

Kick Your Sugar Habit IN 7 DAYS

Excess sugar contributes to inflammation and can send your energy levels on a bumpy ride. We've got an easy fix: This meal plan is full of wholesome, tasty food, all without a lick of added sugar.

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Cilantro Lime Chicken Bowl

GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR.

Elevate everyday rice and beans with this herby, zesty bowl made with roasted chicken, fresh spinach and juicy tomato, all topped with an indulgent avocado mash.

- 2 tbsp extra-virgin olive oil, divided
- 3 limes, zested and juiced, divided
- ½ cup chopped fresh cilantro, divided
- ½ tsp each ground cumin and sea salt, divided
- ¼ tsp ground black pepper
- 4 8-oz boneless, skinless chicken breasts
- 2 green onions, sliced, whites and green parts divided
- ½ tsp chipotle chile powder
- 2 cups cooked brown rice
- 1 15-oz BPA-free can unsalted black beans
- 3 cloves garlic, minced, divided

- ½ cup water
- 2 small avocados
- 2 cups baby spinach, chopped
- 2 tomatoes, diced

1. Preheat oven to 425°F. In a large bowl, mix together one-half of each oil, lime zest and juice, cilantro, cumin and salt, and all of the pepper. Add chicken; marinate for 30 minutes. Transfer to a baking dish and roast for 22 to 25 minutes, until cooked through. Cool and slice.
2. Meanwhile, in a large skillet on medium, heat remaining one-half of oil. Add whites of onions; cook 3 minutes. Add remaining one-half of cumin and all of chipotle. Add rice, beans, two-thirds of garlic and water. Bring to a boil, reduce heat and simmer for 3 to 5 minutes.

3. Prepare mash: Blend or mash together avocados, remaining one-half of each lime zest and juice and salt, and remaining one-third of garlic. Add a splash of water to thin, if desired.

4. Divide rice and beans among bowls. Top with chicken, spinach, tomatoes, remaining one-half of cilantro, greens of onions and avocado mash.

NOTE: If following our Meal Plan, refrigerate components separately; heat rice mixture and chicken and assemble before eating.

PER SERVING (¼ of recipe): Calories: 640, Total Fat: 23 g, Sat. Fat: 4 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 3 g, Carbs: 51 g, Fiber: 14 g, Sugars: 3 g, Protein: 57 g, Sodium: 318 mg, Cholesterol: 125 mg

Apple Chicken Salad

Q GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 40 MINUTES.

A creamy yogurt parsley dressing is the start of this easy-to-assemble salad with spinach, fresh apples and toasted walnuts.

CHICKEN & SALAD

- 1

lemon, zested and juiced, divided
- ¼ cup

chopped fresh flat-leaf parsley
- ¼ tsp

each sea salt and ground black pepper
- 2 8-oz

boneless, skinless chicken breasts
- 1 cup

raw unsalted walnuts
- 8 cups

baby spinach
- 2

green or red apples, sliced
- 2 stalks

celery, chopped or sliced

DRESSING

- ½ cup

full-fat plain Greek yogurt
- ¼ cup

extra-virgin olive oil
- ¼ cup

fresh lemon juice
- 2 tbsp

fresh flat-leaf parsley, minced
- 1 clove

garlic, minced
- ¼ tsp

each sea salt and ground black pepper

1. Prepare chicken: Preheat oven to 425°F and line a baking sheet with parchment paper. In a large bowl, mix together lemon zest and juice, parsley, salt and pepper. Add

chicken and coat in mixture. Place on prepared sheet and bake for 22 to 25 minutes, until cooked through. Cool and slice or shred.

2. Place walnuts on a second baking sheet and toast in the oven for 7 minutes, until fragrant and golden.

3. Meanwhile, prepare dressing: Whisk together all dressing ingredients.

4. To assemble the salad, place spinach, apples and celery on a platter or in a bowl. Top with chicken, walnuts and dressing.

NOTE: If following our Meal Plan, store dressing and salad separately in the fridge and walnuts at room temperature.

PER SERVING (¼ of recipe): Calories: 523, Total Fat: 35 g, Sat. Fat: 5 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 14 g, Carbs: 23 g, Fiber: 6 g, Sugars: 12 g, Protein: 32 g, Sodium: 387 mg, Cholesterol: 67 mg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: 1 Pineapple Lime Smoothie (p. 79)</p> <p>LUNCH: 1 serving Curry-Stuffed Sweet Potatoes (p. 76; save leftovers)</p> <p>DINNER: 1 serving Apple Chicken Salad (p. 74; save leftovers)</p>	<p>BREAKFAST: 1 serving Spicy Kimchi Fried Quinoa (p. 77; save leftovers)</p> <p>LUNCH: 1 serving Apple Chicken Salad (leftovers, p. 74)</p> <p>DINNER: 1 serving Curry-Stuffed Sweet Potatoes (leftovers, p. 76)</p>	<p>BREAKFAST: 1 serving Spicy Kimchi Fried Quinoa (leftovers, p. 77)</p> <p>LUNCH: 1 serving Apple Chicken Salad (leftovers, p. 74)</p> <p>DINNER: 1 serving Sweet Potato & Cod Tacos with Cumin Yogurt (p. 78; save leftovers)</p>	<p>BREAKFAST: 1 serving Spicy Kimchi Fried Quinoa (leftovers, p. 77)</p> <p>LUNCH: 1 serving Cilantro Lime Chicken Bowl (p. 73; save leftovers)</p> <p>DINNER: 1 serving Apple Chicken Salad (leftovers, p. 74)</p>
<p>NUTRIENTS: Calories: 1,528, Fat: 81 g, Sat. Fat: 29 g, Carbs: 130 g, Fiber: 29 g, Sugars: 50 g, Protein: 82 g, Sodium: 1,265 mg, Cholesterol: 84 mg</p>	<p>NUTRIENTS: Calories: 1,412, Fat: 76 g, Sat. Fat: 27 g, Carbs: 128 g, Fiber: 25 g, Sugars: 31 g, Protein: 64 g, Sodium: 1,116 mg, Cholesterol: 253 mg</p>	<p>NUTRIENTS: Calories: 1,309, Fat: 59 g, Sat. Fat: 10 g, Carbs: 123 g, Fiber: 21.5 g, Sugars: 26 g, Protein: 26 g, Sodium: 1,046 mg, Cholesterol: 300 mg</p>	<p>NUTRIENTS: Calories: 1,577, Fat: 73 g, Sat. Fat: 12 g, Carbs: 125 g, Fiber: 28 g, Sugars: 20 g, Protein: 110 g, Sodium: 969 mg, Cholesterol: 378 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: 1 Pineapple Lime Smoothie (p. 79)</p> <p>LUNCH: 1 serving Sweet Potato & Cod Tacos with Cumin Yogurt (leftovers, p. 78)</p> <p>DINNER: 1 serving Cilantro Lime Chicken Bowl (leftovers, p. 73)</p>	<p>BREAKFAST: 1 serving Spicy Kimchi Fried Quinoa (leftovers, p. 77)</p> <p>LUNCH: 1 serving Cilantro Lime Chicken Bowl (leftovers, p. 73)</p> <p>DINNER: 1 Curry-Stuffed Sweet Potatoes (leftovers, p. 76)</p>	<p>BREAKFAST: 1 Pineapple Lime Smoothie (p. 79)</p> <p>LUNCH: 1 Curry-Stuffed Sweet Potatoes (leftovers, p. 76)</p> <p>DINNER: 1 Serving Cilantro Lime Chicken Bowl (leftovers, p. 73)</p>	
<p>NUTRIENTS: Calories: 1,541, Fat: 52 g, Sat. Fat: 11 g, Carbs: 153 g, Fiber: 33.5 g, Sugars: 36 g, Protein: 122 g, Sodium: 1,126 mg, Cholesterol: 189 mg</p>	<p>NUTRIENTS: Calories: 1,529, Fat: 64 g, Sat. Fat: 26 g, Carbs: 156 g, Fiber: 33 g, Sugars: 22 g, Protein: 89 g, Sodium: 1,047 mg, Cholesterol: 311 mg</p>	<p>NUTRIENTS: Calories: 1,644, Fat: 77 g, Sat. Fat: 28 g, Carbs: 158 g, Fiber: 37 g, Sugars: 41 g, Protein: 107 g, Sodium: 1,196 mg, Cholesterol: 142 mg</p>	



Curry-Stuffed Sweet Potatoes

V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 55 MINUTES.

We've turned baked sweet potatoes into a main dish by stuffing them with a simmered coconut chickpea curry. Make the sweet potatoes in advance, or you can bake them fresh right before serving for each day it's eaten on the plan.

- 4 large sweet potatoes
- 1 tbsp extra-virgin olive oil
- 1 yellow onion, diced
- 2 tbsp red curry paste
- 1 tbsp minced ginger
- 2 cloves garlic, minced
- 1 13.5-oz BPA-free can full-fat coconut milk
- 1 15-oz BPA-free can chickpeas, drained and rinsed
- 1/3 cup water
- 2 cups baby spinach, chopped
- 1 tbsp coconut aminos
- 1 lime, zested and juiced
- 1/2 cup chopped fresh cilantro, divided



THE SWEETER SPUD:

A distant cousin of conventional yellow potatoes, sweet potatoes are famously rich in the antioxidant beta-carotene from which they get their distinct orange hue. Beta-carotene is converted by the body into vitamin A, integral to the maintenance of healthy eyes, skin and mucous membranes.

1. Preheat oven to 400°F. Prick sweet potatoes all over with a fork, place in a baking dish and roast for 50 minutes.
2. Meanwhile, in a medium skillet on medium, heat oil. Add onions and cook until translucent, about 5 minutes. Add curry paste, ginger and garlic and cook for 3 minutes, until fragrant. Add coconut milk, chickpeas and water. Bring to a gentle simmer and cook for 15 minutes, until liquid is reduced by half.
3. Stir in spinach, coconut aminos, lime zest and juice and one-half of the cilantro. Cook until spinach has wilted, about 3 minutes.
4. Cut along the top of each sweet potato and split open slightly to make room for curry. Divide curry among potatoes and top with remaining one-half of cilantro.

NOTE: If following our Meal Plan, freeze 2 sweet potatoes and 2 portions of curry separately; refrigerate remaining. Reheat and assemble before serving. Alternatively, make the curry in advance and bake each sweet potato right before eating.

PER SERVING (1/4 of recipe): Calories: 475, Total Fat: 26 g, Sat. Fat: 19 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 54 g, Fiber: 11 g, Sugars: 14 g, Protein: 11 g, Sodium: 465 mg, Cholesterol: 0 mg



Spicy Kimchi Fried Quinoa

Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 40 MINUTES.

Kimchi, a source of healthful bacteria, adds a spicy kick to this fried quinoa. This recipe calls for using the liquid from the kimchi – if your kimchi doesn't have any, you can use one teaspoon each rice vinegar and tamari and add hot sauce to taste. If you're looking to keep this recipe vegetarian, make sure you use a kimchi without fish sauce or shrimp paste.

- 1 1/2 cups dry quinoa
- 1 tbsp extra-virgin olive oil, divided
- 1 cup finely sliced carrots
- 1 cup frozen shelled edamame
- 2 green onions, sliced, whites and green parts divided
- 3 cloves garlic, minced
- 1 cup kimchi, chopped, reserving 2 tbsp juice
- 2 cups baby spinach
- 4 large eggs
- 1 tbsp sesame seeds

1. Cook quinoa according to package instructions.
2. In a large skillet on medium, heat one-half of oil. Add carrots and frozen edamame and cook for 5 minutes. Add whites of onion and garlic and sauté an additional

5 minutes. Add cooked quinoa, kimchi, kimchi juice and spinach and sauté until spinach wilts, about 3 minutes.

3. Using remaining one-half of oil, cook eggs in a nonstick pan until whites are set, about 3 minutes, or until desired doneness. Top quinoa mixture with egg and garnish with seeds and greens parts of onion.

NOTE: If following our Meal Plan, cook 1 egg per serving just before eating. Reheat quinoa mixture and top with 1 fried egg, greens of onions and sesame seeds.

PER SERVING (1/4 of recipe): Calories: 414, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 4 g, Carbs: 51 g, Fiber: 8 g, Sugars: 5 g, Protein: 21 g, Sodium: 264 mg, Cholesterol: 186 mg



SHOPPING LIST

PROTEINS & DAIRY

- 4 large eggs
- 1 small bag frozen shelled edamame
- 6 8-oz (3 lb total) boneless, skinless chicken breasts
- 1 15-oz BPA-free can black beans
- 2 30-oz containers full-fat Greek yogurt (**TRY:** Stonyfield Organic Greek Plain Whole Milk Yogurt)
- 1 8-oz wild cod fillet

VEGGIES & FRUITS

- 3 carrots
- 8 limes
- 3 lemons
- 18 oz baby spinach
- 1 bunch green onions
- 1 bunch cilantro
- 1 bunch fresh flat-leaf parsley
- 1 yellow onion
- 2 tomatoes
- 4 small avocados
- 4 large sweet potatoes
- 2 medium sweet potatoes
- 1 large head garlic
- 1 head celery
- 5 green apples (or 3 green and 2 red)
- 1 16-oz bag frozen pineapple chunks

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil (**TRY:** California Olive Ranch 100% California Extra Virgin Olive Oil Cold Pressed)
- 1 small bag sesame seeds
- 1 small bag raw unsalted walnuts

PANTRY STAPLES & EXTRAS

- 1 bag quinoa
- 1 bag brown rice
- 1 bottle cumin
- 1 bottle black pepper
- 1 bottle sea salt
- 1 bottle chipotle chile powder
- 1 bottle vanilla protein powder (**TRY:** Tattle Plant Protein Blend)
- 1 bottle red curry paste
- 1 15-oz can chickpeas
- 1 13.5-oz BPA-free can coconut milk
- 1 1-inch piece fresh ginger
- 1 bottle coconut aminos
- 1 bag tortillas of choice (corn or grain-free)
- 1 container kimchi

Sweet Potato & Cod Tacos

with Cumin Yogurt

Q GF

SERVES 2.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 40 MINUTES.

Fish tacos get a hearty makeover with roasted sweet potatoes and a flavorful sauce spiked with cumin.

- 2 sweet potatoes, diced
- 2 tsp extra-virgin olive oil, divided
- 2 cloves garlic, minced, divided
- ¼ tsp each sea salt and ground black pepper, divided
- 1 lime, zested and juiced, divided
- ½ tsp chipotle chile powder
- 1 8-oz wild cod fillet, cut into 4-inch pieces
- 2 green onions, chopped
- ¼ cup torn fresh cilantro
- ¼ cup full-fat Greek yogurt
- ¼ tsp ground cumin
- 4 small tortillas of choice (corn or grain-free)

1. Preheat oven to 400°F and line a baking sheet with parchment paper. Place potatoes on sheet. Toss with one-half of each oil, garlic, salt and pepper. Roast for 15 minutes.

2. Meanwhile, in a bowl, combine remaining one-half of each oil and garlic, one-half of lime zest and juice and all of chipotle. Add fish and set aside to marinate for about 10 minutes.

3. Remove sheet from oven, stir potatoes and move to one side. Place cod on sheet. Bake for 10 to 12 minutes more, until fish is cooked through and potato is tender and browned.

4. Gently break fish apart with a fork. Sprinkle onions and cilantro over sheet and gently mix everything together.

5. In a small bowl, combine yogurt, cumin and remaining one-half of lime zest and juice, salt and pepper.

6. Divide mixture among warmed tortillas and top with yogurt.

NOTE: If following our Meal Plan, refrigerate cod mixture and yogurt separately. Heat tortillas and cod mixture and assemble before eating.

PER SERVING (½ of recipe):
Calories: 372, Total Fat: 9 g, Sat. Fat: 2 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 49 g, Fiber: 7.5 g, Sugars: 9 g, Protein: 26 g, Sodium: 395 mg, Cholesterol: 47 mg

Pineapple Lime Smoothie

F Q V GF

SERVES 1.
HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 5 MINUTES.

Yogurt and pineapple add a tangy flavor to this satisfying morning bevvy. For a pretty presentation, garnish with lime zest.

- 1 green apple, cored and chopped
- 1 cup baby spinach
- ½ cup frozen pineapple chunks
- ½ cup full-fat Greek yogurt
- ½ small avocado, peeled and pitted
- 1 lime, zested and juiced
- 1 tbsp fresh cilantro
- 1 scoop protein powder

Place everything in a blender and blend until smooth.

PER SERVING (1 recipe):
Calories: 529, Total Fat: 20 g, Sat. Fat: 5 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2.5 g, Carbs: 53 g, Fiber: 12 g, Sugars: 24 g, Protein: 39 g, Sodium: 413 mg, Cholesterol: 17 mg