



7-Day No Sugar *Meal Ideas*

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

Turkey, Egg & Cheese Muffins



SERVINGS: 3

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25
MINUTES

INGREDIENTS

- 4 whole eggs
- 6 egg whites
- 3 oz organic sliced turkey
- 1/2 of a red pepper
- 1/2 of a small white onion
- 3/4 cup fresh mozzarella, chopped
- 2 tbsp chives
- Non-stick spray

DIRECTIONS

1. Preheat oven to 350 degrees F (175 C).
2. In a large mixing bowl, whisk together whole eggs and egg whites
3. Chop the deli turkey, red pepper, small white onions, and chives into small pieces, and set aside
4. Spray the muffin tin with non-stick spray
5. Place about 1 tbsp each of turkey, red peppers, and onions into each muffin tin
6. Pour the egg mix into each muffin tin
7. Sprinkle the top with cheese and chives
8. Bake for 20-25 minutes
9. Remove from the oven and let the bites cool before removing from the muffin tin
10. Serve warm

STRENGTH & FITNESS

NUTRITION INFO

Calories: 394, Carbohydrate: 7 grams, Protein: 42 grams, Fat: 21 grams

Easy Crockpot Pulled Pork with Brussels



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 3-6 HOURS
(CROCKPOT MEAL)

INGREDIENTS

- 1/2 lb (227 g) pork shoulder
- 1/2 cup bone broth (120 g), or use chicken broth
- 1/4 - 1/2 cup (124 g) non sugar BBQ sauce
 - Brand recommendation: Primal Kitchen
- 3 cloves garlic, minced or pressed
- 3 cups (264 g) brussel sprouts, trimmed and halved
- 1 tbsp (14 g) avocado oil
- 1/2 (1.5 g) tbsp dried basil
- Salt and pepper to taste

DIRECTIONS

1. Mix together broth, BBQ sauce, and garlic cloves and pour over pork shoulder in a crock pot. Set crockpot to cook on low for 5-6 hours or high for 3-4 hours.
2. Before pulled pork is finished, make brussels sprouts by heating avocado oil in a large skillet over medium heat. Add brussels sprouts and 2 tbsp water. Cover and cook, approximately 10 minutes.
3. Removd cover and add basil, salt, and pepper. Cook for an additional 5-10 minutes, flipping occasionally.

STRENGTH & FITNESS

NUTRITION INFO

Calories: 447, Carbohydrate: 20 grams, Protein: 27 grams, Fat: 29 grams

Grilled Chicken Kebab



SERVINGS: 2

PREP TIME: 15 (PLUS 1
HOUR TO MARINATE)

COOKING TIME: 15 MINUTES

INGREDIENTS

- 3 tbsp (40 g) olive oil
- 1 tbsp (15 g) red (or white) wine vinegar
- 1 tsp (5 g) Dijon mustard
- 2 clove garlic, minced
- 1/2 tsp (2 g) oregano
- Juice of 1/2 a lemon
- Salt and pepper to taste
- 8 oz (227 g) chicken breasts, cut into 1 1/2 inch pieces
- 1 red bell pepper, cut into 1 1/2 inch pieces
- 1 green bell pepper, cut into 1 1/2 inch pieces
- 1 medium red onion, cut into 1 1/2 inch pieces
- 2 tbsp (30 g) plain greek yogurt (for serving)
- 8 grilling skewers

DIRECTIONS

1. In a medium bowl, mix together olive oil, vinegar, mustard, garlic, oregano, lemon juice, salt, and pepper.
2. Add chicken and mix to dress chicken. Cover and marinate in the refrigerator for at least one hour (or overnight).
3. When ready to cook, heat grill to medium heat.
4. Thread the skewers, alternating between chicken, bell peppers, and onion.
5. Cook over medium heat on the grill for 5-7 minutes per side or until chicken has reached an internal temperature of 165 degrees.

NUTRITION INFO

Calories: 396, Carbohydrate: 15 grams, Protein: 28 grams, Fat: 25 grams

Spaghetti Squash & Scallops



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 medium spaghetti squash
- 1 cup (21 g) baby spinach
- 1/8 cup (14 g) sun-dried tomato, chopped
- 2 tbsp (56 g) feta cheese, crumbled
- 2 tbsp (27 g) olive oil
- 1 tbsp (15 g) lemon juice
- 1 tbsp (15 g) pesto
- Salt and pepper to taste
- 10 medium scallops

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Cut spaghetti squash lengthwise in half. Remove seeds with a spoon, scraping away the softer insides.
3. Add 1/4 cup water and 1 tbsp olive oil to to a large glass baking dish.
4. Place spaghetti squash in the baking dish with the open side down (skin facing up). Bake for 40 minutes then allow 5-10 minutes to cool.
5. While spaghetti squash is cooling, heat 1 tbsp olive oil in a medium skillet. After drying scallops with a paper towel, add scallops, 1 tbsp lemon juice, salt, and pepper to skillet.
6. Cook scallops for 2 minutes on one side, then flip and cook for 1-2 minutes longer. Remove from heat.
7. When spaghetti squash has cooled some but is still warm, use a fork to scrape the strands and fluff the inside.
8. Mix spinach, sun-dried tomatoes, pesto, and feta into the spaghetti squash. Top with Scallops and serve.

NUTRITION INFO

Calories: 351, Carbohydrate: 21 grams, Protein: 16 grams, Fat: 24 grams

Turkey Bacon Lettuce Wraps



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 3 strips bacon
- 1 small head of bibb, iceberg, or butterhead lettuce
- 3 oz (85 g) sliced organic turkey
- 1 small vine ripe tomatoes, sliced
- 1/4 avocado, sliced
- 1/2 tbsp avocado oil mayonnaise
- 1 oz (28 g) mozzarella cheese, sliced

DIRECTIONS

1. Cook bacon in medium skillet over medium heat for 4-5 minutes on each side. Pat dry with a paper towel.
2. Spread mayo on 2-3 pieces of lettuce and fill with all other ingredients.

STRENGTH & FITNESS

NUTRITION INFO

Calories: 557, Carbohydrate: 20 grams, Protein: 27 grams, Fat: 43 grams

Eggs, Beans, & Greens



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 6 MINUTES

INGREDIENTS

- 1 tsp (4.5 g) avocado oil
- 1/2 cup (65 g) canellini beans
- 1 tbsp (7 g) sliced almonds
- 1/2 tsp (1 g) oregano
- Salt and pepper to taste
- 2 eggs
- 1 apple

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat.
2. Add beans, oregano, salt, and pepper and mix to coat beans.
3. Push beans to the side and crack two eggs into the pan.
4. Allow eggs and beans to cook for approximately 3 minutes, until egg whites are mostly cooked through.
5. Mix almonds into the beans on the skillet.
6. Add spinach and cook for 1-2 minutes longer, until spinach is wilted.
7. Serve warm with an apple on the side.

STRENGTH & FITNESS

NUTRITION INFO

Calories: 362, Carbohydrate: 38 grams, Protein: 17 grams, Fat: 17 grams

Roasted Veggie Quinoa Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20-25
MINUTES

INGREDIENTS

- 3/4 cup (128 g) quinoa, uncooked
- 1 cup (150 g) cherry tomatoes, halved
- 1 red bell pepper, diced
- 1 medium sweet potato, peeled and diced
- 1/2 small onion, sliced
- 1 tbsp (14 g) avocado oil
- 1/2 tsp (1.5 g) turmeric
- 1/2 tsp (1.5 g) cumin
- Salt and pepper to taste
- 2 tbsp (18 g) sunflower seeds
- Juice of 1 lemon
- Fresh parsley, chopped

DIRECTIONS

1. Cook quinoa according to package and set aside.
2. In the meantime, preheat the oven to 400°F (200°C).
3. In a large bowl, toss the cherry tomatoes, bell pepper, sweet potato, and onion with olive oil, turmeric, cumin, salt, and pepper until well coated.
4. Spread the vegetables on a baking sheet and roast for approximately 20 minutes, until vegetables are at desired consistency.
5. Top quinoa with roasted veggies, lemon juice, sunflower seeds, and parsley. Enjoy warm or cold.

NUTRITION INFO

Calories: 466, Carbohydrate: 69 grams, Protein: 15 grams, Fat: 16 grams

STRENGTH & FITNESS

Turkey and Veggie Skillet



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10-15 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil, divided
- 2 medium sweet potatoes, peeled and chopped small
- 1 red bell pepper
- 1/2 small onion, chopped
- 2 tbsp (1 g) fresh dill
- Salt and pepper to taste
- 1 garlic clove, minced
- 10 oz (285 g) ground turkey
- Juice of 1/2 lemon
- 2 cups (60 g) baby spinach

DIRECTIONS

1. Heat 1/2 tbsp olive oil in a medium skillet over medium heat.
2. Add sweet potatoes, onion, and 1 tbsp water to the skillet. Cover and cook 8-10 minutes, until sweet potato softens. Add bell pepper, fresh dill, salt and pepper and cook approximately 5 more minutes, until sweet potatoes are cooked through.
3. Remove veggies from the skillet and set aside. Add remaining olive oil and garlic to the skillet. Cook for 1 minute then add ground turkey. Cook for approximately 5 minutes, crumbling and breaking up the turkey as you go along.
4. When turkey is no longer pink in the middle, add the cooked vegetables back to the skillet along with the lemon juice and baby spinach. Cook 1-2 minutes until spinach is wilted.
5. Enjoy warm!

NUTRITION INFO

Calories: 424, Carbohydrate: 34 grams, Protein: 32 grams, Fat: 18 grams

Smoked Salmon Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cups (200 g) mixed salad greens
- 3 oz (85 g) smoked salmon, sliced
- 1/8 small red onion, sliced
- 1 green onion, sliced
- 5 cherry tomatoes, halved
- 5 green olives, halved
- Handful of sprouts
- 1 tsp (3 g) sesame seeds
- 1 tbsp (14 g) olive olive
- 1/4 tsp (0.5 g) dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Top mixed salad greens with salmon, onions, tomatoes, olives, sprouts, and sesame seeds.
2. Mix olive oil, oregano, salt, and pepper together and drizzle over salad.

STRENGTH & FITNESS

NUTRITION INFO

Calories: 489, Carbohydrate: 37 grams, Protein: 26 grams, Fat: 28 grams

Greek Inspired Turkey Patties



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 10

INGREDIENTS

- 1lb (454 g) ground turkey
- 1 cup (24 g) fresh parsley, chopped
- 3 garlic cloves, minced
- 1/2 medium onion, minced
- 1 tbsp (15 g) lemon juice
- Salt and pepper to taste
- 1 tbsp (14 g) avocado oil
- 2 tbsp (30 g) tzatziki sauce
- 1 sweet potato, baked

DIRECTIONS

1. In a large bowl mix together ground turkey, parsley, garlic, onion, lemon juice, salt, and pepper until well blended.
2. Heat avocado oil in a large skillet over medium heat.
3. Form circular patties with the turkey mixture (makes 6-8 patties) and place on the skillet.
4. Cook for approximately 5 minutes on each side or until fully cooked through.
5. Serve with tzatziki sauce and a baked sweet potato (or salad).

LEVEL UP
STRENGTH & FITNESS

NUTRITION INFO (PER SERVING)

Calories: 502, Carbohydrate: 21 grams, Protein: 48 grams, Fat: 26 grams

Eggless Breakfast Hash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25-30 MINUTES

INGREDIENTS

- 1 tbsp (14 g) ghee
- 2 cups (266 g) sweet potato, cubed
- 1/4 cup (40 g) white onion, chopped
- 2 cups (226 g) zucchini, cubed
- 2 cups (140 g) cremini or white mushroom, chopped
- 8oz (227 g) grass-fed ribeye meat, sliced or cubed
- Salt and pepper to taste

DIRECTIONS

1. In a large skillet, add the ghee on medium/high heat.
2. Add the cubed sweet potatoes and cook until the edges start to brown (3-5 minutes).
3. Turn the skillet to medium heat and add the chopped white onions.
4. Cover the skillet with a lid and let the veggies cook for another 5-10 minutes, or until the sweet potatoes are cooked through.
5. Uncover the skillet and add the zucchini and mushrooms. Add salt and pepper to the veggies to taste.
6. Sauté the veggies for another 5-8 minutes or until all the veggies are cooked. Remove the veggie hash from the pan and set aside.
7. Turn the skillet to high heat and cook the ribeye for 3-4 minutes, or until cooked to desired internal temperature.
8. Mix the cooked ribeye in with the veggies.
9. Serve hot and enjoy!

NUTRITION INFO

Calories: 407, Carbohydrate: 35 grams, Protein: 30 grams, Fat: 17 grams