

Check the boxes to track your progress.

LOW-SUGAR MEAL PLAN



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7

BREAKFAST

Two poached eggs over a bed of wilted spinach (start with about 6 cups fresh), sautéed with olive oil, salt and pepper. Serve with one piece of sprouted grain toast, spread with a little bit of butter.

SNACK

One apple with 1/4 cup raw almonds.

LUNCH

1 cup Mexican lentil soup with 3 hard rye crackers spread with olive tapenade and topped with 1/4 cup of crumbled feta.

SNACK

1/2 cup golden hummus with 1 cup sliced veggies.

DINNER

Smoky white-bean chili.



BREAKFAST

Green smoothie.

SNACK

One apple, spread with 2 tbsp natural, unsweetened peanut butter.

LUNCH

Leftover chili served with carrot sticks.

SNACK

2 slices aged white cheddar and 2 hard rye crackers (like Ryvita) and a pear.

DINNER

Grilled chicken with cauliflower-garlic saute.



BREAKFAST

Avocado toast: top two slices of toasted sprouted grain bread with a 1/4 ripe avocado each. Top with salt, fresh pepper and some pumpkin seeds for crunch.

SNACK

1/2 cup plain Greek yogurt, sprinkled with cinnamon and topped with 1/4 chopped walnuts and 1 diced date.

LUNCH

Leftover grilled chicken with cauliflower-garlic saute.

SNACK

1/3 cup trail mix with pecans, unsweetened dried tart cherries, pumpkin seeds, cacao nibs and flaked unsweetened coconut.

DINNER

Spring tofu scramble with a green salad on the side.

BREAKFAST

3/4 cup plain Greek yogurt in a parfait, layered with 1/4 cup chopped walnuts, 1 cup thawed or fresh blueberries, 1 tbsp dried tart cherries, 1 tbsp hemp hearts and sprinkled with cinnamon and cardamom.

SNACK

1 pear with 1/4 cup raw almonds.

LUNCH

1 cup Mexican lentil soup with 3 hard rye crackers spread with olive tapenade and topped with 1/4 cup of crumbled feta cheese.

SNACK

1/2 cup Crispy madras chickpeas.



DINNER

Seared halibut with cilantro salsa and rosemary sweet potatoes.

BREAKFAST

Green smoothie.

SNACK

1/2 cup organic cottage cheese topped with 1/2 cup thawed blueberries and 1/4 cup raw sunflower seeds.

LUNCH

Green goodness basil-pesto salad with 1/2 can wild salmon or light tuna.



SNACK

One apple, spread with 2 tbsp natural, unsweetened peanut butter.

DINNER

Beef barley soup.

BREAKFAST

Two poached eggs over a bed of wilted spinach (start with about 6 cups fresh), sautéed with olive oil, salt and pepper and served with one piece of sprouted grain toast with a little bit of butter.

SNACK

One apple.

LUNCH

1/2 cup golden hummus, 4 hard rye crackers, 2 slices aged white cheddar, 1/2 cup cherry tomatoes and 1/2 cup sliced bell peppers.

SNACK

1/2 cup plain Greek yogurt, sprinkled with cinnamon and topped with 1/4 chopped walnuts and 1 diced date.

DINNER

Spring tofu scramble with a green salad on the side.

BREAKFAST

Gluten-free buckwheat pancakes. Top with tropical fruit puree: blend 1/2 banana with 1/2 cup mango and 1 tsp grated ginger, then thin with coconut milk to desired 'syrup' texture. Top with shaved unsweetened coconut.

SNACK

1/2 cup organic cottage cheese, topped with 1/2 cup thawed blueberries and 1/4 cup raw sunflower seeds.

LUNCH

Apple and walnut super-crunch salad.



SNACK

1/2 cup crispy madras chickpeas.

DINNER

Grilled side of salmon, served with roasted vegetables and brown rice.

