



Sugar Free Menu Ideas and Recipes

To keep it simple, I recommend that you don't worry too much about trying a bunch of new recipes this week. I am giving you a few breakfast, lunch, dinner, snack and dessert recipes you can mix and match throughout the week. I don't ever claim to be a cook, so these are simple meals anyone can make.

Look at what you normally eat, enjoy eating, and just make sure there is no added sugar – you may not have to change much in your diet except for desserts and coffee creamer!

Breakfast

1. Toast with Peanut or Almond Butter and a Banana (drizzle of honey optional). **MUST** make sure bread and peanut butter have no added sugar (I use Ezekiel bread and natural almond butter).
2. Greek yogurt with blueberries, cinnamon and nuts.
3. Steel-cut oats with any fruit, cinnamon and nuts.
4. Hard-boiled egg with a piece of fruit and toast.
5. Scrambled eggs with veggies and a piece of buttered toast – cut up any veggies such as mushroom, onion, spinach, red pepper and sauté them (I love to use butter or coconut oil). Add them to beaten eggs to mix then scramble.
6. Homemade cereal. <http://skinnyms.com/honey-nut-breakfast-cereal/>
7. Berry parfait (can be used for dessert too!). <http://skinnyms.com/skinny-berry-parfait/>
8. Sugar-free creamer – I have never tried any of these because I got used to just having Almond Milk in my coffee.
 - a. <http://wellnessmama.com/5673/healthy-coffee/>
 - b. <http://www.fivehearhome.com/2014/02/19/all-natural-and-homemade-vanilla-coffee-creamer/>
 - c. <http://healthy-homemakers.com/make-your-own-flavored-creamers/> there is a bunch in here...one has Turbinado Sugar which I don't know much about yet so leave it out.

Lunch

1. Grilled chicken salad. Mixed greens, cut up veggies, feta, chicken, avocado, anything you like. Choose from the following easy salad dressings:
 - a. Olive Oil and Balsamic Vinegar

- b. <http://wellnessmama.com/1531/salad-dressing-recipes/>
2. Turkey sandwich (loaded with veggies, mustard, mayo) with a piece of fruit and/or cut up veggies.
 3. Healthy Minestrone soup with a slice of good crusty bread.
 4. Mediterranean Quinoa Bowl. <http://skinnymys.com/mediterranean-quinoa-bowl/>
 5. Tuna Fish with full fat mayo (no sweet pickles!). Eat with healthy crackers (no sugar added) and veggies.

Snacks

1. Apple with Almond Butter.
2. Humus and cut up veggies. <http://iquitsugar.com/recipe/foolproof-hummus/>
3. Rice Crackers and a piece of cheese.
4. Turkey slice with cheese and mustard.
5. Watermelon, cucumber and feta salad.
6. Nuts and Raisins.
7. Popcorn – I love to have this around to munch on.
8. Chia Seed Pudding – love this. <http://thehealthyfoodie.com/quick-coconut-chia-seed-pudding/>

Dinner

1. Easy One Pot Chicken and Rice Dinner. <http://skinnymys.com/easy-one-pot-chicken-rice-dinner-recipe/>
2. Fish Tacos – tortillas don't have sugar! Serve with guacamole, cheese, salsa (read ingredients), etc. Here is an interesting recipe I have not yet tried myself. <http://iquitsugar.com/recipe/maderas-fish-tacos/>
3. Baked potato loaded with lots of veggies, taco meat, cheese, butter, get creative.
4. Grilled hamburgers with baked fries and sugar free ketchup– serve with watermelon or a nice salad.
 - Sugar Free Ketchup <http://www.sugarfreemom.com/recipes/healthier-homemade-tomato-ketchup/>
 - Baked Fries <http://www.justapinch.com/recipes/side/potatoes/best-oven-baked-fries-and-potato-wedges-2.html>
5. BBQ pulled chicken or pork sandwiches with homemade coleslaw. Put chicken breasts or pork in a slow cooker and cover with sugar-free BBQ sauce. Cook until tender (4-6 hours or longer on low heat).
 - Sugar Free BBQ Sauce - <http://www.sugarfreemom.com/recipes/homemade-barbecue-sauce-refined-sugar-free/>

Desserts

1. I would recommend you make up a batch of these on Sunday so you can munch when need something sweet– they are my favorite. <http://www.behealthyenough.com/healthy-oatmeal-cookies-0>

2. Skinny Strawberry Ice Cream. <http://skinnynms.com/skinny-strawberry-ice-cream/>
3. Pineapple Whip. <http://detoxinista.com/2013/02/pineapple-whip/>
4. 1 piece of good dark chocolate and maybe a handful of nuts.
5. Greek yogurt with sliced mango and a drizzle of honey.