



7-DAY NO SUGAR *Challenge*

KICK THE SUGAR HABIT AND
BREAK FREE OF CRAVINGS
WITH THIS 7-DAY CHALLENGE.



WELCOME TO YOUR 7-DAY SUGAR *Reset Journey*

A fresh start after the Australian silly season!

IMPORTANT HEALTH NOTICE

The content in this document is for educational purposes only and should not be taken as professional health advice. Before making any changes to your diet and lifestyle, including medications, supplements and embarking on a new exercise regime, and/or if you are pregnant or breastfeeding, it is essential that you first consult with your personal qualified health professional.



LET'S BEGIN THIS JOURNEY TOGETHER

As a naturopath and someone who understands the challenges of resetting after the holidays, I'm excited to guide you through this transformative week.

I'll be right there with you, taking on this challenge and sharing my experiences along the way!

From Christmas puddings to Australia Day barbecues, our bodies have been on quite the sugar adventure. Now, it's time to press reset together and start the year feeling energised and balanced.

Why 7 Days?

I chose a 7-day timeframe because:

- It's long enough to experience real benefits
- Short enough to feel achievable
- Perfect for creating new habits
- Fits easily into our busy schedules

YOUR COMMUNITY AWAITS

One of the most powerful aspects of this challenge is our supportive community. I invite you to join me in my private Facebook group [Wellness with Janaya Karloci Naturopath](#)

I'll be posting morning motivation and evening reflection prompts each day to keep us all connected and inspired.



MY PROMISE TO YOU

As someone who understands both the science of sugar's impact and the real-life challenges of changing habits, I promise to:

- Be there every step of the way
- Share honest insights from my own journey
- Provide evidence-based guidance
- Offer practical, achievable solutions
- Celebrate your wins, big and small

YOUR QUICK START GUIDE

First Steps to Success

Welcome to your transformation! Let's set you up for a supported, successful journey.

ESSENTIAL FIRST STEPS:

- Join our Facebook community [Wellness with Janaya Karloci Naturopath](#) for:
 - Daily motivation
 - Community support
 - Expert guidance
- Prepare Your Environment (2-3 days before starting):
 - Remove sugar-containing foods
 - Stock up on nourishing alternatives
 - Print your tracking sheets (pages 14-18)
 - Plan your week of meals

DAILY SUCCESS ESSENTIALS:

Morning:

- Start with protein-rich breakfast
- 500ml water
- Check community for daily inspiration

Throughout Day:

- Stay hydrated (2-3 liters)
- Keep approved snacks handy
- Track your journey

Evening:

- Reflect and journal
- Prep for tomorrow
- Celebrate your progress

Let's Connect!

- Join our community:

Questions? Email me directly at wellness@janayakarlocinaturopath.com.au

Remember: I'm here to support you every step of the way. This journey is about discovering what works best for your unique body and creating lasting, positive changes.

Your health journey is unique. While many people find a sugar reset beneficial, always listen to your body and consult with your healthcare provider about what's right for you.

UNDERSTANDING YOUR BODY'S STORY

Knowledge is Power

Before we begin our practical journey together, let's explore how sugar influences your wellbeing.

This knowledge will empower your choices and help you understand the transformative effects you may experience during our 7-day reset.

Understanding these connections helps us make mindful choices that support our natural balance. ✨



THE HIDDEN LANGUAGE OF SUGAR

Before we dive deeper, it's important to know that sugar hides behind many names on food labels. I've included a comprehensive list of "60 Sneaky Names for Sugar" on page 11 - you might be surprised to discover some of them!

Understanding these alternatives helps us make informed choices about what we consume.

SUGAR'S JOURNEY THROUGH YOUR BODY & MIND

Understanding the deeper impact of sugar on *your wellbeing*

YOUR AMAZING BODY ON SUGAR

Let's explore how sugar affects different aspects of your wellbeing. As both a naturopath and someone who's experienced these effects personally, I find this fascinating!



Brain & Mental Wellbeing

Your brain has an intimate relationship with sugar. Here's what I've observed in my practice:

Mood & Emotions

- Sugar triggers dopamine release (your "feel-good" chemical)
- Creates temporary pleasure followed by potential mood crashes
- May contribute to anxiety and mood fluctuations
- Can affect stress response and emotional regulation

Mental Clarity

- Impacts focus and concentration
- Affects memory formation
- May contribute to brain fog
- Influences decision-making abilities

Sleep Patterns

- Can disrupt natural sleep-wake cycles
- Might affect sleep quality
- May contribute to restless nights
- Often impacts morning energy levels

⭐ Nervous System

Your nervous system is particularly sensitive to sugar's effects:

- Influences stress response mechanisms
- Affects neurotransmitter balance
- May impact anxiety levels
- Can contribute to feeling "wired but tired"

❤️ Heart & Circulation

Sugar's impact on your cardiovascular system includes:

- Effects on blood pressure regulation
- Influence on heart rhythm
- Impact on blood vessel health
- Connection to circulation patterns

🌿 Digestive System & Gut Health

Your gut is often called your "second brain" - here's why sugar matters:

- Affects gut bacteria balance
- Influences nutrient absorption
- Impacts digestive comfort
- May contribute to inflammation

⭐ Hormonal Symphony

Sugar plays a significant role in your hormonal balance:

- Affects insulin sensitivity
- Influences cortisol (stress hormone) levels
- Impacts thyroid function
- May affect reproductive hormones

The Inflammation Connection

Something I often discuss with my clients is sugar's role in inflammation:

- May affect joint comfort
- Influences skin health
- Impacts immune system function
- Can affect energy levels

MIND & EMOTIONAL *Wellbeing*

I've noticed in my practice that the relationship between sugar and mental health is particularly profound:

Anxiety & Stress

- Blood sugar fluctuations can mirror anxiety symptoms
- Sugar crashes may trigger stress responses
- Stabilising blood sugar often helps calm the mind
- Managing sugar often improves stress resilience

Mood Stability

- Balanced blood sugar supports emotional regulation
- Reducing sugar may help reduce mood swings
- Many clients report more stable energy and mood
- Often see improvements in overall emotional wellbeing

Focus & Clarity

- Stable blood sugar supports sustained concentration
- Many notice improved mental clarity during sugar reset
- Better focus throughout the day
- Enhanced cognitive function reported

ADHD & Sugar: A Special Connection

As someone who has a special interest in supporting individuals with ADHD, I've observed how sugar can significantly impact focus, energy, and executive function. Many of my ADHD clients discover that balancing their blood sugar leads to more stable attention, better emotional regulation, and improved daily function.

This 7-day reset can often provide valuable insights into how sugar affects their unique brain chemistry.

OCD & Sugar: Understanding the Link

In my practice, I've noticed fascinating connections between sugar consumption and OCD symptoms. Blood sugar fluctuations can influence anxiety levels and intrusive thoughts, while stable blood sugar often supports more balanced emotional states. Through this challenge, you might discover interesting patterns in how different foods affect your mental clarity and emotional wellbeing.

SIGNS YOUR BODY MIGHT BE ASKING FOR A RESET?

Do you recognise any of these patterns?

- Afternoon energy crashes
- Mood swings
- Sugar cravings
- Difficulty concentrating
- Sleep disruptions
- Digestive discomfort

THE BEAUTIFUL RESET PROCESS

During our 7-day journey, you might notice:

1. Initial adjustment period
2. Gradual energy stabilisation
3. Improved mental clarity
4. Better emotional balance
5. Enhanced natural energy
6. Reduced cravings

YOUR REFLECTION CORNER

Take a moment to consider:

- Which aspects of sugar's effects resonate with your experience?
- What patterns have you noticed in your own body?
- Which improvements are you most hoping to see?

Why not jot down the answers to these questions in the space provided on page 17.

SUPPORTING YOUR JOURNEY

Remember to:

- Check the "60 Sneaky Names for Sugar" (page 11) list when shopping
- Listen to your body's signals
- Stay connected in our Facebook community
[Wellness with Janaya Karloci Naturopath](#)
- Share your experiences and questions

Looking Ahead

Understanding these connections helps us appreciate why a sugar reset can be so powerful. In our next section, we'll explore practical strategies for supporting your body during this transformative week.

Remember, this journey is about discovery and understanding your unique body. I'm here to support you every step of the way! 

FROM KNOWLEDGE TO *Action*

Now that we understand sugar's effects on our wellbeing, let's explore the practical steps for your 7-day transformation.

I've designed these guidelines to be both nurturing and achievable, supporting your body's natural wisdom while fitting into your daily life.

Remember, this journey is about progress, not perfection. Let's begin with these supportive strategies... ✨

CHALLENGE ESSENTIALS

FOODS TO PRESS PAUSE ON ✗

- Added sugars (check the "60 Sneaky Names for Sugar" guide on the next page)
- Natural sweeteners (honey, maple syrup, agave)
- Artificial sweeteners
- Fruit (just for 7 days!)
- Fruit juices
- Dairy products (contains lactose)
- Sweetened drinks

FOODS TO EMBRACE ✨

- Fresh vegetables
- Quality proteins
- Healthy fats
- Herbs and spices
- Complex carbohydrates (in moderation)
- Unsweetened drinks

YOUR DAILY ESSENTIALS

1. Start with protein-rich breakfast
2. Stay hydrated
3. Keep healthy snacks handy
4. Plan meals ahead
5. Get adequate rest

60 NAMES FOR SUGAR

Added sugar is in nearly every packaged product. Below are ingredients you may see on the package that are alternate names for sugar. Ingredients are listed by percentage within the product; the first ingredient being of the highest quantity. Look to see if multiple ingredients below are listed on the package. Companies will often use different types of sugar so that they don't have to list it has the first ingredient.

Agave Nectar/Syrup	Dextrin	Malt syrup
Barbados sugar	Dextrose	Maltose
Barley malt	Diastatic malt	Mannose
Beet sugar	Ethyl maltol	Maple syrup
Blackstrap molasses	Evaporated cane juice	Muscovado sugar
Brown rice syrup	Fructose	Molasses
Brown sugar	Fruit juice	Panela sugar
Buttered sugar/buttercream	Fruit juice concentrate	Palm sugar
Cane juice crystals	Golden syrup	Panocha
Cane sugar	Galactose	Powdered sugar
Caramel	Golden sugar	Raw sugar
Carob syrup	Golden syrup	Refiner's syrup
Castor sugar	Glucose	Rice syrup
Coconut sugar	Glucose syrup solids	Saccharose
Confectioner's sugar	Grape sugar	Sorghum syrup
Corn syrup	High-Fructose Corn Syrup (HFCS)	Sucanat
Corn syrup solids	Honey	Sucrose
Crystalline fructose	Invert sugar	Turbinado sugar
Date sugar	Lactose	Treacle
Demerara sugar	Maltodextrin	Yellow sugar



CHALLENGE ESSENTIALS

Action

NURTURING HYDRATION DURING YOUR RESET

Proper hydration is essential for supporting your body's natural detoxification processes during this transformative week. As you reduce sugar intake, staying well-hydrated becomes even more crucial for:

- Supporting natural energy levels
- Easing temporary discomfort
- Promoting clarity and focus
- Assisting cellular renewal

DAILY HYDRATION GUIDE

- Minimum 2-3 liters of filtered water
- Start with 500ml upon waking
- Sip regularly throughout day
- Increase intake with exercise

HYDRATION WISDOM

- Listen to your body's signals
- Choose room temperature water for optimal absorption
- Add minerals with a pinch of high-quality salt
- Enhance with fresh herbs or cucumber

SIGNS YOU NEED MORE WATER:

- Afternoon fatigue
- Headaches
- Sugar cravings
- Dark urine
- Dry lips

HYDRATION TIPS:

- Keep a water bottle visible
- Set gentle reminders every 2 hours
- Create hydration rituals (e.g., water before each meal)

7-DAY NO SUGAR CHALLENGE

What to expect

Since sugar is addictive, when you stop eating it, you may go through withdrawal. Knowing what to expect can make it easier to navigate this when it hits.

Here are symptoms that may be experienced during a sugar detox:

Signs of sugar withdrawal

- Low energy
- Mood swings
- Headaches
- Trouble sleeping
- Brain fog
- Strong desire for carbs and sweets

If and when withdrawal hits, stay strong! It *will* pass.

Be gentle on yourself and get plenty of rest.

When cravings strike, eat a high fat or high protein snack from the meal plan.

Once the withdrawal passes, you'll feel better than ever. So hang in there!

After the 7 days are up, how to proceed is up to you. If you feel amazing and don't want it to end, you can extend the challenge for another week or even a full 30 days!

When you feel ready to add some sugar back in, start with low glycemic fruit like berries.

Be sure to use the following page to note any changes you experience from the challenge.

Whether it's less sugar cravings, balanced energy, or better sleep, this will fuel your motivation keep sugar in check going forward.



7-DAY NO SUGAR CHALLENGE

Track your progress

Track any symptoms or positive changes you notice over the challenge below:



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



YOUR 7-DAY SUGAR RESET JOURNEY

Starts Here

TO DO BEFORE THE CHALLENGE STARTS

1. Join the private Facebook community [Wellness with Janaya Karloci Naturopath](#)
2. Read through this guide
3. Choose foods/swaps/meals that inspire you from pages 18
4. Print pages 14 to 18 ready for the challenge
5. Plan your meals and snacks and set it all out on page 16
6. Stock your kitchen with foods based on your menu selection and be sure to include plenty of healthy snacks
 - a. I've included a comprehensive shopping list example (page 18) to get you started, just add or delete as desired
7. Invite a friend to join us by sending them this link
<https://janayakarlocinaturopath.myflodesk.com/7daychallenge>
8. Check with your healthcare provider if needed

***Remember: This isn't about perfection - it's about discovery and growth!
I'm here to support you every step of the way. ★***



7-DAY QUICK GUIDE

Using the following pages with inspiration - prepare your week of meals

Tuesday 28th

Breakfast:
Lunch:
Dinner:
Snacks:

Wednesday 29th

Breakfast:
Lunch:
Dinner:
Snacks:

Thursday 30th

Breakfast:
Lunch:
Dinner:
Snacks:

Friday 31st

Breakfast:
Lunch:
Dinner:
Snacks:

Saturday 1st

Breakfast:
Lunch:
Dinner:
Snacks:

Sunday 2nd

Breakfast:
Lunch:
Dinner:
Snacks:

Monday 3rd

Breakfast:
Lunch:
Dinner:
Snacks:

7-DAY JOURNAL

Each day during the challenge I'll put a journal prompt in the Wellness with Janaya Karloci Naturopath Facebook Group that you can reflect on and write about - Use this page to write your thoughts.

These reflections are powerful tools for creating lasting change.

And please consider sharing with the group - it's a great way to keep the motivation high for all of us!

COMPREHENSIVE SHOPPING GUIDE

This is a comprehensive shopping guide based on all the swap recommendations and meal ideas provided in the remainder of this workbook.

Feel free to use it as your base which you can just add or delete as desired.

FRESH PRODUCE:

Leafy Greens:

- Spinach
- Mixed salad greens
- Swiss chard
- Lettuce leaves (for wraps)

Vegetables:

- Cauliflower
- Zucchini
- Cucumber
- Capsicum (red/green)
- Mushrooms
- Celery
- Broccoli
- Red onion
- Garlic
- Cherry tomatoes

Fresh Herbs:

- Parsley
- Basil
- Mint
- Oregano
- Rosemary
- Thyme

QUALITY PROTEINS:

- Free-range eggs
- Chicken breast
- Turkey mince
- White fish fillets
- Tuna (in olive oil)
- Grass-fed beef rump/scotch fillet
- Sardines

HEALTHY FATS:

- Extra virgin olive oil
- Coconut oil
- Avocados
- Olives
- Tahini
- Raw nuts (almonds, walnuts)
- Seeds (pumpkin, chia, flax)

OPTIONAL EXTRAS:

- Mineral water
- Herbal tea varieties
- Raw cacao powder (100% pure)

PANTRY ESSENTIALS

Herbs/Spices:

- Sea salt
- Black pepper
- Ground cumin
- Paprika
- Cinnamon
- Herbs de Provence

Cooking Basics:

- Apple cider vinegar
- Capers
- Nutritional yeast
- Coconut aminos (sugar-free)

Sugar-Free Alternatives:

- Unsweetened almond milk
- Unsweetened coconut milk
- Sugar-free coconut yogurt

Fresh Additions:

- Lemons
- Limes (for water)
- Fresh ginger root
- Fresh turmeric root



PRACTICAL TIPS

MEAL PREP SUGGESTIONS

- Boil eggs for the week
- Wash and cut vegetables
- Cook extra protein
- Prepare dressings ahead



BUSY DAY STRATEGIES

- Keep boiled eggs ready
- Pre-cut vegetables
- Store nuts in portions
- Have emergency protein ready



FAMILY FRIENDLY NOTES

- Add extra sides for others
- Keep meals customisable
- Include familiar favorites
- Make extra for growing kids



REMEMBER

- Listen to your hunger
- Adjust portions as needed
- Stay hydrated
- Keep it simple
- Progress over perfection

Join our Facebook community to share your meal success stories and get daily support! 

[Wellness with Janaya Karloci Naturopath](#)



7-DAY NO SUGAR

Sugar-Free

SWAP GUIDE

BREAKFAST

Start the day right



Instead of	Nourishing Alternative
Muesli with yogurt	Eggs, Beans, & Greens - page 27
Fruit smoothie	Green smoothie with spinach, cucumber, celery, and avocado
Toast with jam	Veggie-Loaded Omelet - page 27
Banana with almond butter	Hard-boiled eggs with salt and pepper
Overnight oats	Turkey & Vegetable Muffins - page 28
Cereal with milk	Cauliflower Breakfast Hash - page 28

SATISFYING SNACKS

Keep it Simple



Instead of	Nourishing Alternative
Apple and peanut butter	Celery with sugar-free nut butter
Trail mix with dried fruit	Fresh veggie sticks with hummus - page 25
Granola bar	Turkey rolls with cucumber
Rice cakes with honey	Cucumber rounds with tuna
Flavored nuts	Raw nuts with sea salt
Protein bar	Boiled eggs with herbs
Chocolate almonds	Tamari-roasted almonds

LUNCH & DINNER



Instead of	Nourishing Alternative
Sandwich	Tuna Lettuce Wraps - page 29
Rice bowl with teriyaki sauce	Power Bowel - page 29
Pasta with sauce	Zucchini noodles with pesto
Greek Salad	Mediterranean Chicken Salad - page 30
Crumbed Chicken	Sheet Pan Chicken and Vegetables - page 31
Rice	Cauliflower rice
Fish and chips	Mediterranean Baked Fish - page 32
Steak and chips	Herb-Crusted Beef with Roasted Vegetables - page 33
Store-bought salad dressing	Olive oil and vinegar with herbs
Barbecue sauce	Mediterranean Marinade - page 35

DAIRY PRODUCTS



During our 7-day reset, we'll also be taking a break from dairy products because they contain lactose, a natural milk sugar. Even lactose-free dairy products still contain simple sugars (glucose and galactose) that can impact our blood sugar levels and interfere with our body's natural reset process.

This temporary pause from dairy allows us to create a clean foundation for our bodies to rebalance and helps us identify any hidden sugar sensitivities that might be affecting our wellbeing.

Instead of	Nourishing Alternative
Cow's Milk	<ul style="list-style-type: none">• Sugar-free almond milk• Hemp milk• Coconut milk (no added sugar)• Macadamia milk• Flax milk
Yogurt	<ul style="list-style-type: none">• Coconut yogurt (unsweetened)• Almond yogurt (sugar-free)• Chia pudding• Hemp seed pudding
Cheese	<ul style="list-style-type: none">• Nutritional yeast• Avocado• Seed-based spreads• Nut-based cheese alternatives (no added sugar)

REFRESHING DRINKS

Instead of	Natural Alternative
Juice	Mineral water with mint
Soft drinks	Mineral water with lime
Sweet tea	Herbal tea blends
Coffee with sugar	Coffee with cinnamon
Sports drink	Coconut water (no added sugar)
Hot chocolate	Warm spiced almond milk
Flavored water	Cucumber and herb-infused water

WHOLEsome HOMEMADE SUGAR-FREE HUMMUS

Core Ingredients:

- 2 cups cooked chickpeas (or 1 can, drained and rinsed)
- 1/4 cup high-quality tahini
- 2-3 cloves fresh garlic
- 1/4 cup extra virgin olive oil
- Juice of 1 fresh lemon
- 1/2 teaspoon sea salt (or to taste)
- 1/4 cup ice-cold water (for perfect texture)

Optional Wellness Boosters:

- 1/4 teaspoon ground cumin (supports digestion)
- 1 tablespoon apple cider vinegar (gut-friendly)
- Pinch of paprika (anti-inflammatory properties)
- Fresh herbs like parsley (rich in minerals)

Method:

- Begin with room temperature chickpeas for optimal blending
- Process chickpeas alone first until they form a fine powder
- Add tahini and lemon juice, blend until creamy
- Incorporate garlic and spices
- Slowly drizzle in olive oil while blending
- Add ice-cold water gradually until you reach desired consistency

★ Storage Wisdom:

- Keep in an airtight glass container
- Stays fresh for 4-5 days in refrigerator
- Drizzle with olive oil before storing
- Let come to room temperature before serving

7-DAY NO SUGAR *Meal Ideas*

HERE ARE SOME RECIPES
TO KEEP YOU TRUE TO THE
NO SUGAR CHALLENGE.

Breakfast

EGGS, BEANS, & GREENS



PER PERSON INGREDIENTS

- 2 free-range eggs
- 2 cups fresh spinach or mixed greens
- 1 tbsp olive oil
- Sea salt and pepper to taste
- Optional: fresh herbs

DIRECTIONS

1. Heat oil in pan over medium heat
2. Sauté greens until just wilted
3. Cook eggs to your preference
4. Season mindfully

DAIRY-FREE VEGGIE-LOADED OMELET

PER PERSON INGREDIENTS

- 3 eggs
- 1 cup mixed vegetables (capsicum, mushroom, spinach)
- 1 tbsp olive oil
- Fresh herbs of choice
- 1/4 avocado (adds creaminess)
- Salt and pepper to taste
- Optional: 1 tbsp nutritional yeast (to add a cheese like flavour)

DIRECTIONS

1. Whisk eggs with a pinch of salt
2. If using nutritional yeast, whisk it into the eggs
3. Heat oil in pan over medium heat
4. Sauté vegetables lightly until tender
5. Pour eggs over vegetables
6. Cook until edges are set
7. Top with sliced avocado and herbs
8. Season to taste

Note: If you'd like to include nutritional yeast, add it to your shopping list - it's available in health food stores and many supermarkets

Breakfast

TURKEY & VEGETABLE MUFFINS



MAKES 6 MUFFINS

2-3 days for one person

- 6 eggs
- 200g turkey mince
- 1 cup mixed vegetables, diced
- 1 small onion, finely chopped
- Sea salt and pepper to taste

DIRECTIONS

1. Preheat oven to 180°C
2. Combine all ingredients
3. Pour into muffin tin
4. Bake 20-25 minutes

CAULIFLOWER BREAKFAST HASH

PER PERSON

INGREDIENTS

- 2 cups cauliflower, riced or finely chopped
- 1/2 onion, diced
- 1 cup mixed vegetables (capsicum, zucchini, mushrooms)
- 1 tbsp olive oil
- Herbs and spices to taste
- Salt and pepper

DIRECTIONS

1. Heat olive oil in pan
2. Add onion, cook until softened
3. Add cauliflower and vegetables
4. Season with herbs
5. Cook until vegetables are tender and lightly browned

Pro tip: Add a fried egg on top for extra protein

Lunch

POWER BOWL

PER PERSON INGREDIENTS

- 120g protein of choice (chicken/fish/tofu)
- 2 cups mixed greens
- 1 cup roasted vegetables
- 1/4 avocado
- 2 tbsp olive oil
- Fresh herbs to taste

Optional additions:

- 1 tbsp pumpkin seeds
- 2 tbsp olives
- Squeeze of lemon
- Salt and pepper to taste

DIRECTIONS

1. Cook protein with herbs
2. Roast vegetables
3. Arrange on bed of greens
4. Top with avocado and seeds
5. Drizzle with olive oil
6. Add optional toppings
7. Season to taste

Prep Tip: Roast vegetables night before

TUNA LETTUCE WRAPS

PER PERSON INGREDIENTS

- 1 can tuna in olive oil
- Large lettuce leaves
- 1/4 cucumber, diced
- 1/4 avocado
- Fresh herbs
- Lemon juice

DIRECTIONS

1. Mix tuna with vegetables
2. Season with herbs and lemon
3. Serve in lettuce leaves



Lunch



MEDITERRANEAN CHICKEN SALAD

PER PERSON INGREDIENTS

- 150g cooked chicken breast, diced
- 2 cups mixed salad greens
- 1/2 cucumber, diced
- 6 olives, halved
- 1/4 avocado, diced (adds creaminess to replace feta)
- 1/4 red onion, finely sliced
- 1 tbsp olive oil
- 1/2 lemon, juiced
- 1 tbsp fresh herbs (parsley, oregano)
- Salt and pepper to taste

DIRECTIONS

1. Slice cooked chicken into bite-sized pieces
2. Combine all vegetables in a bowl
3. Add olives and avocado
4. Drizzle with olive oil and lemon juice
5. Toss gently and serve



MEAL PREP TIP: COOK EXTRA CHICKEN AT DINNER THE NIGHT BEFORE TO USE IN THIS SALAD

Dinner

SHEET PAN CHICKEN AND VEGETABLES

PER PERSON INGREDIENTS

- 150g chicken breast
- 2 cups mixed vegetables
- 2 tbsp olive oil
- Fresh herbs
- Sea salt and pepper

DIRECTIONS

1. Preheat oven to 200°C
2. Season chicken and vegetables
3. Arrange on baking sheet
4. Roast 25-30 minutes



Dinner



MEDITERRANEAN BAKED FISH

PER PERSON INGREDIENTS

- 150g white fish fillet
- 1 cup mixed vegetables (capsicum, zucchini)
- 1/4 lemon, sliced
- 1 tbsp olive oil
- Fresh herbs (parsley, oregano)
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 180°C
2. Lightly oil a baking dish
3. Place fish in dish
4. Arrange vegetables around fish
5. Top fish with lemon slices and herbs
6. Drizzle everything with olive oil
7. Season with salt and pepper
8. Bake 15-20 minutes until fish flakes easily



Tips

- Choose firm white fish like cod, snapper, or barramundi
- Cut vegetables in similar sizes for even cooking
- Don't overcook - fish should be just flaking
- Serve immediately while hot
- Serving suggestion: Excellent with extra greens or cauliflower rice 

Dinner



HERB-CRUSTED BEEF WITH ROASTED VEGETABLES

PER PERSON INGREDIENTS

- 200g beef rump steak (or scotch fillet)
- 2 cups mixed vegetables for roasting:
 - Cauliflower florets
 - Capsicum strips
 - Zucchini rounds
 - Mushrooms
 - Broccoli florets
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Fresh herbs (rosemary, thyme)
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 200°C
2. Prepare vegetables and place on baking tray with olive oil
3. Season vegetables with salt and pepper
4. Roast vegetables for 20-25 minutes
5. Meanwhile, prepare steak:
 - Bring meat to room temperature
 - Season with salt, pepper, and minced garlic
 - Heat a pan until very hot
6. Cook steak:
 - 3-4 minutes each side for medium-rare
 - Adjust time for preferred doneness
 - Rest meat for 5 minutes before serving

Tips for Success:

- Choose good quality meat
- Cut vegetables in similar sizes
- Don't overcrowd the roasting pan
- Let meat rest before cutting
- Slice meat against the grain

Would be delicious with the herb-infused green sauce on the next ✨

Saucy

Transform your meals with these wholesome, sugar free flavor-enhancing sauces



HERB-INFUSED GREEN SAUCE

Perfect for drizzling over proteins and power bowls

MAKES 1 CUP
(4-5 DAYS FOR 1 PERSON)

- 1 cup mixed fresh herbs (parsley, basil, mint)
- 2 tbsp lemon juice
- 1/2 cup olive oil
- 1 small garlic clove
- 2 tbsp capers
- Sea salt and pepper to taste

DIRECTIONS

1. Blend all ingredients until smooth
2. Store in glass jar

Keeps fresh for 4-5 days

Wellness tip: Fresh herbs provide vital nutrients and support digestion 

CREAMY AVOCADO SAUCE

Rich in healthy fats to support sustained energy

MAKES 1 CUP
(2-3 DAYS FOR ONE PERSON)

- 1 ripe avocado
- 2 tbsp lemon juice
- 1/4 cup olive oil
- 1 small garlic clove
- Fresh herbs to taste
- Sea salt and pepper

DIRECTIONS

1. Blend until creamy
2. Add water to thin if needed

Store with plastic wrap touching surface

Saucy

TAHINI GODDESS DRESSING

Mineral-rich and satisfying

MAKES 1 CUP
(4-5 DAYS FOR 1 PERSON)

- 1/2 cup tahini
- 1/4 cup lemon juice
- 1/4 cup water
- 1 small garlic clove
- 1 tbsp apple cider vinegar
- Sea salt to taste

DIRECTIONS

1. Whisk all ingredients
2. Add water to desired consistency

Store in airtight jar



MEDITERRANEAN MARINADE

Perfect for chicken, fish, or vegetables

MAKES 1/2 CUP
(2-3 USES)

- 1/4 cup olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tbsp fresh oregano
- 1 tsp dried herbs de Provence
- Sea salt and pepper

DIRECTIONS

1. Whisk ingredients together
2. Use immediately or store
3. Perfect for marinading proteins

★ Sauce Making Wisdom

- Taste and adjust seasonings mindfully
- Create smaller batches for maximum freshness
- Let flavors develop for 30 minutes before serving
- Trust your intuition with measurements

If you create an amazing sugar-free sauce why not share with our Facebook community! ★

Quick Wins for busy days



5-MINUTE MEAL SOLUTIONS

- Hard-boiled eggs with avocado
- Tin of wild-caught salmon with herbs
- Pre-prepped veggie sticks with pre-prepped hummus (page 25)
- Handful of nuts
- Quick sardine salad
- Lettuce wraps with pre-cooked protein
- Cold leftover protein with fresh herbs

TIME-SAVING STRATEGIES

- Prep protein portions ahead
- Keep emergency snack box ready
- Batch cook approved vegetables
- Prepare sugar-free dressings ahead of time

Troubleshooting Guide



INTENSE SUGAR CRAVINGS SOLUTIONS

- Increase healthy fats:
 - avocados, nuts (such as almonds and walnuts), seeds (like chia and flaxseeds), olive oil, fatty fish (such as salmon and mackerel), and coconut oil
- Try cinnamon in warm drinks
- Practice stress-reduction techniques
 - Deep breathing for at least 5 breaths (simple yet effective)
 - Meditation - start with 5 minutes a day - YouTube is great for this
 - Grounding activities such as this one:
 - Take 5 deep breaths while naming
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell, and
 - 1 thing you can taste

LOW ENERGY SOLUTIONS

- Check protein intake
- Increase water consumption
- Add gentle movement.

SOCIAL SITUATION SOLUTIONS

- Eat before events
- Bring your own snacks
- Have prepared responses ready
- Focus on connection over food
- Stay hydrated with herb-infused water

PHYSICAL DETOX SYMPTOM SOLUTIONS

- Increase magnesium-rich foods
 - Spinach, Swiss chard, almonds, pumpkin seeds, black beans, and avocado.
- Use dry brushing technique
- Ensure adequate rest

Enjoy your journey to a more well, peaceful, fulfilled and empowered life!

The content in this document is for educational purposes only and should not be taken as professional health advice. Before making any changes to your diet and lifestyle, including medications, supplements and/or embarking on a new exercise regime, and/or if you are pregnant it is essential that you first consult with your personal qualified health professional.

If you want to know more about me, Janaya Karloci Naturopath or Naturopathy, please visit my website at www.janayakarlocinaturopath.com.au

If you have any questions, or would like to work with me please email me at wellness@janayakarlocinaturopath.com.au

Janaya Karloci

NATUROPATH & DIRECTOR

📞 +61 415 575 788

✉️ wellness@janayakarlocinaturopath.com.au

🌐 www.janayakarlocinaturopath.com.au

📍 NSW, Australia

