

# 72 SUGAR FREE RECIPES

## *Low Carb Low Sugar Recipes*

BREAKFAST : LUNCH : DINNER



ILLUSTRATED

# COMPLETE SUGAR SMART GUIDE

# Sugar Free Recipes: Low Carb Low Sugar Recipes on a Sugar Smart Diet. The Savvy No Sugar Diet Guide & Cookbook

Peggy Annear

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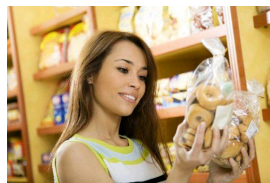
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**Our addiction to sugar comes at a cost to our health.** The onset of diabetes and heart disease are all too common with the foods available to us today. It's possible to prevent the onset of these enemies of society by watching what we eat. **After reading this book you will understand why it is important to lower sugars in your diet and exactly how you can achieve this.** You will learn to identify the pitfalls in modern foods and how to go on and apply this to your everyday life.

**Do you want to lose weight, manage your diabetes, lower cholesterol, lower your blood pressure and be full of energy?** Dramatically cutting down on sugars in your diet will allow you to succeed. **By eating more natural foods high in nutrition, it will be possible to cut the cravings and feel satisfied with the food you eat.** When you learn to remove harmful high sugar, high carb foods from your diet, and also substitute natural sugar foods in moderation your body will love you for it!

This is the sensible approach to eating sugars, because realistically there will always small amounts of sugar in our diets. By learning where the hidden dangers lie, it is easy to be savvy about it and change our eating habits to make good decisions what we eat. Even some natural foods need to be eaten in moderation, so we'll discuss that too.



The following pages will teach you **how to identify and tackle problematic sugar issues, which fruits and vegetables are best, which foods to avoid and how to go about kicking out the sugary foods in your diet.** You will learn about total carbs and how to read and understand food labels. The recipes will also point out grams per 100g of sugar and carb content in ingredients that are questionable.

Fructose is a simple sugar that occurs naturally in fruit, vegetables and honey amongst other things. Glucose also naturally occurs in sugar. The more glucose in a food, the more “intestinal friendly” it will be. This applies to all foods including cereals and fruit juices, so read the labels on packaging. The [U.S. Nutrition Database](#) search function will also be a helpful tool in helping you to determine how much sugar and other nutrients are in a foods.

## Start Reading Nutritional Information on Labels!

The American Heart Association advises women limit added sugars to 25 grams (about 6 teaspoons) a day and men to 37.5 grams (about 9 teaspoons) a day. Research also shows that people in Western countries are eating on average about 35 teaspoons of sugar a day! This is because it's hidden in almost all the foods we buy from the supermarket, not straight out of the sugar bowl! We need to take a sensible approach to sugars in our diet.

It's not possible to see added sugars in teaspoons on packaging during manufacturing, but the Nutrition Facts Label can help us to identify added sugars. **Finding ingredients such as sugar, corn syrup, dextrose and honey** (although honey is at least natural) **near the top of an ingredient list** should signal that there is a high amount of added sugar in the product.

**Artificial sweeteners aren't really a healthy long term solution to removing sugar either because of possible adverse health side effects.** Stevia and Agave seem to be popular natural plant based sweeteners around right now. However Agave is very high in fructose. But heck, at the end of the day I would rather be eating small amounts of honey, maple syrup or Stevia to my natural foods in moderation as apposed to eating supermarket bought cookies and unhealthy health bars! Some common sense has to come into play. Moderation is key. Don't forget too; homemade biscuits, slices and other recipes can be adapted by reducing sugar and substituting sugar for prunes, maple syrup or dates for example. So if you have the time, it is better to cook your own foods so you know what goes into it! **Your recipes will be free of all those added sugars, additives and preservatives!**

**Check Nutritional Information on food labels for Total Carbohydrates as well as Sugars.** Carbohydrates are the body's main source of energy. Carbohydrates fall generally into two categories: sugars and starches. Sugar is a simple carbohydrate, and starches, which are complex carbohydrates, break down into blood sugar also known as glucose. **Consuming too many carbohydrates quickly can spike blood sugar levels** which may cause problems over time. Monitoring and maintaining carbohydrate intake is key to blood sugar control. Foods high in sugary carbohydrates include sugary beverages, desserts, dried fruits, sweets, candy, honey and high sugar fruits. Foods high in starchy carbohydrates include starchy vegetables, flour based foods including cereals, peas and beans to a lesser extent, and whole grains such as rice, barley, oats and quinoa. As many of these have high nutritional value, limit them and eat in moderation.

**Lignans present in flaxseed, are known to improve the blood sugar levels in type 2 diabetics.** Incorporating flaxseed into your meals may be beneficial for you. Ask your doctor or nutritionist. They are readily available from the supermarket.

**Start by removing the obvious basic stuff** - Remove biscuits, pastries, candy, chocolates and soft drinks from your pantry of fridge. Start shopping for more natural foods such as meats, dairy,

vegetables, fruit and whole breads. Foods unadulterated by processing and manufacturing. This [Paleo book](#) shows you how and why to eat sugar free natural foods instead of processed foods, and it offers alternatives.

**Stop buying hidden high sugar foods that "should" be good for you** such as sugary "fruit" muesli, sugary fruit juices and canned fruit, sugary yoghurts and sugary health bars. Cereals can be loaded with sugars or have hidden "clusters" and "dried fruits" that are not natural but rather very sugary.

**Look at the labels on foods in your pantry.** Highly processed foods and condiments such as low fat mayonnaise, tomato ketchup, jam and Hoisin sauce. Some canned meats and soups can be high in sugars. Flavored "juices" and "drinks" are sugar offenders, so check labels.

**"Listen" to your taste buds!** If something tastes very sweet, it probably has lots of sugar, so investigate further and either eliminate it from your diet altogether, or if it's natural, use in moderation.

**Low fat foods usually have more sugar, so check these too.** So think about high fibre, low sugar products but beware "lite" products as they usually have lots of sugar. Full cream milk, cream and butter, plus Greek yoghurt and cream cheese are good, eaten in moderation if watching your weight or fat intake of course.

**Berries, peaches, pears and kiwi fruit are better for high fibre and lower in sugars than say grapes, bananas and pineapples.** But any fresh fruit or vegetable has got to be better than any of the nasty alternatives. Just aim for eating only a few pieces of lower sugar fruits a day is okay.

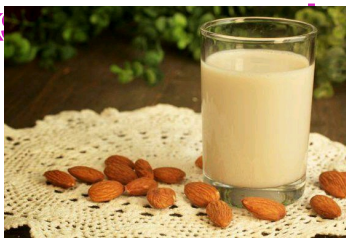
**Homemade salad dressings, such as with olive oil and apple cider vinegar are much better for you than bought brands.** Same goes for homemade sauces. If you can make your own with natural ingredients, this is healthier and more nutritious! I regularly make Tzatziki with Greek yoghurt, a little minced garlic and cucumber.

**Cut down or remove store bought sugar from cooking, instead substituting with naturally occurring sweet ingredients** such as prunes, dates, natural fruit purees, maple syrup and honey. Although these are high in natural sugars, we tend to only use small amounts as a ratio in our meals. Use common sense...No more honey laden toast or pancakes though!

**Eggs and Milks:** Eggs have hardly any sugar raw; up to around 1g of sugar per 100g depending on how you eat them cooked. Coconut milk has 3.3g of sugar per 100g, cow's milk 5g, and unsweetened almond milk under 1g. So keep these in your diet!

**Think about breakfasts:** Try an egg on toast, an omelette or a smoothie instead of sugary muffins or pancakes. Maybe some toast with organic peanut butter or cream cheese. Wean yourself off 2 sugars in your coffee or tea! I make up my own low sugar muesli.





**Try to cut out the high sugar treats at night time after dinner by substituting** the cravings with something else low in sugar such as a glass of unsweetened almond milk (zero sugars and trans fats), raw nuts, celery sticks and dry plain crackers with a very thin slice of cheese and homemade Tzatziki.

**Opt for healthy lunches such as sardines, or sliced roast beef or chicken from the supermarket deli section. Team it up with salads, crackers or bread and a piece of fruit.** Maybe a smoothie meal in a glass. Once you get some favorites at the supermarket, shopping will be quicker and easier. Remember to read the labels.

**Consider looking at the labels on your alcohol, you may be surprised.** Liqueurs and sweet wines amongst the ones to watch.

Read more here about [sugar on food labels](#) here.

# What about Honey?



Out with refined sugars, but what about honey? While honey and maple syrup are natural popular substitutes for white processed sugar, they are still high in sugars!

**Honey has 82g of sugar per 100g**

**Maple syrup has 68g sugar per 100g**

**Let's take the common sense approach.** While you will find a few recipes in this book that use these natural sweeteners, it's your choice if you want to remove them altogether or use Stevia or other artificial sweetener instead. My approach is to use the natural foods wherever possible, and **ONLY where you need it for the food to be palatable**. So don't go piling honey on your toast for breakfast because it's natural! Have an egg or avocado instead. It's especially true of people wanting to lose weight but can't stick to a diet that is only meat, salad and veg day in day out.

Of course **an exception to this would be if you can't have any sugars at all due to special dietary conditions**. In this case skip any offending recipes altogether. This is a sugar smart guide to eating foods in a modern world. **This book is designed for a wide range of people, the goal being to help with a better understanding of sugars and how to cut down.**

**Bottom line: If you don't want to use honey, skip the recipe altogether!**

**Locate the "Nutritional Information" on the packaging.** Look for **"Total Carbohydrates"** and **"Sugars"** as both these will be indicated there. (Incidentally, Trans fats are the unhealthy fats) **Remember Fructose and Corn Syrup are some of the worst offenders!** Your goal is to aim for foods lower than 5g if possible.

The goal for diabetics, whether or not they use insulin, is to keep their blood sugar as steady as possible and to maximize their intake of nutritious carbs and minimize consumption of less nutritious foods. A starting place for diabetics is to have roughly 45 to 60g of carbs per meal and 15 to 30g for snacks. Consult your doctor. Read more here about [counting carbs](#).

### What is an Acceptable Amount of Sugar?

- **High – over 22g of total sugars per 100g**
- **Low – 5g of total sugars or less per 100g**

\*If the amount of sugars per 100g is between these figures, then that is a medium level of sugars.

\*The sugar amount in the nutrition label is the **total amount of sugars in the food**. It includes added sugars and sugars from fruit and milk. Eggs have around 1g of sugar per 100g, depending on if they are cooked.

### Check the Total Carbohydrates

Carbs are the complex part of sugar so they need to be watched as well. For example quinoa may have only 0.9g of sugar per 100g, but has 64g of total carbs! It is also however high in fibre, so this is where a balanced diet full of a variety of natural foods is your best option for health and weight loss. Moderation is the key when eating high carb or high sugar foods. In saying that, all "junk" foods need to be removed altogether as they have virtually no nutritional value whatsoever!

### What is an Acceptable Amount of Carbs?

- **As a guide, if you eat about 2,000 calories a day, you should consume about 250g of complex carbohydrates per day. That's about 1/8th.**

**Another example is 1 slice of bread. It = 15 grams or 1 serving of carbohydrate.**

Although white and wheat bread have a very similar carbohydrate content depending on the brands and labels of course, whole-wheat bread is often best. It usually has more than twice the amount of fiber as white bread, meaning you digest it more slowly, hence your blood sugar will rise more gradually after eating it. Go here to get [sugar and carb count for breads](#).

Here is an example of a food label! Always note the sugars and total carbs.

Nutrition Facts			
Serving Size 1 Bar (85g)			
Servings Per Container 4			
Amount Per Serving			
Calories 170		Calories from Fat 50	
% Daily Value *			
Total Fat 6g		9%	
Saturated Fat 4g		19%	
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 1g			
Cholesterol 13mg		4%	
Sodium 83mg		3%	
Total Carbohydrate 33g		11%	
Dietary Fiber 4g		16%	
Sugar 25g			
Protein 3g			
Vitamin A 110%		•	Vitamin C 2%
Calcium 10%		•	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

This muesli bar packet is high in sugar at 25% per 100g with 33g of total carbohydrates! Learn more here about [food nutrition](#).

# The Low Sugar Myth

**It might be okay in choosing unsweetened milks such as almond milk for example, but you will need to read labels when shopping because low fat products can be loaded with sugars to put some "taste" back in.** A classic example of this is in foods such as low fat yoghurts, low fat creams, ice cream and cookies. This from [WebMD](http://www.WebMD.com) is an interesting read which sums it up well. Sauces and dressings can also be high in sugars which seems surprising. So read labels.

When you read the labels on foods in your supermarket, it's no surprise that you find plenty of sugar in products like cake mix, ice cream, jelly, cookies, and soda. But it can be downright shocking to see 12 grams of sugar in bottled pasta sauce or barbecue sauce -- and even more so to find 50 grams of sugar in a healthy-sounding bottled tea!

To help you ferret out which products are surprisingly high in sugar, I embarked on a mission in the aisles of my local market. Over the course of several days, with my reading glasses close at hand, I examined hundreds of nutrition information labels to check out the sugar content in foods.

One thing's for sure: Just because there's a nutrition-oriented statement on the package (like "contains whole grain," "excellent source of calcium," "fat-free," "100% juice" or "25% less sugar") doesn't mean it *doesn't* contain a shocking amount of sugar. And just because the brand name or product name sounds like it's good for weight loss (Weight Watchers, Skinny Cow, etc.), don't assume the food is lower in sugar.

So how much exactly is a gram of sugar? One teaspoon of granulated sugar equals 4 grams of sugar. To put it another way, 16 grams of sugar in a product is equal to about 4 teaspoons of granulated sugar.

Keep in mind, though, that the grams of sugar listed on the nutrition information label includes natural sugars from fruit (fructose) and milk (lactose) as well as added sweeteners like refined sugar or high-fructose corn syrup. That's why the label on a carton of regular low-fat milk says there's 13 grams of sugar per cup. And that's why the grams of sugar per serving in Raisin Bran (or any cereal with raisins or other dried fruit) seem unexpectedly high.

**Also, carbohydrates are the body's main source of energy and during digestion, sugar which is simple carbohydrates, and starches which are complex carbohydrates, break down into blood sugar also known as glucose.** Consuming too much food that is high in carbohydrates quickly can spike blood sugar levels which may cause problems over time. Monitoring and maintaining carbohydrate intake is key to blood sugar control. **Potato is a classic example. It has under 1g of sugar per 100 g, but has about 20g of carbs. Lentils have about 2g of sugar but 60g of carbs!** So does this mean we must never eat potatoes...I'd say heck no unless you have a specific dietary reason. We live in a modern world so just have a few on occasion, not a plate full at once! **Think in terms of balance and moderation.** Talk to your dietician or doctor if you have concerns and want to learn more.



# Low Sugar Fruits

**Here is a basic guide to low sugar fruits:**

Use this link to do thorough searches of your own: [How much sugar and carbs is in fruit](#) (Just select a fruit from the drop down box)

- Lemon and Lime
- Rhubarb
- Raspberries
- Blackberries
- Cranberries



# High Sugar Fruits

**Eating fruit full of nutrition** is better than eating many other high calorie, low nutrient junk foods. However, these fruits should be eaten in moderation.

## A Snapshot:



- Tangerines
- Cherries
- Grapes
- Pomegranates
- Mangoes
- Figs
- Bananas
- Dried fruit (raisins, dried apricots, prunes)

Use this link to do a thorough search to learn [how much sugar and carbs are in vegetables](#) (select a veggie from the drop down box)

**Here is a start:**

Beets - 7g

Carrots - 4.7g. Carrot juice is high in sugars at about 5 gm, while cooked carrots are low in sugars at about 3 gm.

Corn - 6g

Parsnips - 4.8

Peas - 6g

Potatoes - only about 1.5g of sugar but about 17g of carbs!

Winter Squashes - only around 2g, but about 12g of carbs, especially acorn and butternut.

Here is that link again to do your own research about [how much sugar and carbs are in vegetables](#) (select from the drop down box)

Alfalfa sprouts  
Asparagus  
Avocado  
Bamboo sprouts  
Bean sprouts  
Beet greens  
Bell pepper (sweet green)  
Broccoli  
Brussels sprouts  
Cabbage -- all kinds  
Carrot - Carrot juice is high in sugars (about 5 gm), while cooked carrots are low (about 3 gm).  
Cauliflower  
Celery  
Collard greens  
Cucumber  
Dandelion greens  
Eggplant  
Endive  
Escarole  
Garlic  
Green bean, string 3.3g  
Kale 1.2g  
Leek  
Lettuce (all kinds)  
Mung bean sprouts  
Mushroom  
Mustard greens  
Okra  
Onion  
Radish  
Arugula  
Shallot  
Spaghetti squash  
Spinach 0.4g  
Squash (summer)  
Swiss chard  
Tomato

Turnip greens  
Watercress  
Zucchini

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# Low Sugar Milks

## The Problem with "Light" Products

**Beware "fat free" or "light" dairy milks, as they are usually higher in sugars.** Stick to full cream dairy milk or natural cream if eating dairy products isn't a concern for you. For weight loss, the following may be helpful.

**Unsweetened almond milk has almost no sugar and about 1g of carbs per 100g.** Of course different brand stats vary, but almond milk is also popular due to the flavor being pleasant. **It is dairy free and still a good source of calcium.** This is great for people who are lactose intolerant. We drink unsweetened almond milk that is available from the supermarket and it's definitely not too sweet. Rice milk on the other hand is very sweet in flavor and higher in carbs.



Coconut milk is lower in sugars than dairy milk. Unsweetened coconut milk is available in many supermarkets too. **So there are many options for people who are diabetic, have dairy allergies, or just want to watch their carbohydrate intake for weight loss.** Coconut products are also used in cooking extensively as a dairy free alternative. I love using it in smoothies, baking and curries! This coconut milk recipes book is a good read with lots of natural food [coconut milk based recipes](#) that are sugar and dairy free.

Go here to see [milk stats for sugar and carbs](#).

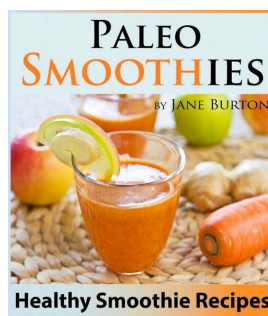
Go here to see [how much sugar and carbs are in dairy products](#).

# The Problem with Fructose

**Fructose is a problem in the sugar equation.** Unfortunately Fructose goes to the liver as fat. The sugar in milk contains glucose and lactose which is deemed to be safe. However honey has about 40% fructose and Agave about 80% which isn't ideal! Some fruits, while generally being healthy and of course far better than candy and junk foods, also have quite a high level of fructose present in them. People suffering with irritable bowel syndrome and other GI disorders may find they are fructose intolerant. Fruits and fruit juices with higher levels of fructose may lead to IBS, abdominal cramping, bloating and diarrhea. So moderation is the key, eating about 1 - 2 pieces a day. Studies have found that eating fruit whole can actually "water down" the effects somewhat due to the water and fibre content. Fresh low fructose fruits and vegetables are best most of the time. Read [more about fructose here](#) and talk to your dietician.

**We want to be sensible about it though, because we also understand the beneficial effects on our health and nutrition that fruits and vegetables hold.** Berries and kiwi fruits are wonderful natural food sugar treats for weight loss. You can also indulge occasionally on some dark chocolate or similar natural healthy treat.

**The American Heart Association recommends that healthy adults strive to eat at least five servings of fruits and vegetables a day** to receive the best variety of vitamins, minerals and fiber these foods provide. This is where homemade smoothies and [healthy juicer recipes](#) can be helpful. If you find you aren't getting your daily vitamin allowance through food for some reason, these can help. If possible, fruits and vegetables served whole and/or raw with your meal is best for fibre.



[Paleo Smoothies](#)

# High Fructose Foods

**Flavorings that contain fructose are commonly desserts such as ice cream, candy, cookies, "health" bars sweetened with fructose or other sugars.** Cereals and other processed foods and junk foods are notorious! If you can't find fructose listed on the food label, here is a general guide (aim for about 10g a day)

**Read the Ingredients:** Note that **Sugar, Sucrose, Honey, High Fructose Corn Syrup (HFCS) are at least 50% Fructose!**

- Aim for less than 2% sugar – less than 2 grams / 100 grams or ml.
- Compare brands
- Check "low fat dairy" sugar content
- Use Olive Oil, Coconut Oil, Butter and Lard in place of Vegetable oil, Canola oil, Sunflower oil and Margarine, but avoiding Polyunsaturated Oils.



If you have a specific health problem and have been asked by your doctor to eat a low fructose diet, the following is a general guide.

**Corn Syrup is made up of almost half glucose and half fructose so should be avoided.** It can be found in common food stuffs such as soft drinks, canned, baked or processed foods such as BBQ sauces, jam, ketchup, jellies, chocolate and milks. Again, read labels as varieties will vary in amounts they contain.

**Limit or Avoid these high fructose foods where possible.** They commonly present digestion and health problems when consumed regularly. Fructose is present in many processed foods so check the labels.

**Honey, although high in fructose also happens to be a super food,** so this is the natural alternative to sugar I will always go with. **Honey contains over a hundred different compounds, not just fructose and glucose.** It also has small amounts of minerals, amino acids, and vitamins. The point

here being...it's not JUST sugar. Eat in moderation only when a sweetener is needed to make foods palatable.

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**Here is a list of low fructose ratio fruit and vegetables.** They contain about 1% fructose, so are good on the low fructose, higher glucose ratio. These can be eaten as often as you like. [Read more about this list here.](#)

**Incidentally, eggs are used in many recipes and they contain around 1g of sugar per 100g, depending on how you eat them.**

Apricots (raw)  
Avocado  
Artichoke  
Asparagus  
Bean sprouts  
Beetroot (fresh)  
Broad bean  
Brussels sprouts  
Broccoli  
Cauliflower  
Celery  
Chinese cabbage  
Cranberries  
Cucumber  
Endives  
Grapefruit  
Ginger  
Green beans  
Green capsicum  
Green chilli  
Green pea  
Kale  
Limes  
Lemons  
Lettuce  
Mushroom  
Parsley  
Parsnip  
Potato  
Pumpkin  
Radish  
Rhubarb  
Silverbeet  
Snow pea  
Spinach



Sweetcorn  
Tamarillo  
Watercress  
Zucchini

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Here is a list of low fructose ratio fruit and vegetables. They contain about 2 % fructose which is still quite low, so are good on the low fructose, higher glucose ratio too.

- Apricots (canned)
- Beetroot (canned)
- Banana capsicum
- Blackcurrants
- Chives
- Cabbage
- Carrots
- Eggplant
- Fennel
- Grapefruit
- Guava (raw)
- Honeydew melon
- Green olives
- Marrow
- Mulberry
- Nectarines
- Orange
- Pineapple (raw)
- Raspberries
- Passion fruit (fresh/tinned)
- Peaches (fresh or tinned)
- Plums
- Red capsicum
- Red chilli
- Squash
- Swede
- Sweet potato
- Shallot
- Strawberries
- Tangelos
- Turnip
- Tomato (raw)
- Turnip
- Watermelon

# High Fructose Fruits

**High fructose fruits that have up to about 5 % fructose on the low fructose, higher glucose ratio.** When starting a low fructose diet, this group should be avoided. Once problematic symptoms settle down you can then **eat only small amounts from this group.**

Banana  
Blackberry (raw/frozen)  
Cherries (raw)  
Figs (raw)  
Kiwi fruit  
Mandarin (canned in syrup)  
Mandarin  
Mango  
Paw paw  
Pineapple (canned in natural juice)  
Rock melon  
Star fruit

## **Very High Fructose Ratio**

This is a list of very high fructose fruits, that is over 5%.

Apple  
Blueberries (frozen/fresh)  
Canned dark plums **in syrup**  
Custard apple  
Canned fruits **in syrup** (berries, cherries, raspberries, strawberries, blueberries)  
Dried fruit (figs, apricots, dates, prunes, sultanas, raisins, currants)  
Gherkins  
Grapes  
Lychee  
Nashi pear  
Pear  
Persimmon  
Pickled onion  
Pomegranate  
Quince  
Tomato paste (and similar products)

**Remember though...it's generally better for your health to pick up an apple or a banana than junk foods!**



**For most people, eating a mixed variety of vegetables and fruits following the low sugar guidelines will help control your sugar intake.** Our modern day society laced with Fructose can effect and be the cause of diabetes, bad cholesterol and heart problems. It really is like the sweet poison.

**Supermarket foods laced with preservatives, additives, chemicals and high carbohydrates often have little nutritional value, so going fresh, natural is best.** Healthy snacks such as low fructose vegetables, raw cacao, home made treats mixed with some olive or coconut oil, seeds and nuts (especially raw almonds) are all fine.

The U.S. [Nutrition database](#) may be helpful to do a search.

## The French Connection

**Digestion and the auto immune system can also be effected by loading your body with sugars.** So if you are constantly having tummy problems or bloating, then this may be the cause. Try removing sugars from your diet for even just a few days and see if you notice any change.

**The French are renowned for replacing sugar in their diet with fat and protein, and it seems to work!** This is why the Paleo lifestyle eating plan is so popular. [Read more about Paleo here](#). So if you think you are eating healthy by buying that low fat dairy product, don't do it because it is probably replaced with just more sugars! Also be aware that many supermarket foods are laced with sugars that you wouldn't think possible. For example how could ketchup be sugary you might ask...well it is. Read the labels, if it's got high amounts of sugars and Fructose disguised in it, stay clear.

**Let's get started with some recipes!** I've tried to add sugar and carb counts where they may be **questionable**. If you get stuck, refer back to the research links I gave you earlier.



# Bacon & Vegetable Breakfast



If you like your bacon super crispy, just cook it and the onion for about 5 minutes before adding the other ingredients.

***Ingredients:***

- 1/2 onion, diced
- 3 rashers bacon, finely chopped
- 2 cups sliced mushrooms. Add more if you like them lots!
- 1 cup of fresh, roughly chopped tomatoes (100g of canned tomato has about 2 1/2 g of sugar, fresh a little more)
- 3 Tbsp parsley leaves roughly chopped. (full of nutrients fresh, if you have them in your garden)
- 1/2 red capsicum finely chopped (optional)
- 3 Tbsp extra virgin olive oil
- 1 -2 garlic cloves, finely chopped or minced

- salt and pepper to taste

***Directions:***

1. Place all ingredients into a bowl and combine well.
2. Fry over a medium-high heat in a little oil, cooking for 5-8 minutes until bacon is crispy and the veggies are almost cooked through.
3. Add salt & pepper to taste. Quick, tasty and easy for sure.

\*You may like to serve this separately or on top of scrambled eggs. Canned tomato may be added on the side.

# Nut & Seed Granola



These make great snacks or treats but if you feel like some primal crunch for breakfast – crush some up into a bowl and add some cold unsweetened almond milk for a terrific treat!

## ***Ingredients:***

- 3 cups assorted nuts & seeds (almonds 4g sugar, walnuts 2.6g, sunflower seeds 2.6g, etc)
- 1/4 cup fresh cranberries (fresh has 4g sugar, dried has about 65g)
- 2 cups shredded coconut (unsweetened)
- 1/4 cup coconut oil
- 1/2 cup sunflower seed butter
- 1/2 cup honey or maple syrup (honey has 82g of sugar per 100g, maple syrup has 68g sugar per 100g)
- 1/4 tsp vanilla extract, optional (13g of sugar per 100g)
- 1/2 tsp salt

- 1 tsp cinnamon
- 1 Tbsp chia seeds

***Directions:***

1. Line a baking dish or tray with baking paper and set aside.
2. Combine nuts and seeds into large bowl
3. Remove 1 cup of nuts & seeds mix and chop into small pieces
4. Place remaining 2 cups of nuts & seeds in blender and pulse till chopped quite finely – You should end up with a good mix of small and fine pieces
5. Return nuts & seeds to mixing bowl. Stir in dried cranberries and add coconut. Stir well combining contents together
6. Place a small saucepan on a low-med flame and add coconut oil, sunflower seed butter & honey, vanilla, salt & cinnamon to cook. Stir until mixture bubbles and then remove from heat
7. Pour hot liquid mixture over nut mixture, stirring to combine. Add chia seed if you haven't already. Mix well.
8. Pour the combined nuts-and-honey mixture into prepared tray and press together using wet hands or spoon pressing firmly to ensure ingredients are well packed together.
9. Leave mixture to sit for 2 hours, cover and then place in freezer for at least 1 hour
10. Remove from freezer and cut into chunk sized pieces or muesli bars slices with a very sharp knife. You can eat like this or serve crumbled up for a grain free cereal with coconut or almond milk!

# Apricot Smoothie



Unsweetened almond milk works in this recipe instead of yoghurt if you are weight watching. However the flavor won't be as rich and texture not as creamy.

## ***Ingredients:***

- 1 cup raw halved apricots
- 6 ice cubes
- 1 cup plain natural yogurt
- 1 Tbsp honey or equivalent Stevia sweetener (optional)

## ***Directions:***

Blend apricots, yogurt, ice cubes & sugar in a blender until mixture is thick and frothy. (serves 2)  
Packs a sweet-n-sour tang that's extra refreshing. Place a apricot half on top for the older kids.

# Breakfast in a Glass



**Bananas are high in potassium, have fibre and protein, but are high in fructose.** They are however a natural fruit and a "food" so eaten in moderation, especially for breakfast when you have a busy morning ahead of you is okay. If not, leave out the banana and go for a berry smoothie instead! Try squeezing your own fruit juices.

## ***Ingredients:***

- 1 1/4 cups natural orange juice
- 1/2 ripe **small** banana, peeled and sliced (12g of sugar per 100g and 23g of carbs, but 2.6g in dietary fibre)
- 1 1/2 cups frozen berries such as blueberries or raspberries
- 1/2 cup silken tofu (optional - it has 2.7g of sugar per 100g and 1.9g of carbs)
- a few ice cubes, crushed

## ***Directions:***

Mix orange juice, banana, berries, tofu & crushed ice until smooth and frothy. Very tasty – brimming with soy protein, fibre and a host of other nutrients. Give this smoothie the party look by decorating with an umbrella, straw and slice of fruit.



# Nutty Porridge



If the dried fruit is too high in sugar for you in this recipe, opt for fresh apricots or berries instead.

***Ingredients:***

- 1 cup oatmeal (or quick oats. Oatmeal have has 0.5g sugar per 100g and 12g of carbs)
- 2 cups water
- salt to taste
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 cup prunes or raisins (prunes have 38g of sugar per 100g, raisins have have 59g of sugar per 100g)
- 1/4 cup sliced almonds, or walnuts (almonds 3.5g sugar per 100g and 22g carbs. Walnuts have 2.6g sugar and 14g carbs)

- 1 cup milk of your choice

- 1/2 Tbsp honey or maple syrup

\*Garnish with fruit and walnuts if desired.

***Directions:***

1. Bring the water to a boil in a saucepan with the salt
2. Turn heat to low and add the oats
3. Cook for about 5 minutes, stirring so that the oatmeal doesn't stick together.
4. Add cinnamon, nutmeg, raisins and almonds, stir, cover the pan and turn off heat. Let sit for a few minutes. Serve with milk and honey.

# Apple Pie Oatmeal



Oats is low in sugar and low in GI making it good for a satisfying breakfast. It is high in carbs but fibre too. So eat in moderation. Raisins are okay if you want an occasional treat. Just only use a small amount as they have 59g of sugar per 100g! I use prunes, chopped. They are an excellent source of fibre and come in at 38g of sugar.

## ***Ingredients:***

- 1 cup milk (unsweetened almond works too)
- ½ cup oatmeal (oatmeal has 0.5g sugar per 100g and 12g of carbs)
- ¼ cup unsweetened applesauce or homemade stewed apricots to keep sugar down.
- 1 tsp prunes, chopped
- ½ tsp vanilla
- ¼ tsp cinnamon
- ¼ tsp nutmeg

## ***Directions:***

1. Cook the oats in milk. Once they are done, add applesauce and prunes, as well as vanilla, cinnamon and nutmeg.
2. Decorate with walnuts or other roasted nuts.

# Basic Omelette



Eggs are a wonderful addition to the low sugar, healthy diet. They are quick and easy to prepare, plus you can add some chopped spinach, spring onion, sprouts or other quick cooking vegetable if you desire.

## ***Ingredients:***

- 4 - 5 eggs (0.3g of sugar per 100g and 0.6g of carbs)
- 1 Tbsp olive oil
- 1 tsp finely chopped fresh or dried herbs you like. (optional)
- ground black pepper to taste
- salt to taste

## ***Directions:***

1. Whisk eggs till foamy in a small mixing bowl.
2. Heat olive oil in a small frypan over medium heat.
3. Cook vegetables half way through now if using.
4. Add the eggs allowing them to cook for a few minutes. Sprinkle with herbs and seasonings.
5. Fold in half, and continuing to cook until done. Don't over cook or the eggs will be tough and

dry!

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Berries are some of the lowest sugar fruits.

***Ingredients:***

- 1½ cups boysenberries and/or raspberries
- 1 cup boysenberries and/or raspberries
- 1 cup blueberries (fresh or frozen)
- 6 ice crushed ice cubes

***Directions:***

Place all ingredients into blender & process until smooth. Very flexible with amounts. Serve in a parfait glass for that touch of luxury!

# Almond Flour Crepes



Almond flour is low in sugar and carbs. [See how much sugar and carbs are in common flours](#) here.

***Ingredients:***

- 1½ cups almond flour (2g of sugar per 100g and about 12g of carbs per 1/2 cup)
- 1 cup of milk (½ cup for thicker pancakes. Milk has 5g of sugar per 100g)
- 3 eggs
- ½ cup strawberries or blueberries
- spices by your choice such as cinnamon, vanilla, nutmeg or others
- oil for cooking (olive oil is good)

***Directions:***

1. Combine all ingredients except blueberries in a small bowl. Blend them with a blender until the batter is smooth.
2. Mix in the blueberries.
3. Warm the oil in a frying pan.



4. Cook all pancakes. It should take about 2-3 minutes for each side to get golden brown.
5. Serve and enjoy!

# Kale Smoothie Blend



Have this smoothie for breakfast, lunch or when you are on the run! This recipe is inspired from the allergy free, natural foods, [lunch box recipes book](#) on Amazon. They suggest you can also freeze it in a bottle and put it a lunchbox and/or take it to work.

***Ingredients:***

- 1 cup fresh kale or baby spinach, washed
- 1 cup strawberries (for sweetness)
- 1/2 avocado, peeled, de-seeded and chopped
- juice from 1/2 a lemon or lime
- 2 - 3 kiwifruit, peeled and chopped (for sweetness)

\*Can add 1 tsp chia seeds and 1 tsp flaxseed oil for extra goodness.

***Directions:***

1. Process all ingredients in a blender until well mixed.
2. Pour into glasses and garnish if desired with a slice of strawberry.

# French Toast



Check the [list of sugars and carbs in common breads](#) here. Whole grain is best. (Search with the drop down box.)

***Ingredients:***

- 2 slices whole grain, high fibre [low carb breads](#)
- ¼ cup milk
- 1 egg, beaten
- 1 Tbsp maple syrup
- ½ tsp cinnamon
- 2 tsp butter

***Directions:***

1. Combine the beaten egg with milk and cinnamon.
2. Warm the butter in a skillet on medium heat.
3. Dip the bread in the egg mix, then fry it on the skillet for 2 minutes from each side until golden.
4. Serve with the maple syrup, berries or eat as it is

# Eggnog



***Ingredients:***

- 1 cup full cream or unsweetened almond milk (cream has about 2g of sugar per 100gm and 2 g of carbs. Unsweetened almond milk has almost no sugar and about 1g of carbs per 100g)
- 1 large egg
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp vanilla extract
- dash of rum (optional)

***Directions:***

Blend all ingredients. Pour the smoothie into glasses topped with a sprinkle of cinnamon or sliced fruit. Serve and enjoy!

A meal in a glass!

***Ingredients:***

- ½ cup tomato, chopped
- ½ cup ice
- ¼ cup cucumber, chopped
- ¼ cup raw spinach
- ½ avocado
- 2 tsp fresh lemon juice
- 1 tsp Tabasco (optional)

***Directions:***

Blend all ingredients and the ice until smooth. Avocado is the main source of energy in this recipe, while other ingredients provide vitamins and, of course, great taste.

# Lunch Smoothie



## ***Ingredients:***

- 1 ripe pear - (cored & cut into chunk size pieces)
- 1 cup freshly squeezed orange juice
- 1-2 cups washed spinach leaves
- 1 cup broccoli florets - (lightly steamed to reduce hardness)
- 1 cup strawberries
- 1 cup natural yogurt

## ***Directions:***

Place all ingredients in a blender and puree until smooth. Serve immediately. The combination of green veggies and fresh fruit for lots of health promoting goodness!

# Quail Egg Protein Salad



***Ingredients:***

- 12 strawberries, hulled
- 12 quail eggs, hard boiled and peeled (can use chicken eggs quartered)
- 1 orange, peeled
- 1 cup spinach leaves
- ½ cup almond slices

***Directions:***

1. Cut the strawberries in half. Cut the oranges in small pieces.
2. Mix the fruit together with spinach, quail eggs and almond slices.

# Vegetable Pita Pizza



Check common [flour statistics for sugar and carbs](#) here.

## ***Ingredients:***

- 1 whole [low carb pita bread](#) of your choice
- ½ cup mixed sliced vegetables of your choice (I like onion, baby spinach, basil, sun dried tomato and olive)
- ¼ cup tomato canned or cooked homemade tomato ketchup (canned have about 2.5g sugar, supermarket tomato sauce is around 22g sugar!) Take a closer [look at different tomatoes here](#).
- ¼ cup cheese of your choice, grated (can't beat a little Parmesan at 1g sugar and 4.1g of carbs)
- cooking spray for coating

## ***Directions:***

1. Preheat the oven to 450°F (230°C). Use the cooking spray on a baking sheet. Place the pita bread on it.
2. Spread the tomato sauce on pita bread. Top with vegetables of your choice. Sprinkle the cheese over.
3. Bake for 8 minutes or until cheese is lightly brown.





# Mushroom Frittata



## *Ingredients:*

- 8 eggs, beaten
- 8 oz (225g) mushrooms, sliced
- 5 oz (140g) chicken breast or bacon pieces, cooked and diced
- 1 green bell pepper, chopped
- ½ [low carb flour](#) or 1/3 cup of whole grain flour
- 1 Tbsp flaxseed (optional)
- ½ cup feta cheese, chopped
- 1 tsp baking powder

- salt and black pepper to taste

cooking spray for coating

***Directions:***

1. Preheat the oven to 400°F (205°C).
2. In a frying pan saute the mushrooms and bell pepper for about 3 minutes on high heat. Reduce the heat to medium and cook for one more minute.
3. In a bowl mix the eggs with flour baking powder, flaxseed, salt and pepper. Stir in almost all of the cheese.
4. Combine the crumbled patties with mushrooms and bell pepper. You can do it in the same pan.
5. Coat a baking dish with cooking spray. Place the mushroom, bell pepper and meat mixture in it. Pour the egg mixture over. If you wish you can add some mushroom slices on top or sprinkle the frittata with some more cheese.
6. Bake for 40 minutes in the oven or until done. Cut the fritatta in squares.

# Strawberry Chia Milkshake



## ***Ingredients:***

- 2 cups unsweetened almond or coconut milk blend (Unsweetened almond milk has almost no sugar and about 1g of carbs per 100g)
- 1½ cups strawberries and/or raspberries or blueberries (strawberries have 4.9g or sugar per 100 g, raspberries 4.4g, blueberries 10g)
- 3 Tbsp chia seeds, ground
- 2 chai tea bags (if you don't have them, this smoothie is still quite nice without )
- 1 Tbsp honey or maple syrup (honey has 85g of sugar per 100g, maple syrup 68g. Use Stevia sweetening if desired)
- 1 tsp vanilla extract

## ***Directions:***

1. Remove the spices from the tea bags.
2. Place almond milk, blueberries, chia seeds, honey, vanilla extract and the spices from chai tea bags in a blender and process until smooth.
3. Serve icy cold.

# Tahini Dip



***Ingredients:***

- 1 eggplant, roasted or grilled
- 1/2 cauliflower head
- 1 eggplant
- ½ cup tahini (sesame seeds made into a paste. Tahini has about 1.5g of sugar per 100g and 21g of carbs)
- juice of 1 lemon
- 4 cloves garlic
- 4 Tbsp olive oil
- 2 tsp cumin, ground

- paprika powder and cayenne pepper to taste

- salt and black pepper to taste

***Directions:***

1. Grill or roast the eggplant.
2. Place all ingredients into a blender and blend till smooth.
3. Refrigerate until ready to use.
4. Will keep for a few days. Garnish with cayenne pepper and fresh parsley if desired. Serve with sesame crackers, carrot or celery sticks

# Sesame Crackers



Almond flour is nutritious, low in sugar and carbs compared to other flours.

***Ingredients:***

- 3 cups [almond meal flour](#) (2g of sugar per 100g and about 12g of carbs per 1/2 cup)
- 1 cup sesame seeds
- 1/4 cup poppy seeds (optional)
- 2 eggs, whisked
- 2 Tbsp olive oil
- 1½ tsp salt

***Directions:***

1. Preheat the oven to 350° F or 180° C.
2. Mix all ingredients in a big bowl.
3. Line two large baking sheets with parchment paper. Place half of the dough right in the middle of each sheet. Place another piece of parchment paper over the dough mounds.
4. Evenly roll the dough between the parchment papers until it covers entire baking sheer. Do that

for both baking sheets. Remove the parchment paper and cut the dough with a scone circular cutter, or by hand with a knife. You can also use a glass.

Bake for 10-15 minutes or until golden brown.



# Avocado Smoothie



Avocados are low in sugar and loaded with healthy oils and nutrition. This is great if you don't feel like a particularly sweet smoothie drink.

***Ingredients:***

- 1 ripe avocado (0.7g of sugar per 100g and 9g of carbs)
- 1 cup unsweetened almond milk (almost nil sugar and 1g of carbs)
- 2 tsp honey or Stevia equivalent (optional)
- 1 basil leaf
- squeeze of lime juice

***Directions:***

Place milk in blender, then all other ingredients and mix well. Serve chilled. Add a sprig of parsley or basil on top.

# Chicken with Kale Soup



Packed full of flavor and nutrition!

***Ingredients:***

- 2 pints, almost 1 lt. of chicken broth. Homemade or use a "natural" brand.
- 2 skinned chicken fillets cut into bite size pieces. (You can also add a cooked skinned leg, lightly grilled)
- 2 carrots cut into cubes or long sticks (carrot has 4.7g of sugar per 100g)
- 2 large sticks of celery cut into slices (celery has 1.8g of sugar per 100g)
- 2 small finely chopped onions
- 1 cup of kale or spinach leaves, broken into pieces. (white stalk removed. Kale has 1.2g of sugar, spinach has 0.4g)
- 1 cup of coconut milk, cow's milk or unsweetened almond milk (optional. Coconut milk has 3.3g of sugar per 100g, cow's milk 5g, unsweetened almond milk under 1g)

- Salt and black pepper to season

***Directions:***

1. Heat chicken stock bringing it to the boil, then back to simmer. Add chicken pieces (including cooked leg if you are using it) and cook for about 4 minutes until almost cooked (turns white).
2. Add all the vegetables except the kale. Simmer for approx 20 minutes or until chicken is tender and cooked.
3. Add the milk (if desired) and simmer.
4. Now add the kale and cook for a further few minutes until it looks wilted. Use parsley to garnish, or herb of your choice.

# Roast Pumpkin Soup



***Ingredients:***

- 2kg (4 1/2 pounds) approximately of pumpkin (pumpkin has 2.8g of sugar per 100g and 6g of carbs)
- 2 Tbsp olive oil
- 4 cups home made chicken stock with bone
- 1 1/2 cups water
- salt and ground black pepper
- 1/2 tsp onion or garlic flakes
- 1 tsp dried tarragon leaves
- pinch of mild curry powder (optional, but tasty!)

1. Prepare pumpkin by cutting in half and removing the seeds. Brush with oil; placing onto baking sheet in hot oven (350F); cut side facing down and bake for about 1 hour or until done.
2. When cooked, scoop out pumpkin flesh with a spoon and place into a large cooking pot. Add stock and water. Add garlic flakes, tarragon leaves, curry powder and seasonings, mix well with hand held stick blender until smooth.
3. Place pot on a medium to high heat and bring to the boil. Reduce heat to very low and simmer for about 1 hour; stirring occasionally. (Add 1/4 cup cream cheese at this point if desired)
4. Blend once slightly cooled and re heat if required.

# Homemade Tomato Sauce



You can double this recipe up!

***Ingredients:***

- 1 Tbs olive oil
- 2 garlic cloves minced
- 1 cup chopped onion
- ¼ cup apple cider vinegar (about 4g of sugar per 100g)
- ¼ cup red wine vinegar (Nil sugar)
- ¼ cup honey or Stevia alternative (85g of sugar per 100gm is high, but it's at least natural. Use Stevia sweetening if desired)
- 1 tsp salt

- 28 ounce can tomato puree (canned tomatoes have about 2.5g sugar per 100g)
- half a 12 ounce can tomato paste (tomato paste has about 11g sugar per 100g, so we aren't using much)
- ½ tsp ground cloves
- ½ tsp oregano

***Directions:***

1. Heat the oil and saute garlic for a few minutes.
2. Add the onion and cook for 3 minutes until softened.
3. Mix in the vinegars, salt and honey.
4. Add tomato paste and puree, bringing to the boil.
5. Now mix in the oregano and the cloves.
6. Reduce the sauce so it thickens, for about 15 minutes.
7. Blend until smooth.

\*Place into air tight jars in the fridge, or freeze some in plastic containers.



***Ingredients:***

- 1 pound or about 500g Brussels sprouts (cooked 1.7g of sugar and 7g of carbs)
- ½ pound or about 230g bacon, cut in bite size pieces (nil sugar and nil carbs)
- 3 Tbsp olive oil
- salt and black pepper to taste.

***Directions:***

1. Preheat the oven to 400°F (205°C).
2. Cut off the brown parts from the Brussels sprouts. In a large bowl mix them with the olive oil, salt and pepper.
3. Put them on a baking sheet and roast for 25 minutes. Shake the pan once in a while to make sure the Brussels sprouts are roasted evenly from all sides. Mix in the bacon and roast for 10 more minutes.



# Butternut Squash Soup



This is a variation on the Roast Pumpkin Soup. Quite high in natural sugars, but healthy. You can try using cauliflower instead. I also add a clove of garlic sometimes.

## ***Ingredients:***

- 1 spaghetti squash, peeled and seeded (2.8g of sugar per 100g and 7g of carbs)
- 6 cups chicken stock, (supermarket stock has only about 1.5g sugar, but homemade is packed full of vitamins, calcium and minerals)
- 1 onion, chopped
- 2 Tbsp butter
- pinch of nutmeg
- salt and black pepper to taste

## ***Directions:***

1. Put a pot with chicken stock on high heat.
2. Melt the butter in a skillet. Add the chopped onion and cook for 5 minutes until translucent.
3. At this time the stock should be boiling. Add the squash and the fried onion to it. Reduce the heat

to medium and cook for about 20 minutes until the squash is tender.

4. Use a slotted spoon to remove the squash chunks. Place them in a blender and puree. Return the squash to the pot. Stir and season with nutmeg, salt and black pepper
5. Serve hot. Enjoy!

# Stir Fry Kale



## ***Ingredients:***

- 1 bunch of kale thinly chopped (kale has just over 1g of sugar in 100g and it's packed full of vitamins!)
- 3 slices of finely sliced bacon or pork strips
- splash of lemon juice
- freshly ground black pepper
- finely sliced red chilli (optional)
- salt to taste

## ***Directions:***

1. Gently fry the bacon strips and stir in the chopped kale. Can remove white stalks from leaves if prefer.
2. Add other ingredients and serve immediately. Very flexible with the greens you add.



## ***Ingredients:***

- 1 head cauliflower
- ¼ cup Parmesan, grated (Parmesan has 1g sugar and 4.1g of carbs)
- 3 Tbsp butter
- 1 Tbsp full cream cheese, softened (cream cheese has about 3g of sugar and 4.1g carbs. Low fat has 6g of sugar and 8g of carbs)
- ½ tsp garlic, minced
- salt and black pepper to taste
- chopped spring onion for garnish

## ***Directions:***

1. Set a big pot of water to high heat.
2. Clean and cut cauliflower into small pieces. Cook in boiling water for 10 minutes or until done. Drain well, but don't let cool.
3. In a blender or food processor puree the hot cauliflower together with the cream cheese, Parmesan, garlic, salt and pepper until smooth.
4. Garnish with chopped spring onion and serve immediately.

# Crumbed Cashew Fish



Cashews have 6g of sugar per 100g and 30g of carbs. However, remember they are packed with vitamins, protein and fibre and only eaten in moderation.

***Ingredients:***

- 400g (14oz) white fish (cut into palm sized pieces)
- 2 tsp coriander
- 2 tsp cumin
- 2 tsp black peppercorns
- 2 tsp black mustard seed
- 3 Tbsp [cashew nut meal flour](#)
- A pinch cayenne pepper

- A handful of crushed cashews (6g of sugar per 100g)
- 1 onion peeled & finely chopped
- Olive oil
- A handful of fresh coriander or parsley

***Directions:***

1. Grind black peppercorns and mustard seeds with mortar & pestle.
2. Combine ground pepper, mustard, cumin, coriander & cayenne in a bowl. Add cashew flour. Heat a frypan to high, dry fry crushed cashews till golden and then set aside.
3. Add small amount of oil to pan; sauté onions for 5 minutes and then set aside with cashews.
4. Add enough oil to frypan to shallow fry fish which has been generously coated with cashew and spice mix. Fish should only need about 2-3 minutes each side. Fry till crisp and golden!
5. Return onions and cashews to frypan for 1- 2 minutes adding seasoning.
6. Serve with fresh coriander and a handful of baby spinach leaves.



### ***Ingredients:***

- 1 pound, about 500g asparagus, trimmed (cooked asparagus has 1.3g of sugar per 100g and 4.1g carbs)
- 6 to 8 thin slices prosciutto, (or bacon) halved lengthwise
- 1 Tbsp olive oil
- salt and black pepper to taste

### ***Directions:***

1. Preheat oven to 400°F (200°C).
2. Place the asparagus on baking sheet. Sprinkle with olive oil, salt and pepper.
3. Roast the asparagus in oven for about 15 minutes. Let them cool down.
4. Wrap each asparagus in half slice of prosciutto.

Serve at room temperature.



# Prawn Delight



***Ingredients:***

- 4 tsp olive oil
- 500g med raw prawns (shrimp has nil sugar and 1.5g of carbs)
- 6-8 minced garlic cloves
- 1 cup chicken stock
- ¼ cup fresh lemon juice
- ¼ cup and 1 tbsp extra minced parsley
- Salt and pepper
- 4 lemon wedges (lemon has 2.5g of sugar per 100g)

***Directions:***

1. Heat oil in large frypan. Sauté prawns over low-med heat till pink; approx. 2-3 minutes.
2. Add garlic. Cook stirring constantly for 20 seconds. Transfer prawns to a dish / platter. Cover &

keep prawns warm in very low oven

3. Combine chicken stock, lemon juice, wine  $\frac{1}{4}$  cup of the parsley & seasonings in frypan; and bring to boil. Continue boiling until sauce is reduced by half.
4. Spoon sauce over prawns; garnish with lemon and sprinkle remaining tbsp parsley. Serve with freshly made salad greens.

# Salmon and Cantaloupe



## ***Ingredients:***

- about 1 pound or 500g salmon fillets
- salt and pepper to taste
- 1 medium lemon, sliced
- 1/2 Cantaloupe, peeled, de-seeded and chopped (8g sugar per 100g and 8g of carbs)
- 1 Tbsp olive oil

## ***Directions:***

1. Place salmon fillets skin side down on baking sheet lined with foil.
2. Season with salt and pepper
3. Place sliced lemons and chopped cantaloupe over salmon
4. Drizzle lightly with olive oil
5. Cover with cling plastic; placing in fridge for 1- 2 hours
6. Bake salmon meal in medium - hot (400F/205C) oven for 12-15 minutes
7. Serve with fresh steamed vegetables or a side salad.

# Watermelon Feta Salad



## *Ingredients:*

- 2 cups watermelon, cubed (6g of sugar per 100g, 8g of carbs)
- 1½ cup feta cheese cubes (feta a cream cheese have 4g sugar per 100g and 4g of carbs)
- ½ cup black olives (about nil sugars and 6g of carbs)
- 1 Tbsp fresh lemon juice
- few mint leaves for decoration

## *Directions:*

1. Cut the watermelon and feta cheese in cubes. Place them in a bowl, add the olives. Sprinkle with lemon juice. Mix well.
2. Decorate with mint leaves. They also add a nice minty taste to the salad

# Chickpea Tuna Salad



Chickpeas are **nutritious but high in carbs**, so eat in moderation.

***Ingredients:***

- 2 cups chickpeas (cooked chickpeas have 4.8g of sugar per 100g, but 27g of carbs)
- 2 cups tuna
- 3 big stalks green onion, chopped
- 1 Tbsp olive oil
- ½ Tbsp lemon juice
- salt and black pepper to taste

***Directions:***

1. Combine chickpeas, tuna and onion in a salad bowl. Sprinkle with olive oil and lemon juice. Add salt and black pepper to taste. Mix well.
2. This salad can be served on its own or on a slice of bread or plain crackers. Enjoy!

# Salmon Salad



## ***Ingredients:***

- 300g mix of baby spinach leaves or other assorted favorite fresh salad greens
- 100g smoked salmon, cut into strips
- 50g onions
- 3 tsp white vinegar
- 3 Tbsp olive oil
- ½ tsp Dijon mustard (around 0.9g or sugar per 100g and 5g of carbs)
- dash of black pepper

\*handful of capers optional

## ***Directions:***

1. Wash baby spinach leaves or greens.

2. Cut the smoked salmon in fine strips, and mix them together with the salad leaves. Add chopped onions.
3. In a separate bowl dissolve salt in the vinegar. Add black pepper, mustard. Mix all these ingredients for the sauce together and slowly add olive oil to the mix.
4. Pour the sauce over the spinach and smoked salmon mix. Cool in the refrigerator for 20 minutes before serving.

# Chili Garlic Shrimp



## *Ingredients:*

- ½ pound, about 225g raw shrimp (prawns) peeled (shrimp has nil sugar and 1.5g of carbs)
- 6 cloves garlic, minced
- 2 Tbsp olive oil (can also use olive oil)
- 1/2 Tbsp chili powder
- ½ Tbsp parsley
- salt, black pepper to taste

## *Directions:*

1. Heat olive oil in a pan over medium-high heat.
2. When the oil is hot, fry shrimp for 1 minute.
3. Add chili powder, garlic, parsley and cayenne pepper and cook for 5 more minutes.
4. Serve with rice or quinoa and enjoy!



# Cranberry Kale Salad



Very flexible with vegetable ingredients, so experiment with things like grated carrot, red cabbage, baby spinach leaves and salad onion - use what you have on hand!

***Ingredients:***

- 1 cup chopped kale of your choice
- 1/2 cup fresh whole or halved cranberries (4g of sugar per 100g and 12g of carbs)
- 1 Tbsp pine nuts or walnuts (if desired, toast pine nuts first as this gives a nice flavor)
- 1 Tbsp melted butter or maple syrup (about 67g of sugar and carbs per 100g are in maple syrup)
- 1 Tbsp olive oil
- 1/2 Tbsp freshly squeezed lemon juice

***Directions:***

1. Chop the kale finely, or break into small pieces.
2. Transfer to a salad bowl. Add the cranberries and nuts.
3. Mix the honey, olive oil and lemon juice together in a cup. Toss all together.

# Confetti Salad



Quinoa makes a filling and nutritious meal on occasion. It is a good alternative to potato, **but is high in carbs, so only eat in moderation.** Play around with the ingredients. Sometimes dried apricot is nice for a change. This salad has been added because it has loads of nutrition in it.

## *Ingredients:*

- 3/4 cup water
- 1 tsp olive oil
- 1/2 cup quinoa, uncooked and rinsed (under 1g of sugar per 100g but 64g of carbs)
- 1/2 red onion, finely chopped (spring onions work too)
- 1/4 cup green and/or red capsicum pepper, diced (Red has 4.3g of sugar per 100g and 7g of carbs. Green has 2.4g of sugar and 2.4g of carbs)
- 1/4 tsp mild curry powder
- juice of 1/2 a lemon

- 1/2 cup mixed diced vegetables such as kale, carrot and green beans
- about 1 - 2 Tbsp of chopped fresh herbs such as basil, parsley, chives or cilantro
- salt and ground black pepper to taste
- 1 chopped avocado
- a handful of cherry tomatoes and baby spinach (optional - when serving)

***Directions:***

1. Cook the quinoa as per directions: bring water to the boil and pour in quinoa and oil. Reduce heat to a simmer and boil for about 15 mins or until water has been absorbed.
2. Place the cooked quinoa into a bowl, and chill in refrigerator until cold, around 20 mins.
3. Remove quinoa from fridge and stir in all the other ingredients except avocado and tomato.
4. Season to taste with salt and pepper.
5. Chill before freezing.

# Low Allergy Flat Bread



The Paleo diet fits right into eating natural, low sugar foods. This recipe was inspired from the Amazon book [Paleo Recipes](#). This particular recipe uses full cream to make the recipe low sugar. (Coconut cream has 52g of sugar per 100, coconut milk 3.3g of sugar)

## ***Ingredients:***

- 3/4 cup of full cream
- 4 large eggs
- 5 Tbsp of whole Psyllium husks (look at the local health food store or [Amazon](#))
- 1/4 cup slightly warmed (not hot) coconut oil
- 1 large cup of Tapioca starch
- 1/2 cup [coconut flour](#) (you need less coconut flour than other flours. It is very absorbent. It has 3g of sugar and 11g of carbs)
- 1 Tbsp finely chopped fresh herbs of your choice. I like chives or parsley
- 4 tsp poppy seeds or sesame seeds (optional)

- 1/2 tsp of raw salt
- 1 tsp apple cider vinegar

***Directions:***

Heat the oven to 425F.

1. On a baking tray or sheet, put down some lightly oiled baking parchment paper (to put the naan on).
2. Place the eggs in the bowl of a machine mixer and beat for about 20 seconds. Add the whole Psyllium, cream and coconut oil. Beat for 1 minute.
3. Start adding the remaining ingredients of flour, tapioca, baking soda, garlic, sesame seeds, parsley and salt.
4. The naan mixture will be slightly thick and sticky at this point. Stir the vinegar in quickly.
5. Then oil your hands well and divide the dough into quarters. Keep your hands well oiled and shape each piece of dough into a round ball.
6. Now place each one on the baking sheet. Using the flat palm of your hand, press the dough out until it is between about 1/4 - 1/2 an inch thick. It doesn't have to look perfect remember!

***Naan Cooking Directions:***

1. Heat a skillet pan to medium heat and add a little oil for cooking.
2. Place the Naan piece into the pan.
3. Cover with a lid to help the cooking process along, and cook each piece for about 3 minutes or until each side is cooked through. It will spring back when you press it when done. Remove from pan and allow to rest to firm up.



Can use Pumpkin, or Eggplant in this recipe. Eggplant doesn't take as long to cook! Eat these veggies in moderation.

***Ingredients:***

- 2 cups pumpkin, cut into 3/4 inch wedges (pumpkin has 2.3g sugar to 100g and 4.9g carbs. Eggplant has 3.2g of sugar and 9g of carbs)
- about 1/2 cup olive oil for cooking
- 1 cup all purpose plain flour, on a plate
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp dried mixed herbs

\*For a garnish twist you can sprinkle this dish with ground nuts, coconut or some dried herbs!

***Directions:***

1. After slicing the pumpkin, place in a bowl of water and soak for 1 hour.
2. Remove pumpkin from the water, allow excess water to drip off.
3. Toss in the flour. Shake off excess.
4. Fry over medium heat in some oil. Do in batches, turning till golden brown.

*Serve in a bowl with garnish or dip if desired.*

# Green Power Sauce



Wonderful with Sesame Crackers or the Low Allergy Flat Bread.

## ***Ingredients:***

- 2 garlic cloves, peeled
- 1 Tbsp olive oil
- 1 onion, peeled
- about 1 inch cube piece of ginger, peeled
- 1 small bunch fresh coriander leaves
- 3 - 4 kaffir lime leaves, fresh or frozen
- 1/2 cup baby spinach leaves or kale (optional)

This is my favorite, versatile healthy green sauces for pouring over meats, or using as a dip. It can be eaten with appetizers raw, or cooked. It packs a punch of goodness and flavor!

## ***Directions:***



1. Place everything in the food processor or blender and mix until smooth.
2. Pour over cooked chicken or serve cold.
3. Refrigerate or freeze in small containers.

# Baked Zucchini Boats



## *Ingredients:*

The cooking time will depend on the size of your zucchinis...big boats for luncheons, or little boats as a side meal. Mushrooms work well chopped up in this too.

- 1 Tbsp olive oil
- 1 pound or about 500gm lean minced beef (can use bacon pieces)
- 1 large chopped brown onion
- 3 - 4 chopped cloves garlic
- 2 fat zucchinis, seeded and cut in half lengthways(1.7g of sugar per 100g and 2.7g of carbs)
- 6 tsp tomato puree from a can (can use halved fresh tomato. Canned tomato has 2.4g sugar per 100g, fresh red tomato has 2.6g of sugar)
- 1/2 Tbsp white vinegar (nil g of sugar)
- 1/2 cup chopped parsley or chives

- 1/4 tsp of ground black pepper
- 2 Tbsp toasted pine nuts or walnuts (optional. Pine nuts have 3.6g of sugar per 100g, walnuts 2.6g)

***Directions:***

Preheat the oven to 350F or 180C

1. Prepare the zucchini and place on a foil lined oven tray.
  2. Combine the tomato and vinegar in a cup. Set aside.
  3. Heat a pan to high and quickly brown the onion, mince and finally the garlic in the oil (don't over cook)
  4. Add the herbs and scrape the mixture out into the zucchini boats. Pour the tomato puree over the top.
  5. Cook in the oven for about 20 mins covered with foil, then uncovered for another 10 mins. (The slow cooker can be used for this dish as another cooking option)
- Serve on a platter as a side meal, or for lunch.

# Flourless Pizza



Don't over load with toppings otherwise it will take longer to cook properly. We like mushrooms, bok choy or spinach, tomato, onion, bell pepper and garlic.

## ***Ingredients:***

- 7 eggs
- 6 oz full fat cream cheese, softened (cream cheese has about 3g of sugar and 4.1g carbs. Low fat has 6g of sugar and 8g of carbs)
- 1 tsp garlic powder
- ½ tsp salt
- 1½ tsp dried Marjoram or Oregano
- a pinch of black pepper
- a pinch of cayenne pepper

- 1 cup of grated Parmesan (Parmesan has 1g sugar per 100g and 4.1g of carbs)

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***Directions:***

Heat the oven to 350° F.

1. Make sure cream cheese is at room temperature.
2. Mix the egg and cream cheese in a blender or food processor until well blended.
3. Add the salt and spices and blend again.
4. Spread the Parmesan cheese in the bottom of a well greased 9X13 pan.
5. Pour the egg mixture over the cheese, and bake for 22-25 minutes, or until the top is golden brown.
6. Remove from the oven, add your preferred pizza toppings, and bake for about 10 - 15 more minutes until done.

# Mushroom Cups



## ***Ingredients:***

- about 10 - 15 small to medium sized fresh mushrooms
- oil to cook bacon
- 2 rashers of bacon strips, diced
- 1/2 cup diced spring onions
- 1 clove garlic, minced or diced
- 1/2 cup grated Parmesan cheese (0.9 of sugar per 100g and 4.1 of carbs)
- 1 fresh tomato or 1 cup eggplant, diced
- 1/2 small zucchini, diced (2.5g of sugar per 100g and 3.1 of carbs)
- 1/2 tsp ground black pepper

- 1/2 tsp salt or to taste

\*Using sardines and olives instead of bacon gives this dish a distinct Provencal twist.

***Directions:***

1. Remove stems from the mushrooms, setting the caps aside. Dice the stems.  
In a pan with oil cook the bacon over medium heat until crisp. Add the mushroom stems cooking for a minute.
2. Drain on paper towels. Remove from the heat.
3. Stir in the remaining ingredients.
4. Firmly stuff the mixture into the mushroom caps, but don't overfill. Place in a greased 15 in. x 10-in. x 1 in. baking pan or similar tray.
5. Bake in a hot oven at 425 for 10 - 15 minutes or until mushrooms are tender, depending on their size. Garnish with fresh herbs.

# Crunchy Kale Chips



A good alternative to potato chips!

***Ingredients:***

- a bunch of kale, broken into even sized pieces (1.2g of sugar per 100g and 9g of carbs)
- oil by your choice (olive, coconut or any other oil with mild taste)
- 1 tsp salt
- seasoning of your choice (such as garlic, dried bell pepper, chilli, thyme, curry, dried basil etc)

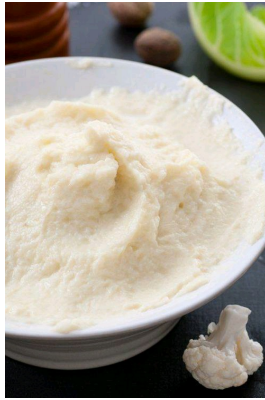
***Directions:***

Preheat the oven to 140-150°C.

1. Cover a baking sheet with parchment paper.
2. Tear the kale leaves in evenly chip-sized pieces. If the sizes vary a lot, it is very likely that some chips will get burnt while others aren't done yet.
3. In a bowl mix these pieces thoroughly with the oil, salt and seasoning, then place them on the covered baking sheet.
4. Be very careful not to burn the chips. It usually takes 5 to 10 minutes for the kale chip sides to get brown and ready to serve.



# Mashed Cauliflower



A wonderful alternative to high carb potato.

***Ingredients:***

- 1 large cauliflower (most of the core removed) cut into florets
- 1 Tbs natural butter
- 1 tsp salt
- 1/2 tsp ground black pepper to taste
- 1 tsp garlic flakes or fresh garlic (optional)
- 2 Tbsp full cream
- fresh or dried mixed herbs (optional - depending on what you are serving it with)

***Directions:***

1. Prepare cauliflower and cut into florets. Place in a double steamer saucepan and steam until almost done. You can boil the cauliflower if you don't have a steamer, but steaming holds more of the nutrients and flavor.
2. Tip cauliflower into a glass bowl or food processor once slightly cooled and add all the other ingredients. Mash by hand or process together until smooth. Garnish with herbs if desired.

# Lemon Pesto



This is an extravagant sauce for special treats.

***Ingredients:***

- juice and zest of 1 lemon
- 1 cup fresh basil leaves
- 3/4 cup baby spinach leaves (nil sugar and 3.6g of carbs)
- 1/4 cup of olive oil
- 1/4 cup of toasted pine nuts(3.6g of sugar and 13g of carbs)
- 1/4 cup of toasted salted cashews (6g of sugar per 100g and 30g of carbs)
- 1 clove of garlic
- salt and pepper to taste

***Directions:***

\*Toast the nuts by heating a dry tray to medium heat on the stove top, turning the nuts constantly for a few mins. so you don't burn them.

1. Zest the lemon and remove 2 Tbsp of the juice.
2. Place all the ingredients together into a food processor or blender and blend into a course mix. Smooth is okay if you prefer.

\* Another appetizer accompaniment favorite, just store in the refrigerator for up to one day.

# Barbecued Prawns



**\*This recipe needs to be marinated for at least 2 - 3 hours minimum for best results. Try baby octopus too!**

***Ingredients:***

- about 12 king prawns, peeled (shrimp/prawns have nil sugar and 1.5g of carbs per 100g)
- 1 Tbsp soy sauce
- 2 Tbsp hot chili sauce, (hot sauce has 1.3g of sugar per 100g)
- 1/4 cup lime juice
- 3 cloves garlic, finely chopped or crushed
- 1 lime, cut into large slices
- 1 small bunch of fresh coriander leaves

***Directions:***

1. Prepare the seafood.

2. Combine all ingredients and prawns in a bowl, cover and marinate for at least a few hours, preferably overnight before cooking.
3. Remove the seafood from the marinade and cook in a little oil for a few minutes each side on a BBQ or stove top till almost done. Pour over marinade and lime slices, cook for a minute and transfer onto a plate.
4. Serve on a bed of salad greens, a few lime slices and cherry tomatoes.

# Tuna & Zucchini Patties



Sometimes I add 1/2 cup of cooked quinoa instead of zucchini.

***Ingredients:***

- 1 egg
- 3/4 cup shredded zucchini (2.5g of sugar per 100g)
- 1 x 15oz (425g) can drained tuna in olive oil or salmon (can use fresh, or steamed)
- 1/2 cup diced green/spring onion
- 1/4 tsp salt, or to taste
- 1/4 tsp garlic flakes
- a pinch of ground black pepper
- a few drops of fish sauce (optional) it gives a lovely flavor...trust me

- 3 Tbsp low carb flour, or just enough to "soak up" excess moisture so you can roll into patties. Low carb fine breadcrumbs or crushed almonds or cashews may also be used.

***Directions:***

1. In a large bowl, place the shredded zucchini after **squeezing out the excess water** thoroughly.
2. Add all other ingredients and mix until thoroughly combined.
3. Heat a large non-stick skillet or pan sprayed with non-stick spray over medium-low heat.
4. With your hands, make small round patties out of the zucchini mixture and place into your pan.
5. Cook until golden brown, flipping halfway through.

Wonderful with Quinoa salad for a dinner meal.



# Fresh Fish Sticks



## ***Ingredients:***

- 1 pound or about 450g white fresh fish fillets (for example, tilapia, cod, whiting or snapper)
- 2 eggs, whisked
- 1 cup [low carb flour](#), or almond flour
- olive oil for frying
- salt to taste

Use a dipping sauce of your choice, or lemon wedges.

## ***Directions:***

1. Rinse fish fillets and cut them in finger sized sticks (1x4 inches or 2x10cm), removing fish bones on the way.
2. Heat the olive oil in a big skillet on medium high heat.
3. Prepare two bowls: one with egg and other with almond flour and salt.
4. Dip the fish sticks first in egg, then almond flour and place on the skillet.
5. Cook on each side for 2-3 minutes until well browned. Repeat the process as necessary.
6. Serve at a picnic lunch or a TV dinner with a homemade sauce or lemon wedges.

# Seafood Sauce



This makes a wonderful sauce or simply drizzled over grilled shrimp or other seafood.

## ***Ingredients:***

- 2 fresh apricots or 1 apple (for sweetness and fibre. Experiment by adding a few dates or Stevia liquid instead if desired)
- 1 orange
- 1 large clove of garlic
- 1 red chilli, seeded
- 6 fresh mint leaves
- 2 sprigs of parsley
- juice of one lemon

- salt to taste

- ground black pepper to taste

***Directions:***

1. Peel and chop the apple, orange, garlic and prepare the chili. Either finely chop all ingredients, or place into a food processor and pulse until the desired texture is reached.



## ***Ingredients:***

- 3 Tbsp olive oil
- 5 - 6 chicken pieces (with excess fat and skin removed)
- 5 lean rashers of bacon, diced (nil sugar, nil carbs)
- 2 brown onions
- 1 chopped garlic clove
- 1/2 cup chopped, halved mushrooms
- 1/4 cup low carb flour
- 1 cup homemade chicken stock

- 1 1/2 cups dry red wine (about 0.5g of sugar for 100g and about 2g of carbs. Dry is better than sweet)
- 2 bay leaves
- 1/2 tsp mixed herbs
- salt to taste
- black pepper to taste, ground

***Directions:***

1. Heat a heavy based pan to medium high and brown all the chicken in the oil. Transfer into the crock pot.
2. In the same pan, fry the bacon and onions for about 3 minutes till partially crispy and browned.
3. Stir in the garlic and mushrooms for about 5 minutes more.
4. Now blend in the flour, again cooking for about 2 - 3 minutes, then gradually blend in the stock and wine.
5. Place all this mix into the crock pot and add the bay leaves, herbs and seasonings.
6. Cook on low for about 6 hours or high for about 4.

# Apricot Chicken



## ***Ingredients:***

- 4 (approx 12oz) skinless chicken breast fillets
- ½ tsp salt
- ½ tsp black pepper
- ⅓ cup slithered almonds
- ½ cup apricots, fresh (9g of sugar per 100g and 11g of carbs)
- 1½ Tbsp soy sauce
- 1 Tbsp whole-grain mustard
- 2 Tbsp olive oil

## ***Directions:***

Preheat oven to 180C.

1. Lightly oil a medium sized baking dish.
2. Toast slithered almonds on a baking tray for 8-10 minutes till golden or fry lightly in frypan. Set aside.
3. Season chicken fillets with salt & pepper. Place in prepared baking dish.
4. To prepare apricot sauce – Combine apricots, soy sauce, mustard and oil in a small saucepan and cook over a medium heat. Stir well; cooking till sauce is quite thick.
5. Pour sauce over chicken fillets and bake in med-hot oven for about 30-40 minutes. Brown chicken under a hot grill until nicely golden and sprinkle with toasted almonds to serve.

# Chicken Soup Dinner



This is a low sugar, healthy meal coming in at around 1.6g of sugar per 100g. Leave out noodles if desired.

***Ingredients:***

- 5 cups chicken broth
- 1 cup carrots, diced
- 2 cups cooked chicken, shredded
- ½ cup green spring onions, sliced
- 4 celery ribs, finely chopped
- ½ onion, finely chopped
- 1 tsp garlic powder
- salt and black pepper to taste



- 1 carrot (optional)
- \*1 cup egg noodles, optional (0.4 in sugar per 100gm, 25g of carbs. Maybe just add 1/2 cup)

***Directions:***

1. Put all ingredients except the noodles and the cooked chicken in a crock pot, or stove top. Mix them. Cook on low for 6 hours.
2. Add cooked chicken pieces half an hour before serving to heat through thoroughly.
3. Cook noodles and spoon into bowl. Pour soup over the top. Garnish with herbs.

# Cabbage Soup



This soup tastes even better the next day!

## ***Ingredients:***

- 1/2 large cabbage, sliced
- 3 litres of water or about 13 cups
- 1 small can of tomato puree or tomato paste
- 1 tsp BBQ or Italian style seasoning
- 1 Tbsp salt
- 2 tsp ground black pepper
- 1/2 tsp ground cumin powder
- 1/2 tsp chili flakes, or fresh chili

- 2 Tbsp olive oil

- 1 Tbsp low carb flour for thickening

- 2 Tbsp ground paprika

- 1 cup water extra

- 1 cup mashed potato or cauliflower, mashed in the water they were cooked in

- 2 cups smoked sausage of your choice, chopped (salami, cabana, chorizo etc or a blend. Read labels for sugar content)

***Directions:***

1. Fill a large stock pot with water, sliced cabbage, tomato, seasonings, chili, cumin and bell pepper. Bring to boil, then back to simmer.
2. While that is simmering, fry the flour gently in the oil over a medium heat for about 5 minutes. It should go a golden brown.
3. Turn off heat, stir in the paprika while the pan is still hot and add the extra 1 cup of water. Scrape into stockpot.
4. Stir in mashed cauli or potato and chopped sausage, mixing well.
5. Simmer for about 3/4 hour.
6. Serve in bowls alone or with a crusty whole grain bread.

\*Place any leftovers in the fridge as it tastes better the next day.

# BBQ Chicken Wraps



## ***Ingredients***

- ½ cup pureed natural apricots, or honey
- ¼ cup apple cider vinegar
- 1 tsp paprika
- 4 skinless chicken thigh or breast fillets
- 8 slices bacon rashers

## ***Directions:***

1. Whisk apricot puree or honey, vinegar and smoked paprika together in a saucepan over med-high heat. Simmer for approx. 8 minutes or until thickened.
  2. Preheat grill to med-high or use a BBQ
  3. Slice bacon into thirds. Chop chicken into cubes
  4. Placing an individual cube of chicken onto each bacon slice; wrap it around chicken and place onto skewer. Repeat with 3-4 pieces on each skewer.
  5. Brush all sides of bacon-wrapped chicken skewers with honey glaze.
  6. Cook on hot grill or BBQ turning every 2-3 minutes. Brush with more glaze and cook for about 8-10 minutes.
- \*Serve with salad greens & parsley. BBQ eggplant & zucchini or steamed veggies go very nicely too!

# Lavender Infused Cutlets



*You can soak the cutlets in the marinade first if you wish.*

***Ingredients:***

- 8 lamb cutlets, beef works too
- 1 onion, finely chopped
- 3 Tbsp finely chopped fresh lavender
- 2 Tbsp olive oil
- 1 Tbsp red wine or white vinegar (red wine and white vinegar has nil g of sugar, balsamic 15g, and cider 0.4g of sugar per 100g)
- 1 Tbsp lemon juice
- raw salt and ground black pepper to taste

1. Place the cutlets in a large bowl, mix in the onion.
  2. Add the lavender.
  3. In a small bowl beat together the olive oil, vinegar and lemon juice. Pour over the cutlets. Add the seasonings.
  4. Coat the meat.
  5. Barbecue the meat, or grill on the stove top basting with the marinade until golden brown, turning as you go.
- Delicious served with a coleslaw, garden salad or just as finger food.

# Classic Meatballs



## *Ingredients: for the meatballs*

- 1 pound or about 500gm lean beef mince
- 1 pound or about 500gm lean pork mince
- 1 1/2 Tbsp chopped fresh parsley
- 1 Tbs chopped fresh oregano or marjoram
- 1 tsp fresh or dried basil
- 2 garlic cloves, crushed and chopped
- 4 small fresh button mushrooms
- 1 egg
- 1 Tbsp olive oil
- black pepper
- raw salt

## *Ingredients: for the Sauce*

- 1 large finely chopped onion
- 150ml dry red wine (about 1g of sugar per 100g)
- 2 cups of canned tomatoes (2.4g of sugar per 100g)
- 1 Tbsp full cream
- 1/2 cup water
- 1 tsp salt
- pinch of ground black pepper
- 1 tsp ground fresh chili (optional)
- 1 tsp fresh or dried oregano
- fresh basil or chives to garnish

## *Directions: for meatballs*

1. Heat the skillet of frying pan to medium and add oil and onion, frying for 2-3 minutes or until slightly golden.
2. Place all the ingredients including the onion into a large bowl and mix thoroughly using your hands. Make sure to "knead" the mixture for a few minutes to bind everything together properly.
3. Wet your hands, roll the meat mixture into small balls the size of a golf ball.
4. Heat the same frying pan to medium high, add some oil and place meatballs into pan. Cook for about 5 -6 minutes on "each side" until done.

***Directions: for sauce***

1. Heat same pan to medium - add some extra oil to the pan and saute onion for about 4 minutes (in the same frying pan)
2. De-glaze the pan with the red wine and bring to a simmer. Add the tomatoes, cream, chili, oregano, water, salt and pepper and bring to the simmer again.
3. Serve with cocktail sticks or skewers accompanied with homemade tomato ketchup.



# Chili Beef



Chili Beef is one of those simple traditional favorites loved by kids and adults! You can add some extra healthy veggies or even vegetable puree for those fussy eaters. Red kidney beans only have 0.3g of sugar, but they have 23g of carbs, so add some if you like.

***Ingredients:***

- 2 Tbsp olive oil
- 1 diced onion
- 6 stalks of celery (diced)
- 4 garlic cloves (minced)
- 3 1/2 pounds (about 1.3kg) ground beef
- 4 tsp cumin
- 4 tsp chilli powder

- 4 tsp oregano
- 2 Tbsp BBQ seasoning
- 2 x 8 oz cans of diced tomatoes
- 1 small can tomato paste or puree
- green chillies to taste
- 4 tsp sea salt

***Directions:***

1. Using a large pot; fry onions, celery and garlic in oil over med-high heat. Cook for about 4 minutes adding beef and spices and seasonings. Cook for further 5 minutes; stirring constantly.
2. Add tomatoes, paste or puree, chillies and salt. Simmer for about 1 hour.
3. Add a small bunch of chopped parsley at the end of cooking if desired.

\*Wonderful as a stand by freezer dinner or lunch!



This is very flexible with the meat used and the herbs - I like using rosemary too if it's in the garden. Cilantro/ coriander can be substituted or mixed with rosemary, or even removed all together.

## ***Ingredients:***

- 1 pound, about 500 g lean tenderloin beef, cut into small cubes (about 1 1/2 inches)
- 2 cloves garlic, finely chopped
- 4 lemongrass stalks
- 2 Tbsp natural fish sauce (can use anchovies)
- 2 Tbsp sesame oil (nil g of sugar or carbs)
- 2 Tbsp natural maple syrup or Stevia equivalent (maple syrup has 68g of sugar per 100g)
- 1 1/2 tsp ground five spice powder
- 1 small bunch of coriander/cilantro, finely chopped

***Directions:***

**\*Soak wooden skewers in water for 1 hour beforehand to stop burning.**

1. Prepare the lemongrass by cutting away the top 2 thirds and outer leaves, just using the tender part. Chop finely, or blend.
2. Mix together the garlic, lemongrass, fish sauce, sesame oil, maple syrup, 5 spice and coriander in a bowl.
3. Cut beef into cubes and marinate in the lemongrass mix for at least 20 mins.
4. Thread desired amount onto skewers evenly and fry in oil on stove top or BBQ grill.

**\*Accompany with favorite dip, salad or salsa. You can either remove or leave on the skewers.**

# Beef Stroganoff



This can be cooked on the stove top or slow cooked in the crockpot. Mushrooms are high in nutrition.

## ***Ingredients:***

- 3 pounds or about 1360g, any stewing meat, cubed
- 6 oz or about 170g mushrooms, sliced (about 2g of sugar per 100g and about 4g of carbs)
- 2 cups homemade beef stock (although bought only has around 1.2g of sugar, but not as nutritious)
- ½ cup low carb flour for thickening
- 1 onion, diced
- 1 tsp Tabasco sauce (nil g sugar)
- 1 Tbsp Homemade Tomato Sauce
- 1 tsp salt

- ¼ tsp garlic flakes (fresh will work)
- ¼ tsp black pepper
- ½ cup sour cream, or similar(2.9g of sugar per 100g and 2.9g of carbs)

***Directions:***

1. Brown the meat and onion in a little oil on the stove top first.
2. Place the meat, onion salt & pepper in a crock pot.
3. In a small bowl combine the beef stock, Tabasco, sauce and garlic. Pour this sauce over the meat. Cook for 8 hours on low or 4 hours on high.
4. Half an hour before serving whisk together the flour and a little of the juice from the crock pot. Pour the sauce back into the crock pot and mix it in briskly. Mix in the mushrooms, and cook on high for 30 minutes.
5. Stir in the cream just before serving.

\*Serve with rice or vegetables.

# Crockpot Beef Stew



## *Ingredients:*

- 1 Tbsp olive oil
- 1 pound or about 500g lean finely diced or minced beef
- 1 medium brown onion, chopped
- 1 green or red bell pepper, chopped
- 2 cups fresh mixed vegetables such as broccoli, kale, green beans, carrots etc.
- 2 large tins of tomatoes, or about half a dozen fresh home grown.
- 2 cups beef stock and/or water
- Salt, garlic flakes (or fresh) and ground black pepper to taste

## *Directions:*

1. Brown minced beef and onion in frypan. Add bell pepper and cook for a few minutes.
2. Transfer to large heavy saucepan or the crockpot.
3. Add remaining ingredients; cover and cook for 4 hours on low setting or simmer on the stove top for about an hour.



# Verde Salsa Beef



## *Ingredients:*

- 1 sliced tomato (2.6g of sugar per 100g and 3.9g of carbs)
- ½ cup parsley leaves
- ½ cup basil leaves
- 3 cloves garlic
- 2 Tbsp capers (drained)
- 1 anchovy fillet, cut into pieces (nil sugar, nil carbs)
- 1 cup olive oil
- 2 Tbsp fresh lime juice

- salt to taste
- 1 - 2 tsp of black peppercorns (3 color blend is good too)
- 750g (about 25oz) lean sirloin/ fillet steak or similar piece of roasting beef

\*Sprinkle with fresh rosemary to garnish

***Directions:***

1. Purée parsley, basil, garlic, capers, tomato and anchovy fillet in blender; slowly add olive oil until combined. Add lime juice, salt and pepper blending till well combined and smooth. Adjust seasonings to taste and set sauce aside.
2. Season and grill or pan fry steak to your particular preference.
3. When cooked; slice thinly and drizzle with salsa verde. Garnish with some rosemary sprigs or herbs of your choice.



***Ingredients:***

- 3 1/2 pounds beef, cut into largish cubes
- raw salt and ground black pepper to taste
- 1 Tbsp low carb flour to thicken stew
- 1 Tbsp Hungarian paprika
- 1/4 tsp caraway seeds
- 2 Tbsp coconut oil
- 1 eggplant cut into small pieces or grated (optional. carrot works too)
- 1 large onion, chopped finely
- 3 cloves chopped garlic

- 1 bay leaf
- 1 1/2 red bell peppers cut into chunks
- 1 medium can diced tomatoes
- 1/2 - 1 cup of beef stock if you like more of a soup style (optional)

\*A few potatoes can be added to this recipe 3/4 of the way through cooking if desired

***Directions:***

1. Season the beef with salt, pepper and sprinkle with flour.
2. Heat a large skillet or stock pot to medium high. Brown the meat in half the coconut oil then remove from pan.
3. In same pan add rest of oil and add the onion and garlic, stirring while sauteing for about 3 minutes. Add paprika and caraway seeds for just a minute and stir through, taking care not to burn. This will make the dish bitter.
4. De-glaze the pan with the stock or tomatoes and now add all the remaining ingredients. Cook for about 10 minutes, then transfer to your slow cooker. Usually takes about 6 hours on low. You can add some vegetables like kale or spinach if you wish. If desired this dish can be cooked on the stove top .

# Beef and Vegetable Stir Fry



I always use onions or spring onions in this stir fry, although the other veggies are interchangeable.

## *Ingredients:*

- 1 pound or about 16oz of lean beef, pork or chicken, sliced into strips
- 1 Tbsp olive oil for cooking
- 5 cups of assorted bite sized pieces of onion, broccoli, bell capsicum pepper, spring onion, mushrooms, bok choy, carrot. (the vegetables that work are up to you. Use what you have. I change it up with cauliflower, Chinese cabbage, sprouts etc.)
- 2 cloves chopped garlic (optional)
- 3 tsp curry paste ( I use Mae Ploy Yellow Curry Paste)
- 1/2 tsp chili (optional - dried flakes or fresh)
- 2 - 3 Tbsp full cream (optional)

***Directions:***

1. Heat wok or frying pan to medium high. Add 1/2 the oil and stir fry the vegetables for about 5 minutes tossing constantly.
2. Add the curry paste, keep stirring for another few minutes till flavors are released. Remove to a dish.
3. Heat wok to high and add remainder oil to the wok and put in the beef strips, garlic and chili. Cook for a further 3 minutes until almost done, then tip all the vegetables back in along with the coconut milk, salt and sesame seeds.
4. Toss all together for a few minutes more. Serve with fresh herbs, mashed cauliflower or flat bread.

# Dijon Pork Chops



## ***Ingredients:***

- 4 lean pork chops
- Salt and pepper to taste
- ½ cup Dijon mustard (mustard(s) have about 0.9g of sugar per 100g and about 5g of carbs)
- 1 tsp mustard powder
- 1 tsp dried thyme
- 1 tsp garlic (minced)
- 1 Tbsp olive oil

## ***Directions:***

Preheat oven to 425°F.

1. Season pork chops with salt & pepper.
2. Combine mustard, mustard powder, thyme & garlic in a small bowl. Mix well. Spread evenly

over both sides of pork chops.

3. Heat oil in a large frypan over medium-high, add chops and brown for about 2 minutes per side.
4. Transfer chops to baking dish and cook in oven for another 5-8 minutes or until cooked through.
5. Serve over sautéed baby spinach and/or a scrumptious fresh green salad.



# Pork & Kale Rolls



## *Ingredients:*

- 1 pound or about 500g pork tenderloin (any meat leftovers works well)
- 150g kale leaves (cabbage or spinach works well too)
- 2 garlic cloves
- spices for meat: thyme, chilli or any other spices you like
- olive oil

## *Directions:*

1. Cut the pork in slices, soften it with a meat mallet. Sprinkle the meat slices generously with a mix of chopped garlic and spices.
2. Blanche the kale leaves, then dry them and put them atop of the pork.
3. Create rolls out of them. Heat up some oil in a frying pan.
4. Once it is hot, fry the rolls on medium to high heat. These can be steamed if desired instead.

# Pumpkin Punch



Pumpkin and banana are quite high in sugars, but this recipe has been added for it's nutritional value. Eat in moderation or for a special treat. Another option is to use 1 cup of berries instead of banana. Mix up your own recipes with whatever you have on hand. Get creative, this is how yummy recipes are born!

## ***Ingredients:***

1/2 cup of pumpkin puree (pumpkin has 2.8g of sugar per 100g and 6g of carbs)

1 tsp mixed spice (or cinnamon)

1/2 tsp vanilla extract

3/4 cup unsweetened almond milk

1 chilled or frozen banana or berries (banana is high at 12g of sugar per 100g and 23g carbs)

6-7 ice cubes

honey to taste (I use about 2 tsp)

## ***Directions:***

Blender until smooth. Garnish with mint and some nutmeg if desired.

# Almond Meal Cookies



## *Ingredients:*

- 1 Tbsp [coconut flour](#)
- 3/4 cup [almond meal](#)
- 1 large egg
- 1 Tbsp raw honey, maple syrup or Stevia equivalent
- 1/2 tsp vanilla extract
- 1/3 tsp baking soda
- 4 Tbs coconut or olive oil
- 2 Tbs crushed unsalted cashew nuts (I also use almonds, walnuts or macadamia nuts)

## *Directions:*

Preheat oven to a moderate 350F.

1. Spray baking tray or sheet with coconut oil spray or line with baking paper.
2. In a medium sized mixer bowl, mix together the almond meal, coconut flour, coconut and baking soda. Add the wet ingredients and mix well.
3. Use a spoon or a small scoop and place smallish "ping pong ball sized" drops of mix onto the tray. With the back of a fork gently press down to flatten.
4. Place in the moderate oven and bake for about 8-10 minutes. **Let the cookies cool for at least 5 minutes** so they can set or firm up.

# Raspberry Muffins



## *Ingredients:*

- 1 cup almond or low carb flour
- 1 tsp baking powder
- pinch of salt
- 1 cup softened natural butter, or almond butter
- 1 cup fresh raspberries, or blackberries
- ½ cup olive oil
- ¼ cup raw honey, maple syrup or Stevia equivalent
- 3 eggs, whisked
- ¼ cup slivered or flaked almonds

Preheat oven to 350°F

1. In a medium - large size bowl mix together all dry ingredients: almond flour, baking powder and salt.
2. In another bowl combine butter, honey, oil and eggs mixing well.
3. Gently combine the wet ingredients and raspberries into the dry.
4. Scoop the batter in slightly greased muffin cups (or use paper muffin liners). Cover each muffin with sliced almonds as decoration.
5. Bake for 15-20 minutes.

# Fruit Parfait



Oats is low in sugar and low in GI making it good for a satisfying breakfast. It is high in carbs but fibre too. So eat in moderation.

## ***Ingredients:***

- $\frac{3}{4}$  cup fruit of your choice (apricot and cranberries are good)
- $\frac{1}{2}$  cup oatmeal (oats has 0.3g of sugar per 100g and 66g of carbs)
- $\frac{1}{2}$  cup skim ricotta
- $\frac{1}{2}$  tsp flavoring (such as almond, vanilla or lemon)
- dash of cinnamon
- dash of nutmeg

## ***Directions:***

1. Preheat the oven to 350°F (180°C). Spread the oats on a baking sheet. Bake for 10 minutes until lightly brown. Mix in cinnamon and nutmeg. Let the oats cool.
2. Meanwhile mix ricotta with your favorite flavoring and cut the fruit in small bite-size pieces.
3. Once the oats have cooled, alternate layers of oats, ricotta and fruit in a serving bowl. Enjoy!

# Roasted Rosemary Almonds



Try any assortment of nuts and seeds you like. Almonds have 4.6g of sugar per 100g and 18g of carbs.

***Ingredients:***

- 1 1/2 cups raw almonds with skin on (can use other nuts like hazelnuts, cashews and macadamias)
- 1 Tbsp butter
- 1 Tbsp fresh rosemary, minced (use the whole sprig)
- 1 clove of garlic, minced
- salt and ground black pepper to taste
- 2 tsp Worcestershire or Tabasco sauce

***Directions:***

- Preheat oven to 350° F
1. In a large nonstick skillet pan heated to medium, fry the rosemary and garlic in the butter or oil for 10 seconds until the aromas are released.
  2. Add the almonds and seasoning, stirring quickly for about 1 min, making sure the almonds are coated well with the spice mix. If you want to use seeds, add them last.
  3. Pour over the source again mixing quickly for about 1 min.



4. Place the nuts onto a baking tray and bake until the nut are toasted, about 5 to 10 mins.

\*Serve immediately, or cool and place in an airtight container in the refrigerator for up to 2 days.

## Other Good Reads

[The Sugar Smart Diet](#) by Anne Alexander.

[The Paleo Diet](#) by Jane Burton, based around natural foods.

[It Starts with Food](#) by Melissa Hartwig.

### Useful Links:

See [how much sugar and carbs are in common alcoholic beverages](#) here.

This [carb counter PDF](#) may be useful.

Google "how much sugar is in..." Most, but not all foods will come up.

### Other Links:

Check out [Nutrients in foods](#).

[Fructose charts](#).

The End

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**Disclaimer:** This book is from my experiences gathering nutritional information from [USDA](http://www.usda.gov) and preparing meals including some recipes from friends and variations from other recipes. It has been prepared in good faith, with the goal being to share recipe favorites with others. I am not liable in any way how you choose to use this information as it is an account of my own experiences in the home environment. I have set out to give helpful low sugar recipe ideas. Please consult your doctor or dietician to work out a specific plan for yourself as an individual.

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