

SUGAR ELIMINATION DIET

Breakfasts

Example 1

Scrambled eggs
Ezekeal toast w/butter
Juice
Fresh Fruit

If you choose a breakfast meat;
sausage should be bulk, ham has to
be smoked and read labels on bacon
(some contain sugar).

Example 2

Ezekeal English muffin w/egg, cheese, mayo
Fresh fruit
Juice or decaf coffee or tea

Example 3

Fruit smoothie
2 bananas
1 cup non-fat plain yogurt
juice – apple/orange
ice
5-6 fresh strawberries, blueberries, raspberries

*** Remember, only 2 slices of bread
daily and toast it.**

Example 4

Cottage cheese and fresh fruit

Lunches

- Tuna salad, chicken salad, egg salad on tomato wedges. Hellmans real mayo is acceptable to use. Salads with fresh veggies, cheese, egg and vinegar and oil dressing. (Newman's Own Olive Oil & Vinegar)
- Melon wedge with cottage cheese.
- Grilled ham or ham and cheese sandwich w/Ezekeal bread.
- Fresh fruit salad.

Dinners

- Any meat grilled or baked.
- Fish – bake in foil. Use lemon slices and seasonings.
- Fresh steamed veggies or grilled.
- Make Kabobs with meat chunks and veggies. Grill, season with season salt and pepper.
- Rice (roasted method). (see Sugar Control program sheet)
- Salads.
- Fresh fruits.
- Hamburger w/cheese on Ezekeal bread – mustard.
- BLT on Ezekeal bread.

Snacks

- Popcorn – Raw that you cook on stove top (all others have hydrogenated oils). You can even use real butter. (no microwave)
- Fruit and nuts.
 1. Take a ripe banana, peel and freeze using aluminum foil. When it's frozen, open and eat like an ice cream pop. Real creamy!!!
 2. Freeze grapes – really sweet.
 3. Cashews – roasted and/or salted.
 4. Brazil nuts – roasted and/or salted.
 5. Cheese wedges and fruit.
 6. Get inventive and make your own frozen treats with juice and fruit then freeze.

Recipe for any type of greens: Swiss chard, beet greens, spinach or kale.

Heat skillet or wok to medium, add butter to coat surface. Add your greens (chopped). Stir – Do Not Burn! Add Sea salt, pepper, garlic or any other spices you desire. Simmer, reduce heat to low to medium; depending on your stove. Cook for 5 minutes. Cook down. Heap your skillet or wok. Yummmmmmmmy!

Getting bored with choices?

- Use a pretty glass and fill with fruit.
- Take sliced fresh veggies (different types/colors) and arrange on a crystal plate.

You are definitely a special person, so why not treat yourself like one.

- Try new veggies and fruits; artichokes are great boiled. Clean out stringy inside and fill with chicken salad or tuna salad.
- Create different types of salads.

Get Started Recipes

Chili

1 lb. ground beef
1 clove garlic
1 medium onion
2 cans diced tomatoes (Hunts – no sugar added)
1 can tomato sauce (Hunts)
2 Tbsp. chili powder

Stuffed Pepper Skillet

3 lg. green peppers chopped	1 cup cooked, roasted rice
1 lb. ground beef	1 can tomato sauce
1 clove garlic	1 tsp. sea salt
½ small onion	shredded Mozzarella cheese – use to top it off