

How To Plan 14-Days No-Sugar Diet:

You may find it impossible to take on any diet challenge in a fast and strict working routine, but we can solve this issue. All you need to do is follow our suggestions and work accordingly. You can prepare your meals and keep them in your refrigerator for days. We plan this diet according to a **14-day no-sugar diet** so you can follow it and improve your health. Have a look:

Day 1:

Breakfast: Scrambled eggs with vegetables

Lunch: Mixed greens salad with grilled chicken and olive oil dressing

Dinner: Baked salmon with Quinoa and steamed broccoli

Day 2:

Breakfast: berries with Greek yogurt

Lunch: Turkey wrap with veggies like lettuce leaves and avocado

Dinner: A bowl of brown rice along with stir-fried tofu with mixed vegetables

Day 3:

Breakfast: Oatmeal and chia seed pudding topped with sliced strawberries

Lunch: Quinoa salad with lemon-tahini dressing

Dinner: Roasted sweet potatoes with grilled chicken breast and green beans

Day 4:

Breakfast: Poached eggs with whole-grain toast with mashed avocado

Lunch: Greek yogurt layered with mixed berries and nuts

Dinner: Quinoa pilaf and steamed asparagus

Day 5:

Breakfast: Greek yogurt smoothie made with berries, almond milk, and spinach

Lunch: Add vegetables of your choice in lentil soup

Dinner: A bowl of brown rice with roasted cauliflower and grilled chicken thighs

Day 6:

Breakfast: Scrambled eggs with sautéed bell peppers

Lunch: Chickpea salad with lemon vinaigrette

Dinner: Quinoa with stir-fried shrimp

Day 7:

Breakfast: Sliced peaches with Greek yogurt, add a sprinkle of cinnamon

Lunch: Add salsa in Turkey lettuce wraps

Dinner: Roasted vegetables with baked chicken

Day 8:

Breakfast: Almond milk and Chia seed pudding with raspberries

Lunch: balsamic vinaigrette on Grilled salmon salad

Dinner: zucchini noodles and Turkey meatballs with marinara sauce on top

Day 9:

Breakfast: Whole-grain pancakes with a drizzle of almond butter and sliced bananas

Lunch: Quinoa side salad with stuffed bell peppers

Dinner: Brown rice and sautéed kale with grilled tofu

Day 10:

Breakfast: Greek yogurt Smoothie made berries with flaxseeds and kale

Lunch: Cauliflower rice with stir-fry chicken and vegetables

Dinner: Roasted Brussels sprouts and Quinoa with baked halibut

Day 11:

Breakfast: A sprinkle of hemp seeds and sliced tomatoes with Avocado toast

Lunch: Hard-boiled eggs and Spinach salad with olive oil dressing

Dinner: Grilled chicken skewers with veggies

Day 12:

Breakfast: Soak oats overnight with almond milk and berries. Eat with a dollop of almond butter

Lunch: lettuce wraps with Tuna salad

Dinner: cauliflower rice with lentil curry

Day 13:

Breakfast: Sliced mango and Greek yogurt with a sprinkle of coconut flakes

Lunch: Whole-grain bread avocado and Turkey Sandwich

Dinner: Zucchini noodles and grilled shrimp with marinara sauce

Day 14:

Breakfast: Scrambled eggs with mushrooms and spinach

Lunch: Black bean and quinoa salad with diced cilantro

Dinner: Roasted carrots and Quinoa with baked chicken thighs with

(**Note:** It is a suggested 14-day no-sugar diet plan, but consult your doctor, especially if you have any health issues or are on medication).