

Sugar Detox Diet

A simple, seven day program designed to break the cycle of sugar addiction.

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Day 1

- Breakfast:** 2 eggs scrambled with spinach and mushrooms
1 cup of green tea
- Snack:** 15 grams of whey powder mixed in water
1 apple
- Lunch:** Tuna salad (1 can of tuna mixed with 2t of mayo, 1t of capers, chopped peppers, green onions, arugula and mixed greens with 1T of vinaigrette dressing)
1 cup of green tea
- Snack:** 2 string cheese
- Dinner:** 4oz roasted, rotisserie or BBQ'd chicken
Steamed broccolini
1 cup of cooked brown rice
1 cup of peppermint tea
Sliced apple with cinnamon

Day 2

- Breakfast:** Smoothie (20 grams of whey powder, 1 cup of mixed berries, 1T of ground flax seeds, 1 cup of water with ice, optional ¼ cup of tofu)
- Snack:** 2T of walnuts
1 cup of green tea
- Lunch:** Chicken salad (mix of vegetables, 4oz left-over chicken – chopped with 1t of pesto and ½ apple, 2T vinaigrette dressing)
1 cup of green tea
- Snack:** 1 small plain yoghurt
1 cup of green tea
- Dinner:** Stir-fry vegetables
Cooked brown rice
Herbal tea
76-80% fat

Day 3

- Breakfast:** 1 cup of cottage cheese
1 cup of fruit
1 cup of green tea
- Snack:** 1 apple
1T of walnuts
- Lunch:** Stir fry vegetables (left-over) mixed with salad greens, tomatoes, 1t pine nuts, chopped turkey or chicken with 2T vinaigrette dressing
1 cup of miso soup, vegetable stock or chicken soup
1 cup of green tea
- Snack:** 15-20 grams of whey mixed in water
1 pear
- Dinner:** 4oz of ground beef burger – broiled
1 cup of romaine, sliced tomato with oil and vinegar, pickles, 1t mustard, 1t of mayo
1 cup of herbal tea (chamomile or peppermint)



Vinaigrette Dressing

Mix together:

1t agave

1t of Dijon mustard

⅓ cup – ½ cup balsamic vinegar

⅓ cup – ½ cup olive oil

Garlic

Salt and pepper

Tip!

Track how you're feeling on your new diet. Now that you're a MyLifeStages member, you can start a food journal on MyLifeStages.org.

Day 5

- Breakfast:** Smoothie (20 grams of whey powder, 1 cup of mixed berries, 1T of ground flax seeds, 1 cup of water with ice, optional ¼ cup of tofu)
- Snack:** 1 cup of green tea
- 1 string cheese
1 cup of green tea
- Lunch:** Left-over chicken fajitas on beans
- Snack:** 15-20 grams of whey mixed in water
1 orange
- Dinner:** 4oz broiled fish (salmon, halibut, Ahi, sole, tilapia, sea bass) with fresh lemon and/or 1t of pesto
Asparagus broiled with vinaigrette
½ sweet potato/yam roasted with rosemary and garlic
1 cup of herbal tea
Sparkling water with lemon or lime
1 pear



Day 4

- Breakfast:** 2 boiled eggs
1 cup of mixed berries
1 cup of green tea
- Snack:** 1 cup of cottage cheese
½ grapefruit
1 cup of green tea
- Lunch:** Salad (mixed greens, artichoke hearts, olives, tomatoes, cucumbers, 1T of parmesan)
1 4oz vege/chicken/turkey burger (store or homemade – see recipe)
1 cup of green tea
- Snack:** 15-20 grams of whey mixed in water
1 apple
1 cup of green tea
- Dinner:** 4oz chicken fajitas (see recipe)
1 cup of cooked red or kidney beans
½ avocado sliced
Shredded romaine with olive oil and lemon
1 cup of herbal tea
1 pear with 1T of almond butter

Sharon's Chicken Patties

- 1 ½ lbs of ground white chicken
- 3T of chopped fresh sage
- 3T of chopped fresh oregano
- Salt and pepper
- 2 chopped green onions
- 2T smoked paprika
- 1 nob ginger micro planed into the mixture

Form into patties and place on a hot grill – 2-3 minutes each side (depending on the size of the patties). Makes approximately 8, 4oz patties.

Kale of Swiss Chard with Olives and Lemony Dressing

- 1 bunch of kale
- 1 clove of garlic crushed
- 1T of olive oil
- ¼ cup of pitted Kalamata olives
- Juice and zest of 1 lemon
- ¼t of paprika or chili powder
- Salt and pepper

Roughly chop the kale and steam until the leaves wilt about 3-4 minutes – maintain the dark green color. While the kale is steaming, first zest the lemon, and then squeeze the juice into a bowl. Add the crushed garlic, oil, salt and pepper and smoked paprika or chili. Add the dressings and olives to the kale coating all the leaves.

Day 6

- Breakfast:** 2 egg omelet with smoked salmon, asparagus and parmesan cheese
½ grapefruit
1 cup of green tea
- Snack:** 1 small plain yoghurt
- Lunch:** Chicken salad (4oz cooked chicken chopped or shredded mixed with 1t of plain yoghurt, 1t of mayo, lemon juice, 1t of curry powder, 1t of pine nuts, ½ chopped apple, red or yellow pepper)
1 cup of green tea
- Snack:** 15-20 grams of whey blended with 1 orange or ½ cup of berries and ½ cup of water
1 cup of green tea
- Dinner:** 4oz lamb or steak
1 cup roasted vegetables (see cauliflower recipe)
2 pieces of 76-80% dark chocolate

Day 7

- Breakfast:** 3-4" slice crustless quiche (see recipe)
1 cup of green tea or coffee
- Snack:** 1 small plain yoghurt
- Lunch:** 1 cup of miso soup, vegetable stock or chicken soup
Salad
1 apple
1 cup of green tea
- Snack:** 15-20 grams of whey blended with 1 orange or ½ cup of berries and ½ cup of water
1 cup of green tea
- Dinner:** Baked fish (add squeeze of lemon, slices of lemon, salt and pepper and bake for 15 minutes at 350 degrees)
Sautéed green beans, roasted sweet potato, Swiss chard or kale (see recipe)
1 cup of herbal tea
Apple sliced with cinnamon



Roasted Cauliflower

- 1 head of cauliflower
- Balsamic vinegar or fig balsamic vinegar
- 2T of canola oil
- 1T chopped mint
- Spices: 2t of turmeric, 1t of curry powder, salt and pepper or 2t of smoked paprika, 1t of cumin, 1t of garlic salt and pepper or any combination of your favorite spices.

Preheat oven to 350 degrees.

Cover a baking sheet with parchment paper.

Cut the cauliflower into small floret's. Then coat the cauliflower in oil and spices – you will need to use your hands – and spread out on the baking sheet.

Bake for about 20 minutes.

Optional: Pour the cauliflower (using the parchment paper as a chute) into a bowl and add the balsamic or fig balsamic vinegar (about 1T) and the mint to the hot cauliflower.

Crustless Quiche

Beat 6 eggs.

Add to cooked vegetables – such as roasted vegetables like cauliflower, zucchini, eggplant, Swiss Chard, onions, garlic.

Add ¼ cup of parmesan and a pinch of herbs.

Bake at 350 for 20 minutes

Sharon's Chicken Fajitas

4 chicken breasts sliced lengthways (as if you were going to butterfly them) and then sliced finely across.

- 2T of smoked paprika
- 3T of Braggs aminos

Salt

1t dried onions

2 lemons zested and juiced

Splash of any hot sauce

½ cup of cold green tea (optional)

Place the chicken in the marinade for 2-3 hrs.

Pour the chicken and the contents into a pan, and cook on low – medium until chicken is done.