



# **the 5 DAY SUGAR FREE DETOX**

**BROUGHT TO YOU BY....**



**the BEHAN PROTOCOL  
FOR BETTER BACK AND SPINE HEALTH**



## SO WHATS THE PROBLEM WITH SUGAR ANYWAY?

You probably haven't spent a ton of time wondering what happens to your body after you eat something sugary – it goes in there with all the rest of the food you consume and keeps you alive – end of story. Well, sugar is definitely needed to stay alive. Carbohydrates are the primary source of energy and play an important role in the functioning of the internal organs, the nervous system, and the muscles, but our systems do not need sugar in the quantity that we are used to.

Before food processing, when sugar was mainly obtained from fruits and vegetables, people consumed about 30 grams per day of it. Today, an average American consumes 76 grams a day, which is about 19 teaspoons. That adds up to 96 pounds of sugar yearly (40 lbs. of which is high fructose corn syrup).





**Canadians consume slightly lower amounts at 88 pounds. The World Health Organization would like to see the number get down to 25 grams a day for both men and women (6¼ teaspoons).**

**High amounts of sugar can wreak havoc on our immune systems, hormones, and digestion. Some of the negative effects are premature aging, weight gain, fatigue, bone loss, mental fatigue, depression and it is a major contributing factor to diabetes, heart disease, and cancer.**



# HOW MUCH SUGAR DO YOU CONSUME IN A DAY?

At first thought, you probably think, “not that much.” Let’s have a look, starting with breakfast. For example, you begin your day with a bagel with peanut butter and a small strawberry yogurt - for a total of 33 grams of sugar. At mid-morning you have a large cup of coffee from your favorite coffee shop (double/ double) - 34 grams of sugar. For lunch you decide to go easy on the calories, so you have a salad with Italian vinaigrette and a slice of whole wheat bread - that’s another 14 grams of sugar. For an afternoon pick-me-up, you have a can of pop - 39 grams of sugar. And then for dinner, you have some pasta with grilled chicken and store-bought tomato sauce - that’s 9 grams for the sauce and about 2 grams from the noodles.

The GRAND TOTAL: 131 grams of sugar or 32 teaspoons (roughly  $\frac{3}{4}$  of a cup)!

That’s an eye-opener for sure.





**Sugar is labeled as an addiction because it stimulates the brain in a way that is similar to cocaine and alcohol, causing the release of the feel-good chemicals dopamine and serotonin.**

**When sugar is consumed in large quantities it has several effects:**

- It causes people to eat it, despite the negative consequences like weight gain, fatigue, and moodiness**
- Tolerance will develop, and more will be needed for the same effect, this equals cravings**
- Some people have trouble functioning without it and have a “stash” available when their energy plummets**
- Upon quitting sugar withdrawal, symptoms may appear**



This last one is why this is “a challenge,” as it may be difficult to stay on track when the cravings hit – but we have provided emergency fixes and a very detailed and easy to follow meal plan and recipes. With some advanced planning, a trip to the grocery store and a positive attitude, you will come out the other side feeling great!





# THE TOP 10 WAYS TO BREAK YOUR SUGAR CRAVINGS

## DAY 1

1. Stop fluctuating and start balancing  
- Get your blood sugar levels steady first by eating breakfast within a half hour of waking and then eat smaller meals more often or make sure you have healthy snacks every couple of hours. Eating a balanced meal while sitting down calmly is very important.

2. Start combining - Eat simple carbohydrates with fat and protein at each meal and snack. When sugary foods are eaten on their own, it can quickly satisfy hunger and lift energy, but it leaves room for future cravings when energy begins to slump a few hours later.



**3. Plan your day - Meal planning and grocery shopping might seem like an added stress, but it can be a lifesaver.**

**This way you can control your sugar on a meal to meal, daily or weekly basis. If you have a packed lunch and snacks ready to go, it is a lot harder to fall off the wagon.**

**4. Make a list - Why do you want to quit sugar? Make a thorough list of why it is important to you and then refer back to it when a craving hits.**

**5. Address underlying health issues - When sugar addiction is out of control, it might be your body's cry for attention. Some issues that manifest as sugar cravings are stress/adrenal fatigue, yeast overgrowth, hypothyroid, unbalanced hormones or a slow thyroid. A lot of people also link sugar with both positive and negative emotions.**



**6. Take a multi-vitamin/mineral supplement - Sometimes it is not just a sugar craving but a craving for missing nutrients, like magnesium in chocolate or chromium in oatmeal cookies. B vitamins are especially critical.**

**7. Get a good night's sleep - Your cravings for sugar might be a cycle of needing the instant pick-me-up that sugar can give. The cycle is set in motion by not getting enough quality sleep, requiring an artificial energy boost by mid-morning.**

**8. Avoid triggers - Just like a substance abuse problem, sugar addiction can be perpetuated by constantly following the same patterns, like going to the same coffee shop or watching late night TV.**



**9. Do something else -**  
**Take your mind off sugar by finding**  
**a new activity to pursue – knitting,**  
**walking, reading, yoga, board**  
**games – the sky's the limit.**



**10. Get support - When things get**  
**tough call up a friend to talk things**  
**out. Better yet, get a friend,**  
**colleague or loved one to do the**  
**challenge with you!**



# WHAT TO DO WHEN YOU FEEL A CRAVING

## DAY 2



Even in a short 5-Day sugar detox, your body will probably have some intense cravings for sweets. Cravings usually only last between 10 to 20 minutes, and you can try just to let it pass, it usually will. But when you feel like you need Sugar NOW, you can try these helpful steps:



**1. Drink some water. Often when you are thirsty, your body interprets it as hunger. Try drinking a large glass of water, then wait 10 or 15 minutes and see how you feel.**

**2. Assess your hunger. Are you actually hungry? The sugar craving is usually your first thought when you are hungry as it will provide you with energy the fastest. Take time to prepare some food to address the hunger.**

**3. Go for a walk. Take your mind off the craving by changing the scenery for 15 minutes; the craving should take care of itself by the time you get back. If you walk briskly, you will increase the release of endorphins, which will squash your craving.**

**4. Take a hot shower. The heat and steam in a hot shower will help you relax and give you perspective on your craving.**



**5. Eat a piece of fruit or a healthy snack. Snacks can include nuts, seeds, avocado, vegetable sticks with hummus or natural nut butter, or smoothies made with fruit only (no added sugar).**



**6. Chew some gum. Make sure it is sweetened with Xylitol. Some good brands are Pür Gum, Glee Gum, and Xyla.**

**7. Assess your mood. Are you feeling unsupported, tired, angry or overwhelmed? Try to find ways of dealing with these issues before you reach for the sweets. For a quick fix take three deep breaths – it has been clinically shown to reduce stress.**



8. Eat a bit of what you are craving.  
Keep it under 150 calories and  
combine it with a healthy fat and  
protein combination like almonds.  
Don't feel guilty! Savor it. Then go re-  
read why you want to quit sugar and  
get back on the horse.

## THREE SUGAR FREE BREAKFAST RECIPES DAY 3





# BLUEBERRY COCONUT FLOUR PANCAKES

Makes 2 servings

## Ingredients:

$\frac{1}{2}$  cup almond milk,  
unsweetened

$\frac{1}{4}$  cup coconut flour, sifted

2 eggs, lightly beaten

2 tbsp almond butter, natural  
unsweetened  $\frac{1}{2}$  tsp baking  
soda

$\frac{1}{4}$  tsp vanilla extract

$\frac{1}{2}$  cup blueberries

coconut oil for cooking the  
pancakes

## Instructions:





**1. In a small bowl combine milk, our, eggs, nut butter, baking soda, and vanilla. Whisk until blended. Stir in the blueberries. Let stand for 10 minutes.**

**2. Heat 1 tsp oil in a large skillet over medium heat until it is hot enough for a spritz of water to sizzle on it. Pour batter in ½ cup dollops onto skillet.**

**3. Cook 2 minutes until bubbles form on top and the bottom is golden brown. Flip and cook two more minutes or until bottom is golden brown.**



# GLUTEN FREE FLAX FOCACCIA BREAD

Makes 8 servings

## Ingredients

1.5 cups freshly ground flaxseed 1

Tbsp baking powder

$\frac{1}{4}$  cup olive oil

5 large eggs

$\frac{1}{2}$  tsp garlic powder

$\frac{1}{2}$  tsp paprika

$\frac{1}{2}$  to 1 tsp of dried rosemary 1 tsp

sea salt

$\frac{1}{2}$  cup water





## Directions:

1. Preheat oven to 350° F and line a 13x9 baking pan with parchment paper.
  2. Combine axseed, baking powder, spices and sea salt in a bowl. Stir to combine well.
  3. Add the eggs, water, and oil to a medium-sized bowl and whisk thoroughly until foamy
  4. Transfer egg mixture and combine with ax mixture and stir until well combined.
  5. Allow mixture to sit for 3-5 minutes.
  6. Transfer the mixture into baking pan and evenly smooth out the batter.
  7. Bake for 20 minutes, until the top, begins to turn a golden colour.
  8. Once removed from oven allow to cool before removing parchment paper
- Slice up the bread into 8-12 slices depending on your desired thickness.
- \*Top with your favourite unsweetened nut butter, sliced avocado or hummus for a sugar-free breakfast.



# LEMON VANILLA CHIA PUDDING

## Ingredients

1.5 cups unsweetened almond milk

1/3 cup whole chia seeds

2 tsp vanilla extract or a better option is the seeds of 1 vanilla bean.

1 Tbsp pure maple syrup

2 tsp freshly squeezed lemon juice

zest of half a lemon

is preferred.





## Directions:

1. Combine all ingredients in a medium-sized bowl.
2. Whisk thoroughly until all ingredients are well combined.
3. Place the bowl in the fridge covered in plastic wrap or foil and allow to set for a minimum of 4 hours but up to 12 hours (overnight)

**HOW TO AVOID SUGAR  
AT NIGHT!**

**DAY 4**





**At night after dinner, the worst thing you can do is eat a large portion of refined carbs or sugar, because it destabilizes your blood sugar before bed and through the night.**

**You'll wake up feeling sluggish, tired or grumpy in the morning. Even worse, you may wake up craving sugary breakfast foods. Think a bag of candy while watching Netflix, dessert after dinner or a bag of flavored chips laced with added sugar. Apart from the day after effects of nighttime snacking, nighttime snacking with sugary or highly refined carb foods is a sure way to disrupt sound sleep and can lead to weight gain.**

**In an ideal scenario, it's best to stop eating after dinner and at least 2 hours before you go to bed. If you have a long history of late night eating, it can be hard to kick the habit.**



Nobody likes to go to bed hungry, so until your body is used to your new routine, you can start with replacing your regular go-to after dinner snacks with these healthy alternatives. Remember to keep portion sizes small.

## Chocolate Avocado Pudding – see recipe below\*

- Boiled edamame with salt
- veggie slices and almond butter
- Drink herbal teas
- Banana peanut butter smoothie – see recipe below





## CHOCOLATE AVOCADO PUDDING:

### Ingredients

2 ripe avocados, peeled and  
pitted (must be ripe)  $\frac{1}{4}$  cup raw  
cacao or cocoa powder  
 $\frac{1}{4}$  cup almond milk,  
unsweetened  
1 tsp pure vanilla extract  
 $\frac{1}{2}$  teaspoon stevia

### Directions:

1. Combine all ingredients in a  
high-powered blender and  
blend until smooth. Add more  
liquid if necessary to get the  
desired consistency.





## **BANANA PEANUT BUTTER SMOOTHIE:**

### **Ingredients**

**1 large ripe banana**

**1/2 cup almond milk**

**, unsweetened**

**1.5 tablespoons of natural  
unsweetened peanut butter 1/2  
teaspoon ground cinnamon**

### **Directions:**

**1. Combine all ingredients in a high-powered blender and process until smooth. Top with toasted coconut (unsweetened) or additional cinnamon for extra blood sugar balancing effects.**



# AVOIDING THE AFTERNOON SLUMP - SNACK IDEAS

Why do you feel an afternoon slump? It all starts with how your day begins, and what you eat throughout the day. Yesterday we talked about the importance of eating a sugar-free breakfast, and that lesson is so important here as well.

Eating a healthy breakfast with protein and healthy fat can set you up for a day that's NOT filled with cravings for junky and sugar-laden foods. It's one of the most important things you can do to set yourself up for success all day long.



**It's also important to make good choices at lunch. If your go-to lunch is pasta salad, a big sandwich or a large heavy meal, you will inevitably hit that afternoon slump. Heavy meals can make us feel tired as the body works hard to digest, and large portions of carbs at lunch cause the classic blood sugar spike and crash, which will leave you reaching for more of the same in a couple of hours. .**

**Make sure your lunch contains protein, healthy fat and complex carbs**

**This 5-Day Sugar-Free Challenge provides some great lunch examples, so you can start to adopt that way of thinking when putting together your lunch meals in the future.**



**It can take your body a little bit of time to break old habits, so if you do find yourself in an afternoon slump, craving all the things you shouldn't be eating, try these snacks to help you get through.**



**Handful of oven roasted chickpeas**

**Turkey and veggie roll-ups with mustard**

**Coconut fat bombs – see recipe below\***

**Veggies and hummus**

**Boiled egg – can be stuffed with guacamole**

**Celery sticks and unsweetened  
peanut butter**



**Lastly, avoid sweet coffee drinks with sugar and cream, try drinking green tea, which provides a small boost of caffeine, while also curbing the appetite.**

## **Coconut Fat Bombs:**



## **Ingredients**

**5 tbsp coconut butter, softened  
4 tbsp coconut oil softened  
2 tbsp finely shredded coconut,  
unsweetened  
1 tsp stevia**



## Directions:

Mix all the ingredients in a medium-sized bowl and stir or whisk thoroughly to combine. You can also place in a high-speed food processor with a touch of water.

# AVOIDING SUGAR IN THE REAL WORLD

## DAY 5





**Below you will find some of the best ways to avoid sugar in your life, and answers to some questions you may have right now about what foods to eat beyond this challenge. Let's start here:**

**1. Remove temptation. Take some time to clear out the junk from your house, car, and workplace. It's the adage, out of sight, out of mind.**

**2. Slowly change your grocery shopping to reflect your reduced sugar needs. It is extremely difficult to transform your kitchen into a clean, green machine in one go. By slowly replacing products as you use them up, your kitchen will transform over time, without breaking the bank.**



**3. Continue to drink more water. Don't forget most cravings can be quelled with a tall glass of water.**



**4. Keep working towards your goal of eliminating harmful sweeteners. You have completed step one on your sugar-reduced or sugar-free journey. Keep your list of reasons why you want to be healthier handy and reference it when you start to fall off the wagon.**



# CAN I EAT FRUIT?

Yes, fruit is an acceptable way to consume sugar – it is a whole food. The complex carbohydrates in fruit come in the form of both soluble and insoluble fiber. This allows the natural sugars to be released more slowly and will regulate blood sugar, especially when paired with fat and protein. Some fruits have lower amounts of fructose, which makes them low-glycemic. All of the examples on the chart contain less than 10 grams of fructose per serving. Some fruits are very sweet and should be avoided for the 5-Day Sugar-Free Challenge, such as grapes, cherries, bananas, mangos and dried fruits.



Apricot  
1 medium  
0.9 g

Strawberries  
1 cup  
3.8 g

Cantaloupe  
4 slices  
1.3 g

Pink Grapefruit  
 $\frac{1}{2}$  medium  
4.5 g

Raspberries  
1 cup  
3.0 g

Tangerine  
1 medium  
4.8 g

Clementine  
1 medium  
3.4 g

Nectarine  
1 medium  
5.4 g

Kiwi  
1 medium  
3.4 g

Apple  
 $\frac{1}{2}$  medium  
6.3 g

Blackberries  
1 cup  
3.5 g

Pear  
 $\frac{1}{2}$  medium  
5.9 g



# CAN I HAVE ALCOHOL?



Here are your best choices for low sugar alcohol:

- **Wine:** Dry red wine is the best at 1-3 grams of sugar per liter
- **Spirits:** Gin/Vodka/Whisky is okay, but you should have it on the rocks or with soda water (not tonic water)
- **Beer:** Must be light, like Bud Light (7 grams of carbs) or Corona Light (5 grams of carbs)



## What about chocolate?



After the challenge ends high-quality dark chocolate is best, and you should aim for dark chocolate that contains at least 70% cocoa. Higher is better but start with 70% and work your way up. Avoid milk chocolate and white chocolate which are full of added sugars. Also, beware of fruit or nut chocolate bars which can have sugar additives for flavor.

## Which vegetables are the sweetest?

Vegetables, in general, are very healthy for you and should not be avoided. Beans and legumes are also a good choice.





Of all the legumes, lentils are your best bet. Check out this chart below for a guide to carbohydrate content in vegetables.

<div>Greens: Swiss chard, collards, spinach, arugula, kale, etc.</div> <div>1 cup</div> <div>0.17-1.63 g</div>	<div>Cauli ower</div> <div>1 cup</div> <div>2.04 g</div>
<div>Celery</div> <div>1 cup</div> <div>1.85 g</div>	<div>Zucchini</div> <div>1 cup</div> <div>2.49 g</div>
<div>Cucumber</div> <div>1 cup</div> <div>0.87 g</div>	<div>Asparagus</div> <div>1 cup</div> <div>2.52 g</div>
<div>Olives</div> <div>5 medium</div> <div>1g</div>	<div>Tomato</div> <div>1 medium</div> <div>3.23 g</div>
<div>Broccoli</div> <div>1 cup</div> <div>1.55 g</div>	<div>Lentils</div> <div>1 cup</div> <div>3.9 g</div>



## What beverages can I have?

Lots and lots of water! Remember sometimes the body mistakes thirst for hunger; this triggers cravings. Water will also flush the system out and reduce the potential effects of withdrawal from sugar. Caffeinated drinks might be hard on your system, but if you must sweeten with Stevia or xylitol, or not at all. Other acceptable drinks are herbal teas, and lemon water.

## Where can I eat out?

We understand that it is difficult to cook all meals at home. Sometimes you just don't feel like cooking or want to go out with friends and family. Either way, there are a few options out there in the real world for when you want to eat out:



- Sashimi at a sushi restaurant (watch out! sushi rice is sweetened)
- Indian food: Generally low in sugar
- Ethiopian food: Mostly beans and meats, and the injera bread is fermented
- Raw food restaurants: They can't use anything that has been heated over 150 degrees, so processed sugars are definitely out
- Regular restaurants: Opt for grilled fish or chicken (no BBQ) and have it with steamed vegetables or a salad (make sure the dressing is sugar-free, and if you're unsure ask for lemon and olive oil)



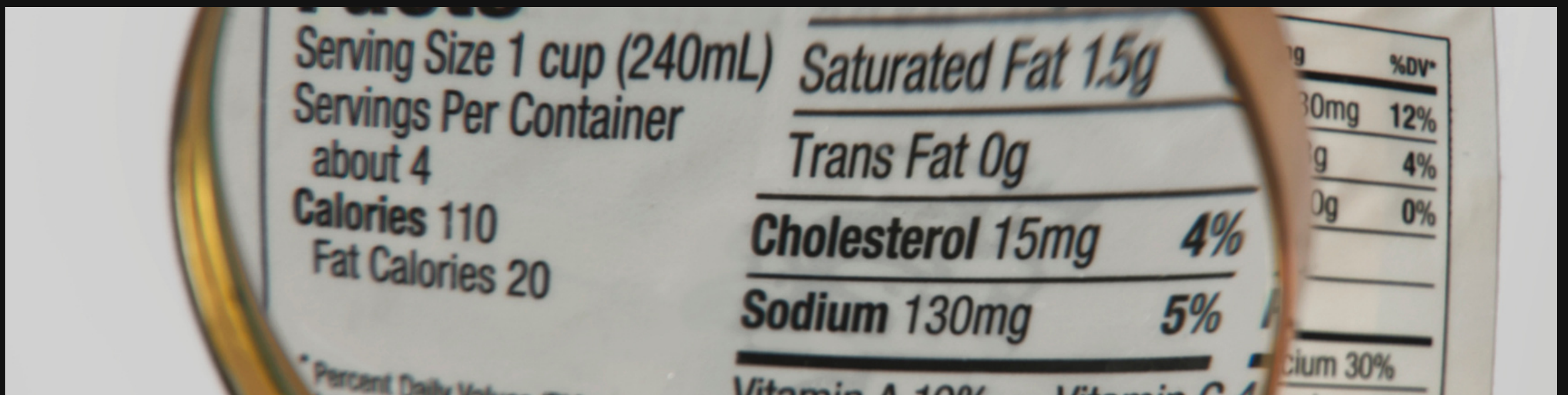
# Which products have hidden sugar?



Some foods that we love to eat all the time actually have tons of sugar. This can be disappointing for sure. Keep an eye out for sugar content in ketchup, chips (potato/corn), white flour, white rice, marinades, sauces, dips, deli meats, nut butter, balsamic vinegar, and barbecued items. Make sure to read the ingredients label carefully.



# What should I look for on package labels?



Have you noticed that on nutrition labels sugar is the only item that is listed without a “% daily value”? This is because if it had to be labeled the percentage would be huge, over 100%! The ingredients matter more. Companies will use a variety of sugars to avoid having to list “sugar” as their first ingredient. Use the handy Best/Worst chart included in the day two email this week to check for all the different varieties of sugar. Which sweeteners should I avoid at all costs? High Fructose Corn Syrup (known as Glucose/ Fructose in Canada) and white sugar.



# Can I eat grains?



**Yes, the carbohydrates in whole grains are released slowly due to their fiber content. Remember to eat complex carbs only, and your best choices are buckwheat, millet, oats, and quinoa. On a side note, quinoa is actually a seed, but it works so well in place of white rice it often gets included as a grain.**

**What is the easiest way to stay on track?**

**Follow the emergency craving tips provided on day two of the challenge, PLUS:**



- Each meal should contain leafy greens, and high-quality fat and protein
- You can support your digestion with enzymes or apple cider vinegar and a quality probiotic supplement
  - Healthy fats are great for satisfying a craving, and they help trigger satiety and are needed to absorb fat-soluble vitamins (A, D, E & K)
- Replace processed foods (oils, sugars, chemicals) as they send messages to the brain leading to addiction



## MEDICAL DISCLAIMER

**This meal plan is designed for educational and sharing purposes, and you follow it at your own risk.**

**You are an adult, capable of listening to your body and knowing what foods you may need to avoid so you feel your best.**

**If you have any concerns about following this balanced, whole food meal plan then please speak with your doctor. The Behan Protocol assumes no risk for your voluntary participation in this meal plan.**



# MEAL PLAN AND RECIPES

The menu is broken down to include breakfast, lunch, and dinner, as well as two daily snacks.

The simple recipes are intended to make preparing your meals easy and fast. The home-style meals are delicious and nutritious, and best of all SUGAR-FREE!

All recipes serve 2 – one for you and one for your challenge buddy, or leftovers!



# MEAL PLAN

BREAKFAST	Chia Coconut Porridge	Quick Green Eggs and Ham + 1 cup of mixed berries	Yogurt Berry Parfait (dairy-free)	Egg Muffins	Green Berry Smoothie
SNACK	Your Choice	Your Choice	Your Choice	Your Choice	Your Choice
LUNCH	Vegetable Frittata Cups + avocado green salad	1 cup Easy Lentil Soup + 6 ounce chicken breast + 1 cup steamed broccoli	Spinach Greek Salad with Chicken	Tuna Avocado Salad	Lentil stuffed mushrooms
SNACK	Your Choice	Your Choice	Your Choice	Your Choice	Your Choice
DINNER	Grilled Salmon with Dijon Mustard Sauce + Roasted asparagus	Beef and Broccoli Stir Fry on Quinoa	Lemon Basil Chicken Breast with Incredible Shrinking Greens	Bolognese sauce on zucchini noodles	Mexican Chicken Bowl with Cauliflower Rice

## RECIPES

### BREAKFAST RECIPES:

#### Chia Coconut Porridge

##### Ingredients

1/4 cup chia seeds

1/4 cup dried unsweetened shredded coconut 1 cup unsweetened coconut milk

1/2 cup fresh blueberries

1/4 tsp vanilla extract or one-drop liquid stevia 1/8 tsp cinnamon



## Directions:

1. Place whole chia seeds and shredded coconut into a bowl.
2. Put the coconut milk, spices, and vanilla into the bowl and mix.
3. Stir well and let sit for at least 10-15 minutes or overnight in the fridge.
4. Top with blueberries.

## Quick Green Eggs and Ham

### Ingredients

2 cups chopped leafy greens (Kale, Collards or Swiss Chard) 4 whole eggs  
1 ounce (about 1 thumb) of lean ham per serving, chopped

### Directions

1. Turn heat on medium-high.
  2. Place leafy greens in a skillet with 2 tbsp of water.
  3. Cover and let steam for 3 minutes.
  4. Make four holes in the greens and break one egg into each hole.
  5. Cover and let cook for another 3 minutes.
  6. Sprinkle chopped ham.
- Add 1 cup of fresh or frozen mixed berries to be eaten on the side.



# Yogurt Berry Parfait

## Ingredients

2 cups plain almond, cashew or coconut yogurt (unsweetened)  $\frac{1}{2}$  cup fresh raspberries, blueberries, or strawberries  
 $\frac{1}{4}$  cup walnuts  
1 tbsp chia seeds or hemp seeds

## Directions

1. In 2 broad glasses alternate with 4 tbsp plain yogurt, and 2 tbsp fresh berries until you've used 1 cup of yogurt and  $\frac{1}{4}$  cup berries in each cup.
2. Sprinkle with walnuts and cinnamon if desired.





# Green Berry Smoothie

## Ingredients

1 cup spinach

1 cup berries

Protein powder of choice – brown rice, hemp, etc. 1 cup almond milk, unsweetened

½ cup water as needed

## Directions

1. Combine all ingredients in a high-speed blender and blend until smooth.





# Egg Muffinns

## Ingredients

6 whole eggs

1 cup of egg whites

½ tbsp olive oil

1 cup broccoli, finely ground

1 cup mushroom finely chopped, ½ cup onion,  
finely chopped

## Directions

1. Preheat oven to 350° F

2. Grease muffin tin (use oil mister) and set aside.

3. Using a food processor or blender, pulse the raw broccoli until it's finely ground, set aside and chop mushrooms and onions.

4. Heat frying pan over medium heat and add oil. Sautee mushrooms and onion until tender. Mix mushroom and onion mixture in with broccoli. Stir to combine.

5. Using a tablespoon, spoon vegetable mixture into the bottom of each muffin tin.

6. Combine whole eggs with liquid whites. Whisk until combined.

7. Pour egg mixture over vegetables until ¾ way full.

8. Bake for 15 – 20 minutes or until firm.



# LUNCH RECIPES:

## Vegetable Frittata Cups

### Ingredients

$\frac{1}{2}$  tbsp extra virgin olive oil  
 $\frac{1}{2}$  red onion, halved, thinly sliced  
 $\frac{1}{4}$  cup pepper, cut into short, thin strips  
1 small clove garlic, crushed  
 $\frac{1}{4}$  cup asparagus, cut into 1-inch pieces  
5 pieces sun-dried tomatoes, finely chopped 3 eggs  
 $\frac{1}{4}$  cup almond milk, unsweetened  
Salt and black pepper to taste

### Directions

1. Preheat oven to 375° F.
  2. Heat oil in a large frying pan over medium-high heat.
  3. Add the onion, pepper, and garlic. Cook, stirring often, for 5 minutes.
  4. Add the asparagus and cook for 3 minutes.
  5. Remove from the heat and set aside to cool a little.
  6. Stir in the sun-dried tomatoes.
  7. Using an oil mister, spray 4 large muffin cups with oil.
  8. Whisk together the eggs and almond milk, and season with salt and pepper.
  9. Divide the vegetables among the 4 muffin pan cups.  
Pour the egg mixture evenly over the vegetables.
  10. Bake for about 20-25 minutes, or until frittatas are set and lightly golden.
  11. Set aside in the pan for 10 minutes before turning out.
- Add a big green salad with your lettuce and veggies of choice. Add in  $\frac{1}{4}$  cup of avocado. Mix 1 tbsp of extra virgin olive oil with 1 tsp of Apple Cider Vinegar and pour dressing over the salad.



# Easy Lentil Soup

## Ingredients

½ yellow or white onion

3 cloves of garlic

1 medium sweet potato (equivalent to 1 ½ cups)

1 stalk celery

2 tbsp extra virgin olive oil

1 cup dried green or brown lentils

Spices: ½ tsp salt, ½ tsp black pepper, ½ tsp cumin, 1 tsp

coriander 3 cups water or broth

1 cup chopped tomato

## Directions

1. In large soup pot add onion, garlic, sweet potato, and celery. Cook on medium heat in extra virgin olive oil, until onions are soft.

2. Add dried green or brown lentils and spices.

3. Cover with water and add fresh tomato.

4. Cook until the lentils are soft, approx. 25-40 minutes.

5. Top with fresh parsley and lemon (optional).

Bake a 6 ounce chicken breast with garlic and lemon at 350° F for 15 – 20 minutes. Have on the side of the soup.

Steam 1 cup of broccoli and enjoy on the side with the chicken





# Spinach Greek Chicken Salad

## Ingredients

4 handfuls of Romaine lettuce,  
chopped  $\frac{1}{4}$  cup of red onion, thinly  
sliced

1 cup tomatoes, chopped  
10 large black or green olives,  
chopped  $\frac{1}{2}$  cup red bell pepper,  
chopped

2 tsp flaxseed oil or olive oil  
Lemon juice, approximately half a  
lemon 4oz/120g of nitrate free  
turkey deli meat

## Directions

1. Combine all ingredients in a bowl.
2. Top with salad dressing or flax oil and lemon juice.



# Tuna Avocado Salad

## Ingredients

1 ripe avocado, chopped into ½ inch pieces  
1 can of tuna in water, drained  
¼ cup red onion, finely chopped  
½ cup cilantro, roughly chopped  
1 tbsp olive oil  
1 half lemon, juice squeezed  
1 tbsp balsamic vinegar  
Salt and pepper to taste

## Directions

1. Combine the first four ingredients in a medium-sized bowl and set aside.
2. In a small bowl, combine olive oil, lemon juice, balsamic vinegar, salt, and pepper and stir well to make the dressing.
3. Pour dressing onto the tuna avocado bowl and gently stir with a spoon to combine.





# Lentil Stuffed Portobello Mushrooms

## Ingredients

2 large Portobello mushrooms  
1 cup green lentils (BPA free can, drained)  
½ cup chopped yellow onion  
½ cup chopped red bell pepper  
1 clove garlic, finely chopped  
¼ cup low-sodium chicken or vegetable broth  
Salt and Pepper to taste

## Directions

1. Preheat oven to 425° F.
2. Prepare mushrooms by brushing top and bottom with olive oil and place onto a well oiled baking sheet.
3. Heat 1 tbsp of olive oil in a pan on medium heat. Add onions and cook for 2 minutes.
4. Add chopped garlic and simmer for another 2 minutes.
5. Add pepper, lentils, and vegetable broth, and allow to simmer on low for 10 minutes.
6. Place lentil mixture into the mushrooms and fill up each mushroom cap until full
7. Place mushrooms into oven and cook for 20-25 minutes
8. Allow to cool slightly before serving.





# DINNER RECIPES:

## Grilled Salmon with Dijon Mustard Sauce

### Ingredients

6 ounces raw salmon fillet ¼ of a lemon  
2 tbsp Dijon mustard  
2 tsp extra virgin olive oil 2 tbsp lemon juice  
2 tbsp dried pine nuts (optional) 2 tsp dried  
dill weed  
Salt and pepper

### Directions

1. Preheat grill or oven to 425° F.. Rinse fillet with cold water. Squeeze lemon juice (use the 1/4 lemon for this) over fillet and season to taste with salt and pepper.
2. To make the sauce, mix mustard, oil, 2 tbsp of lemon juice, pine nuts, and dill in a bowl.
3. Grill or bake the fish until cooked through. Pour sauce over fish and serve with steamed broccoli and sweet potato or any of our preferred vegetables.





# Beef and Broccoli Stir-Fry on Quinoa

## Ingredients

$\frac{1}{2}$  cup quinoa  
 $\frac{1}{2}$  tbsp olive oil  
 $\frac{1}{2}$  cup chopped yellow onion  
1 clove garlic, minced  
 $\frac{1}{2}$  cup chopped red bell peppers  
2 cups broccoli  
1 lb. lean beef tenderloin cut into thin strips  
 $\frac{1}{2}$  cup water and 2 tbsp tamari or soy sauce  
2 tbsp chopped fresh basil  
Sea salt and fresh ground black pepper, to taste

## Directions

1. Cook quinoa according to package directions; set aside.
2. Meanwhile, heat oil in a wok or large skillet on medium-high. Add onion and garlic and cook for 2 to 3 minutes, until onions are soft.
3. Add bell peppers and broccoli and cook for 2 minutes, until onions are golden brown.
4. Add beef and cook for another 2 minutes, stirring frequently.
5. Add water-soy sauce combination and bring to a simmer over same heat. Simmer for 2 minutes, until steak is cooked through.
6. Remove from heat, stir in basil and season with salt and pepper.
7. Serve beef mixture over quinoa.



# Lemon Basil Chicken Breast

## Ingredients

6 ounces chicken breast Olive oil cooking spray  $1\frac{1}{2}$   
tbsp chopped basil  $1\frac{1}{2}$  tbsp chopped parsley 1  
garlic clove, crushed  
 $\frac{1}{2}$  tsp grated lemon zest  
 $\frac{1}{2}$  tsp olive oil  
Sea salt and freshly ground pepper to taste

## Directions

1. Prepare grill.
2. Lightly coat the grill rack with olive oil cooking spray.
3. In a small bowl, mix the basil, parsley, garlic, lemon zest and olive oil. Set seasoning mix aside.  
 $\frac{1}{2}$  tbsp of
4. Coat the chicken with the seasoning mix pressing it into the meat on both sides.
5. Grill the chicken for 6 to 10 minutes, turning several times, until the meat is cooked through and tender.
6. Sprinkle the reserved tbsp of seasoning on top and add salt and pepper to taste. Serve with Incredible Shrinking Greens.





# Incredible Shrinking Greens

## Ingredients

2 pounds greens (use Swiss chard, spinach, mustard, turnip, beet, dandelion or collard greens or kale, or a mixture)

1 tbsp olive oil

$\frac{1}{2}$  cup chopped red peppers

$\frac{1}{4}$  tsp cayenne pepper (optional)

2 cloves garlic, crushed

1 green onion, chopped (both white and green parts) 1 tsp ground ginger

$\frac{1}{4}$  cup chopped onion

## Directions

1. Wash the greens thoroughly in cool water, making sure to get rid of any sand or grit. Remove and discard the stems and dry the greens slightly with a paper towel. Tear the greens into bite-size pieces and set aside.
2. Meanwhile, in a large pot over medium heat, add olive oil, heat briefly. Add the remaining ingredients. Once the mixture has come to a boil, add the greens. Stir to incorporate the seasonings and reduce the volume of greens, about 1 minute.
3. Reduce heat to low and cook, uncovered, 20 to 30 minutes, or until the greens are tender. Add salt, if desired, to taste. Before serving, discard the garlic, if desired.





# Bolognese Sauce with Zucchini Noodles

## Ingredients

500 grams extra lean ground beef 1/2 cup chopped  
Spanish onion 3 cloves of garlic, finely chopped 1  
large zucchini  
1/2 cup of fresh basil  
1/2 teaspoon garlic salt  
2 tbsp olive oil  
1 cup fresh spinach leaves  
1/2 cup fresh grated carrot  
1 jar of low sodium fresh tomato sauce (plain) Salt  
and pepper to taste

## Directions

1. Heat 1 tbsp olive oil in a pan on medium heat.
2. Add onions and allow to simmer for 2 minutes.
3. Add ground beef and allow to cook for 5 mins, breaking apart as it cooks.
4. Add salt and pepper and allow beef to cook another 5 minutes. Then add grated carrot, basil, and spinach. Allow to simmer for 2 minutes. Then add jarred tomato sauce and garlic salt.
5. Reduce temperature to low and let simmer for another 5 minutes.
6. Wash zucchini. On a clean cutting board, use a spiralizer to spiralize the zucchini or cut thinly by hand to the shape of pasta noodles.
7. Serve with 3/4 cup sauce poured onto zucchini spirals. Add freshly ground pepper and additional fresh basil as a garnish, if preferred.



# Mexican Chicken Bowl

## Ingredients

2 chicken breasts

$\frac{1}{2}$  cup tomato, diced

$\frac{1}{4}$  cup finely chopped red onion

$\frac{1}{4}$  cup finely chopped green bell pepper

$\frac{1}{2}$  cup chopped cilantro

1 avocado, sliced

1 teaspoon chipotle powder (check for sugar)  $\frac{1}{2}$

teaspoon paprika

$\frac{1}{2}$  teaspoon chili powder

$\frac{1}{2}$  teaspoon garlic salt

2 tablespoons olive oil

1 tablespoon apple cider vinegar

Salt and pepper to taste

1 lime

## Directions

1. Heat olive oil in a medium pan. Prepare spice mixture along with half squeezed lime and one tablespoon olive oil in a mixing bowl and rub onto chicken.

2. Cook chicken until done and set aside.

3. Combine all other ingredients in a medium-sized bowl and add oil, apple cider vinegar and salt, and pepper.

4. Add chicken to the vegetable bowl and top with fresh squeeze lime and chopped cilantro.





## Ingredients

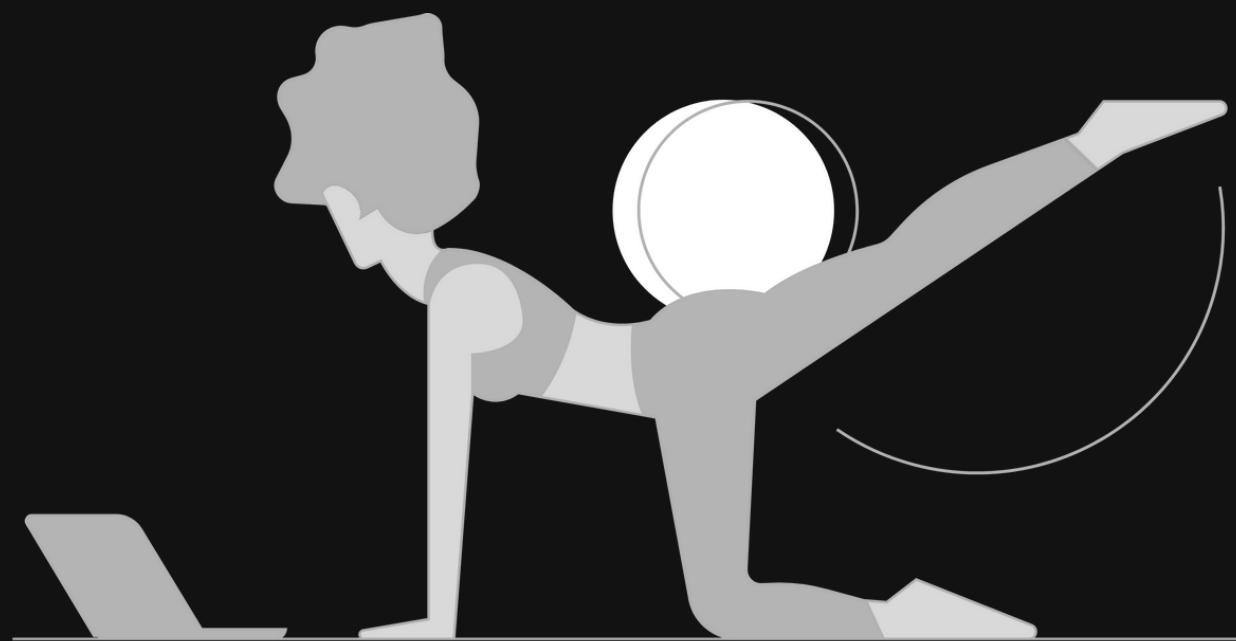
1 small head of cauliflower  
½ a medium yellow onion, finely chopped 1  
tablespoon olive oil  
Salt and pepper to taste  
1 teaspoon garlic powder

## Directions

1. Roughly chop cauliflower and place in a food processor.
2. Pulse until cauliflower is reduced to a rice or couscous like size.
3. Heat olive oil in a pan on medium heat.
4. Add onions and cook for 3 minutes until golden.
5. Add cauliflower and cook for 5-10 minutes on low, depending on preferred softness desired.



Enjoy!



**the BEHAN PROTOCOL**  
**FOR BETTER BACK AND SPINE HEALTH**