

MEAL PLANNING & PREP MADE EASIER:

Planning Ahead for a Healthier Week

MEAL BUILDING BASICS



Veggies + Protein + Starch*

*grains, starchy veggies

Add fat & spices for flavor.

Olive oil, ghee/butter, dairy, nuts/seeds

Spices, spice blends, salt, and/or pepper

Consider fruit for a treat.

Fresh, frozen, or dried

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(For general information only; not to be considered an individual, prescriptive serving suggestion.)

The information presented in this guide is intended as general information only, and is not a substitute for advice from any medical, legal, or mental health professional. Consult with a medical professional before beginning any diet or lifestyle program.

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MEAL IDEAS: BREAKFASTS

Smoothie + Hard-Boiled Eggs,
Sausage, or Deli Meat

Note: Adding something chewable alongside a smoothie helps to stimulate digestion and satiety signals.

Breakfast Bakes, Crust-less Quiches,
Frittatas, & Egg Muffins

Note: Start with eggs & spices, then add in plenty of frozen veggies (like spinach, bell peppers, or broccoli), along with cheese and other proteins, like ham or sausage, if you like.

Smoothie Tips:

- Use frozen fruits and veggies.
- Pre-portion frozen produce into freezer-safe containers or zip-top bags.
- Try a ratio of 2/3 fruit to 1/3 veggies.
- Add liquid enough to easily blend (water or milk).
- Aim for single-ingredient protein powders to avoid funky additives.
- Add a spoonful of yogurt for probiotics.
- Add a squeeze of citrus for Vitamin C.
- Add a pinch of sea salt for electrolytes and to enhance sweetness.

MEAL IDEAS: LUNCHES & SNACKS

Dinner Leftovers

Deli Meat, Cheese, & Veggie Rollups

21-Day Sugar Detox Recipe Roundups

Notes:

- Remember: Meal Building Basics
- Moisture-Rich Foods + Dry Foods
 - Fresh Fruit/Veg + Jerky
 - Nuts/seeds + Fresh Fruit/Veg

MEAL IDEAS: DINNERS

One Pot/Pan/Dish Dinners

*Veggie Lasagna (layer veggies instead of pasta)
Sausage, Veggie, & Rice Bowls
Slow Cooker Chili
Slow Cooker Beef Stew*

21-Day Sugar Detox Recipe Roundups

*Sheet Pan Beef, Sheet Pan Pork
Casseroles, Zucchini Boats,
Shepherd's Pie, Stuffed Bell Peppers
(21daysugardetox.com/recipes)*

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