



Day 1 FBN Sugar Detox Challenge

Full Bodied Nutrition
<https://fullbodiednutrition.com>

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janice@fullbodiednutrition.com

Welcome,

We are so thankful that you have taken a moment to check out Day 1 of our Sugar Detox Challenge.

Take a look, try it out and register for our Free 7 Day Sugar Detox Challenge at fullbodiednutrition.com. Our challenge begins on July 8th.

Email us and let us know that "you're in" and we will get you all set up!!!

Wishing you well,

Ginette and Janice



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Mon

Breakfast



Lemon Tart Smoothie

Snack 1



Yogurt & Berries

Lunch



Cauliflower, Kale & Lentil
Detox Soup

Snack 2



Crackers & Avocado

Dinner



Turkey Cranberry Squash
Bowls

Fruits

- 1/4 Avocado
- 1 Banana
- 1 Lemon

Seeds, Nuts & Spices

- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 cup Frozen Berries
- 1 cup Frozen Cauliflower
- 1/4 cup Frozen Cranberries

Vegetables

- 2 Carrot
- 1 head Cauliflower
- 2 stalks Celery
- 1 Delicata Squash
- 4 Garlic
- 4 cups Kale Leaves
- 2 cups Microgreens
- 1 Yellow Onion

Boxed & Canned

- 2 1/4 cups Lentils
- 6 cups Organic Vegetable Broth
- 1 3/4 ozs Whole Grain Crackers

Bread, Fish, Meat & Cheese

- 8 ozs Extra Lean Ground Turkey

Condiments & Oils

- 1 tbsp Balsamic Vinegar
- 3 tbsps Extra Virgin Olive Oil

Cold

- 2 tbsps Coconut Butter
- 1 cup Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

Other

- 1/4 cup Vanilla Protein Powder



Lemon Tart Smoothie

1 serving
10 minutes

Ingredients

- 1 Lemon (juiced)
- 1 Banana (frozen)
- 1 cup Frozen Cauliflower
- 2 tbsps Coconut Butter
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

What is Coconut Butter?, The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

No Protein Powder, Use 1/4 cup hemp seeds per serving instead.



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free, Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries, Use any type of fresh fruit instead.



Cauliflower, Kale & Lentil Detox Soup

6 servings
40 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 stalks Celery (diced)
- 2 Carrot (medium, peeled and diced)
- 4 Garlic (cloves, minced)
- 1 head Cauliflower (chopped into florets)
- 4 cups Kale Leaves (chopped)
- 6 cups Organic Vegetable Broth
- 2 1/4 cups Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers, Refrigerate in a covered container up to 4 days. Freeze up to 6 months.
Serving Size, One serving is equal to approximately 2 cups of soup.



Crackers & Avocado

1 serving
10 minutes

Ingredients

1 3/4 ozs Whole Grain Crackers
1/4 Avocado
Sea Salt & Black Pepper (to taste)

Directions

- 1 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

Make it Paleo, Use grain-free flax crackers instead.

More Protein, Top with hemp seeds, sliced hard boiled egg, or smoked salmon.



Turkey Cranberry Squash Bowls

2 servings

40 minutes

Ingredients

- 1 Delicata Squash (small)
- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Sea Salt
- 1/4 cup Frozen Cranberries (thawed, or use fresh)
- 2 cups Microgreens
- 1 tbsp Balsamic Vinegar

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 3 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian, Use lentils or chickpeas instead of ground meat.

No Microgreens, Use any leafy green like baby spinach, kale, or arugula.

Leftovers, Keeps well in the fridge up to 3 days.