



**BREAK FREE  
FROM SUGAR**

**EASY PREP**  
*Recipes*

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# WELCOME

At the Blood Sugar Central , we help Diabetics, Pre-diabetics, or anyone struggling with sugar or blood sugar health issues to learn how to cut sugar & live a blood sugar friendly lifestyle.

We know that it is not always easy to fit meal preparation into busy schedules, and we hope that this guide helps make your mealtimes easier (and healthier)!

Committed to Your Success,

*Janet, Chuck, & the  
BSC Coaching Team*



*"Conquering Diabetes and  
Insulin Resistance  
Together"*

- Janet Sanders

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If the word “cooking” conjures up pulling out a recipe, scrambling to get the “correct” ingredients, and hours spent preparing foods from scratch you are among the millions who would rather dine out or get “take out” any day.

Cooking real food for yourself and your loved ones is a gift that will transform your health and is the true foundation of blood sugar health. If you find yourself constantly craving foods that don't serve your well-being, but you “hate to cook” inside you'll find a roundup of some of our favorite easy to prepare recipes. These time-tested recipes are delicious AND loaded with nutrition.

So... grab your ingredients, turn on your favorite music, and spend some quality time with your kitchen creating these easy recipes to fuel your week!

# A Few Quick **TIPS**

## **MEASUREMENTS**

Most of the recipes include ingredient measurements so that you have an idea where to start, and some have more general instructions. Either way, it is more than OK to vary the ingredient amount based on taste and how many people you are preparing food for. If you are not sure how much of an ingredient or seasoning to add, the best technique is to add a little at a time. I very often do a taste test as I go along. But NOT, if I am preparing raw eggs or animal foods such as chicken or beef. So, I might taste a spoonful of mashed sweet potatoes to see if I have added enough cinnamon, and I might taste a marinade BEFORE pouring over raw chicken. But, don't taste ingredients once they are poured onto raw poultry or meat until it has been cooked thoroughly. Then, before serving you can taste to see if anything extra is needed.

## **INGREDIENTS**

It is always OK to swap out ingredients to account for your taste and health requirements. (Baking is usually an exception, unless the recipe provides alternative ingredients) For example if you are making a stir fry that calls for string beans and you don't have any, use broccoli, it will be fine. If you find a great smoothie recipe that includes almond butter and you only have peanut butter on hand, use that instead. If a recipe is based on ground beef or chicken, swap out the meat/poultry for Tofu, Beans or other meat substitute.

## **SAVING TIME: "ALMOST FROM SCRATCH" COOKING & PREPARING AHEAD**

With so many options available today ranging from frozen foods, salad bars to fancy in store deli's and other pre-made foods, cooking a delicious and healthy meal doesn't necessarily mean that every ingredient has been made from scratch. If I am planning to use a recipe and I am pressed for time, the first thing I do is see if there are any ingredients that I can buy pre-cooked, rather than start from scratch.

Roasted chicken is a great example. Many stores offer prepared free range roasted chicken that can be used in a variety of ways. For example I often shred the meat from the breasts to make Chinese Chicken salad. Or I thickly slice the breast meat and cut into cubes for recipes such as chicken stir fries or other chicken recipes.

Or you can save time chopping and cutting by buying pre-cut vegetables and salad greens. Frozen vegetables can be added to Chicken Bone Broth for a quick chicken vegetable soup. Canned goods are also a great way to get a meal together quickly. Canned Chili delicious when you add your own seasonings, sautéed onions and carrots. Feel like some meat? Add grass-fed lean ground beef. The possibilities are endless.

Another technique that saves both time and mealtime stress, is preparing foods that go into your recipes ahead of time. Examples include:

- Preparing a batch of chicken breasts for use in salads, chili or casseroles
- Marinating white or red onions for salads
- Preparing a batch of caramelized onions for garnishes and casseroles
- Roasting vegetables for stir fries or to use as a base for soup
- Pressing & marinating cabbage for salads and vegetable dishes

The more you can prep ahead of time, the easier weekly meal prep becomes.

## **SERVING SIZES**

Several of the recipes in this ebook contain a range of serving sizes. That's because portion sizes aren't one-size-fits-all! They depend on a number of factors such as appetite, age and what else is on the menu.

# Breakfast RECIPES



# Yogurt Parfait

*Parfaits are great for a quick breakfast, as a snack, or served as an elegant dessert.*

**BASIC YOGURT PARFAIT FORMULA: [YOGURT + PROTEIN POWDER + SWEETENER OF CHOICE + FLAVORING OF CHOICE] + LAYERED FRUIT + GARNISH/CRUNCH**

## INGREDIENTS

- Plain Yogurt: One cup of yogurt will yield 2 small parfaits. Greek or Icelandic (Skr) Yogurt are both creamy and low in natural sugar.
- Sweetener of Choice (to taste)
- 1/2-1 tsp Protein Powder: Give the yogurt a pudding consistency, and adds more protein (optional)
- Flavoring(s): I use cinnamon and a touch of vanilla to flavor the yogurt. If you like chocolate, you could add some unsweetened cocoa powder. You could also use a flavored Liquid Stevia.
- Fruit of choice (Suggested: fresh or frozen blueberries, raspberries and/or strawberries. (Approx. a cup of fruit for 2 parfaits.) Choose low glycemic fruits such as berries and avoid high glycemic fruits such as melons, grapes and ripe bananas.
- "Crunch": I make "crunch" using Ezekial 4:9 Almond Sprouted Whole Grain Cereal. (See Instructions). In place of crunch you can substitute chopped walnuts or pecans or a grain-free granola.

## INSTRUCTIONS

1. **Prepare the Crunch:** Heat up a heavy skillet, and add 1/4 to 1/2 box of Ezekial 4:9 Almond Sprouted Whole Grain Cereal to the skillet. Sprinkle some cinnamon over the cereal, and then sprinkle dry sweetener of choice (or pour small amount of liquid sweetener such as sugar free maple syrup) over the cereal.
2. Next, mix the cinnamon and sweetener into the cereal, stirring it for about 5 minutes over low heat to slightly roast the cereal mixture. Remove from heat, and put in bowl to cool. Depending on the sweetener used, the mixture may stick together when it cools down-use a fork to gently break it apart.
3. **Prepare the Yogurt & Fruit:** Place the yogurt in a bowl and add the Protein Powder. Then add a small amount of sweetener and cinnamon. Mix the sweetener and cinnamon into the yogurt. Taste, and add more sweetener and cinnamon if needed. Wash & rinse the fruit. Cut strawberries into small pieces
4. **Assemble the Parfaits:** Place a tablespoon of the crunch in the bottom of the glasses or parfait glasses. Next, place approximately 1/4 cup of the yogurt on top of the crunch. Top with 1/4 cup of the sliced strawberries. Repeat the layers. Optional: Top with shaved dark chocolate.



# BREAKFAST RECIPES



## EGG MUFFINS

**BASIC PREPARATION: SAUTE VEGETABLES OF CHOICE + WHISK EGGS WITH ANY DESIRED SPICES + POUR ALL INGREDIENTS INTO MUFFIN CONTAINERS+[ADD GRATED CHEESE OR PROTEIN SUCH AS HAM/BACON IF DESIRED]**

### INGREDIENTS

- 12 eggs
- 1 cup red pepper, chopped
- 1 cup mushrooms, sliced
- 4 cups spinach (chopped into small pieces, or use baby leaf spinach) [feel free to substitute chopped broccoli or if you are not a fan of spinach]
- ½ tsp garlic powder
- 2 dashes pepper
- ½ tsp turmeric

*\*if you want muffins to be a little heartier, add some chopped ham/bacon or some grated cheese. These egg muffins are so versatile, change them up to add your favorite vegetables, cheese and/or protein.*

### INSTRUCTIONS

1. Preheat your oven to 350°F. Place 12 muffin cups in muffin tin (or you can lightly grease or spray a NON-STICK muffin tray with a light coating of oil of choice.) If you're going to line them, be sure to get good quality non-stick liners --the same texture as parchment or baking paper).
2. Sauté pepper and mushrooms for about 3 minutes until crisp-tender. Add spinach and cook until wilted.
3. In a separate bowl, whisk eggs and spices together until blended
4. Combine egg mixture with sautéed vegetables and then pour into 12 muffin cups. It's ok if they only fill half-way because these will expand in the oven.
5. Place in oven and bake about 15-20 minutes, (or until eggs have set). Enjoy!

# Breakfast CHAFFLES

Makes 1 -2 Chaffles

## INGREDIENTS

- 1 egg
- "Heaping" tablespoon of Light Cream Cheese (you can substitute full fat if you prefer, but do not use no fat cream cheese for best results)
- 1/2 - 1 tsp of non-grain based flour of choice (this is optional, but I find it makes the final product less "eggy". You can use almond flour, coconut flour, or a pre-mixed Keto pancake mix such as BirchBenders)
- OPTIONAL: You can add a little sweetener of choice, if you want a touch of sweetness in your chaffle. You can even add a little unsweetened cacao powder for a "chocolate" chaffle.



*All you need is a Mini-Waffle maker, Dash makes a mini waffle maker that costs around \$12.00. They also make a larger size that makes 4 chaffles at once. The amounts below are for 1-2 chaffles. You can double the recipe for four, etc.)*

## INSTRUCTIONS

1. Beat one egg in a bowl until smooth.
2. Add cream cheese. You can "mash" it slightly along side of bowl with a spoon to make it easier to beat into the egg with a whisk until mixture is well blended. For best results let cream cheese sit out to soften before adding to the recipe.
3. Add non-grain based flour and any other seasonings or sweeteners of choice, and whisk until mixture is well blended.
4. Plug in chaffle maker and when hot, if desired place a very small amount of butter in the bottom. (this is optional, I find it helps the chaffle not to stick...)
5. As soon as butter melts, pour in the chaffle mix. The secret to not having the chaffle overflow is to pour in an amount that does not overflow the bottom of the chaffle-maker. (see image) By doing this you can also get two chaffles from the ingredients instead of one.
6. Close the cover and let the chaffle cook. You will see some steam coming out from the sides, that is normal. After about a minute, open the chaffle-maker to make sure your chaffle is not burning. Close the lid for 30 seconds to a minute and check it again.
7. When done, remove the chaffle and Enjoy with toppings or no-sugar syrup of choice.
8. To make a simple blueberry compote, place blueberries and small amount of butter in a pan. Heat over low heat, lightly smashing blueberries as they cook. You can add a little water if needed. I also sweeten with a little monk fruit. When done, pour over your chaffle.



## BREAKFAST RECIPES

# Tofu SCRAMBLE

*This tofu scramble isn't good just for breakfast – it's a great comfort meal for dinner, too.*

### FOR THE TOFU

- 16 oz (455 g) extra-firm tofu
- 3 Tbsp olive oil
- ½ medium red onion, chopped
- 1 medium red bell pepper, chopped
- 4 big handfuls of baby spinach, loosely chopped
- Optional (sliced scallions as garnish)

### FOR THE SAUCE

- 1 tsp sea salt (or Tamari, Braggs Liquid or Coconut Aminos to taste)
- 1 tsp garlic powder
- 1 tsp ground cumin
- Small amount of water

**Optional:**  
Top with hot sauce or salsa.

### INSTRUCTIONS

1. Pat the tofu dry and wrap it inside a clean, absorbent towel. Place something heavy on top of it (a skillet or heavy baking pan) to press, and let it sit for 15-20 minutes.
2. Prepare the sauce by placing the spices in a small bowl and adding enough water to make a sauce that you can pour.
3. Get your veggies ready and heat the oil in a large skillet over medium heat. Add the onion, red pepper, and a little salt and pepper. Cook, stirring occasionally, about 5 minutes, until the veggies start to soften.
4. Add the spinach in 2-3 batches, and cook until wilted. While it's cooking, remove the tofu from the towel, place it on a plate and crumble it into small pieces.
5. Move the veggies over to one side of the skillet and add the tofu to the empty side. Saute for a few minutes, and then add the spice sauce you made earlier, pouring most of it over the tofu. Stir to incorporate it.
6. Continue cooking until the tofu starts to brown and get a little crispy.
7. Remove from the heat and serve immediately as-is, or with a little salsa and/or hot sauce.
8. Or, divide between meal prep containers. This will keep in the fridge for 4 days.



## BREAKFAST RECIPES



# Super Berry Smoothie

**BASIC INGREDIENTS: LIQUID + PROTEIN/FIBER + FRUITS AND/OR VEGETABLES  
+ THICKENER + OTHER FLAVORINGS/NUTRIENTS :**

*You can add extras for different tastes, health benefits, and textures. If you are using ice as a thickener, make sure you have a blender with enough power to crush the ice so that the ice doesn't remain in chunks and you get a nice smooth drink*

### INGREDIENTS

- ½ - 1 cup unsweetened Vanilla Almond Milk (depending on thickness\*) (or "milk" of choice)
- 1-2 scoops of Vanilla Protein Powder ( Plant Based or Whey Protein Powder)
- 2 teaspoons almond butter (or "butter" of choice)
- ½ cup frozen blueberries (I like to use frozen wild blueberries)
- 1 packet frozen Sugar-Free Acai Berry Puree
- 4-6 Ice cubes (as desired, the more ice-cubes, the thicker the smoothie)
- ½ tsp vanilla and/or cinnamon (optional)
- 1 1/2 tablespoons ground flax seed (optional)
- 1 tbsp. Goji Powder (optional)
- Optional: Sweetener of Choice (Try Vanilla Flavored Liquid Stevia or Monk Fruit Drops)

### INSTRUCTIONS

1. Pour the Almond Milk into a blender
2. Add the remaining ingredients
3. Mix the ingredients in the blender until smooth.
4. Pour into a glass and enjoy!

*There is no right or wrong way to make a smoothie. With one caveat, avoid ingredients high in sugar and/or fructose. Stick with low glycemic fruits such as berries, and go easy on the bananas. Also, always try to add some protein or fiber*



# Green Chocolate Smoothie

## INGREDIENTS

- ½ -1 cup low fat milk or unsweetened Chocolate Almond Milk (or "milk" of Choice)
- 1-2 scoops of Chocolate Protein Powder (Plant Based or Whey Protein)
- 2 teaspoons of almond butter (or "butter" of choice)
- 1 Scoop chocolate flavored Greens Powder
- 1 tbsp. raw Cacao powder
- 1 packet frozen Unsweetened Acai Berry Puree (OR: frozen banana - see OPTIONAL COMMENTS)
- 4-6 Ice cubes (as desired, the more ice-cubes, the thicker the smoothie)
- 1 1/2 tablespoons ground flax seed (optional)
- Sweetener of Choice (Try Chocolate Flavored Liquid Stevia or Monk Fruit Drops)

## INSTRUCTIONS

1. Pour the Almond Milk into a blender
2. Add the remaining ingredients
3. Mix the ingredients in the blender until smooth.
4. Pour into a glass and enjoy!

### OPTIONAL:

*Try adding a small amount of avocado for extra creaminess, additional fiber, and healthy monounsaturated fat.*

*Add a small amount of frozen blueberries for extra sweetness and antioxidants*

*If you like bananas and are not overly concerned about a small amount of extra natural sugar, add a very small piece of fresh or frozen banana (1/4 to 1/2). Make sure the banana is NOT overly ripe.*

## BREAKFAST RECIPES

# No Grain-based Flour Bread Egg in a Basket



*This recipe actually has many names. In my family, we call it "hole in the head egg" which is also widely known as Egg in a Basket. The reason I like this so much, is that it is a great way to enjoy the traditional egg with toast, but with no large blood sugar spike. It is quick and easy to make, and for those of us who like our yolks runny, it is so satisfying. The choice of bread is up to you, as long as it does not have any grain-based flour in the ingredients. Sprouted Grain bread is a good choice or a Keto Bread like Base Culture.*

### Ingredients

- 1 piece of bread of choice
- 1 egg
- Butter (enough to coat bottom of skillet)
- Salt & Pepper (to taste)

### INSTRUCTIONS

1. With a biscuit cutter or the rim of a glass, press a hole in the center of the slice of bread.
2. Heat a skillet over medium-low heat and melt in the butter. When the butter is all spread out, place the slice of bread in the skillet and gently crack the egg straight into the center of the hole.
3. Cook until the underside of the toast is golden brown and egg is set on the bottom (about 1-2 minutes)
4. Using a spatula, gently turn the bread/egg over and cook until the yolk is the way you like. I like mine runny so just cook for a brief moment and then remove with spatula from the skillet and turn it back over on your plate. If you want yolk to be less runny, cook for about a minute.
5. Sprinkle with salt and pepper to taste.



# Minute English Muffins with Ricotta Spread

*I honestly cannot take credit for the Low Carb Minute English Muffin craze. There are so many recipes for these on the Internet. I love to top these with the Ricotta Spread below for a quick on the go Breakfast.*

*The basic ingredients are unsweetened butter, Almond Flour, Unsweetened Almond Milk (or milk of choice), baking powder and an egg. Some recipes call for only using egg whites, some add coconut flour and others also add almond or cashew butter.*

*The ingredients are mixed together, then put into two greased ramekins and microwaved for 1-2 minutes.*

*For Complete instructions search the Internet for Minute Low Carb English Muffins. There are a number of them, and stay tuned for a Blood Sugar Central version coming soon to the BSC Facebook Page & BLOG.*

*You can also put the ricotta spread on a piece of low carb bread or Sprouted Grain English Muffin. I am really enjoying breads from Base Culture.*

### Ricotta Spread Ingredients

- 1 TBSP Almond Butter (or "butter of choice)
- 1/4 Cup Ricotta Cheese (Whole or Part Skim based on your taste & health needs)
- Sweetener of choice
- ½ tsp cinnamon
- Optional: (Choc Zero Chocolate or Vanilla Hazelnut Spread to Taste)
- Optional: add some vanilla whey protein powder. Cinnamon, or ground flax seed for extra flavor and nutrients

### INSTRUCTIONS

1. Combine ingredients in a bowl and blend until smooth.

### More Quick Muffin toppings;

- Hummus, avocado, red onion and tomato
- Tempeh or Bacon with lettuce & tomato
- Egg salad with micro greens
- Smoked salmon, cream cheese, onion and tomato
- Scrambled Egg with slice of Canadian Bacon and/or favorite cheese

*Snacks & Sides*  
**RECIPES**





# DIY SNACK BOXES & Small Plates

## Snack Box & Small Plate Ideas

*The possibilities for mix-and-match snack boxes & small plates are almost endless.*

*Simply assemble 3-4 ingredients from different groups below, and voila! You have a healthy snack you'll actually look forward to.*

*If you prefer to "graze" your lunch or dinners, or have one of these boxes or plates as a meal — just boost your portion sizes!*

### PROTEIN

- Hardboiled Eggs
- Hummus/Spreads
- Cheese
- Jerky
- "Nova" Lox or Smoked Salmon
- Tuna/Chicken Salad
- Uncured Deli Meat
- Chickpeas/Beans
- Roasted Chicken

### FRUITS

- Oranges
- Blueberries
- Raspberries
- Blackberries
- Strawberries

### VEGGIES

- Celery
- Carrots
- Cucumber Slices
- Broccoli Florets
- Bell Peppers
- Snap Peas
- Cherry Tomatoes
- Artichoke Hearts
- Roasted Vegetables

### FATS

- Avocado/Guacamole
- Almonds
- Walnuts
- Pecans
- Olives

## SNACKS & SIDES

# DIY Ideas for SNACK BOXES



Baba Ganoush Bento Box



Ham & Cheese Rolls with Mini Peppers



Turkey & Cheese Snack Box

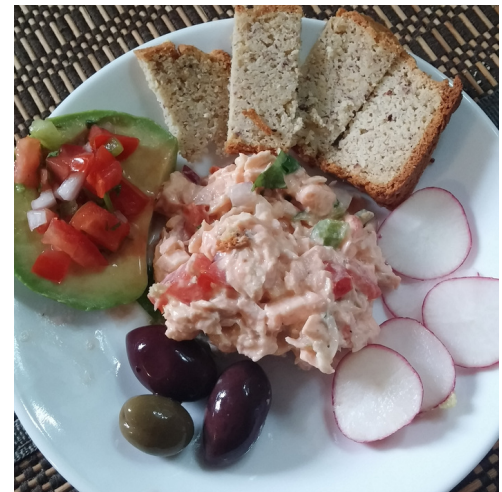


Carrots, Celery & Olives Snack Box



# SNACKS & SIDES

# DIY Ideas for **SMALL PLATES**



# Quick

# Cucumber Salad

Makes 1-3 Servings

## Ingredients

- 1 Cucumber ( I like to use an English Cucumber or 2-3 smaller Kirby Cucumbers)
- Rice Vinegar (or vinegar of choice, such as white balsamic) (to taste start small -- 1 TBSP, taste and add more if desired))
- Mirin (to taste - start small, 1/2 tsp, taste, then add more if desired)
- Dash of Tamari, Coconut or Braggs Liquid Aminos (or you could use Ponzu Sauce)
- Optional: sprinkle sesame seeds or the seasoning Gomashio on top of your salad and garnish with sliced carrots or radishes



## INSTRUCTIONS

1. Slice cucumbers thinly. (The easiest way is to use a hand held mandolin. I own one made by Kyocera and it is invaluable for preparing vegetables quickly.)
2. NOTE: The blade is very sharp, ALWAYS use the guard that comes with the mandolin or wear a protective glove.
3. Next pour rice vinegar (use a brand without added sugar) over the cucumbers.
4. Next: season with a little Mirin and/or Bragg Liquid Amino All Purpose Seasoning to taste.
5. Alternatively you could season the cucumbers with Ponzu Sauce (an Asian seasoning that is a combination of Rice Vinegar, Mirin and Tamari) (use the liquid sparingly and season to taste)
6. That's it. Could not be easier.



# Basic Cauliflower Rice

If you are trying to cut back on rice, using versatile cauliflower is a great substitution. Don't expect it to taste like rice. But, the texture when cooked properly gives you the "rice" experience and it really does taste great. Below are instructions for "ricing" the cauliflower, but you also buy it already prepared (both frozen or freshly processed) I like it best when the cauliflower rice is mixed with diced sautéed onions. You can also other garnishes or additional vegetables to the finished dish.

## Ingredients

- 1 Head of cauliflower
- 1 TBSP Olive Oil
- 1/2 Large Onion (or 1 Small Onion)
- Seasonings of Choice/To Taste (Salt, Pepper, Gomashio, Red Pepper Flakes, Parsley, Cilantro, Seasoning Mis



## INSTRUCTIONS

1. Cut one head of cauliflower in half and cut the florets off from core
2. Break up the florets into somewhat evenly sized pieces
3. Place florets in bowl of food processor in batches. Process until evenly chopped but not completely pulverized. ( I use a Vitamix for this step using the pulse feature and pulse the contents until they are reduced to the size of couscous or rice grains.)
4. Next sauté diced onions in olive oil (or coconut oil) until translucent. Season lightly with Braggs Liquid Aminos (or seasoning of choice) to bring out sweetness in onions
5. Stir in the cauliflower "rice" into the pan with the onions, mixing the ingredients thoroughly.
6. Lower the heat to medium, cover the pan, and cook until the cauliflower is tender, 5 to 8 minutes. (Don't overcook. Cauliflower should be cooked but still slightly crunchy.
7. Optional: Season with mix such as Trader Joe's 21 Salute or add Gomashio for flavoring- a mixture of sea salt and sesame seeds
8. If desired garnish with other vegetables, nuts or sunflower seeds. For a simple meal, I like to add cooked petite peas to the mix.

## SNACKS & SIDES

# Quinoa Many Ways

QUINOA is actually a seed, not a grain. When it is cooked, the outer germ surrounding the seed breaks open to form a crunchy coil while the inner part of the grain becomes soft and translucent. It is a very versatile grain that is as delicious as a hearty salad or hot side dish or when it is served as a hot cereal for breakfast with nuts and fruit



### How to Prepare Quinoa

1. Rinse one cup of quinoa well with cool water in a fine mesh strainer until the water runs clear. [ALWAYS rinse quinoa before cooking to thoroughly remove the bitter coating, called saponin. Saponin is a naturally occurring toxin that coats the quinoa grain. Quinoa is rinsed before packaging, to remove the saponin, but it is best to rinse again before cooking.]
2. Combine the quinoa and 2 cups water in a saucepan. Cover and bring to a boil. (for extra flavor you can cook in vegetable or chicken broth)
3. Reduce the heat to a simmer and continue to cook covered for about 15 minutes or until all the water has been absorbed.
4. Remove from the heat and let stand for 5 minutes covered, then fluff with a fork.

### Quinoa Side Dishes: Basic Preparation: Cooked Quinoa + Prepared Vegetables (+ Protein, if desired) + Seasoning + Garnish

- Emerald Quinoa: Cook Quinoa. While quinoa is cooking, sauté diced onion until soft and sweet tasting. Set onions aside. Lightly boil some kale, chop it up finely. Lightly boil some Broccoli crowns and cut them into small pieces. Put ¼ cup frozen peas in a strainer and run under very hot water for 3-4 minutes until thawed. Mix the onions and all of the vegetables in with the quinoa. Season with Gomashio and your choice of: Bragg Liquid Amino All Purpose Seasoning, Ponzu Sauce (an Asian seasoning that is a combination of Rice Vinegar, Mirin and Tamari) or Tamari Soy Sauce. (use the liquid sparingly and season to taste)
- Super Quick Basic Quinoa with Peas, Onions & Chopped Arugula: Prepare Quinoa per directions and store in refrigerator. Sauté onion and store in refrigerator. At mealtime: Defrost ½ cup of frozen peas by placing in strainer and running under hot water for 2-3 minutes. Put small amount of olive oil in skillet. Add the quinoa, onions and peas. Sauté lightly for 2-3 minutes. Add chopped arugula. Sauté for another minute. Season to taste. Garnish with Nuts or Seeds of choice. (if desired add some canned beans or leftover fish/chicken)..
- Quinoa with Sundried Tomatoes, Onions & Corn: Cook Quinoa. While quinoa is cooking, sauté diced onion until soft and sweet tasting. Lightly steam 2 ears of corn and remove corn from the cob. Dice enough sundried tomatoes to measure ¼ cup. Add all ingredients to the Quinoa. Season to taste with an all purpose seasoning blend such as Trader Joes 21 Salute, Braggs Liquid Amino Acids or Tamari Soy Sauce.
- Quinoa with Black Bean Salsa: Cook Quinoa. Set aside. Rinse contents of one can of black beans. Mix beans with diced red and orange bell peppers, chopped tomato, and chopped red onion. Drizzle small amount of olive oil over beans and mix well. Add rice vinegar to taste. If desired add some chopped cilantro and/or sprinkle with some lime juice. Add bean mixture to the quinoa.



# Roasted Sweet Potatoes

Roasting sweet potatoes could not be easier. I usually roast up a batch on a Sunday and use them in a variety of recipes throughout the week. When I have leftovers, I put them in a blender with some chicken broth and a little almond milk for a delicious creamy soup.

**Basic Preparation: Cut Potatoes in Desired Shape & Size + Coat with Oil & Seasonings + Roast+[Add garnishes, if desired, such as toasted pecans]**

## INSTRUCTIONS

- 1. Prepare:** You can leave the skins on for added taste & nutrients or peel the potatoes, try it both ways and see which you prefer. If you are leaving the skins on, scrub the potatoes well with a vegetable brush, and then dry them with a paper towel before slicing them. If you are peeling them, you should wash them first.
- 2. Cut:** On a cutting board, cut off and discard the ends of the potatoes. Then slice into rounds. (How thick depends on how big you want your cubes) I usually keep them about ½ inch in thickness. Then slice the round lengthwise & across to make the “cubes”.
- 3. Coat with Oil & Balsamic Vinegar:** Next, place the cubes into a bowl and drizzle with olive oil. (approximately 1 tablespoon). Don't drown them in oil. They should look glossy, but they shouldn't be sitting in a pool of olive oil. Optionally, if you want to bring out the sweetness of the potatoes, you can also drizzle a very small amount of Balsamic Vinegar over the potatoes right after you coat with olive oil..
- 4. Add Seasonings & Mix:** Season with a pinch of good quality sea salt and some pepper or with your favorite seasoning mix. ( I usually use a seasoning blend that contains a variety of herbs & spices.)Combine all the ingredients and make sure all of the potato cubes are well coated.
- 5. Roast:** Preheat the oven to 400 ° . (Some chefs roast at a little higher temperature, 425 ° . Try, both ways to see what works best for you.) Place the sweet potato cubes onto the baking sheet in a single layer. You can put a piece of parchment paper on the baking sheet, which makes cleanup easier. You can also use a pyrex dish, but the higher the side of the dish, the more the potatoes will “steam” instead of roasting. Also, don't overcrowd the potatoes, as that will also cause them to steam and become more mushy on the outside. Bake for 30-45 minutes, turning every 10 minutes with spatula so that potatoes brown, but do not burn. Serve warm.



# *Vanilla-Cinnamon Mashed* **Sweet Potatoes**

Creamy sweet potatoes add a special touch to any meal. Most of us have memories of those marshmallow filled sweet potato casseroles of our youth, but there are lots of ways to enjoy sweet potatoes without all the sugar. The secret is the vanilla, a touch of no-sugar sweetener of choice and cinnamon.

## Ingredients

- 3 large sweet potatoes (or yams if you prefer)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- Vanilla Liquid Stevia, Powdered Stevia or sweetener of choice (to taste)
- Small amount of milk or half & half (or dairy substitute such as Unsweetened Vanilla Almond Milk,) (start with small amount so that potatoes are creamy not watery, and add a bit more if needed)
- 1-2 tablespoons butter or butter alternative
- OPTIONAL: Add some light cream cheese to the mixture. It makes the potatoes really creamy

## INSTRUCTIONS

1. Bake sweet potatoes, with skins, on a cookie sheet at 375 degrees for about an hour until done (Pierce with fork to test doneness after about 45 minutes.) Or if you prefer, steam cubed sweet potatoes, without skins, in steamer until they are tender. (approx. 15-25 minutes.)
2. Let potatoes cool. Then cut baked sweet potatoes in half and scoop out the potato flesh and put in a large bowl. Discard the skins. (if steamed, cool and place in bowl.)
3. Add in the rest of the ingredients and mash the potato mixture with a potato masher. When blended, add the mixture to an electric blender or food processor and blend until the mixture is a smooth consistency. (blend in batches if needed)
4. Spoon mixture into a casserole dish. Sprinkle top very lightly with some extra cinnamon.
5. Cover and bake for ½ hour to 40 minutes.
6. If desired, toast some chopped pecans and sprinkle them on top of the potatoes along with the cinnamon before baking



# *Mexican* **Black Bean Salad**

*Makes 4 Servings*

## **Ingredients**

- 2 cups Black Beans (Canned or cooked) (OPTIONAL: substitute cooked lentils or chick peas]
- 1 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (chopped)
- 1 Avocado (diced)
- OPTIONAL: Diced tomatoes
- 1/4 cup Lime Juice
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/8 tsp Sea Salt
- OPTIONAL: a touch of vinegar of choice to taste (add at end)

## **INSTRUCTIONS**

1. In a large mixing bowl combine the black beans, pepper, onion and avocado. (if using canned beans, rinse well before adding to the bowl)
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake
3. until combined. Pour dressing over the black bean mixture and stir until evenly coated.
4. 3. Serve chilled and enjoy.



*Creamy*

# Broccoli Salad

*Makes 4 Servings*

## Ingredients

- 8 cups Broccoli (chopped into florets)
- 1/4 cup Red Onion (finely sliced)
- 1/4 cup Tahini
- 1 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Water
- 1/3 cup Sunflower Seeds (plain Or Roasted)

## INSTRUCTIONS

1. Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and
2. boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
3. Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.  
[Optional - Lightly marinate the red onion in red wine vinegar or other vinegar of choice prior to adding to the salad]
4. In a small to medium size bowl, combine the tahini, lemon juice, olive oil, sea salt, black pepper and water adding the water in small increments until desired thickness/thinness.
5. Taste for flavor and serve as desired. Use less water for dips and sauces and more water for salad dressings. Pour over the salad and toss well.
6. [OPTIONAL-ADD: 1/2 to 1 tablespoon white miso (to taste); 1/2 to 1 tablespoon tamari (or soy sauce to taste); pinch or two red pepper flakes
- 7.4. Sprinkle sunflower seeds over top of the salad and serve. Enjoy!





# Roasted Sesame String Beans

*Makes 3 Servings*

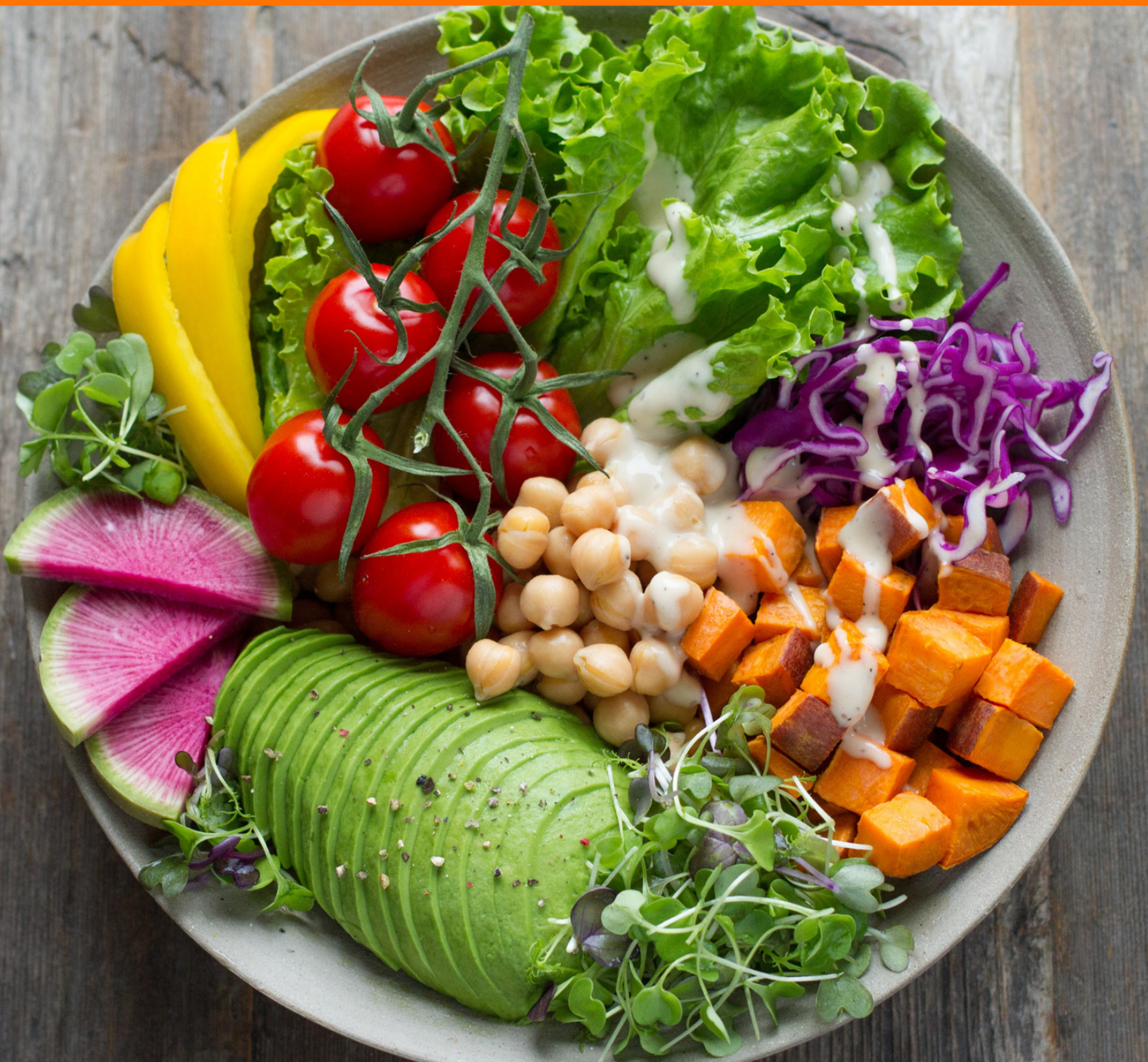
## Ingredients

- 2 cups Green Beans (trimmed)
- 2 tbsps Tamari
- 2 tbsps Sesame Oil
- 2 tbsps Sesame Seeds
- OPTIONAL: Sprinkle with Chili Flakes after roasting

## INSTRUCTIONS

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
2. Toss the green beans with tamari, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
3. Remove from oven and enjoy!

*Lunch & Dinner*  
**RECIPES**





# Simple SALMON SALAD

*Makes 1 Serving*

## INGREDIENTS

- 4 ozs Canned Wild Salmon (drained) (or leftover cooked salmon)
- 2 tbsps Mayonnaise
- 1 1/2 tbsps Lemon Juice
- 1 stalk Celery (finely chopped, optional)
- 1 stalk Green Onion (chopped, optional)
- Sea Salt & Black Pepper (to taste)

## Instructions

1. Add the salmon, mayonnaise, and lemon juice to a bowl and mash with a fork until well combined. Stir in the celery and green onion (if using).
2. Season with salt and pepper and additional lemon juice if needed. Enjoy!



# How To **BUILD A SALAD**

- Use a variety of greens: There are many delicious and highly nutritious varieties of leafy greens available as an alternative to traditional iceberg lettuce. Try Arugula, Butterhead lettuce, Curly Endive, Mache, Mesclun, Romaine, Spinach, Watercress or Kale.
- Add a variety of healthy vegetables and/or protein and condiments: Adding vegetables and/or protein and condiments such as nuts or seeds or cheese such as shaved parmesan or goat cheese makes your salad even more nutritious and provides a delicious balance of flavors and colors. Here are some ideas:
  - **GREEN:** Boston lettuce, Baby Spinach, Romaine, Watercress, Parsley, Mixed Field Greens, Arugula, Green Peppers, Chopped Kale, Pumpkin Seeds, Green Cabbage, Broccoli, Celery, Cucumber, Sprouts, Green Olives, Avocado.
  - **YELLOW/ORANGE:** Yellow Bell Pepper, Dried Apricot, Carrots, Mango, Sliced Orange, Small amounts of corn as a garnish, Pinto Beans.
  - **BLUE/PURPLE:** Blueberries, Red Grapes, Eggplant, Mission Figs, Blackberries, Arame (a type of sea vegetable often used as a salad ingredient in Japanese cuisine)
  - **WHITE:** Reduced Fat Goat Cheese, Jicama, Cauliflower, Firm Tofu, Mushrooms, Sunflower Seeds, Sesame Seeds, Garlic, Pine Nuts
  - **RED:** Tomatoes, Red Kidney Beans, Red Bell Pepper, Red Onion, Radicchio, Red Cabbage, Red Apple Slices, Red Onions, Sun Dried Tomatoes
- Choose healthy oils for your salad dressings: Extra Virgin Olive oil is a good choice. Try this simple recipe for a light, refreshing dressing:
  - 1 tsp olive oil, ¼ cup lemon juice/ or lime juice, 2 tbs. chopped fresh parsley, 2 tbs. finely chopped onion, 1 clove garlic- finely chopped. Combine all ingredients and mix thoroughly. Add salt and pepper to taste.
  - When buying ready-made dressings, choose dressings made with Olive Oil and little or no sugar. A good brand is Newman's Own. You can add a little Apple Cider vinegar or Red Wine vinegar to give the dressing extra flavor.
  - Another fool proof way to "dress" your salad is to drizzle a small amount of extra virgin olive oil on the greens and mix in well. The greens should be lightly dressed, not soggy. Then add a small amount of vinegar of choice or lemon juice to taste. Finally, add any seasonings and your veggies/protein and/or condiments.

# Deconstructed SUSHI BOWL

Makes 2 Servings



## INGREDIENTS

- 1 tsp Avocado Oil (or oil of choice)
- 4 cups Cauliflower Rice (see recipe on page 19)
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

## Instructions

1. Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Lightly Saute and add the coconut aminos. Stir to coat. Remove from heat.
2. Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
3. Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

## LUNCH & DINNER RECIPES



# Steak or Chicken COBB SALAD

Makes 4-6 servings

Feel free to switch up the protein in this salad – use cooked & sliced chicken or turkey, shrimp, salmon, or crispy tofu cubes.

## INGREDIENTS

- 1 lb (455 g) steak or Rotisserie Chicken
- 2 Tbsp olive oil
- 4 hard-boiled pasture-raised eggs, cooled, peeled, & diced
- 6 big handfuls of baby spinach or Romaine
- 1 cup (150 g) tomatoes, halved or quartered
- 1 cup (120 g) walnut or pecan halves
- ½ cup (55 g) crumbled goat cheese
- Red Onion
- Your favorite salad dressing

## FOR THE STEAK

1. Season your steak with salt and pepper on both sides.
2. Heat the olive oil in a medium skillet over medium-high heat. When the oil shimmers but before it starts to smoke, add the steak.
3. Cook for 7 minutes, then flip the steak. Let cook for another 5 minutes, or until it reaches 140°F/60°C.
4. Remove from the pan and let rest for 5 minutes before slicing.

## ASSEMBLE THE SALAD

1. Make a bed of spinach leaves or cut up Romaine lettuce on the bottom of each plate
2. Top it with rows of steak (or sliced chicken), eggs, tomatoes, onion nuts, and cheese.
3. Top with 1-2 Tbsp of your favorite dressing.

## LUNCH & DINNER RECIPES

# Teriyaki BOWL

Makes 4-6 servings

*This recipe looks more complicated than it is. It's actually a simple (but delicious) sheet pan meal with homemade sauce. We love sheet pan meals because they're quick and easy to prep and clean up! You can eat this as-is or serve it with cauliflower rice or quinoa.*



### HOMEMADE TERIYAKI SAUCE

- 1/3 cup (80 ml) coconut aminos
- 1/4 cup (60 ml) rice wine vinegar
- 2 tsp sesame oil
- 2-3 garlic cloves minced
- 3/4 tsp grated fresh ginger
- 1/4 cup (60 ml) water
- 1/2 Tbsp cornstarch or arrowroot powder
- Optional: Small amount of sweetener of choice to taste

### CHICKEN & VEGGIES

- salt and black pepper to taste
- 1 1/2 lb (685 g) chicken breasts cut into halves
- 3 cups (250 g) broccoli florets
- 1 cup (120 g) sliced carrots

### MAKE THE SAUCE

1. Place all of the sauce ingredients EXCEPT the cornstarch in a small saucepan over medium heat.
2. Whisk together and just before it starts to simmer, add the cornstarch and whisk again until combined.
3. Let simmer, stirring to avoid clumps, until the sauce thickens.
4. Remove from the heat and set aside.

### PREPARE THE CHICKEN & VEGGIES

1. Preheat oven to 400°F/200°C and line a large sheet pan with parchment paper or foil. If using foil, spray with nonstick cooking spray.
2. Season both sides of the chicken breasts with salt and pepper and place on the baking sheet. Drizzle a small amount of glaze (1-2 Tbsp) over each piece of chicken so that it is coated on both sides. Save half of the glaze for later.
3. Place in the oven and cook for 10 minutes.
4. While the chicken is cooking, place the broccoli and carrots in a large bowl and drizzle in 2-3 spoonfuls of the glaze, and toss to coat.
5. Remove the chicken from the oven, and coat both sides with more glaze. Place the broccoli and carrots in a single layer around the chicken.
6. Place back in the oven and bake for another 15-20 minutes, or until the chicken is cooked through and the veggies are slightly crisp but tender. Remove pan from oven, slice chicken into strips, and drizzle with remaining sauce, if any.
7. Arrange on plates & Enjoy.

# Slow Cooker Vegetable Soup

*Sometimes you just want a comforting soup for lunch or dinner, and vegetable soup fits the bill. Serve it with a slice of sprouted grain bread or a side salad (or both!).*



### INGREDIENTS

- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 ounces fresh green beans, cut into 1/2-inch pieces
- 2-4 cups chopped kale (you can add less or more kale, as desired)
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 cloves garlic, minced
- 2 (15 ounce) cans no-salt-added cannellini or other white beans, rinsed (you can reduce amount of beans, if desired)
- 4 cups low-sodium chicken broth or low-sodium vegetable broth (you can also use a combo of chicken bone broth and no-salt added chicken broth)
- 3/4 teaspoons salt
- 1/2 teaspoon ground pepper
- 1-2 teaspoons red-wine vinegar (adds depth to overall taste, start with 1 tsp. and taste. If desired, add a little more)
- 8 teaspoons prepared pesto

### INSTRUCTIONS

1. Combine onion, carrots, celery, green beans, kale, zucchini, tomatoes, garlic, white beans, broth, salt and pepper in a 6-quart or larger slow cooker. Cook on High for 4 hours or Low for 6 hours.
2. While still hot, stir in vinegar, Start with 1 tsp. and taste. If desired, add a little more)
3. Top each serving of soup with 1 teaspoon pesto.

Equipment: 6-quart or larger slow cooker

To make ahead: Prepare through Step 1 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 2 just before serving.



# Slow Cooker Black Bean Soup



## INGREDIENTS

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (finely diced)
- 2 stalks Celery (diced)
- 1 Carrot (large, chopped)
- 6 Garlic (cloves, minced)
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 6 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes
- 2 cups Water
- 2 Lime (juiced)

### Toppings

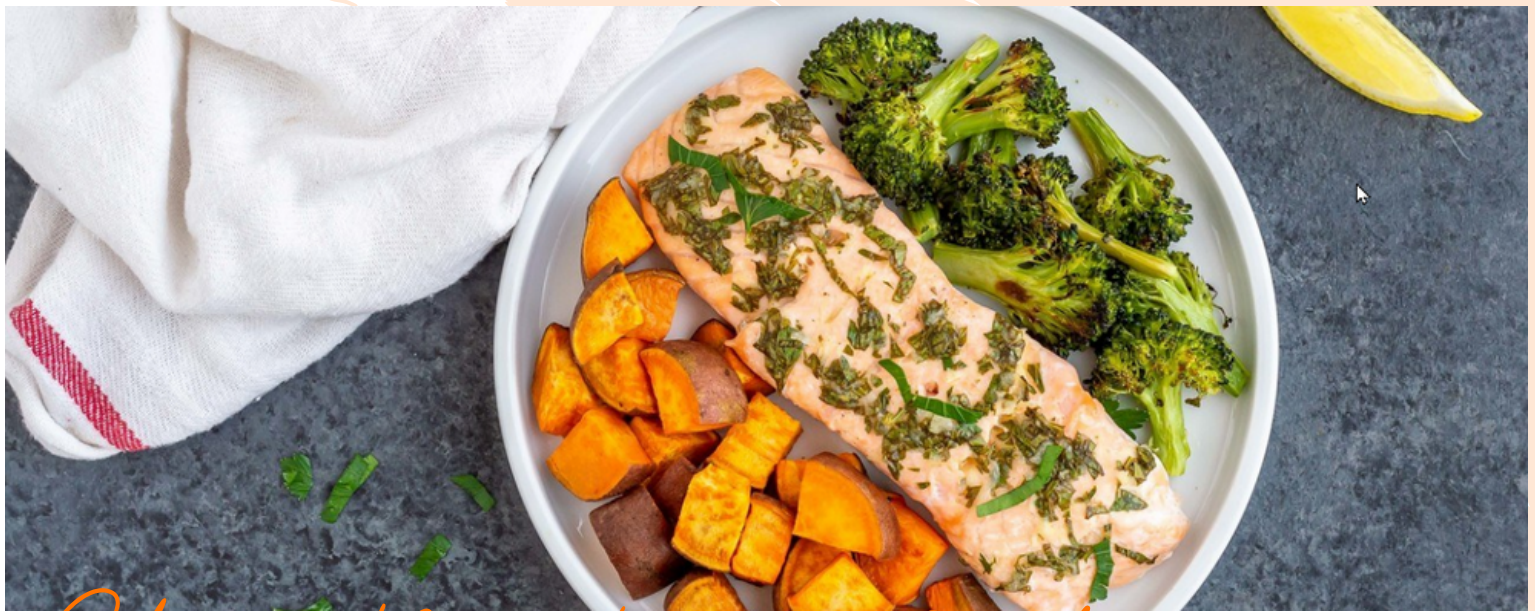
**Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.**

## INSTRUCTIONS

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Equipment: 6-quart or larger slow cooker

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to simmer. Cover and let simmer on low for an hour before blending.



# Sheet Pan Lemon Garlic Salmon, Broccoli & Sweet Potatoes

## INGREDIENTS

- 2 Sweet Potatoes (small, cut into cubes)
- 2 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (finely chopped)
- 12 ozs Salmon Fillet

## INSTRUCTIONS

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes. (if desired, **lightly** steam the broccoli to pre-cook before roasting. I sometimes do this so that the broccoli will cook through during roasting without burning)
3. Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
4. Remove the pan from the oven. Stir the vegetables and make room for the salmon in the center of the pan.
5. Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!



*Warm*

# Lentil & Sweet Potato Salad

MAKES 2-4 SERVINGS

## INGREDIENTS

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

## INSTRUCTIONS

1. Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
2. Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
3. Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
4. Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

# 3 Bean Vegetarian CHILI

Makes 4-6 servings

*This chili is not only easy to make ... it's also versatile. You can eat it as-is, stuff a sweet potato with it, use it as a taco filling, you name it! If like to have extra protein, add some ground beef, turkey, chicken or some Tofu.*

## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 sweet onion, chopped
- 1 red bell pepper (seeded and diced)
- 1 green bell pepper (seeded and diced)
- 2 teaspoons minced garlic
- 1 28 ounce diced tomatoes\*\*
- 1 8 ounce can tomato sauce
- 1 cup vegetable broth (if you want your chili to be a little thicker, you can omit the broth...)
- 1 15 ounce can black beans (rinsed & drained)
- 1 15 ounce can red kidney beans (rinsed & drained)
- 1 15 ounce can navy beans (rinsed & drained)
- 2 tablespoons chili powder
- ¼ teaspoon red pepper flakes
- Optional: extra veggies such as 1 cup of corn or 1 cup Chopped carrots
- Optional: swap out beans for variety - sometimes I use garbanzo beans instead of navy or I exchange pinto beans for the black beans.

## INSTRUCTIONS

1. Place large skillet over medium-high heat & add the oil. Take care to make sure that olive oil does not smoke.
2. Immediately add onions, peppers, and garlic and sauté until vegetables are soft (about 5 minutes) [If needed, turn down heat- You don't want the olive oil to smoke or burn]
3. Add the tomatoes, tomato sauce, vegetable broth, beans, chili powder, and red pepper flakes to pan. [If desired, also add cumin and/or coriander] [If you want the chili to be a little thicker, you can omit the broth]
4. Bring to boil, then reduce heat to low. Simmer the chili, stirring occasionally, for about an hour. Serve Hot. For a "deeper" flavor, make chili the day before serving to let all the spices and flavors mellow with the beans.



### **"Almost from Scratch" Chili**

**There are some days, when I want to make a quick bowl of chili. It's easy. Just mix a can of your favorite pre-made chili or pre-seasoned beans in chili sauce. Then add a cup of diced tomatoes, plus leftover sautéed veggies of choice ]. Simmer for about 20 minutes & enjoy.**

I hope that this recipe guide has helped you to get started on your journey to a low sugar lifestyle and getting the results you desire.

Busy days and hectic nights can make it challenging to stick to your goals, but with these quick and easy whole food recipes, you'll find that it doesn't have to be a super time-consuming task.

Experiment and find some new favorites to add to your rotation. Remember to have fun with the process and enjoy your creations! And there are lot's more recipes and products to try at Blood Sugar Central in our blog and membership community.

*Ready to take your next steps?*

At Blood Sugar Central our mission is to to empower our clients to nourish their body with a sugar free lifestyle, break free from habits holding them back and enjoy a life they love.

If you're stressed out and tired of struggling with cravings, lack of energy or high blood sugars and yo-yo weight gain AND are looking for a better way to eat and live so you achieve your health goals, we want to invite you to experience an easier way to get the results you want.

***Our Break Free from Sugar Challenge is a FREE program designed to jumpstart your efforts to change your relationship with sugar***

*In Just 7 Days of Coaching You Will Learn How to:*

- ✓ Eliminate Added & Hidden Sugars,
- ✓ Cut Back on Natural Sugar,
- ✓ Conquer Cravings,
- ✓ End Roller-Coaster Blood Sugars,
- ✓ Stop Yo-Yo Weight Gain,
- ✓ End Dieting, and
- ✓ Regain your energy, stay on track & get your life back.

