

# YOUR QUIT-SUGAR MEAL PLAN

Kick a sweets habit with this sugar- and sweetener-free meal plan. This real-food menu is so flavorful and satiating, you won't even miss them.

RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p><b>Banana Coconut Chocolate Smoothie</b> (p. 2)</p>	 <p><b>1 serving Coconut Curry Corn Soup</b> (p. 2, save leftovers)</p>	 <p><b>1 serving Baba Ghanoush Power Bowl</b> (p. 3, save leftovers)</p>	<p>Calories: 1,430, Fat: 62 g, Sat. Fat: 36 g, Carbs: 175 g, Fiber: 35 g, Sugars: 36 g, Protein: 57 g, Sodium: 1,311 mg, Cholesterol: 0 mg</p>
TUESDAY	 <p><b>Veggie Scramble with Quinoa</b> (p. 3)</p>	 <p><b>Hummus Sammy</b> (p. 4)</p>	 <p><b>1 serving Coconut Curry Corn Soup</b> (leftovers, p. 2)</p>	<p>Calories: 1,367, Fat: 69 g, Sat. Fat: 20 g, Carbs: 150 g, Fiber: 35 g, Sugars: 27 g, Protein: 46 g, Sodium: 1,383 mg, Cholesterol: 372 mg</p>
WEDNESDAY	 <p><b>Poached Egg Avocado Toast</b> (p. 4)</p>	 <p><b>1 serving Coconut Curry Corn Soup</b> (leftovers, p. 2)</p>	 <p><b>1 serving Baba Ghanoush Power Bowl</b> (leftovers, p. 3)</p>	<p>Calories: 1,341, Fat: 60 g, Sat. Fat: 19 g, Carbs: 160 g, Fiber: 34 g, Sugars: 25 g, Protein: 50 g, Sodium: 1,611 mg, Cholesterol: 372 mg</p>
THURSDAY	 <p><b>Banana Coconut Chocolate Smoothie</b> (p. 2)</p>	 <p><b>Hummus Sammy</b> (p. 4)</p>	 <p><b>1 serving Baba Ghanoush Power Bowl</b> (leftovers, p. 3)</p>	<p>Calories: 1,661, Fat: 73 g, Sat. Fat: 29 g, Carbs: 200 g, Fiber: 45 g, Sugars: 38 g, Protein: 64 g, Sodium: 1,676 mg, Cholesterol: 0 mg</p>
FRIDAY	 <p><b>Poached Egg Avocado Toast</b> (p. 4)</p>	 <p><b>1 serving Baba Ghanoush Power Bowl</b> (leftovers, p. 3)</p>	 <p><b>1 serving Sheet Pan Chicken &amp; Carrots with Tahini</b> (p. 5, save leftovers)</p>	<p>Calories: 1,581, Fat: 82 g, Sat. Fat: 14 g, Carbs: 147 g, Fiber: 30 g, Sugars: 28 g, Protein: 73 g, Sodium: 1,675 mg, Cholesterol: 445 mg</p>
SATURDAY	 <p><b>Veggie Scramble with Quinoa</b> (p. 3)</p>	 <p><b>1 serving Sheet Pan Chicken &amp; Carrots with Tahini</b> (leftovers, p. 5)</p>	 <p><b>1 serving Coconut Curry Corn Soup</b> (P. 2, leftovers)</p>	<p>Calories: 1,376, Fat: 80 g, Sat. Fat: 22 g, Carbs: 112 g, Fiber: 21 g, Sugars: 28 g, Protein: 62 g, Sodium: 1,377 mg, Cholesterol: 445 mg</p>
SUNDAY	 <p><b>Veggie Scramble with Quinoa</b> (p. 3)</p>	 <p><b>Hummus Sammy</b> (p. 4)</p>	 <p><b>1 serving Sheet Pan Chicken &amp; Carrots with Tahini</b> (leftovers, p. 5)</p>	<p>Calories: 1,607, Fat: 91 g, Sat. Fat: 15 g, Carbs: 137 g, Fiber: 31 g, Sugars: 30 g, Protein: 69 g, Sodium: 1,722 mg, Cholesterol: 445 mg</p>

# Banana Coconut Chocolate Smoothie

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Chocolate for breakfast? Yes, please! This smoothie will keep you feeling full from whole-food additions, such as beans, spinach and banana. Choose a protein powder that doesn't contain any added sugar.

- 1 banana, cut into chunks and frozen
- 1 cup packed baby spinach
- 1 cup water
- ½ cup full-fat coconut milk
- ¼ cup canned cannellini beans, drained
- 1 scoop no-sugar-added chocolate protein powder
- 1 tsp ground cinnamon

Place all ingredients in a blender and blend until smooth.

**PER SERVING** (1 recipe): Calories: 538, Total Fat: 28 g, Sat. Fat: 23 g, Carbs: 49 g, Fiber: 11 g, Sugars: 15 g, Protein: 29 g, Sodium: 367 mg, Cholesterol: 0 mg

# Coconut Curry Corn Soup

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 35 MINUTES.

Natural sweet corn flavor shines in this simple and quick soup.

- ½ tbsp avocado oil
- 1 cup diced yellow onion
- 5 ears corn, husks removed
- 2 cloves garlic, minced
- 2 tsp curry powder
- 1 tsp ground black pepper
- ½ tsp sea salt
- 4 cups water
- 2 cups canned cannellini beans, drained
- 1 cup full-fat coconut milk
- ½ lime, zested and juiced, divided
- ½ cup chopped fresh cilantro
- Pinch ground cayenne pepper

1. In a large pot on medium, heat oil. Add onion and sauté 5 minutes, until translucent. Cut kernels off ears of corn. To pot, add corn kernels, garlic, curry powder, black pepper and salt. Cook, stirring, until fragrant, about 5 minutes.

2. Stir in water, beans and coconut milk; bring to a boil then reduce heat to a simmer for 10 minutes.

3. Stir in lime juice. Using an immersion blender or blender, working in batches if necessary, puree soup to desired smoothness. (**NOTE:** If you like some texture, remove a few ladles of soup before pureeing, then stir back into pot.)

4. Divide soup among serving bowls and garnish with cilantro, cayenne and lime zest before serving. (**TIP:** Cut remaining ½ lime into wedges and serve with soup.)

*Freeze one serving of soup for later in the week; thaw and reheat when called for. Refrigerate remaining servings and reheat when called for.*

**PER SERVING** (¼ of recipe): Calories: 359, Total Fat: 16 g, Sat. Fat: 11 g, Carbs: 48 g, Fiber: 10 g, Sugars: 10 g, Protein: 10 g, Sodium: 311 mg, Cholesterol: 0 mg

# Baba Ghanoush Power Bowl

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 5 MINUTES.

This power bowl – topped with a creamy, homemade eggplant dip called *baba ghanoush* – is fresh and filling.

## BABA GHANOUSH

- 1 large** eggplant, halved
- 1 tbsp** extra-virgin olive oil
- ½ tsp** sea salt
- 2 cloves** garlic, roughly chopped
- ½** lemon, juiced
- 1 tbsp** tahini

## BOWLS

- 1½ cups** dry quinoa
- 2 cups** diced cucumber
- 2 cups** diced tomato
- 2 cups** grated carrots
- 1 cup** whole black olives
- ½ cup** chopped parsley + plus additional for garnish

## DRESSING

- 1 clove** garlic, peeled
- 2 tbsp** tahini
- 1** lemon, juiced
- ½ cup** water
- ¼ tsp** each sea salt and ground black pepper

**1.** Prepare baba ghanoush: Preheat oven to 450°F and line a baking sheet with parchment paper. Brush cut sides of eggplant with oil. Place, cut side down, on baking sheet. Bake until eggplant is very soft and starting to collapse, 45 minutes.

**2.** Meanwhile, cook quinoa according to package directions.

**3.** Prepare dressing: In a food processor, mince garlic; add tahini, lemon juice, water, salt and pepper. Process until smooth; remove to a container and set aside.

**4.** To finish baba ghanoush, remove eggplant from oven and scoop out flesh; transfer to a mesh sieve placed over a bowl and sprinkle salt over eggplant. Set aside 10 minutes, shaking occasionally to release water. Transfer eggplant to food processor; add garlic, lemon juice and tahini; pulse until smooth.

**5.** Assemble bowls: Divide quinoa among bowls. Top with cucumber, tomato, carrot, olives, parsley and dressing. Garnish with additional parsley.

*Refrigerate leftover components in separate containers and assemble when called for.*

**PER SERVING** (¼ of recipe): Calories: 533, Total Fat: 18 g, Sat. Fat: 2 g, Carbs: 78 g, Fiber: 14 g, Sugars: 11 g, Protein: 18 g, Sodium: 653 mg, Cholesterol: 0 mg

# Veggie Scramble

with Quinoa

SERVES: 1.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 20 MINUTES.

This quick breakfast will fuel you all morning long. Save time this week by preparing 1½ cups of cooked quinoa and refrigerating leftovers to use for future breakfasts.

- 1 tbsp** avocado oil
- ¼ cup** diced yellow onion
- 1 cup** loosely packed chopped baby spinach
- ½ cup** diced tomato
- 2 large** eggs
- ⅛ tsp** sea salt
- ¼ tsp** ground black pepper
- ½ cup** cooked quinoa

**1.** In a sauté pan on medium, heat oil. Add onion and cook 5 minutes until translucent. Add spinach and tomatoes; sauté until spinach wilts, about 3 minutes.

**2.** While veggies are cooking, in a bowl, whisk eggs with salt and pepper. Once spinach has wilted, add eggs; heat and scramble to desired doneness. Serve over cooked quinoa.

**PER SERVING** (1 recipe): Calories: 418, Total Fat: 26 g, Sat. Fat: 5 g, Carbs: 29 g, Fiber: 5 g, Sugars: 5 g, Protein: 19 g, Sodium: 416 mg, Cholesterol: 372 mg

## Hummus Sammy

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Prep this easy plant-based sandwich in the morning and it will be delicious at lunch time. Pack ¼ cup of the hummus and the carrots sticks as a side.

- 2 thin slices whole-wheat or sourdough bread
- ½ cup hummus, divided (**TIP:** Look for varieties that are lower in sodium)
- ¼ cup sliced cucumber
- ½ tomato, sliced
- ½ cup loose packed baby spinach
- ½ avocado, sliced
- 1 carrot, cut into sticks

1. Over one side of each bread slice, divide ¼ cup hummus. Top with cucumber, tomato, spinach and avocado and assemble as a sandwich.

2. Enjoy with a side of carrot sticks and remaining ¼ cup hummus.

**PER SERVING** (1 recipe): Calories: 590, Total Fat: 27 g, Sat. Fat: 4 g, Carbs: 73 g, Fiber: 20 g, Sugars: 12 g, Protein: 17 g, Sodium: 656 mg, Cholesterol: 0 mg

## Poached Egg Avocado Toast

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 10 MINUTES.

This egg-topped version takes avocado toast to the next level. Be sure your bread slices are sturdy enough to hold the toppings.

- ½ avocado
- 1 tsp fresh lime juice
- 2 thin slices whole-wheat or sourdough bread, toasted
- 2 large eggs
- ¼ tsp ground black pepper
- ⅛ tsp each sea salt and red pepper flakes

1. Mash avocado with lime juice. Divide among 2 slices of toast.

2. In a saucepan over medium-low, heat 3 inches water; bring to a gentle simmer.

3. Working 1 at a time, break egg into small dish and gently slide egg into hot water. Add second egg in same method. Keep water at a very low simmer water until egg whites are set and yolks are cooked to desired doneness, 3 to 5 minutes.

4. Remove eggs from water with slotted spoon, drain well on paper towels and place over avocado on toast. Top with pepper, salt and pepper flakes.

**PER SERVING** (2 slices): Calories: 449, Fat: 26 g, Sat. Fat: 6 g, Carbs: 34 g, Fiber: 10 g, Sugars: 4 g, Protein: 22 g, Sodium: 647 mg, Cholesterol: 372 mg

# Sheet Pan Chicken & Carrots *with Tahini*

SERVES **3**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **45 MINUTES**.

A side of corn on the cob and a drizzle of homemade tahini sauce makes an otherwise simple dinner spectacular.

- 3** carrots, cut into sticks
- 2 tbsp** avocado oil, divided
- ½ tsp** sea salt, divided  
+ additional to taste
- 3 5-oz** boneless skinless  
chicken breasts
- 1 clove** garlic, minced
- 2 tbsp** chopped fresh parsley,  
divided + additional  
for garnish
- ½ tsp** ground black pepper  
+ additional to taste
- 3 ears** corn, husks removed

## TAHINI SAUCE

- ¼ cup** extra-virgin olive oil
- ¼ cup** water
- 1** lemon, juiced
- 2 tbsp** tahini
- 1 clove** garlic, peeled
- ¼ tsp** each sea salt and  
ground black pepper

- 1.** Preheat oven to 400°F and line a baking sheet with parchment paper.
- 2.** In a bowl, toss carrots with 1 tbsp avocado oil and sprinkle with ¼ tsp salt; spread in an even layer on baking sheet and bake until soft, 30 minutes.
- 3.** In same bowl, toss chicken with remaining 1 tbsp avocado oil, garlic, parsley, ¼ tsp salt and pepper. After carrots have been cooking 5 minutes, nestle chicken breasts among carrots on baking sheet, making sure ingredients are spread out and not touching. Return to oven and bake until chicken reaches internal temperature of 165°F, about 25 minutes.

- 4.** Place a large pot filled ¾ full with water over medium-high heat; cover and bring to a boil. Place ears of corn in boiling water, cover and remove pot from heat. Cook corn in hot water until tender, about 10 minutes. Remove corn, shake dry and sprinkle with salt and pepper, to taste.

- 5.** Meanwhile, into a blender or food processor, place all tahini sauce ingredients; blend until smooth.

- 6.** To serve, divide roasted chicken, carrots and corn among plates. Drizzle each serving with tahini sauce and garnish with parsley.

*Refrigerate leftovers in separate containers; reheat and assemble when called for.*

**PER SERVING** (⅓ of recipe): Calories: 599, Total Fat: 38 g, Sat. Fat: 6 g, Carbs: 35 g, Fiber: 6 g, Sugars: 13 g, Protein: 33 g, Sodium: 650 mg, Cholesterol: 73 mg

# SHOPPING LIST

## PROTEINS & DAIRY

- 1 carton no-sugar-added chocolate protein powder
- 1 dozen large eggs
- 3 5-oz boneless, skinless chicken breasts

## VEGGIES & FRUITS

- 3 avocados
- 2 bananas
- 1 large yellow onion
- 7 oz baby spinach
- 2 lb carrots
- 2 cucumbers
- 1 head garlic
- 2 limes
- 3 lemons
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 8 ears sweet corn
- 5 vine tomatoes
- 1 large eggplant

## WHOLE GRAINS

- 1 bag quinoa
- 1 loaf whole-wheat or sourdough bread

## NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil
- 3 13.5-oz cans full-fat coconut milk
- 1 jar tahini

## PANTRY STAPLES

- 2 8-oz containers hummus (low sodium variety, if possible)
- 1 19-oz can cannellini beans
- 1 6-oz can or jar black olives
- 1 bottle ground cayenne pepper
- 1 bottle ground cinnamon
- 1 bottle curry powder
- 1 bottle red pepper flakes
- 1 bottle black pepper
- 1 bottle sea salt