 whites)  
1/8 tsp baking powder  
¼ cup frozen or fresh blueberries  
½ tsp powdered Stevia or ¼ tsp liquid Stevia  
3 walnut halves, chopped

### **Directions**

1. Place oats in a microwave-safe bowl. Stir in milk, egg whites, baking powder, blueberries, and Stevia.
  2. Sprinkle walnuts on top.
  3. Microwave for 75 seconds or until puffed and solid.
- Enjoy with a spoon.