

30 Day Sugar Detox Recipes

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All recipes have been tested and approved by the Ownby Family.

Paleo Cereal

Keep these ingredients stored separately and mix together at meal or snack time. This recipe is yummy and VERY filling.

4 cups of nuts (We use a combination of almonds, walnuts, and pecans. If using whole nuts, chop them or put in a Vitamix for just 2-3 seconds.)

1 cup of diced fruit (If on a sugar detox, use slices of green-tipped banana. Young Living's Dried Wolfberries are a delicious option, and they are so good for you, especially in winter. We use locally grown organic berries when they are in season.)

1 cup of unsweetened coconut flakes

Mix together a combination of the ingredients above and serve with unsweetened almond or coconut milk.

Tip: Add a few Enjoy Life Chocolate Chips if craving a sweet treat! If not Paleo, use as a yogurt topping to increase healthy protein/fat intake with minimal sugar.

Homemade Turkey Sausage

Ingredients

- 2 teaspoons ginger
- 4 teaspoons salt
- 3 teaspoons sage
- 1/2 teaspoon cayenne pepper
- 4 teaspoons black pepper
- 3 pounds lean ground turkey

Instructions

1. Combine all of the seasonings in a small bowl.
2. Sprinkle the seasonings over the ground turkey and mix well.
3. Form it into patties and fry until no longer pink inside, or freeze them for another day!

Buffalo Wings

Ingredients

- 2.5 pounds Chicken Wings
- Primal Kitchen's No Dairy Buffalo Sauce made with Cashew Butter
- ¼ cup coconut oil

Instructions

1. Preheat oven to 325°F.
2. Melt 1/4 cup coconut oil, and mix with 1/2 cup buffalo sauce.
3. Pour over wings, and toss to coat.
4. Bake at 325°F for 50–60 minutes.
5. Serve with salad greens, celery and carrot sticks, and Ranch.

Chicken Stir-Fry

Ingredients

- 1.5 lbs boneless skinless chicken breast, diced into bite size pieces
- 1 red onion, sliced
- 2 tablespoons bacon grease or coconut oil
- 4-5 garlic cloves, minced
- 1 8.5 oz can of artichoke hearts, chopped
- 1 bunch rainbow chard, chopped
- 1 cup sliced mushrooms
- Juice from ½ of a lemon
- ¼ cup chicken stock
- Black pepper and salt to taste
- Olive oil

Instructions

1. Over medium heat, saute the onion in bacon grease until the onion starts to turn brown.
2. Add the chicken pieces and cook over medium high heat, stirring occasionally for 3 minutes.
3. Add the minced garlic and cook for another minute.
4. Add lemon juice, chicken broth, and mushrooms. Mix well and bring to a boil. Cover and cook for another 3-5 minutes.
5. Add the chard and cook down until the chard is wilted (about 2 minutes).
6. Add the artichoke hearts and stir just until warm.
7. Serve with a drizzle of olive oil and a sprinkle of sea salt if desired.

Avocado Tuna Salad

Ingredients

- 1 avocado
- 1 lemon juiced, to taste
- 1 tablespoon chopped red onion to taste
- 5 ounces cooked or canned wild tuna
- sea salt and fresh ground pepper to taste

Instructions

1. Cut avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
2. Add lemon juice and onion to the avocado in the bowl and mash together. Add tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
3. Fill avocado shells with tuna salad and serve. A few Simple Mills Gluten-free Crackers are a great addition to this feeling entree.

Good Greens

Ingredients

- 1 pound of bacon diced
- 1 small red onion sliced
- 2 cups sliced mushrooms
- 1 cup green beans diced
- 2 bunches greens, finely diced (Ex: kale, collards, and turnip greens)
- Black pepper to taste

Instructions

1. In a large pan, cook the bacon pieces and onion until the bacon starts to crisp.
2. Add the mushrooms and green beans and saute until the mushrooms are tender.
3. Add the diced greens and pepper, and cook for another 3-4 minutes or until the greens are tender.