

4-WEEK SUGAR DETOX VEGAN MEAL PLAN

****Follow Daily Detox Drinks / Chia Seed Drinks** recipes to improve your daily water intake and to have a healthy digestion.

****Daily Detox Drinks** Recipe here: <https://youtu.be/HkfTWw77YWU>

****Chia Seed Drinks** Recipe here: <https://youtu.be/VCHbmbqIhsU>

TIPS:

- 1) For the first 2 weeks, the goal is to limit added sugar to no more **than 25g or 6 teaspoons in a day**. The next two weeks, **completely eliminate ALL added sugars** and **only consume food with natural sugars**, but still keeping it to a reasonable amount.
- 2) Start replacing refined sugar with healthier alternatives such as maple syrup, honey or stevia.
- 3) Start adding **more fruits** to satisfy your sugar cravings.
- 4) Try using **less sugar or creamer** into your coffee or tea.
- 5) Start swapping soda drinks for flavoured carbonated water that has no artificial sweeteners and slowly eliminating them all together. The goal is eventually to just **drink water!**
- 6) Learn to **read and understand food labels** because most of the foods, which you THINK are healthy may contain a lot of hidden sugars.
- 7) Your diet should consist mainly of **whole foods** and **no processed foods** at all. You're basically eating a balanced **diet rich in protein, vegetables and healthy fats**.
- 8) The good news is that, **your taste buds and palate CAN BE RETRAINED to adopt a less sugary lifestyle**, and eventually you'll not crave the same high-sugar foods as before.

Added sugars are highlighted in **YELLOW*

This meal plan **does not include any sweetened coffee, tea or desserts you might have. Do include the extra amount of added sugar you might be consuming daily.*

**You can increase the daily total calorie intake according to your activity level. This is just a guideline*

Link to **5 Shocking Signs You're Addicted to SUGAR** here: <https://youtu.be/Wj9xI4j0hZg>

Link to **7 Effective Steps to Breakup with SUGAR** here: <https://youtu.be/RyQi44hLbKQ>

<p>Lunch</p> <p><i>(Watch “3 Healthy RICE Recipes” video for the complete guide.)</i></p>	<p>WILD RICE & BEAN SALAD Ingredients (serves 2) 1) 1 cup Cooked and Chilled Wild Rice – 216Cals, 1.2g Sugar <i>*You can use other rice of your choice</i> 2) ½ Red Bell Pepper, diced – 19Cals, 1g Sugar 3) ½ cup Cherry Tomatoes, halved – 14Cals, 2g Sugar 4) 1 Small Onion, diced – 28Cals, 1.5g Sugar 5) ¼ cup Corn – 33Cals, 1g Sugar 6) ¼ cup Cucumber, diced – 4Cals, 0.4g Sugar 7) ¼ cup Olives, halved – 40Cals 8) ½ can Beans, rinsed and drained – 108Cals, 1g Sugar</p> <p>Dressing (serves 2) 1) 3 tbsps. Lemon Juice – 9Cals, 1.2g Sugar 2) 1 tbsp. Olive Oil – 119Cals 3) ½ tsp. Maple Syrup – 10Cals, 7g Sugar 4) ½ tsp. Smoked Paprika – 4Cals 5) ¼ tsp. Cumin Powder – 4Cals 6) ¼ tsp. Garlic Powder – 2Cals 7) Salt and Black Pepper to taste</p>	<p>1) In a small bowl, mix together all the dressing ingredients and set aside. 2) To make the salad, all you have to do is assemble all the ingredients in a bowl. 3) So start with the rice as the base and all the vegetables – beans, bell pepper, cucumber, corn, cherry tomatoes, onion and olives. 4) Drizzle with some dressing and serve.</p> <p>Video Link: https://youtu.be/YFY MWis27I</p>	<p>305Cals</p>	<p>8.65g of total sugar per serving (3.5g of added sugar)</p>
<p><i>(Watch “High Protein VEGAN Meal Prep” video for the complete guide.)</i></p>	<p>OR</p> <p>CHICKPEAS TOFU SCRAMBLE WRAP Ingredients (serve 3) 1) ½ can Chickpeas – 153Cals, 5.5g Sugar 2) 100g Firm Tofu - 55Cals 3) ¼ cup Cherry Tomato, halved – 6.5Cals, 1g Sugar 4) ¼ cup Red Bell Pepper, diced – 9.5Cals, 0.5g Sugar</p>	<p>1) In a pan, heat oil over medium-high heat. Add onion, bell pepper and cherry tomato. Saute for 3 - 4 minutes or until the vegetables are tender. 2) Then add in the chickpeas and firm tofu. Continue to cook until all ingredients are heated through. 3) Stir in the seasonings - smoked paprika, garlic powder, turmeric, and salt. 4) Remove from pan and set aside to cool down.</p>	<p>254Cals/wrap</p>	<p>4.8g of total sugar per serving (2g of added sugar)</p>

	<p>5) ¼ cup Onion, diced – 17Cals, 1.5g Sugar 6) 1 tbsp. Olive Oil - 119Cals 7) ½ tsp. Turmeric Powder – 4Cals 8) ½ tsp. Garlic Powder – 5Cals 9) ¼ tsp. Smoked Paprika – 2Cals 10) A pinch of Salt 11) 8-inch Whole Wheat Tortilla – 130Cals, 2g Sugar</p> <p>Video Link: https://youtu.be/MtnOuFPMWfQ</p>	<p>5) Take one wholegrain wrap and place about ¼ cup of the filling near the centre. Roll up tightly into a wrap.</p>		
<p>Dinner</p> <p><i>(Watch “Healthy Indian Meal Plan to Lose Weight “ video for complete guide)</i></p>	<p>RICE NOODLES UPMA Ingredients (serves 2) 1) 3 oz Rice Noodles – 309Cals 2) 1 Small Onion, diced – 28Cals, 1.5g Sugar 3) 1 Red Chilli, finely chopped – 18Cals 4) 1 sprig Curry Leaves – 1Cals 5) 1 tbsp. Vegetable Oil – 124Cals 6) 1 tbsp. Channa Dal – 16Cals, 1g Sugar 7) ½ tsp. Cumin – 4Cals 8) ¼ tsp. Black Mustard Seeds – 12Cals 9) ¾ cup Mixed Carrot, Corn & Peas – 90Cals, 4g Sugar 10) ¼ cup Cashew Nut, halved – 160Cals, 1g Sugar 11) A pinch of Salt to season 12) 2 sprigs Coriander, chopped – 2Cals</p> <p>OR</p> <p>CHICKPEA SWEET POTATO GREENS IN COCONUT MILK WITH RICE Ingredients (serves 4) 1) 1 medium Onion, diced – 44Cals, 4.7g Sugar</p>	<p>1) Let’s start by prepping the noodles. Soak noodles in boiling water for about 5 minutes or until soft. Drain and set aside. 2) In a non-stick pan, heat oil over medium-high heat. 3) Add in the cumin, black mustard seeds and dal. Fry for about 3 – 4 minutes until the dal turns lightly golden. 4) Then stir in the curry leaves, chilli, onion, cashew nuts and mixed vegetables. Sautee very quickly for another 2 - 3 minutes until cashews are slightly roasted. Don’t forget to also season with a pinch of salt. 5) Finally, mix in the noodles and stir until all the ingredients are evenly distributed. At this point, you can go head and taste your dish, add more salt if needed. 6) Garnish with coriander and serve warm.</p> <p>1) In a food processor, add in the onion, garlic, ginger and chilli. Blend very quickly until it becomes a paste. 2) In a large non-stick pan, heat oil over medium-high heat. Fry the paste for 1-2 minutes until fragrant and</p>	<p>382Cals</p>	<p>3.75g of total sugar per serving</p>
<p><i>(Watch “Healthy Indian Meal</i></p>			<p>483Cals</p>	<p>8.7g of total sugar per serving</p>

<p><i>Plan to Lose Weight “ video for complete guide)</i></p>	<ol style="list-style-type: none"> 2) 1 Clove Garlic, peeled – 4Cals 3) 1 Ginger piece, thumb-sized, peeled and sliced – 6Cals 4) 1 Red Chilli, finely sliced -18Cals 5) ½ tbsp. Vegetable Oil – 62Cals 6) ½ tsp. Turmeric Powder – 4Cals 7) 1 tsp. Ground Cumin – 8Cals 8) 1 tsp. Garam Masala – 7Cals 9) 2 cups Pumpkin, peeled and diced – 60Cals, 6.4g Sugar 10) 1 can Chickpeas, rinsed and drained – 360Cals, 11g Sugar 11) 150g Sweet Potato Greens – 53Cals 12) 1 cup Coconut Milk – 410Cals, 8g Sugar 13) 1 cup Vegetable Stock – 31Cals 14) A pinch of salt 15) 1 cup Cooked Wild Rice – 216Cals, 1.2g Sugar 	<p>then add in the spices – turmeric, cumin and masala. Continue to fry very quickly for another minute.</p> <ol style="list-style-type: none"> 3) Next, add pumpkin and chickpeas. Stir and mix well. 4) Then add the coconut milk and stock. Bring to a simmer and allow all the ingredients to cook for about 20 - 30 minutes until the pumpkin softens and the sauce thickens. Don’t forget to stir occasionally. 5) Once the pumpkin has soften, add in the sweet potato greens and cook until wilted. Season with salt. Serve warm. <p>Video Link: https://youtu.be/VxkNL-oFaDg</p>		
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<p>Snack</p> <p><i>(Watch "3-Ingredient Homemade Jams" video for the complete guide.)</i></p>	<p>MIXED BERRIES CHIA JAM WITH VEGAN YOGHURT</p> <p>Ingredients (1 cup)</p> <p>1) 2 cups Frozen Mixed Berries – 160Cals, 4.5g Sugar</p> <p>2) 2 tbsps. Chia Seeds – 137Cals</p> <p>3) 2 tbsps. Honey or Maple Syrup – 128Cals, 28g Sugar</p> <p>4) ½ cup Greek Yoghurt – 100Cals, 3g Sugar</p> <p>Video Link: https://youtu.be/tjtCV7qv15E</p>	<ol style="list-style-type: none"> 1) Measure the fruits into 2 cups each. 2) Place fruits in a small pot over medium heat. 3) Then mash the fruits until it reaches the consistency you like. 4) Bring the mixture to a simmer for about 5 minutes until it forms a saucy consistency. Stir frequently. 5) Then add in 2 tbsps. of Chia Seeds and continue to stir for another minute until all ingredients are well combined. 6) Remove from heat. Let it sit allowing the chia seeds to fully expand and thicken the jam. 7) Pour into a jar and it's ready! 8) Enjoy half a cup of yoghurt with 2 tablespoons of mixed berries chia jam. 	<p>153Cals <i>(consume 2 tablespoons of Jam)</i></p>	<p>7g of total sugar per serving (3.5g of added sugar)</p>
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Total Calories: 1574Cals (including 2 snacks)
Total Sugar: 35.35g of Total Sugar (13g of added sugar)

Week 1 & 2 (TUESDAY, THURSDAY & SATURDAY)

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING	SUGAR CONTENT
<p>Breakfast</p> <p><i>(Watch “4 Matcha Green Tea Breakfast Recipes “ video for complete guide)</i></p>	<p>MATCHA CHIA PUDDING Ingredients (serves 2) 1) ¼ cup Chia Seeds – 280Cals (70Cals per tbsp.) 2) ¾ cup Milk, any choice – 75Cals, 9g Sugar 3) 1 tsp. Maple Syrup or Honey – 17Cals, 4g Sugar 4) 2 tsps. Matcha Green Tea – 12Cals 5) 2 Small Jars</p> <p>Video Link: https://youtu.be/lqDvyiA64To</p> <p>OR</p> <p>BANANA PEANUT BUTTER CHIA PUDDING Ingredients (2 servings) 1) ¼ cup Chia Seeds – 280Cals 2) 1 cup Milk, any choice – 100Cals, 12g Sugar 3) 1 tsp. Maple Syrup or Honey – 17Cals, 4g Sugar 4) 1 Large Banana, mashed – 121Cals, 17g Sugar 5) 2 tsps. Peanut Butter – 188Cals, 1.5g Sugar</p> <p>Video Link: https://youtu.be/p7HvNeEJ-EY</p>	<p>1) Simply combine chia seeds, milk, maple syrup and matcha powder. Stir well. 2) Divide equally into 2 small jars. Cover and allow it to set overnight in the fridge. 3) The next morning, it’ll expand into a pudding-like texture. Top it up with some homemade granola or any fresh fruits of your choice.</p>	<p>192Cals</p>	<p>6.5g of total sugar per serving (2g of added sugar)</p>
<p><i>(Watch “Breakfast in A Jar Chia Pudding” video for the complete guide.)</i></p>	<p>1) In a bowl, mix together mashed banana, chia seeds, milk, honey and peanut butter. Stir until well combined. 2) Divide equally into 2 jars. Cover and let it set overnight in the fridge. 3) In the morning, add any topping of your choice and enjoy!</p>	<p>353Cals</p>	<p>16.7g of total sugar per serving (2g of added sugar)</p>	
<p>Lunch</p> <p><i>(Watch “3 Veggie Burger Recipes”</i></p>	<p>MUSHROOM BLACK BEAN BURGER Ingredients (4 Patties) 1) ¾ cup Fresh Mushrooms, finely diced – 12Cals 2) ¾ can Black Beans – 255Cals, 0.75g Sugar 3) ½ cup Onion, diced – 32Cals, 3g Sugar 4) 1 Garlic Clove, minced – 4Cals</p>	<p>1) So, the first step is to saute the garlic and onion for 3 to 5 minutes, until they are soft and fragrant. 2) Add in the chopped mushrooms, green onions and cumin. Saute for another 5 minutes, or until mushrooms are cooked through. Remove from heat and allow the mixture to cool down.</p>	<p>222Cals/burger</p>	<p>2.3g of total sugar per serving (1.4g of added sugar)</p>

<p><i>video for the complete guide.)</i></p>	<p>5) 1 tbsp. Green Onions, roughly chopped – 2Cals, 0.1g Sugar 6) ½ tsp. Cumin – 4Cals 7) 2 tbsps. Olive Oil – 138Cals 8) Salt and pepper, to taste 9) English Muffins or Mini Burger Buns – 110Cals, 1.4g Sugar</p> <p>OR</p> <p>TOFU CHIA BURGER Ingredients (4 Patties) 1) 1 block (250g) Extra Firm Tofu – 220Cals 2) ½ cup Onion, diced – 32Cals, 3g Sugar 3) 1 tbsp. Green Onions, roughly chopped – 2Cals, 0.1g Sugar 4) 1 part Chia Mixture (1 tbsp. Chia Seeds + 3 tbsps. Water) – 69Cals 5) 1 Garlic Cloves, minced – 4Cals 6) 2 tbsps. Soy Sauce – 18Cals 7) Salt and pepper to taste 8) 1 tbsp. Oil for frying - 138Cals 9) English Muffins or Mini Burger Buns – 110Cals, 1.4g Sugar</p> <p>Video Link: https://youtu.be/aUM-qnzOAJ4</p>	<p>3) In a bowl, roughly mash the black beans. I like to keep it chunky. 4) Then combine the mashed beans with the onion and mushroom mixture and flavor it with salt and pepper. Mix until all ingredients are well combined. 5) Using your hands, shape the mixture into 4 equal patties, about ¾ to one inch thick. 6) On a non-stick pan, heat 1 tbsp. oil under medium-high heat. Cook the patties on both sides until they are slightly brown and crunchy, for about 5 minutes. 7) Remove from heat and set aside.</p> <p>1) Blend the tofu along with all the rest of the ingredients; onions, green onions, garlic, salt and pepper, chia mixture and soy sauce. Blend until you form a tofu paste. The chia mixture binds the tofu mixture together. 2) Next, gently form the tofu mixture into patties, pressing everything together to form round patties about ¾ to 1-inch thick. This will make you about 4 patties. 3) Lightly pan-fry the patties until lightly golden brown and crisp for about 5 to 6 minutes on each side. 4) Remove from heat and set aside.</p>	<p>231Cals/burger</p>	<p>2.18g of total sugar per serving (1.4g of added sugar)</p>
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<p>Dinner</p> <p><i>(Watch "3 Healthy Ways to Enjoy Tempeh" video for the complete guide.)</i></p>	<p>TEMPEH BOLOGNESE ON RICE / PASTA Ingredients(serves 4) 1) 150g tempeh, crumbled – 290Cals 2) 1 can Diced Tomatoes – 106Cals, 11g Sugar 3) 2 tbsps. Olive Oil – 138Cals 4) 1 cup Chopped Onion – 64Cals, 6g Sugar 5) 2 Garlic Cloves, minced – 9Cals 6) ¼ tsp. Dried Basil - 1Cals 7) 1 tbsp. Fresh Coriander, minced – 2Cals 8) Salt and pepper to taste 9) Serve on rice or pasta - 1 cup Cooked and Chilled Wild Rice – 216Cals, 1.2g Sugar - 80g Dried and Uncooked Pasta – 285Cals, 3g Sugar</p> <p>Video Link: https://youtu.be/Hm455GV3afs</p>	<p>1) Heat oil over medium-high heat. Cook the onion and garlic, until they are lightly browned, for about 3 minutes. 2) Then stir in the crumbled tempeh and continue to cook until the tempeh begins to brown. Then mix it the diced tomatoes, basil and flavor with salt and pepper. 3) Allow all the ingredients to cook and simmer for another 5 – 7 minutes until the tempeh absorbs the flavour of the sauce. Don't forget to stir occasionally. 4) Serve it on rice or pasta.</p>	<p>369Cals with Rice</p> <p>438Cals with Pasta</p>	<p>5.4g of total sugar with Rice</p> <p>7.25g of total sugar with Pasta (3g of added sugar)</p>
<p><i>(Watch "3 Healthy Ways to Enjoy Tempeh" for the complete guide.)</i></p>	<p>OR</p> <p>SWEET & SOUR TEMPEH WITH RICE Ingredients (serves 4) 1) 1 (250g) packages Tempeh, cut into cubes – 482Cals 2) ½ medium Red Bell Pepper, cut into chunks – 18.5cals, 1g Sugar 3) ½ medium Green Bell Pepper, cut into chunks – 18.5cals, 1g Sugar 4) ½ Red Onion, roughly chopped - 23cals, 0.75g Sugar 5) ½ cup Pineapple, cut into chunks - 41cals, 7g Sugar 6) 2 Garlic Cloves, minced - 9cals</p>	<p>1) First, prepare the sweet and sour sauce. In a bowl, whisk together ketchup, rice vinegar, soy sauce, honey, water and cornstarch. Set aside. 2) In a large pan, heat oil over medium-high heat. Stir in tempeh, bell pepper, onion, garlic, and chilli flakes. Cook until just beginning to brown, 5-7 minutes or until vegetables are slightly tender. 3) Mix in the pineapple and sweet and sour sauce mixture. Continue to cook very quickly for another 2 to 3 minutes until all ingredients are evenly coated and remove from heat. 4) Sprinkle with a little bit of cilantro and serve.</p>	<p>402Cals</p>	<p>11.4g of total sugar per serving (7g of added sugar)</p>

	<p>7) 1.5 tbsps. Sesame Oil - 180cals 8) A handful of Fresh Cilantro, roughly chopped - 6Cals 9) ¼ tsp. Red Chilli Flakes - 2cals 10) 1 cup Cooked Wild Rice - 166Cals, 1.2g Sugar</p> <p><u>Sweet & Sour Sauce</u> 1) ¼ cup Ketchup - 68cals, 14g Sugar (11.2g added sugar) *choose the low sodium option 2) ¼ cup Rice Vinegar - 8cals 3) 1 tbsp. Raw Honey - 64cals, 17g Sugar 4) ¼ cup water 5) 1 tbsp. Cornstarch mixed with 2 tbsps. Cold Water - 30cals 6. ½ tbsp. Soy Sauce - 4.5Cals</p>	<p>Video Link: https://youtu.be/hDHH8uh_Y-c</p>		
<p>Snack (Watch “4 Matcha Green Tea Breakfast Recipes “ video for complete guide)</p>	<p>NO-BAKE MATCHA MACAROONS <u>Ingredients (makes 12 balls)</u> 1) ½ cup Desiccated Coconut - 392Cals, 2.5g Sugar 2) 1 tbsp. Matcha Powder - 18Cals 3) 3 tbsps. Sesame Seeds - 156Cals 4) 2 tbsps. Coconut Oil - 234Cals 5) 2 tbsps. Peanut Butter - 188Cals, 3g Sugar 6) ¼ cup Maple Syrup - 210Cals, 56g Sugar 7) 1 tsp. Vanilla Extract - 12Cals 8) Pinch of Salt to Taste</p> <p>Video Link: https://youtu.be/lqDvyiA64To</p> <p>OR</p>	<p>1) Mix together all the dry ingredients - desiccated coconut, sesame seeds, matcha and a pinch of salt. Combine well. 2) The stir in the wet ingredients - coconut oil, maple syrup, peanut butter and vanilla extract. Combine until it forms a consistent paste. 3) Take about 1 tbsp. of the mixture and roll into a ball. Don't worry if they don't look perfect. This will make about 9 - 12 balls. 4) Allow the macaroons to set in the fridge for about an hour until solid. 5) I've dusted mine with more desiccated coconut.</p>	<p>101Cals/ball (Consume 1 - 2 balls)</p>	<p>5.1g of total sugar per ball (4.5g of added sugar)</p>

<p>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</p>	<p>3-INGREDIENT OAT BITE Ingredients (makes 24 oat bites) 1) 1 cup (90g) Rolled Oats, dry & uncooked – 340Cals, 2g Sugar 2) ½ cup (125g) Peanut Butter – 778Cals, 12g Sugar 3) ¼ cup (82g) Maple Syrup / Honey – 270Cals, 56g Sugar **Optional add-ons 4) 1 tbsp. unsweetened Cocoa Powder – 12Cals 5) 1 tbsp. Sunflower Seeds – 47Cals, 0.2g Sugar</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Melt the maple syrup and peanut butter in a pan under low heat until smooth. Don't let it overheat! 2) Turn off the heat. Add in the oats. You can also add other ingredients such as sunflower seeds and goji berries. Mix them well. 3) Then simple shape them into bite size balls. 4) Chill in the refrigerator for about one hour until firm.</p>	<p>60Cals (Consume 2 – 3 servings)</p>	<p>2.9g of total sugar per ball (2.3g of added sugar)</p>
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Total Calories: 1426Cals (including 2 snacks)

Total Sugar: 36.33g of Total Sugar (15.4g of added sugar)

Week 3 & 4 (MONDAY, WEDNESDAY & FRIDAY)

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING	SUGAR CONTENT
<p>Breakfast</p> <p><i>(Watch “4 High Fibre OATMEAL Breakfasts” video for the complete guide.)</i></p>	<p>OVERNIGHT OATS <u>Ingredients (serves 1)</u> 1) ½ cup Oats – 149Cals, 1g Sugar 2) ½ cup any Milk of your choice – 66Cals, 6g Sugar 3) ½ tbsp. Goji Berries – 18Cals, 2g Sugar 4) 1 tsp. Chia Seeds – 22Cals</p> <p>Video Link: https://youtu.be/qByjiXsxrmc</p>	<p>1) In a bowl, mix oats, milk, goji berries and chia seeds together. 2) Assemble the overnight oats in a jar or glass. 3) Lay the bottom with half of the oat mixture, then add in half of the banana and mix in the remaining oat mixture. Finally top it up with the remaining banana. 4) Place the jar in the fridge overnight and serve it for breakfast the next morning.</p>	255Cals	9g of total sugar per serving
<p>Lunch</p> <p><i>(Watch “3 Healthy Ways to Enjoy Tempeh” video for the complete guide.)</i></p>	<p>BAKED TEMPEH SKEWER <u>Ingredients (4 skewers)</u> 1) 100g Tempeh, cut into cubes – 193Cals 2) ¼ cup Cucumber – 4Cals, 0.45g Sugar 3) ¼ cup Cherry Tomatoes – 7Cals, 1g Sugar 4) ¼ cup Onion, sliced – 12Cals, 1.2g Sugar 5) ¼ cup Bell Pepper, sliced – 4 Cals, 0.55g Sugar</p> <p><u>Marinade</u> 1) 1 tbsp. Soy Sauce – 9Cals 2) 1/3 tbsp. Olive Oil – 23Cals 3) 1 Garlic, minced – 4Cals</p> <p>AND</p>	<p>1) Let’s prep the marinade sauce. In a bowl, mix soy sauce, olive oil and garlic. Set aside. 2) Pour the sauce over the tempeh to pack in more flavours. Lay them out on a tray with all the vegetables and put them together with tempeh on skewers to make tempeh kebab. 3) Bake them at 180 degrees celcius in a pre-heated oven for about 15 -20 minutes.</p> <p>Video Link:</p>	256Cals	3.2g of total sugar per serving
<p><i>(Watch “3-Day Detox Plan” video for the complete</i></p>	<p>CHICKPEAS, CARROT & ONION SOUP <u>Ingredients (serves 2)</u> 1) 200g carrots, chopped into cubes – 82Cals 2) 1 onion, diced – 44Cals, 1g Sugar 3) ½ can of chickpeas – 131Cals, 5g Sugar</p>	<p>1) Heat olive oil in a pan, add carrots and onion, cook for 2-3mins until fragrant. 2) Add stock, bring to a boil and cook for 15-20mins until carrots are very tender.</p>	166Cals	3g of total sugar per serving

<p><i>guide.)day Detox</i></p>	<p>4) 1 tsp. olive oil – 40Cals 5) 2 cups Vegetable Stock – 35Cals 6) Handful of parsley</p> <p>Video Link: https://youtu.be/7f4bkB3B05o</p>	<p>3) Remove from heat and puree the carrots with a hand or food blender. 4) Bring the pot back to boil under low heat, add chickpeas and parsley. Simmer for 5 minutes and serve.</p>		
<p>Dinner</p> <p><i>(Watch “8 Delicious Lettuce Wrap Ideas” video for complete guide)</i></p>	<p>BLACK BEANS & SWEET POTATO LETTUCE WRAP Ingredients (serves 4) Filling 1) ½ can Black Beans, rinsed and drained – 189Cals, 0.5g Sugar <i>*Option: Any other beans of your choice</i> 2) 1 large Sweet Potato, baked & diced into cubes – 162Cals, 5g Sugar 3) ¼ medium Red Onion, finely diced – 10Cals, 1.1g Sugar 4) A handful of Coriander, roughly chopped – 1Cals 5) Lettuce Leaves 5) Salt & Pepper to taste</p> <p>Dressing 1) Juice from 1 Lime – 10Cals 2) ½ tbsp. Olive Oil – 60Cals 3) ½ tsp. Cumin – 4Cals 4) ½ tsp. Smoked Paprika – 4Cals</p> <p>Video Link: https://youtu.be/SD0_gNp8EF4</p> <p>AND</p>	<p>1) In a small bowl, combine lime juice, olive oil, cumin and smoked paprika. Set aside. 2) In a large bowl, add black beans, sweet potatoes, red onion and coriander. Combine well. 3) Toss in the dressing and season with salt and pepper. Mix until evenly coated. 4) To serve, spoon generous amount of black beans & sweet potato mixture onto lettuce leaves.</p>	<p>110cals</p> <p><i>(consume 2 – 3 servings)</i></p>	<p>1.65g of total sugar per serving</p>

<p><i>(Watch “Why I Eat Fermented Food” for the complete guide.)</i></p>	<p>JAPANESE PICKLED CUCUMBER <u>Ingredients (serves 6)</u> 1) 3 Japanese cucumbers, thinly sliced, 45Cals, 5g Sugar 2) 2 tsps. Salt 3) ¼ cup Rice Vinegar – 8Cals 4) 2 tbsps. Brown Sugar - 96Cals, 24g Sugar 5) 2 tbsps. Sesame Seeds – 104Cals</p> <p>Video Link: https://youtu.be/05jXsax1wIw</p>	<p>1) In a bowl, add the cucumber and sprinkle it with the salt. Set aside for five minutes. 2) Rinse off the salt and drain the cucumbers. 3) Combine all ingredients in a bowl: rice vinegar, brown sugar, sesame seeds. Mix well. 4) Transfer into a jar and let it sit in the fridge for at least 24 hours.</p>	<p>42Cals</p>	<p>4.8g of total sugar per serving</p>
<p>Snack</p> <p><i>(Watch “Easy Healthy Hummus Recipe” video for the complete guide.)</i></p>	<p>VEGGIE STICKS WITH HUMMUS <u>Ingredients (serves 6)</u> 1) 1 can Chickpeas, drained and rinsed – 360Cals, 11g Sugar 2) ½ tsp. Sweet Paprika – 3Cals 3) ½ tsp. Cumin Powder – 4cals 4) Pinch of Salt 5) 1 tbsp. Tahini – 89Cals, 0.1g Sugar 6) 1 tbsp. Olive Oil – 120Cals 7) Juice from 1 Small Lime – 10Cals, 1g Sugar</p> <p>Vegetables 1) Carrots, sliced 2) Celery, sliced 3) Cucumber, sliced <i>*Option: Other vegetables of your choice</i></p> <p>OR</p>	<p>1) Place all the ingredients into a food processor and blend until smooth. 2) Serve hummus with a drizzle of olive oil and dash of paprika. 3) Dip the chopped up vegetables into homemade hummus and enjoy!</p> <p>Video Link: https://youtu.be/0Q31D4MmOsl</p>	<p>98Cals</p> <p><i>(Consume as much vegetables as you want!)</i></p>	<p>2g of total sugar per serving</p>

<p><i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>SEAWEED VEGGIE ROLLS Ingredients 1) Toasted nori sheets – non-salted or flavoured 2) Cucumber, sliced 3) Carrot, sliced 4) Red Bell Pepper, sliced <i>*Option: Other vegetables of your choice</i></p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Rolled 1 sheet of Toasted Nori Sheet with some chopped up vegetables and enjoy! 2) You can also choose to dip it with the homemade yoghurt dip.</p>	<p>5Cals per 1 nori sheet</p> <p><i>(consume vegetables in abundance)</i></p>	
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Total Calories: 1245Cals (including 2 snacks)

Total Sugar: 23.65g of Total Sugar

Week 3 & 4 (TUESDAY, THURSDAY & SATURDAY)

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING	SUGAR CONTENT
<p>Breakfast</p> <p><i>(Watch "Sugar-Free BANANA BREAD" video for complete guide)</i></p>	<p>BANANA BREAD <u>Ingredients (12 small slices)</u></p> <ol style="list-style-type: none"> 1) 3 Medium Bananas – 105Cals, 14g Sugar 2) 2 Eggs – 156Cals 3) 1/3 cup Coconut Oil – 626Cals 4) ¼ cup Coconut Milk – 138Cals, 2g Sugar 5) 1 3/4 cup Whole Wheat Flour – 714Cals, 0.9g Sugar 6) ½ tsp. Ground Cinnamon 7) ½ tsp. Salt 8) 1 tsp. Baking Soda 9) 1 tbsp. Peanut Butter – 94Cals, 1.5g Sugar <p><i>*Option: 100% Pure Fruit Jam</i></p> <p>Video Link: https://youtu.be/1Hoh8sYgVIM</p>	<ol style="list-style-type: none"> 1) Preheat the oven to 165°C / 330°F. 2) In a plate, mash the bananas with a fork until desired consistency. 3) In a bowl, mix coconut oil, coconut milk and eggs until well combined. Add the crushed bananas into the bowl and continue mixing. 4) Then add whole wheat flour, ground cinnamon, salt and baking soda and gently stir until the ingredients are combined. 5) Pour the batter into the baking tray and bake for 50 minutes. 6) Enjoy the banana bread with peanut butter or fruit jam. 	<p>306Cals/2 slices</p>	<p>3g of total sugar per serving</p>
<p>Lunch</p> <p><i>(Watch "Healthy & Easy Poke Bowls" video for complete guide)</i></p>	<p>POKE BOWL - MARINATED TOFU ON QUINOA <u>Ingredients (1 bowl)</u></p> <ol style="list-style-type: none"> 1) 1 cup Quinoa, cooked – 222Cals 2) 1/3 block(100g) Firm Tofu, drained, cut into cubes – 62Cals 3) ¼ Avocado, cut into cubes – 49Cals, 1g Sugar 4) ¼ cup Carrot, shredded – 11Cals 5) 2 tbsps. Corn – 18Cals, 0.9g Sugar 6) 2 tbsps. Cucumber, sliced – 6Cals, 0.2g Sugar <p><u>Marinade</u></p> <ol style="list-style-type: none"> 1) 1 tsp. Sesame Oil – 40Cals 2) 1 tsp. Soy Sauce – 3Cals 3) ½ tsp. Sesame Seeds – 15Cals 	<ol style="list-style-type: none"> 1) Start by marinating the tofu. In a small bowl, combine the soy sauce, sesame oil, garlic, sesame seeds and red pepper flakes. 2) Coat the tofu and leave it to marinate for 5 – 10 minutes. 3) Time to put this dish together! Always start with the base, which is quinoa, and arrange the tofu and all the vegetables. 4) Pour sauce mixture, sprinkle with sesame seeds and serve! 	<p>435Cals</p>	<p>2.1g of total sugar per serving</p>

	<p>4) ½ tsp. Garlic Clove, minced -5Cals 5) ½ tsp. Red Pepper Flakes</p> <p>Sauce 1) ½ tbsp. Soy Sauce – 3Cals 2) ¼ tsp. Rice Wine Vinegar 3) 1 tsp. Fresh Lemon Juice – 2Cals</p>	<p>Video Link: https://youtu.be/RJC6MBIbQv0</p>		
<p>Dinner</p> <p><i>(Watch “Healthy Chinese Takeaway” for the complete guide.)</i></p>	<p>GARLIC FRIED RICE Ingredients (serves 4) 1) 2 cup Cooked and Chilled Wild Rice – 432Cals, 2.4g Sugar 2) 4 Garlic Cloves, minced – 18Cals 3) 4 Green Onions, roughly chopped – 10Cals 4) 1.5 tbsps. Sesame Oil – 180Cals 5) A pinch of Salt</p> <p>AND</p> <p>TEMPEH SAUTÉ WITH VEGETABLES Ingredients (serves 4) 1) 150g tempeh, cut into cubes – 290Cals 2) 1 red onion, roughly chopped – 46Cals, 4.7g Sugar 3) ½ medium red bell pepper, cut into chunks - 18.5Cals, 1g 4) ½ medium green bell pepper, cut into chunks - 18.5Cals, 1g 5) 2 Garlic Cloves, sliced – 9Cals 6) 1 head Broccoli – 98Cals. 1.7g Sugar 7) 1 tbsp. Olive Oil – 69Cals 8) 1.5 tbsps. Soy Sauce – 14Cals</p>	<p>1) In a pan, heat oil over medium high heat, add garlic and saute garlic until lightly browned. 2) Then quickly add in the cooked rice and green onions. 3) Keep mixing until all the ingredients are well blended. 4) Serve hot.</p> <p>Video Link: https://youtu.be/hDHH8uh_Y-c</p> <p>1) Heat the oil in a wok over a high heat. Add garlic, tempeh and soy sauce, stir-fry until the tempeh begins to colour. 2) Then add in onion, broccoli and bell peppers. Stir fry for few minutes or until the vegetables are tender crisp. 3) Serve immediately.</p>	<p>160Cals</p>	<p>0.6g of total sugar per serving</p>
<p><i>(Watch “3 Healthy Ways to Enjoy Tempeh” video for the complete guide.)</i></p>			<p>141Cals</p>	<p>2.1g of total sugar per serving</p>

Snack <i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i>	TRAIL MIX Ingredients 1) Cashew Nuts – 0.8g Sugar 2) Sunflower Seeds – 0.5g Sugar 3) Dried Cranberries – 1g Sugar	1) Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.	140 - 170Cals	2.3g of total sugar per serving
	OR STUFFED RED DATES WITH WALNUT Ingredients: 1) 1 large Red Date – 23cals, 5.2g Sugar 2) ½ Walnut – 13Cals Video Link: https://youtu.be/dBypQf0hOSQ	1) Simply slice the red date to create a small pocket, remove the seed. 2) Then insert half a walnut into the red date.	36Cals <i>(consume 2 servings)</i>	10.4g of total sugar per serving

Total Calories: 1382Cals (including 2 snacks)

Total Sugar: 12.4g of Total Sugar

****As for SUNDAY, choose your favourite meals and have them together with one Reward Meal in MODERATION.**

IMPORTANT NOTES:

- 1) This Meal Plan is based on a balanced diet rich with lean meat, unrefined carbs, healthy fat, packed with fruits and vegetables, which helps for quick weight loss, to build lean muscles and to give you a flat tummy.
- 2) You can watch my step-by-step guidance for all the meals and recipes on my “Healthy Meal Plan, Food & Nutrition” playlist on my YouTube channel: www.youtube.com/user/joannasohofficial
- 3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help to lose weight.
- 4) If you are a male, increase the portion size and keep to 1800cals – 2100cals per day.
- 5) You can choose to prepare your meals in BULK and have them for the next 2 – 3 days for convenience.
- 6) These meals are INTERCHANGEABLE. So you can have your snack for breakfast, breakfast for lunch etc.
- 7) Only use and prepare HIGH QUALITY, natural, clean and unprocessed food.
- 8) Adjust the portion size and calories according to the product you use. Mine might be slightly different from yours. So read the food label carefully. If there isn't a food label, you can search up on the nutrients and calories online.
- 9) You can always mix your meal plan and create your own recipe by using other ingredients of your choice.
- 10) You MUST drink at least 2.5L - 3L of water EVERY DAY.
- 11) Make it a habit to PLAN & PACK your meals the night before and store them in the fridge for the next day; this will make your mornings easier, which will help to keep you on track.
- 12) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.
- 13) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.
- 14) Aim to WORKOUT 5 – 6 times a week between 45 – 60 minutes for maximum result. Please follow my “Workout Playlist” for that.
- 15) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.
- 16) STAY AWAY from alcohol, soda drinks, processed food, fast food and all junks!
- 17) Treat yourself to a REWARD MEAL once a week in moderation. This will avoid the risk of excessive intake of your favourite guilt treats.
- 18) It's always a good idea to talk with your doctor before starting your weight-loss journey. And that's especially important in this case if you have kidney disease, diabetes or other chronic health condition. You know your body better than I do!

DON'T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,

BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)