

# NO SUGAR DIET MENU

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACK	DINNER
MON	Scrambled eggs with spinach and avocado	Grilled chicken with roasted broccoli and a side salad	Almonds and a green apple	Baked salmon with asparagus and quinoa
TUE	Plain Greek yogurt with chia seeds and berries	Lentil soup with a slice of whole-grain bread	Roasted chickpeas	Grilled tofu stir-fry with mixed vegetables
WED	Smoothie with unsweetened almond milk, spinach, and berries	Zucchini noodles with turkey meatballs	Veggie sticks with guacamole	Baked cod with roasted Brussels sprouts
THU	Veggie omelet with mushrooms and tomatoes	Black bean salad with avocado and quinoa	Celery sticks with almond butter	Grilled chicken and sautéed kale
FRI	Chia pudding with unsweetened coconut milk and blueberries	Chickpea and kale stew	Hard-boiled eggs	Lemon herb tilapia with roasted sweet potatoes
SAT	Cottage cheese with green apple slices	Tempeh stir-fry with broccoli and carrots	Handful of walnuts	Grilled turkey burgers wrapped in lettuce
SUN	Avocado toast on whole-grain bread	Quinoa bowl with roasted veggies and tahini dressing	Roasted sunflower seeds	Baked tofu with cauliflower rice

# VEGETARIAN NO SUGAR DIET MENU

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACK	DINNER
MON	Tofu scramble with spinach and bell peppers	Lentil and quinoa salad with lemon dressing	Almonds and cucumber slices	Stuffed bell peppers with black beans and zucchini
TUE	Smoothie with unsweetened soy milk, spinach, and frozen berries	Tempeh stir-fry with broccoli and mushrooms	Roasted chickpeas	Eggplant lasagna with a side salad
WED	Chia seed pudding with unsweetened almond milk	Chickpea curry with cauliflower rice	Celery sticks with hummus	Grilled portobello mushrooms with mashed sweet potatoes
THU	Overnight oats with unsweetened almond milk and chia seeds	Tofu and kale stir-fry	Handful of cashews	Zucchini noodles with tomato sauce and lentils
FRI	Greek yogurt with walnuts and raspberries	Spinach salad with avocado and pumpkin seeds	Roasted sunflower seeds	Baked spaghetti squash with sautéed vegetables
SAT	Cottage cheese with green apple slices	Quinoa bowl with roasted vegetables and tahini sauce	Almond butter on celery sticks	Grilled tempeh with sautéed greens and brown rice
SUN	Smoothie with unsweetened soy milk, spinach, and a scoop of plant-based protein powder	Black bean soup with a side of whole-grain bread	Roasted chickpeas	Stuffed zucchini with mushrooms and quinoa