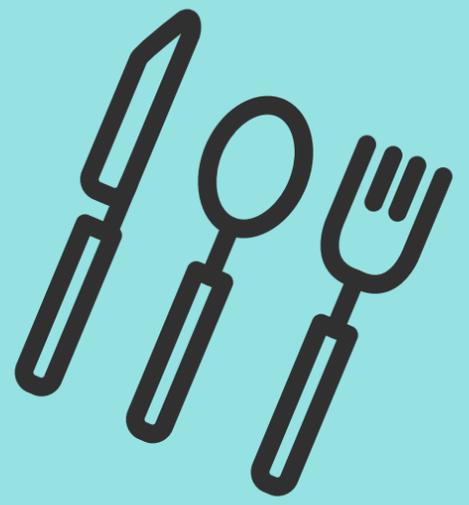


1 WEEK Sugar Free Meal Plan



Trying to curb your sugar cravings? Take a chance at 1 week sugar free with this meal plan! Here's to your health!

by Healthy. Happy. Smart.



1 SUNDAY

BREAKFAST: 2 scrambled eggs, 1/4 sliced avocado, 1/2 sliced tomato

LUNCH: 2-3 cups salad veggies of your choice with oil + vinegar dressing (no sugar)

DINNER: Roasted chicken breast with 1 cup veggies

SNACK: Larabar and/or unsalted nuts/seeds

2 MONDAY

BREAKFAST: Green Smoothie

LUNCH: 1/2 cup hummus + sliced veggies

DINNER: Vegetable Soup

SNACK: Unsalted nuts/seeds + orange



3 TUESDAY

BREAKFAST: Poached eggs, salt/pepper over steamed kale

LUNCH: Leftover vegetable soup (from Monday)

DINNER: Veggie and Tofu/chicken Stir-fry (cooked with sesame oil, tamari, garlic, onion, pepper and ginger)

SNACK: Apple slices with 2 TBSP almond butter

4 WEDNESDAY

BREAKFAST: Banana, natural peanut butter, unsweetened cocoa and no sugar almond milk Smoothie

LUNCH: Spinach salad with Hard boiled eggs + avocado

DINNER: Burrito bowls: Brown rice, black beans, guacamole, diced tomatoes and onion. + hot sauce.

SNACK: Larabar and/or unsalted nuts/seeds



5 THURSDAY

BREAKFAST: Soft or Hard boiled eggs and apple slices

LUNCH: Leftover veggie and tofu/chicken stir fry (from Tuesday)

DINNER: Tuna salad lettuce wraps

SNACK: Celery stalks with peanut butter

6 FRIDAY

BREAKFAST: Fruit + greens smoothie

LUNCH: 2-3 cups salad veggies of your choice with oil + vinegar dressing (no sugar)

DINNER: Grilled salmon w/ steamed cauliflower

SNACK: Celery stalks with peanut butter



7 SATURDAY

BREAKFAST: Veggie + egg scramble

LUNCH: Bacon + tomato romaine wraps

DINNER: Baked sweet potato topped with cheese + veggies

SNACK: Cucumber slices with guacamole dip

* DRINK UP!

Avoid any sugary + junky drinks like soda or store bought juice. Drink tons of water and fresh brewed tea instead - don't add sugar, of course!



* EXTRA SNACKS!

If you still feel hungry, feel free to have any sugar free snacks such as: raw veggies, larabars, nuts/seeds.

* Seek the advice of your doctor before starting any new dietary regimens.

www.HealthyHappySmart.com