

2-Week No Sugar Meal Plan

Name	Age	Date
Jeannie Doe	35	Feb 7 2024
<i>This 2 Week No Sugar Meal Plan is designed to eliminate added sugars from your diet, focusing on whole, nutrient-rich foods to improve overall health, reduce cravings, and support weight management.</i>		
Food to Avoid		
Sodas and fruit juices with added sugars Candy, cookies, cakes, and other sweets White bread, pasta, and other refined grains Processed foods and snacks with added sugars or high fructose corn syrup Flavored yogurts with added sugars All sources of added sugars, including honey, syrup, and molasses Processed and packaged foods with hidden sugars Sugary breakfast cereals and bars Sweetened dairy products and non-dairy alternatives Fast food and fried foods with hidden sugars		
Week 1 Meal Plan Overview		
Breakfast Options Scrambled eggs with spinach and whole grain toast Greek yogurt with mixed berries and a sprinkle of cinnamon Oatmeal topped with sliced bananas and almond butter Avocado on rye bread with cherry tomatoes Cottage cheese with peach slices Smoothie with spinach, avocado, unsweetened almond milk, and chia seeds Poached eggs with asparagus spears		
Lunch Options Grilled chicken salad with mixed greens, cucumber, and olive oil dressing Quinoa bowl with black beans, corn, avocado, and lime juice Turkey and hummus wrap in a whole wheat tortilla Lentil soup with carrots, celery, and herbs Baked salmon with steamed broccoli and quinoa Chickpea and vegetable stir-fry Tuna salad over mixed greens with balsamic vinaigrette		
Dinner Options Grilled flank steak with roasted sweet potatoes and green beans Baked cod with lemon, served with a side of roasted Brussels sprouts Stir-fried tofu with bell peppers, broccoli, and soy sauce (low sodium) Chicken fajitas with sautéed onions and peppers, served in lettuce wraps Zucchini noodles (zoodles) with homemade tomato sauce and meatballs Eggplant lasagna made with ricotta and mozzarella cheese Pork tenderloin with a side of sautéed spinach and mushrooms		
Snack Options Sliced cucumber and bell peppers with hummus A handful of raw almonds Celery sticks with peanut butter (no added sugar) Air-popped popcorn without butter Cottage cheese with sliced strawberries		

Week 2 Meal Plan Overview

Breakfast Options

Chia seed pudding made with unsweetened almond milk and topped with kiwi
Whole grain pancakes topped with fresh blueberries and a dollop of Greek yogurt
Baked avocado eggs with a side of salsa
Smoothie bowl with unsweetened coconut milk, frozen berries, and flaxseeds
Omelet with mushrooms, onions, and spinach
Overnight oats with unsweetened almond milk, nuts, and apple slices
Sautéed kale and poached eggs on whole grain toast

Lunch Options

Roasted vegetable and quinoa salad with lemon-tahini dressing
Chicken Caesar salad with homemade dressing (no sugar added)
Beef stir-fry with a medley of vegetables over brown rice
Spiced lentil stew with a side of whole grain bread
Grilled shrimp over mixed greens with avocado and mango salsa
Turkey and avocado club sandwich on whole grain bread
Butternut squash soup with a side salad

Dinner Options

Baked trout with a walnut crust, served with roasted asparagus
Vegetable curry with chickpeas over cauliflower rice
Grilled lamb chops with mint sauce, served with steamed green beans
Spaghetti squash with meat sauce
Moroccan chicken with olives and lemon, served with couscous
Beef and vegetable kebabs with tzatziki sauce
Vegetarian chili with a side of cornbread (sugar-free recipe)

Snack Options

Greek yogurt with a dash of vanilla extract and slivered almonds
Sliced apple with almond butter
Mixed nuts (unsalted and unroasted)
Air-popped popcorn without butter
Sliced pear with cottage cheese

Goals

Daily Caloric Intake Goal	1800 kcal
Protein Goal	100 g
Fiber Goal	30 g
Fat Goal	60 g
Carbohydrates Goal	200 g
Water Intake Goal	12 glasses per day

Notes and Adjustments to Diet for Dietary Needs and Restrictions

Monitor blood sugar levels closely due to a history of insulin resistance. Increase fiber intake if gastrointestinal discomfort occurs. Consider adding more plant-based protein sources to increase variety.

Healthcare Professional's Additional Notes and Recommendations

Encourage patient to maintain a food diary to track sugar cravings and mood changes. Recommend moderate physical activity, such as brisk walking for 30 minutes daily, to complement the no sugar meal plan and enhance overall health benefits.