

14-DAY SUGAR RESET

Reset your sugar cravings and get energized



GROKKER EXPERT AND REGISTERED
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Grokker

TABLE OF CONTENTS

Let's Get Started

Welcome and Tips for Success	3
About Author	4
Sugar IQ Quiz	5

Week 1

Breakfast Reset	7
Lunch Reset	9
Dinner Reset	11
Beverage Reset	13
Dessert Reset	14
Snack Reset	16

Week 2

Get Prepped	18
Staying the Course	19

Extras

Sneaky Sugar Guide	20
Shopping List	21
Recipes	22

WELCOME TO YOUR 14-DAY SUGAR RESET PROGRAM

“My goal over the next 14 days is to help you optimize your health. I’m confident that if you stick with this program, you’ll reset your sugar cravings, feel more energized and be on your way to building a healthy lifelong habit.” -Sue Mah

How the program works:

Week 1 is all about evaluating your current diet, meal by meal, in order to identify any trouble spots. You’ll learn to avoid common sugar mistakes and get some simple adjustments you can use right away.

Each day will build upon the last so that on Day 7, you’ll have the tools you need to successfully reduce added sugars in your diet every day. This is important because week 2 is where you’ll put everything you’ve learned into action for 7 days.

The result? A total sugar reset!

5 tips for success:

1. **Take the Sugar IQ quiz** at the beginning and end of the program to track your progress.
2. **Clean out your cupboards** before you start and stock up on healthy food. See page 14.
3. **Eat adequate protein and healthy fats** to keep you satisfied and full throughout the day, and to help alleviate any cravings.
4. **Start reading nutrition labels** more often and don’t fall for sneaky sugar traps. See page 13.
5. **Don’t switch** from added sugars **to sugar free junk** and artificial sweeteners.

AUTHOR

ABOUT SUE MAH, MHSC, RD, PHEC

As an award winning Registered Dietitian and daughter of a chef, Sue has a natural passion for delicious, wholesome food! She is Founder of Nutrition Solutions in Toronto Canada, specializing in creative nutrition communications. Known for her infectious energy, Sue has appeared in hundreds of media features. She is also Co-founder of two companies: Nutrition for NON-Nutritionists & Media Training Boot Camp. Sue offers nutrition training & media coaching, and teaches at Ryerson University.



SUGAR IQ QUIZ

Question #1:

How often do you read labels and ingredients lists to figure out how much sugar is in your food?

- ☐ a. Always
- ☐ b. Sometimes
- ☐ c. Often
- ☐ d. Never

Question #2:

How often do you eat desserts or snacks like cookies, pies, pastries, cakes, and ice cream?

- ☐ a. Only on special occasions
- ☐ b. 1-3 times a week
- ☐ c. Every day
- ☐ d. Multiple times a day

Question #3:

How often do you add sugars to your food when eating or cooking (e.g. sugar or honey in beverages, jam on toast, sugar on cereal, etc...)

- ☐ a. Rarely, once a month or less
- ☐ b. 1-3 times a week
- ☐ c. Every day
- ☐ d. Multiple times a day

Question #4:

How often do you drink soda, sports drinks or specialty coffee and tea beverages?

- ☐ a. Rarely, once a month or less
- ☐ b. 1-3 times a week
- ☐ c. Every day
- ☐ d. Multiple times a day

Question #5:

Do you crave sugary foods or feel like you have no willpower around them?

- ☐ a. Rarely
- ☐ b. Sometimes
- ☐ c. Often
- ☐ d. All the time!

Scoring: 50 points possible. Add your total points up based on the scale below to find your result. The score breakdown can be found on the next page.

- a. 10 points
- b. 6 points
- c. 4 points
- d. 2 points

Total points: _____

SCORE BREAKDOWN

40-50 score: You have a healthy relationship with sugar

Sugar has very little hold on you and it seems like you're in control of your intake. Well done! The 14-Day Sugar Reset will be a great tool for taking your nutrition knowledge and eating habits to the next level.

30-39 score: You're ready to take your wellness up a notch

Sounds like you have a pretty good relationship with sugar, well done! With a few healthy tweaks you can lower your added sugar intake and take your wellness to the next level. The 14-Day Sugar Reset is just what you need to stay on the right track.

20-29 points: You've got a fondness for sugar

It's a good time to take a look at your relationship with sugar and nutrition. The 14-Day Sugar Reset will be a good tool for helping you gradually decrease your intake of sugar and get on your way to building healthy habits.

Less than 20: You're a sugar fiend

Looks like you could be eating too much sugar. The good news is, you're in the right place! This 14-Day Sugar Reset is just what you need to jumpstart your journey to a healthier lifestyle.

BREAKFAST RESET

Day 1 is all about making improvements to the meal that is probably the trickiest culprit when it comes to added sugars; breakfast.

Many grab-and-go breakfast foods are nutrient-deficient; meaning they lack the essential fats, wholesome carbohydrates, and high quality proteins we need to feel our best. Starting today, opt for more nutritious, lower sugar breakfasts.

Foods To Avoid



Packaged
Cereal

20 grams
in 2 cups



Packaged
Smoothie

50 grams
per bottle



Specialty Coffee
Drinks

45 grams
for 12 ounces



Muffins / Baked
Goods

30 grams
of sugar

FOODS TO ENJOY



Oatmeal with Berries

10 grams per bowl



Eggs with Spinach and Avocado

5 grams of sugar



Homemade Smoothie

12-15 grams per serving

We'll be referring the amount of added sugars found in foods throughout the reset, so here's a good rule to remember when looking at a nutrition label:

4 grams of sugar is equivalent to 1 tsp of sugar

LUNCH RESET

Day 2 is about reducing added sugar at lunch. Think about your normal lunch routine. Are you usually sitting at your desk eating takeout while scanning emails? Or maybe you're grabbing a quick bite as you're driving to your next appointment? You're busy, maybe a bit stressed and low on time. It just seems so simple to just grab what's convenient and be on your way.

The trouble is, and you can probably guess what's coming, those easy, grab and go options are often packed with hidden sugars!

Foods To Avoid

Takeout Salads: Salads can easily be a healthy option but watch out for sugary toppings like dried cranberries and high calories dressings. Two tablespoons of "Lite" Honey Mustard Dressing has about 7 grams of sugar; almost 2 teaspoons. Read those labels!

Pasta: It's the sauces you have to look out for here. A cup of cooked pasta with 1 cup of a red tomato sauce can contain 10 grams of sugars or more.

Soup: While broth-based soups can be low in sugars, tomato-based soups will have added sugars to help cut the acidity.

Check the Nutrition Facts to see just how much sugar the soup contains.



LUNCH RESET

Foods To Enjoy

Packing your own lunch is by far the best route. This way, you can control what goes into the preparation.

[Homemade Salads](#): A salad with lean protein like chicken, fish or beans with lots of veggies. Add a couple of tablespoons of vinaigrette dressing when you're ready to eat. Make sure to check the sugar content of the salad dressing!

Bonus tip: [Make your own dressing](#) - it's easy and tastes great. I've included a simple vinaigrette recipe for you in the printable plan.

[Sandwiches](#): A sandwich can be a great option if you stick with whole grain bread and lots of fresh veggies like lettuce, tomatoes, cucumbers and avocados. Try cheese, tuna or egg salad for your protein.

[Leftovers](#): How about grilled salmon with brown rice and broccoli from last night's dinner? Or a chicken and veggie stir fry with noodles? Making a bigger portion and spending a little extra time packing everything up the night before will save you loads of time in the morning.

Your long term goal is to stick to under 10% of your daily calorie intake coming from added sugars. For the average adult that works out to about **12½ teaspoons -- or 50 grams -- of added sugars per day.**



DINNER RESET

Now that you're reducing your added sugars intake at breakfast and lunch, let's look at dinner. Dinner has some similarities to lunch when it comes to hidden sugars, but it of course comes with its own set of watch-outs...the biggest of those being not planning ahead.

Try your best to avoid frozen and pre-packaged foods like sweet and sour shrimp, which can pack 23 grams (6 teaspoons) of sugar per 1 cup.

With a bit of extra pre-planning you can easily throw together a healthy meal in under 20 minutes. Yes, it takes a bit more effort ahead of time, but your long term health will thank you.

5 meal planning tips for eliminating added sugars at dinner:

1. Find a place to save recipes so that you always have a go-to source for delicious, healthy recipes. Look at the recipes with your family and flag the ones you'd like to try.
2. Plan your dinners for the next 3 or 4 days. Include at least 2 veggies at every dinner. Plan to cook a little extra too for your lunches. Stick the menu on the fridge so that whoever gets home first can start getting dinner ready. When you have a plan, you'll be less likely to call for take-out or reach for convenience meals.
3. Cook seasonally. Think hearty soups and stews in the winter, more salads, fresh produce and grilled foods in the summer.
4. Shop purposefully. This means choosing a shopping day and creating a list of all the ingredients you need. Stick to your list to save time and money.
5. Prep food ahead of time. As soon as you get back from the grocery store, chop onions. Grate cheese. Wash and cut the veggies. Marinate meats. You get the idea! Now you have a head start on dinner!

FOODS TO ENJOY



Pasta With Veggies
and Protein

Grilled Salmon
And Veggies



Whole Grain Tacos With
Beans or Ground Turkey



Grokker is a great resource for healthy recipes!

BEVERAGE RESET

Great job so far! You've got the three main meals down, so now let's reset the beverages you drink every day. Kicking a soda habit can be tough, but it's worth it for the way you're going to feel in the long run.

Beverages To Avoid

1. Soda and slushies. An average can of regular soda contains about 10 teaspoons of sugar. The World Health Organization's recommended daily intake is 12½ teaspoons, or 50 grams, of free or added sugars per day. So drinking just one can of regular soda puts you close to your daily maximum.
2. Coffee and tea with added sugars. Let's say your go-to beverage is a white chocolate mocha with nonfat milk and no whipped cream. The 12 ounce size has 11 teaspoons (45 grams) of sugars! That's even more than a can of soda.
3. Energy drinks and vitamin waters. Check the labels. A small can of energy drink has about 11 grams or almost 3 teaspoons of sugar. And a full bottle of vitamin-enriched

water has 32 grams of sugars or 8 teaspoons.

4. Fruit juices and premade smoothies. Now these foods are more nutritious than diet soda, but they do also contain sugars. Take those green smoothies in the refrigerated section at the market, they can come in at 13 teaspoons of sugars (51 grams) per bottle. Yes, they're made with real ingredients but the natural sugars from the fruits or yogurt can add up quickly. Grab a piece of fresh fruit instead for less sugar, fewer calories and more fiber too.

Beverages To Enjoy

- Water. Jazz it up by adding berries, lemon, cucumbers or mint leaves
- Carbonated water
- Coffee and tea with a splash of milk

Thinking of switching to **diet soda**? Here's what you need to know; most artificial sweeteners like aspartame and sucralose are considered safe in moderation. However, drinking diet sodas on a regular basis can lead to some **health problems down the road**. Plus, they don't offer any nutrition. For the purpose of this reset, try to avoid both regular and diet soda until your 14 days are done.

DESSERT RESET

Today, we're talking about how to reduce added sugars in your desserts. Raise your hand if you ever felt guilty eating dessert. Well, the good news is that you CAN have delicious desserts without added sugars and without feeling guilty.

By this point, you're becoming a pro at reading nutrition labels. Instead of sharing what foods to avoid like cakes and ice cream, we'll share simple desserts you can enjoy during the reset and show you how to modify recipes so that they still taste great without too much sugar.

Foods to Enjoy

Fresh fruit is an obvious choice. It contains natural sugars but also important vitamins and fiber. Some of the lowest sugar containing fruits are blueberries, **blackberries, raspberries, strawberries, kiwi and cantaloupe**. They taste so great and are packed with nutrition too!

Apple slices with **unsweetened peanut butter**. So easy, so delicious and so good for you too!

Baked apples with cinnamon. All you need to do is peel and dice an apple.

Mix in about one teaspoon of butter or coconut oil and sprinkle with cinnamon. Toss it all into a baking dish and bake for 20-30 minutes at 350 degrees Fahrenheit or until the apples are soft.

And finally, chocolate. And not just any chocolate, but **DARK CHOCOLATE that has 70% or more cocoa solids**. It contains much less sugar than milk chocolate or white chocolate. It's a treat, so stick to a small piece. The idea is to retrain your tastebuds to enjoy foods with less sugars.

DAY 5 CONT.

4 tricks for creating reduced sugar desserts at home:

1. Experiment with your recipes. For most recipes (except bread), you can **cut out up to ⅓ of the sugar** without a noticeable difference.
2. Use **fruit and veggies to give recipes a natural sweetness**. Dried apricots, applesauce, dates, prunes, bananas and even beets work well in baked goods like cookies and muffins
3. Try **vanilla, almond, maple or orange extracts for their natural flavor**. If a recipe calls for any of these extracts, try doubling the amount.
4. Instead of adding sugar, add a hint of **cinnamon, nutmeg and cloves** - these are sweet-tasting spices with no added sugars.



For the purpose of resetting your cravings, **try cutting out traditional desserts** for the duration of the 14-day program. When a craving strikes, don't hesitate to reach for the healthier swaps above.

SNACK RESET

Welcome to day 6 of your sugar reset! Today, we're putting together many of the skills you've learned so far to reset added sugars at snack time.

Every person has a different style of eating. Some prefer small meals throughout the day while others skip snacking all together. There really is no right or wrong was as long as it works for you and your lifestyle.

3 snacking pitfalls to avoid:

1. Plan ahead. Sound familiar? We talked about this for dinner and the same rings true for snacks too. Plan your snacks the night before when you're cleaning up after dinner. If your office provides snacks, what will those look like? Are they usually healthy options or are they typically coffee, cookies and donuts? If possible, keep your own stash of healthy snacks at your workstation. That way, you'll be less tempted to dash to the vending machine for a quick fix.

2. Avoid processed, convenience snacks. A simple energy bar that may be promoted as "healthy" can easily contain over 5 teaspoons of sugar. Use your smart shopping sense to read those labels and ingredient lists.

3. Don't drink your calories. It's so easy to go over the recommended 12.5 teaspoons of sugar per day in just one drink.



SNACK RESET

Healthy snacking tips:

1. **Fresh cut vegetables** are always great especially since most of us aren't eating enough veggies every day. Slice up some carrots, celery, peppers, cucumbers or whatever you like and pair it with a source of protein like hummus, a hard boiled egg or a couple of slices of cheese.
2. **Fresh fruit** is another excellent snack. Grab some fresh raspberries or a pear; they're among the top fruits with the highest amount of fiber. Or, dice your favourite fruit and stir it into plain Greek yogurt.

3. **Nuts and seeds** are another healthy snack that you can easily keep at your desk, work station, in your bag or even in your car. Watch the portion size and stick to about ¼ cup or a small palm-sized serving. Team up plain nuts with cheese for another great snack with no added sugars.
4. How about **tuna and crackers**? The protein will keep you feeling fueled to get you through your day.



Get creative and have fun with your snacks and remember to aim for a source of protein. Easy sources of **protein** include **eggs, greek yogurt, tuna, and lentils.**

GET PREPPED

Day 7! How are you feeling? You're now avoiding added sugars throughout the day from breakfast to beverages and snacks.

Today is all about getting you prepared for Week 2 of your Reset. Your goal is to cut out added sugars to the best of your ability at each meal, including beverages and snacks for the duration of the program. Week two is an amazing opportunity to keep putting all you've learned into action for a full 7 days, resulting in a total reset.

5 tips for an awesome Week 2:

1. Plan ahead. Write out your menu for the next few days or week. Think about your breakfasts, lunches, dinners and snacks. Make your grocery list and plan to do some food prep ahead of time.

2. Eat mindfully. Tune in to how you're feeling when you eat. Are you upset, angry, lonely or sad? Pay attention to how your food looks, smells and tastes. Slow down your eating and savor each bite! When we eat mindlessly, we end up eating more calories and more sugars.

3. Be kind to yourself. If you slip up along the way, it's ok. You're investing in your health and while we want you to continue dedicating yourself to this program, remember that in the long run it's all about moderation. If you've had a setback, be resilient and keep going instead of giving up. Every positive choice

you make is a step in the right direction. If you need help staying motivated, utilize the Grokker community or reach out to your friends and family for support.

4. Stay hydrated. Sometimes we think we're hungry, but in reality, we're just thirsty. Get enough fluids every day from water, healthy beverage options, fruits and veggies. This will also help you reduce cravings.

5. Find a buddy. The buddy system is a great way to keep accountable. If you know someone who is also interested in eating better, invite them to join you for Week 2 and teach them the rules for success. Sharing what you've learned during this first week is a great way to drive your knowledge home.

Have a fantastic Week 2!

Remember that some foods like honey, maple syrup and fruit juices don't have added sugars but are still high in sugar. Foods like honey and maple syrup are called free sugars and should be used in moderation.

STAYING THE COURSE

How is Week 2 coming? If at any point during the next 7 days you find yourself lacking motivation, come back to this page for some inspiration.

- **Try a healthy mocktail!** Choose a base like bubbly mineral water, add some whole fruits like frozen pineapple or blueberries, then top it off with some garnish like citrus peel or mint.
- **Don't let a cheat meal turn into a cheat weekend.** If you slip up on the reset, don't just call it a day. Enjoy that meal and get back to your healthy routine.
- **Eat slowly.** It takes ~20 minutes for your brain to signal your stomach that it's full, so take your time. Slow down and enjoy your food.
- **Keep moving!** Regular physical activity is key for maintaining a healthy lifestyle. Check out Grokker's selection for inspiration!
- **Find your tribe.** If you're struggling with staying on course, surround yourself with people who will help shape the lifestyle you want.
- And remember, you've got this!



SNEAKY SUGARS GUIDE

Added sugars lurk everywhere. Health food stores are stocked with treats that look healthy and come in cute wrappers, which lead us to think the food inside must be good for us — or at least better for us than the bag of Oreos we used to buy.

Here is a list of some of the most common Sneaky Sugars to look out for when shopping. Take this guide with you to the store as a resource!

Agave nectar	Corn syrup	Fruit juice concentrate	Maltose
Barley malt	Corn-syrup solids	Fructose	Maple syrup
Beet sugar	Crystalline fructose	Galactose	Muscovado
Blackstrap molasses	Date sugar	Glucose	Palm sugar
Brown rice syrup	Dehydrated cane juice	Golden syrup	Refiner's syrup
Brown sugar	Dextrin	Gum syrup	Simple syrup
Cane sugar	Dextrose	High-fructose corn syrup	Sorghum syrup
Caramel	Dried oat syrup	Honey	Sucanat
Carob syrup	Evaporated cane juice crystals	Inverted sugar	Sucrose
Coconut palm sugar	Evaporated cane juice	Lactose	Treacle
Corn sweetener		Malt syrup	Turbinado
		Maltodextrin	Xylose



SHOPPING LIST

If you're feeling a bit lost walking the grocery store aisles during the Reset, use this handy shopping guide filled with nutritious and healthy items.

Protein

- ☐ Lean ground beef
- ☐ Lean cuts of steak like sirloin, top round roast, bottom round roast, and top sirloin
- ☐ Chicken - whole, breasts, thighs or ground
- ☐ Ground turkey
- ☐ Pork - ground, chops
- ☐ Lamb
- ☐ Salmon
- ☐ Shrimp
- ☐ Scallops
- ☐ Other seafood - octopus, shellfish
- ☐ Deli meat
- ☐ Firm tofu
- ☐ Tempeh
- ☐ Lentils
- ☐ Beans
- ☐ Eggs
- ☐ _____
- ☐ _____

Beverages

- ☐ Coffee
- ☐ Tea
- ☐ Sparkling water
- ☐ Seltzer water
- ☐ Naturally flavored water
- ☐ _____
- ☐ _____

Produce

- ☐ Onions
- ☐ 3-5 in-season fruits see seasonal produce guide below
- ☐ 3-5 in-season vegetables including at least one leafy green like spinach, kale or arugula
- ☐ Lemons and/or limes
- ☐ _____
- ☐ _____

Dairy

- ☐ Plain Greek yogurt
- ☐ Cottage cheese
- ☐ Parmesan cheese
- ☐ Low fat milk
- ☐ _____
- ☐ _____

Spices/Seasonings

- ☐ Kosher or sea salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Crushed red pepper
- ☐ Rosemary
- ☐ Thyme
- ☐ Turmeric
- ☐ _____
- ☐ _____

Pantry

- ☐ Chicken, beef or vegetable broth
- ☐ Canned tuna
- ☐ Canned salmon
- ☐ Dried fruit
- ☐ Mustard
- ☐ Old fashioned oats
- ☐ Pasta
- ☐ Quinoa
- ☐ Brown rice
- ☐ Whole grain bread
- ☐ Whole wheat tortillas
- ☐ Low sodium soy sauce
- ☐ Balsamic vinaigrette salad dressing
- ☐ Red wine or apple cider vinegar
- ☐ Extra-virgin olive oil
- ☐ Tomatoes (diced or crushed)
- ☐ Low sodium beans
- ☐ Low sodium soup
- ☐ _____
- ☐ _____

BREAKFAST

Berry Smoothie

Ingredients

¼ cup raspberries
¼ banana
¼ cup unsweetened
Greek yogurt
½ cup unsweetened
almond milk
1 teaspoon flax seeds or
chia seeds
1 tablespoon almond
butter (optional)

Directions

Blend all ingredients
together and enjoy.



Eggs with Greens

Ingredients

½ cup spinach
2-3 eggs
¼ -½ fresh avocado
1 slice whole grain
bread

Directions

Add ½ tsp olive oil
or butter to a warm
frying pan. Add the
spinach and saute for
30 seconds until wilted.
Add the eggs to the
pan along with the

spinach - scrambled
or fried, your choice.
Cook until desired
consistency and add
salt and pepper if
preferred. Top with the
avocado and enjoy with
a piece of low sugar
whole grain toast.

LUNCH

Chopped Greek Salad (serves 4)

Ingredients

- 1 cup of quartered sliced cucumber
- 1/2 can of chickpeas drained and rinsed
- 1/2 cup of finely diced red or yellow bell pepper
- 1/2 cup of halved cherry tomatoes
- 1/4 cup halved kalamata olives
- 1/4 cup crumbled feta cheese
- Minced red onion to taste
- Chopped parsley to taste

Directions

Place the cucumbers, chickpeas, bell pepper, cherry tomatoes, olives and onion in a large bowl, stir to combine.

Add dressing to taste and toss to coat. Stir in parsley. Sprinkle the feta cheese over the top and serve. See below for dressing recipe.

Sue's Vinaigrette

Ingredients

- 1/4 cup olive oil
- 1 teaspoon dijon mustard
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon dried oregano
- salt and pepper to taste

Directions

Combine all of the ingredients in a jar and shake vigorously to combine. Store in the refrigerator for up to one week.



LUNCH CONT.

Healthy Egg Salad (3 servings)

Ingredients

- 4 hard boiled eggs — plus 2 hard cooked egg whites (save the extra yolks for another use or discard) 3/4 cup diced celery — about 3 medium stalks
- 1/4 cup plain Greek yogurt
- 1 teaspoon dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 tablespoon chopped dried dill (or 1 tablespoon fresh)

Directions

Peel the eggs and cut into a rough dice. Place in a large mixing bowl, then add the celery, Greek yogurt, mustard, salt, pepper, and dill. Stir to combine.

Serve egg salad on toasted bread with tomatoes and arugula, or enjoy atop greens for a healthy salad.



DINNER

Chicken Feta Pasta (serves 4-6)

Substitute garbanzo beans, lentils, or tofu for the chicken if you're vegetarian.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 1/2 pounds boneless skinless breasts, halved
- 1 teaspoon kosher salt — divided
- 1/4 teaspoon ground black pepper
- 2, 14.5 ounce cans diced tomatoes
- 2 cups water
- 1 pound fettuccine pasta
- 4 ounces feta cheese
- Finely chopped fresh basil (optional)

Directions

1. In a large pot with a lid, heat the olive oil over high for 1 minute, then add the chicken breast halves. Sprinkle with salt and pepper. Cook the chicken on one side for ~5 minutes, moving it around in

the pan a little to prevent sticking. Lower the heat as needed if the chicken seems to be cooking too quickly. Flip, sprinkle with salt, then cook for 5 additional minutes, until the chicken is cooked through.

2. Add the diced tomatoes and water. Stir in the pasta and cook, uncovered, for 5 minutes. Cover and let cook an additional 10 minutes.
3. Remove the lid, stir, then add three-quarters of the feta. Stir once more, then let cook uncovered for 5 additional minutes. Serve warm, sprinkled with the remaining feta cheese and fresh basil.



DINNER CONT.

Healthy Broccoli Beef

Ingredients

For the beef

- 8 ounces beef flank steak
- 2 tsp soy sauce
- 1 tsp cornstarch
- 1 tsp vegetable oil

For the sauce

- ⅓ cup water
- 2 tbsp Chinese rice wine or dry sherry
- 1 tbsp soy sauce or black bean garlic sauce
- 2 tsp cornstarch
- 1 tsp sugar

For the stir fry

- 12-16 ounces broccoli
- 3 tbsp vegetable oil
- ¼ tsp salt
- ¾ cup water, or as needed
- 1 tbsp minced garlic (optional if using black bean sauce)
- 1 tbsp minced fresh ginger

Directions

1. Thinly slice the beef across the grain into strips about 1-inch wide and 3-inches long. In a bowl, combine the soy sauce, cornstarch, and oil. Mix in the beef.
2. To make the sauce, mix the water, wine, soy sauce, cornstarch, and sugar in a small bowl.
3. Cut broccoli stems and florets into 2-3 inch lengths. Cut sections lengthwise to make stem pieces roughly ¼ inch thick and ½ inch wide, florets may be slightly wider. You will have 4-5 cups of pieces.
4. Set a 14-inch wok or frying pan over high heat. When the pan is hot, add 1 tablespoon oil and rotate the pan to spread oil. Add the broccoli and salt; stir-fry to coat pieces with oil. Add the water and cover and cook, until the broccoli is tender-crisp and bright green, 3- 4 minutes. Transfer the broccoli to your serving dish.
5. Drain off excess water or boil away over high heat. When the pan is dry, add 2 tablespoons of oil and rotate the pan to spread the oil. Add the garlic, ginger, and beef mixture; stir fry until beef is browned, 2-3 minutes. Stir the sauce mixture and add to the pan. Stir fry until sauce boils, about 30 seconds. Stir broccoli into meat mixture and pour into a serving dish