



3-Day Meal Plan to help quit  
your sugar habit

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Hi,

Giving up sugar can be extremely difficult. We've all had a sweet tooth, and that's why I've set out on a mission to help you take control and help you kick your sugar habit.

I've put together this tasty 3-day meal plan to help you ditch the sugar, and help you feel great, all the while still enjoying your food.

On the following pages you will find:

- A 3-day meal plan including breakfasts, lunches, dinners and snacks.
- An itemised shopping list so you can get everything you need.
- All the recipes you need to follow the plan.

All you need to do is shop and get going.

If you like this meal plan and you want more support, drop me an email, [mark@mknutrition.co.uk](mailto:mark@mknutrition.co.uk) and you can connect with me to help you further.

Here's to kicking sugar for a healthier lifestyle!

Mark

|           | Day 1                                                                                                         | Day 2                                                                                                              | Day 3                                                                                                                       |
|-----------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Breakfast | <br>Raspberry Overnight Oats | <br>Soft Scrambled Eggs on Toast  | <br>Berry Avocado Smoothie                 |
| Snack 1   | <br>Pear & Walnuts           | <br>Apple with Peanut Butter      | <br>Cucumber Hummus Bites                  |
| Lunch     | <br>Chopped Salad Pitas      | <br>Pesto Tuna & Pea Quinoa Salad | <br>Bacon & Heirloom Tomato Frittata       |
| Dinner    | <br>Turmeric Chicken Strips  | <br>Chicken Thighs with Mushrooms | <br>Red Curry Salmon & Veggie Foil Packets |
|           | <br>Buttery Broccolini       | <br>Steamed Green Beans           |                                                                                                                             |

## Fruits

- ☐ 1 Apple
- ☐ 1/4 Avocado
- ☐ 1 1/2 tsps Lime Juice
- ☐ 1 Pear
- ☐ 1/2 cup Raspberries

## Breakfast

- ☐ 2 tbsps All Natural Peanut Butter

## Seeds, Nuts & Spices

- ☐ 1/8 tsp Black Pepper
- ☐ 1 tbsp Chia Seeds
- ☐ 1/4 tsp Cinnamon
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Tarragon
- ☐ 1 1/2 tsps Turmeric
- ☐ 1/4 cup Walnuts

## Frozen

- ☐ 1/2 cup Frozen Berries
- ☐ 1/4 cup Frozen Cauliflower
- ☐ 1/2 cup Frozen Peas

## Vegetables

- ☐ 1 1/2 tsps Basil Leaves
- ☐ 1 cup Bok Choy
- ☐ 1/2 bunch Broccolini
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1 1/2 tsps Chives
- ☐ 1/3 Cucumber
- ☐ 1/2 Garlic
- ☐ 1 1/2 cups Green Beans
- ☐ 1/2 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 1 1/2 tsps Shallot
- ☐ 1 Tomato
- ☐ 3 1/2 White Button Mushrooms
- ☐ 1/2 Zucchini

## Boxed & Canned

- ☐ 1/2 cup Chickpeas
- ☐ 2 tbsps Organic Chicken Broth
- ☐ 3 1/3 tbsps Organic Coconut Milk
- ☐ 1/4 cup Quinoa
- ☐ 1/2 can Tuna

## Baking

- ☐ 2/3 cup Oats

## Bread, Fish, Meat & Cheese

- ☐ 113 grams Chicken Breast
- ☐ 113 grams Chicken Thighs
- ☐ 1/4 cup Hummus
- ☐ 2 slices Organic Bacon
- ☐ 113 grams Salmon Fillet
- ☐ 50 grams Sourdough Bread
- ☐ 1/2 Whole Wheat Pita

## Condiments & Oils

- ☐ 1/8 tsp Coconut Oil
- ☐ 1 1/2 tsps Extra Virgin Olive Oil
- ☐ 1 tbsp Pesto
- ☐ 1 1/2 tsps Thai Red Curry Paste

## Cold

- ☐ 1 1/16 tbsps Butter
- ☐ 4 1/2 Egg
- ☐ 1 cup Plain Coconut Milk
- ☐ 1/2 cup Unsweetened Almond Milk
- ☐ 2 tbsps Unsweetened Coconut Yogurt

## Other

- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 2/3 cup Water



## Raspberry Overnight Oats

**1 serving****8 hours**

### Ingredients

1/3 cup Oats (rolled)  
1/2 cup Unsweetened Almond Milk  
1 tbsp Ground Flax Seed  
1/4 tsp Cinnamon  
1/2 cup Raspberries (fresh or frozen,  
thawed)

### Directions

**1**

Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.

**2**

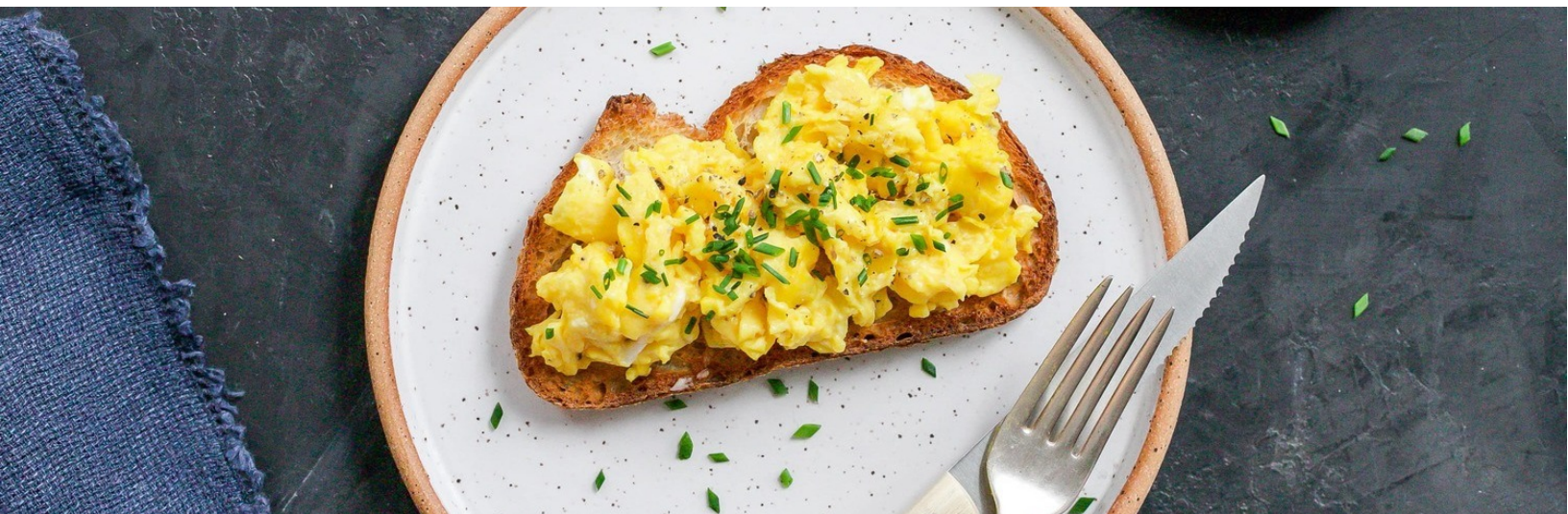
Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

**Nut-Free:** Use a nut-free milk such as oat or soy.

**No Rolled Oats:** Use quick oats instead.



## Soft Scrambled Eggs on Toast

**1 serving****5 minutes**

### Ingredients

2 Egg  
1/4 tsp Butter  
50 grams Sourdough Bread (toasted)  
1 1/2 tsps Chives (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made.

**Gluten-Free:** Use gluten-free bread instead.

**Additional Toppings:** Chili flakes and/or fresh herbs like parsley and dill.

**No Butter:** Use ghee or another cooking oil.



## Berry Avocado Smoothie

1 serving

5 minutes

### Ingredients

1 cup Plain Coconut Milk  
(unsweetened, from the box)  
1/2 Zucchini (chopped, frozen)  
1/4 cup Frozen Cauliflower  
1/2 cup Frozen Berries  
1/4 Avocado  
1 tbsp Chia Seeds  
1/4 cup Vanilla Protein Powder

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Avocado:** Use almond butter or sunflower seed butter instead.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Pear & Walnuts

1 serving

5 minutes

### Ingredients

1 Pear  
1/4 cup Walnuts

### Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

### Notes

**Nut-Free:** Use sunflower seeds instead of walnuts.

**More Flavor:** Season the pear with cinnamon.



## Apple with Peanut Butter

1 serving

3 minutes

### Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

### Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

### Notes

**Keep it Fresh:** To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



## Cucumber Hummus Bites

1 serving

10 minutes

### Ingredients

1/4 Cucumber (large)  
1/4 cup Hummus  
1/8 tsp Black Pepper

### Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

### Notes

**More Flavour:** Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



## Chopped Salad Pitas

1 serving  
10 minutes

### Ingredients

1/2 cup Chickpeas (cooked)  
1/2 cup Cherry Tomatoes (sliced into quarters)  
1/8 Cucumber (chopped)  
1/8 tsp Sea Salt  
1/2 Whole Wheat Pita (halved)  
2 tbsps Unsweetened Coconut Yogurt

### Directions

- 1 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 2 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 3 Stuff the pita pockets with the chickpea mixture. Enjoy!

### Notes

**Leftovers:** Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

**Serving Size:** Each serving equals one pita half stuffed with the chickpea mixture.

**Gluten-Free:** Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

**More Flavor:** Add lime juice, fresh herbs or spices.

**Additional Toppings:** Bell peppers, feta cheese, red onions and/or black olives.

**No Chickpeas:** Use marinated tofu, white beans, lentils, chicken breast or turkey instead.



## Pesto Tuna & Pea Quinoa Salad

1 serving

20 minutes

### Ingredients

1/4 cup Quinoa (uncooked)  
1/2 cup Water  
1/2 can Tuna (drained, broken into chunks)  
1/2 cup Frozen Peas (thawed)  
1 tbsp Pesto

### Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork.
- 2 Add the tuna, peas and pesto. Stir gently until well combined. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Drizzle with a splash of olive oil and/or cook the quinoa using broth.

**Additional Toppings:** Cherry tomatoes, cucumber, chopped spinach, mushrooms or zucchini.

**Make it Vegan:** Use chickpeas or lentils instead of tuna.

**No Quinoa:** Use pasta instead.



## Bacon & Heirloom Tomato Frittata

1 serving

30 minutes

### Ingredients

- 2 1/2 Egg
- 1 1/2 tsps Basil Leaves (chopped)
- 1/16 tsp Sea Salt
- 2 slices Organic Bacon (chopped)
- 1/3 cup Red Onion (thinly sliced)
- 1 Tomato (heirloom, sliced)

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
- 3 Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
- 4 Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
- 5 Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**More Flavor:** Add minced garlic and/or chili flakes.

**No Pork:** Use turkey bacon instead.



## Turmeric Chicken Strips

1 serving  
40 minutes

### Ingredients

1/4 cup Oats (rolled)  
1 1/2 tsps Turmeric  
Sea Salt & Black Pepper (to taste)  
113 grams Chicken Breast (cut into strips)  
1 1/2 tsps Extra Virgin Olive Oil

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 2 In a food processor blend the rolled oats, turmeric, sea salt and black pepper until a flour-like consistency forms.
- 3 In a separate bowl, toss the chicken strips in olive oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 4 Place the chicken strips on the parchment-lined baking sheet and cook for 30 minutes.
- 5 Remove and allow the strips to cool slightly. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is roughly three chicken strips.

**More Flavor:** Add curry powder to the oat mixture. Dip in your favorite dipping sauce.

**Serve it With:** Roasted vegetables, sweet potato fries, roasted potatoes, over a salad, or with rice.



## Buttery Broccolini

1 serving

10 minutes

### Ingredients

1/2 bunch Broccolini (trimmed and stems sliced)  
1/4 cup Water  
1 tbsp Butter  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 2 Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
- 3 Remove the broccolini from the pan, divide onto plates and enjoy!

### Notes

**More Flavour:** Add lemon juice, lemon zest, garlic and/or spices in step 2.

**Dairy-Free:** Use coconut oil, olive oil or avocado oil instead of butter.

**No Broccolini:** Use broccoli or rapini instead.

**Leftovers:** Refrigerate in an airtight container for 3 to 5 days.



## Chicken Thighs with Mushrooms

1 serving  
40 minutes

### Ingredients

113 grams Chicken Thighs (boneless, skinless)  
1/16 tsp Sea Salt  
1/8 tsp Coconut Oil  
3 1/2 White Button Mushrooms (quartered)  
1 1/2 tsps Shallot (diced)  
1/2 Garlic (cloves, minced)  
2 tbsps Organic Chicken Broth  
1 1/3 tbsps Organic Coconut Milk  
1/2 tsp Tarragon

### Directions

- 1 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 2 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 3 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Tarragon:** Use thyme instead.

**Serve it With:** Cauliflower rice.

**No Coconut Oil:** Use extra virgin olive oil or avocado oil instead.



## Steamed Green Beans

1 serving

10 minutes

### Ingredients

1 1/2 cups Green Beans (trimmed, fresh or frozen)

### Directions

- 1 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 2 Remove green beans with a slotted spoon and serve.

### Notes

**Use a Steamer Basket:** Add green beans to the steamer basket and set over a pot of boiling water. Cover and cook for about 5 minutes or until tender.

**More Flavour:** Toss the beans in butter, coconut oil or olive oil. Season with your favourite spices.

**Serve Them With:** Our Roasted Garlic Chicken Thighs and Roasted Sweet Potato Rounds.



## Red Curry Salmon & Veggie Foil Packets

1 serving  
30 minutes

### Ingredients

1 cup Bok Choy (baby, halved)  
1/2 Red Bell Pepper (sliced)  
113 grams Salmon Fillet  
2 tbsps Organic Coconut Milk (from the can)  
1 1/2 tsps Lime Juice  
1 1/2 tsps Thai Red Curry Paste  
Sea Salt & Black Pepper (optional)

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the bok choy, bell peppers and salmon fillets equally between the foil pieces.
- 3 In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste. Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer the packets to a baking sheet.
- 4 Bake for 20 to 25 minutes, or until fish flakes easily and is cooked through.
- 5 To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!

### Notes

**No Foil:** Use parchment paper instead.  
**Serve it With:** Enjoy on its own or with brown rice, quinoa or cauliflower rice.  
**Likes it Spicy:** Add extra curry paste, red pepper flakes or hot sauce.  
**More Flavor:** Add chopped basil or cilantro as a garnish.  
**No Salmon:** Use cod or haddock fillets instead.  
**Make it Vegan:** Use tofu instead of fish.  
**Leftovers:** Refrigerate in an airtight container for 2 days.