

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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- Scan any food to see its sugar content instantly
- Personalized meal plans based on your goals
- Track your sugar-free progress

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. 1 Peel the banana and cut it into small chunks.
2. 2 Rinse the spinach leaves thoroughly under cold water.
3. 3 Add the banana, spinach, almond milk, and chia seeds into a blender.
4. 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. 1 Toast the slice of bread until golden and crisp.
2. 2 Scoop out the avocado into a small bowl.
3. 3 Add lemon juice, sea salt, and a bit of pepper, then mash with a fork until creamy but still chunky.
4. 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. 1 In a medium bowl, pour the coconut milk.
2. 2 Add chia seeds and vanilla extract.
3. 3 Whisk thoroughly for about 1 minute to prevent lumps.
4. 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. 1 Take a clean glass jar or small bowl.
2. 2 Add a layer of Greek yogurt at the bottom.
3. 3 Sprinkle oats evenly on top of the yogurt.
4. 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. 1 Crack the eggs into a bowl and whisk until smooth.
2. 2 Heat olive oil in a nonstick pan over medium heat.
3. 3 Add spinach and saut for 12 minutes until wilted.
4. 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. 1 Heat olive oil in a deep pot over medium heat.
2. 2 Add chopped onions and garlic, and saut until fragrant (about 2 minutes).
3. 3 Add carrots, cumin, and paprika. Stir for 1 minute to toast the spices.
4. 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. 1 In a mixing bowl, whisk eggs until light and fluffy.
2. 2 Add almond flour and baking powder, then pour in almond milk gradually.

3. 3 Stir until a smooth batter forms (not too thick, not too liquid).
4. 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. 1 In a blender, combine banana, oats, eggs, and cinnamon.
2. 2 Blend until smooth and creamy.
3. 3 Heat coconut oil in a nonstick skillet over medium-low heat.
4. 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. 1 Beat eggs in a bowl with salt and pepper.
2. 2 Heat olive oil in a nonstick pan over medium heat.
3. 3 Add onions and bell pepper; saut 2-3 minutes.
4. 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
- 2 banana, mashed
- a handful of mixed berries
- 1/2 tsp cinnamon

Directions:

1. 1 In a jar, combine oats, almond milk, banana, and cinnamon.
2. 2 Stir well and cover with a lid.
3. 3 Refrigerate at least 4 hours or overnight.
4. 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. 1 Preheat oven to 180 C.
2. 2 Heat olive oil in an oven-safe skillet over medium heat.
3. 3 Add mushrooms and cook until golden (5 minutes).
4. 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. 1 Preheat oven to 200 C.
2. 2 Brush eggplant slices with olive oil.
3. 3 Bake 20 minutes until tender.
4. 4 Layer with sauce and cheese.

Sugar: 3g natural | 0g added

LUNCH RECIPES

13. 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. 1 Wash zucchinis and trim the ends.
2. 2 Use a spiralizer or julienne peeler to make noodles.
3. 3 In a blender, combine basil, pine nuts, garlic, olive oil, and salt to create pesto.
4. 4 Heat a nonstick pan over low heat, add zucchini noodles, and saut for 23 minutes.

Sugar: 2g natural | 0g added

14. 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. 1 Wash and cut the cauliflower into small florets.
2. 2 Pulse the florets in a food processor until they resemble rice grains. Do not over-blend.
3. 3 Heat olive oil in a large nonstick pan over medium heat.
4. 4 Add chicken slices and cook for 45 minutes until lightly golden.

Sugar: 3g natural | 0g added

15. 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. 1 Heat olive oil in a skillet and cook the chicken breast 45 minutes per side until golden.
2. 2 Let it rest for 2 minutes, then slice thinly.
3. 3 In a large bowl, combine diced tomato, avocado cubes, and lime juice.
4. 4 Add the sliced chicken and toss gently.

Sugar: 1g natural | 0g added

16. 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. 1 Rinse quinoa thoroughly under cold water to remove bitterness.
2. 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. 3 Let quinoa cool for 5 minutes, then fluff with a fork.
4. 4 Meanwhile, dice cucumber, slice tomatoes and onion, and chop parsley.

Sugar: 3g natural | 0g added

17. 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. 1 Heat olive oil in a pan over medium heat.
2. 2 Add minced garlic and saut 30 seconds until fragrant.
3. 3 Place chicken breasts in the pan and sear each side 45 minutes until golden.
4. 4 Add lemon juice, reduce heat, and cover.

Sugar: 0g natural | 0g added

18. 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. 1 In a bowl, mash avocado lightly with a fork.
2. 2 Add tuna and mix gently until combined.
3. 3 Add diced tomato, olive oil, and lime juice.
4. 4 Season with salt and pepper.

Sugar: 1g natural | 0g added

19. 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. 1 Preheat oven to 200 C / 400 F.
2. 2 Peel sweet potatoes and cut into thin sticks.
3. 3 In a bowl, toss fries with olive oil, paprika, and salt until evenly coated.
4. 4 Spread in a single layer on parchment-lined baking tray.

Sugar: 5g natural | 0g added

20. 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. 1 Cook quinoa following package instructions (about 15 minutes).
2. 2 While it cooks, grill the chicken breast for 45 minutes on each side until golden.
3. 3 Steam the broccoli until just tender but still bright green.
4. 4 Slice avocado into thin slices.

Sugar: 1g natural | 0g added

21. 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. 1 Grate zucchini and squeeze excess water with a towel.
2. 2 In a bowl, mix zucchini, egg, oat flour, and garlic.
3. 3 Heat olive oil in a pan over medium heat.
4. 4 Spoon small portions of mixture into the pan, flatten slightly.

Sugar: 2g natural | 0g added

22. 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. 1 Preheat oven to 180 C.
2. 2 Cut the top off each pepper and remove seeds.
3. 3 In a bowl, mix rice, beef (or lentils), tomato, olive oil, and oregano.
4. 4 Stuff each pepper with the mixture and place in a baking dish.

Sugar: 4g natural | 0g added

23. 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. 1 Combine cucumber, tomato, onion, and olives in a bowl.
2. 2 Add olive oil and oregano, then mix gently.
3. 3 Add feta cheese cubes on top.
4. 4 Serve immediately as a fresh and balanced meal.

Sugar: 4g natural | 0g added

24. Houmous et crudits

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

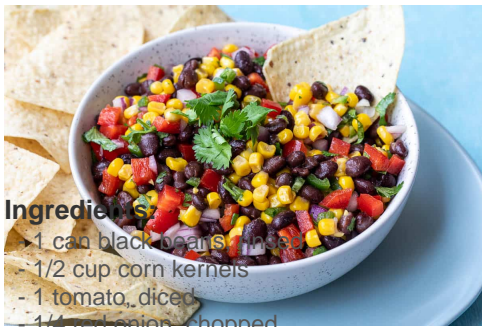
Directions:

1. 1 Combine all ingredients in a food processor.
2. 2 Blend until smooth and creamy (12 minutes).
3. 3 Add 1 tbsp water if texture is too thick.
4. 4 Season with salt and adjust lemon juice to taste.

Sugar: 3g natural | 0g added

25. 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. 1 Combine black beans, corn, tomato, and onion in a bowl.
2. 2 Add lime juice and mix gently.
3. 3 Top with diced avocado and fresh cilantro.
4. 4 Serve immediately as a fresh, protein-rich meal.

Sugar: 4g natural | 0g added

26. 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. 1 Preheat grill or pan to medium-high heat.
2. 2 Season chicken with salt and pepper.
3. 3 Grill chicken 6-7 minutes per side until cooked through.
4. 4 Toss asparagus with olive oil and grill 5 minutes until tender.

Sugar: 1g natural | 0g added

27. 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. 1 Cook quinoa according to package instructions.
2. 2 Massage kale with olive oil until tender.
3. 3 Combine quinoa, kale, and tomatoes in a bowl.
4. 4 Top with pumpkin seeds and drizzle lemon juice.

Sugar: 2g natural | 0g added

28. 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. 1 Preheat oven to 200 C.
2. 2 Toss all vegetables with olive oil, rosemary, salt, and pepper.
3. 3 Spread on a baking sheet in a single layer.
4. 4 Roast 25 minutes until tender and golden.

Sugar: 5g natural | 0g added

29. 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. 1 Combine tuna and white beans in a bowl.
2. 2 Add red onion and mix gently.
3. 3 Drizzle with olive oil and lemon juice.
4. 4 Garnish with fresh parsley and serve.

Sugar: 2g natural | 0g added

30. 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. 1 Preheat oven to 200 C.
2. 2 Toss sweet potato with olive oil and cumin.
3. 3 Roast 20 minutes until tender.
4. 4 Combine with black beans in a bowl.

Sugar: 6g natural | 0g added

31. 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. 1 Thread chicken and vegetables onto skewers.
2. 2 Brush with olive oil and season.
3. 3 Grill 10-12 minutes, turning occasionally.
4. 4 Serve hot with a side salad.

Sugar: 2g natural | 0g added

32. 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. 1 Combine cabbage and carrot in a bowl.
2. 2 Mix olive oil and vinegar together.
3. 3 Toss vegetables with dressing.
4. 4 Season with salt and pepper.

Sugar: 3g natural | 0g added

33. 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. 1 Heat olive oil in a pot over medium heat.
2. 2 Add onion and mushrooms, cook 5 minutes.
3. 3 Add rice and toast 2 minutes.
4. 4 Add broth gradually, stirring constantly.

Sugar: 2g natural | 0g added

DINNER RECIPES

34. 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 saut until golden brown on all sides (about 5 minutes).
4. Remove tofu and set aside.

Sugar: 2g natural | 0g added

35. 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

36. 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

37. 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. 1 Heat olive oil in a skillet over medium heat.
2. 2 Add garlic and cook until slightly golden.
3. 3 Add shrimp and sprinkle paprika on top.
4. 4 Saut 34 minutes until shrimp turn pink.

Sugar: 0g natural | 0g added

38. 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. 1 Preheat oven to 200 C.
2. 2 Grate cauliflower, microwave 5 minutes, then squeeze out moisture.
3. 3 Mix cauliflower, egg, mozzarella, oregano, and salt in a bowl.
4. 4 Spread mixture onto parchment paper forming a thin circle.

Sugar: 3g natural | 0g added

39. 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. 1 Heat olive oil in a saucepan over medium heat.
2. 2 Add onion and cook until translucent.
3. 3 Add diced potato and cook for 5 minutes.
4. 4 Add broth and spinach leaves.

Sugar: 2g natural | 0g added

40. 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. 1 Thread turkey and vegetables onto skewers alternately.
2. 2 Brush with olive oil and sprinkle oregano.
3. 3 Grill or broil 10-12 minutes, turning occasionally.
4. 4 Serve hot with a side salad.

Sugar: 2g natural | 0g added

41. 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

42. 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

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. 1 Heat olive oil in a pot over medium heat.
2. 2 Add onion and cook until soft.
3. 3 Add rice and toast 2 minutes.
4. 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:

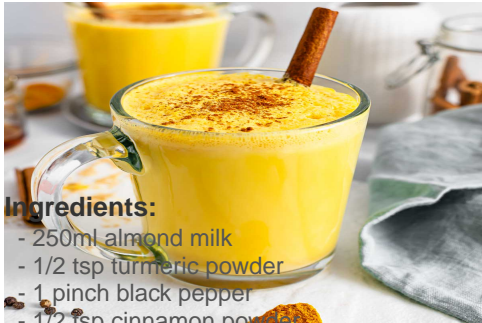
1. 1 Preheat oven to 180 C.
2. 2 Place cod on a baking sheet.
3. 3 Drizzle with olive oil and lemon juice.
4. 4 Sprinkle dill, salt, and pepper.

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. 1 Pour almond milk into a small pot and warm over low heat.
2. 2 Add turmeric, black pepper, and cinnamon.
3. 3 Stir constantly for 5 minutes, avoiding boiling.
4. 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. 1 Slice cucumber thinly and add to a jug.
2. 2 Add mint leaves and ice cubes.
3. 3 Pour cold water and let infuse 10 minutes.
4. 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. 1 Combine all ingredients in a food processor.
2. 2 Blend until smooth and creamy (12 minutes).
3. 3 Add 1 tbsp water if texture is too thick.
4. 4 Season with salt and adjust lemon juice to taste.

Sugar: 3g natural | 0g added

50. Amandes et noix mlanges

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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