

# 7-Day Sugar-Free Meal Plan

## Introduction

Embarking on a sugar-free journey doesn't mean compromising on flavour or variety. Our **7-Day Sugar-Free Meal Plan** offers balanced, nutritious, and delicious recipes to help you transition to a low-sugar lifestyle effortlessly. Each day includes simple, wholesome meals that focus on natural ingredients to keep you energised and satisfied.

Perfect for anyone looking to reset their eating habits, this plan eliminates added sugars while providing the nourishment your body needs. Let's make healthy eating enjoyable and sustainable!

## Meal Plan

### Day 1

- **Breakfast:** Greek yoghurt with chia seeds and fresh berries.
- **Lunch:** Grilled chicken salad with spinach, cherry tomatoes, and olive oil dressing.
- **Dinner:** Baked salmon with steamed broccoli and quinoa.
- **Snacks:** Veggie sticks with hummus.

### Day 2

- **Breakfast:** Scrambled eggs with sautéed spinach and mushrooms.
- **Lunch:** Lentil soup with a side of mixed greens.
- **Dinner:** Stir-fried tofu with vegetables over brown rice.
- **Snacks:** Handful of almonds.

### Day 3

- **Breakfast:** Overnight oats with almond milk and sliced green apple.
- **Lunch:** Tuna salad lettuce wraps with cucumber slices.
- **Dinner:** Grilled chicken with roasted sweet potato and green beans.
- **Snacks:** Hard-boiled egg.

### Day 4

- **Breakfast:** Smoothie with spinach, unsweetened almond milk, and frozen berries.
- **Lunch:** Quinoa and chickpea salad with parsley and lemon.
- **Dinner:** Turkey meatballs with zoodles (courgette noodles) and marinara sauce.

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- **Snacks:** A handful of walnuts.

### Day 5

- **Breakfast:** Avocado on wholegrain toast with a poached egg.
- **Lunch:** Grilled salmon with a cucumber and dill salad.
- **Dinner:** Baked chicken with roasted cauliflower and carrots.
- **Snacks:** Celery sticks with almond butter.

### Day 6

- **Breakfast:** Veggie omelette with a slice of wholegrain toast.
- **Lunch:** Spinach and feta salad with a balsamic vinaigrette.
- **Dinner:** Grilled shrimp with sautéed asparagus and wild rice.
- **Snacks:** Sliced bell peppers with guacamole.

### Day 7

- **Breakfast:** Chia pudding with unsweetened almond milk and fresh raspberries.
- **Lunch:** Turkey and avocado lettuce wraps with a side of mixed greens.
- **Dinner:** Grilled steak with mashed cauliflower and sautéed spinach.
- **Snacks:** Plain Greek yoghurt with a dash of cinnamon.

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### Label-Reading Guide

1. **Check the Ingredients:** Look for terms from the hidden sugar list above.
2. **Spot the “Sugars” Line:** On nutrition labels, find the total sugars per serving.
3. **Know Your Limits:** Aim for no more than 30g of added sugars per day (adults).
4. **Avoid Misleading Claims:** “Natural,” “organic,” or “light” doesn’t mean sugar-free. Always verify.
5. **Be Wary of Serving Sizes:** Check if the serving size matches what you’re consuming.