

## Meal Suggestions for a Low Sugar Diet

The following are menu suggestions. Recipes are provided for those items with an asterisk. Since this meal plan is quite low in carbohydrates, you may experience cravings at first, but this will pass and you will soon feel quite satisfied. If you are hungry you may increase your portion size since this is not a calorie-restricted program. Any recipe may be used for any meal; leftovers from dinner make a quick lunch.

### Breakfast Suggestions

Eggs—scrambled, hard-boiled, soft-boiled, or poached  
Scrambled Tofu\*  
Mexi Tofu Scramble\*  
Curried Eggs and Vegetables\*  
Spiced Eggs\*

Spanish Omelet\*  
Silken Smoothie\*  
Plain cow or goat yogurt—add real vanilla, and nuts, or seeds as desired.

### Lunch Suggestions

Mixed Greens Salad with Tofu or Tuna\*  
Deluxe Tuna, Chicken, or Turkey Salad\*  
Stuffed Peppers\*  
Spinach salad\*  
Bean Salad\*  
Chilled Shrimp\*  
Chinese Soup\*  
Vegetable Beef Soup\*

Creamy Cold Tomato Soup\*  
Beans and Greens Soup\*  
Lentil Soup\*  
Vegetable Soup\*  
Quick Steamed Greens\*  
Italian Tofu\*  
Celery Root Salad\*

### Dinner Suggestions

Grilled Vegetables\*  
Roasted Veggies\*  
Stir-fried Pea Pods\*  
Roasted Garlic\*  
Roasted Red Peppers\*  
Ratatouille\*  
Stir-Fry Vegetables and Tofu, Shrimp, Chicken, or Turkey\*  
Curried Lentils and Cauliflower\*  
Broiled Lamb Chops

Broiled Fish: trout, cod, salmon, halibut, swordfish, tuna, shellfish  
Any allowed fresh, baked, steamed, or sautéed vegetables in unlimited quantities, topped with Tofu Mash\*  
Coconut Salmon\*

### Snack Suggestions

Fresh, raw vegetables with your choice of the following: nut butter, salsa, hummus,\* yogurt and dill, Tofu Mash,\* Roasted Garlic,\* Walnut Spread,\* or allowable salad dressing.  
Roasted or raw nuts and seeds\* (without peanuts, pistachios)  
Turkey Chili\*  
Coconut Chicken with Rice\*  
Baked Cornish Hen, Chicken, or Turkey  
Roast leg of Lamb or Pot Roast  
Tempeh Stew\*

Dipping veggies: celery, carrot, daikon, jicama, red peppers, zucchini, yellow summer squash, whole green beans, broccoli, cauliflower, kohlrabi, endive, scallions, snap peas, cucumber, and cherry tomatoes  
Plain cow or goat yogurt with live cultures  
Cauliflower Popcorn\*



## LOW SUGAR RECIPES

### Selected Breakfast Recipes

#### **Scrambled Tofu - Serves 4**

- 1 Tablespoon olive oil
- 1/2 cup red cabbage
- 1/2 medium zucchini, sliced
- 2 green onions, minced
- 1 pound firm tofu, drained and crumbled
- 1 teaspoon turmeric
- 1/4 teaspoon cayenne, or to taste
- sea salt to taste
- 1/4 cup fresh parsley, minced

After heating oil in a skillet, sauté cabbage, zucchini, and onions until they begin to soften. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh parsley just before serving.

#### **Mexi Tofu Scramble - Serves 4**

- 1 Tablespoon olive oil
- 1/2 medium onion, chopped
- 1/2 green pepper, chopped
- 1 pound firm tofu
- 1 teaspoon chili powder, or to taste
- sea salt, to taste
- 1/4 cup fresh cilantro, minced
- 1 medium tomato, chopped

After heating oil in a skillet, sauté onion and pepper until they begin to soften. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh cilantro and tomato just before serving.

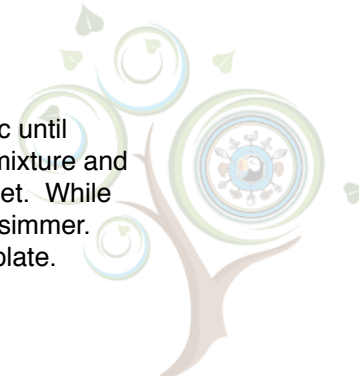
#### **Curried Eggs & Vegetables - Serves 2-3**

- 2 tsp. olive oil
- 3/4 cup chopped onion
- 2 slices ginger root
- 1 clove garlic, minced
- 1 teaspoon curry powder
- 6 tablespoons chicken broth
- 3/4 cup bell pepper, cut into thin strips
- 1/2 cup snow peas
- 1/2 cup celery, sliced
- 1 tsp. olive oil
- 3-4 eggs
- 2 Tablespoons water

#### *SVT Health & Wellness Locations:*

**Homer, Alaska** 99603 • 880 East End Road | 907.226.2228 | fax: 226.2230  
**Anchor Point, Alaska** 99556 • 34361 Old Sterling Highway | 907.226.2238 | fax: 226.2336  
**Seldovia, Alaska** 99663 • 206 Main Street | 907.435.3262 | fax: 234.7880

SVT Health & Wellness provides comprehensive medical and dental care to all patients in the communities of Seldovia, Homer and Anchor Point. Discounts are available to all patients who qualify, based on income and family size.



Heat 2 tsp. olive oil over low heat in large skillet. Sauté onions, ginger root, and garlic until onions are soft. Remove ginger root. Add curry powder and chicken broth to onion mixture and simmer. In a second skillet, heat 1 tsp. olive oil. Beat eggs and water and add to skillet. While eggs are cooking, add remaining vegetables to onion mixture; cover and continue to simmer. When eggs are done but still moist, fold vegetable mixture into eggs and serve on a plate.

**Spiced Eggs - Serves 1**

- 1/2 cup water
- 1/4 cup onions, sliced
- 1/2 cup summer squash, chopped
- 1/2 cup each spinach, bok choy, watercress, all torn into small pieces
- 2 eggs
- 1/8 teaspoon nutmeg
- 1-2 teaspoons olive oil

Cook onions in water until they begin to soften. Add squash and cook 4-5 minutes. Add spinach, bok choy, and watercress and cook until soft. Do not overcook (they would begin to darken and become brown). Spoon vegetables into a bowl, reserving cooking water. Beat eggs and add nutmeg and 2 tablespoon cooking water. Heat oil and pour eggs into pan. Cook 2-3 minutes. While top is still moist, fill with vegetables and continue to cook. When eggs are done, fold one half of the egg mixture over the vegetables, into an omelet, and serve.

**Spanish Omelet - Serves 1**

- |   |                                   |
|---|-----------------------------------|
| 1/2 cup water                                 | 1 Tablespoon arrowroot (optional) |
| 1/4 cup onions, chopped                       | 2 Tablespoons water               |
| 1/4 cup celery, chopped                       | 1/2 cup tomato, chopped           |
| 1/4 cup green pepper, chopped                 | 2 eggs                            |
| 1/4 cup zucchini or crookneck squash, chopped | 1 teaspoon olive oil              |
|   | 1/4 cup parsley, chopped          |

Begin by cooking onions in water for 1-2 minutes. Add celery, green pepper, and squash and continue cooking until soft. In a separate bowl, stir arrowroot into water. Move vegetables to edge of pan and stir arrowroot into cooking liquid, mixing well. Add tomatoes, reduce heat to simmer and cover. Beat eggs. Heat oil in a second skillet over low heat. Pour eggs into pan and cook gently. When the eggs are done, mix in vegetables, warm, and remove. Sprinkle parsley over all and serve.

**Silken Smoothie - Serves 1-2**

- 1 carton silken tofu
- 2-3 Tbsp. cashew, hazelnut, or almond butter
- Soy, almond, or hemp milk to desired consistency (approximately 1/2 - 1 cup for medium-thick consistency)

Place all ingredients in a blender and puree until smooth. Optional ingredients: ground flax seed, flax oil, or spirulina powder.

**Selected Lunch Recipes**

Lunch and dinner recipes may all be used interchangeably. Dinner leftovers are a great way to make quick lunches. When trying to eat foods that do not feed Candida yeast, it is best to use leftovers within a 24 hour period.

**Mixed Greens Salad with Tofu or Tuna - Serves 1**

- 1 cup tofu cubes or tuna chunks (salmon, chicken, or turkey can substitute)

2 cups mixed greens  
1/2 cup celery, chopped  
Red and/or green cabbage, shredded  
1/2 cup garbanzo, kidney or other beans of your choice  
1 Tbsp. minced parsley

Slice tofu into 1/2" x 1" pieces, or break tuna into chunks. Add remaining ingredients and top with dressing of your choice from below.

**Dressings (choose one):**

1. To 1/2 cup olive and/or flax oil and 1/4 cup lemon juice, add crushed garlic, oregano, and basil. Whisk in 1 tsp mustard powder, salt and pepper to taste.
2. Mix tahini (sesame butter) with water to thin a little and drizzle over salad.
3. Mix 1/2 cup plain yogurt, 1/4 cup chopped chives, and 1 small clove minced garlic
4. Whisk 1-3 Tbsp. plain yogurt (to taste) into dressing #1

**Mock Mayo I**

1 pound tofu  
1/2 cup lemon juice  
1 cup cold-pressed grapeseed, safflower or canola oil  
1 teaspoon sea salt  
1/2 teaspoon dry mustard powder  
1-2 garlic cloves (optional)

In a blender, whip all ingredients together until thick. Store in refrigerator. You may freeze half. Try being creative by adding paprika, celery seed, or any favorite spice.

**Mock Mayo II**

1 egg  
1/2 teaspoon sea salt  
1/2 teaspoon dry mustard  
2 Tablespoons lemon juice  
1 cup cold-pressed grapeseed, canola or safflower oil

Put egg, seasonings, lemon juice and 1/2 cup oil into blender and process at high speed. While blender is still running, remove top and pour in remaining oil in as a steady stream. Continue until oil blends in. Store in refrigerator.

**Deluxe Tuna, Chicken, or Turkey Salad- Serves 2**

2 hard boiled eggs, chopped  
1 - 2 Tablespoon Mock Mayo I or II (see above), or hummus  
1/2 cup shredded and chopped cabbage  
2 Tablespoons fresh cilantro, basil, or parsley, chopped  
Add all ingredients to 1 cup leftover tuna, chicken, or turkey (or 7 oz. can)

**Stuffed Pepper Variation - Serves 2**

Make above salad and substitute 1-2 tsp. chopped fresh dill for cilantro and stuff into 2 medium red peppers. Serve cold.

**Spinach Salad – Serves 1**

1/2 cup chopped walnuts or pecans  
1 clove crushed garlic  
1 Tbsp. olive oil  
2 cups chopped spinach greens  
1 or 2 hard boiled eggs



1/4 cup sliced black olives  
10 cherry tomatoes  
Ingredients for dressing #1, above

Sauté walnuts or pecans and crushed garlic in olive oil, being careful not to burn. Set aside to cool. Toss dressing #1 with spinach and remaining ingredients. Garnish with garlic and walnut/pecan saute.

#### **Bean Salad - Serves 4**

2 cups black beans (or other favorite bean)  
1 red pepper, diced  
1 yellow or green pepper, diced  
¼ to ½ cup diced red onion or scallions  
1 cup cherry tomatoes (optional)  
1/4 cup olive oil  
1 Tbsp. lemon juice  
2 tsp. ground cumin

Combine all ingredients and chill for an hour before serving:

#### **Italian Tofu - Serves 2-3**

1 cup tomato puree  
1 cup water  
1 cup broccoli  
1 cup cauliflower  
1/4 teaspoon sea salt  
2-3 cloves minced garlic  
1/2 teaspoon parsley  
1 teaspoon basil  
1/2 teaspoon oregano  
8 ounces regular firm tofu (not silken), cubed

In a saucepan, combine all ingredients except tofu. Simmer until vegetables are tender and flavors are blended. Drain tofu and cut into cubes. Gently fold tofu into tomato mixture. Heat through and serve.

#### **Chilled Shrimp - Serves 1**

6 large unpeeled shrimp or prawns  
3 cups boiling water  
1 Tbsp. lemon juice

Add shrimp to boiling water. Remove the shrimp when they turn pink (about 5 minutes), drain, set aside. Shell the shrimp. Drizzle with lemon juice and serve. May be added to salad greens.

#### **Creamy Cold Tomato Soup - Serves 5**

1 cucumber, chopped  
1 scallion, chopped  
1 clove garlic  
4 cups tomato juice  
1 cup plain yogurt  
1 green pepper, chopped  
1/2 tsp. dill weed  
Fresh tomato, diced, for garnish (optional)



Combine all ingredients (except yogurt) in small amounts in blender and blend until smooth. Use salt sparingly if needed, and pepper to taste. Whisk in yogurt. Chill several hours before serving and garnish as desired with optional diced tomato.



### **Beans and Greens Soup - Serves 6**

2 cups white kidney beans (or other white beans)  
2 cups kidney or red beans  
1 1/2 cups chick peas  
3 cups fresh spinach, escarole, or Swiss chard, washed, drained and chopped OR  
4 cups chicken or vegetable broth  
2 large onions, chopped  
2 cloves garlic, minced  
1 tsp. dried basil or 1 Tbsp fresh basil  
1 Tbsp. dried parsley or 2 Tbsp fresh parsley  
1 tsp. dried oregano or 2 tsp fresh oregano

Beans may be canned or cooked from dry. If canned, organic is preferred, and include any liquid from the beans. Combine all ingredients and simmer about 45 minutes to 1 hour. Add pepper to taste.

### **Lentil Soup - Serves 4**

2 cloves garlic, minced  
1 medium onion, chopped  
2 large carrots, sliced or diced  
2 stalks celery, diced  
1 1/2 cups red and/or green lentils, rinsed well  
2 quarts water  
pinch thyme or any seasoning you like  
1 bay leaf  
salt to taste  
2 cups finely chopped fresh spinach, Swiss chard, or kale

Combine first 6 ingredients and bring to boil (red lentils should be added 25 minutes later as they need a shorter time to cook). Add seasonings. Reduce heat to medium-low and simmer, covered 45 minutes to 1 hour, until lentils are soft. About 10 minutes before done, add the greens and continue cooking. Remove bay leaf before serving. Puree half in the blender if you prefer a creamy soup.

### **Chinese Soup - Serves 1-2**

2 cups chicken broth  
1 scallion, sliced  
1 egg  
1/4 package silken tofu, cubed

Warm scallion in broth. Turn up the heat so that liquid is almost boiling. Using a whisk or fork, beat the egg and then dribble it into the hot broth while stirring rapidly so that egg coagulates into thin noodle-like strands. Continue to stir and cook only until the egg is firm. Add tofu cubes toward the end and warm through.

### **Vegetable Beef Soup - Serves 3-4**

Beef bones, preferably from organically raised or grass-fed beef  
2 cups water  
2 cups sliced onions  
2 cups chopped celery  
2 cups green beans, cut in pieces (or 1 frozen 10-oz. box cut green beans)  
2 cups chopped cabbage  
1lb. chuck roast pieces  
2 cups fresh tomatoes, chopped (or 1-lb can diced tomatoes)

Sea salt  
Herbs of your choice

Simmer the bones in the water with the onion, celery, and green beans for 20 minutes. Add the cabbage and meat. Simmer 10 minutes and remove bones. Continue to cook until meat is tender. Add chopped fresh tomatoes 10 minutes before serving. Season to taste with sea salt and herbs.

### **Vegetable Soup - Serves 1-2**

1 teaspoon olive oil  
1 red or green pepper, chopped  
1 clove garlic, minced  
1 large leek, chopped  
1/2 cup celery  
16 ounces chicken or vegetable broth  
4 ounces cubed silken tofu  
1 cup green beans, cut into 1 inch pieces  
3/4 cup red or white kidney beans (optional)  
2-4 Tablespoons parsley or cilantro, to taste

Saute leek, garlic, pepper, celery in olive oil until slightly brown. Add remaining ingredients and simmer until vegetables are softened, about 15 minutes.

**Quick Steamed Greens** - Choose any of the following: beet greens, bok choy, collard greens, dandelion greens, endive, kale, mustard greens, spinach or swiss chard. Servings will depend on the amount of greens used.

For greens with tough stems, tear or cut leaves away from the stem before washing. Wash carefully (fill sink with cold water, submerge greens and rinse well). Chop into bite-sized pieces. Steam tender leaves for about 2-5 minutes, and tougher greens (kale, collards) for 5-10 minutes. Sauté 2-3 chopped cloves garlic in 1 Tablespoon olive oil. Toss steamed greens with olive oil and garlic. Serve with a squeeze of fresh lemon if desired. For a different flavor, add a sprinkle of cumin just before serving.

## Selected Dinner Recipes

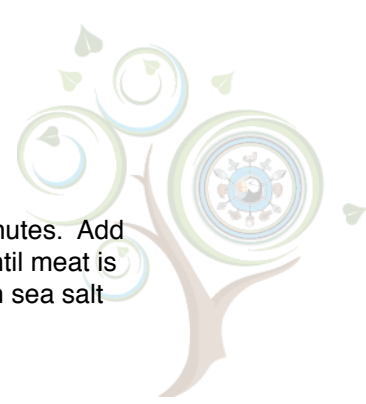
### **Lettuce and Turkey Wrap-Ups – serves 4-5**

2 Tbsp olive oil  
2 medium carrots, peeled and grated  
1 medium zucchini, grated  
4 green onions, thinly sliced  
1 pound ground turkey  
3 Tbsp. Bragg's liquid aminos  
Dash of garlic powder  
Crispy lettuce leaves

Heat olive oil in skillet or wok. Add carrots, zucchini, and green onions and sauté for about 3-4 minutes until softened. Add turkey and continue to cook, stirring, breaking up the chunks, until turkey is no longer pink, about 5 minutes. Add tamari soy sauce and garlic powder and mix well. Serve in a bowl with lettuce leaves on the side. Wrap filling in a lettuce leaf.

### **Coconut Chicken with Rice – serves 4**

1 cup brown basmati rice  
1/4 tsp. salt  
2 Tbsp olive or coconut oil  
1/2 cup chopped onion  
2 cloves mince garlic  
1 14-oz can diced tomatoes





1 lb boneless chicken breasts, cut into strips  
1 Tbsp. curry powder  
2/3 cup lite coconut milk or 1/3 cup regular coconut milk plus 1/3 cup water  
1/8 tsp ground cinnamon  
4 or 5 fresh basil leaves, chopped for garnish  
Salt and freshly ground pepper

In a medium saucepan, bring 2 cups water to a boil and add rice and salt. Reduce heat to low, cover and allow to simmer for about 45 minutes, until rice is cooked. While rice is cooking, heat oil over medium heat in a large skillet. Add onions and cook, stirring, until softened. Add garlic and sauté for 1 more minute. Add tomatoes, chicken strips, and curry powder. Cook over low heat, stirring, for about 15-20 minutes, until chicken is thoroughly cooked and mixture is thick. Stir in coconut milk and cook for 5 more minutes. Top with a sprinkle of cinnamon and garnish with basil. Serve immediately with rice.

### **Coconut Salmon - serves 6**

1 14-oz. can coconut milk  
2 tsp arrowroot or cornstarch  
1 ½ tsp. curry powder  
1 ½ lbs salmon fillets  
Salt and freshly ground pepper to taste  
1 large tomato, chopped, OR 1 cup cherry tomatoes, cut in half  
¼ cup chopped fresh basil or cilantro

Preheat oven to 350 degrees. Mix coconut milk with arrowroot or cornstarch and curry powder in a 2-3 quart ovenproof dish. Add salmon and bake, covered, for about 35-45 minutes. Add salt and pepper to taste. Serve immediately with some of the sauce on top of each fillet and top with tomato and basil or cilantro. Remaining sauce may be used to top rice or veggies such as cauliflower, broccoli or green beans.

### **Stir-Fry Vegetables with Tofu, Salmon, Shrimp, Chicken, or Turkey**

1-3 teaspoons coconut oil  
1 teaspoon ginger, peeled and grated  
Cut-up pieces of broccoli, cabbage (thinly sliced or shredded), celery (slant cut), bok choy (sliced), onion or scallions (sliced or diced), sliced water chestnuts, and bamboo shoots. (leftovers work well)  
Firm tofu, cubed, or cooked shrimp, chicken, turkey, or salmon cut into cubes  
¼ cup chicken broth or coconut milk

Preheat cast iron skillet or wok. Add oil after preheating. Quickly sauté the ginger for about 1 minute, then add all of the vegetables and sauté until they begin to soften, stirring continuously. Add your choice of protein and sauté for 2-3 minutes. You will need to cook a bit longer if not using pre-cooked protein. Then add broth or coconut milk and stir until all ingredients are warmed through. Serve immediately.

**Note:** Servings depend on the amount of vegetables and protein used.

### **Cauliflower Popcorn - Serves 6-8**

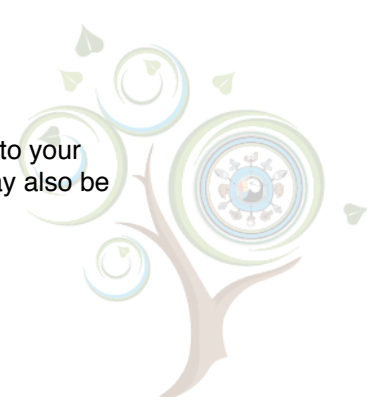
*A surprisingly delicious appetizer or side dish. It can be served fresh out of the oven or at room temperature.*

2 Tbsp. olive oil, approximately  
¾ - 1 pound (approximately) cauliflower  
Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut or break cauliflower into 1 inch florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast in pre-heated oven for about 10 minutes. Shake around or toss with a spoon so that they



brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.



### **Grilled Vegetables - Servings will depend on the amount of veggies used**

Prepare any combination of the following vegetables:

- 1 eggplant, cut into 1/2 inch rounds
- 1 red and green pepper, cut into large wedges
- 1 onion, cut into large wedges
- 1 summer squash, cut into long, thick strips
- 1 zucchini, cut into long thick strips

Preheat grill. Brush both sides of each vegetable piece with a light coat of olive oil. When grill hot, place vegetables on grill and cook on each side until brown. Eat as a side dish and use leftovers in a green salad.

### **Roasted Veggies - Servings will depend on the amount of veggies used**

Prepare any combination of the following vegetables:

- 1 each red and yellow bell pepper, cut into large chunks
- 2 red or yellow onions, peeled and cut into thick wedges
- 1 medium eggplant OR 4 baby eggplants, trimmed and cut into chunks
- 2 cups Brussels sprouts, cut in half only if large
- 1 fennel bulb, thickly sliced (optional, but gives a licorice flavor)

- 4-8 large garlic cloves, peeled
- 2 Tbsp. cold-pressed, extra virgin olive oil
- Fresh rosemary sprigs
- 1/4 tsp. each sea salt freshly ground pepper (or to taste)

Lightly oil a shallow roasting pan. You may need 2 pans if using a larger quantity of veggies. Spread vegetables in a single layer and arrange garlic cloves among the vegetables. Spray all with olive oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes at 425°, turning vegetables after 15 minutes. The time may vary for each vegetable, so check oven periodically. Serve immediately or allow to cool, and serve at room temperature. Leftovers will enhance a salad or side dish.

### **Stir-fried Pea Pods – Serves 2-3**

- 2 tsp sesame oil, divided
- 1 bunch scallions, chopped
- 1/2 pound sugar snap peas, washed
- 1/4 cup pignoli nuts

In a heavy fry pan or wok, heat 1 tsp. sesame oil over low heat. Add scallions and sauté for 3-4 minutes. Add nuts and continue sautéing for 2 more minutes. Remove from pan and set aside. Remove string from snap peas and stir-fry in 1 more tsp. sesame oil for 3-4 minutes. Toss scallion/nut mixture in and serve immediately.

### **Ratatouille - 6 servings**

- 1/4 cup olive oil
- 2 large onions, sliced
- 1 medium eggplant, cut into 1-inch cubes
- 2 green peppers, chopped
- 3 zucchini, cut into 1/2-inch slices
- 3 minced garlic cloves
- 1 - 28 oz. can tomatoes, drained
- 1/2 tsp. salt

¼ tsp. pepper  
1 tsp. oregano  
½ tsp. thyme

Heat oil in a 6-quart pot and sauté onion for 5 minutes. Add eggplant and sauté about 5 minutes. Add peppers and sauté 5 more minutes. Add zucchini and garlic and sauté 5 more minutes. Add tomatoes and seasonings; cover and simmer for about 30 minutes. Use as a side dish or as a sauce for spaghetti squash.

**Spaghetti Squash Variation:** Heat oven to 350 degrees. Bake 1 small spaghetti squash on a greased cookie sheet until fork-tender. Set aside to cool. Scrape out “spaghetti” strands with a fork, and top with ratatouille.

#### **Curried Lentils and Cauliflower - Serves 4-6**

1 cup dried (brown/green) lentils  
1 bay leaf  
2 cups water  
2 teaspoons olive oil  
1 onion, chopped  
1 clove garlic, minced  
¼ teaspoon sea salt  
1 teaspoon curry powder  
1 teaspoon cumin  
1 teaspoon turmeric  
1 small head cauliflower, cut into flowerets  
½ - 1 cup tomato sauce (no sugar added)  
1 teaspoon grated gingerroot  
½ - 1 cup water or coconut milk  
Plain yogurt for garnish (optional)

Rinse lentils several times and place in a medium soup pot with bay leaf and water. Bring to boil, lower heat, and cover. Simmer 25-30 minutes until soft. While lentils are cooking, heat oil in another large pot. Add onion and sauté until soft. Add garlic, spices and remaining ingredients. Cover and simmer until cauliflower is tender (10-15 minutes). Stir cooked lentils into cauliflower-tomato mixture, and discard the bay leaf. Dress with plain yogurt if desired.

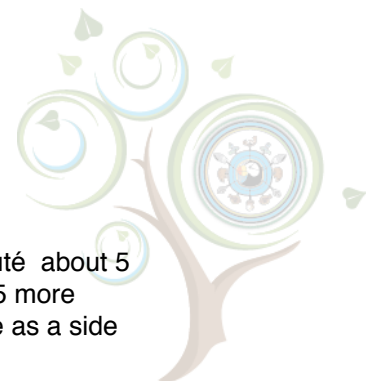
#### **Tempeh Stew - Serves 3-4**

6-8 cups chicken broth  
12-16 baby onions or scallions, chopped  
1 pound tempeh, cut into 1" squares  
Broccoli and cauliflower florets  
¼ head Chinese cabbage  
3 stalks celery, sliced  
½ pound green beans

Bring chicken broth to a boil and add onion. Reduce heat and simmer 5 minutes. Add tempeh. Cook for 1/2 hour. Add remaining vegetables and cook until tender.

#### **Tempeh Spaghetti Squash - Serves 2-3**

1 small spaghetti squash, cut in half, seeds removed  
1 Tablespoon olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
8 ounces tempeh, crumbled  
2 cups chopped zucchini, broccoli, and green pepper (any combination)  
2 Tablespoons chopped fresh basil leaves or 1 tsp. dried  
2 Tablespoons chopped fresh oregano or 1 tsp. dried



½ teaspoon sea salt  
1- 15-ounce jar of organic tomato sauce (or other with no sugar added)  
1 to 1 ½ cups water

Heat oven to 350 degrees. Bake 1 small spaghetti squash on a greased cookie sheet until fork-tender. Set aside to cool. Meanwhile, in a large skillet, heat oil and sauté onion until softened. Add garlic and crumbled tempeh bits to onion mixture and brown well. Add chopped vegetables, herbs, tomato sauce, salt and water. Stir, cover, and simmer 10-15 minutes. Scrape out “spaghetti” strands with a fork, and top with tempeh-vegetable mixture. Serve with a green salad.

### **Turkey Chili - serves 8**

2 pounds ground raw turkey  
1-28 ounce can tomatoes, cut up  
2- 15 ounce cans red kidney beans, drained  
1- 8 ounce can tomato sauce  
½ cup chopped onion  
1-2 Tbsp. chili powder  
1 tsp. dried parsley flakes  
¾ tsp. dried basil, crushed  
¾ tsp. dried oregano, crushed  
½ tsp. black pepper  
½ tsp. ground cinnamon  
1 clove garlic, minced  
¼-½ tsp. ground red pepper  
1 bay leaf

In a 4 quart Dutch oven cook the turkey until it is no longer pink. Drain off fat. Stir in undrained tomatoes, drained kidney beans and remaining ingredients. Simmer uncovered for 45 minutes. Add more chili powder as needed for a zippier taste.

## **Selected Snack and Condiment Recipes**

### **Roasted Nuts or Seeds**

Heat oven to 325 degrees. Place nuts or seeds in a shallow baking pan, in one layer. If they are various sizes, you may wish to roast separately as cooking times will vary (larger pieces like almonds or hazelnuts will take longer than sunflower seeds). Stir occasionally to cook the pieces evenly. Watch carefully to prevent burning. Mixture is done when nuts darken just slightly and give off a nutty aroma. Cool and store in an airtight container.

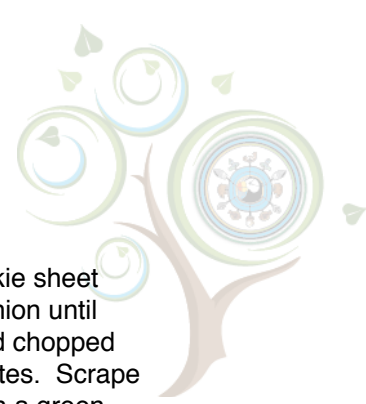
### **Walnut Spread – yield 1¼ cups**

1 cup garbanzo beans (chick peas), drained (reserve liquid)  
½ cup chopped walnuts  
½ cup basil leaves  
2 Tbsp. olive oil  
2-3 tsp. lemon juice  
Dash salt and pepper

Drain beans and reserve liquid. In a blender or food processor, combine beans with 2 Tbsp. bean liquid and remaining ingredients. Cover and blend until smooth. Add additional liquid as needed and scrape sides of bowl periodically. Use as a dip for raw veggies and store in refrigerator. Use within in 5 days.

### **Roasted Garlic**

In any quantity desired, cut the root (bottom) side of the garlic bulb off so that it has a flat even surface and so that the cloves are now exposed. Add ¼ - ½ teaspoon olive oil and rub over



the cut area and around the outside. Wrap them in foil, placing root end up (cut end with olive oil up), or place in a garlic baker (which can be purchased in kitchen stores) for approximately 35-45 minutes at 350 degrees. Add roasted garlic to dressings, soups, and salads – or use as a spread.

### **Roasted Red Peppers**

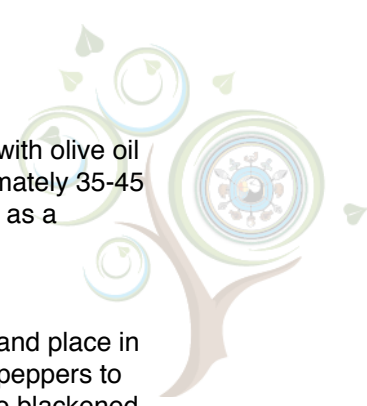
In any quantity desired, place red peppers on a lightly greased cookie sheet and place in the oven on “broil.” As the skin blackens, turn to the other three sides. Do not allow peppers to burn through to the inside. You just want to darken the outside. When the peppers are blackened on all four sides, place in a paper bag and seal for 10 minutes to “sweat”. After cooling, gently remove the charred skins. As you do this, save any juice that accompanies the peppers. Cut into chunks or strips and marinate in olive oil and garlic slivers. Serve as a garnish for green salads, or mix into tuna or chicken salad.

### **Tofu Mash**

1/4 pound tofu

1-2 teaspoons tahini

Put ingredients in a food processor and blend until smooth. Add a touch of liquid if necessary to allow for better processing. Serve with vegetables.



## Low Sugar Food Plan Shopping List



### Vegetables

Artichoke  
Asparagus  
Bamboo shoots  
Beets and beet greens  
Bok choy  
Broccoli, Broccoflower  
Brussels sprouts  
Cabbage – all types  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Garlic, chives  
Green beans, yellow wax beans  
Jicama  
Kale, collards  
Kohlrabi  
Lettuce- red or green leaf and all types of greens, (arugula, endive, escarole, radicchio, dandelion, etc)  
Okra  
Onions, leeks, scallions, shallots  
Peppers (all kinds)  
Radish, daikon  
Sea vegetables- seaweed, kelp, nori, dulse, hiziki  
Peas – all types  
Spaghetti squash  
Spinach  
Sprouts (\*broccoli and bean)  
Swiss chard  
Tomatoes  
Watercress  
Winter squash, all types  
Zucchini

### Fruits

watermelon  
Apples (green), pears  
Peaches, nectarines  
Plums  
Kiwi  
Oranges, tangerines  
Grapefruit

### Concentrated Proteins

Chicken, Cornish game hens, turkey, duck  
Fresh ocean fish – Pacific salmon, halibut, haddock, cod, sole, tuna, mahi mahi, etc.  
Shellfish  
Water-packed canned tuna, turkey, chicken, wild salmon  
Lamb  
Wild game  
Lean beef or pork  
Eggs  
Tofu- regular and silken  
Tempeh

### Grains

Quinoa  
Millet  
Buckwheat  
Teff  
Amaranth  
Brown or wild rice  
Steel cut oats

### Beans– 1 cup/day

All beans  
Edamame (green soy beans)  
Hummus  
Lentils - brown, green, red  
Split peas - yellow, green  
*All the above beans can be bought dried or canned without added sugar*

### Oils

Almond  
Flax seed  
Coconut  
Canola  
Olive  
Safflower  
Sesame  
Soy  
Sunflower  
Walnut

### Dairy and Substitutes

Plain cow yogurt with live cultures  
Plain goat yogurt  
Plain soy, almond, or hemp milk – read labels for sweeteners  
Coconut milk  
Fresh, unaged goat cheese  
Cottage cheese  
Mozzarella  
Ricotta

### Nuts and Seeds

Almonds  
Cashews  
Flax seeds  
Hazelnuts (Filberts)  
Pecans  
Pignoli nuts (pine nuts)  
Poppy seeds  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts  
*All of the above can be consumed as nut butters and spreads (e.g., Tahini)*

### Vinegar Replacements

Lemon and lime juice  
Vitamin C crystals

### Beverages

Herbal tea (non-caffeinated)  
Mineral water  
Spring water  
Distilled water

### Miscellaneous

All spices  
Olives (without vinegar)

## **RECOMMENDED FOODS TO BUY: ORGANIC vs. CONVENTIONALLY GROWN PRODUCE**

The fruits and vegetables on “The Dirty Dozen” list, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. For produce on the “dirty” list, you should definitely go organic:

**DIRTY DOZEN: Buy Organic!**

**CLEAN FIFTEEN–Safe to eat**

1. Celery

1. Onions



<b>2. Peaches</b>	2. Avocados
<b>3. Apples</b>	3. Sweet Corn
<b>4. Strawberries</b>	4. Pineapples
<b>5. Cucumbers</b>	5. Mango
<b>6. Nectarines</b>	6. Sweet peas
<b>7. Bell peppers</b>	7. Asparagus
<b>8. Snap peas</b>	8. Kiwi fruit
<b>9. Cherry tomatoes</b>	9. Cabbage
<b>10. Potatoes</b>	10. Eggplant
<b>11. Grapes</b>	11. Cantaloupe
<b>12. Nectarines</b>	12. Watermelon
<b>Blueberries</b>	13. Grapefruit
<b>Hot peppers</b>	14. Sweet potatoes
<b>Spinach, kale, collard greens, lettuce</b>	15. Cauliflower

**FOR MORE INFORMATION:** <http://www.ewg.org/foodnews/>

Other websites on nutrition and healthy recipes: [www.bodyecology.com](http://www.bodyecology.com),  
[www.Whfoods.com](http://www.Whfoods.com), [www.health-bent.com](http://www.health-bent.com), [www.100daysofrealfood.com](http://www.100daysofrealfood.com)

<http://fedupmovie.com/#/page/about-the-issue?scrollTo=news>

or go to [www.fedupmovie.com](http://www.fedupmovie.com) click on “Menu” open “The Issue” and then “Resources” – has a great list of several websites and recipe links