



Ultimate Sugar Challenge

GUIDELINES AND RECIPES

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Challenge Guide



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PCF Meal Planner



05.

Planning Sheet



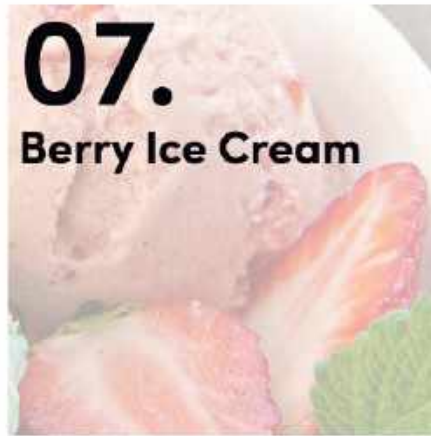
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Fruit Yogurt Bark



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CHALLENGE GUIDELINES

Avoid Added Sugar

Over the next six weeks, you are going to limit or avoid eating all added sugar. Examples includes:

- Candy and chocolate
- Cookies, muffins, cakes, pastries, and baked goods
- Sugared cereal
- Sodas, fruit juice, and fruit drinks
- Ice cream, sorbet, and flavored yogurts
- Dressings and sauces

There are plenty of "no added sugar" recipes in this guide, if you have to have something sweet.

Easy Meal Planning

On page 4, to make things easier, you will find a list of foods to include when planning your meals. Whilst this is not an exhaustive list and other items are allowed, the foods listed are delicious and full of nutrients. If you choose foods that are not on this list, ensure that they fit the criteria of "no added sugar," and opt for whole grains option where possible. We also recommend minimizing your consumption of artificial sweeteners.

Portion Size Guide

- One portion of protein = size of one palm
- One portion of carbohydrates = size of one cupped hand
- One portion of healthy fat = size of one thumb
- One portion of vegetables = size of one fist

Men should aim to eat a total of five to seven servings of PCF each per day (about two per meal). Women should aim to eat a total of four to five servings of PCF each per day (one to two per meal). In addition to this, add plenty of non-starchy vegetables to your meals (about five servings per day).



PROTEIN

• Meat and Poultry

Beef, Lamb, Pork, Venison,
Chicken, Turkey, Duck

• Fish and Shellfish

Crab, Cod, Haddock,
Mackerel, Pollock, Prawns,
Salmon, Trout, Scallops,
Squid

• Dairy and Eggs

Cottage Cheese, Eggs,
Plain Strained Yogurt, Whey
Protein Powder

• Plant Based

Beans, Chickpeas, Lentils,
Peas, Tempeh, Tofu, Pea
Protein Powder

VEGETABLES

• Salad

Arugula, Beet Greens,
Bok Choy, Kale, Lettuce,
Radicchio, Spinach,
Watercress

• Vegetables

Asparagus, Bean Sprouts,
Beets, Bell Peppers,
Broccoli, Brussels Sprouts,
Cabbage, Cauliflower,
Celeriac, Celery, Cucumber,
Eggplant, Fennel, Green
Beans, Green Onions,
Leeks, Mushrooms, Okra,
Onions, Radishes, Rutabaga,
Tomatoes, Zucchini

CARBS

• Starches

Carrots, Corn, Parsnips,
Potatoes, Pumpkin, Squash,
Sweet Potatoes, Yams

• Fruit

Apricots, Apples, Berries,
Bananas, Cantaloupe,
Cherries, Grapefruit,
Grapes, Lemons, Limes,
Mangoes, Melons,
Oranges, Papaya, Peaches,
Pineapple, Plums

• Whole grains

Amaranth, Barley, Brown
Rice, Millet, Quinoa, Oats,
Sorghum, Spelt, Teff, Wild
Rice

FLAVOR

• Vegetables

Fresh Chili Peppers, Garlic,
Ginger

• Herbs

Basil, Bay Leaves, Chives,
Cilantro, Dill, Lemongrass,
Marjoram, Mint, Oregano,
Parsley, Rosemary, Thyme

• Spices

Cinnamon, Coriander,
Cumin, Fennel, Mustard
Seeds, Nutmeg, Paprika,
Turmeric

FATS

• Nuts and Seeds

Almonds, Brazil Nuts,
Cashews, Hazelnuts,
Macadamia, Pistachios,
Walnuts, Chia Seed,
Flaxseed, Pumpkin Seeds,
Sesame Seeds, Sunflower
Seeds

• Drupes

Avocados, Coconuts, Olives

• Dairy/other

Butter, Ghee, Natural
Nut Butters, Omega 3
Supplement, Fish Oil

EXTRAS

• Cooking Oils

Coconut Oil, Olive Oil

• Drizzling Oils

Avocado Oil, Extra Virgin
Olive Oil, Flaxseed Oil,
Pumpkin Seed Oil, Walnut
Oil

• Sauces

Hot Sauce, Mustard,
Tabasco, Tamari Sauce,
Vinegars

FROZEN YOGURT BARK

2 servings • 2 hours 10 mins • 3 ingredients

Ingredients

- 16 oz Greek yogurt
- 1 cup Frozen berries
- 2 tbsp Pecans, crush

Directions

01. Line a baking tray with non-stick baking paper and spread the yogurt to half an inch thick.
02. Sprinkle the berries and nuts on top.
03. Freeze for at least two hours.
04. Once frozen, use a wooden spoon to crack the yogurt into bark pieces.
05. Place in a container and keep it in the freezer, until ready to serve.



STRAWBERRY ICE CREAM

1 serving • 2 hours 10 mins • 2 ingredients

Ingredients

- 1 large Ripe banana
- 1 cup Frozen strawberries

Directions

01. Peel the banana and chop into small, evenly sized pieces.
02. Put the bananas in a freezer bag. Freeze until solid, at least two hours but ideally overnight.
03. Once frozen, using a small food processor or high-speed blender, pulse to break up. Keep pulsing - the banana will look crumbly at first, then gooey, then like oatmeal. Scrape down the food processor in between stages.
04. Keep blending and scraping until the last bits of banana smooth out and the mixture has a creamy, soft-serve ice cream texture. Add strawberries and blend for a few more seconds.
05. Transfer to an airtight container and freeze until solid. You can eat the ice cream immediately, but it will be quite soft.

Alternative Flavors

- Once blended, to create other varieties, add strawberries, frozen cherries or natural peanut butter.



MATCHA ICE CREAM

6 servings • 2 hours 50 mins • 5 ingredients

Ingredients

- 1 can Full-fat coconut cream (14 oz)
- ¼ cup Natural cashew butter
- ½ tsp Matcha green tea powder
- ¼ tsp Sea salt
- 1 tsp Pure vanilla extract

Directions

01. Place coconut cream and cashew butter into a blender and mix until smooth.
02. Add matcha, sea salt, and vanilla extract and blend until smooth, about 30 - 60 seconds.
03. Using an ice cream maker, add the mixture into the ice cream maker while it is rotating. Let it churn for about 20 - 25 minutes, until it becomes a firm ball or the ice cream maker stops rotating.
04. Transfer to an airtight, freezer-friendly container and freeze for at least two hours, or until completely frozen.



FRUITY QUINOA SALAD

1 serving • 20 mins • 4 ingredients

Ingredients

- 1 cup Uncooked quinoa
- 1 cup Berries (such as raspberries and blueberries)
- 1 cup Tropical fruit (such as mango, kiwis and mandarin oranges)
- ¼ cup Raw cashew nuts

Directions

01. Prepare the quinoa according to package directions.
02. Prepare the fruits by peeling and chopping the mango, kiwis and mandarin oranges, and washing the berries.
03. Allow the quinoa to cool completely and add all the fruits and cashew nuts. Gently mix together.

Salad Dressing

- Combine the juice and zest of an orange, the juice and zest of a lime, a tablespoon of honey, a teaspoon Dijon mustard, and salt and pepper in a small food processor. Blend until smooth.
- Blend in 3 tablespoons of extra virgin olive oil. Pour the dressing over the salad and mix.



CARROT CAKE COOKIES

12 servings • 25 mins • 13 ingredients

Ingredients

1 cup	Old-fashioned oats	1 cup	Unsweetened apple sauce
½ cup	Oat flour	1	Egg, medium
¼ cup	Ground flaxseed	1 tsp	Vanilla extract
1 tsp	Cinnamon	2 tbsp	Unsalted butter, slightly melted
¼ tsp	Nutmeg	½ cup	Carrot, grated
¼ tsp	Baking soda	½ cup	Apple, finely chopped
¼ tsp	Salt		

Directions

01. Preheat oven to 350°F (180°C). Line baking sheets with parchment paper.
02. In a large bowl, stir together oats, oat flour, flaxseed, cinnamon, nutmeg, baking soda, and salt. In a medium bowl, whisk together apple sauce, egg, and vanilla. Mix in the melted butter.
03. Pour the wet ingredients into the dry and stir until just combined. Gently fold in the grated carrot and apple.
04. Use a large scoop or measuring cup to drop 1/4 cup portions of dough onto the prepared baking sheets. Use your fingers to gently shape the cookies and flatten slightly.
05. Bake 14 - 15 minutes, until set and lightly golden. (If baking more than one pan at a time, be sure to rotate the pans halfway through the baking time.)
06. Let cookies cool on the baking sheet for a few minutes before removing to a wire rack to cool completely.



NO BAKE DATE BARS

16 servings • 1 hour 10 mins • 6 ingredients

Ingredients

- 1½ cups Whole raw almonds
- 1½ cups Old fashioned oats
- ½ tsp Kosher salt
- 10 Medjool dates, pitted/roughly chopped
- ¼ cup Coconut oil

Bar Filling

- 25 Medjool dates, pitted/roughly chopped
- ½ cup Water

Directions

01. Line a square pan (about 8" x 8") with two pieces of parchment paper going opposite ways.
02. In a food processor, process the almond, salt, and oats until a fine crumble forms. Now add in the dates and process until crumbly again.
03. Melt the coconut oil and add to the mixture and process until sticky.
04. Remove from processor, set aside ¾ cup of the mixture for later, and press the rest of the mixture very firmly and evenly into the pan.
05. Blend the pitted and roughly chopped dates and water in the food processor until a paste forms. You will have to stop and scrape down the sides of the bowl often. Add a tiny bit more water if needed, but you want the paste quite thick. Scoop out the date mixture onto the crust and gently spread with the back of a wet spatula until even.
06. Sprinkle on the ¾ cup of mixture you set aside and gently press down with fingers. Refrigerate in the fridge until firm for at least 1 hour, preferably overnight. Cut into squares and serve.



ORANGE CHIA PUDDING

6 servings • 4 hours 10 mins • 3 ingredients

Ingredients

- 2 cups** Clementine orange, peeled and split into segments
- 1 can** Full-fat coconut milk (14 oz)
- ½ cup** Black chia seeds

Directions

- 01.** Place the clementine segments and coconut milk in a high powered blender. Blend for at least two minutes, or until completely smooth.
- 02.** Pour the mixture into a large bowl and add the chia seeds. Stir to combine and then transfer to the refrigerator to set for at least four hours.
- 03.** Spoon the pudding into cups.

Toppings

- Add unsweetened coconut yogurt, blueberries or sprinkle toasted coconut shavings on top.



SUPER SHAKE RECIPES

1 serving • 5 mins • 6-7 ingredients

Chocolate Cherry

- 1 cup Water
- 1 scoop Chocolate protein powder
- 1 cup Unsweetened frozen cherries
- 1 cup Spinach
- 1 tbsp Walnuts
- 1 tbsp Cacao nibs



Piña Colada

- 1 cup Unsweetened coconut milk
- 1 Frozen banana
- 1 cup Frozen pineapple
- 1 scoop Powdered greens supplement
- 1 scoop Vanilla protein powder
- 1 tbsp Shredded coconut
- Ice



Blueberry Burst

- 1 cup Unsweetened coconut water
- ½ cup Blueberries
- ½ cup Strawberries
- 1 Celery stalk
- 1 cup Kale
- 1 scoop Vanilla protein powder
- ½ Avocado





The Ultimate Sugar Challenge