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*Weight loss transformations...
...and so much more.*



Family-Friendly, Mind-Body Detox

Menus

**14 days of Breakfast, Lunch, and Dinner
plus Smoothie Recipes**

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For information about private nutrition counseling or EFT (Emotional Freedom Technique) private sessions, please contact Karen Donaldson at excelweightloss@gmail.com or visit her website at www.excelweightloss.com.



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Introduction

Welcome! And thanks for participating in my Family Friendly Mind-Body Sugar Detox program. The purpose of this program is two-fold. First, as a registered dietitian, I know the very important role that food plays in our health, both physically and emotionally. Many people are aware of the role of diet in diseases such as insulin resistance, diabetes, heart disease, Celiac disease, irritable bowel syndrome, obesity, and more. But other chronic conditions such as fatigue, inflammation, depression, adrenal fatigue, and anxiety can also be related to food. Sadly, some people feel so bad all the time that they don't even remember what it feels like to feel good (and then they eat to feel better, which we'll cover during some tapping). Throw in a bunch of processed foods, artificial sweeteners, and chemicals and it's a recipe for disaster. With that in mind, I hope to dispel some of the myths about nutrition, introduce you to healthy foods that are easy to fix, and give you options for others in your home/life that aren't quite as ready to embrace a change in their eating patterns.

The second major goal of this program is to trigger you – yes, trigger you! – by asking you to pay attention to what happens when you are asked to give up some of the foods you love and to notice what happens when you really listen to your body while eating. There is no failing at this program because it is NOT a diet. I'm including recipes and menu plans to help you learn about healthy options, but I'm also including tapping scripts* to help you get through the emotional issues that might show up for you. I gently remind my clients that they should be grateful for their weight issues because the excess weight is just a symptom of what is *really* going on in their lives and what is ready to be healed.

Cravings and Emotional Eating

*If you're new to mind-body weight loss, we're going to be using a powerful tool called the Emotional Freedom Techniques (EFT). It involves tapping on designated acupressure points while stating your issue or emotion. You can read more about EFT and the effect that sugars have on our brain chemistry in my book ***Beat the Belly Fat Blues: Mind-Body Solutions for Permanent Weight Loss*** available at amazon.com. If you don't have a way to read e-books just let me know and I'll email you a complimentary copy. EFT is very powerful at curbing cravings and I will be asking you to do some tapping before each meal and snack. EFT is also extremely effective at healing the deeper issues behind our emotional eating.



If you feel like you need more help in that area, please feel free to schedule a **Complimentary Discovery Session at excelweightloss.com** or email me at excelweightloss@gmail.com. A Discovery Session is simply the two of us chatting to make sure that working together on your cravings and emotional eating is right for YOU.

To make this program really work for you, please take the time to record your thoughts and emotions, especially at meal and snack times. What we're hungry for in our hearts and in our minds is often much more important than our physical hunger when it comes to our weight and health.

Nutrition Guidelines

Contrary to many “diets”, this plan does not include counting calories, fat grams, or carbs. Those things *are* important, but sometimes we need a break from all the “rules”. Instead, I’m going to ask you to focus on nourishing your body with foods that serve you well, eating when you are truly physically hungry, stopping when you are physically satisfied, and paying attention to your emotions.



The menus are designed to fuel your physical body with optimal amounts of protein, healthy fats, fiber, and carbohydrates from natural sources like fruit, beans, and potatoes. Yes, potatoes! A medium sized potato, with the skin, has fewer carbs than a cup of pasta and more potassium than a banana, plus it offers fiber, magnesium, vitamin B6, and antioxidants.

Basically I’m going to ask you to eat real food and to avoid processed and refined foods, added sugars, and artificial ingredients. The recipes are easy to follow and use commonly available ingredients. I’ve also included what I call “FF” – family friendly – options. Not all of your family members and/or friends may be on the same page as you when it comes to food, so I’ve included easily prepared options to keep them happy. It’s no fun to prepare separate “diet” food for you while the rest of your family or your friends get to eat the real stuff.

For the two-week program, I will ask you to avoid wheat, and not just because of the gluten. The wheat we eat today is SO very different than the wheat our grandparents ate and its possible role in obesity, metabolic syndrome, diabetes, celiac disease, skin conditions, inflammation, and rheumatoid arthritis is described beautifully in Dr. William Davis’ book *Wheat Belly*.

You will also be avoiding added sugars which, of course, means no soda, sports drinks, sugar in your coffee or tea, and so on. It’s no secret that sugars wreak havoc with your blood glucose levels, spike your insulin, and increase fat storage. Metabolically they are a disaster. Excess sugar can also adversely affect your mood, your energy levels, and decrease the effectiveness of your immune system.

Artificial sweeteners are no better, and in some cases are worse, than sugar. In fact, there is evidence that in addition to being toxic to your body, they may actually increase your appetite and carb craving, stimulate fat storage, and increase blood sugars. For more information please visit Dr. Mercola’s website at mercola.com and look up the article titled *Artificial Sweeteners Cause Greater Weight Gain than Sugar, Yet Another Study Reveals*.

For some people, dairy is an issue due to lactose intolerance or because they eat highly processed and pasteurized dairy products. Try to limit your dairy to two servings per day and choose the least processed option.

On a final note, caffeine can be a big issue when it comes to weight loss. In general, caffeine is fine and has some great health benefits. However, when it’s used to keep you revved up and in that constant “go, go, go” mode, it can contribute to adrenal fatigue, which can lead to stubborn weight issues. If you can’t give it up altogether, try limiting your consumption to a couple of servings per day.

The meals on this plan are interchangeable and you can modify them as needed. The protein, fats, and fiber should keep you satisfied on a physical level. But we know that we eat for reasons other than physical hunger, so be aware! I still remember making big bowls of popcorn right after dinner. One time my husband innocently asked me “are you still hungry?” I turned to him and scowled “what does hunger have to do with anything?!” This is where your food diary and EFT tapping come in handy.

Summary of the Nutrition Guidelines

Daily goals:

1. Include protein at each meal and snack. Aim for about 3-4 ounces per meal and 1-2 ounces per snack.
2. Eat lots of healthy fats from avocados, coconut oil, real butter, and nuts and seeds.
3. Enjoy fruit in moderation. Three to five servings per day and supply your body with an appropriate amount of carbs and fiber and provide great nutrition. A serving size is: an apple or orange about the size of a tennis ball; about 1 cup of berries; ½ cup of canned fruit; or about ½ cup of grapes, cherries, or melon. Be sure to eat your fruit with protein to help keep your blood sugars stable.
4. Eat tons of veggies! Aim for 8 servings per day. A serving size is ½-1 cup.
5. Include lots of fiber. Dietary guidelines encourage 25-35 grams per day. Good sources include fruits, veggies, nuts and seeds, bean, and chia seeds. One avocado has about 8 grams, so enjoy!
6. Improve the health of your gut. Consider taking a probiotic.
7. The timing of your meals can be important. Hormonally we are more likely to store fat in the evening hours, so aim for eating dinner before 7 pm and avoid snacks afterwards.

If possible:

1. Buy organic fruits and vegetables.
2. Use nitrite-free, organically grown meat.
3. Limit or avoid dairy. Choose organic and unpasteurized if possible.
4. Have most of your carbs come from fruits, veggies, beans and legumes, and nuts and seeds.
5. Use Stevia as a sweetener, if needed.

For best results:

1. Avoid gluten (wheat) products.
2. Avoid gluten-free substitutes (for now). Adding in carbs from gluten-free breads, pastas, crackers, etc. still affects your blood sugars and adds calories.
3. Avoid processed and refined foods from boxes and wrappers.
4. Avoid artificial sweeteners. This includes Splenda (sucralose), NutraSweet (aspartame) and Acesulfame K.
5. Limit caffeine. Caffeine is not bad, but I’m encouraging you to be aware of how FOOD affects your energy levels and your mood. Too much caffeine can hinder this awareness.
6. Avoid all added sugars (soda, sports drinks, sugar in teas and coffees, etc.).
7. Avoid re-heating food in plastic containers. Use glass containers or reheat on the stove.
8. Avoid fast-food. It’s really challenging to make healthy choices at those places.

9. If you eat out, be sure to choose protein and vegetables and pass on the other foods.

Breakfast

(or mix it up & choose these foods for lunch or dinner)



Egg Casserole

If you're struggling to get your veggies in, try adding them to breakfast! Scrambled eggs with veggies are fast and yummy and nutritious and this casserole makes it easy. Chances are you already have some of these veggies in your pantry or fridge.

Ingredients

12 eggs
1 cup mushrooms, chopped
1 red bell pepper, chopped
3 green onions, chopped
2 cloves garlic, minced
1 tomato, chopped
2 handfuls spinach, chopped (about 2 cups chopped)
8 ounces cooked bacon, ham, or sausage, chopped or crumbled into small pieces
Avocado and salsa (optional)



Directions

Preheat oven to 350 degrees. Coat a 9 x 13 inch baking with olive oil or coconut oil.

Cook bacon, sausage, or ham and set aside. Chop or crumble when cooled.

Whisk eggs in a big bowl. Add chopped veggies and meat. Pour the mixture into the baking pan and spread evenly. Bake 20-30 minutes until eggs are set in middle. Serve with sliced avocado or salsa.

Listen to your body and eat mindfully. If you are physically hungry, eat a bit more. If you are not as physically hungry, eat less.

Breakfast Sausage with Veggies - and a Side of Fruit

Aidells (www.aidells.com) makes a fabulous nitrite-free gourmet chicken sausage that comes in lots of flavors. It's precooked so it's very fast to prepare. One serving (about the size of a hot dog) has 12 grams of protein.

Ingredients

1 or 2 Aidells chicken sausages, cut into bite-sized pieces
1 tsp coconut oil
¼ onion, sliced
1 red, orange, or yellow bell pepper, chopped
3 mushrooms, sliced



Directions

Place sausage and about ½ cup water in small skillet. Heat over medium-low to warm the sausage. As the water evaporates, the sausage will brown slightly.

In a separate pan, sauté the veggies in coconut oil about 3-4 minutes.

Combine sausage with veggies and enjoy.

If you're still physically hungry, have a serving of fruit on the side or sprinkle some chia seeds on your breakfast to increase the fiber content.

Egg and Veggie Omelet

Eggs are a fantastic source of protein, inexpensive, and very healthy. Just one egg offers 7 grams of protein for only 75 calories. Eggs are also a good source of iron, vitamins, minerals and carotenoids like lutein and zeaxanthin which may reduce the risk of age-related macular degeneration, and they also contain choline which may help with memory. The protein and fat helps you feel full and satisfied, so eat up!

Ingredients

3 eggs

2 tsp coconut oil or butter

½ red bell pepper, chopped

½ green bell pepper, chopped

½ cup onion, chopped

¼ cup grated cheese (optional)



Directions

Melt 1 tsp butter/oil in small skillet over medium heat. Add veggies and saute about 3 minutes, until just soft. Remove from skillet.

Wisk eggs in small bowl. Add remaining butter/oil to pan and then add the eggs. Cook over medium heat until they just start to set. Carefully flip this mixture over and finish cooking. If you're successful at flipping the eggs, top with the veggies and cheese! If not, mix it all together for a great scramble!

Eggs or Breakfast Meat with Raw Veggies and Fruit

Start your day with plenty of protein. 3 ounces – about 21 grams - is generally considered a serving. To get one ounce of protein (about 7 grams) you need approximately one egg, one ounce of meat, or one ounce of cheese. Mix and match to get your full serving size – and enjoy the meal guilt free! Use fresh fruits and veggies to get your daily fiber and other important nutrients. As a bonus, your breakfast plate will look beautiful.



Ingredients

3 eggs, cooked any way you like

OR

21 grams of protein from your favorite breakfast meat

OR

A fabulous combination of eggs and breakfast meats – your choice!

1 cup raw veggies – anything you'd like is fine

1 serving of fruit - you choose!

Directions

Cook your eggs any way you want 'em. Use real butter or coconut oil if pan frying or scrambling.

Munch on some raw veggies to get your fiber in. I like bell peppers – they are SO colorful. If you're still physically hungry, add in a serving of fruit. Not the "norm", but fast and delicious!

Beyond Peanut Butter – and Chia Seeds!

Did you know you can buy Sunflower Seed Butter, Almond Butter, or Cashew Butter . . . and they are all delicious! Experiment with some new flavors. Crunchy, yummy and full of nutrition. Be sure to savor the flavors and textures.

And for an even MORE filling snack, try mixing in 1-2 tsp of chia seeds. The fiber will help keep you full and it's great digestive health.

Ingredients

4 TBS of whatever nut butter you desire

Apple or banana slices

Celery or baby carrots

Directions

Dip and enjoy!



Hot “Cereal”

Try this higher fiber, higher protein alternative to oatmeal. I think you’ll love it! The chia seeds also provide heart-healthy fats.

Ingredients

2 TBS Chia Seed
4 TBS Hemp Hearts
½ - ¾ cup water
1 apple, chopped
½ tsp cinnamon
1 tsp Stevia, if desired



Directions

Combine all ingredients in small pan. Heat over medium-low heat about 10 minutes, stirring occasionally. Add more water if too thick. Add more chia seeds if too thin.

Flax Bread

This flaxmeal “bread” has virtually no carbs! One tablespoon of ground flax has 2 grams of carbs, but they all come from fiber which means you get to subtract them from the total. Use this “bread” to make hot (see right) or cold sandwiches or as a substitute for pancakes, waffles, or French toast (see below). Add extra seasonings of your choice to spice it up to make “crackers” or a “flatbread”. The recipe is adapted from Dr. Davis’ Wheat Belly book.

Ingredients

3 TBS flaxmeal (ground flax seeds)
¼ tsp baking powder
Pinch of salt
1 TBS coconut oil, melted, plus extra coconut oil for greasing the pans
1 TBS water
1 large egg

Directions

Grease a 4 inch x 5 inch glass pan with coconut oil.

Melt 1 TBS of the coconut oil. In medium bowl, combine the egg, water, flaxmeal, baking powder, and salt. Add melted oil and mix well with fork.



Pour flax mixture into the glass pan and microwave about 3 minutes. Let cool about 5 minutes. Remove from pan and use to make sandwiches like the grilled cheese one shown above or see below for “French toast”.

Flax Bread French Toast

Ingredients

Flax bread (see above)
1 cup berries
1 tsp chia seeds
¼ cup slivered almonds

Directions

Prepare flax bread as directed above.

Top with warmed berries, chia seeds, and almonds.



Smoothie Recipes



There are about as many smoothie recipes as there people on the planet, and making them used to intimidate me! The basics, however, are similar. You need:

1. A liquid “base” – I usually use almond or coconut milk.
2. Protein powder – whey protein powder and vegetarian protein powder are good. Avoid soy. Aim for 21 grams of protein per smoothie. You’ll have to read the label to determine how much to use.
3. Frozen fruit – to make it cold! It’s also convenient.
4. Veggies – I like to use spinach, kale, and cucumbers, but lots of veggies work.
5. A healthy fat source – I love avocados and they make the smoothie creamy, but you can add nut butters or coconut oil too.

Let’s see . . . protein, fruits, veggies, and healthy fats. Sounds like a balanced meal! For extra fiber and healthy fats, chia and flax seeds are great choices. You can also “customize” your smoothies by adding your favorites like ginger, celery, parsley, etc.

Make sure you use a good blender and consume your smoothies within a couple of days while it’s still fresh. Avoid making them with yogurt as most contain too much sugar. Feel free to modify the recipes below to suit your personal tastes.

Berry Delicious

Ingredients

2-3 cups almond or coconut milk
21 grams protein from protein powder
2-3 cups frozen berries
3 TBS flax meal
4-6 cups spinach
2 avocados, peeled and pitted

Directions

Blend well again. Makes 2-3 “servings” but listen to your body for what’s right for YOU.

Tropical Delight

Ingredients

2-3 cups almond or coconut milk
21 grams protein from protein powder
2-4 TBS cashew butter
2 cups frozen tropical blend fruit (strawberries, mango, pineapple)
4 TBS chia seeds
4-6 cups kale (remove large stems first)
1 cucumber (remove about ½ of the peel first)
1 avocado, peeled and pitted

Directions

Blend well. Share with a family member or friend or save leftovers for the next day.

Bananarama

Ingredients

2-3 cups almond milk or coconut milk
21 grams protein from protein powder
1 apple
1 frozen banana
½ cup frozen raspberries
4 celery stalks, cut into smaller pieces
1 handful of parsley
2 handfuls spinach

Directions

Blend well and enjoy the great health this smoothie has to offer your body!

Lunch & Dinner

(or breakfast . . . it doesn't matter!)



Day 1 – Skillet Black Beans with Turkey or Burger

Save time by cooking extra meat that you can use in a recipe the next day. This tip has saved me many times when I've been tired at the end of the day and wanted to order a pizza for delivery!

Ingredients

1 TBS coconut or olive oil
2 lbs (or more) ground turkey or ground beef
1 bunch green onion, chopped
6 carrots, finely chopped or grated
2 cloves garlic, chopped or crushed
4 cans black beans (15 oz each), drained
1 jar salsa, 16 oz



Directions

Add oil to large pot and cook the ground turkey or ground beef over medium heat about 10 minutes until cooked through. Add chopped veggies and garlic and cook about 5 more minutes.

Add black beans and salsa and seasoning and simmer on medium until heated through.

Listen to your body. Eat less if you're satisfied and more if still hungry. You can freeze leftovers for a quick dinner after a busy day ☺.

**Family Friendly – Serve with cornbread but CHOOSE to refrain. Do some tapping if needed.*

Day 2 - Spaghetti Squash Spaghetti

Per cup, spaghetti squash has about 42 calories and only 10 grams of carbs – 2 of which come from fiber. This means you only have to count 8 grams of carbs. By contrast, a one-cup serving of regular pasta has about 30-35 grams of carbs to count.

Ingredients

2 lbs cooked meat.
Use leftover cooked ground turkey or beef or cooked chicken or sausage you might have.
24 oz jar prepared spaghetti sauce
8 whole tomatoes cut in half (or use canned if needed)
1 onion, chopped
1 bunch parsley, chopped
2 zucchini, chopped



2 medium-large spaghetti squash

Directions

Preheat oven to 450 degrees.

Mix all ingredients except spaghetti squash in large pot and simmer several hours or simmer all day in crock pot.

To cook spaghetti squash:

Wash the outside of the squash. Using a large, sharp knife, carefully cut a few slits into the squash. Place the squash on a baking sheet lined with foil. Bake 45-60 minutes, without turning.

Remove squash from oven and let cool about 10 minutes. Carefully slice off the ends of the squash. Caution – it may still be very hot! Let cool another 10 minutes and then slice in half lengthwise. Scoop out the seeds with a large spoon. Using a fork, “shred” the squash. It will come off in strands like regular spaghetti noodles!

Pour sauce over the squash and enjoy. Experience the joy of knowing that you are sneaking in extra veggies and fewer carbs, but not compromising on flavor!

**Family Friendly – Boil up some regular pasta to serve to those less adventurous. Do EFT tapping if you having any feelings of deprivation from not having pasta.*

Day 3 – Chicken Pesto Wraps

This recipe is so easy it’s almost ridiculous! Cook some chicken, add some pesto, and wrap it up.

Ingredients

Four, boneless, skinless chicken breasts
2 TBS olive or coconut oil
1 small carton fresh Pesto
Romaine lettuce leaves

Directions

Heat oil in large skillet. Cook chicken breast over medium heat until just done, about 5-10 minutes. Don’t overcook. Remove chicken from skillet and slice/chop into bite-sized pieces.

Return chicken to skillet and add Pesto. Cook about 5 minutes until heated through. Spoon chicken/pesto mixture onto large Romaine leaves. Enjoy!



Day 4 – Steak with Brussels Sprouts and Cashew Salad

Brussels sprouts are not usually high on the list of foods people love, but I can almost guarantee you will like this salad! And it is SO healthy for you. Honor your body with some great nutrition.

Also, prepare enough steak to have leftover for your next meal if you don't care for fish!

Ingredients

Sirloin steak (or steak of your choice)
Salt and pepper to taste (or other seasoning)

4 cups fresh Brussels sprouts
Honey Mustard Dressing, to taste
1 cup salted cashews

Directions

For the steak:
Prepare grill (outside) or broiler (inside).
Season with choice of spices

Cook steak about 4 minutes on each side or until desired doneness. Let stand 5 minutes and then cut in to ¼ inch slices.

For the Brussels sprouts salad:
Wash Brussels sprouts. Trim off the bottoms if too bulky. Cut into halves and then quarters or process in a food processor.

Place about 1 ½ cups of Brussels sprouts in individual salad bowls. Add about 1 tsp Honey Mustard dressing per serving. Top each serving with about 1/3 cup salted cashews.

**Family Friendly – Serve the steak over rice as a stir-fry.*



Day 5 – Fish (or Steak) Taco Salad

If you've got to have some crunch, try some corn chip crumbles on this salad. It's a great way to sneak in some flavor without too many carbs!

Ingredients

1 tsp coconut or olive oil
4-6 tilapia fillets (or leftover steak)
2 tsp Mrs. Dash Fiesta Lime Seasoning
1 avocado, chopped
4 cups shredded lettuce
Cilantro, chopped
2 tomatoes, diced
Shredded cheese, Mexican blend
Corn chips (optional)



Directions

Melt coconut oil in large skillet. Add tilapia. Season with 1 tsp Mrs. Dash and cook about 5-6 minutes, turning once. Add the other tsp of seasoning after turning the fish.

Per salad:

1 cup lettuce, ¼ avocado, ½ tomato.

Add fish or steak and sprinkle with shredded cheese (and corn chips if desired).

**Family Friendly – Serve with regular corn or flour tortillas or Fritos/chips.*

Day 6 – Crock Pot Roast with Veggies

There's hardly anything better than coming home to dinner that's ready to eat! Enjoy this recipe and adapt ingredients as needed. Cook a larger roast so you'll have leftovers for the soup tomorrow.

Ingredients

2-3 lb beef or pork roast
4 TBS Mrs. Dash Garlic and Onion seasoning
32 oz chicken broth (1 carton)
12 small red potatoes
1 small bag baby carrots
1 large onion, chopped

Directions

Place veggies potatoes, onions, and carrots in crock pot first. Place roast on top of veggies. Sprinkle with seasoning. Add chicken broth.



Cover and cook on low 8-10 hours. That's it! Now relax and enjoy your evening.

**Family Friendly – Serve with a roll or extra potatoes.*

Day 7 - Minestrone Soup

Ingredients

Leftover roast, chopped in small pieces
4 cups vegetable broth (one, 32-oz carton)
2 (14.5 oz) cans stewed tomatoes (or several fresh)
1 onion, chopped
3-4 stalks celery, chopped
4 carrots, chopped
1 large head cabbage, shredded
4 cups spinach, finely chopped
1 large zucchini, sliced
2 cans garbanzo beans, drained
2 cans kidney beans, drained
4 TBS Italian seasoning



Directions

Combine all ingredients in large pot or crock pot. Simmer several hours then serve. This makes LOTS. Freeze the leftovers!

**Family Friendly – Serve with crackers, rolls, or whatever others desire.*

Day 8 - Chicken and Arugula Salad with Strawberries

I love cooking enough protein to use for two meals. It saves so much time. Make extra chicken for use in the stir-fry tomorrow night. You'll be happy you did!

Ingredients

8-10 boneless, skinless chicken tenderloins
2 TBS olive or coconut oil

Per salad serving:

3 ounces cooked chicken (about the size of a deck of cards)
2 cups arugula
¼ cup pecan pieces
1 cup strawberries, sliced (or whatever berries you prefer)
1 avocado, chopped into bite-sized pieces (yes, eat the whole thing!)
Raspberry vinaigrette dressing, to taste



Directions

Heat oil in large skillet. Cook tenderloins over medium-low heat about 5 minutes until cooked thoroughly. Set aside.

Combine salad ingredients in large bowls. Add 3 ounces of chicken (about the size of a deck of cards). Enjoy the beautiful textures and flavors and colors!

**Family Friendly – serve with garlic bread or rolls*

Day 9 - Chicken and Peanut Stir-Fry

Stir-fry is SO easy when you've already prepared the meat. Chop up some veggies and add a yummy peanut sauce. Better than take-out!

Ingredients

2-3 cup cooked chicken (use leftovers from above)
4 zucchini, chopped
2 cups yellow peppers, chopped
2 onions, chopped
1-2 cups salted peanuts
1 TBS coconut oil
1 bottle (11.5 oz) Peanut Sauce



Direction

Saute vegetables in oil, over medium heat, about 3-4 minutes. Add cooked chicken and Peanut Sauce. Reduce heat and let simmer about 10 minutes.

Top with peanuts before serving.

This recipe is totally delicious without the rice.

**Family Friendly – Cook up some minute rice!*

Day 10 - Lentil and Asparagus Salad

If you're looking for a high fiber food that is also high in protein, look no further than lentils.

1 cup cooked has 40 grams of carbohydrates, but 16 of these come from fiber which means you get to subtract them from the total ($40 - 16 = 24$ grams "net" carbs). These "net" carbs are the ones that raise your blood sugar levels.

1 cup of cooked lentils also has 18 grams of protein and lots of iron.

Add leftover meat if desired, but this recipe holds its own!



Ingredients

1 pound dry lentils
1 large onion, chopped into bite-sized pieces
2 cloves garlic, crushed
2 bunches of asparagus, washed and broken into bite-sized pieces
1 TBS olive oil or coconut oil
8 oz Balsamic Vinaigrette dressing

Directions

Cook lentils according to package directions, about 20 minutes. Drain off excess water when finished cooking.

Saute onions, garlic, and asparagus, over medium heat, in the olive or coconut oil. Cook until veggies are just tender, about 8 minutes.

Combine the veggies, lentils, and dressing in a large bowl. Add extra meat if desired. Mix well. Serve warm (for dinner) or cold (as leftovers for lunch).

**Family Friendly – Serve with chips or pita bread as a dipper.*

Day 11 – Baked Potato with Bacon and Veggies

As mentioned in the intro, potatoes can be a very healthy part of our diets. Add cheese, bacon, and green onions to make this a meal!

Ingredients

Per-serving:

1 small potato
2 slices nitrate-free bacon, cooked
¼ cup chopped green onion
2 TBS butter
2 TBS shredded cheese of your choice



Directions

Preheat oven to 425 degrees. Coat potato with olive oil and wrap in foil. Bake about 45 minutes. The skin will be SO soft and yummy!

Top with remaining ingredients and return to oven for a few minutes to melt the cheese. Savor the flavors. How wonderful to treat your body to something that tastes so good and is so good for you!

**Family Friendly – Have some canned chili on hand for heartier appetites.*

Day 12 – Hamburger with Baked Sweet Potatoes and Broccoli

I love hamburgers, but not the bun! Enjoy the flavor by pairing your burger with sweet potatoes and a green veggie. SO satisfying.

Ingredients:

2-4 pounds ground beef
1 medium onion, finely chopped
1 head broccoli, chopped into bite-sized pieces
2-3 large sweet potatoes
2 TBS olive oil
Salt and pepper to taste



Directions:

Preheat oven to 400 degrees. Wash sweet potatoes well and then coat with the olive oil. The oil will help soften the skin. Wrap in foil and bake about 1 hour.

In the meantime, wash and chop the broccoli. Set aside.

For the burger:

Combine the ground beef plus the onion and mix well. Form into bite-sized pieces and place in large skillet. Cook over medium heat until done, about 10-15 minutes.

When the sweet potatoes are done, take out of oven and carefully remove the foil. Let cool about 5 minutes before handling. Place potatoes in large bowl and smash them with a fork or wire whisk. Serve steaming hot!

**Family Friendly – Use hamburger buns for those who desire bread.*

Day 13 - Pork with Cabbage Salad

Grapes make a healthy addition to a traditional salad and the colors are fantastic. What a treat for all your senses!

Make extra pork tenderloin so you'll have leftovers for tomorrow. Saving more time for YOU! Buy two separate packages so they will cook faster.

Ingredients

2-3 pounds of pork loin tenderloin
1 bag coleslaw mix that includes dressing
12 red grapes (per serving), sliced in half



Directions

Cook tenderloin according to package directions. These usually take about an hour to bake.

Prepare coleslaw salad by mixing the grapes and the dressing into the coleslaw mix. Great flavors are blending here and the carbs are coming from a great fruit.

**Family Friendly – Boil up some Ramen noodles on the side. Others can eat the noodles or combine them with the cabbage.*

Day 14 – Superfoods Salad and Flax Bread with Leftover Pork

Deli salads can be delicious and easy – and you can “doctor them up” to make them even more healthy. Start with your favorite superfoods salad and add blueberries. Serve with leftover pork and flax bread for a complete meal.



Ingredients

Superfoods salad from deli
1 cup blueberries (per serving)
Leftover pork (3 oz)
Flax bread with seasoning

Directions

Prepare flax bread as above, but add ½ tsp of your favorite seasoning to the recipe to spice it up!

Add blueberries to your salad for a few healthy carbs.

Enjoy some leftover pork tenderloins on the side.

Couldn't be easier!

**Family Friendly – Serve with chips or use regular bread to make the sandwich.*

