

— THE —
30-Day SUGAR
ELIMINATION
— DIET —

Sweet & Savory Bonus

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VICTORY BELT PUBLISHING INC.

LAS VEGAS

CINNAMON ROLL CAKE FOR TWO

YIELD: 2 servings

PREP TIME: 5 minutes

COOK TIME: 3 or 12 minutes,
depending on method

5 tablespoons blanched almond flour

1 tablespoon granular sweetener (Better Than Sugar or Swerve)

½ teaspoon ground cinnamon

½ teaspoon baking powder

Pinch of fine sea salt

2 tablespoons salted butter, melted but not hot

1 large egg

FROSTING

1 tablespoon cream cheese, softened

2 teaspoons salted butter, softened

1 tablespoon Swerve confectioners'-style sweetener, or more to taste (optional)

Milk of choice, if needed to thin the frosting

Super quick and yummy cake in a ramekin that tastes just like a cinnamon roll—fast, easy, and satisfying! You can choose to bake these or cook them in the microwave.

1. Grease two 8-ounce ramekins with avocado oil cooking spray. If baking the cakes, preheat the oven to 350°F.
2. In a small bowl, whisk together the almond flour, sweetener, cinnamon, baking powder, and salt.
3. Pour the melted butter and egg into the dry ingredients and whisk to combine.
4. Divide the batter evenly between the prepared ramekins.
5. To cook the cakes in the microwave, microwave one ramekin at a time for 60 to 90 seconds, until a toothpick inserted in the center comes out clean. (*Note:* Mine was done in 60 seconds using a 1200-watt microwave.)

To bake the cakes, place the ramekins on a small rimmed baking sheet and place the pan in the oven. Bake for 10 to 12 minutes, or until a toothpick inserted in the center comes out clean.

6. In a separate small bowl, mix together the frosting ingredients until well blended and smooth. If the frosting is a little too thick, thin it with a small amount of milk.
7. Spread the frosting on top of the cakes while they are still warm. (If not serving both cakes at once, do not frost the second cake.) Serve immediately with spoons, to be enjoyed directly from the ramekins.
8. To store the second cake, allow it to cool completely. Store the cake and half of the frosting in separate airtight containers in the refrigerator for up to 2 days. When ready to eat, allow the frosting to soften on the counter for a few minutes and reheat the cake in the microwave for 30 seconds. Frost the cake and enjoy.

NUTRITION INFO:

calories **303** | fat **29g** | protein **8g** | total carbs **6g** | dietary fiber **3g** | net carbs **3g**



KETO APPLE CRISP FOR TWO



YIELD: 2 servings

PREP TIME: 10 minutes

COOK TIME: 6 or 12 minutes,
depending on method

1 tablespoon granular
sweetener (Better Than Sugar
or Swerve)

1/2 teaspoon xanthan gum

1/4 teaspoon ground cinnamon

Pinch of fine sea salt

1 tablespoon melted salted
butter

1 cup peeled and sliced zucchini

CRISP TOPPING

1/4 cup blanched almond flour

1 tablespoon unsweetened
shredded coconut

1 tablespoon granular
sweetener (Better Than Sugar
or Swerve)

1 tablespoon salted butter,
softened

1/4 teaspoon vanilla extract

FOR SERVING (OPTIONAL)

Sugar-free whipped cream or
vanilla ice cream

The amazing flavors of an apple crisp without any apples! If you're following the low-carb track, you can swap peeled and sliced apple for the zucchini if you prefer. You can choose to bake these or cook them in the microwave.

1. Grease two 8-ounce ramekins with avocado oil cooking spray. If baking the crisps, preheat the oven to 375°F.

2. In a small bowl, whisk together the sweetener, xanthan gum, cinnamon, salt, and butter. Toss in the zucchini and stir to coat the slices.

3. Divide the zucchini evenly between the prepared ramekins.

4. To prepare the topping, stir all of the ingredients together in a small bowl. Sprinkle the topping over the zucchini, dividing it evenly between the ramekins.

5. To cook in the microwave, microwave one ramekin at a time for 1 to 3 minutes, until the edges are bubbling. (If using a 1200-watt microwave, the crisps will likely be done in 1 to 1 1/2 minutes; in a lower-powered microwave, they may need at least 3 minutes.)

To bake in the oven, place the ramekins on a small rimmed baking sheet and set the pan in the oven. Bake the crisps until the edges are bubbling and golden brown, 10 to 12 minutes.

6. Top the warm crisps with whipped cream or vanilla ice cream, if desired, and enjoy.

NUTRITION INFO (USING ZUCCHINI):

calories **222** | fat **21g** | protein **4g** | total carbs **7g** | dietary fiber **4g** | net carbs **3g**

NUTRITION INFO (USING APPLE):

calories **241** | fat **21g** | protein **4g** | total carbs **13g** | dietary fiber **4g** | net carbs **9g**



SINGLE-SERVE KETO PUMPKIN PIE MOUSSE



YIELD: 1 serving

PREP TIME: 5 minutes

COOK TIME: 1 minute

When it's fall and all things pumpkin are in full swing, you won't have FOMO with this pumpkin pie–flavored mousse!

2 ounces cream cheese,
softened

1/4 cup canned pumpkin puree

2 tablespoons heavy cream

1/4 teaspoon pumpkin pie spice

1/4 teaspoon pumpkin spice–
flavored or vanilla-flavored liquid
stevia, plus more if desired

Pinch of fine sea salt

1. Place all of the ingredients in a stand mixer fitted with the paddle attachment and mix on low speed until smooth and combined. (Or use a medium mixing bowl and an electric hand mixer.)

2. Taste and adjust the stevia if needed.

3. Pipe or scoop into a small serving bowl, garnish with brown sugar and/or pumpkin pie spice, if desired, and enjoy!

FOR TOPPING (OPTIONAL)

Swerve brown sugar sweetener

Pumpkin pie spice

NUTRITION INFO:

calories **313** | fat **30g** | protein **4g** | total carbs **4g** | dietary fiber **3g** | net carbs **1g**



SINGLE-SERVE KETO SUGAR COOKIE



YIELD: 1 cookie

PREP TIME: 5 minutes

COOK TIME: 1 minute

When you want a cookie but don't want to be tempted by a dozen, this single-serve sugar cookie is the perfect treat!

3 tablespoons blanched almond flour

1 tablespoon granular sweetener (Better Than Sugar or Swerve)

¼ teaspoon unflavored gelatin powder

Pinch of fine sea salt

1 tablespoon softened salted butter, plus more for the ramekin

1 large egg yolk

¼ teaspoon vanilla extract

TOPPINGS (OPTIONAL)

1 tablespoon cream cheese, softened, as frosting

Sugar-free sprinkles

1. Grease an 8-ounce ramekin with butter.
2. In a small bowl, whisk together the almond flour, sweetener, gelatin, and salt. Add the butter, egg yolk, and vanilla extract and stir to combine.
3. Scoop the dough into the prepared ramekin. Microwave for 45 to 60 seconds, until a toothpick inserted in the center comes out clean. (*Note: Mine was done in 45 seconds using a 1200-watt microwave.*)
4. Allow to cool, then remove the cookie from the ramekin. If desired, spread the cream cheese on top and garnish with sprinkles.

NUTRITION INFO:

calories **283** | fat **27g** | protein **8g** | total carbs **5g** | dietary fiber **2g** | net carbs **3g**



ITALIAN SUB SALAD

YIELD: 2 servings

PREP TIME: 20 minutes

All the goodness of an Italian sub sandwich made without the carb-y bread! The quantity of dressing made here is more than you'll need for this salad, but it keeps well—up to 2 weeks.

MOMMA'S ITALIAN DRESSING

(Makes 1½ cups)

1 cup extra-virgin olive oil

½ cup red wine vinegar

2 cloves garlic, grated

1 tablespoon chopped fresh parsley, or 1 teaspoon dried parsley

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon fine sea salt

¼ teaspoon ground black pepper

4 cups shredded romaine lettuce

2 ounces diced or sliced tomato
(about 1 small tomato)

2 ounces sliced red bell pepper
(about 1 small pepper)

1½ ounces sliced red onion
(about ½ small onion)

½ cup mixed pitted olives

6 whole pepperoncini peppers

2 scallions, chopped (about
¼ cup)

4 ounces sliced deli ham

2 ounces sliced pepperoni

2 ounces sliced salami

1 tablespoon chopped fresh parsley

1. Make the dressing: Put all of the ingredients in a large mason jar, secure the lid, and shake vigorously. Alternatively, whisk the ingredients vigorously in a bowl. Taste and adjust the seasoning if needed. If you want more tang, add another tablespoon of vinegar; for less tang, add another tablespoon of oil.
2. Assemble the salad: Put the lettuce in a large serving bowl. Place the rest of the salad ingredients, except the dressing, on top of the lettuce. Toss with ¼ cup of the dressing and serve.
3. To store the salad, dress only the portion you plan to eat immediately. Store leftover salad and dressing in separate airtight containers in the refrigerator; the salad will keep for up to 2 days, the dressing up to 2 weeks.

NUTRITION INFO:

calories **662** | fat **55g** | protein **29g** | total carbs **15g** | dietary fiber **7g** | net carbs **8g**



PICADILLO



YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes

This quick and delicious one-pan recipe is perfect for a busy weeknight!

- 2 tablespoons avocado oil
- 3 ounces chopped yellow onion (about 1/2 small onion)
- 3 ounces chopped red bell pepper (about 1/2 pepper)
- 1/4 cup chopped Anaheim pepper (optional)
- 4 cloves garlic, minced
- 1 1/2 pounds ground beef
- 1/3 cup pitted green olives
- 1 tablespoon capers, drained
- 1/4 cup water
- 2 tablespoons balsamic vinegar
- 2 tablespoons tomato paste
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon fine sea salt
- 1/8 teaspoon ground black pepper

1. Heat the oil in a large skillet over medium-high heat. Add the onion, bell and Anaheim peppers, and garlic and sauté until softened, about 5 minutes.
2. Add the ground beef, olives, and capers and cook, stirring to break up the meat, until the beef is completely browned, about 8 minutes.
3. Add the remaining ingredients and stir to combine. Cook until the mixture has thickened, about 5 more minutes.
4. Serve over rice.
5. Store leftovers in an airtight container in the refrigerator for up to 3 days or freeze for up to 2 months.

FOR SERVING

- 2 cups cooked low-carb rice (such as cauliflower, Palmini, or shirataki)

NUTRITION INFO (NOT INCLUDING LOW-CARB RICE):

calories 552 | fat 43g | protein 31g | total carbs 9g | dietary fiber 2g | net carbs 7g



TURKEY SAUSAGE SCRAMBLE



YIELD: 2 servings

PREP TIME: 15 minutes

COOK TIME: 18 minutes

A great weekend breakfast, brunch, or even brinner—breakfast for dinner!

2 tablespoons salted butter, divided
4 large eggs
2 tablespoons water
1/2 teaspoon fine sea salt, divided
6 ounces fully cooked turkey sausage links, sliced
2 ounces sliced cremini mushrooms (about 3/4 heaping cup)
3 ounces chopped red bell pepper (about 1/2 pepper)
3 ounces chopped yellow onion (about 1/2 small onion)

1. In a large skillet, melt 1 tablespoon of the butter over medium heat.
2. Whisk together the eggs, water, and 1/4 teaspoon of the salt, then pour the mixture into the hot skillet. Scramble until set, then remove the eggs from the pan and place in a covered casserole dish in a very low oven to keep warm.
3. Melt the remaining tablespoon of butter in the skillet, then add the sausage and cook until browned on both sides, 3 to 5 minutes. Using a slotted spoon, transfer the sausage to the dish with the eggs to keep warm.
4. Put the mushrooms, bell pepper, and onion in the skillet, season with the remaining 1/4 teaspoon of salt, and give everything a stir. Cover and cook over medium heat, stirring occasionally, until the veggies are tender, 6 to 8 minutes.
5. Return the sausage and eggs to the skillet and cook for about a minute more to fully warm the eggs and sausage. Serve immediately.
6. Store leftovers in an airtight container in the refrigerator for up to 3 days.

NUTRITION INFO:

calories **394** | fat **27g** | protein **29g** | total carbs **8g** | dietary fiber **2g** | net carbs **6g**



TERIYAKI CHICKEN



YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes

This quick teriyaki recipe can be made in just 25 minutes. It's gluten-free, dairy-free, low-carb, and keto, and it tastes better than takeout! I suggest serving it with some roasted broccoli spears and/or cooked cauliflower rice.

1 pound chicken tenderloins, cut into bite-size pieces
1/2 teaspoon fine sea salt
1/4 teaspoon ground black pepper
1 tablespoon avocado oil
1/4 cup coconut aminos
2 tablespoons coconut vinegar or red wine vinegar
1 tablespoon fresh lime juice
1 1/2 teaspoons grated fresh ginger
1 teaspoon minced garlic
1/2 teaspoon xanthan gum
1/2 teaspoon grated lime zest
1 1/2 teaspoons Swerve brown sugar (optional)

TOPPINGS (OPTIONAL)

Chopped scallions
Toasted sesame seeds

1. Season the chicken with the salt and pepper.
2. Heat the oil in a large skillet over medium-high heat. Add the chicken, cover the pan, and cook for 5 minutes. Stir, cover once more, and cook for 2 to 3 minutes more, or until the chicken is no longer pink in the center.
3. Lower the heat to medium. Whisk the remaining ingredients in a bowl and pour into the pan. Stir to coat the chicken with the sauce, then cover the pan and bring the sauce to a boil. Once boiling, remove the lid and continue to cook, stirring constantly, until the sauce thickens, 2 to 3 minutes.
4. Serve topped with scallions and/or sesame seeds, if desired.

NUTRITION INFO (NOT INCLUDING LOW-CARB RICE OR BROCCOLI):

calories 175 | fat 6g | protein 24g | total carbs 3g | dietary fiber 1g | net carbs 2g

