

A top-down view of a white bowl filled with a colorful quinoa salad. The salad includes quinoa, diced orange sweet potatoes, halved cherry tomatoes, green leafy vegetables, pumpkin seeds, white sesame seeds, and small cubes of white protein. A semi-transparent rectangular box is centered over the bowl, containing the title and subtitle text. In the bottom left corner, a whole red radish is visible, and in the bottom right, two green okra vegetables are placed horizontally.

# Sugar Detox Meal Plan

GET BACK TO BALANCE  
WITH THIS PLAN



# Week 1

## SUNDAY

- B** Protein Banana Pancakes (freeze half for Friday)
- L** Shrimp Summer Rolls (make half of the recipe)
- D** Caprese Chicken Skewers

## MONDAY

- B** Strawberry Banana Smoothie
- L** Turkey Bacon Lettuce Wraps
- D** Left overs from last night

## TUESDAY

- B** Pan Fried Spinach and Eggs
- L** Turkey Bacon Lettuce Wraps
- D** Beef and Broccoli Stir Fry

## WEDNESDAY

- B** Strawberry Banana Smoothie
- L** Hearty Herb and Sun-Dried Tomato Salad
- D** Left overs from last night

## THURSDAY

- B** Pan Fried Spinach and Eggs
- L** Hearty Herb and Sun-Dried Tomato Salad
- D** Parmesan Chicken

## FRIDAY

- B** Protein Banana Pancakes
- L** Tuna Salad Crunch
- D** Left overs from last night

## SATURDAY

- B** Sweet Potato Breakfast Skillet
- L** Tuna Salad Crunch
- D** Bun-less Burger (make half recipe)

## SHOPPING LIST

### PRODUCE

- 1 carrot
- 1 cucumber
- 2 red bell peppers
- 1 cup (149 g) cherry tomatoes
- 5 cups (150 g) baby spinach
- 5 cups (100g) arugula
- 1 head bibb, iceberg or butter lettuce
- 3 vine ripe tomatoes
- 3 stalks green onion
- 4 cloves garlic
- 1 large head broccoli
- 3 stalks celery
- 1 bundle fresh basil
- 1/4 cup (14 g) sun-dried tomatoes (jarred in olive oil)
- 1 yellow onion
- 1 small red onion
- 1 medium sweet potato
- 1 small jar pickles
- 2 oranges
- 2 bananas
- 1/2 cup (74 g) blueberries
- 5 small avocados
- 1 lemon
- 1/2 cup (74 g) strawberries (frozen)
- 2 cups (264 g) riced cauliflower

### MEAT, POULTRY, DAIRY

- 5 eggs
- 1/2 cup (112 g) cottage cheese
- 4 1/2 oz (123 g) mozzarella cheese
- 2 scoops vanilla protein powder
- 12 oz (340 g) flank steak
- 4 oz (113 g) lean ground beef
- 4 oz (113 g) cooked shrimp
- Ghee or grass fed butter
- 4 oz (113 g) feta cheese
- 8 tbsp (40 g) parmesan cheese
- 3 skinless chicken breasts
- 1 package organic sliced turkey
- 4 oz bacon (no sugar added)
- 2, 5 oz (128 g) cans wild caught tuna
- 12 oz thin cut chicken

### GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (60 g) almond flour
- 1/2 tsp chia seeds
- 1/4 cup dry roasted mixed nuts
- 1/2 cup (92 g) white rice
- 1 small pack hemp hearts
- 2 cups (480 g) almond milk
- 2 tbsp (32 g) almond butter
- 1/4 cup (34 g) pine nuts or sunflower seeds

### MISCELLANEOUS

- Balsamic vinegar
- Black pepper
- Salt (preferably sea salt)
- Cumin
- Dried oregano
- Dried dill
- Garlic powder
- Paprika
- Apple cider vinegar
- Mary's Gone crackers
- Dijon mustard
- 3/4 cup (180 g) chicken broth
- Coconut aminos
- Olive oil
- Avocado oil
- Rice paper wraps
- Pesto
- Avocado oil mayonnaise

# How to Meal Prep Week 1

- Freeze half of banana pancake recipe, to be had on Friday for breakfast.
- Cook bacon on Sunday, to be had with lunch on Monday and Tuesday.
- Option to pre-cook rice earlier in the week to be had with dinner on Tuesday and Wednesday.
- Be sure to save half of dinner recipe on Sunday, Tuesday, and Thursday evening, to have for left overs the following evening.

## DAILY AVERAGES

Calories: 1,436

Carbohydrates: 86 g Protein: 95 g Fat: 83 g

# Week 2

## SUNDAY

- B** Turkey, Egg & Cheese Muffins (freeze remaining for Friday)
- L** Broccoli Salad with Salmon
- D** Crispy Chicken Thighs

## MONDAY

- B** Cottage Cheese Breakfast Bowl
- L** Grape Chicken Salad
- D** Left overs from last night

## TUESDAY

- B** Green For Glow Smoothie
- L** Grape Chicken Salad
- D** Easy Crockpot Pulled Pork with Brussels

## WEDNESDAY

- B** Cottage Cheese Breakfast Bowl
- L** On The Go Lunch Box
- D** Left overs from last night

## THURSDAY

- B** Green For Glow Smoothie
- L** On The Go Lunch Box
- D** Sheet-Pan Chicken Fajitas

## FRIDAY

- B** Turkey, Egg & Cheese Muffins
- L** Herbed Chicken Patty Salad (makes two salads, save one for tomorrow)
- D** Left overs from last night

## SATURDAY

- B** Simple Scramble
- L** Herbed Chicken Patty Salad
- D** Shrimp and Quinoa Bowl (make half recipe)

## SHOPPING LIST

### PRODUCE

- 2 bell peppers
- 1 yellow pepper
- 1 green pepper
- 2 yellow onions
- 1 red onion
- 1 large head of broccoli
- 8 cloves of garlic
- 2 medium sweet potatoes
- 7 cups (140 g) arugula
- 4.5 cups (237 g) mixed salad greens
- 2 stalks celery
- 3 cups (264 g) brussels sprouts
- 1 small pack shredded carrots
- 1 small jar kalamata olives
- 2/3 (99 g) cup cherry tomatoes
- 1 lemon
- 1 lime
- 1 cup (123 g) raspberries
- 1/2 cup (74 g) blueberries
- 1/2 cup (72 g) blackberries
- 1 cup (1521 g) grapes
- 1 green apple
- 1 small honeydew melon
- 1 avocado
- 1 cantaloupe
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 1 small bundle chives
- 1 pack pico de gallo
- 2 cups (310 g) edamame
- 1/2 cup (100 g) frozen avocado

### MEAT, POULTRY, DAIRY

- 11 whole eggs
- 6 egg whites
- 2 cups (452 g) cottage cheese
- 1/2 cup (120 g) Greek yogurt
- 7 oz (198 g) mozzarella cheese
- 8 oz (227 g) pork shoulder
- 1 small package organic sliced turkey
- Collagen peptides
- 1 oz (28 g) feta cheese
- 4 chicken thighs, skin on, bone removed
- 2, 5 oz (125 g) organic canned chicken
- 3 skinless chicken breasts
- 8oz (227 g) ground chicken
- 3 oz (85 g) smoked salmon
- 4 oz (113 g) raw shrimp, peeled and deveined

### GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (36 g) slivered almonds
- 1/2 cup (62 g) chopped walnuts
- 1 cup (185 g) quinoa
- 1 small pack hemp hearts
- 6 organic corn tortilla (no sugar added)
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### MISCELLANEOUS

- Apple cider vinegar
- Dried parsley
- Dried thyme
- Dried dill
- Paprika
- Cayenne pepper
- Garlic powder
- Chili powder
- Cumin
- Salt
- Pepper
- Italian seasoning
- Dried ground ginger
- Olive oil spray
- Olive oil
- Avocado oil
- Avocado oil mayonnaise
- Unsweetened cranberries
- 1/2 cup (120 g) bone broth
- BBQ sauce (Primal Kitchen or Yo Mama's)

# How to Meal Prep Week 2

- Freeze remaining turkey, egg, & cheese recipe, to be had on Friday for breakfast.
- Option to make grape chicken salad on Sunday evening, to be had on Monday and Tuesday for lunch.
- Tuesday morning start slow cooker pulled pork, to be had for dinner on Tuesday and Wednesday.
- Make four hardboiled eggs prior to Wednesday, to be had with lunch on Wednesday and Thursday.
- Thursday evening, make the chicken patties that are served with the herbed chicken patty salad for lunch on Friday and Saturday. You could also make these earlier in the week and store in the freezer.
- Be sure to save half of dinner recipe on Sunday, Tuesday, and Thursday evening, to have for left overs the following evening.

## DAILY AVERAGES

Calories: 1,387

Carbohydrates: 78 g Protein: 95 g Fat: 80 g

# Week 3

## SUNDAY

- B** Simple Scramble
- L** Lemony Mediterranean Salad
- D** Creamy Tuscan Salmon

## MONDAY

- B** No Time To Waste Breakfast Plate
- L** Herbed Chicken Patty Salad
- D** Left overs from last night

## TUESDAY

- B** Pomegranate Yogurt Bowl
- L** Herbed Chicken Patty Salad
- D** Turkey Burrito Bowl

## WEDNESDAY

- B** No Time To Waste Breakfast Plate
- L** Turkey Bacon Lettuce Wraps
- D** Left overs from last night

## THURSDAY

- B** Pomegranate Yogurt Bowl
- L** Turkey Bacon Lettuce Wraps
- D** Bun-less Burger

## FRIDAY

- B** Simple Scramble
- L** Chickpea Pasta Salad
- D** Left overs from last night

## SATURDAY

- B** Sweet Potato Breakfast Skillet
- L** Chickpea Pasta Salad
- D** Crispy Chicken Thighs

## SHOPPING LIST

### PRODUCE

- 2 1/2 cups (372 g) cherry tomatoes
- 8 cups (160 g) arugula
- 1 cup (21 g) baby spinach
- 2 cups (90 g) mixed salad greens
- 1 red onion
- 6 cloves garlic
- 2 yellow onions
- 1 large head broccoli
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 1 small package shredded carrots
- 3 vine ripe tomatoes
- 1 cucumber
- 1 green pepper
- 6 radishes
- 2 sweet potatoes
- 1 stalk green onion
- 1 small jar pickles
- 1 small cantaloupe
- 2 lemons
- 2 cups (288 g) strawberries
- 4 small avocados
- 1/2 cup (62 g) raspberries
- 1 jar kalamata olives
- 1 small package pomegranate arils
- 1 head bibb, iceberg, or butter lettuce

### MEAT, POULTRY, DAIRY

- 12 eggs
- 3 oz (80 g) feta cheese
- 1/2 cup (119 g) heavy cream
- 2 cups (480 g) plain full fat Greek yogurt
- 2 oz (57 g) mozzarella
- 2 chicken thighs, skin on, bone removed
- 4 oz (113 g) bacon, no sugar added
- Ghee or grass-fed butter
- 1 skinless chicken breast
- 8 oz (227 g) ground chicken
- 8 oz (228 g) ground turkey
- 8 oz (227 g) lean ground beef
- 1 small package organic sliced turkey
- 10 oz (284) wild caught salmon filet

### GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (130 g) organic caned black beans
- 1/2 cup (34 g) dry roasted mixed nuts
- 1/2 cup (92 g) brown rice
- Hemp hearts
- 3 cups (720 g) almond milk
- 1/4 cup (31 g) chopped walnuts
- 8 oz (227 g) chickpea pasta

### MISCELLANEOUS

- Italian seasoning
- Dried oregano
- Dried dill
- Garlic powder
- Dried thyme
- Salt
- Pepper
- Dijon mustard
- Balsamic vinegar
- Olive oil
- Avocado oil
- Avocado oil mayonnaise
- Matcha powder
- Chipotle sauce (Primal Kitchen or Siete)

# How to Meal Prep Week 3

- Make six hard boiled eggs on Sunday evening, to be had for breakfast on Monday and Wednesday.
- Make chicken patties on Sunday evening, to be had with lunch on Monday and Tuesday.
- Cook bacon on Tuesday evening, to be had with lunch on Wednesday and Thursday.
- Make chickpea pasta salad on Thursday evening, to be had for lunch on Friday and Saturday.
- Be sure to save half of dinner recipe on Sunday, Tuesday, and Thursday evening, to have for left overs the following evening.

## DAILY AVERAGES

Calories: 1,470

Carbohydrates: 94 g Protein: 78 g Fat: 92 g

# Week 4

## SUNDAY

- B** Pan Fried Spinach and Eggs
- L** Hearty Herb and Sun-Dried Tomato Salad
- D** Sheet-Pan Chicken Fajitas

## MONDAY

- B** Green For Glow Smoothie
- L** Broccoli Salad with Salmon
- D** Left overs from last night

## TUESDAY

- B** Pomegranate Yogurt Bowl
- L** Broccoli Salad with Salmon
- D** Easy Crockpot Pulled Pork with Brussels

## WEDNESDAY

- B** Green For Glow Smoothie
- L** On The Go Lunch Box
- D** Left overs from last night

## THURSDAY

- B** Pomegranate Yogurt Bowl
- L** On The Go Lunch Box
- D** Turkey Burrito Bowl

## FRIDAY

- B** Pan Fried Spinach and Eggs
- L** Grape Chicken Salad
- D** Left overs from last night

## SATURDAY

- B** Sweet Potato Breakfast Skillet
- L** Grape Chicken Salad
- D** Beef and Broccoli Stir Fry

## SHOPPING LIST

### PRODUCE

- 4 cups (120 g) baby spinach
- 3 cups (60 g) arugula
- 4 1/2 cups (240 g) mixed salad greens
- 1 jar sun-dried tomatoes in olive oil
- 2 red bell peppers
- 1 yellow bell pepper
- 1 green bell pepper
- 1 yellow onion
- 2 red onions
- 3 cups (264 g) brussels sprouts
- 4 cloves garlic
- 1 small container pomegranate arils
- 2 large heads broccoli
- 2 cups edamame
- 1/2 cup (74 g) cherry tomatoes
- 1 bundle fresh cilantro
- 2 stalks celery
- 1 sweet potato
- 2 stalks green onion
- 1 lemon
- 1 green apple
- 1 honeydew melon
- 1 cup (123 g) raspberries
- 1/2 cup (74 g) blueberries
- 1 cup (151 g) grapes
- 3 small avocados
- 1 bundle fresh cilantro
- 1/2 cup (100g ) frozen avocado

### MEAT, POULTRY, DAIRY

- 8 eggs
- 3 oz (80 g) feta cheese
- 2 1/2 cups plain full fat Greek yogurt
- 4 oz (113 g) mozzarella
- 3 skinless chicken breasts
- 8 oz (228 g) ground turkey
- 2, 5oz (125 g) canned organic chicken
- 6 oz (170 g) skirt steak
- 8 oz (227 g) pork shoulder, trimmed
- 3 strips bacon, no sugar added
- 6 oz smoked salmon
- Collagen peptides

### GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (50 g) chickpeas
- 1/2 cup (130 g) canned black beans
- 1/4 cup (34 g) pine nuts or sunflower seeds
- 1/3 cup (48 g) slivered almonds
- Hemp hearts
- 1/2 cup (62 g) chopped walnuts
- 6 organic corn tortillas, no sugar added
- 1/2 cup (92 g) brown rice
- 1/4 cup (46 g) white rice
- 1/4 cup (32 g) arrowroot flour

### MISCELLANEOUS

- Cumin
- Dried oregano
- Dried dill
- Paprika
- Cayenne pepper
- Garlic powder
- Chili powder
- Dried parsley
- Salt
- Pepper
- Apple cider vinegar
- Chipotle sauce (Primal kitchen or Siete)
- 1/2 cup (120 g) chicken broth
- 1/2 cup (120 g) bone broth (or use extra chicken broth)
- Coconut aminos
- Olive oil
- Avocado oil
- Avocado oil mayonnaise
- Unsweetened dried cranberries
- BBQ sauce (Primal kitchen or Yo Mama's)



# How to Meal Prep Week 4

- Tuesday morning start crockpot for dinner on Tuesday and Wednesday evening.
- Tuesday evening or earlier in the week cook four hard boiled eggs to have with lunch on Wednesday and Thursday.
- Option to pre-cook rice and turkey meat to be had with dinner on Thursday and Friday. Both rice and turkey meat store well in the freeze.
- Be sure to save half of dinner recipe on Sunday, Tuesday, and Thursday evening, to have for left overs the following evening.

## DAILY AVERAGES

Calories: 1,458

Carbohydrates: 98 g Protein: 90 g Fat: 81 g