

# 14-Day No Sugar Diet Food List

## 50 Sugar-Free Recipes

Your complete guide to eating delicious food  
without added sugar

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# Welcome to Your Sugar-Free Journey

This food list contains 50 delicious sugar-free recipes to help you through your 14-day no sugar diet. Each recipe has been carefully selected to be:

- \* Zero added sugar
- \* Naturally low in sugar
- \* Easy to prepare
- \* Delicious and satisfying

The recipes are organized by meal type:

- Breakfast (15 recipes)
- Lunch (15 recipes)
- Dinner (15 recipes)
- Snacks (5 recipes)

For each recipe, you will find:

- Ingredients list
- Step-by-step directions
- Preparation and cooking time
- Servings information

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# BREAKFAST RECIPES

## 1. Green Detox Smoothie

California / Healthy Smoothies | Time: 5 min | Servings: 1

### Ingredients:

- 1 ripe banana
- 1 handful of fresh spinach leaves
- 200ml unsweetened almond milk
- 1 teaspoon chia seeds
- a few ice cubes

### Directions:

1. Peel the banana and cut it into small chunks.
2. Rinse the spinach leaves thoroughly under cold water.
3. Add the banana, spinach, almond milk, and chia seeds into a blender.
4. Blend on high speed for about 30–45 seconds until the mixture is smooth and creamy.

Sugar: 9g natural | 0g added

## 2. Avocado Power Toast

Australia / Brunch | Time: 7 min | Servings: 1

### Ingredients:

- 1 slice of whole-grain bread
- 1/2 ripe avocado
- a few drops of lemon juice
- pinch of sea salt
- black pepper to taste
- optional: chili flakes or sesame seeds

### Directions:

1. Toast the slice of bread until golden and crisp.
2. Scoop out the avocado into a small bowl.
3. Add lemon juice, sea salt, and a bit of pepper, then mash with a fork until creamy but still chunky.
4. Spread the avocado mixture evenly over the toast.

Sugar: 1g natural | 0g added

## 3. Coconut Chia Pudding

Thailand / Tropical Breakfast | Time: 240 min | Servings: 2

### Ingredients:

- 200ml coconut milk (unsweetened)
- 3 tablespoons chia seeds
- 1/2 teaspoon pure vanilla extract
- a handful of berries for garnish

### Directions:

1. In a medium bowl, pour the coconut milk.
2. Add chia seeds and vanilla extract.
3. Whisk thoroughly for about 1 minute to prevent lumps.
4. Cover the bowl and refrigerate for at least 4 hours (or overnight) until it thickens.

Sugar: 6g natural | 0g added

## 4. Greek Yogurt Parfait

Greece / Healthy Breakfast | Time: 5 min | Servings: 1

### Ingredients:

- 150g plain Greek yogurt
- 1 tablespoon rolled oats
- a handful of fresh blueberries
- 1 tablespoon crushed almonds

### Directions:

1. Take a clean glass jar or small bowl.
2. Add a layer of Greek yogurt at the bottom.
3. Sprinkle oats evenly on top of the yogurt.
4. Add a layer of blueberries and top with crushed almonds.

Sugar: 7g natural | 0g added

## 5. Egg & Spinach Scramble

France / Classic Protein Breakfast | Time: 10 min | Servings: 1

### Ingredients:

- 2 large eggs
- 1 handful spinach leaves
- 1 tablespoon olive oil
- salt and pepper

### Directions:

1. Crack the eggs into a bowl and whisk until smooth.
2. Heat olive oil in a nonstick pan over medium heat.
3. Add spinach and sauté for 1–2 minutes until wilted.
4. Pour eggs into the pan and gently stir with a spatula.

Sugar: 0g natural | 0g added

## 6. Lentil & Veggie Soup

Morocco / Mediterranean | Time: 35 min | Servings: 3

### Ingredients:

- 1 cup dry lentils (rinsed)
- 1 carrot, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 4 cups vegetable broth
- 1 teaspoon cumin
- 1 pinch paprika

### Directions:

1. Heat olive oil in a deep pot over medium heat.
2. Add chopped onions and garlic, and sauté until fragrant (about 2 minutes).
3. Add carrots, cumin, and paprika. Stir for 1 minute to toast the spices.
4. Add lentils and vegetable broth, then bring to a boil.

Sugar: 5g natural | 0g added

## 7. Almond Flour Pancakes

United States / Keto Breakfast | Time: 20 min | Servings: 2

### Ingredients:

- 1 cup almond flour
- 2 eggs
- 1 teaspoon baking powder
- 1/4 cup unsweetened almond milk
- 1 teaspoon coconut oil for cooking

### Directions:

1. In a mixing bowl, whisk eggs until light and fluffy.
2. Add almond flour and baking powder, then pour in almond milk gradually.
3. Stir until a smooth batter forms (not too thick, not too liquid).
4. Heat coconut oil in a nonstick pan over medium-low heat.

Sugar: 2g natural | 0g added

## 8. Oat Banana Pancakes

United States / Breakfast | Time: 18 min | Servings: 2

### Ingredients:

- 1 ripe banana
- 1/2 cup oats
- 2 eggs
- 1/4 tsp cinnamon
- 1 tsp coconut oil

### Directions:

1. In a blender, combine banana, oats, eggs, and cinnamon.
2. Blend until smooth and creamy.
3. Heat coconut oil in a nonstick skillet over medium-low heat.
4. Pour small rounds of batter; cook 2 minutes until bubbles form.

Sugar: 7g natural | 0g added

## 9. Veggie Omelette

France / Classic Brunch | Time: 12 min | Servings: 1

### Ingredients:

- 2 eggs
- 1/4 bell pepper, diced
- 1 small onion, chopped
- 1 tbsp olive oil
- salt and pepper

### Directions:

1. Beat eggs in a bowl with salt and pepper.
2. Heat olive oil in a nonstick pan over medium heat.
3. Add onions and bell pepper; sauté 2–3 minutes.
4. Pour in beaten eggs and tilt pan to spread evenly.

Sugar: 1g natural | 0g added

## 10. Berry Overnight Oats

United Kingdom / Breakfast | Time: 240 min | Servings: 1

### Ingredients:

- 1/2 cup rolled oats
- 150ml almond milk
- 1/2 banana mashed
- a handful of mixed berries
- 1/2 tsp cinnamon

### Directions:

1. In a jar, combine oats, almond milk, banana, and cinnamon.
2. Stir well and cover with a lid.
3. Refrigerate at least 4 hours or overnight.
4. In the morning, stir again and top with berries before eating.

Sugar: 8g natural | 0g added

## 11. Mushroom & Spinach Frittata

Italy / Mediterranean Breakfast | Time: 23 min | Servings: 2

### Ingredients:

- 4 eggs
- 100g fresh mushrooms, sliced
- 1 cup spinach leaves
- 1 tbsp olive oil
- 1/4 cup grated parmesan
- salt and pepper

### Directions:

1. Preheat oven to 180 °C.
2. Heat olive oil in an oven-safe skillet over medium heat.
3. Add mushrooms and cook until golden (5 minutes).
4. Add spinach and cook until wilted.

Sugar: 1g natural | 0g added

## 12. Eggplant Parmesan Stacks

Italy / Classic | Time: 45 min | Servings: 2

### Ingredients:

- 1 large eggplant, sliced
- 1/2 cup marinara sauce
- 1/2 cup mozzarella, grated
- 1 tbsp olive oil
- fresh basil

### Directions:

1. Preheat oven to 200 °C.
2. Brush eggplant slices with olive oil.
3. Bake 20 minutes until tender.
4. Layer with sauce and cheese.

Sugar: 3g natural | 0g added

## 13. Sweet Potato & Black Bean Bowl

Mexico / Plant-Based | Time: 30 min | Servings: 2

### Ingredients:

- 1 sweet potato, cubed
- 1 can black beans, rinsed
- 1/2 avocado, sliced
- 1 tbsp olive oil
- 1 tsp cumin
- fresh cilantro

### Directions:

1. Preheat oven to 200 °C.
2. Toss sweet potato with olive oil and cumin.
3. Roast 20 minutes until tender.
4. Combine with black beans in a bowl.

Sugar: 6g natural | 0g added

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## 14. Cabbage & Carrot Slaw

United States / Fresh Side | Time: 10 min | Servings: 3

### Ingredients:

- 2 cups shredded cabbage
- 1 carrot, grated
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- salt and pepper

### Directions:

1. Combine cabbage and carrot in a bowl.
2. Mix olive oil and vinegar together.
3. Toss vegetables with dressing.
4. Season with salt and pepper.

Sugar: 3g natural | 0g added

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# LUNCH RECIPES

## 15. Zucchini Noodles with Pesto

Italy / Low-Carb Cuisine | Time: 15 min | Servings: 2

### Ingredients:

- 2 medium zucchinis
- 2 tablespoons olive oil
- 1/4 cup fresh basil leaves
- 1 tablespoon pine nuts
- 1 garlic clove
- sea salt to taste

### Directions:

1. Wash zucchinis and trim the ends.
2. Use a spiralizer or julienne peeler to make noodles.
3. In a blender, combine basil, pine nuts, garlic, olive oil, and salt to create pesto.
4. Heat a nonstick pan over low heat, add zucchini noodles, and sauté for 2–3 minutes.

Sugar: 2g natural | 0g added

## 16. Cauliflower Rice Bowl

Asian / Low-Carb | Time: 20 min | Servings: 2

### Ingredients:

- 1 medium cauliflower head
- 1 tablespoon olive oil
- 1/2 cup broccoli florets
- 100g chicken breast, sliced thin
- 1 small carrot, grated
- 1 tablespoon soy sauce (low sodium)

### Directions:

1. Wash and cut the cauliflower into small florets.
2. Pulse the florets in a food processor until they resemble rice grains. Do not over-blend.
3. Heat olive oil in a large nonstick pan over medium heat.
4. Add chicken slices and cook for 4–5 minutes until lightly golden.

Sugar: 3g natural | 0g added

## 17. Chicken Avocado Salad

Mexico / Fresh Fusion | Time: 20 min | Servings: 2

### Ingredients:

- 150g chicken breast
- 1 ripe avocado
- 1 tomato, diced
- 1 tablespoon olive oil
- 1 teaspoon lime juice
- fresh coriander (optional)

### Directions:

1. Heat olive oil in a skillet and cook the chicken breast 4–5 minutes per side until golden.
2. Let it rest for 2 minutes, then slice thinly.
3. In a large bowl, combine diced tomato, avocado cubes, and lime juice.
4. Add the sliced chicken and toss gently.

Sugar: 1g natural | 0g added

## 18. Mediterranean Quinoa Bowl

Greece / Mediterranean Diet | Time: 25 min | Servings: 2

### Ingredients:

- 1 cup quinoa (uncooked)
- 1/2 cucumber, diced
- 6 cherry tomatoes, halved
- 1/4 red onion, finely sliced
- 2 tbsp olive oil
- juice of half a lemon
- fresh parsley

- optional: 50g feta cheese

**Directions:**

1. Rinse quinoa thoroughly under cold water to remove bitterness.
2. In a saucepan, combine quinoa with 2 cups of water, bring to a boil, then reduce heat and simmer 15 minutes until water is absorbed.
3. Let quinoa cool for 5 minutes, then fluff with a fork.
4. Meanwhile, dice cucumber, slice tomatoes and onion, and chop parsley.

Sugar: 3g natural | 0g added

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## 19. Zesty Lemon Chicken

France / European Fusion | Time: 30 min | Servings: 2

**Ingredients:**

- 2 chicken breasts
- 1 tbsp olive oil
- juice of one lemon
- 1 garlic clove, minced
- 1 tbsp chopped parsley
- sea salt

**Directions:**

1. Heat olive oil in a pan over medium heat.
2. Add minced garlic and sauté 30 seconds until fragrant.
3. Place chicken breasts in the pan and sear each side 4–5 minutes until golden.
4. Add lemon juice, reduce heat, and cover.

Sugar: 0g natural | 0g added

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## 20. Avocado Tuna Salad

Spain / Mediterranean | Time: 7 min | Servings: 1

**Ingredients:**

- 1 can tuna in water, drained
- 1/2 avocado, diced
- 1/2 tomato, chopped
- 1 tbsp olive oil
- 1 tsp lime juice
- salt and pepper

**Directions:**

1. In a bowl, mash avocado lightly with a fork.
2. Add tuna and mix gently until combined.
3. Add diced tomato, olive oil, and lime juice.
4. Season with salt and pepper.

Sugar: 1g natural | 0g added

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## 21. Baked Sweet Potato Fries

United States / Healthy Street Food | Time: 35 min | Servings: 2

**Ingredients:**

- 2 medium sweet potatoes
- 1 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp sea salt

**Directions:**

1. Preheat oven to 200 °C / 400 °F.
2. Peel sweet potatoes and cut into thin sticks.
3. In a bowl, toss fries with olive oil, paprika, and salt until evenly coated.
4. Spread in a single layer on parchment-lined baking tray.

Sugar: 5g natural | 0g added

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## 22. Protein Power Bowl

United States / Fitness Meal | Time: 30 min | Servings: 2

### Ingredients:

- 150g grilled chicken breast
- 1/2 cup cooked quinoa
- 1/2 avocado
- 1/2 cup steamed broccoli
- 1 tbsp olive oil
- lemon juice and pepper

### Directions:

1. Cook quinoa following package instructions (about 15 minutes).
2. While it cooks, grill the chicken breast for 4–5 minutes on each side until golden.
3. Steam the broccoli until just tender but still bright green.
4. Slice avocado into thin slices.

Sugar: 1g natural | 0g added

## 23. Zucchini Fritters

Turkey / Mediterranean | Time: 20 min | Servings: 2

### Ingredients:

- 1 medium zucchini, grated
- 1 egg
- 2 tbsp oat flour
- 1 garlic clove, minced
- 1 tbsp olive oil

### Directions:

1. Grate zucchini and squeeze excess water with a towel.
2. In a bowl, mix zucchini, egg, oat flour, and garlic.
3. Heat olive oil in a pan over medium heat.
4. Spoon small portions of mixture into the pan, flatten slightly.

Sugar: 2g natural | 0g added

## 24. Stuffed Bell Peppers

Spain / Mediterranean | Time: 40 min | Servings: 3

### Ingredients:

- 3 large bell peppers
- 1/2 cup cooked brown rice
- 100g lean minced beef or lentils (vegan option)
- 1 tomato, chopped
- 1 tbsp olive oil
- 1 tsp oregano

### Directions:

1. Preheat oven to 180 °C.
2. Cut the top off each pepper and remove seeds.
3. In a bowl, mix rice, beef (or lentils), tomato, olive oil, and oregano.
4. Stuff each pepper with the mixture and place in a baking dish.

Sugar: 4g natural | 0g added

## 25. Greek Salad Bowl

Greece / Classic Mediterranean | Time: 10 min | Servings: 2

### Ingredients:

- 1 cucumber, diced
- 1 tomato, diced
- 1/4 red onion, sliced
- 6 olives, sliced
- 50g feta cheese
- 1 tbsp olive oil
- 1/2 tsp oregano

### Directions:

1. Combine cucumber, tomato, onion, and olives in a bowl.
2. Add olive oil and oregano, then mix gently.
3. Add feta cheese cubes on top.
4. Serve immediately as a fresh and balanced meal.

Sugar: 4g natural | 0g added

## 26. Houmous et crudités

Lebanon / Middle Eastern | Time: 10 min | Servings: 4

### Ingredients:

- 1 can chickpeas (rinsed)
- 1 tbsp tahini
- 1 tbsp olive oil
- 1 garlic clove
- juice of half a lemon

### Directions:

1. Combine all ingredients in a food processor.
2. Blend until smooth and creamy (1–2 minutes).
3. Add 1 tbsp water if texture is too thick.
4. Season with salt and adjust lemon juice to taste.

Sugar: 3g natural | 0g added

## 27. Black Bean & Corn Salsa Bowl

Mexico / Fresh Fusion | Time: 10 min | Servings: 2

### Ingredients:

- 1 can black beans, rinsed
- 1/2 cup corn kernels
- 1 tomato, diced
- 1/4 red onion, chopped
- 1/2 avocado, diced
- 1 tbsp lime juice
- fresh cilantro

### Directions:

1. Combine black beans, corn, tomato, and onion in a bowl.
2. Add lime juice and mix gently.
3. Top with diced avocado and fresh cilantro.
4. Serve immediately as a fresh, protein-rich meal.

Sugar: 4g natural | 0g added

## 28. Grilled Chicken & Asparagus

France / Classic Protein | Time: 20 min | Servings: 2

### Ingredients:

- 2 chicken breasts
- 200g asparagus spears
- 1 tbsp olive oil
- 1 lemon, juiced
- salt and pepper

### Directions:

1. Preheat grill or pan to medium-high heat.
2. Season chicken with salt and pepper.
3. Grill chicken 6-7 minutes per side until cooked through.
4. Toss asparagus with olive oil and grill 5 minutes until tender.

Sugar: 1g natural | 0g added

## 29. Kale & Quinoa Power Salad

United States / Superfood Bowl | Time: 25 min | Servings: 2

### Ingredients:

- 1 cup cooked quinoa
- 2 cups kale, chopped
- 1/2 cup cherry tomatoes
- 1/4 cup pumpkin seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice

### Directions:

1. Cook quinoa according to package instructions.
2. Massage kale with olive oil until tender.
3. Combine quinoa, kale, and tomatoes in a bowl.
4. Top with pumpkin seeds and drizzle lemon juice.

Sugar: 2g natural | 0g added

## 30. Chicken & Bell Pepper Skewers

Mediterranean / Grilled | Time: 27 min | Servings: 2

### Ingredients:

- 200g chicken breast, cubed
- 1 bell pepper, cut into chunks
- 1 red onion, wedged
- 1 tbsp olive oil
- 1 tsp oregano
- salt and pepper

### Directions:

1. Thread chicken and vegetables onto skewers.
2. Brush with olive oil and season.
3. Grill 10-12 minutes, turning occasionally.
4. Serve hot with a side salad.

Sugar: 2g natural | 0g added

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## 31. Mushroom & Thyme Risotto

Italy / Creamy Comfort | Time: 35 min | Servings: 3

### Ingredients:

- 1 cup arborio rice
- 200g mushrooms, sliced
- 1 onion, chopped
- 3 cups vegetable broth
- 1 tbsp olive oil
- fresh thyme

### Directions:

1. Heat olive oil in a pot over medium heat.
2. Add onion and mushrooms, cook 5 minutes.
3. Add rice and toast 2 minutes.
4. Add broth gradually, stirring constantly.

Sugar: 2g natural | 0g added

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# DINNER RECIPES

## 32. Spicy Tofu Stir-Fry

China / Asian Fusion | Time: 20 min | Servings: 2

### Ingredients:

- 200g firm tofu
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 tbsp sesame oil
- 1 tbsp soy sauce (low sodium)
- 1 tsp grated fresh ginger
- 1 garlic clove, minced

### Directions:

1. Pat tofu dry and cut into 2 cm cubes.
2. Heat sesame oil in a large skillet or wok over medium-high heat.
3. Add tofu cubes and sauté until golden brown on all sides (about 5 minutes).
4. Remove tofu and set aside.

Sugar: 2g natural | 0g added

## 33. Herb Baked Salmon

Norway / Nordic Cuisine | Time: 25 min | Servings: 2

### Ingredients:

- 2 salmon fillets (150g each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped fresh dill
- sea salt and black pepper

### Directions:

1. Preheat oven to 180 °C / 350 °F.
2. Line a baking tray with parchment paper.
3. Place salmon fillets skin-side down on the tray.
4. Brush with olive oil, sprinkle dill, salt, and pepper, then drizzle lemon juice.

Sugar: 0g natural | 0g added

## 34. Chickpea Curry

India / South Asian | Time: 30 min | Servings: 3

### Ingredients:

- 1 can chickpeas (rinsed)
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 200ml coconut milk (unsweetened)
- 1 tbsp olive oil
- fresh coriander for garnish

### Directions:

1. Heat olive oil in a deep skillet over medium heat.
2. Add onions and garlic; cook until translucent (about 3 minutes).
3. Add curry powder and toast 30 seconds until fragrant.
4. Stir in chickpeas and coconut milk.

Sugar: 3g natural | 0g added

## 35. Garlic Shrimp Skillet

Spain / Tapas | Time: 13 min | Servings: 2

### Ingredients:

- 200g shrimp, peeled
- 1 tbsp olive oil
- 2 garlic cloves, sliced
- 1/2 tsp paprika
- 1 tbsp chopped parsley

### Directions:

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and cook until slightly golden.
3. Add shrimp and sprinkle paprika on top.
4. Sauté 3–4 minutes until shrimp turn pink.

Sugar: 0g natural | 0g added

## 36. Cauliflower Pizza Crust

Italy / Healthy Pizza | Time: 40 min | Servings: 2

### Ingredients:

- 1 small cauliflower
- 1 egg
- 1/4 cup grated mozzarella
- 1 tsp oregano
- pinch of salt

### Directions:

1. Preheat oven to 200 °C.
2. Grate cauliflower, microwave 5 minutes, then squeeze out moisture.
3. Mix cauliflower, egg, mozzarella, oregano, and salt in a bowl.
4. Spread mixture onto parchment paper forming a thin circle.

Sugar: 3g natural | 0g added

## 37. Spinach Detox Soup

France / Detox Cuisine | Time: 25 min | Servings: 2

### Ingredients:

- 2 cups spinach leaves
- 1 small potato
- 1/2 onion
- 1 tbsp olive oil
- 2 cups vegetable broth

### Directions:

1. Heat olive oil in a saucepan over medium heat.
2. Add onion and cook until translucent.
3. Add diced potato and cook for 5 minutes.
4. Add broth and spinach leaves.

Sugar: 2g natural | 0g added

## 38. Turkey & Vegetable Skewers

Mediterranean / Grilled | Time: 27 min | Servings: 2

### Ingredients:

- 200g turkey breast, cubed
- 1 bell pepper, cut into chunks
- 1 zucchini, sliced
- 1 red onion, cut into wedges
- 1 tbsp olive oil
- 1 tsp oregano

### Directions:

1. Thread turkey and vegetables onto skewers alternately.
2. Brush with olive oil and sprinkle oregano.
3. Grill or broil 10-12 minutes, turning occasionally.
4. Serve hot with a side salad.

Sugar: 2g natural | 0g added

## 39. Broccoli & Cheddar Soup

United States / Comfort Food | Time: 30 min | Servings: 3

### Ingredients:

- 2 cups broccoli florets
- 1 small onion, chopped
- 2 cups vegetable broth
- 1/2 cup cheddar cheese, grated
- 1 tbsp olive oil
- salt and pepper

### Directions:

1. Heat olive oil in a pot over medium heat.

2. Add onion and cook until soft (3 minutes).
3. Add broccoli and broth, bring to a boil.
4. Simmer 15 minutes until broccoli is tender.

Sugar: 2g natural | 0g added

## 40. Shrimp & Zucchini Pasta

Italy / Low-Carb | Time: 20 min | Servings: 2

### Ingredients:

- 200g shrimp, peeled
- 2 medium zucchinis, spiralized
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tbsp fresh basil
- salt and pepper

### Directions:

1. Heat olive oil in a large pan over medium heat.
2. Add garlic and cook 30 seconds until fragrant.
3. Add shrimp and cook 3-4 minutes until pink.
4. Add zucchini noodles and cook 2 minutes until tender.

Sugar: 2g natural | 0g added

## 41. Roasted Vegetable Medley

Mediterranean / Plant-Based | Time: 35 min | Servings: 3

### Ingredients:

- 1 bell pepper, sliced
- 1 zucchini, sliced
- 1 eggplant, cubed
- 1 red onion, wedged
- 2 tbsp olive oil
- 1 tsp rosemary
- salt and pepper

### Directions:

1. Preheat oven to 200 °C.
2. Toss all vegetables with olive oil, rosemary, salt, and pepper.
3. Spread on a baking sheet in a single layer.
4. Roast 25 minutes until tender and golden.

Sugar: 5g natural | 0g added

## 42. Tuna & White Bean Salad

Italy / Mediterranean | Time: 8 min | Servings: 2

### Ingredients:

- 1 can tuna in water, drained
- 1 can white beans, rinsed
- 1/2 red onion, sliced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- fresh parsley

### Directions:

1. Combine tuna and white beans in a bowl.
2. Add red onion and mix gently.
3. Drizzle with olive oil and lemon juice.
4. Garnish with fresh parsley and serve.

Sugar: 2g natural | 0g added

## 43. Coconut Curry Vegetables

Thailand / Asian Fusion | Time: 25 min | Servings: 3

### Ingredients:

- 1 cup mixed vegetables (broccoli, bell pepper, carrots)
- 200ml coconut milk
- 1 tbsp curry paste
- 1 tbsp olive oil
- fresh basil leaves

### Directions:

1. Heat olive oil in a pan over medium heat.
2. Add vegetables and stir-fry 5 minutes.
3. Add curry paste and cook 1 minute.
4. Pour in coconut milk and simmer 10 minutes.

Sugar: 3g natural | 0g added

## 44. Beef & Broccoli Stir-Fry

China / Asian | Time: 20 min | Servings: 2

**Ingredients:**

- 200g beef strips
- 2 cups broccoli florets
- 1 tbsp sesame oil
- 1 tbsp soy sauce (low sodium)
- 1 garlic clove, minced
- 1 tsp ginger, grated

**Directions:**

1. Heat sesame oil in a wok over high heat.
2. Add beef and cook 3-4 minutes until browned.
3. Add garlic and ginger, cook 30 seconds.
4. Add broccoli and stir-fry 4 minutes.

Sugar: 1g natural | 0g added

## 45. Pumpkin & Sage Risotto

Italy / Autumn Comfort | Time: 35 min | Servings: 3

**Ingredients:**

- 1 cup arborio rice
- 1 cup pumpkin, cubed
- 1 onion, chopped
- 3 cups vegetable broth
- 1 tbsp olive oil
- fresh sage leaves

**Directions:**

1. Heat olive oil in a pot over medium heat.
2. Add onion and cook until soft.
3. Add rice and toast 2 minutes.
4. Add broth gradually, stirring constantly.

Sugar: 4g natural | 0g added

## 46. Lemon Herb Cod

Portugal / Seafood | Time: 17 min | Servings: 2

**Ingredients:**

- 2 cod fillets
- 1 lemon, juiced
- 1 tbsp olive oil
- 1 tsp dill
- salt and pepper

**Directions:**

1. Preheat oven to 180 °C.
2. Place cod on a baking sheet.
3. Drizzle with olive oil and lemon juice.
4. Sprinkle dill, salt, and pepper.

Sugar: 0g natural | 0g added

# SNACK RECIPES

## 47. Turmeric Golden Milk

India / Ayurvedic Tradition | Time: 10 min | Servings: 1

### Ingredients:

- 250ml almond milk
- 1/2 tsp turmeric powder
- 1 pinch black pepper
- 1/2 tsp cinnamon powder

### Directions:

1. Pour almond milk into a small pot and warm over low heat.
2. Add turmeric, black pepper, and cinnamon.
3. Stir constantly for 5 minutes, avoiding boiling.
4. Once hot and fragrant, pour into a cup.

Sugar: 2g natural | 0g added

## 48. Cucumber Mint Water

Morocco / Detox Drink | Time: 5 min | Servings: 2

### Ingredients:

- 1/2 cucumber, sliced
- 5 mint leaves
- 500ml cold water
- ice cubes

### Directions:

1. Slice cucumber thinly and add to a jug.
2. Add mint leaves and ice cubes.
3. Pour cold water and let infuse 10 minutes.
4. Stir and serve chilled.

Sugar: 0g natural | 0g added

## 49. Beetroot Hummus

Lebanon / Middle Eastern | Time: 15 min | Servings: 4

### Ingredients:

- 1 small cooked beetroot
- 1 can chickpeas (rinsed)
- 1 tbsp tahini
- 1 tbsp olive oil
- 1 garlic clove
- juice of half a lemon

### Directions:

1. Combine all ingredients in a food processor.
2. Blend until smooth and creamy (1–2 minutes).
3. Add 1 tbsp water if texture is too thick.
4. Season with salt and adjust lemon juice to taste.

Sugar: 3g natural | 0g added

## 50. Amandes et noix mélangées

Mediterranean / Healthy Snacks | Time: 5 min | Servings: 2

### Ingredients:

- 1/2 cup raw almonds
- 1/4 cup walnuts
- 1/4 cup cashews
- optional: pinch of sea salt

### Directions:

1. Mix all nuts in a bowl.
2. Add a pinch of sea salt if desired.
3. Store in an airtight container.
4. Perfect for a quick protein boost between meals.

Sugar: 2g natural | 0g added

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