



My **SUGAR FREE** Journey



Sugar Free Meal Plan for March 28th-April 3rd, 2016

Instructions:

All recipes are for 2 people. Just double recipe for 4 people or triple for 6.

Meats	Produce	Spices	Other
2 lb Hamburger Meat 2 Chicken Breasts 2 Pork Chops 2 Salmon Filets Pork Loin	Broccoli Cauliflower Diced Mushrooms Onion Garlic Spaghetti Squash Basil Leaves Green Beans Head of Cabbage Eggplant Lemon Fresh Rosemary Zucchini Butternut Squash	Salt Pepper Thyme Oregano Garlic Powder Cinnamon Nutmeg	Butter Eggs Yellow Mustard Sour Cream Cheddar Cheese 28oz can of Crushed Tomatoes Olive Oil Coconut Oil Milk Almond Meal Cream Cheese Shredded Mozzarella Parmesan Pan for meatloaf Cheese grater Steamer Basket Baking Sheet Tin Foil Vegetable wok for grill

Monday March 28th

Meatloaf with Broccoli and Cauliflower

- Preheat oven to 350°
- Finely dice 1 cup of mushrooms
- Cook Mushrooms with 1 tsp of butter in skillet for 5-7 minutes until soft

- Put 1 lb of hamburger meat, 1 egg, 3 finely diced garlic cloves, 1/2 finely diced onion, 2 tsp salt, 2 tsp black pepper, 1 tsp of Thyme, 2 Tsp Oregano and cooked mushrooms in bowl and mix with hands
- Place in small greased pan and cook in oven until brown throughout, approx 35 minutes
- In small bowl, mix equal parts yellow mustard and sour cream
- Let meatloaf cool for a few minutes, then spread mustard mixture on top

Broccoli and Cauliflower

- Cut 1 small head of Broccoli and half a head of Cauliflower into florets, place in steamer until soft, approx 7-10 minutes
- Shred cheddar cheese on top and let sit until melted, then serve

Tuesday March 29th

Chicken Breast with Pasta Sauce over Spaghetti Squash ([Instructional Video Here](#))

- Preheat oven to 400°
- Cut Spaghetti Squash in half lengthwise and place cut side down in pan with about an inch of water
- Place in oven for 20 minutes
- In large pot, place a tsp of olive oil and 2 large onions, diced. Cook until onion is translucent
- Add 28oz can of crushed tomatoes, 2 cloves of garlic, diced, 1 cup of sliced mushrooms, 1/2 Tsp Oregano, 1/2 tsp Salt, and 4 Basil Leaves, chopped. Bring to slight boil, then let simmer until squash is done.
- At the 20 minute mark, rub 2 chicken breasts with olive oil and salt. Place on pan and in oven with Squash for an additional 10 minutes until an internal temp of 165° is reached
- Remove Squash and Chicken from oven. Use fork to scrape out enough squash for a serving. Place squash on plate, cover with sauce and sliced chicken breast.
- Save leftover sauce for pizza on Thursday

Wednesday March 30th

Fried Pork Chops and Onions with steamed Green Beans

- Heat up 1/2 cup of Coconut oil in skillet
- On 1 plate, scramble an egg with a Tbsp of milk. On second plate, pour out some Almond Meal.
- Place pork chop in almond meal, then egg mix, then back to Almond meal
- Slice an onion, then place chops in hot oil and cover with onions. Cook about 3-5 minutes on each side
- When finished, place chops and onion on paper towel to drain

Green Beans

- Chop end off fresh green beans, place in steamer until soft, about 7 minutes
- Season with salt, butter and garlic powder.

Thursday March 31st

[Cauliflower Crust Pizza](#)

- Preheat oven to 425°
- Steam a half a head of Cauliflower after cutting in small cubes
- Place Cauliflower in food processor with 1 egg, 1/2 block of Cream Cheese, 1/2 cup Mozzarella and 4 Tbsp Parmesan. Blend until smooth.
- Place mixture in greased pan and smooth out flat.
- Cook at 425° for 15 minutes
- While mixture is baking, brown 1/2 lb of Hamburger meat and season with 1 tsp of salt
- After 15 minutes, take Cauliflower crust out of oven. Cover with sauce from Tuesday, meat and shredded Mozzarella cheese.
- Place back in oven for an additional 10 minutes until cheese is melted

Friday April 1st

Pan Fried Salmon with Oven Baked Eggplant and Cabbage

- Preheat oven to 350°
- Cut ½ Eggplant into ¼” thick disks and cut Cabbage into ½” thick Rounds
- Place Eggplant and Cabbage side by side on large baking sheet (Or on 2 different sheets)
- Drizzle both with Olive Oil, Salt, and pepper. Season Eggplant with Garlic Powder and Cabbage with Thyme and oregano
- Cook in oven for 25 minutes until crispy
- Heat up 2 Tbsp of butter in skillet
- Season Salmon with Salt and Pepper on both sides and cook in skillet for 3 minutes on each side. Season with a squirt of lemon

Saturday April 2nd

[Rosemary Garlic Pork Loin](#) with Zucchini Spears and [Butternut Squash](#)

- Preheat oven to 350°
- Melt 2 Tbsp of butter in microwave and stir in 2 cloves of garlic, diced and 2 strands of Rosemary removed from stem
- Place Pork Loin on sheet of tin foil and cut 3 slits into meat
- Fold Foil into tent and brush butter mixture on to meat, pushing some down into slits.
- Cut 2 zucchini into spears and place in small pan, season with salt, garlic powder and parmesan cheese
- Peel Butternut squash, cut in half lengthwise and remove seeds.
- Cut into 1” squares and place in baking pan. Season with ½ stick of butter, Cinnamon, Nutmeg and salt.
- Cook all for approx 35 minutes until internal temp of 165° is reached on the pork and the squash is soft

Sunday April 3rd

Slow Cooker Chicken with Grilled Green Beans and Asparagus

- Mix 1 Tsp each of salt, pepper, garlic powder, oregano and thyme.
- Dice one onion and line bottom of slow cooker.
- Rub spice mixture all over chicken, placing any leftover spice into body cavity
(Be sure to remove liver and gizzards from body cavity)
- Place in slow cooker on low for about 4 hours
- Cut ends off green beans and place in ziploc bag with olive oil, garlic powder and salt. Let marinate for at least an hour
- When ready to grill, cut ends off Asparagus and brush with Olive Oil and salt
- Place asparagus and beans on vegetable wok and grill until soft and brown spots appear
- (If you don't have a grill or vegetable wok, just place in oven for 15 minutes at 350°)