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10-Day Sugar Detox

reduce cravings and control blood sugar for better energy and weight

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Chapter 1

Why a Sugar Detox?

Since our environment is flooded with foods containing added sugars and we are genetically predisposed to crave sweet foods, a sugar detox can help you break the pattern and get you back on track.

The average American consumes 100 pounds of sugar per year, which is 25 times more than the average consumption of early colonists to America. The USDA recommends 10 teaspoons of added sugar per day and yet most people consume 30 teaspoons or more. The extra sugar is primarily coming from sweetened beverages, including fruit juice, sodas, coffee drinks, teas, and lemonade. Sugar in liquid form has a more dramatic impact on blood sugar causing a sharp increase and fall leading to the desire to consume more sugar. In addition to sweetened beverages, sugar is added to most processed foods.

Overconsumption of sugar has been linked to deadly diseases including diabetes, cardiovascular disease, liver disease, arthritis and autoimmune diseases. In many instances these diseases are preventable by eating whole foods; whole grains, vegetables, meats, and dairy.

There is more and more research proving sugar as an addictive substance including studies at Yale and Princeton Universities. Studies show sugar as addictive as drugs like cocaine or heroin. Signs of addiction include; inability to control portions and amounts consumed in one sitting, the need for continued willpower to avoid it, and a constant craving for sugar despite negative feedback. People who give up sugar will often experience symptoms of withdrawal including headaches, mood swings, cravings, and fatigue.

If you experience any of these effects from consuming or giving up sugar, you are not alone. Humans evolved to crave sweet things to stay alive; in these times of food availability we are battling our genetic make-up and the food industries exploitation of our natural desire for sweets.

As to the quantity of added sugar that should be consumed each day, a good goal is 6 1/2 teaspoons for women and 9 1/2 for men, not counting naturally occurring sugars in fruit, milk, and plain yogurt. If you are looking at a nutrition label the number of grams next to sugars is added sugars, unless the item is milk, yogurt, or fruit. To figure out how many teaspoons, just divide the number of grams by four to get the number of teaspoons. Plain yogurt usually has 10 grams of naturally occurring sugars. If you buy a yogurt with added sugar, deduct 10 from the grams of sugar and then divide this number by 4 to get the number of teaspoons of added sugar. There are many common foods with added sugars including most processed foods. Take a look at food labels and avoid foods with sugar in the ingredients label, including the following:

Sugar by another name:

- Agave Nectar
- Brown Rice Syrup
- Date Sugar
- Honey
- Maple Syrup
- Molasses
- Vegetable Glycerin
- Fruit Juice
- Disaccharides
- Corn Syrup or High Fructose Corn Syrup
- Dextrose
- Glucose
- Lactose
- Fructose
- Sucrose

Sugar tips:

- Rule of thumb: no more than 5 g per serving
- Use fruit to sweeten most of the time
- Indulge in something delicious using real sugar every once in a while
- Sugar detox once every 3 months
- Use homemade stocks from bones or seaweeds daily

Basic Bone Broth:

Bones of whole chicken, large beef bone from roast or large bone from pork roast; after the meat has been roasted and the meat removed; from local free-range raised sources.

4 quarts cold water
2 Tbsp. vinegar
1 large onion, chopped
2 carrots, chopped
3 celery sticks, chopped
1 bunch parsley
1 bunch thyme
6 whole peppercorns

Place bones, water, vinegar and all vegetables except fresh herbs in a stainless steel pot. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6-24 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add the fresh herbs. This will add minerals to the broth. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

Basic Seaweed Stock:

3 oz. container of dried sea weed (wakame, arame, dulse, any variety)
4 quarts cold water
Soak the seaweed in the water for 30 minutes, bring to a simmer, cover and heat for 2 hours.

Chapter 2

3-Day No Sugar Menu

3 days of no sugar to break the sugar addiction

By taking a break from sugar completely, you are resetting your taste buds, brain, and body. You will experience reduced sugar cravings, decreased appetite, and consistent energy.

Since you won't be taking in sugar you will need to get your energy from fats and proteins. I have created a well-balanced menu that provides tons of nutrition and energy from high quality protein and fat sources.

3-Day No Sugar Menu Plan

Breakfast

- **Eggvocado**
- **Yogurt parfait**
- **Tofu and Quinoa scramble**

Lunch

- **Mushroom and Kale burger**
- **Beef Stew**
- **Grilled Chicken Salad**

Dinner

- **Slow Roasted Beef**
- **Moroccan chicken thighs**
- **Asian salmon in parchment**

Snacks

- **Nuts**
- **Cheese**
- **Avocado**
- **Deviled Eggs**

Chapter 3

7-Day Moderate Sugar Menu

During this stage of the detox, you are adding in some simple carbohydrates in the forms of fruits and vegetables. The fiber and nutrients in the food, slows the sugar entering the bloodstream so does not have the negative side effects of sugar sweetened foods. After 3 days without any sugar, your taste buds have adjusted and the sweetness of the natural sugars in the food will seem more intense, fulfilling your desire for the sweetness.

7-Day Menu Plan

Breakfast

- **Bacon and Ezekial bread with Almond Butter**
- **Poached Eggs over Spinach and Onions**
- **Greek Yogurt Parfait #2**
- **Miso Soup**
- **Hardboiled Egg and Apple slices with Peanut Butter**
- **Fried Ham and Delicata Squash**
- **Turkey-Potato Hash**

Lunch

- **Tuna Nicoise salad**
- **Mushroom Soup**
- **Thai Chicken**
- **Ham and Bean Soup**
- **Greek Style Tempeh veggie burger**
- **Salmon and Kale salad**
- **Grilled Chicken with cranberry horseradish sauce**

Dinner

- **Black Bean and Beef Meatloaf**
- **Baked Haddock**
- **Lamb Meatballs**
- **Salmon patties**
- **Ground Turkey and Lentil Stew**
- **Pecan encrusted Chicken breasts with Dijon cream**
- **Friday Night Dinner**

Snacks

- **Avocado**
- **High quality hard salami or sausage**
- **Cheese**
- **Hummus with veggies**
- **Kale chips**
- **Nuts and Seeds**

Chapter 4

3-Day No Sugar Recipes

Breakfast

Eggvocado

Serves 2

Ingredients:

2 eggs	Fresh thyme, ground pepper, salt or any herb to taste
1 avocado	
1 tsp grated parmesan cheese	

Preheat oven to 375°. Cut avocado in half and remove pit. Hollow out the avocado a little bit more to make room for the egg. Place avocado halves in shallow pan or aluminum foil bowl. Break egg into the hole. Sprinkle cheese and seasonings on top. Place in oven for 15 minutes or until desired tenderness of egg.

Greek Yogurt Parfait

Serves 2

¾ cup whole milk Greek yogurt	2 Tbsp. chopped pecans
2 Tbsp. coconut flakes unsweetened	1 Tbsp. coconut oil, melted

Layer the yogurt with the coconut flakes and pecans and drizzle the coconut oil on top.

Tofu and Quinoa Scramble

Serves 2

½ package tofu, extra firm, left out overnight to dehydrate	1 scallion
1 cup cooked quinoa	4 shitake mushrooms sliced
3 cups baby spinach	2 tsp. curry paste, green or yellow

Cut tofu into small squares. Put 1 tsp. olive oil in pan and heat to medium. Cook scallion and mushrooms for 5 minutes, remove from pan. Add tofu and let cook without stirring for 10 minutes to get a nice brown crust on the tofu. Add the scallion and mushroom back to the pan along with the quinoa and spinach let cook until the spinach is wilted and everything is heated through. Toss in the curry paste before serving.

Lunch

Mushroom and Kale burger

Serves 2

½ lb. ground beef, local and organic if possible
½ white onion, finely diced
1 cup baby kale, chopped

4 white button mushrooms, diced
1 clove garlic, minced
½ tsp. creole seasoning or other season salt
1 egg, lightly beaten

Mix all ingredients together and divide into two patties. Grill or pan fry to medium or desired doneness.

Beef Stew

Serves 2

½ lb. stew beef
1 Tbsp. unbleached flour
1 tsp. fresh thyme
1 tsp. ground pepper
1 tsp. turmeric
1 lb. carrots, washed and cut into 1 inch pieces

1 white onion, diced
1 lb. white potatoes, quartered
1 turnip, diced
1 bell pepper, diced
1 cup coffee
2 clove garlic, minced
2 cups beef stock

Preheat the oven to 325°. Toss the beef in flour with thyme, pepper and turmeric. Heat 2 Tbsp. olive oil in Dutch oven. Add beef and brown on all sides, remove and drain on paper towels. Add onion and cook for 3 minutes. Add vegetables, Stir in stock and coffee. Return beef to pan and stir well. Cover and cook in the oven for 1 ½ hours. Check tenderness and return for another half hour if necessary.

Grilled Chicken Salad

Serves 2

1 chicken breast
1 lemon, juiced and zested
1 tsp. ground pepper
½ tsp. salt
1 tsp. garlic powder
1 tsp. olive oil

5 red grapes, cut in half
1 oz blue cheese, crumbled
2 cups spring mix
1 tomato, diced
1 carrot, diced

Mix lemon juice, pepper, salt, garlic powder and olive oil together. Pour over chicken breast and marinate for 30-45 minutes. Grill for 7 minutes on each side. Let cool, chop chicken into small pieces. Toss with grapes and blue cheese. Portion onto spring mix with tomato and carrots.

Dinner

Slow Roasted Beef

Serves 2

1 lb. sirloin steak

1-2 cloves garlic

1 cup red wine

1 large box organic baby spinach

Sear the steak in pan with high sides (at least 3 inches) and tight fitting lid. Caramelize both sides, add garlic and brown, add red wine and scrape the bottom of any food bits. Cover, braise on low for 30 minutes. Add the box of baby spinach and let it wilt. Slice the meat thinly and serve over the spinach with a little wine sauce, salt and pepper to taste.

Moroccan Chicken Thighs

Serves 2

½ lb. boneless chicken thighs

1 – 14 oz. can garbanzo beans

10 large green olives

1 tsp. turmeric

1 clove garlic

1 lemon, juiced

Put all of the ingredients except the lemon juice in a crock pot on low first thing in the morning. Before serving sprinkle the juice of the lemon over the dish.

Asian Salmon in Parchment

Serves 2

2 8 oz. salmon filets

1 tsp. freshly grated ginger

1 clove garlic minced

1 tsp. soy sauce

1 scallion minced

Parchment paper

Cut a piece of parchment paper in a circle slightly larger than a pie plate. Place salmon and all of the other ingredients on 1 half of the paper. Fold the other half over and create a sealed pouch by folding the edges of the paper. Bake in a 350° oven for 30 minutes.

Chapter 5

7-Day Moderate Sugar Recipes

Breakfast

Bacon and Ezekial bread with almond butter

Serves 2

1 lb bacon, local or organic if available	3 Tbsp. almond butter
2 slices Ezekial bread, toasted	1 Tbsp. coconut oil

Preheat oven to 400°. Prepare cookie sheet with aluminum foil and arrange the bacon in slices on it. Bake in oven for 20-25 minutes until desired crispiness is achieved. Toast Ezekial bread, spread with coconut oil and then almond butter. Each person gets 3 slices of bacon and one piece of toast with almond butter. Reserve the rest of the bacon for recipes in the future

Poached Eggs over spinach and onions

Serves 2

1 tbsp. extra-virgin olive oil, plus more to garnish	½ cup water
2 tsp. minced garlic	4 eggs, organic or free-range if available
½ cup sliced red onion or sweet Spanish white	1 slice cooked bacon, crumbled (optional)
4 cups baby spinach	1 fresh tomato, diced
	1 ½ tsp. chopped fresh herbs of your choice
	Salt and pepper to taste

Heat a medium sauté pan to medium temperature and add the oil. When the oil begins to shimmer, add the garlic and onions, sauté about 6 minutes or until onions begin to brown. Place spinach on top of the onions and arrange to make four indentations or wells. Crack one egg into each well and sprinkle with the herbs and salt, then add the water. Increase heat to medium-high and cover to create steam. Cook until eggs reach your desired doneness, 2-4 minutes. Crumble bacon on top and add diced tomato. Add salt and pepper to taste and splash a little more olive oil on top.

Greek Yogurt Parfait #2

Serves 2

¾ cup whole milk Greek yogurt
2 Tbsp. crushed pecans
1 Tbsp. chia seeds

1-2 tsp. cocoa powder, to taste
½ cup banana sauce (recipe follows)

Layer the yogurt with the other ingredients.

Banana sauce

Makes about 2 cups

1 tsp. butter
4 large ripe bananas
2 tsp. cinnamon

¼ cup water
½ tsp. almond flavoring

Heat butter in sauté pan to medium-high heat. Peel bananas and slice in half lengthwise and then in thirds. Place bananas in hot oil and sprinkle with cinnamon. Sauté for 1 minute on each side, then add water and almond flavor. Stir gently to combine. Simmer until desired consistency is reached and bananas are warmed through, about 2-3 minutes

Miso Soup

Serves 2

3 cups seaweed, vegetable stock or water
1 Tbsp. wakame seaweed
1 cup baby kale
½ cup grated carrot

½ pound firm tofu, rinsed and cubed
1 Tbsp. miso paste
2 scallions, chopped

Heat stock or water in a medium pan and bring to a boil. Add vegetables and tofu but not the miso or scallion. Simmer for 5 minutes on low heat.

Put miso in a small bowl and add ½ cup of the stock, gently stir miso until it incorporates. Add miso back into the soup and stir to combine. Serve garnished with scallions.

Note: do not boil miso, this will destroy the beneficial enzymes.

Hardboiled Eggs and Apple Slices with Peanut Butter

Serves 2

2 large eggs, organic or local if available
1 large green apple

2 Tbsp. peanut butter

Put eggs in pan with water covering them. Bring to a boil, boil for 5 minutes. This amount of time leaves the yolks a little soft in the middle so they aren't dry (not good for deviled eggs but perfect for this application) Remove from heat and submerge in ice cold water until cooled, this will aid in peeling the eggs. Peel and cut into quarters, salt and pepper to taste.

Fried ham and delicata squash

Serves 2

2 slices ham, ½" thick

1 delicata squash, sliced ½ " thick

Bake the delicata squash in a 375° oven for 45 minutes. Fry ham in pan until browned.

Turkey-Potato Hash

Serves 2

¼ lb. ground turkey, local and organic
(lower fat content)

1 cup diced sweet potatoes

1 cup diced beets

2 Tbsp. extra-virgin olive oil

½ cup diced red onion

Optional whole milk Greek yogurt on top with fresh cilantro

1 15 oz can black beans, drained and rinsed

¼ cup fresh or frozen corn kernels

1 ½ tsp. ground cumin

1 tsp. chili powder

1 tsp. paprika

Steam the potatoes and beets over boiling water for 8-10 minutes until tender but not mushy. Heat a large sauté pan to medium and add oil. When the oil shimmers, add onions and sauté for 3-4 minutes. Add cumin, chili powder, and paprika and sauté until spices release their aromas, about 1 minute.

Add the potatoes and let brown on all sides. Add corn and black beans, stir gently. Season with salt and pepper to taste and continue to stir until heated through. Garnish with yogurt and cilantro if desired

Lunch

Tuna Nicoise Salad

Serves 2

4 small Yukon gold potatoes, boiled to
tender

½ lb. green beans, steamed

1 can tuna, drained

2 tsp. olive oil

1 tsp. capers

½ tsp. ground pepper

½ jar roasted red pepper, sliced

1 hardboiled egg, sliced

4 cups spring mix, organic

Mix together tuna, olive oil, capers and pepper. Arrange everything on the spring mix.

Mushroom Soup

Serves 2

2 lbs mushroom, variety rinsed and sliced	1 white onion, finely diced
1 Tbsp. fresh rosemary, chopped	2 cups beef stock
1 tsp. salt	1 cup Greek yogurt
1 clove garlic, minced	Fresh parsley chopped
1 Tbsp. olive oil	

Mix olive oil, rosemary, salt, and garlic together, set aside to let the flavors infuse into the oil. Put ½ Tbsp. of just the oil into a medium pan and heat to medium, add onion and sauté to translucent. Add mushrooms and cook for 3 minutes. Add the rest of the oil with the herbs and cook for 1 minute. Add the beef stock. Simmer for 20 minutes. Before serving stir in the Greek yogurt and sprinkle with the fresh parsley.

Thai Chicken

Serves 2

½ lb. chicken thighs	2 stalks celery, chopped
1 sweet potato, peeled and diced	½ can yellow curry paste
1 small white onion, diced	1 15 oz. can coconut milk
1 turnip, diced	

Combine all ingredients in a crockpot and stir together. Set on high for 4 hours or low for 6 hours. The chicken should be tender and pull apart easily.

Ham and Bean Soup

Serves 2

4 oz. ham (from the night before), diced	½ tsp. fresh thyme
1 can white beans	1 tsp. fresh parsley
1 carrot, diced	Pinch of salt and pepper
1 stalk celery, diced	1 tsp. olive oil

Heat olive oil in a shallow pan. Sauté celery and carrot until tender. Add Ham and beans and simmer for 15 minutes (add broth or water if thinning is needed). Add seasoning to taste.

Greek Style Tempeh veggie burger

Serves 2

1 Block Tempeh	1 ½ Tbsp. each: fresh rosemary, sage, and thyme, finely chopped
1 small red onion	½ cup diced Kalamata olives
2-3 cloves garlic, minced	1 oz. feta cheese crumbled
Flax 'egg': 1 Tbsp. ground flax seed mixed with 3 Tbsp. warm water, set aside for at least 15 minutes	Squeeze of lemon juice
1 tps. Lemon zest	Salt and pepper to taste

Preheat your oven to 400°

Begin by browning the onions, but without the use of oil. Cover the bottom of a frying pan with some water (around 1/4 cup should be plenty) and heat until steam is being released. Add chopped onions (it should sizzle as though you were using oil) and allow to cook for 15-20 minutes over a medium heat until they appear light pink with a brown edge. Stir frequently with a wooden spoon. Add extra water if it looks as though the onions may stick.

In a bowl, grate the block of tempeh with a cheese grater. Add the onion, garlic, herbs, lemon zest, juice, olives, feta, flax 'egg', salt, and pepper, and mix well to combine.

Form 4 patties, brush with a little avocado oil if desired, and bake on a baking sheet for 15-20 minutes, or until piping hot all the way through, turning half way through cooking.

Salmon and Kale salad

Serves 2

6 oz salmon filet	1 fresh lemon juice
1 ripe avocado	1 clove garlic, minced
2 Tbsp. sunflower seeds	6 cups baby kale
1 Tbsp. dried cranberries	Salt and pepper to taste
1 tsp. fresh grated ginger	

Grill or pan sear salmon filet for 4 minutes each side. Mash avocado and rub into the baby kale thoroughly. Toss in sunflower seeds, cranberries, ginger, lemon juice and garlic. Divide the salmon between the two plates with the kale salad.

Chicken with Cranberry Horseradish Sauce

Serves 2

1 Chicken breast	1 cup Greek yogurt
2 cups chicken stock	1 tsp. salt
1 cup fresh or frozen cranberries	1 Tbsp. horseradish
1 tsp. maple syrup	4 cups spring mix

Boil the chicken stock and put the chicken breast in the stock for 10 minutes. Set aside. In a food processor blend the cranberries, maple syrup, yogurt, salt and horseradish to a coarsely chopped blend. Arrange the chicken and cranberry sauce on top of the spring mix.

Dinner

Black Bean and Beef Meatloaf

Serves 2

1 lb. lean ground beef	1 small white onion, finely diced
1 12 oz. can black beans drained and rinsed	¼ cup ketchup
1 egg	Salt and pepper
1 cup raisin bran	

Preheat oven to 350°. Prepare bread pan with a small amount of olive oil or non-stick spray. Mix all ingredients together in a bowl. Form into a loaf shape and put in pan. Bake for 1 hour or until a thermometer inserted into the middle reads 170°. Let rest 5-10 minutes before cutting and serving.

Baked Haddock

Serves 2

1 lb. fresh or frozen haddock filets	1 large container of arugula
1 tsp. dried dill or 1 bunch fresh dill, clean	¼ cup sliced almonds, toasted lightly
1 Tbsp. butter	1 butternut squash, peeled, seeded and cubed
1 lemon, thinly sliced	

Preheat oven to 350°. Lightly oil and salt and pepper the butternut squash, bake for 30 minutes. Meanwhile, place haddock filets on baking sheet, sprinkle with dried dill over the filets, dot the butter on the fish and layer with the thinly sliced lemon. Put the haddock in the oven for 15 minutes, until flaky. The fish should be cooked through and the squash should be easily pierced with a fork. Heap the arugula on 2-4 plates, sprinkle with toasted almonds, add butternut squash and top with a portion of the haddock.

Lamb Meatballs

Serves 2

1 lb. ground lamb	1 small cucumber, peeled, seeded, and diced
1 Tbsp. fresh cilantro, chopped	1 tsp. dried dill
1 Tbsp. fresh parsley, chopped	Juice of one lemon
1 tsp. dried dill	Salt and pepper
1 tsp. cumin	1 head cabbage, shredded
½ small white onion, finely diced	3 carrots, shredded
8 oz. Greek yogurt	1 head Boston lettuce or romaine

Preheat oven to 375°. Mix the first 6 ingredients together in a bowl. Form into balls, about 1 inch round. Bake in the oven until golden brown, about 15-20 minutes.

Blend together Greek yogurt, cucumber, dill, lemon juice, salt and pepper. Toss the cabbage and carrots together and then mix the sauce in with the cabbage and carrots.

Take the lettuce leaves and scoop some of the cabbage mixture into the leaf, place 2-3 meatballs, fold like a taco and eat.

Thai Style Salmon patties

Serves 2

1- 8 oz. salmon filet	1 Tbsp. coconut oil
2 scallions, chopped	1 lb. carrots, grated
1 carrot, grated	½ cup edamame, shelled
1 Tbsp. chia seeds, soaked in 1 Tbsp. Bragg's amino	1 cup mung bean sprouts
1 tsp. grated ginger	2 Tbsp. rice wine vinegar
1 tsp. green curry paste	3 Tbsp. cilantro chopped
	½ cup peanuts, chopped

Combine first 5 ingredients, form into patties. Heat coconut oil in a pan over medium heat. Place patties in hot pan and cook for 4-5 minutes on each side. Creating a crispy golden crust. To serve with the salmon patties, combine the vegetables, cilantro, vinegar and peanuts and serve on the side.

Ground Turkey and Lentil Stew

Serves 2

1 lb. ground turkey	1 small onion, diced
1 cup lentil, soaked for 4 hours	4 cups low sodium butternut squash soup (Imagine Brand)
2 carrots, diced	1 bunch fresh parsley, chopped
3 celery, diced	

In a Dutch oven, brown ground turkey. Add the rest of the ingredients except parsley. Simmer for 3 hours. Sprinkle with fresh parsley.

Pecan encrusted Chicken breasts with Dijon cream

Serves 2

2 small chicken breasts

1 cup pecans crushed

1 egg, beaten

Ground black pepper

Spring Mix

1 cup Greek yogurt

1 Tbsp. Dijon mustard

1 tsp. horseradish

Preheat oven to 375°. Put the beaten egg in a shallow dish, dredge the chicken breast, coating it in egg. In a Ziploc bag put the crushed pecans and ground pepper, put the chicken in the bag and shake. Blend yogurt, mustard and horseradish with salt and pepper. Bake the chicken in the oven for 30 minutes. Let rest a few minutes and then cut into ¼ inch strips. Serve over spring mix with Greek yogurt sauce.

Friday Night Dinner

Serves 2

2 cups popped corn

1 oz. hard cheese, of your choice

1 oz. soft cheese, of your choice

8 oz. dry salami

Raw vegetables, variety of your choice (broccoli, cauliflower, carrots, celery)

Green and black olives

This was a favorite family dinner growing up when my mom didn't feel like making a big meal. Arrange the different items on a big platter and go hog wild!

About the Author

Tara Hire has a BS degree in Human Nutrition, a Masters in Holistic Nutrition and is a Certified Health Coach. She has studied with renowned nutritionists including Dr. Weil and Deepak Chopra. She is a member of the American Association of Drugless Practitioners. She has been studying and practicing nutrition for over 20 years. She is a RYT200 Yoga Alliance certified yoga instructor incorporating mind, body and soul in her practice.

She is the owner of Monhegan Wellness hosting health and yoga retreats on Monhegan Island, Maine. Her mission is to create a space for people to unplug from their busy lives, connect with their bodies and learn balance in their routine and diets to achieve health and vitality. Helping people live long healthy lives.