

3-DAY DIET PLAN

SUGAR BALANCE





SUGAR BALANCE

DAY 1

BREAKFAST

BANANA-STRAWBERRY SMOOTHIE BOWL

SERVES 1

2 bananas (frozen)

4-5 strawberries (frozen)

1/4 cup blueberries (frozen or fresh)

1/3 cup Alpro coconut drink

Toppings:

Fresh fruit (strawberries, blueberries, banana, kiwi)

Coconut flakes, unsweetened

Cereal, unsweetened

Goji berries

1. Combine all ingredients in a food processor and blend well until a viscous mixture has formed (if you prefer a more liquid texture just add more coconut drink than indicated).
2. Pour the smoothie into a bowl and add toppings to your taste!



SUGAR BALANCE

DAY 1

LUNCH

BUDDHA BOWL WITH TAHINI-LEMON DRESSING

SERVES 1

2 cups green lettuce leaves, cut

1 small sweet potato

1/3 cup broccoli florets

1 carrot

1/3 cucumber

4-5 cherry tomatoes

1/3 cup chickpeas (from a can)

2 red radishes

1-2 tbsp spring onions; cut into
small rings

For the dressing:

1-2 tbsp tahini

1 tbsp lemon juice, freshly squeezed

Water

Garlic powder

Black pepper

1. Steam the sweet potato and broccoli florets in a steam cooker until soft (alternatively, boiling both in water will also work). In the meantime cut the remaining vegetables and the lettuce into the desired size and shape. Place the cut lettuce leaves on the bottom of the bowl and add the other ingredients.
2. For the dressing, mix tahini and lemon juice in a small bowl until well blended. Now start adding water little by little until the sauce reaches the desired texture. Season the dressing with a dash of pepper and garlic powder and enjoy on your salad-vegetable bowl.



Sweet potato wedges:

Sweet potato wedges:

1 large sweet potato

1 tbsp olive oil

1/2 tsp garlic powder

1/2 tsp paprika powder

1 tbsp dried herbs (rosemary,
oregano)

1/4 tsp black pepper

Tomato salad:

10 cherry tomatoes

1/3 cucumber

1 tbsp fresh parsley, chopped

1 tbsp lemon juice, freshly
pressed

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DAY 1

DINNER

SWEET POTATO WEDGES WITH TOMATO SALAD

AND KETCHUP/MAYONNAISE DIP

SERVES 1

Ketchup:

500g tomatoes

1/4 cup apple vinegar

1 tsp maple syrup (or coconut sugar)

1/4 tsp cinnamon powder

1/4 tsp Himalayan salt

1/2 tbsp tomato puree

1 tbsp starch

Water

Mayonnaise (will yield 1 ¼ glasses):

1/2 block of silken tofu

2-3 tbsp grape seed oil (or canola oil)

2 tbsp lemon juice, freshly squeezed

1/4 tsp Himalayan salt

1 tsp mustard

¼ tsp garlic powder

Optional: ½ tsp maple syrup

1. Preheat the oven to 200°C. Peel the sweet potato and cut it into medium sized wedges.
2. Sprinkle oil and herbs over the wedges and massage them in using your hands.
3. Line a baking tray with parchment and spread the wedges out in a single layer. Bake for 25 to 30 minutes or until golden-brown (depending on the size of the wedges).
4. In the meantime cut the tomatoes and cucumber for the salad and sprinkle with parsley and lemon juice.
5. For the ketchup, cut the tomatoes into small cubes and – together with the remaining ingredients – bring to the boil. Let the mixture boil for 20 minutes at low heat then puree in a food processor until it reaches the desired texture.
6. For the mayonnaise, add all ingredients to a food processor and blend until the paste reaches the desired texture. Add more mustard, lemon juice and spices to taste and if desired.



SUGAR BALANCE

DAY 1

SNACKS

DATE-NUT ENERGY BALLS

SERVES 1 TO 2

10 Dates, pitted

2 tbsp Alpro soy drink light

1/2 tsp vanilla extract

3 tbsp shredded coconut

1 tbsp chopped almonds

1 tbsp chopped pecans

1 tbsp chopped walnuts

1. Puree the dates, soy drink light and vanilla extract in a food processor until they form a smooth paste.
2. Add the 2 tbsp shredded coconut and the remaining ingredients to the paste, mix and form small balls.
3. Roll the balls in the remaining coconut shreds and nuts. Refrigerated they will keep for up to one week!



SUGAR BALANCE

DAY 2

BREAKFAST

CHIA SEED BERRY JAM

YIELDS 1 GLASS

350g frozen (or fresh) berries

1 tbsp vanilla extract

4 tbs chia seeds

1 tbsp lemon juice, freshly
squeezed

2-3 tbsp maple syrup (alternati-
vely coconut sugar or
Stevia)

- 1 . Place the berries in a heated pan and add the lemon juice.
- 2 . Let boil for 5 to 10 minutes or until the berries are soft. Squash the berries with the back of a fork (or if you prefer smooth jam puree everything in a blender) and add the remaining ingredients.
- 3 . Take the pan off the heat and continue stirring for 1 or 2 minutes until everything is well incorporated.
- 4 . Let the finished jam cool all the way down. Refrigerated in a lidded glass container it will keep for 1 or 2 weeks.



SUGAR BALANCE

DAY 2

LUNCH

“ZOODLES” MIT AVOCADO PESTO

SERVES 1

2-3 medium-sized zucchini

1/3 avocado

1 tp olive oil

2-3 tbsp lemon juice (to taste)

Salt and pepper (to taste)

1-2 cloves of garlic

1/2 cup basil leaves

2 tbsp pine nuts

1/4 tsp Himalayan salt

Decorative topping: cherry
tomatoes

- 1 . Use a spiral slicer to make zucchini strings.
- 2 . Add the remaining ingredients to a food processor and blend until the desired texture is reached; then pour the desired amount of pesto onto the zoodles.
- 3 . Top with cherry tomatoes and spices.



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DAY 2

DINNER

CREAMY CAULIFLOWER- POTATO SOUP

SERVES 1 TO 2

1/2 head of cauliflower

2 medium-sized potatoes

1 small onion, white

2 medium-sized garlic cloves

1/4 cup cashews

1/4 cup Alpro rice cuisine

1 1/2 cups of water

2 TL Maille mustard à l'Ancienne

3/4 tsp Himalayan salt

1/4 tsp pepper

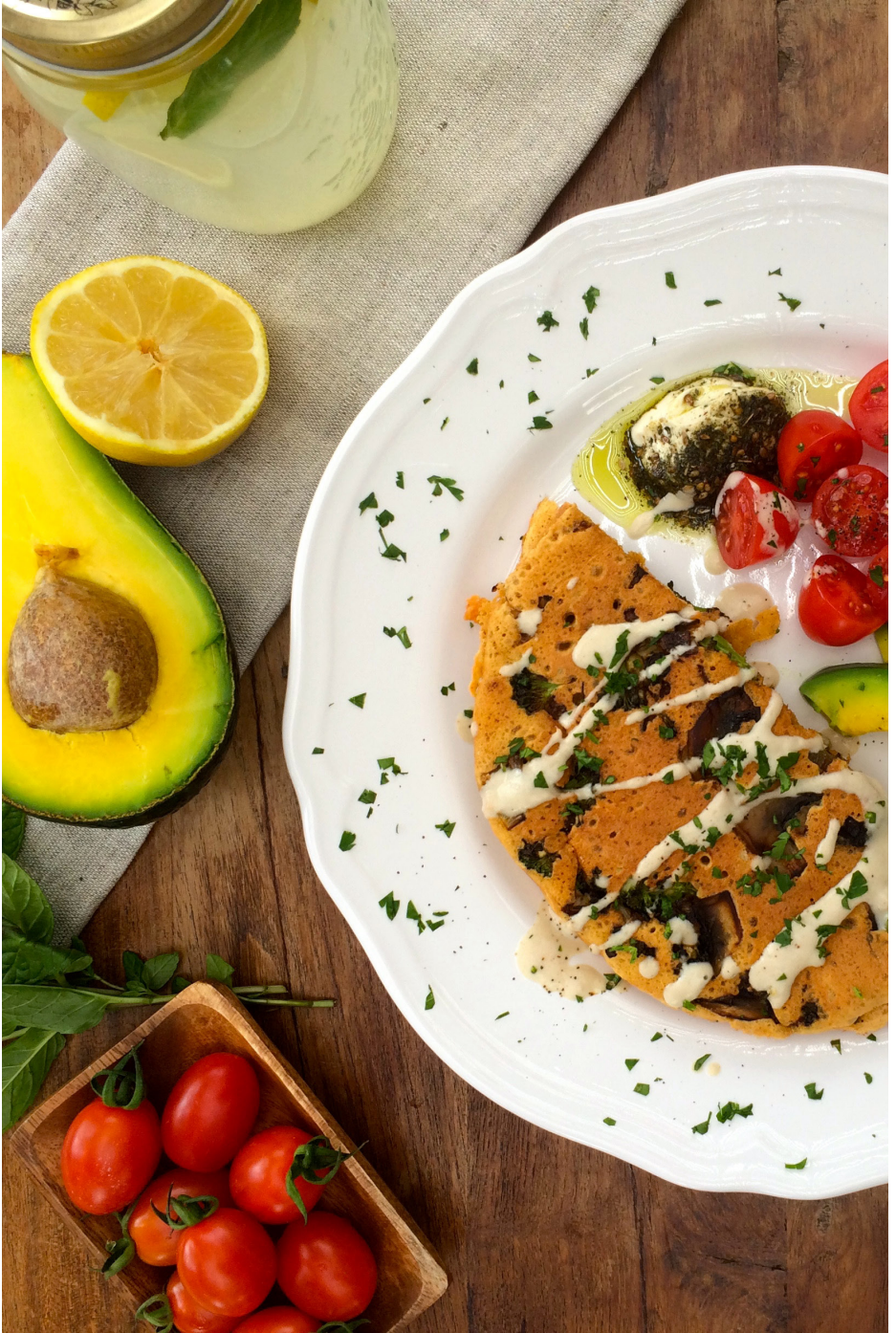
1 tbsp nutritional yeast

1/4 tsp paprika powder

2 tbsp lemon juice

Decorative toppings: parsley and
nutritional yeast

- 1 . In a pot with water, boil the cashews for 10 minutes on low heat.
- 2 . In the meantime peel and cut the potatoes, cut the cauliflower and let both steam in a steamer until soft.
- 3 . Place all ingredients in a food processor and blend until the desired texture is reached (you may want to add some water) then boil for 2 to 3 minutes in a pot on low heat.
- 4 . Top with parsley and nutritional yeast!



SUGAR BALANCE

DAY 3

BREAKFAST

LENTIL-VEGETABLE OMELETTE

SERVES 1

1/2 cup red lentil flour

2/3 cup Alpro almond drink, unsweetened

1/2 tsp baking powder

1/4 tsp Kala Namak (black Himalayan salt)

Black pepper, garlic powder, and paprika powder to taste

1/2 tsp grape seed oil

1/2 white onions

1/3 cup broccoli florets

1/3 cup slices mushrooms

Zum Garnieren:

Avocado, cherry tomatoes, tahini, parsley

1. In a bowl, add lentil flour, almond drink, baking powder, salt and spices and mix well.
2. Heat the oil in a pan and add onions, broccoli and mushrooms. Fry for 3 to 5 minutes then pour the lentil flour mixture onto the vegetables.
3. Fry from both sides until golden-brown and add toppings to taste!



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DAY 3

LUNCH

THAI SPRING ROLLS WITH PEANUT DIP

SERVES 1

4-5 sheets of rice paper

4-5 green lettuce leaves

1/3 cucumber

1-2 carrots

1/2 avocado

1/2 mango or papaya (optional)

2-3 red cabbage leaves

For the peanut dip:

1 tbsp peanut butter

2 tsp tamari sauce

1 garlic clove, chopped

¼ tsp Sriracha sauce

2-4 tbsp hot water (depending on
desired texture)

1. Cut the fruits and vegetables into pieces of approximately 5 to 6cm (~2").
2. In a large bowl or a deep plate soften one rice paper sheet after the other from both sides. Place the sheets on a board and add lettuce, vegetable and fruit strips to the centre.
3. Now fold one end of the rice paper onto the ingredients while also folding up the sides to form a closed roll. Continue rolling until you reach the end of the sheet pushing stray vegetable strips back inside the roll with your hands.
4. Put the finished roll aside and repeat for the other sheets with the remaining ingredients.
5. Once you're done, cut all rolls in half and place them onto a plate.
6. For the peanut dip, add all ingredients to a bowl and blend well until the sauce reaches the desired consistency.



SUGAR BALANCE

DAY 3

DINNER

CURCUMA-COCONUT CURRY

SERVES 2 TO 3

1 white onions, chopped

3-4 carrots, sliced

6 potatoes, cubed

8 mushrooms, cubed

3 tbsp red Thai curry paste (or more to taste)

2 tbsp curcuma powder

1-2 tbsp ginger, sliced

1 cup Alpro coconut drink

2 cans of coconut milk (full fat)

1/2 cup water with vegetable stock

2 tbsp lemon juice, freshly squeezed (alternatively lime juice)

Water for frying

Zum Garnieren:

Avocado, lime, cilantro

Servieren mit:

Brown rice

1. Cut the vegetables as indicated.
2. In a pre-heated pot, gently fry the red Thai curry paste and 2 tbsp of water. Add onions, mushrooms, ginger and curcuma plus another 3 to 4 tbsp of water.
3. Let fry/boil for 10 minutes then add coconut drink, full fat coconut milk and the water with vegetable stock.
4. Bring to a gentle boil then add potatoes and carrots and let simmer for 10 to 15 minutes (until the potatoes are soft).
5. Once the dish is done, add the lemon juice and serve with your favourite toppings on brown rice.



SUGAR BALANCE

DAY 3

SNACKS

WALNUT BROWNIE

SERVES 3 TO 4

1 can of kidney beans

1/2 cup of cocoa powder (unsweetened)

1 tsp vanilla extract

1/3 cup of coconut sugar

3 dates, pitted

1 tsp baking powder

2 flaxseed „eggs“ (mix 2 tbsp of broken flaxseeds with 3 tbsp of warm water)

1/3 cup of chopped walnuts

Pinch of Himalayan salt

1/4 cup melted coconut oil

2-3 tbsp vegan dark chocolate nibs (optional)

1. Drain the canned kidney beans into a sieve.
2. Add to a food processor with the other ingredients, except for the chocolate nibs, and blend until well incorporated.
3. Pre-heat the oven to 175°C and grease a brownie mould with coconut oil (or line with parchment).
4. Pour the brownie dough into the mould making sure it spreads well into the corners.
5. Add the chocolate nibs on top - if desired - and bake for 30 minutes.
6. Lift the finished brownies from the mould and let them cool slightly before cutting!



MASON

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