AVOIDING SUGAR

What do I eat??

Breakfasts:

* Eggs (cooked in butter if you like) with any non-starchy veggies you enjoy. Add cheese if you like
  + Spinach, tomatoes, mushrooms, onions, peppers, broccoli, kale, chard etc
* Chia pudding:
  + 1/3 c chia seeds soaked overnight in 1 c unsweetened milk of choice, with 1-2 tsp vanilla and cinnamon. In the morning, add nuts, berries, coconut flakes, flax seeds, etc (this makes 2 servings)
* Plain 2% or 5% fat yogurt (Greek or regular). Optional add ins:
  + berries (fresh or frozen)
  + nuts/seeds (walnuts, almonds, freshly ground flax seeds, etc) or nut/seed butter
* Smoothies made with a base of water or unsweetened almond milk and topped off with a handful or two of raw spinach or mixed baby greens plus any of the following:
  + Frozen berries
  + Half an avocado (this pairs well with chocolate flavored “milks” or protein)
  + Unsweetened whey protein powder
  + Nuts/seeds or nut/seed butter
* Grain-free muffins (check out paleo websites for yummy recipes or try this one):
  + Mix 3 ripe bananas, 4 eggs, ¼ C coconut oil and 1 tsp vanilla in one bowl and 1 and ½ c almond meal, ¾ tsp baking powder, ¾ tsp cinnamon (or more), ½ tsp nutmeg and ½ tsp salt in another. Add the dry ingredients to the wet, and mix well. Bake at 350 in a loaf pan for 55 minutes, or in muffin tins for 22-30, depending on muffin size. Top with almond butter, chocolate chips, coconut, etc

Lunches/Dinners:

* Have a small amount of whole grain (rice, quinoa, millet, corn etc) or some root veggies (beets, sweet potato, turnips, etc) or beans (black beans, pinto beans, hummus, etc) to round out the rest of your meal
  + Stir-fry with your choice of veggies and protein (shrimp, scallops, chicken, tempeh, etc) and maybe peanuts/cashews
  + Entrée salad with nuts/seeds/avocado in addition to lots of nonstarchy veggies
  + Roast chicken/turkey with cooked greens/broccoli
  + Steak or burger (hold the bun?) with caramelized onions, roasted peppers and greens
  + Egg, chicken or tuna salad on a whole grain wrap with lots of veggies added
  + Stuffed squash
    - Cut an acorn or delicatta squash in half length wise, scoop out the seeds and place face down on a cookie sheet. Rub the skin side with olive oil, sprinkle salt and pepper and bake for 40 minutes at 350, or until flesh is soft under a fork. Stuff with ground sausage (veggie, poultry or pork) and lots of sautéed greens. Add hot sauce for some kick

Snacks:

* Berries, cherries and apples
* Mixed nuts and 85% dark chocolate or bittersweet chocolate chips
* Sweet potato “fries”
  + Cut a sweet potato into steak fry size pieces, sprinkle with olive oil, salt and cinnamon and bake for 45 minutes at 400 degrees. To make crispy, broil at the end for a minute or two
* Rice cake topped with nut butter and 85% dark chocolate or bittersweet chocolate chips (my favorite!)
* String cheese
* Hard boiled egg
* Coconut butter alone on a spoon or melted with dark chocolate
* Raw veggies with low carb dip, such as cashew dip or spinach dip
  + Cashew dip:
    - 1 cup raw cashews, soaked at least 4 hours, blended with juice of one lemon and ½ tsp of salt. Add other herbs/spices/flavors to taste, including ginger, garlic, hot pepper, cilantro or turmeric
  + Spinach and kale dip
    - Two c full fat Greek yogurt, mixed with one cup each finely chopped spinach and kale, 1/3-1/2 c chopped bell peppers and carrots, 1-3 finely chopped green onions and gloves garlic, and salt and pepper to taste