DAY 1

*This meal plan will easily feed a family of 5 (that's including a couple picky eaters in our family ;) If you are less, then you can freeze leftovers or half the recipes or invite someone for dinner. If you are more than 5 you should be fine, unless you know for sure you are such a large family you generally have to double a recipe, then do that!)

A word about special diets: *These recipes are already gluten free friendly and have simple modifications for grain free. If you are dairy free simply omit cheese or sour cream in a couple recipes and it will NOT make a difference. Cook veggies and eggs in olive oil, avocado oil or coconut oil instead of butter.*

Breakfast:

Protein Packed Smoothie

1 c. kefir or plain yogurt
½ c. orange juice
12 raw unsalted almonds (or 2 T. almond butter)
2 handfuls of kale
½ c. frozen blueberries
½ c. frozen cherries
1 frozen banana
4 ice cubes

Lunch:

Simple Greek Salad

Chop desired amount of lettuce into small pieces
Layer with chopped cucumbers, black olives, tomato, broccoli, purple onion, feta cheese and sprinkle with olive oil and squeeze of lemon and a sprinkle of sea salt and dried oregano.

(With salads, the smaller you can chop the ingredients the better it will taste. Think of eating your salad with a spoon. This way it is easier to chew and all the flavors and dressing meld together nicely.)

Dinner:

Perfect Roast Chicken

1 3-5 pound roasting chicken
1 bunch of fresh thyme
1 lemon cut in half
1 bulb of garlic cut in half crosswise
3 T. butter (olive oil, avocado or coconut oil if dairy free)
Salt and pepper

Directions:

1. Preheat oven to 400 F.
2. Rinse chicken inside and out, remove giblets if still there! Remove any excess feathers and pat dry. Place on your pan. Any old pan will do.
3. Liberally salt and pepper inside and outside of chicken. Stuff cavity with all lemon, garlic and thyme. Brush the outside with melted butter (or avocado oil), use your hands if you don't have a silicon brush. I like to do it under the skin as well as on top of the skin.
4. Cook for about 90 minutes or use a meat thermometer in the breast, it should register 170 degrees F. 90 minutes has always worked great.
5. If you feel like it's smoking a bit in your oven or the skin is getting too brown cover with tinfoil for the last 30 minutes or less.
6. Remove from oven and let it sit for 20 minutes so juices can redistribute.
7. Slice and serve with roasted veggies and rice.

**To make roasted veggies just wash and cut up any vegetables you have on hand. I used potatoes, carrots, onion, whole yellow tomatoes, zucchini, and yellow squash. Grate a couple cloves of fresh garlic over it, drizzle with extra virgin olive oil and sprinkle with salt and pepper. This is by no means a precise recipe! Put this pan in the oven after the chicken has been in for 30 minutes and just keep an eye on it. You may want to toss it around at about 30 minutes and then let it go for another 30, so for about an hour total, I try and time it so it's done when the chicken is done.*

Voila, great job! You've just completed your first day without processed foods and without sugar. See, it's not that hard to cut out junk foods. It takes a bit of work but it's oh so worth it. Stay tuned for tomorrow's yummy recipes!

Have a wonderful, healthy day,

~Hannah

DAY 2

Breakfast:

Razzy-Strawberry Banana

1/2 c. plain yogurt

1 c. Orange juice

½ c. raspberries

1 frozen banana

1 ½ c. frozen strawberries

Handful of spinach

Blend & enjoy! Note: This smoothie is thick, rich, & zippy

Lunch:

Cobb Salad

Chop some lettuce and/or spinach as your base. Top with 2 hard boiled eggs, tomato, cooked bacon (try to purchase nitrate/nitrite free), avocado, chopped chicken from last nights dinner, shredded cheese, green onions and drizzle with olive oil, red wine vinegar, salt and pepper. Save extras for dinner tonight.

Dinner:

Organic Hamburgers

Topped with sautéed mushrooms and onions in butter (or avocado or coconut oil).
Sliced avocado, a slice of cheese, tomato, piled on a whole wheat/gluten free bun or you can go bunless if you are avoiding grains.

Serve with leftover salad or homemade sweet potato chips! Delish

Awesome! You made it through the second day of no sugar and no processed foods. How are you feeling? Feel free to drop me a message on my facebook page and let me know how it's going!
https://www.facebook.com/WholeSimpleLife

DAY 3

Breakfast:

Good Ole' Fashioned Egg Scramble

In a bowl whisk together 2 eggs (per person) along with any chopped veggies of your choice. Peppers, onions, green onions, mushrooms, tomatoes, and shredded cheese and cook in a buttered fry pan.

Lunch:

Chopped Kale Salad

Wash and rinse 1 bunch of kale. **Finely chop.** (Remember eating salad with a spoon is AWESOME!)

Chop 2 whole carrots. ¼ purple onion, ½ English cucumber, 1 red pepper, 1 avocado, and 1 handful of walnuts chopped.

Top with the juice of 1 lemon and a drizzle of olive oil or avocado oil. Sprinkle with salt and pepper. Mix is well and let the kale wilt a bit. It will become tender and delicious!

Dinner:

Veggie Black Bean Chili

1 T. olive oil
1 onion diced
3 garlic cloves grated
2 zucchini quartered and chopped
2 carrots sliced
1 T. chili powder
1 t. ground cumin
2 cans organic black beans rinsed and drained
1 can (28 ounces) crushed tomatoes or 5 tomatoes chopped

In a heavy pot heat olive oil and add onion and garlic, season with real salt and pepper. Cook until softened on medium heat.

Add zucchini, carrots, chili powder and cumin, until carrots are a bit tender. Add beans, tomatoes and 1 c. water and let simmer until chili is thickened and carrots are soft.

Top this delicious simple chili with tortilla chips, sour cream, cheese, avocado, thin sliced green onions, olives or cherry tomatoes.

Remember to read labels! Not all sour cream is created equal. Some is just cultured cream (Daisy Brand) and some has lots of other weird stuff. Be aware!

Are you missing sugar yet? I bet you might be missing those freezer dinners that make for easy clean up☺ Don't get bogged down, the more you cook the better you will become.

Tip: Take the time to clean the kitchen as food is cooking!

DAY 4

Breakfast:

Decadent Coconut Chocolate Smoothie

2 c. coconut milk (learn how to make it here)
1 frozen banana
2 handfuls of spinach
1 ripe pear halved and seeds removed
2 T. raw cocoa powder
1 T. almond butter

This smoothie tastes more like dessert than breakfast! It's rich and chocolaty and you might just want to make a half recipe of this after dinner to satisfy that evening sweet tooth!

Lunch:

Chili Baked Potato

Bake a few potatoes and serve leftover veggie black bean chili over top with a dollop of sour cream.

Make sure to bake a couple extra baked potatoes to save for tomorrows breakfast!

Dinner:

Cashew Chicken Stir Fry

This dinner is PACKED with veggies and so satisfying! You can serve with rice if that fits your diet.

1 lb. chicken breasts cut up
1 T. coconut oil
2 T. soy sauce (San-J brand is gluten free)
1 onion sliced thin
½ lb mushrooms sliced
2 carrots sliced
1-2 c. salted cashews
2 zucchini sliced
1 small cabbage sliced (about 4 cups)
2 cups frozen peas

¼ c. soy sauce (coconut aminos is a great soy free alternative)
2 ½ T. sweet rice powder (gluten free) or arrowroot powder (grain free)
Rice to serve on top of (optional)

In a bowl marinate cut up chicken pieces in 2 T. soy sauce for 15 minutes. While this is happening chop all the veggies.

Heat a LARGE fry pan with 1 T. coconut oil over medium high heat. Add chicken and stir-fry until white.

Add onions, mushrooms and carrots a few minutes, and then add cabbage and zucchini. Cook until tender crisp.

You don't want it to be over cooked and mushy! At the very end add frozen peas, cook just briefly until thawed.

In a little dish stir remaining ¼ c. soy sauce and sweet rice/arrowroot powder. Pour over chicken and veggies and let thicken about 1 minute.

Remove from heat and sprinkle with chopped cashews.

Serve over white or brown rice!

Awesome! You're more than half way through the week. How does it feel? This meal tonight makes a BIG batch so you will be lucky and have leftovers for tomorrow's lunch. If you're heading off to work first thing, pack some stir fry and rice in a portable container so it's ready to go!

~Hannah

DAY 5

Breakfast:

Farmer's Breakfast

Heat up a small fry pan with coconut oil over medium-high heat. Remove skins from potatoes from yesterday's lunch and break apart with your hands and place in the pan. Season with salt and pepper.

After a few minutes after they've browned and gotten nice and crispy add a couple eggs and scramble them right alongside the potatoes.

Serve with a mini green smoothie (any of the previous recipes halved) or a side of plain yogurt topped with frozen or fresh fruit.

Lunch:

Leftover Stir Fry!

Who doesn't love leftovers?

Dinner:

Pasta Presto

For this recipe you'll need to mix up your own Italian sausage seasoning mix.

½ t. paprika
1 t. sea salt
½ t. onion powder
½ t. garlic powder
½ t. basil
½ t. oregano
½ t. fennel seeds
Pinch of poultry seasoning or rosemary, sage and thyme

Sprinkle this entire seasoning mix over 1 pound ground pork, mix well and let sit for flavors to meld while you prepare the rest.

1-16 ounce package pasta (gluten free if need be, or use spaghetti squash or zucchini noodles if you are grain free)
1 T. olive oil
2 bell peppers (any color)

1 t. real salt
2 large tomatoes
1 lb. Italian sausage (see above)
8 ounces mushrooms sliced
2 t. oregano
3 garlic cloves grated
1 – 15 ounce can olives
Pepper to taste
Parmesan cheese to top

Cook pasta in a pot.

Cook pork sausage in a large pan until browned. Remove to a paper towel lined plate to drain excess fat.

In same pan, sauté peppers in olive oil in a large skillet.
Add mushrooms, browned sausage, oregano, garlic, salt, pepper, cook until mushrooms are done. Add olives and tomatoes.

Serve over pasta of any shape or size. Gluten free or any other type of pasta. If serving over spaghetti squash stab with a knife and cook on a pan in the oven at 350 for 45 minutes.

Open carefully and using a fork scrape out insides (minus the seeds!) If you have a spiralizer (you can purchase one on Amazon) you can make any type of noodles, my favorite of all are zucchini noodles.

Shave some fresh Parmesan cheese on top and enjoy. (optional for dairy free)

Sweet! Day 5 is complete and only 2 more days to go. How are you doing? I'd love to hear on my facebook page.

If you find that evenings leave you unsatisfied grab a handful of nuts, a piece of whole fruit or make up some more smoothie. The chocolate coconut smoothie from day 4 makes a great dessert when the evening time sweet tooth pays a visit!

See you tomorrow☺ ~Hannah

DAY 6

Breakfast:

Smooth & Creamy Green Smoothie

1 ripe banana (frozen or non)
1 avocado
1 handful of greens (your choice, spinach is most mild)
1 c. orange juice (or whole orange)
Ice if desired

Blend & enjoy!

Note: Surprisingly you don't taste a lot of greens even though I usually pack it chock full of greens. The *Simply* brand orange juice covers the taste of greens really well. The avocado and banana make it smooth and sweet and add healthy fats and magnesium.

Lunch:

Apple Chopped Salad

4-6 cups romaine lettuce chopped
1 apple diced
1 pear diced
3 sliced of bacon crumbled
¼ c. cashews
¼ c. crumbled cheese like cojita or feta

Top with a drizzle of olive oil and apple cider vinegar (Bragg's Brand) with salt and pepper to taste.

Toss all ingredients (except dressing) in a large bowl. Dress individual portions as you eat it. This way it doesn't get soggy for dinner!

Dinner:

Slow Cooker Roast & Onions

4 lb pot roast
1 large yellow onion sliced thin
5 garlic cloves sliced
salt and pepper

1 c. water
Dried parsley

In a large fry pan heat some olive oil and brown the roast on all sides. This helps to develop more flavors and hold in moisture.

Place onions and garlic in the bottom of your slow cooker. Place roast on top (fat side up) with 1 cup of water. Season well with coarse salt and pepper.

Cover and cook on low for 6 hours. Remove and slice thin against the grain.

Serve with onions and a sprinkle of parsley.

Serve with rice and leftover chopped salad from lunch.
Sauté some sliced carrots in a small saucepan with butter and serve along side.

DAY 7

Breakfast:

Cherry Coconut Lime Smoothie

2 c. spinach
Small sliver of lime with rind
1 c. frozen cherries
½ c. frozen pineapple
2 c. coconut milk (make your own)
1 T. coconut oil
1 T. chia seeds (optional)

Blend and enjoy.

This smoothie is heavenly with the lime and coconut flavors, the cherries make it nice and sweet. It's so tropical it reminds me of summer!

Lunch:

Everything Salad

Combine any leftover greens, chopped small, with any veggies you have on hand. Add olives, canned beans such as black, kidney or garbanzo. Top with a hard boiled egg, any leftover meat from the fridge, cheese and nuts or seeds that you have on hand.

Make sure to chop everything small, and make extra for tonight's dinner!

Drizzle with lemon and olive oil, salt and pepper.

Dinner:

Leftover Roast!

I'm guessing you probably didn't eat the entire roast last night. Serve up the last of it with leftover rice, peas, and salad from lunch. Roast some broccoli drizzled with olive oil, lemon and parmesan cheese, salt and pepper for a nourishing side dish.

You could also top a baked sweet potato with the leftover roast. Delicious!

Congratulations! You've finished an entire week of clean eating. No yucky processed foods, no sugar, and no junk! It's a HARD adjustment and seems incredibly time consuming especially in the beginning.

How did it go? What was the hardest part? I'd love to hear about your experience. Please come on over to my facebook page and let me know. I love to hear from readers!

Would you like a 30 day meal plan? What can I do to make eating unprocessed foods easier? Don't hesitate to contact me at hannahhepworthcentral@gmail.com

Have a wonderful, healthy day,

~Hannah

Grocery List

Produce:

1 Large bunch of kale (or 2 small bunches)
2 Heads of lettuce (you may need 3 for a family of 5 or more)
2 long english cucumbers
bananas
1 large head of broccoli
4 tomatoes
1 purple onion
3-4 yams
2 lemons
2 heads garlic
5 lb bag red potatoes
1 bag of whole carrots
5 white onions
1 box organic spinach
1 lb mushrooms
4 avocados
4 peppers varied colors
1 bunch green onions
4 zucchini
2 pears
1 small head cabbage
1 lime
3 apples (more for snacking)
1 spaghetti squash or an extra zucchini for grain free options
Fresh herbs like sage and thyme for roast chicken

Pantry:

Almond butter (or raw almonds)
Olive oil or avocado oil
1 16 ounce package of pasta of your choice (gluten free, whole wheat and whatever shape!)
Sea Salt and Pepper
Dried Oregano
Chili powder
Ground Cumin
Poultry seasoning
Paprika
Parsley

Onion powder
Garlic Powder
Dried basil
Fennel seeds
White or Brown Rice
2 Cans coconut milk (no sugar)
4 cups Dried unsweetened shredded coconut (make your own coconut milk here)2 cans black beans
Soy Sauce (check for gluten free, San-J is a great brand. If you want to go soy free try coconut aminos)
1 – 28 ounce can crushed tomatoes
Tortilla chips
Hamburger buns (optional, or grab gluten free if need be)
2 cans olives (check ingredients)

Meat:

1 3-5 pound roasting chicken (bigger is nice for leftovers)
1-2 lbs hamburger (organic, grass-fed preferred, ¼ lb. per person)
1 lb chicken breasts, boneless skinless
1 lb ground pork, or turkey or chicken
1 lb good quality bacon (no nitrates or nitrites added!)
4 lb pot roast

Dairy:

Inexpensive small wedge of parmesan cheese
Full Fat Plain Yogurt
Plain Kefir (if available!)
2 dozen eggs (preferably farm fresh or free range if you have access!)
Cheddar cheese (or any favorite) to top burgers
Feta cheese
Butter
Sour Cream (daisy brand is great, 1 ingredient!) Nancy's Brand is even better, it's probiotic!

Frozen:

1 bag frozen blueberries
1 bag frozen cherries
orange juice concentrate (check ingredients, oranges only!)
1 bag frozen raspberries
1 bag frozen strawberries

1 bag frozen pineapple (or fresh if not available)

Other/Specialty:

Raw cocoa powder
Coconut oil
Sweet Rice powder (gluten free thickener)
Arrowroot Powder (grain free thickener)
Bragg's Apple Cider Vinegar (or regular ACV is fine too! Bragg's is a bit spendy☺)
Chia Seeds (I get mine at Costco or the bulk section of my grocery store)
Walnuts (about 2 cups)
Cashews (salted)
Plain Kefir (if available! SO good for you)