

21-DAY Sugar Detox Paleo MEAL PLAN



TABLE OF CONTENTS

The Recipes

Pages 3-37

Portion Guide

Page 38

Cravings Guide

Page 39

The Meal Plan

Pages 40-45

The Grocery Lists

Pages 41-46



21-DAY Sugar Detox Paleo Recipes





GREEN PROTEIN SMOOTHIE

INGREDIENTS

1/2 Frozen Banana
1 Cup of organic Spinach
1/2 Avocado
1 Serving of Vanilla Protein Powder
1 Cup of Almond Milk
1 Tbsp of Chia Seeds

NUTRITIONAL VALUE

Fat: 20 g
Carbs: 28 g
Protein: 42 g
Total Calories: 430 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next add in the banana, avocado, spinach, chia seeds and the protein powder.
3. Turn the blender on, starting at a low speed and increase as needed.
4. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



RASPBERRY COCONUT SMOOTHIE

INGREDIENTS

- 1 Cup of Raspberries
- 1/2 Frozen Banana
- 1 Tbsp of Chia Seeds
- 1 Cup Coconut Milk
- 1 Serving of Vanilla Protein Powder

NUTRITIONAL VALUE

Fat: 10 g
Carbs: 54 g
Protein: 41 g
Total Calories: 448 Calories

DIRECTIONS

1. Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next add in the banana, raspberries, chia seeds and the protein powder.
3. Turn the blender on, starting at a low speed and increase as needed.
4. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



Ultimate Green Detox Juice

INGREDIENTS

- 1 apple cut in half
- 3 stalks of celery, no leaves
- 1 cucumber
- 8 leaves of kale
- 1/2 lemon peeled
- 1 inch of fresh ginger
- Sprig of mint optional
- 1 beet

DIRECTIONS

1. Wash all the juice ingredients well and pat dry.
2. Cut fruit and vegetables into 1-2 inch chunks. Remove any peels.
3. Place all ingredients in a juicer or blender and strain through a fine mesh strainer to remove fiber or enjoy with fiber.
4. Process into juice according to the manufacturer's directions.

NUTRITIONAL VALUE

Total Calories: 115 Calories



Green Ginger Weight Loss Cleansing Juice

INGREDIENTS

- 1 medium apples
- 4 stalks celery
- 1 cup spinach
- 1 cucumber
- 1 piece ginger root 1" dia
- 1 lime peeled

NUTRITIONAL VALUE

Total Calories: 195

DIRECTIONS

- Wash all the ingredients well and pat dry.
- Cut fruit and vegetables into 1-2 inch chunks.
- Place all ingredients in a juicer or blender and strain through a fine mesh strainer to remove fiber or enjoy with fiber.
- Process into juice according to manufacturer's directions.



Apple Cider Vinegar Detox Recipe

INGREDIENTS

- 1 cup water
- 2 tablespoons apple cider vinegar
- 2 tablespoons of freshly squeezed lemon juice (I like to keep a piece of the lemon in my cup to steep as I sip on it)
- 1 teaspoon fresh ginger or ground ginger
- ¼ teaspoon ground cinnamon
- 1 dash of cayenne pepper
- ½ teaspoon of local honey (optional if it's too strong at first)

DIRECTIONS

1. Combine all of the ingredients in a mug and stir.
2. Yes, it is spicy.
3. Sip on it, swirling it around with each sip since the ingredients settle.
4. Reduce the amount of Cayenne and gradually increase it as needed.

NUTRITIONAL VALUE

Total Calories: 0 Calories



Hot Lemon Water

INGREDIENTS

- 1 Lemon
- 2-3 Cups of water

NUTRITIONAL VALUE

Total Calories: 0 Calories

DIRECTIONS

1. Slice lemons in half and squeeze juice from the slices into a pan with water.
2. Heat water to boiling, then bring it down to a simmer for 5 minutes to allow the lemons to steep in the water.
3. Remove from heat and let it cool for 5 minutes.
4. Add a little cool water if you are short on time and need it to cool more quickly. Pour the water into your mug with one of the lemons from your pan. Doing this will allow the lemon to continue steeping in your water as you drink it.



CHOCOLATE BANANA SMOOTHIE

INGREDIENTS

- 1 Frozen Banana
- 1/2 Avocado
- 1 Cup of Almond Milk
- 2 Tbsp of Raw Cacao Powder
- 1 Serving Chocolate Protein Powder

NUTRITIONAL VALUE

Fat: 10 g
Carbs: 54 g
Protein: 41 g
Total Calories: 448 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next, throw in the banana, avocado, cacao powder and the protein powder. Turn the blender on, starting at a low speed and increase as needed.
3. Once the liquid looks smooth, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



PALEO BREAKFAST BOWL

INGREDIENTS

2 Eggs
2 oz of Smoked Salmon
1/2 Avocado
2 Cups of Sautéed Kale
1 tsp of Olive Oil
1 tsp of Coconut Oil

NUTRITIONAL VALUE

Fat: 35 g
Carbs: 20 g
Protein: 29 g
Total Calories: 489 Calories

DIRECTIONS

1. Start by chopping and washing 2 cups of kale.
2. Once that is done place a pan on medium heat with a little bit of olive oil and add the kale for about 5 minutes.
3. While the kale is sautéing prepare the eggs the way you prefer them.
4. Lastly slice half an avocado and measure out 50 grams of smoked salmon.
5. Once everything is ready, combine in a wide bowl and enjoy.



VEGGIE SCRAMBLE & AVOCADO

INGREDIENTS

2 Eggs
1 Cup of Spinach
2 Mushrooms
1/4 Red Bell Pepper
1/4 Cup of Red Onions
1/2 Avocado
1 tsp of Coconut Oil

DIRECTIONS

1. Heat a pan on medium heat and add the coconut oil. Once the coconut oil is melted add all the vegetables except for the spinach and cook for 3 minutes.
2. Next add the eggs and spinach.
3. Once the omelet is complete add the sliced avocado on top.
4. Season with salt and pepper to your desire.

NUTRITIONAL VALUE

Fat: 39 g
Carbs: 16 g
Protein: 16 g
Total C
alories: 460 Calories



BREAKFAST SAUSAGE

INGREDIENTS

(Makes 4 servings)

16 oz of Ground Pork
1 Tbsp of Italian Seasoning
1/2 Tbsp of Garlic Powder
1/2 Tbsp of Onion Powder
1/2 tsp of Sea Salt
1/4 tsp of Ground Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 28 g
Carbs: 0 g
Protein: 19 g
Total Calories: 326 Calories

DIRECTIONS

1. In a large bowl combine the pork with all the seasonings.
2. Mix the seasoning into the meat as well as possible and then form 8 patties.
3. Heat a pan on medium heat and add the coconut oil. Once the coconut oil is melted add all the patties or if you can only fit 4, save half of the oil for the second batch.
4. Fry the patties for about 3-5 minutes on each side or until cooked through and browned on the outside.
5. Once they are done serve immediately warm or store them in a glass container in the fridge for later.



BANANA PANCAKES

INGREDIENTS

- 1 Banana
- 2 Eggs
- 1 tsp of Ground Cinnamon
- 1 tsp of Coconut Oil

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 30 g
Protein: 14 g
Total Calories: 378 Calories

DIRECTIONS

1. In a bowl combine the banana and two eggs. Use a hand blender or a fork to mix the banana and eggs together. Aim for a consistency like pancake batter.
2. Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5-inch diameter pancakes. Place the cover on and cook for a couple minutes on each side.
3. Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favorite clean foods. These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.



MINI OMELETTES

INGREDIENTS

- 3 Eggs
- 1/2 Cup of Spinach
- 1 Small Tomato
- 1 Tbsp of Fresh Basil
- 1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

- Fat: 29 g
- Carbs: 5 g
- Protein: 20 g
- Total Calories: 360 Calories

DIRECTIONS

1. Preheat the oven at 350F/175C.
2. Coat a muffin tray with coconut oil to avoid sticking.
3. Whisk together the 3 eggs.
4. Chop the spinach, basil and tomatoes.
5. Pour the egg mixture into 3 different muffin cups. Then add a little bit of the vegetable mixture in each cup leaving about 1 cm empty at the top.
6. Bake in the oven for 18 minutes.



TUNA SALAD & CUCUMBER

INGREDIENTS

1 Can of Tuna
1/2 Avocado
2 Stalks of Celery
1/4 Cup of Red Onions
Pinch of Sea Salt and Pepper
Half of a Cucumber

DIRECTIONS

1. Drain a can of tuna and pour it into a mixing bowl.
2. Scoop out half of an avocado and mix it in with the tuna.
3. Finely chop the celery and red onion and add to the bowl.
4. Season with salt and pepper.
5. Slice half of a cucumber and use the cucumber slices to scoop the tuna salad.

NUTRITIONAL VALUE

Fat: 12 g
Carbs: 15 g
Protein: 33 g
Total Calories: 279 Calories



CHICKEN COBB SALAD

INGREDIENTS

(2 Servings)

4 Cups of Spinach
8 oz of Chicken
2 Hard Boiled Egg
4 Slices of Bacon
1 Cup of Chopped Cucumber
1 Avocado
2 Tbsp of Extra Virgin Olive Oil
Pinch of Sea Salt and Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 39 g
Carbs: 10 g
Protein: 39 g
Total Calories: 524 Calories

DIRECTIONS

1. Preheat the oven to 350F/175C.
2. Bake the chicken breast in a dish with olive oil, salt and pepper for about 30 minutes.
3. While the chicken is cooking, wash the spinach and place it at the base of a salad bowl.
4. Place all the remaining ingredients on top of the spinach.
5. Once the chicken is done add it to the bowl.
6. Lastly drizzle the olive oil on top and add sea salt and pepper, if desired.



CHICKEN AVOCADO SALAD

INGREDIENTS

(2 Servings)

8 oz of Chicken Breast
2 Tomatoes
1 Cup Diced Cucumber
1 Avocado
1/2 Cup of Red Onions
1 Tbsp of Avocado Oil
Pinch of Sea Salt and Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 27 g
Carbs: 16 g
Protein: 27 g
Total Calories: 406
Calories

DIRECTIONS

1. Preheat the oven to 350F/175C.
2. In the oven place the chicken breast in a dish with olive oil and cover for about 30 minutes.
3. While the chicken is cooking chop the cucumber, tomatoes, red onion and avocado into small cubes.
4. Combine all the vegetables in a large bowl. Once the chicken is cooked, let it cool down and then shred it with a fork.
5. Add the chicken to the vegetables. Mix and with the avocado oil, salt and pepper to finish.



SWEET POTATO SALMON CAKES

INGREDIENTS

(2 Servings)

1 Medium Sweet Potato
8 oz Salmon Filet
1 Egg
1/2 Cup of Almond Flour
1/4 Cup of Green Onions
1 tsp of Sea Salt
1/4 tsp of Black Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 25 g
Protein: 30 g
Total Calories: 434 Calories

DIRECTIONS

1. Preheat the oven at 400F/200C and line a baking sheet with parchment paper.
2. Wash and peel the sweet potato and steam until soft.
3. Bake the salmon for about 15-20 minutes.
4. Once the sweet potato is soft and the salmon is cooked mash them together in a bowl
5. Place the remaining ingredients in the bowl.
6. Form 8 patties and spread them out on the baking sheet.
7. Bake the Sweet Potato Salmon cakes for 30 minutes, flip the patties at around 15 minutes.
8. Serve on its own or with a green salad.



CHICKEN CURRY

INGREDIENTS

(Makes 2 Servings)

8 oz of Chicken
2 Cup of Broccoli
1 Carrot Sliced
1/2 Cup of Chopped Onions
1 Can of Coconut Milk
2 Cups of Cauliflower Rice
1 Tbsp of Ground Turmeric
1 Tbsp of Ground Cumin
1 Tbsp of Ground Ginger

NUTRITIONAL VALUE

(1 Serving)

Fat: 50 g
Carbs: 35 g
Protein: 35 g
Total Calories: 720 Calories

DIRECTIONS

1. Place a pan on medium heat and melt 1 teaspoon of coconut oil.
2. Place the chicken in the pan and cook until it is well done.
3. Take the chicken out of the pan and set aside.
4. Add another teaspoon of the coconut oil and all the vegetables and spices to the pan. Let the vegetables sauté for 5 minutes then add the coconut milk, let it cook for another 5 minutes.
5. Lastly add the chicken back in and mix well.
6. Serve on top of cauliflower rice.



POWER BOWL

INGREDIENTS

(2 Servings)

4 Cups of Kale
8 oz of Chicken Breast
1 Sweet Potato
1 Avocado
1 Red Bell Pepper
1 tsp Olive Oil

Dressing per Serving:

1 Tbsp of Tahini
1 Tbsp of Lemon Juice

NUTRITIONAL VALUE

(per serving)

Fat: 30 g
Carbs: 45 g
Protein: 36 g
Total Calories: 574 Calories

DIRECTIONS

1. Preheat the oven at 350F/175C.
2. Place the chicken breast and cube sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes.
3. Meanwhile, clean and chop the kale. Once the kale is ready mix it in with the olive oil and massage it into the kale.
4. Chop the red peppers and avocado.
5. Prepare the dressing by mixing the tahini and fresh lemon juice.
6. Once the chicken and sweet potatoes are done, place the massaged kale at the bottom of a dish and add all the other ingredients on top of it, finishing off with the dressing.



BEEF FAJITA BOWL

INGREDIENTS

(2 Servings)

8 oz Beef Strips
1 Red Bell Pepper
1/2 Cup of Onions
2 Cloves of Garlic
1/2 Cup of Brown Rice
1 Avocado
1 Tbsp of Coconut Oil

Fajita Seasoning:

1 Tbsp Paprika
1 tsp Garlic Powder
1 tsp Onion Powder
1/2 tsp Cayenne Powder

NUTRITIONAL VALUE

(per serving)

Fat: 10 g
Carbs: 41 g
Protein: 27 g
Total Calories: 330 Calories

DIRECTIONS

1. Prepare the rice according to packaging directions.
2. Place a pan on medium heat and add the coconut oil. Once the oil has melted add the onions and garlic and sauté for 1 minute.
3. Add the beef strips and cook for 3-5 minutes.
4. Meanwhile cut the red pepper into strips. Once the beef is ready add the peppers and all the fajita seasoning spices and cook for an extra 5 minutes.
5. Combine in a bowl the beef mixture, brown rice and mashed avocado.



BAKED SALMON

INGREDIENTS

4 oz of Salmon Fillet
1/4 Cup of Brown Rice
10 Stalks of Asparagus
1 Tbsp of Olive Oil

NUTRITIONAL VALUE

Fat: 22 g
Carbs: 29 g
Protein: 28 g
Total Calories: 419 Calories

DIRECTIONS

1. Start by pre-heating the oven at 350F/175C.
2. Cut off the ends of the asparagus and wash it. Coat the salmon and the asparagus with olive oil, salt and pepper. Line a baking tray with parchment paper, add the salmon and asparagus to the baking tray and bake for 20 minutes.
3. Meanwhile prepare the rice by adding 1/2 cup of water and the rice to a pot. Bring to a boil and then turn the heat down to a simmer until all the water is absorbed.
4. Plate the salmon, asparagus and brown rice together and enjoy.



PALEO SUSHI BOWL

INGREDIENTS

1 Sheet of Nori
2 Cups of Cauliflower Rice
100 g of Smoked Salmon
1/2 Avocado
2 Tbsp of Coconut Aminos

NUTRITIONAL VALUE

Fat: 27 g
Carbs: 21 g
Protein: 28 g
Total Calories: 403 Calories

DIRECTIONS

1. Start with making the cauliflower rice by grating cauliflower.
2. Scoop out half of an avocado.
3. Combine everything in a large bowl with the cauliflower being the base.
4. Next add in either raw sushi grade salmon or you can also use smoked salmon.
5. Finally add one sheet of nori seaweed cut into small strips and top it all off with some coconut aminos.



CHICKEN ALMOND BUTTER STIR FRY

INGREDIENTS

(2 Servings)

8 oz Chicken Breast
2 Cups of Broccoli
1 Red Bell Pepper
4 Mushrooms
1/2 Cup of Red Onions
1/4 Cup of Coconut Aminos
2 Tbsp of Almond Butter
1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

(per serving)

Fat: 35 g
Carbs: 53 g
Protein: 32 g
Total Calories: 534 Calories

DIRECTIONS

1. Chop all the vegetables in bite size pieces.
2. Place a pan on medium heat and melt the coconut oil.
3. Slice the chicken and add to the pan.
4. Meanwhile combine the coconut aminos and almond butter and whisk until it forms a thick sauce.
5. Once the chicken is cooked add in all the vegetables and the almond butter sauce.
6. Cook and cover for another 7-10 minutes.
7. Turn the heat off and take the cover off and let the sauce thicken up for a few minutes before serving.



ZUCCHINI NOODLES & BOLOGNESE

INGREDIENTS

(2 Servings)

2 Zucchini
450 g of Ground Beef
1/2 Cup of Coconut Milk
1/4 Cup of Tomato Paste
1 Cup of Spinach
1 Carrot
6 Mushrooms
1/2 Cup of Onions
2 Cloves of Garlic
1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 10 g
Protein: 28 g
Total Calories: 374 Calories

DIRECTIONS

1. Chop the onions, garlic and mushrooms.
2. In a pan melt the coconut oil and add the onions and garlic, once the onions become translucent add in the ground beef and season with salt and pepper.
3. Once the ground beef is cooked through, add the chopped mushrooms and spinach.
4. In a small bowl combine the coconut milk and tomato paste and mix until it forms a thick sauce.
5. Add the coconut milk and tomato paste mixture to the skillet and turn the heat down to low, let simmer for about 10 minutes.
6. While the Bolognese is cooking wash 1 zucchini and spiralize it into noodles.
7. Serve the Bolognese on top of the spiralized zucchini.



BEEF & BROCCOLI

INGREDIENTS

(2 Servings)

8 oz Beef Strips
2 Cups of Broccoli
1/2 Cup of Brown Rice
1/4 Cup of Coconut Aminos
1/2 Cup of Onions
1 Cloves of Garlic
1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

Fat: 23 g
Carbs: 52 g
Protein: 28 g
Total Calories: 454 Calories

DIRECTIONS

1. Start by bringing 1 cup of water with the rice to a boil. Once the water is boiling bring down to a simmer.
2. Next finely chop the onion and garlic. Place a large pan on medium heat and add the coconut oil, once the oil has melted add the onions and garlic.
3. Once the onions are translucent add the beef strips into the pan and cook for 3-5 minutes.
4. Lastly cut the broccoli into small floret and add them into the pan along with the coconut aminos.
5. Cover and cook on low heat for 10 minutes. Once the beef and broccoli is done serve it on top of the brown rice.



TURKEY LETTUCE BURGERS

INGREDIENTS

(2 Servings)

450 g of Ground Turkey
1 Cup of Spinach
1/4 Cup of Onions
1 Clove of Garlic
1 Tbsp of Coconut Oil

DIRECTIONS

1. Chop the spinach, onions and garlic and combine in a mixing bowl with the ground turkey, salt and pepper.
2. Melt the coconut oil on medium heat in a pan.
3. Form 6 patties and fry for 3-5 minutes each side.
4. Once the burgers are ready add your favorite toppings on top of the patties and enjoy.

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 3 g
Protein: 40 g
Total Calories: 405 Calories



SHRIMP PAD THAI

INGREDIENTS

(2 Servings)

2 Zucchini
8 oz of Shrimps
1 Cup of Bean Sprouts
1 Cloves of Garlic
1/2 Cup Green Onions
1/4 Cup of Coconut Aminos
2 Tbsp of Almond Butter
1 Tbsp of Coconut Oil

DIRECTIONS

1. Place a pan on medium heat and add the coconut oil.
2. Finely chop the garlic and add it to the pan with the shrimps. When the shrimps are ready add in the bean sprouts.
3. Mix the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat.
4. Meanwhile spiralize the zucchini and add it in the pan for the last 3 minutes to let it warm up a little bit but don't leave the zucchini noodles in for too long or else they will become overly soft.

NUTRITIONAL VALUE

(per serving)

Fat: 17 g
Carbs: 31 g
Protein: 39 g
Total Calories: 407 Calories



TOMATO & GARLIC SPAGHETTI SQUASH

INGREDIENTS

(2 Servings)

1 Small Spaghetti Squash
8 oz of Chicken Breast
1 Can of Diced Tomatoes
2 Cloves of Garlic
1/4 Cup of Onions
2 Tbsp of Extra Virgin Olive Oil

NUTRITIONAL VALUE

(per serving)

Fat: 38 g
Carbs: 33 g
Protein: 27 g
Total Calories: 557 Calories

DIRECTIONS

- 1 Start by pre-heating the oven to 400F/200C.
Cut your spaghetti squash into two equal halves and take the seeds out by using a spoon. Bake the squash with the peel on the bottom of a baking tray for 45 minutes.
- 2 While the squash is cooking you can start preparing the sauce by placing a pan on low-medium heat and adding the olive oil.
- 3 Next, add the garlic, onion and diced tomatoes. Slice the chicken breasts and add them to the pan. Stir every few minutes to make sure the chicken cooks evenly.
- 4 Once the garlic and tomato sauce is ready you can set it aside on low heat and wait for the squash to be done.
- 5 After 45 minutes, take the squash out and use a fork to scrape out the squash into spaghetti like strings. Top it off with the chicken garlic tomato sauce.



SCHNITZEL & SWEET POTATO FRIES

INGREDIENTS

(2 Servings)

8 oz of Thin Turkey Breast
1/2 Cup of Almond Flour
1 Egg
1 tsp of Garlic Powder
1 tsp of Onion Powder
1 Medium Sweet Potato
1 Tbsp of Olive Oil
1 tsp of Sea Salt
1/2 tsp of Ground Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 23 g
Carbs: 40 g
Protein: 46 g
Total Calories: 546 Calories

DIRECTIONS

1. Pre-heat the oven to 200C/400F. While the oven is preheating wash, peel and cut the sweet potato in the shape of fries. Toss them in a bowl with the olive oil, salt and pepper and then line them up on a baking sheet lined with parchment paper. Bake in the oven for 30 minutes.
2. Place a pan on medium heat and melt the coconut oil. Start preparing the schnitzels by combining the almond flour and the spices in one bowl and whisk the egg in another. Dip the turkey slice into the egg mixture and then into the almond flour, making sure you cover as much as the meat as possible.
3. Place the coated schnitzel in the pan and cook until both sides are golden, and the meat is cooked well.



AVOCADO DEVILED EGGS

INGREDIENTS

(4 Servings)

4 Egg

1/2 Avocado

1/4 Cup of Paleo Mayonnaise

1 Tbsp of Lime Juice

1/2 tsp of Salt

Pinch of Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 17 g

Carbs: 3 g

Net Carbs: 3 g

Pro tein: 7 g

Total Calories: 195 Calories

DIRECTIONS

1. Fill a small pot with water up to three quarters.

Bring the water to a boil. Gently add the eggs in the water and boil for 10 minutes.

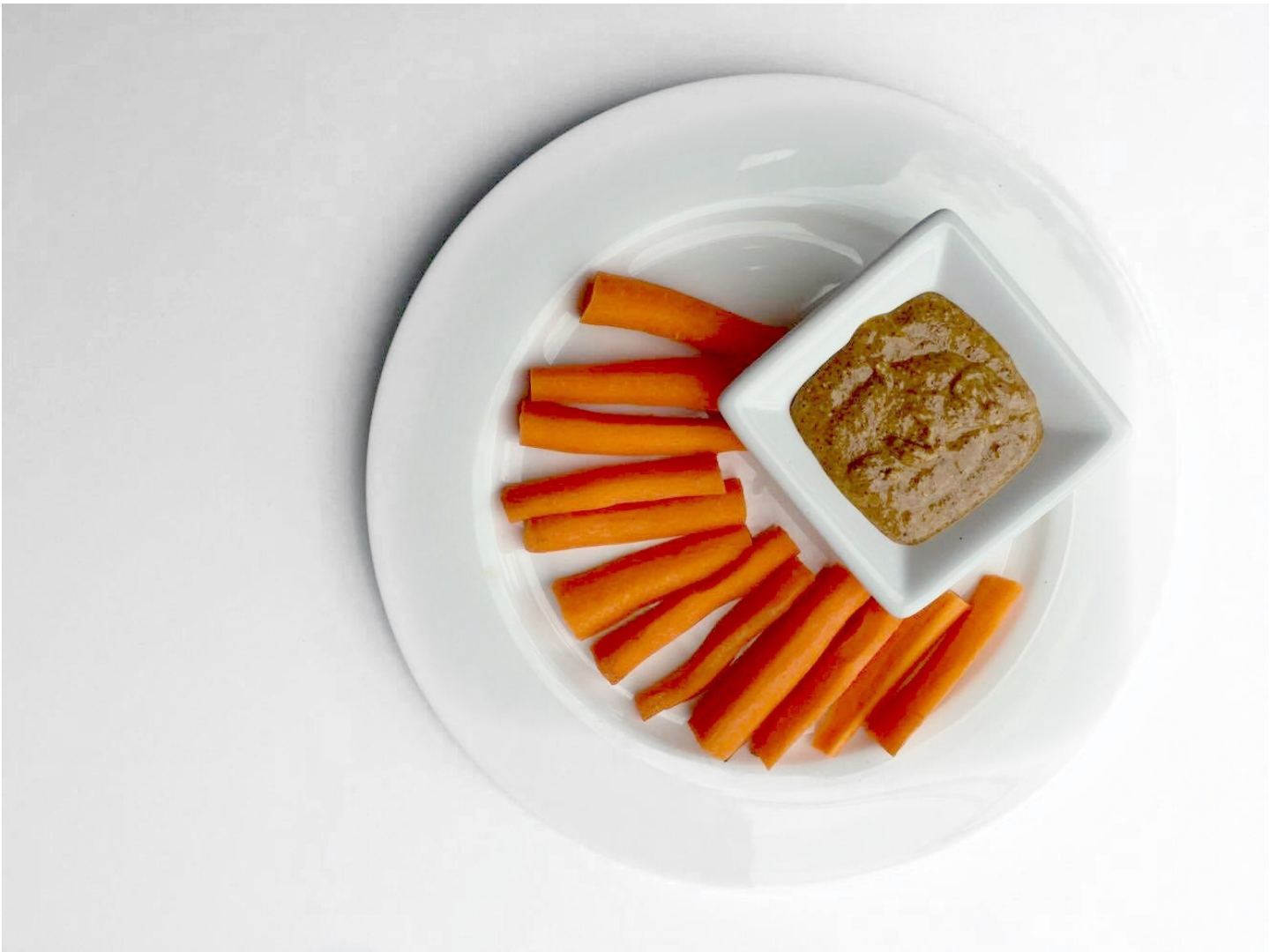
2. Once the eggs are done remove them from the pot and add them to a bowl of cold water. Once they have cooled down peel the shell off.

3. Cut the eggs in half and separate the yolk from the whites.

4. Combine all the yolks in a food processor along with the avocado, mayonnaise, lime juice, salt and pepper. Process until smooth.

5. Fill the egg white halves with the creamy mixture.

6. Store the deviled eggs in an airtight container in the fridge to avoid browning.



CARROTS & ALMOND BUTTER

INGREDIENTS

2 Carrots
1 Tbsp of Almond Butter

DIRECTIONS

1. Slice the carrots into sticks and use the almond butter as a dip.

NUTRITIONAL VALUE

Fat: 19 g
Carbs: 13 g
Protein: 5 g
Total Calories: 229 Calories



Simple Mills Organic Seed Crackers & GUACAMOLE

INGREDIENTS

(Makes 4 Servings)

36 Simple Mills Organic Seed Crackers

Guacamole:

1/2 Mashed Avocado
Juice of Half a Lime
optional chopped red bell pepper and cilantro

NUTRITIONAL VALUE (per serving)

Fat: 12g
Carbs: 18 g
Protein: 2.57g
Total Calories: 195 Calories

DIRECTIONS

1. Combine the guacamole ingredients in a bowl and mash until you have your desired consistency.
2. GARNISH Simple Mills crackers with guacamole.





EASY TRAIL MIX

INGREDIENTS

(3 servings)

1/2 Cup of Coconut Chips

1/4 Cup of Almonds

1/4 Cup of Pumpkin Seeds

DIRECTIONS

1. Place all the ingredients in an airtight jar and store somewhere cool or immediately divide the trail mix into 3 portions.

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 9 g

Protein: 10 g

Total Calories: 256 Calories



COCONUT CHIA PUDDING

INGREDIENTS

(4 Servings)

1 Can of Coconut Milk
1/4 Cup of Chia Seeds
1/4 Cup of Berries
1 tsp of Vanilla Extract
Stevia to taste

DIRECTIONS

1. Combine all the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container.
2. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight.
3. Once it is ready you can separate it into 4 servings and add a handful of berries on top.

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 11 g
Net Carbs: 3 g
Protein: 5 g
Total Calories: 286 Calories



ALMOND BUTTER FAT BOMBS

INGREDIENTS

(Makes 6)

1/4 Cup of Coconut Oil

1/4 Cup of Almond Butter

1/4 Cup of Raw Cacao Powder

DIRECTIONS

1. Start by melting the coconut oil and then add the almond butter and the cacao powder to the melted coconut oil. Mix until it forms a smooth mixture.
2. Add 2 Tbsp of the mixture in silicon muffin cups.
3. Freeze the fudge for an hour before consuming.
4. Keep them stored in the freezer.

NUTRITIONAL VALUE

(per 2 fat bombs)

Fat: 31 g

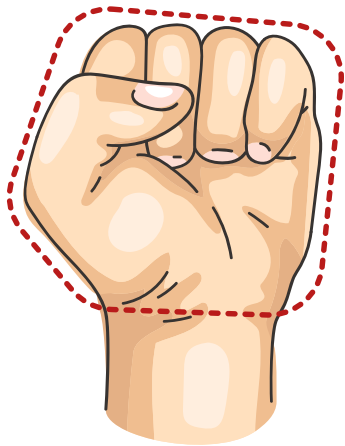
Carbs: 8 g

Net Carbs: 4 g

Protein: 7 g

Total Calories: 300 Calories

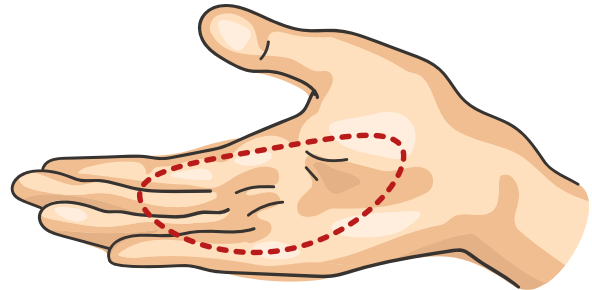
PORTION SIZE Guide



FIST
(1 cup) Rice



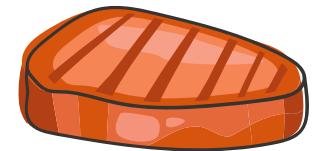
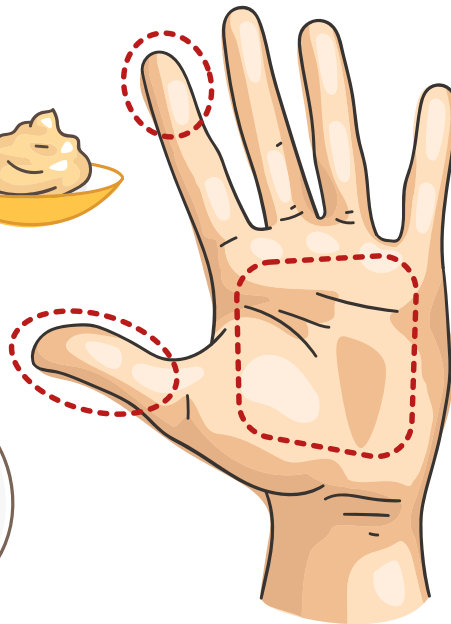
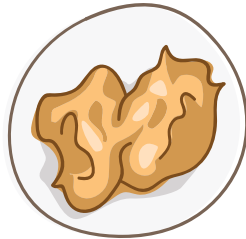
CUPPED HAND
(1/2 cup or 1 ounce) Almonds



FINGERTIP
(1 teaspoon)
Mayonnaise



THUMB
(2 tablespoons)
Peanut Butter



PALM
(3 ounces) Meat

1 medium fruit = size of your fist
1 large banana = 2 servings of fruit

FOOD CRAVINGS stepintomygreenworld.com		
YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE →	MAGNESIUM →	Nuts, seeds, veggies & fruits
SUGARY FOODS →	CHROMIUM →	Broccoli, grapes, cheese, chicken
	CARBON →	Fresh fruits
	PHOSPHORUS →	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR →	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN →	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS →	NITROGEN →	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS →	CALCIUM →	Organic milk, cheese, green leafy vegetables
SALTY FOODS →	CHLORIDE →	Fatty fish, goat milk
	SILICON →	Cashews, nuts, seeds

Source:
Coaching &
Weight
Management



**You Can Purchase "Clean 15"
Produce Organic or Non Organic**



**Purchase "Dirty 12" Produce
Organic**



21-DAY Sugar Detox Paleo Meal Plans



MEAL PLAN TIPS

Follow the meal plan as precisely as possible, and here are a few tips:

1. If there is a particular meal, snack, or beverage that you don't enjoy, feel free to swap it with the one you do enjoy on a different day. All foods on the meal plan are paleo/sugar detox friendly.
2. The meal plan contains approximately 1600-1800 calories. Meals are in the range of 500 calories per meal. Snacks can range from 100-300 per snack.
3. You can modify the morning herbal cleanse tea juice. At first, you can reduce the spice or add 1/2 teaspoon of honey to step into it. Then, reduce the amount of honey every few days and increase the spice to your liking.
4. Plan to go grocery shopping on Saturday morning before your day begins and the store is quick. You can also order them from your local store online on Friday to pick them up Saturday morning.
5. Look at the week's meal plan on Sunday and prepare any meal or snacks in advance for the week (ex. Chia Pudding, Almond Butter Fudges, Easy Trail Mix, and Mini Omelets). Juices must be made fresh and drunk within a few hours otherwise; they oxidize and ferment.
6. If you are finding that you are still hungry at the end of the meal or day, fill up on plain veggies, hot lemon water, tea, or a bit more of your leftovers from dinner. If you feel too full, eat a little less at each meal and make sure to get all of your meals, snacks, and supplements in.
7. Remember that in the first week, you may experience cleansing symptoms, intense sugar cravings, withdrawals, and bloating. Know that this is a normal part of the detox process. The goal is to reset your palette and rid the sugar and toxins. It will only last a few days. See the book's section "detox symptoms" for details and remedies.
8. Drink your first 34 oz of water upon rising and completing it in the late morning around 10:30. Drink the second 34 oz of water between lunch and afternoon snack around 3:30 pm. Drink the last 34 oz of water from 4:00 pm finishing it before bedtime.

WEEK 1

34 oz water	UPON RISING	<u>Apple Cider Vinegar Detox Tea</u>	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea
	B 7:30am	<u>Green Protein Smoothie</u>	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Banana Pancakes
	7:45 am	Supplements*						
34 oz water	L 11:30/12pm	Tuna Salad	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
	S 3:30pm	3 Avocado Deviled Egg halves	Medium Apple with 1 tbsp almond butter	3 Avocado Deviled Egg halves	1 medium Banana with a handful of almonds	3 Avocado Deviled Egg halves	Medium Apple with 1 tbsp almond butter	3 Avocado Deviled Egg halves
34 oz water	D 6:30pm	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Paleo Sushi Bowl	Chicken Curry	Spaghetti Squash Pasta
	1 HOUR BEFORE BED	Hot Lemon Water	Ultimate Green Detox Juice	Hot Lemon Water	Green Ginger Weight Loss Cleansing Juice	Hot Lemon Water	Ultimate Green Detox Juice	Green Ginger Weight Loss Cleansing Juice

*Supplements

Cleansing:

Glytein, Multivitamin, Multimineral,

Reduce Cravings:

Magnesium, L-Glutamine, Phosphorus Sulfur

85% dark chocolate square, fruit (berries, apple or banana) with nut butter

WEEK 2

34 oz water	UPON RISING	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea
	B 7:30am	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Banana Pancakes
34 oz water	7:45 am	Supplements*						
	L 11:30/12pm	Tuna Salad	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
34 oz water	S 3:30pm	1 cup sliced carrots with 1 tbsp almond butter	5 oz. Plain coconut milk yogurt with 1/2 cup berries	2 Almond Butter Fudges	5 oz. Plain coconut milk yogurt with 1/2 cup berries	1 cup sliced carrots with 1 tbsp almond butter	2 Almond Butter Fudges	5 oz. Plain coconut milk yogurt with 1/2 cup berries
	D 6:30pm	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Paleo Sushi Bowl	Chicken Curry	Spaghetti Squash Pasta
34 oz water	1 HOUR BEFORE BED	Ultimate Green Detox Juice	Hot Lemon Water	Green Ginger Weight Loss Cleansing Juice	Hot Lemon Water	Ultimate Green Detox Juice	Hot Lemon Water	Green Ginger Weight Loss Cleansing Juice

*Supplements

Cleansing:

Glytein, Multivitamin, Multimineral,

Reduce Cravings:

Magnesium, L-Glutamine, Phosphorus Sulfur

85% dark chocolate square, fruit (berries, apple or banana) with nut butter

WEEK 3

34 oz water	UPON RISING	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea	Apple Cider Vinegar Detox Tea
	B 7:30am	Green Protein Smoothie	Mini Omelets	Green Protein Smoothie	Mini Omelets	Green Protein Smoothie	Mini Omelets	Banana Pancakes
	7:45 am	Supplements*						
34 oz water	L 11:30/12pm	Spaghetti Squash Pasta (leftovers)	Chicken Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir-Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Schnitzel & Sweet Potato Fries (leftovers)	Shrimp Pad Thai (leftovers)
	S 3:30pm	Easy Trail Mix	Coconut Chia Pudding	Easy Trail Mix	Coconut Chia Pudding	Easy Trail Mix	Coconut Chia Pudding	Easy Trail Mix
34 oz water	D 6:30pm	Chicken Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir-Fry	Turkey Lettuce Burgers	Schnitzel & Sweet Potato Fries	Shrimp Pad Thai	Beef & Broccoli
	1 HOUR BEFORE BED	Hot Lemon Water	Ultimate Green Detox Juice	Hot Lemon Water	Green Ginger Weight Loss Cleansing Juice	Hot Lemon Water	Ultimate Green Detox Juice	Green Ginger Weight Loss Cleansing Juice

*Supplements

Cleansing:

Glytein, Multivitamin, Multimineral,

Reduce Cravings:

Magnesium, L-Glutamine, Phosphorus Sulfur

85% dark chocolate square, fruit (berries, apple or banana) with nut butter

WEEK 4

34 oz water	UPON RISING	8 oz glass of water	Apple Cider Vinegar Detox Tea	8 oz glass of water	Apple Cider Vinegar Detox Tea	8 oz glass of water	Apple Cider Vinegar Detox Tea	8 oz glass of water
	B 7:30am	Raspberry Coconut Smoothie	Breakfast Sausage & Eggs	Raspberry Coconut Smoothie	Breakfast Sausage & Eggs	Raspberry Coconut Smoothie	Breakfast Sausage & Eggs	Banana Pancakes
7:45 am Supplements*								
34 oz water	L 11:30/12pm	Beef & Broccoli (leftovers)	Chicken Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir-Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Schnitzel & Sweet Potato Fries (leftovers)	Shrimp Pad Thai (leftovers)
	S 3:30pm	9 Simple Mills Organic Seed Crackers 2 Tbsp Guacamole	4 Squares of 85% dark chocolate and 1TBSP almond butter	9 Simple Mills Organic Seed Crackers 2 Tbsp Guacamole	Carrots & Almond Butter	Optional Under 300 calorie sweet treat or alcoholic beverage of choice	Carrots & Almond Butter	9 Simple Mills Organic Seed Crackers 2 Tbsp Guacamole
34 oz water	D 6:30pm	Chicken Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir-Fry	Turkey Lettuce Burgers	Schnitzel & Sweet Potato Fries	Shrimp Pad Thai	Beef & Broccoli
	1 HOUR BEFORE BED	Hot Lemon Water	Hot Herbal Tea	Hot Lemon Water	Green Ginger Weight Loss Cleansing Juice	Hot Herbal Tea	Ultimate Green Detox Juice	Hot Lemon Water

*Supplements

Cleansing:

Glytein, Multivitamin, Multimineral,

Reduce Cravings:

Magnesium, L-Glutamine, Phosphorus Sulfur

85% dark chocolate square, fruit (berries, apple or banana) with nut butter



21-DAY Sugar Detox Paleo Grocery Lists



GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Coconut oil, olive oil, and grass-fed butter are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like almond butter, coconut aminos, almond flour, chia seeds and baking ingredients are listed in the grocery lists usually as a few tablespoons, but I recommend buying these in bulk and checking if you already have them in your pantry before heading to the store.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case, it is encouraged to use the extra vegetables in other meals or for snacking.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. It is recommended purchasing the container if it is something you plan on using past the 28-Day Meal Plan, if not, then finding single servings may be best.
5. Many of these recipes call for fresh herbs like cilantro and basil. To save money it is recommended to get the herbs as a small plant. They are very easy to maintain and don't cost much.
6. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no leftovers.

WEEK 1

Fruits & Vegetables

5 Bananas
7 Avocados
1/2 Cup of Guacamole
8 Lemons
3 Limes
10 Cups of Organic Spinach
2 Bunches of Organic Kale
1 Small Spaghetti Squash
2 Sweet Potatoes
1 Head of Organic Cauliflower
1 Head of Organic Broccoli
2 Red Bell Peppers
3 Organic Cucumbers
10 Stalks of Asparagus
1 Carrot
1 Cup of Sugar Snap Peas
1 Bunch of Organic Celery
1/2 Cup of Green Onions 1 Red Onion
3 Onions
3 Cloves of Garlic
1 Ginger Root
1 Bunch of Mint
2 Beets
3 Organic Apples

Meat, Eggs & Seafood

32 oz of Chicken Breast
18 Eggs
4 Slices of Bacon
8 oz of Beef Sirloin Strips
18 oz of Salmon Filet
100 g of Smoked Salmon
1 Can of Tuna

Nuts & Seeds

1 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

1/2 Cup of Almond Flour
1/2 Cup of Shredded Coconut
2 Tbsp of Raw Cacao Powder

Condiments

Organic Coconut Oil
Extra Virgin Olive Oil
1 Can of Coconut Milk
3 Boxes of Unsweetened Almond Milk
1 Can of Diced Tomatoes
1/4 Cup of Paleo Mayonnaise 2 Tbsp of Tahini
2 Tbsp of Coconut Aminos
Apple Cider Vinegar
1 Jar of Local Honey
1 Bag of Chia Seeds

Herbs & Spices

Ground Paprika
Garlic Powder
Onion Powder
Cayenne Powder
Ground Turmeric
Ground Cumin
Ground Ginger
Ground Cinnamon
Ground Cayenne Pepper

Extra

1 Sheet of Nori
5 Servings of Vanilla Protein Powder