



Low Sugar Cookbook

Consumption of excess sugar has been linked to cardiovascular disease, diabetes and premature aging. Our low sugar cookbook is designed to help reduce your sugar intake with delicious balanced meals to increase energy, stabilize blood sugar and support weight management.



CREATED BY LEAGUE MARKETPLACE

Grocery List



57 ingredients

FRUITS

- 2 1/4 Avocado
- 1 Lemon
- 1 tbsp Lemon Juice
- 1 Lime
- 1 1/3 tbsps Lime Juice

BREAKFAST

- 1 tbsp Almond Butter

SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 1/8 tbsps Coriander
- 1 1/3 tbsps Cumin
- 1 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Ground Ginger
- 1 tbsp Oregano
- 1 1/3 tbsps Sea Salt
- 1/2 tsp Smoked Paprika

BOXED & CANNED

- 3/4 cup Organic Coconut Milk

BAKING

- 1/4 cup Almond Flour
- 1/4 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

VEGETABLES

- 1 cup Baby Spinach
- 2 cups Broccoli
- 3 Carrot
- 4 cups Cauliflower Rice
- 1 1/4 cups Cilantro
- 1/2 Cucumber
- 1 tbsp Fresh Dill
- 7 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 3 stalks Green Onion
- 10 3/4 cups Kale Leaves
- 1/4 cup Mint Leaves
- 1 cup Mushrooms
- 1 cup Parsely
- 1 1/8 cups Radishes
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1/4 tsp Thyme
- 1 1/2 Yellow Onion

COLD

- 15 Egg
- 2 1/3 cups Unsweetened Almond Milk

BREAD, FISH, MEAT & CHEESE

- 4 1/3 ozs Cheddar Cheese
- 2 1/16 lbs Chicken Thighs With Skin
- 1 lb Extra Lean Ground Beef
- 2 Haddock Fillet
- 1/3 cup Hummus
- 1 lb Salmon Fillet
- 4 1/4 ozs Sliced Turkey Breast

CONDIMENTS & OILS

- 1/4 cup Avocado Oil
- 2 2/3 tbsps Coconut Aminos
- 3 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1 tsp Sesame Oil

OTHER

- 1/4 cup Chocolate Protein Powder
- 1 cup Water



Kale & Mushroom Egg Muffins



8 ingredients



40 minutes



12 servings

DIRECTIONS

1. Preheat oven to 350°F (177°C). Whisk together eggs, almond milk and sea salt in a mixing bowl and set aside.
2. Heat olive oil in a frying pan over medium heat. Add onion and mushroom and saute for 5 minutes or until onions are translucent.
3. Add garlic and kale and continue to saute just until kale is wilted. Remove from heat and add to mixing bowl with eggs. Mix well.
4. Line a muffin tray with liners (parchment paper cups work best). Evenly distribute the egg/kale mixture across the muffin tin leaving some room at the top as the egg will rise. Bake in the oven for 20 minutes.
5. Remove from oven and let cool before removing the liners. Enjoy!

NOTES

More Vegetables

Add roasted tomatoes.

Make it Spicy

Add clean hot sauce.

INGREDIENTS

- 9 Egg
- 2 tbsps Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 cup Mushrooms
- 2 Garlic (cloves, minced)
- 2 cups Kale Leaves (packed and finely sliced)

NUTRITION

Calories	64	Cholesterol	372mg
Fat	4g	Sodium	156mg
Carbs	1g	Vitamin A	376IU
Fiber	0g	Vitamin C	4mg
Sugar	1g	Calcium	37mg
Protein	5g	Iron	1mg



Coconut Chia Pudding



4 ingredients



1 hour



2 servings

DIRECTIONS

1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

INGREDIENTS

- 3/4 cup** Organic Coconut Milk (from the can or carton)
- 3/4 cup** Water
- 1/4 cup** Chia Seeds
- 1 tsp** Vanilla Extract

NOTES

Leftovers

Refrigerate in an airtight container up to five days.

Serving Size

One serving is equal to approximately 1.5 cups of chia pudding

More Flavor

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

NUTRITION

Calories	285	Cholesterol	0mg
Fat	24g	Sodium	25mg
Carbs	32g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	1g	Calcium	146mg
Protein	5g	Iron	2mg



Grain-Free Coconut Almond Porridge



5 ingredients



10 minutes



1 serving

DIRECTIONS

1. Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Divide into bowls and enjoy!

NOTES

No Rice Milk

Use an alternative milk of your choice.

Likes it Sweet

Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Serving Size

One serving is equal to approximately 1 1/4 cup of porridge.

INGREDIENTS

- 3/4 cup** Unsweetened Almond Milk
- 1/4 cup** Almond Flour
- 1/4 cup** Unsweetened Shredded Coconut
- 1 tbsp** Ground Flax Seed
- 1/2 tsp** Cinnamon

NUTRITION

Calories	353	Cholesterol	0mg
Fat	31g	Sodium	127mg
Carbs	15g	Vitamin A	378IU
Fiber	9g	Vitamin C	0mg
Sugar	2g	Calcium	421mg
Protein	10g	Iron	2mg



Chocolate Avocado Smoothie



5 ingredients



5 minutes



1 serving

DIRECTIONS

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet

Add frozen banana.

Nut-Free Version

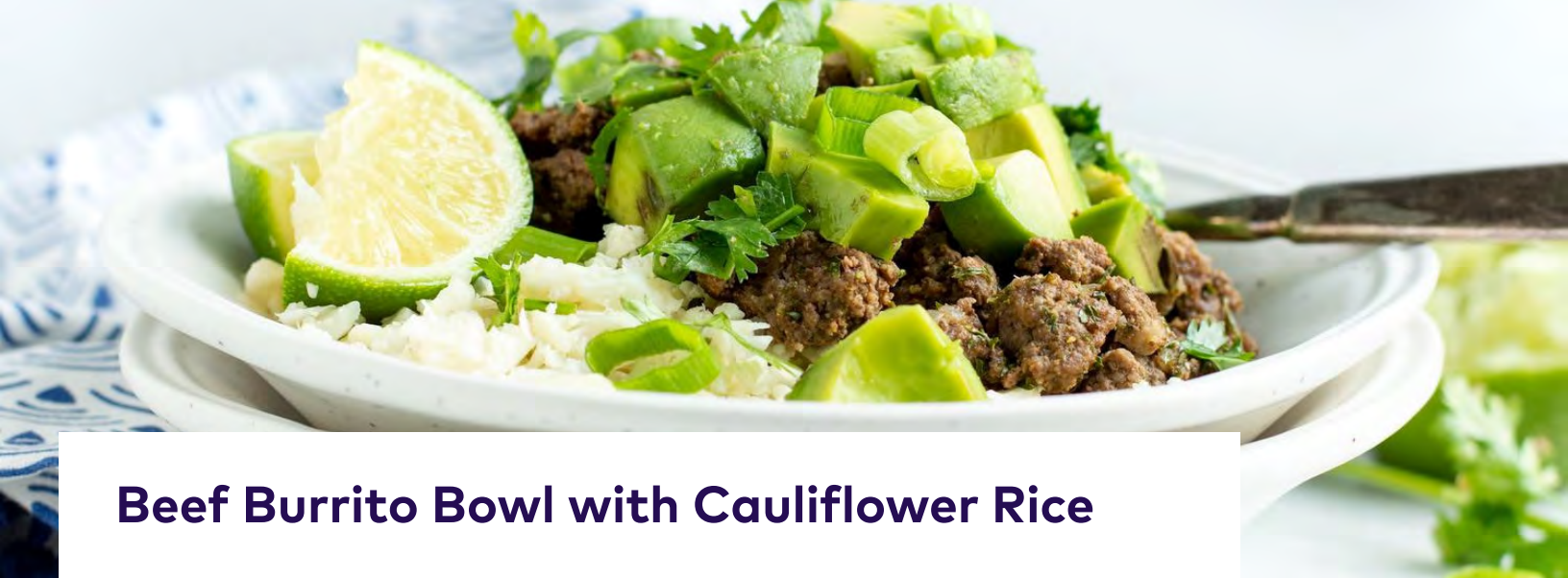
Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

INGREDIENTS

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

NUTRITION

Calories	298	Cholesterol	4mg
Fat	19g	Sodium	228mg
Carbs	11g	Vitamin A	3385IU
Fiber	7g	Vitamin C	13mg
Sugar	1g	Calcium	655mg
Protein	25g	Iron	2mg



Beef Burrito Bowl with Cauliflower Rice



11 ingredients



30 minutes



4 servings

DIRECTIONS

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

NOTES

Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

Leftovers

Store in an airtight container in the fridge up to 3 days.

INGREDIENTS

- 2 **tbps** Extra Virgin Olive Oil (divided)
- 4 Garlic (cloves, minced)
- 1 Yellow Onion (small, finely diced)
- 1 **lb** Extra Lean Ground Beef
- 1 **tbsp** Cumin (ground)
- 1 **tbsp** Coriander (ground)
- 1 **tbsp** Oregano (dried)
- 1 **1/2 tsps** Sea Salt (divided)
- 1 Lime (juiced)
- 4 **cups** Cauliflower Rice
- 2 Avocado (diced)

NUTRITION

Calories	470	Cholesterol	74mg
Fat	33g	Sodium	993mg
Carbs	19g	Vitamin A	201IU
Fiber	11g	Vitamin C	18mg
Sugar	5g	Calcium	98mg
Protein	28g	Iron	5mg



Chicken Thigh Shredded Salad



12 ingredients



40 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 375°F (191°C). Season the chicken with sea salt and thyme.
2. In a large cast-iron skillet over medium-high heat, add the chicken thighs and cook skin side down for 6 to 8 minutes. Flip the chicken over and transfer to the oven to cook for 16 to 18 minutes or until cooked through. Remove, let cool and then shred. Set aside.
3. In a large bowl, add the red onion, carrots, cucumber, radishes and mint. Add the avocado oil, lime juice, ginger and coconut aminos and toss to combine.
4. Serve the salad with the shredded chicken on top. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the dressing separately.

More Flavour

Add additional herbs such as cilantro or seasoning such as chili flakes. Top with sesame seeds.

Make it Vegan

Omit the chicken and use tofu or roasted chickpeas instead.

No Avocado Oil

Use extra virgin olive oil instead.

Meal Prep

Save time by slicing the veggies ahead of time and cooking the chicken.

No Coconut Aminos

Use tamari or soy sauce instead.

INGREDIENTS

- 1 1/16 lbs Chicken Thighs with Skin
- 1/4 tsp Sea Salt
- 1/4 tsp Thyme (dried)
- 1/2 cup Red Onion (thinly sliced)
- 3 Carrot (shredded)
- 1/2 Cucumber (large, julienned)
- 1 cup Radishes (thinly sliced)
- 1/4 cup Mint Leaves (finely chopped)
- 2 tbsps Avocado Oil
- 1 tbsp Lime Juice
- 1/8 tsp Ground Ginger
- 2 tbsps Coconut Aminos

NUTRITION

Calories	372	Cholesterol	151mg
Fat	24g	Sodium	442mg
Carbs	11g	Vitamin A	7819IU
Fiber	3g	Vitamin C	11mg
Sugar	6g	Calcium	47mg
Protein	28g	Iron	2mg



Crustless Broccoli Cheddar Quiche



7 ingredients



40 minutes



6 servings

DIRECTIONS

1. Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
2. Arrange the broccoli and cheese in a single layer in the prepared pie pan.
3. In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
4. Slice the quiche into wedges and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Omit the cheese or use a dairy-free cheese instead.

More Flavour

Add finely chopped onions and red pepper flakes.

No Almond Milk

Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Pie Pan

This recipe was developed using a standard 9-inch glass pie pan.

INGREDIENTS

- 3 1/2 ozs Sardines (packed in oil, drained)
- 1/2 Lemon
- 1 tbsp Parsley (finely chopped)
- 4 cups Baby Spinach (packed)
- 1/4 cup Radishes (thinly sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (sliced)
- 1/8 tsp Sea Salt

NUTRITION

Calories	180	Cholesterol	207mg
Fat	13g	Sodium	427mg
Carbs	3g	Vitamin A	759IU
Fiber	1g	Vitamin C	27mg
Sugar	1g	Calcium	228mg
Protein	12g	Iron	1mg



Turkey Kale Wraps



4 ingredients



10 minutes



1 servings

DIRECTIONS

1. Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
2. Roll the leaves into a wrap. Enjoy!

NOTES

No Kale

Use another large leafy green such as collard or lettuce.

No Turkey

Use sliced chicken breast instead.

Leftovers

Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

No Hummus

Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

INGREDIENTS

- 3/4 cup** Kale Leaves (whole, lacinato, washed and dried)
- 1/3 cup** Hummus
- 4 1/4 ozs** Sliced Turkey Breast
- 2 tbsps** Radishes (thinly sliced)

NUTRITION

Calories	329	Cholesterol	59mg
Fat	19g	Sodium	1441mg
Carbs	16g	Vitamin A	778IU
Fiber	5g	Vitamin C	17mg
Sugar	2g	Calcium	99mg
Protein	25g	Iron	3mg



Salmon with Coconut Kale



4 ingredients



20 minutes



2 servings

DIRECTIONS

1. Preheat oven to 320°F (160°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
3. Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
4. Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

NOTES

No Coconut Oil

Use butter, ghee or avocado oil instead.

No Kale

Use collard greens, cabbage, broccolini or bok choy instead.

More Carbs

Serve it with quinoa, brown rice, or potatoes.

Leftovers

Store covered in the fridge up to 3 days.

INGREDIENTS

- 8 ozs Salmon Fillet
- 3 tbsps Coconut Oil (divided)
- 1/2 tsp Sea Salt
- 8 cups Kale Leaves (roughly chopped)

NUTRITION

Calories	371	Cholesterol	63mg
Fat	29g	Sodium	683mg
Carbs	4g	Vitamin A	4089IU
Fiber	4g	Vitamin C	78mg
Sugar	1g	Calcium	225mg
Protein	25g	Iron	2mg



Chermoula Chicken



14 ingredients



35 minutes



4 servings

DIRECTIONS

1. Make the chermoula sauce by adding the parsley, cilantro, cumin, coriander, paprika, two-thirds of the salt, half of the pepper, garlic and lemon juice to a food processor and pulse to combine. While the food processor is running, stream in the extra virgin olive oil. Scrape down the sides of the bowl as needed. Set aside.
2. Preheat the oven to 400°F (204°C) and season the chicken thighs with remaining salt, remaining pepper and garlic powder.
3. In a large cast iron skillet (or other oven-safe pan) heat the avocado oil over medium-high heat. Brown the seasoned chicken thighs starting with skin sides down for 5 to 7 minutes then flip and brown the other side for another 3 to 5 minutes. Transfer the browned chicken to a plate.
4. Remove any excess drippings from the pan then place the browned chicken back into the skillet skin side up. Spoon half of the chermoula sauce evenly over each browned chicken thigh. Add the water to the pan (to keep the chicken very moist while cooking) and cover the skillet with foil. Transfer the skillet to the oven and bake for 15 to 20 minutes, or until the chicken is cooked through.
5. Remove the pan from the oven and carefully remove the foil. Serve the chicken with the remaining chermoula sauce spooned over top and enjoy.

NOTES

Leftovers

Keep in the fridge for up to 3 days.

No Chicken Thighs

Use chicken breasts instead.

INGREDIENTS

- 1 cup Parsley
- 1 cup Cilantro
- 1 tsp Cumin (ground)
- 1/2 tsp Coriander (ground)
- 1/2 tsp Smoked Paprika
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 Garlic (clove)
- 1 tbsp Lemon Juice
- 1/3 cup Extra Virgin Olive Oil
- 1 lb Chicken Thighs with Skin (boneless)
- 1/2 tsp Garlic Powder
- 1 tbsp Avocado Oil
- 2 tbsps Water

NUTRITION

Calories	488	Cholesterol	151mg
Fat	41g	Sodium	571mg
Carbs	3g	Vitamin A	1746IU
Fiber	1g	Vitamin C	23mg
Sugar	0g	Calcium	45mg
Protein	27g	Iron	3mg



Parchment Baked Haddock with Veggies



9 ingredients



35 minutes



2 servings

DIRECTIONS

1. Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
2. Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
3. Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
4. Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
5. Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
6. To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

NOTES

No Haddock

Use cod fillets instead.

Safety First

The parchment packet will puff up with steam as they bake. Be careful of escaping steam when cutting into the packets.

Leftovers

Keep well in the fridge for 2 to 3 days.

INGREDIENTS

- 2 cups Green Beans (trimmed)
- 1 Red Bell Pepper (thinly sliced)
- 3 stalks Green Onion (green parts only, chopped)
- 2 Haddock Fillet (5 ounces each)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Fresh Dill

NUTRITION

Calories	252	Cholesterol	99mg
Fat	8g	Sodium	699mg
Carbs	13g	Vitamin A	3391IU
Fiber	4g	Vitamin C	100mg
Sugar	7g	Calcium	74mg
Protein	33g	Iron	2mg



Ginger Cilantro Salmon Burgers



7 ingredients



30 minutes



2 servings

DIRECTIONS

1. Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
2. Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
3. Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
4. Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
5. Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

NOTES

Leftovers

Refrigerate in an airtight container for up to 2 days.

More Flavor

Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

Serve It With

Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

No Coconut Aminos

Use tamari or soy sauce instead.

No Avocado Oil

Use extra virgin olive oil or coconut oil instead.

INGREDIENTS

- 8 ozs** Salmon Fillet (skinless, cut into 1/2-inch chunks)
- 1/4 cup** Cilantro (finely chopped)
- 1 tbsp** Ginger (peeled and finely grated)
- 2 tsps** Coconut Aminos
- 1 tsp** Sesame Oil
- 1 tsp** Lime Juice
- 1 tbsp** Avocado Oil

NUTRITION

Calories	252	Cholesterol	63mg
Fat	16g	Sodium	140mg
Carbs	2g	Vitamin A	182IU
Fiber	0g	Vitamin C	1mg
Sugar	1g	Calcium	15mg
Protein	23g	Iron	1mg