



Sugar-Free Meal Plan - 7 Days

Created by sanoMidLife



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Overview:

This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

Evidence:

This meal plan was created with four key considerations:

Whole Foods:

Following a sugar-free diet is easier if you aim to eat whole foods. Processed foods are more likely to contain refined ingredients or added sugars which can cause certain hormone imbalances. This program focuses on whole foods including vegetables, fruits, lean meats, fish, whole, unprocessed grains, legumes, nuts, and seeds. The plan also includes a small amount of dairy from yogurt to provide bone-building nutrients.

Complex Carbohydrates:

Eating the proper amount and type of carbohydrate is important when following a sugar-free diet to help balance insulin levels. This program uses high-fibre carbohydrate sources paired with healthy fats and high-quality protein to optimize blood sugar control. The plan avoids artificial sugars and provides up to 40 grams of fibre daily.

Low Glycemic Fruit:

This meal plan contains smoothie and snack options using low glycemic fruit such as apples and berries to provide a sweet taste without added sugars. These provide a hint of sweetness while also providing fibre and beneficial phytonutrients.

Healthy Fats:

Balanced meals and snacks with good fats increase satiety and stabilize blood sugars. Omega-3 and omega-9 fatty acids provide cardiovascular benefits and reduce inflammation. This program incorporates omega-3 fats, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) from fatty fish which are associated with improved cognitive function. Omega-9 fats from foods such as nut butter and olive oil are combined with carbohydrates to reduce glycemic response.

Sugar-Free Meal Plan - 7 Days

7 days

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------|--|---|---|
| Breakfast | Lemon Tart Smoothie | Lemon Tart Smoothie | Lemon Tart Smoothie | Blueberry Protein Smoothie | Blueberry Protein Smoothie | Avocado Sweet Potato Toast with Poached Egg | Avocado Sweet Potato Toast with Poached Egg |
| Snack 1 | Yogurt & Berries | Yogurt & Berries | Apple Slices & Hummus | Apple Slices & Hummus | Apple with Almond Butter | Apple with Almond Butter | Apple with Almond Butter |
| Lunch | Cauliflower, Kale & Lentil Detox Soup | Cauliflower, Kale & Lentil Detox Soup | Cauliflower, Kale & Lentil Detox Soup | One Pan Salmon, Kale & Cabbage | Swiss Chard, Lentil & Rice Bowl | Spicy Sweet Potato, Turkey & Kale Bowl | 15 Minute Shrimp & Cabbage Stir Fry |
| Snack 2 | Crackers & Avocado | Crackers & Avocado | Rice Cakes with Almond Butter | Rice Cakes with Almond Butter | Crackers & Hummus | Crackers & Hummus | Crackers & Hummus |
| Dinner | Turkey Cranberry Squash Bowls | Turkey Cranberry Squash Bowls | One Pan Salmon, Kale & Cabbage | Swiss Chard, Lentil & Rice Bowl | Spicy Sweet Potato, Turkey & Kale Bowl | 15 Minute Shrimp & Cabbage Stir Fry | Slow Cooker Swedish Meatballs |
| | | | | | | | Quinoa |

Sugar-Free Meal Plan - 7 Days

61 items

Fruits

- ☐ 5 Apple
- ☐ 1 1/2 Avocado
- ☐ 3 Banana
- ☐ 4 Lemon

Breakfast

- ☐ 2/3 cup Almond Butter
- ☐ 4 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1/2 tsp Cumin
- ☐ 2 tsps Ground Flax Seed
- ☐ 1/2 tsp Onion Powder
- ☐ 1/2 tsp Paprika
- ☐ 1 1/2 tsps Poultry Seasoning
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Sesame Seeds

Frozen

- ☐ 2 cups Frozen Berries
- ☐ 2 cups Frozen Blueberries
- ☐ 3 cups Frozen Cauliflower
- ☐ 1/4 cup Frozen Cranberries

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 1 Carrot
- ☐ 1/2 head Cauliflower
- ☐ 1 stalk Celery
- ☐ 1 Delicata Squash
- ☐ 1/4 cup Fresh Dill
- ☐ 5 1/2 Garlic
- ☐ 14 cups Green Cabbage
- ☐ 10 cups Kale Leaves
- ☐ 2 cups Microgreens
- ☐ 1 1/2 cups Mushrooms
- ☐ 1/4 cup Parsley
- ☐ 2 Sweet Potato
- ☐ 4 cups Swiss Chard
- ☐ 1 White Onion
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 1/4 cup Brown Rice
- ☐ 1/4 cup Canned Coconut Milk
- ☐ 2 1/8 cups Lentils
- ☐ 1/2 cup Quinoa
- ☐ 3 cups Vegetable Broth
- ☐ 250 grams Whole Grain Crackers

Bread, Fish, Meat & Cheese

- ☐ 680 grams Extra Lean Ground Turkey
- ☐ 227 grams Salmon Fillet
- ☐ 454 grams Shrimp

Condiments & Oils

- ☐ 2 1/2 tsps Apple Cider Vinegar
- ☐ 3 tsps Avocado Oil
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 1 1/2 tsps Coconut Aminos
- ☐ 1/3 cup Coconut Butter
- ☐ 3 tsps Coconut Oil
- ☐ 1 tsp Dijon Mustard
- ☐ 3 1/2 tsps Extra Virgin Olive Oil

Cold

- ☐ 4 Egg
- ☐ 1 1/4 cups Hummus
- ☐ 2 cups Plain Greek Yogurt
- ☐ 4 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1 1/4 cups Vanilla Protein Powder
- ☐ 3 1/8 cups Water

Lemon Tart Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

What is Coconut Butter?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1 Lemon (juiced)
- 1 Banana (frozen)
- 1 cup Frozen Cauliflower
- 2 tbsps Coconut Butter
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Almond Milk

Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead

Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Water (cold)

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

2 cups Plain Greek Yogurt

2 cups Frozen Berries (thawed)

Apple Slices & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple

Use pear slices instead.

Ingredients

1 Apple

1/4 cup Hummus

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 Apple

2 tbsps Almond Butter

Cauliflower, Kale & Lentil Detox Soup

10 ingredients · 40 minutes · 3 servings



Directions

1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Serving Size

One serving is equal to approximately 2 cups of soup.

Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 1/2** Yellow Onion (diced)
- 1 stalk** Celery (diced)
- 1** Carrot (medium, peeled and diced)
- 2** Garlic (cloves, minced)
- 1/2 head** Cauliflower (chopped into florets)
- 2 cups** Kale Leaves (chopped)
- 3 cups** Vegetable Broth
- 1 1/8 cups** Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

Crackers & Avocado

3 ingredients · 10 minutes · 2 servings



Directions

1. Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

Make it Paleo

Use grain-free flax crackers instead.

More Protein

Top with hemp seeds, smashed beans, or tofu scramble.

Ingredients

100 grams Whole Grain Crackers

1/2 Avocado

Sea Salt & Black Pepper (to taste)

Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter

Use any type of nut or seed butter instead.

Likes it Sweet

Add honey, jam, sliced bananas or berries.

Ingredients

2 Plain Rice Cake

2 tbsps Almond Butter

Crackers & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Dip the crackers into the hummus and enjoy!

Ingredients

50 grams Whole Grain Crackers

1/4 cup Hummus

Turkey Cranberry Squash Bowls

8 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
3. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
4. Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
5. Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian

Use lentils or chickpeas instead of ground meat.

No Microgreens

Use any leafy green like baby spinach, kale, or arugula.

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

- 1 Delicata Squash (small)
- 1 **tbsp** Extra Virgin Olive Oil
- 227 grams** Extra Lean Ground Turkey
- 1 **1/2 tsp** Poultry Seasoning
- 1/2 tsp** Sea Salt
- 1/4 cup** Frozen Cranberries (thawed, or use fresh)
- 2 cups** Microgreens
- 1 **tbsp** Balsamic Vinegar

One Pan Salmon, Kale & Cabbage

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking pan with foil.
2. Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
3. Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
4. Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
5. Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

Notes

No Avocado Oil

Use olive oil instead.

No Apple Cider Vinegar

Use lemon juice instead.

Leftovers

Keep covered in the fridge up to two days.

Ingredients

6 cups Green Cabbage (roughly chopped)

4 cups Kale Leaves (roughly chopped)

3 tbsps Avocado Oil

227 grams Salmon Fillet

Sea Salt & Black Pepper (to taste)

1/4 cup Fresh Dill (finely chopped)

2 tbsps Apple Cider Vinegar

1 tsp Dijon Mustard

Swiss Chard, Lentil & Rice Bowl

11 ingredients · 1 hour · 2 servings



Directions

1. Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
2. Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups.

Speed it Up

Use quinoa or brown rice pasta instead of brown rice.

No Swiss Chard

Use kale, spinach or collard greens instead.

Ingredients

1/4 cup Brown Rice (uncooked)

1/3 cup Water

1 1/2 tps Coconut Oil

4 cups Swiss Chard (washed, stems removed and chopped)

1/2 tsp Cumin

1/2 tsp Paprika

1 tbsp Extra Virgin Olive Oil

1/2 Garlic (clove, minced)

1 1/2 tps Apple Cider Vinegar

1 cup Lentils (cooked, drained and rinsed)

Sea Salt & Black Pepper (to taste)

Spicy Sweet Potato, Turkey & Kale Bowl

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
4. Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

Ingredients

- 1 Sweet Potato (medium)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 1/2 **tsps** Chili Powder
- 1/4 **tsp** Cayenne Pepper (optional)
- 1 1/2 **tsps** Coconut Oil
- 1/2 White Onion (diced)
- 227 **grams** Extra Lean Ground Turkey
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper (optional)
- 4 **cups** Kale Leaves (finely diced)

15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

Ingredients

- 2 tbsps** Coconut Oil (divided)
- 454 grams** Shrimp (raw, peeled and deveined)
- 3** Garlic (cloves, minced)
- 1** Lemon (juiced)
- 1/2 tsp** Red Pepper Flakes
- 8 cups** Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Sesame Seeds

Slow Cooker Swedish Meatballs

8 ingredients · 4 hours 30 minutes · 2 servings



Directions

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Notes

Serve it With

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

Leftovers

Keeps well in the fridge up to 3 days. Freeze for longer.

Ingredients

227 grams Extra Lean Ground Turkey
1/4 cup Parsley (chopped and divided)
1/2 tsp Onion Powder
1/3 tsp Sea Salt
1 1/2 cups Mushrooms (sliced)
1/2 White Onion (chopped)
1/4 cup Canned Coconut Milk
1 1/2 tbsps Coconut Aminos (or tamari)

Quinoa

2 ingredients · 15 minutes · 2 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup.

Ingredients

1/2 cup Quinoa (uncooked)

3/4 cup Water