

## Recipes for 5 Day SUGAR Free Whole Food Challenge

### MONDAY

#### Egg Muffins

These little treats are great to have in the fridge to grab and eat when you have a busy morning. You can also wrap in wax paper individually then put in a zipper freezer bag to freeze.

#### Ingredients

- 10-12 eggs
- ½ teaspoon baking powder
- ¼ teaspoon each salt and pepper
- 1 green onion
- 2 big carrots
- ½ red pepper
- 4 cups fresh spinach (can use 1 package of frozen if want to substitute)
- 1 cup of cooked meat (sausage, hamburger, turkey burger, bacon)

#### Directions

- 1 Preheat oven to 350° F and grease two muffin pans with coconut oil.
- 2 Whisk eggs with baking powder, salt and pepper.
- 3 Put green onion, carrots, and peppers in food processor and process until finely chopped but not smooth. Add to eggs.
- 4 Put spinach in processor and finely chop, add to eggs.
- 5 Add cooked meat to eggs and mix well.
- 6 Using a measuring cup, fill muffin pans with ¼ cup each of the egg mixture.
- 7 Bake for 20-25 minutes or until eggs are set in the middle.

### 7 Ingredient Skinny Egg Roll Bowl

<https://www.groundedandsurrounded.com/recipe/7-ingredient-skinny-egg-roll-bowl/>

My good friend Sammi has a blog all about healthy eating and living called Grounded and Surrounded. She has submitted a few recipes for us to use this week in the challenge. They are all simple, healthy and delicious! This skinny egg roll bowl is an easy quick lunch or dinner idea. And who doesn't love a Chinese inspired dish?

## **Ingredients**

- 16 oz ground turkey or pork sausage, browned
- 16 oz package of coleslaw
- 1 red pepper, julienned
- 5 green onions, thinly sliced whites used in recipe and greens used as garnish
- 5 cloves garlic, minced or grated
- 1/4 cup soy sauce or coconut aminos
- 1 tsp ground ginger powder

## **Instructions**

1. In a large pan, brown sausage.
2. Next, add in bag of coleslaw, red pepper slices, whites of onion, and grated garlic. Sauté with browned meat for 2-3 minutes.
3. Last, mix in ground ginger powder and soy sauce. Sauté another 2 minutes and serve warm!
4. Top with greens of onions and enjoy!

## **Cave Man Chicken**

I found this recipe online one day when I was trying to throw together a meal with what I had on hand – chicken, bacon, cheese and green chilies. It has become one of our family's favorite meals! Soooo easy and delicious! I make 4 chicken breasts for our family of 6.

## **Ingredients**

- 4 Chicken Breasts
- 4-6 oz Cheddar Cheese
- 4 oz Jalapeno Slices or green chilies (Optional)
- To Taste Salt and Pepper
- 4-6 slices Bacon

## **Instructions**

1. Start with thawed chicken breasts and season with salt and pepper
2. Cover with cheese
3. Add Jalapenos or green chilies
4. Cut the bacon in half and drape over the chicken
5. Transfer to a foil lined pan and bake at 350 for 30-45 minutes or until done
6. If the chicken is done and the bacon is not, put it under the broiler for a few minutes

## **Roasted Sweet Potatoes and Cauliflower**

I love these two vegetables together! You could use any vegetable you like in this recipe – broccoli, peppers, golden potatoes, mushrooms. If I add any of these, I let the root vegetables and cauliflower cook first for about 10-15 minutes, then add the rest as they don't take as long to cook.

## **Ingredients**

- 2 sweet potatoes, peeled and cut into cubes
- ½ head cauliflower, cut into medium size pieces
- Seasonings – (can adjust to your liking) garlic powder, onion powder, seasoning salt, pepper, thyme, sea salt
- Olive Oil and Balsamic Vinegar

## **Directions**

1. Preheat oven to 350 degrees.
2. Combine vegetables in large bowl and mix.
3. Drizzle on olive oil and balsamic vinegar (I don't measure, just make sure they are coated well).
4. Sprinkle on seasonings and mix.
5. Pour onto baking sheet or glass dish.
6. Bake at 350 degrees for 20-30 minutes, stirring half way, until tender and starting to turn brown.

## **TUESDAY**

### **Baked Oatmeal**

#### **Ingredients:**

- 2 ¾ cup old fashioned oats, uncooked
- 1/3 cup maple syrup
- ¾ cup raisins or dried cranberries (optional)
- ½ cup chopped walnuts
- tsp cinnamon
- 3 1/3 cup almond milk
- ¾ cup applesauce or pureed pumpkin
- 1 tsp vanilla
- 1-2 tbsp ground flaxseed

#### **Directions:**

Combine all ingredients and pour into a greased 9 X 13 inch baking dish. Bake at 350 degrees for 45-50 minutes.

## Meatloaf

### Ingredients

- 2 pounds ground burger (beef, elk, deer)
- 1 cup whole oats
- ¼ cup onion, chopped
- 1 cup tomato juice
- 2 eggs
- Salt, pepper and garlic powder to taste

### Directions

- 1 Preheat oven to 350 degrees.
- 2 Combine all ingredients in a large bowl.
- 3 Pour into a loaf pan.
- 4 Bake for 1 hour 15 minutes, or until cooked through.

## Kale and Broccoli Slaw Salad

<https://www.groundedandsurrounded.com/recipe/kale-and-broccoli-slaw-salad/>

Here is another recipe from Sammi! One of Dr. Josh's favorite salads!

---

---

### Ingredients

#### Dressing

- 1/4 cup diced onion
- 1/4 cup extra virgin olive oil
- 2 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 1 Tbsp honey
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- a pinch black pepper

#### Salad

- 4 cups, packed kale, thinly sliced/chopped
- 1 12 oz bag broccoli slaw mix (available at most supermarkets)
- 3-4 slices cooked turkey bacon, chopped
- 1/2 cup chopped pecans
- 1/4 cup Parmesan cheese, finely grated

## Directions

1. Combine all dressing ingredients in a Magic Bullet or blender and blend until smooth.
2. Mix all salad ingredients in a large bowl. Pour dressing over the top and toss salad until all ingredients are distributed throughout. Let favors mingle in fridge until you are ready to serve or eat immediately.

## Recipe Notes:

This salad lasts and lasts in the fridge without any changes to the consistency. It is the perfect salad to make on Sunday and enjoy the entire week with a protein of choice!

To add another layer of flavor, roast and salt the pecans. I do this by heating a small frying pan over very high heat and then add a little coconut oil to the pan. Once the oil has just barely started to smoke, I remove from the burner and add in the pecans and a dash of sea salt. Stir the pecans a few times. You will know they are done when you can smell them.

## Baked Acorn Squash

### Ingredients:

- 1 Acorn Squash
- Pecans, Apple, dried cranberries
- Olive Oil, Cinnamon, Honey

### Directions:

- 1 Preheat oven to 350 Degrees.
- 2 Cut Acorn Squash in half, remove seeds and place in baking dish cut side up.
- 3 Fill the openings with diced apple, sliced pecans and dried cranberries. Drizzle olive oil and honey on top. Sprinkle with cinnamon.
- 4 Bake for 45-55 minutes at 350 degrees until squash is tender.

## WEDNESDAY

### Turkey Wraps

Turkey wraps are great for a quick lunch or snack. You can make them however you want. Here are a few ideas.

Lay one piece of deli turkey flat on a plate. Spread hummus on top and your favorite toppings, roll and enjoy.

**Topping ideas:** Olives, Avocado, sliced bell peppers, shredded carrots, tomatoes, cucumber, onions, pickles.

## Easy Guacamole

### Ingredients:

- 2 Avocados, diced and mashed
- 2 Tomatoes, diced
- ¼ onion, diced (can use onion powder)
- Juice from 1-2 limes
- Fresh cilantro, chopped
- Salt & Pepper
- Garlic powder

Mix all ingredients together. Adjust to taste. Can add 1 jalapeno for extra spice if wanted.

## Taco Salad

We eat taco salad once a week for supper and take leftovers to work for lunch. Super easy and delicious salad!

### Ingredients

- Salad greens (romaine, spinach, green leafy)
- 1 pound ground burger (beef, turkey, or wild game)
- ½ can black olives, diced
- ½ avocado, diced
- 2 tomatoes, diced
- Sugar free salsa
- Shredded cheese

**Mexi Mix** – We use this for our taco seasoning instead of buying the packages that are all full of MSG! Use 3 Tbsp of *Mexi Mix* to replace one packed of commercial mixes.

- 5 Tbsp ground cumin
- 6 Tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion flakes
- ¼ tsp black pepper
- ¼- ½ tsp cayenne pepper
- ½ tsp oregano
- 1 tsp paprika
- 1 tsp salt

## Directions

1. Brown burger and drain excess fat.
2. Add 3 Tbsp of *Mexi Mix* and ½ cup of water. Heat to simmer.
3. Place salad greens on plate.
4. Top with meat, cheese, olives, salsa, guacamole and tomatoes.

## THURSDAY

### Pumpkin Pancakes

Yes...we eat pancakes! Our kids love pancakes! I add as much protein I can to this recipe to make it more satiating. I don't use syrup on mine; just almond butter and a fried egg on top! I like to make a double batch on the weekend and freeze the leftovers. They heat up great in the toaster on a morning that we need a quick breakfast or even a snack.

### INGREDIENTS:

- 2½ cups old fashioned oats
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 – 2 scoops vanilla protein powder
- 1 cup milk (I used unsweetened almond milk)
- ¾ cup pumpkin puree
- 3 eggs
- 3 Tbsp pure maple syrup
- 2 Tbsp butter, ghee, or coconut oil (can also sub dairy free butter)
- 2 tsp apple cider vinegar
- 1½ tsp vanilla extract
- ½ tsp cinnamon
- 1 tsp pumpkin pie spice

### DIRECTIONS:

1. Start by blending the oats into an oatmeal flour. Put oats into your blender and puree until a fine powder.
2. Add baking powder, baking soda, and salt and pulse to combine.
3. Add milk, pumpkin puree, eggs, syrup, butter/ghee/coconut oil, cider vinegar, vanilla, cinnamon, and nutmeg. Puree 20-30 seconds, or until combined.
4. Let mixture rest for about 5 minutes while you heat a large skillet over medium heat. Grease the skillet with a little extra butter/ghee/oil or nonstick spray.
5. Scoop batter into skillet (I use a ¼ cup measuring cup for this). Cook 3-5 minutes, or until bubbles form on the surface. Flip pancakes and cook another 1-2 minutes or until cooked through. Repeat with remaining batter.

## Chicken Curry

### Ingredient

- 2 Tbsp coconut oil
- ½ large onion, chopped
- 1 Tbsp curry powder
- 3-4 boneless, skinless chicken breasts
- 2 yellow squash, cut in ½ moons
- 1 red bell peppers
- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped
- 1 sweet potato, peeled and diced
- 1 tsp fresh grated ginger (or a few dashes of ginger powder)
- 1 can of full fat coconut milk
- ½ cup chicken broth
- ½ tsp red pepper flakes
- 2 cups cooked brown rice

### Directions

1. Prepare rice according to package.
2. Sauté onions in oil in large pan over medium heat for 3 minutes.
3. Add curry and cook 2 more minutes
4. Add chicken strips and red pepper flakes. Cook 5 minutes.
5. Add vegetables, ginger and chicken broth.
6. Cook an additional 5-8 minutes or until chicken is no longer pink.
7. Stir in coconut milk.
8. Serve over hot rice.

## **FRIDAY**

### **Green Smoothie**

Rarely, do I make 2 green smoothies exactly the same! They are a concoction of what I have available at the time. Here is a basic recipe to start.

#### **Ingredients**

1 cup frozen berries

2 scoops Ultra meal or Protein Powder

1 scoop Dynamic Greens

Organic carrot juice, Pomegranate juice, almond milk, rice milk or combination of each. We like carrot juice as the base and a bit of almond milk for richness.

½ Avocado

Handful of spinach

½ apple and/or banana

½ lime (helps cut the green of the spinach)

1 Tbsp ground flax seed

1 tsp Omega 3 oil

#### **Directions**

1. Combine all ingredients in a blender and blend until desired consistency. Some days we make ours thick enough to eat with a spoon, other days we make it more runny to drink through a straw.
2. The total amount of a smoothie should be 10-12 ounces. They are very calorie dense so be careful not to have too much!
3. Smoothies are a great place to hid healthy oils and liquid vitamins for kids – they won't know they are in there unless you tell them.

### **Oven Fries**

#### **Ingredients**

- 2-3 Medium size, sweet potatoes
- 3-4 Tbsp Extra virgin olive oil
- Pinch of cinnamon
- Coarse sea salt
- ½ tsp ground cumin
- ¼ tsp cayenne pepper

## **Directions**

1. Preheat oven to 450 degrees.
2. Cut potatoes in strips, with skins on, about ¼ inch thick.
3. In large bowl, combine oil and spices.
4. Add potatoes and toss to coat.
5. Spread out potatoes in single layer on nonstick cookie sheet.
6. Roast 20-30 minutes, turning once. (Be sure to watch as they can burn quickly.)