

THE SUGAR PROGRAM

Recipes & Reference Packet

A simple, print-friendly collection of the Sugar Control Diet
and the recipes we use during the program.

Program

Sugar Control Diet | SHAPE method | The Wellness Spot
shapeforwellness.com

Every recipe is credited to its original author and website inside.

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SUGAR CONTROL DIET

- WATER:** Drink 1 quart for every 50 lbs of body weight or fraction thereof.
If you weigh 110 lbs. then you need 3 quarts of water every 24 hours.
- MEAT:** Red meat- minimum of 9 oz of weekly.
All meats unlimited.
Eggs, cheese, cottage cheese and butter - unlimited.
- VEGGIES:** Unlimited. Organic is best.
Green - unlimited
Orange or yellow – 2 to 3 small servings per week
Tomato - unlimited
- FRUITS:** Fresh, canned or juice – unlimited. Organic is best. There needs to be NO SUGAR ADDED in the ingredient list of packaged/canned fruit and juice. Also, no artificial sweeteners.
- SNACKS:** Raw cashews, nuts of all kinds - unlimited
Cheese, yellow or aged - unlimited
Fresh fruit and vegetables - unlimited
- OILS:** Olive, coconut, avocado - unlimited
- GRAINS:** Two slices of sprouted grain or rice bread daily.
Roasted rice – unlimited. (See instructions at bottom) may be used.
- BEVERAGES:** Decaf coffee or tea - 2 cups daily.
Milk as long as there is no sugar in it.

ROASTED RICE: Place any whole grain rice in a dry skillet and brown until it turns a shade darker and a few grains pop. Cool and store in a dry place. Then cook as usual. Cooking time may be shorter than the package states.

AVOID during 2 week diet:

Potatoes
Dried beans and lentils
Rice, except roasted as described
Cauliflower
Yams and Sweet Potatoes
Beets
Corn

Wheat/Wheat pasta
Alcohol, beer, wine
Frozen or Concentrated Juices
White Sugar
White Rice
White flour

AVOID permanently:

Soy and soy products
All artificial sweeteners
American Cheese
Nonfat dairy products
Margarine
Tofu
GMO Foods
Hydrogenated oils
Toxic vegetable oils
(canola, safflower, corn)

Return the foods above the line to the diet after the sugar challenge meal is passed. These foods, along with everything on the front will make up 80% of your diet.

The foods below the line should be removed during the first 2 weeks. They can be returned after the sugar challenge meal is passed but should make up no more than 20% of your diet on a regular basis.

Vinegar and Honey drink:

Organic Apple Cider Vinegar (with the mother) + Local Honey mixed in a 1:1 ratio.
Drink 1 tablespoon of mixture morning and evening.
Dilute with water or juice without sugar

The Simple Way to a Healthy Lifestyle & Avoid Things that Cause toxicity, inflammation, and Illness

Bad food. Processed food, chemicals in food, white rice, white flour, and sugar all increase inflammation which causes a number of things to go wrong in the gut including alkalinity and illness.

Goal: The better you eat the better you will feel. Fuel matters. 80% good food and 20% not is an excellent goal.

Water. Not enough water and/or water full of chemicals such as chlorine and fluoride and other toxins also cause alkalinity and inflammation.

Goal: One quart of filtered water per 50 pounds of body weight or fraction there of is necessary. For example if you weigh 110 pounds you need three quarts in a 24 hour period.

Sleep. Not enough sleep causes inflammation as well.

Goal: 7 to 8 hours a night is optimal.

Sedentary lifestyle. We were created to move. We need to move every day. Not moving has negative effects in a number of areas such as lymph, hormones, inflammation etc.

Goal: Exercise daily. Walking is great exercise.

Chemicals. Chemicals in our food in our water and in our environment all cause inflammation MSG, aspartame, BHT, and BPA are a few of the chemicals in food that affect us.

Fluoride and Chlorine in our water also cause inflammation.

Skin care products and soaps, laundry detergent and softeners often contain toxic chemicals.

Round up in our yards and cotton defoliant in the fields close by all affect our health

Goal: Avoid all the above. Read all labels and don't eat foods containing chemicals. If you can't pronounce it or don't know what it is you shouldn't eat it. Filter your water. Read labels of your hygiene products for chemicals. Don't use roundup. Run from crop dusters.

Thoughts. Negative thinking and rumination is probably the single biggest cause of inflammation and illness. The more positive your thought life the less ill you will be. The most potent negative thought is unforgiveness. I have an instructional paper on how to retrain this particular thought pattern.

Goal: We are instructed to capture our thoughts. Dr. Caroline Leaf wrote a book called "Switch on Your Brain." This book teaches one to rewire your brain to think positively. She also has on line daily help.

Antidote: Vinegar (not distilled apple cider vinegar with the mother) and local honey mixed in equal parts. Is a powerful antidote to stress and inflammation. It does not compensate for unhealthy living but it does help.

One tablespoon of the mixture twice a day in a maintenance dose. If you feel like you are "coming down with something" or are under a lot of stress you can drink more.

Sugar program recipes

Loaded baked radishes

Tuna salad

Chicken salad

Crustless Quiche

Beef stroganoff over rice or spaghetti squash

Meatballs and marinara over spaghetti squash or Ezekiel bread with provolone

Roast-open faced sandwich with leftovers

Chicken and rice soup

Eggroll in a bowl

Greek/cucumber salad

Beef & veggie soup with turnips

Grilled burgers, Salmon, chicken or steak

Sheet pan chicken fajitas over rice

Chicken and broccoli over rice

Whole 30 chicken hibachi

Orange cashew chicken

Burrito bowls

Ground chicken lettuce wraps

Tumeric chicken soup

Buffalo chicken wings

Cottage cheese and pineapple for breakfast

Chicken pizza

Cucumber rolls

Ground Beef Stroganoff

Lisa MarcAurele | LowCarbYum.com

Serves 4 · 20 minutes

Ingredients

- 2 Tbsp butter
- 2 cloves garlic, minced
- 1 lb ground beef
- Salt and pepper
- 8 oz mushrooms, sliced
- 1/3 cup dry white wine (or water)
- 1 1/4 cups full-fat sour cream
- 1/4 tsp paprika
- 1 tsp lemon juice
- 1 tsp dried parsley (or 1 Tbsp fresh)

Instructions

1. Melt 1 Tbsp butter in a pan, add the garlic, and saute until golden.
2. Add the beef, season with salt and pepper, and cook until browned. Remove and set aside.
3. Melt another Tbsp butter. Add the mushrooms and wine (or water) and cook until the liquid reduces by about half and the mushrooms soften.
4. Remove from heat and mix in the sour cream and paprika. Return to low heat.
5. Stir in the lemon juice and beef. Add more seasoning if needed.

Sugar program note: Serve over zoodles or spaghetti squash.

Beef and Turnip Stew

Jamie Alisha | recipeandflavor.com

Serves 6 · about 2 hours 20 minutes



Ingredients

- 1 lb beef stew meat, cut into 1-inch cubes (chuck roast)
- 2 medium turnips, peeled and diced (about 3 cups)
- 1 large onion, chopped
- 2 large carrots, sliced into rounds
- 3 garlic cloves, minced
- 4 cups good beef broth
- 1 tsp dried thyme
- 1 tsp paprika
- Salt and pepper, to taste
- 2 Tbsp olive oil, for browning

Instructions

1. Heat the olive oil in a large heavy pot or Dutch oven over medium-high until shimmering.
2. Brown the beef in a single layer (in batches) on all sides, about 6 to 8 minutes. Do not crowd the pan.
3. Add the onion and garlic and saute 2 to 3 minutes.
4. Stir in the carrots, turnips, thyme, paprika, salt and pepper; let mingle about 2 minutes.
5. Pour in the broth, bring to a boil, and scrape up the browned bits.
6. Reduce heat to low, cover, and simmer 1.5 to 2 hours, until the beef is fork-tender and the turnips are creamy.
7. Taste, adjust the seasoning, and serve hot.

Paleo Chicken and Broccoli Stir Fry

Michele | paleorunningmamma.com (Whole30, Keto)

Serves 6



Ingredients

Chicken

- 2 Tbsp avocado or olive oil
- 1 1/2 lbs boneless skinless chicken thighs or breasts, sliced thin
- 2 tsp arrowroot or tapioca flour
- Sea salt and black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 Tbsp coconut aminos

Sauce

- 6 Tbsp coconut aminos
- 1 tsp sesame oil
- 5 Tbsp chicken bone broth or stock
- 2 tsp arrowroot or tapioca flour

To finish

- 1 large head broccoli, cut into florets and blanched
- 4 scallions, sliced (whites and greens separated)
- 4 cloves garlic, minced
- 1 inch fresh ginger, peeled and minced

Instructions

1. Have everything prepped; the stir fry cooks fast.
2. Blanch the broccoli in the microwave: 2 minutes, stir, then 1 more minute until slightly tender.
3. Toss the chicken with the arrowroot, a little salt and pepper, garlic and onion powder, and 1 Tbsp coconut aminos. Whisk the sauce ingredients together separately.
4. Heat a large skillet or wok over medium-high and add the oil.
5. Add the chicken in a single layer, sear 3 minutes, flip, and cook 2 more minutes until done. Remove.
6. Lower heat to medium; add the white scallions, garlic, and ginger and saute until fragrant. Add the broccoli and chicken, then the sauce, and stir to coat. The sauce thickens fast, so cook just to combine and heat through.
7. Serve over cauliflower rice, garnished with the green scallions.

Sugar program note: Serve over cauliflower rice.

Whole30 Hibachi

Cheryl Malik | 40aprons.com
Serves 6 · 35 minutes

Ingredients

Base

- 3 tsp sesame oil, divided
- 6 Tbsp ghee, divided
- Salt and pepper

Soy sauce (substitute)

- 6 Tbsp coconut aminos
- 3 Tbsp fish sauce (sugar-free)

Fried rice

- 1/2 cup white onion, diced
- 1 cup frozen vegetables
- 2 eggs
- 4 cups cauliflower rice

Chicken

- 1 lb chicken breast, bite-size pieces
- 2 tsp lemon juice

Vegetables

- 1 zucchini, quartered and cut into 2-inch pieces
- 1 white onion, halved and cut into 1/2-inch pieces
- 2 cups baby bella mushrooms (about 8 oz), quartered

Mustard sauce

- 1 Tbsp sesame seeds, toasted
- 1 clove garlic, minced
- 1 1/2 Tbsp dry mustard
- 1 Tbsp coconut aminos
- 1/2 cup coconut milk (sugar-free)
- 1 Tbsp hot water

Instructions

1. Soy sauce: mix the coconut aminos and fish sauce; set aside.
2. Fried rice: heat 2 Tbsp ghee over medium-high. Add onion, frozen veg, and cauliflower rice; saute about 3 minutes, then move to the edges. Scramble in the eggs. Add 2 Tbsp ghee, cook 5 minutes, stir in 2 Tbsp soy-sauce mix and 1/2 tsp salt, cook 1 minute. Pack into bowls.
3. Chicken: heat 1 1/2 tsp sesame oil and 1 Tbsp ghee. Add the chicken, 2 Tbsp soy-sauce mix, lemon juice, salt and pepper; cook 5 to 7 minutes.
4. Vegetables: in a separate skillet heat 1 1/2 tsp sesame oil and 1 Tbsp ghee. Add onion, mushrooms, and zucchini with 1 Tbsp soy-sauce mix, salt and pepper; saute 6 to 8 minutes.
5. Mustard sauce: blend all the ingredients until smooth.

Anti-Inflammatory Turmeric Chicken Soup

Nyssa Tanner | nyssatanner.com

Serves 6 to 7 · 1 hour · gluten free



Ingredients

- 1/4 cup olive oil
- 1 medium onion, diced
- 1 large leek, white and light green parts, thinly sliced
- 3 large carrots, thinly sliced
- 3 stalks celery, thinly sliced
- 1 tsp kosher salt
- 3 cloves garlic, chopped
- 1 tsp turmeric
- 1 tsp poultry seasoning
- 6 cups chicken broth
- 1 (13.5 oz) can coconut milk
- 1 1/4 lbs boneless skinless chicken thighs or breasts
- 1 (10 oz) bag frozen peas (optional)
- 1/4 cup chopped fresh parsley
- 1/2 tsp black pepper

Instructions

1. Heat the olive oil over medium. Add the onion, leek, carrots, celery, and 1 tsp salt; saute 14 to 16 minutes until the leeks are soft and starting to caramelize.
2. Add the garlic, turmeric, and poultry seasoning; saute 2 to 3 minutes until fragrant.
3. Add the broth, coconut milk, and raw chicken. Bring to a bare simmer, keep the chicken submerged, partially cover, and simmer low 15 to 20 minutes. Do not boil hard or the coconut milk can split.
4. Remove the chicken, shred or chop, and return with the peas and parsley. Simmer about 5 minutes.
5. Season with salt and pepper and serve.

No Sugar Added Paleo Orange Cashew Chicken

Mia Zarlengo | gatherednutrition.com

Serves 3 to 4 · 25 minutes



Ingredients

Sauce

- 1/3 cup coconut aminos
- 2 Tbsp rice vinegar
- 2 Tbsp tomato paste
- Juice of 1 orange
- 1 tsp sesame oil
- 3 cloves garlic, minced
- 1/2 tsp ground ginger (or 1 inch fresh)
- A few cracks of black pepper
- Red pepper flakes, to taste

Chicken

- 2 Tbsp avocado oil
- 1 1/2 lbs chicken breasts, bite-size pieces
- 2 Tbsp tapioca starch
- 1/2 tsp sea salt
- 1/3 cup raw cashews
- Garnish: chives or green onion, sesame seeds

Instructions

1. Whisk all the sauce ingredients together; set aside.
2. Toss the chicken in the tapioca starch until evenly coated.
3. Heat a large skillet over medium, add the avocado oil, then the chicken and 1/2 tsp salt. Cook, stirring occasionally, until cooked through, about 9 to 12 minutes.
4. Add the sauce and cashews. Reduce to a simmer and cook until the sauce slightly thickens, about 5 to 7 minutes. Serve with chives and sesame seeds.

Spanish Rice

Sharon Donat | Taste of Home

Serves 6 · 30 minutes

Ingredients

- 1 can (14.5 oz) vegetable broth
- 1 can (14.5 oz) stewed tomatoes
- 1 cup uncooked long grain rice
- 1 tsp olive oil
- 1 tsp chili powder
- 1/4 tsp dried oregano
- 1/4 tsp garlic salt

Instructions

1. In a large saucepan, combine all the ingredients and bring to a boil.
2. Reduce heat, cover, and simmer 20 to 25 minutes, until the rice is tender and the liquid is absorbed.

Sugar program note: No added sugar; use roasted whole-grain rice.

Acorn Squash Stuffed with Apple and Raisins

Kacey Joannette | thegoodheartedwoman.com

Serves 2 · 1 hour

Ingredients

- 1 acorn squash, halved and seeds removed
- 2 Tbsp coconut oil
- 1/2 lb (about 2 apples), chopped
- 1/2 cup raisins
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- Salt

Instructions

1. Preheat the oven to 375 F. Place the squash cut-side down on a baking sheet and add enough water to just cover the bottom of the pan. Bake 30 to 40 minutes, until a knife slides through easily.
2. Meanwhile, heat the coconut oil over medium-high. Add the apples, cinnamon, nutmeg, salt, and raisins; cook 3 to 4 minutes until tender-crisp.
3. Drain the pan and flip the squash cut-side up. Sprinkle with salt, fill with the apple mixture, and return to the oven 10 to 15 minutes, until soft.

Sugar program note: Skip the brown sugar, honey, or maple syrup in the original.

Dill Dip

Judy Bartnik | Taste of Home

Makes 2 cups

Ingredients

- 1 cup (8 oz) reduced-fat sour cream
- 1 cup mayonnaise
- 1 Tbsp chopped onion
- 1 Tbsp minced fresh parsley
- 1 Tbsp dill weed
- 3/4 tsp seasoned salt
- Assorted vegetables, to serve

Instructions

1. In a bowl, combine the first six ingredients. Cover and refrigerate 1 hour, or until chilled.
2. Serve with vegetables.

Sugar program note: Use sugar-free mayonnaise.

Homemade Ranch Dressing

Kate | eatwithkate.com

Makes about 1 cup (serves 6 to 8) · 10 minutes · gluten free

Ingredients

- 1/2 cup sour cream or whole-milk Greek yogurt
- 1/4 to 1/2 cup mayonnaise
- 2 to 4 Tbsp buttermilk or any milk
- 1 tsp dried dill
- 1 tsp fresh lemon juice
- 1 tsp distilled white vinegar
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 to 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Optional: 1 Tbsp each chopped fresh chives and dill

Instructions

1. Whisk together the sour cream, 1/4 cup mayonnaise, 2 Tbsp milk, dried dill, lemon juice, white vinegar, garlic powder, onion powder, 1/4 tsp sea salt, and several grinds of black pepper until smooth.
2. For a thicker dressing add more mayonnaise; for thinner, add more milk, stirring after each addition.
3. Taste and adjust the salt and pepper.
4. Fold in the fresh chives and dill, if using.
5. Use right away, or refrigerate in an airtight container up to 5 days.

Sugar program note: Use sugar-free mayonnaise.

Sources & Credits

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Healthy Living Tips

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