

Day eight



Replace grains in coconut curry with cooked beans and bean sprouts or zucchini noodles. Enjoy juice without stevia.

Day nine



Replace sweetener in smoothie with medjool date. Enjoy with no topping. Add protein powder to smoothie.

Day ten



Have an apple with 2 tablespoons of almond flax butter.

Day eleven



Add protein powder to smoothie. Enjoy chicken patties with steamed vegetable salad.

Day twelve



Replace millet in the soup with 1 cup cauliflower. Add with sweet potato and other ingredients and cook as indicated.

Day thirteen



Prepare the dressing for salad without honey. Enjoy the parfait with no cookies or molasses. Instead, process with a medjool date

Day fourteen



Prepare sweet potato rounds in the oven, 375 for 25 minutes. Top with hemp seeds and coconut oil. Enjoy pudding without sweetener.