

## CNF 21-Day Kick Sugar Program Week 1

Created by Community Natural Foods 21-Day Kick Sugar Program



# CNF 21-Day Kick Sugar Program Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Green Summer Smoothie	Roasted Veggie Breakfast Casserole	Turkey Breakfast Hash	Roasted Veggie Breakfast Casserole	Mocha Fudgey Smoothie	Roasted Veggie Breakfast Casserole	Bacon, Eggs, Avocado & Sauerkraut
Lunch	Mediterranean Tuna Salad	Low Carb Lemon Garlic Shrimp Spaghetti Squash	Egg Roll Bowl	Salmon and Vegetable Bake	Low Carb Roasted Chicken with Zucchini & Olives	Loaded Cauliflower Hummus	Sheet Pan Steakhouse Grill
				Mixed Greens with Simple Dressing	Mixed Greens with Simple Dressing		
Dinner	Low Carb Lemon Garlic Shrimp Spaghetti Squash	Egg Roll Bowl	Salmon and Vegetable Bake	Low Carb Roasted Chicken with Zucchini & Olives	Loaded Cauliflower Hummus	Sheet Pan Steakhouse Grill	15 Minute Cod
			Cauliflower Rice	Cauliflower Rice			
Snack 3	Low Carb Protein Power Cereal	Low Carb Protein Power Cereal	Sugar Detox Apple Spice Muffins	Cinnamon Coconut Cookies	Sugar Detox Apple Spice Muffins	Cinnamon Coconut Cookies	Low Carb Protein Power Cereal

# CNF 21-Day Kick Sugar Program Week 1

91 items

## Fruits

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- 7 Apple
- 1 1/2 Avocado
- 1 Green Apple
- 8 Lemon

## Breakfast

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- 1 cup Almond Butter
- 3/4 cup Butter
- 1 tsp Instant Espresso

## Seeds, Nuts & Spices

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- 4 1/2 cups Almonds
- 1 tbsp Bagel Spice Blend
- 1/4 tsp Black Pepper
- 1 1/2 tsp Chia Seeds
- 1/4 cup Cinnamon
- 1/8 tsp Cumin
- 1/2 tsp Garlic Powder
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Nutmeg
- 4 1/2 cups Pecans
- 1/4 tsp Pepper
- 2 tbsps Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/4 tbsps Sea Salt
- 1 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds
- 3/4 cup Sunflower Seeds

## Vegetables

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- 16 cups Arugula
- 2 cups Asparagus
- 1 lb Asparagus
- 6 1/2 cups Baby Spinach
- 3 tbsps Basil Leaves
- 2 cups Bean Sprouts
- 1 bunch Broccolini
- 4 cups Brussels Sprouts
- 2 cups Butternut Squash
- 3 heads Cauliflower
- 1 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 1 Eggplant
- 1 bulb Fennel
- 12 Garlic
- 1 tbsp Ginger
- 8 cups Green Beans
- 6 cups Green Cabbage
- 5 stalks Green Onion
- 1/2 cup Kale Leaves
- 1 Medium Red Onion
- 0 tsp Mint Leaves
- 8 cups Mushrooms
- 3 tbsps Parsley
- 2 Red Bell Peppers
- 1 1/4 cups Red Onion
- 1 Spaghetti Squash
- 1 Yellow Onion
- 6 Zucchini

## Boxed & Canned

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- 1/2 cup Organic Coconut Milk
- 2 cans Tuna

## Baking

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- 2 1/2 cups Almond Flour
- 1 tsp Baking Soda

## Bread, Fish, Meat & Cheese

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- 4 slices Bacon
- 2 lbs Chicken Thighs
- 2 Cod Fillet
- 1 lb Extra Lean Ground Turkey
- 1 lb Ground Pork
- 12 ozs Lean Ground Lamb
- 1 1/2 lbs Ny Striploin Steak
- 2 lbs Pork Sausage
- 1 1/4 lbs Salmon Fillet
- 1 1/4 lbs Shrimp

## Condiments & Oils

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- 1 tbsp Avocado Oil
- 2 tbsps Capers
- 1/4 cup Coconut Aminos
- 1/2 cup Coconut Oil
- 2 1/3 tbsps Dijon Mustard
- 2 1/4 cups Extra Virgin Olive Oil
- 3 1/4 cups Green Olives
- 1/4 cup Pitted Kalamata Olives
- 1/2 cup Sauerkraut
- 1/2 cup Sun Dried Tomatoes
- 1/3 cup Tahini

## Cold

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- 2 cups Coconut Butter
- 2 Dozen Eggs
- 12 Egg
- 1/4 cup Ghee
- 4 1/8 cups Unsweetened Almond Milk

## Other

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- 15 servings Collagen Peptides
- 2 ozs Roasted Red Pepper
- 2/3 cup Water

- 3 tbsps** Cacao Powder
- 1/2 cup** Coconut Flour
- 1 1/2 cups** Unsweetened Applesauce
- 5 cups** Unsweetened Shredded Coconut
- 2 tbsps** Vanilla Extract

# Green Summer Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

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1. Combine all ingredients in your high-speed blender and blend until smooth

## Ingredients

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**2 cups** Unsweetened Almond Milk

**1/2 cup** Baby Spinach

**1/2 cup** Kale Leaves

**1/2** Avocado

**1** Green Apple

**1 1/2 tsps** Chia Seeds

**1 serving** Collagen Peptides

# Roasted Veggie Breakfast Casserole

11 ingredients · 1 hour 30 minutes · 10 servings



## Directions

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1. Preheat the oven to 375 F.
2. Place the chopped bell peppers, red onion, eggplant, and asparagus on one large, or two medium, sheet pans, then drop bite-sized pieces of the breakfast sausage on top of the vegetables and bake for 45 minutes, until caramelized.
3. In a large bowl, whisk together eggs, salt, and pepper.
4. Add vegetables and sausage to a deep 9x13 inch baking dish. Pour the eggs over the vegetables, then sprinkle on bagel spice blend.
5. Bake the casserole for 30-35 minutes or until the center is firm (give it a shake and if it jiggles, it needs more time).
6. Let the casserole cool for 5-10 minutes, then cut and serve!

## Ingredients

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- 2 Red Bell Peppers (cut into 1-inch pieces)
- 1 Medium Red Onion (cut into 1-inch pieces)
- 1 Eggplant (cut into 1-inch pieces)
- 1 lb Asparagus (cut into 1-inch pieces)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Pepper
- 2 **lbs** Pork Sausage (without casings)
- 2 Dozen Eggs
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 1 **tbsp** Bagel Spice Blend

# Turkey Breakfast Hash

10 ingredients · 35 minutes · 4 servings



## Directions

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1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and fennel. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

## Notes

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### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

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- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsps Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 1 bulb Fennel (cored and diced)
- 1/4 tsp Sea Salt (to taste)

# Mocha Fudgey Smoothie

8 ingredients · 10 minutes · 2 servings



## Directions

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1. Place all ingredients in blender and purée until smooth, adding water and ice to blend as necessary.

## Ingredients

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- 1 Apple (Peeled, frozen and cut in chunks)
- 3 tbsps Tahini
- 3 tbsps Cacao Powder (Or carob powder)
- 1 tsp Instant Espresso
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Organic Coconut Milk
- 1 tsp Vanilla Extract
- 2 servings Collagen Peptides



# Bacon, Eggs, Avocado & Sauerkraut

4 ingredients · 15 minutes · 2 servings



## Directions

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1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

## Ingredients

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- 4 slices Bacon
- 4 Egg
- 1 Avocado
- 1/2 cup Sauerkraut

# Mediterranean Tuna Salad

10 ingredients · 10 minutes · 4 servings



## Directions

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1. Combine olive oil, lemon juice, Italian seasoning and Dijon mustard. Mix well and season to taste.
2. In a large bowl, toss the olives, sun dried tomatoes, tuna, arugula, almonds seeds and dressing until will combined. Divide between plates and enjoy!

## Notes

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### Leftovers

Keeps well in the fridge up to 3 days.

## Ingredients

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- 1/3 cup** Extra Virgin Olive Oil
- 1** Lemon (juiced)
- 1 tbsp** Italian Seasoning
- 1 tsp** Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 cup** Green Olives (sliced)
- 8 cups** Arugula
- 1/2 cup** Sun Dried Tomatoes (sliced)
- 2 cans** Tuna (drained and flaked)
- 1/4 cup** Slivered Almonds

# Mixed Greens with Simple Dressing

6 ingredients · 5 minutes · 4 servings



## Directions

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1. Add all ingredients except your greens to a bowl and whisk until well blended.
2. Toss with your greens and serve immediately

## Notes

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### On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

### No Mixed Greens

Use spinach, kale or romaine instead.

## Ingredients

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**8 cups** Arugula (or mixed greens of choice)

**1/3 cup** Extra Virgin Olive Oil

**1** Lemon (juiced)

**2 tbsps** Dijon Mustard

**1 tsp** Italian Seasoning

**1 tsp** Sea Salt (to taste)

# Low Carb Roasted Chicken with Zucchini & Olives

6 ingredients · 1 hour 20 minutes · 4 servings



## Directions

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1. Preheat oven to 375F.
2. Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
3. Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
4. Remove from oven and let stand 15 minutes before serving. Enjoy!

## Notes

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### Leftovers

Keeps well in the fridge for 2 to 3 days.

### Serve with

Serve with cauliflower rice or roasted potatoes.

## Ingredients

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- 1 lb Chicken Thighs (Bone in, skin on)
- 1/4 tsp Sea Salt
- 3 Zucchini (medium, sliced)
- 1 cup Green Olives (sliced)
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil

# Low Carb Lemon Garlic Shrimp Spaghetti Squash

7 ingredients · 45 minutes · 4 servings



## Directions

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1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
3. While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
4. Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

## Notes

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### No Shrimp

Use chickpeas or white beans instead.

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

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- 1 Spaghetti Squash
- 1/4 cup Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 1/4 lbs Shrimp (uncooked, peeled)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt (or more to taste)
- 3 tbsps Parsley (chopped, to garnish)

# Egg Roll Bowl

9 ingredients · 30 minutes · 4 servings



## Directions

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1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

## Notes

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### Meat-Free

Replace the ground meat with scrambled eggs.

## Ingredients

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- 2 **tbps** Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 5 **stalks** Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 **lb** Ground Pork
- 6 **cups** Green Cabbage (Shredded)
- 2 **cups** Bean Sprouts
- 1/4 **cup** Coconut Aminos

# Salmon and Vegetable Bake

10 ingredients · 35 minutes · 4 servings



## Directions

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1. Preheat oven to 400F
2. Combine fist 6 ingredients to make a sauce
3. Grease a large sheet pan or flat-ish baking tray with about a tablespoon of coconut oil and place the salmon fillets in the middle, leaving about an inch of space in between. Spread even amounts of the sauce over the top of each salmon fillet.
4. Scatter the green vegetables around and in between the fillets, overlapping each other is fine. Drizzle the vegetables lightly with olive oil (about 2 tablespoons) and the juice of half of the remaining lemon. Sprinkle with a few pinches of sea salt and pepper.
5. Place the tray in the oven for 15 minutes, rotating half way if your oven is slightly uneven in temperature
6. Serve while hot with any additional vegetables, salads, or starchy carbs

## Ingredients

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- 2 Garlic (Cloves, crushed)
- 3 tbsps Basil Leaves (Chopped)
- 1 Lemon (Juice and zest)
- 3 tbsps Extra Virgin Olive Oil
- 1 Sea Salt & Black Pepper (1 Teaspoon or to taste)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Salmon Fillet
- 2 cups Asparagus (about 16 spears)
- 2 cups Brussels Sprouts (Trimmed and halved)
- 1 bunch Broccolini (Can use 2 cups broccoli)
- Sea Salt & Black Pepper (To taste)
- 2 tbsps Extra Virgin Olive Oil (For drizzling)

# Cauliflower Rice

1 ingredient · 10 minutes · 4 servings



## Directions

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1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

## Notes

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### Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

### No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

### Serving Size

One serving is equal to approximately one cup of cauliflower rice.

### Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

## Ingredients

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**1 head** Cauliflower (chopped into small pieces)



# Loaded Cauliflower Hummus

15 ingredients · 25 minutes · 4 servings



## Directions

1. In a food processor or high speed blender combine the cauliflower, olive oil, tahini, lemon juice and zest, and cumin and process until smooth. Add salt and pepper to taste and set aside.
2. Place a medium saute pan over medium heat. Add lamb and break into small pieces, add garlic powder, salt and pepper and cook until no pink remains, about 6-7 minutes.
3. Scoop the hummus into a serving dish along with the ground lamb, then surround all of it with cucumber, roasted red peppers, olives, red onion, mint and parsley. Then squeeze fresh lemon juice on top and garnish with a bit more extra virgin olive oil!

## Ingredients

- 2 heads** Cauliflower (steamed)
- 1/4 cup** Extra Virgin Olive Oil (+ extra for garnish)
- 2 tbsps** Tahini
- 1** Lemon (juice and zest)
- 1/8 tsp** Cumin
- Sea Salt & Black Pepper (to taste)
- 12 ozs** Lean Ground Lamb
- 1/2 tsp** Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Red Onion (thinly sliced)
- 1/4 cup** Green Olives
- 1/4 cup** Pitted Kalamata Olives
- 1/2** Cucumber (diced)
- 2 ozs** Roasted Red Pepper (sliced)
- Parsley (for garnish)
- Mint Leaves (for garnish)
- 1/2** Lemon (for garnish)

# Sheet Pan Steakhouse Grill

6 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 425F. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
2. If your mushrooms are on the large side, be sure to quarter them. If they are small, just use them as is. Trim the green beans and cut in half.
3. Spread the veggies on a rimmed baking sheet. Mix the ghee with the minced garlic and drizzle about half over the veggies.
4. Sprinkle with salt and pepper and toss to combine. Roast the veggies for about 12 minutes.
5. Remove the pan from the oven and preheat the broiler.
6. Push the veggies to the side and nestle the steaks onto the pan.
7. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
8. Broil 4 to 6 inches from the heat for about 5 minutes per side or until the steaks are done to your liking (this will depend on how thick they are - 5 minutes per side is about right for medium rare steaks as long as they are 1 inch thick).

## Ingredients

- 8 cups** Mushrooms (bottom or cremini)
- 8 cups** Green Beans
- 1/4 cup** Ghee (melted)
- 2** Garlic (minced)
- 1 1/2 lbs** NY Striploin Steak (4 pieces, 1 inch thick)
- Sea Salt & Black Pepper (to taste)

# 15 Minute Cod

9 ingredients · 15 minutes · 2 servings



## Directions

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1. Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
2. Remove lid and set the spinach on top of the cod. Cover again and let cook for another 2 minutes or until cod flakes with a fork. Use a slotted spoon to transfer the cod and vegetables to a plate. Turn off the heat.
3. In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
4. Divide spinach and tomatoes between plates. Top with cod and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

## Notes

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### No cod

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

### Make it Spicy

Double up on the red pepper flakes.

## Ingredients

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- 1/2 cup Water
- 1 1/2 cups Cherry Tomatoes
- 1/2 tsp Red Pepper Flakes
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Capers

# Low Carb Protein Power Cereal

10 ingredients · 30 minutes · 12 servings



## Directions

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1. Preheat oven to 300F and line a large rimmed baking sheet with parchment paper.
2. In a food processor, process almonds and pecans until they resemble coarse crumbs with some larger pieces. Transfer to a large bowl and stir in shredded coconut, sunflower seeds, vanilla extract, cinnamon, applesauce and collagen peptides.
3. Melt the almond butter and butter together.
4. Pour melted almond butter mixture over nut mixture and stir well, tossing lightly. Stir in water. Mixture will clump together.
5. Spread mixture evenly on prepared baking sheet and bake 30 minutes, stirring halfway through. Remove and let cool completely.

## Notes

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### Cereal To-Go

Form mixture into bars and bake without turning for a low carb on-the-go snack

## Ingredients

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- 1 1/2 cups Almonds
- 1 1/2 cups Pecans
- 1 cup Unsweetened Shredded Coconut
- 1/4 cup Sunflower Seeds
- 1 tsp Vanilla Extract
- 2 tsps Cinnamon
- 1/2 cup Unsweetened Applesauce
- 4 servings Collagen Peptides (or unflavored protein powder of choice)
- 1/3 cup Almond Butter
- 1/4 cup Butter

# Sugar Detox Apple Spice Muffins

10 ingredients · 40 minutes · 12 servings



## Directions

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1. Preheat the oven to 350 and line a muffin tin with wrappers.
2. Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
3. Bake for 25 to 30 minutes. Let cool completely and enjoy!

## Notes

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### No Apples

Use pears instead.

### Storage

Store at room temperature for 3 days, or freeze up to 3 months.

## Ingredients

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- 1 1/4 cups Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 3 Apple (cored and finely diced)
- 4 Egg (whisked)
- 1/4 cup Coconut Oil
- 1/3 cup Unsweetened Almond Milk

# Cinnamon Coconut Cookies

5 ingredients · 30 minutes · 15 servings



## Directions

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1. Heat oven to 360F; line a bakikng tray with parchment paper.
2. Mix all ingredients together in a mixing bowl
3. Using a tablespoon as a measure, roll into balls and place on a prepared baking trsy. Flatten slightly.
4. Bake for 10 - 12 minutes (until they start to turn golden). Allow the cookied to cool on the tray - they will firm up.

## Ingredients

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- 1 cup** Coconut Butter (softened)
- 1 cup** Unsweetened Shredded Coconut
- 1 tsp** Vanilla Extract
- 2 tsps** Cinnamon
- 1 tbsp** Water