



5 RECIPES FOR A LOWER-SUGAR LIFESTYLE



WELCOME

These five recipes are a simple starting point.

They are designed to help you enjoy real food while supporting your body and keeping your blood sugar under control. Many people believe that eating for better health means giving up the foods they love. That is simply not true.

The recipes in this guide come directly from *The Diabetes-Free Cookbook & Exercise Guide*, a collection of meals created to be practical, satisfying, and easy to adopt into your daily routine. They are not complicated. They are not extreme. They are foods you can make, enjoy, and repeat.

This is not about dieting.

This is about changing the way you eat — in a way that works for real life.

ABOUT THE AUTHOR

Dr. John Poothullil is a medical doctor with more than 30 years of clinical experience as a pediatrician and allergist. Through decades of research and patient care, he developed practical lifestyle strategies focused on food and daily habits to help people take control of their health.

Chef Colleen Cackowski, coauthor of *The Diabetes-Free Cookbook & Exercise Guide*, is a professionally trained chef and certified nutritionist who specializes in creating flavorful, nourishing meals using simple, real ingredients.

Together, they combined medical expertise and culinary experience to create recipes that are practical, satisfying, and designed to support healthier living.



**SALMON FILLETS WITH
CARAMELIZED ONION**



Breakfast

#1 Hearty Breakfast Cookies



9-10 cookies



25 minutes

These are great for breakfast or as a post-workout treat. The ultimate grab-and-go item that's easy to make and store for any time hunger strikes!

INGREDIENTS

- 1 large or 2 small bananas, mashed (or $\frac{1}{2}$ cup unsweetened apple sauce or pumpkin puree)
- 1 cup quinoa flakes (or rolled oats)
- $\frac{1}{2}$ cup walnuts, chopped (or your favorite nut)
- $\frac{1}{2}$ cup pumpkin seeds or sunflower seeds
- $\frac{1}{2}$ cup dried fruit-juice sweetened cranberries or raisins
- $\frac{1}{2}$ cup almond butter (or your favorite nut or seed butter)
- 2 Tbsp. chia seeds
- 2–3 Tbsp. real maple syrup (not pancake syrup) or honey
- 2 tsp. cinnamon
- 2 tsp. vanilla
- 1 tsp. ginger powder
- Pinch of salt

DIRECTIONS

Preheat oven to 350°F. Line a baking tray with parchment paper.

In a bowl, mix all the ingredients together until evenly distributed and your dough sticks together. Start with just 2 Tbsp. of maple syrup or honey. Taste the mixture; add more syrup or honey if you want more sweetness.

Divide your dough into approximately 9–10 portions. Roll each portion of dough into a ball and press down to roughly $\frac{1}{2}$ " tall and about 2" across on the baking sheet. Create the shape you want before baking.

Bake for approximately 15–25 minutes, depending on the size of the cookie. They should be light brown when finished and hold together well after they cool.

Notes

- Store in an airtight container for up to a week, or make and freeze.



Breakfast

#2 Best Banana Pancakes with Mixed Berry Compote

These are great for breakfast or as a post-workout treat. The ultimate grab-and-go item that's easy to make and store for any time hunger strikes!

INGREDIENTS

Compote

- 1½ cups mixed berries, fresh or frozen (fully thawed)
- 1–2 Tbsp. chia seeds
- 2 tsp. lemon juice
- 1 tsp. vanilla
- Pinch of salt
- 1 Tbsp. real maple syrup (not pancake syrup) or honey (optional)

Pancakes

- 2 ripe bananas, mashed
- 4 whole eggs
- ½ cup rolled oats
- ½ cup chickpea flour
- 1 tsp. vanilla
- 1 tsp. cinnamon
- Pinch of salt
- 1–2 Tbsp. coconut oil or butter, plus more melted butter for serving

DIRECTIONS

Compote

Place all ingredients in a blender or food processor and pulse gently until the berries are just combined. Leave them still chunky, so your sauce will have some texture. Start with just 1 Tbsp. of chia seeds. Use more if needed to soak up the juices. The chia seeds will absorb some of the extra juice and add protein and fiber to balance out the carbohydrates. Taste the compote; if you want it sweeter, add optional maple syrup or honey. Set aside.

Pancakes

Put the mashed bananas into a medium-sized mixing bowl. Add eggs, oats, chickpea flour, vanilla, cinnamon, and salt. Stir until just blended. Using medium-low heat, warm a sauté pan with butter or coconut oil. When the oil starts to sizzle, pour a quarter of the mixture into the pan. When the pancake starts to bubble on top, turn it over and cook until it's light brown on both sides. Remove it to a plate in a slightly warm oven. Repeat with remaining batter. Serve with warm melted butter and/or top with the Mixed Berry Compote.



COLORFUL VEGETABLE PASTA



Main Dish

#3 Garlic Shrimp with Cauliflower Veggie Fried Rice



4 Servings



16 minutes

I love garlic and when everyone at the table indulges — then there are no worries about garlicky breath!

INGREDIENTS

Garlic Shrimp

- 20 large or jumbo shrimp, raw, peeled, and deveined
- 2 Tbsp. chopped garlic
- $\frac{3}{4}$ cup fresh parsley
- 2 tsp. paprika
- Salt and black pepper, to taste
- $\frac{1}{3}$ cup avocado oil
- 2 Tbsp. butter

Cauliflower Veggie Rice

- 1 head cauliflower
- 2 Tbsp. coconut oil or avocado oil
- $\frac{1}{2}$ cup fresh spinach, finely chopped
- $\frac{1}{4}$ cup red or yellow bell pepper, finely chopped
- $\frac{1}{4}$ cup carrot, finely chopped
- $\frac{1}{4}$ cup onion, finely diced
- 1 tsp. ginger, finely grated
- 3 cloves fresh garlic, finely minced
- 1 green chili, finely minced
- Swish of toasted sesame oil
- 1 Tbsp. tamari
- 1 tsp. rice vinegar (or substitute apple cider vinegar)
- $\frac{1}{4}$ tsp., plus a pinch salt, divided
- $\frac{1}{4}$ tsp. black pepper
- 2 eggs

DIRECTIONS

Garlic Shrimp

Mix all the shrimp ingredients together in a large bowl and cover tightly with plastic wrap or aluminum foil. Refrigerate and allow to marinate for at least an hour. While the shrimp marinates, prepare the rice.

Cauliflower Veggie Fried Rice

Chop cauliflower into small chunks. Then use a food processor to grate the cauliflower into smaller, rice-sized pieces. You can do this by hand with a knife or grater. In a non-stick sauté pan, heat the avocado or coconut oil. Add the cauliflower, all the finely chopped vegetables, ginger, garlic, and chili. Heat on a high flame for 5–6 minutes. Add the seasonings, including sesame oil (add sparingly), tamari, vinegar, salt, and pepper. Stir to combine. Crack eggs in a small bowl. Add a pinch of salt and whisk. Make a well in the pan, in the middle of the vegetables, and add the egg. Stir gently until almost scrambled. Mix the contents of the pan with the egg. Garnish with cilantro leaves and/or chopped green onion. Add a splash of sriracha if you'd like.

Assemble

After the shrimp have marinated, melt the butter in a large saucepan on medium heat. Add the shrimp and toss around for approximately 8–10 minutes, until pink and lightly browned. Do not overcook, or else the shrimp will get rubbery. Serve immediately, while warm, on top of the Fried Cauliflower Veggie Rice.



Soups & Stews

#4 Immune-Boosting Detox Soup



4-6 Servings



20 minutes

This is one of my “go to” healthy favorites. It has a regular slot in my food prep schedule.

INGREDIENTS

- 1 Tbsp. coconut oil or avocado oil
- 1 large onion, diced
- 1 quart of your favorite stock or broth
- 4–5 stalks celery, chopped
- 1 fennel bulb, chopped
- 1 small head of broccoli, chopped
- 1 bunch asparagus, trimmed and chopped
- 1 zucchini, chopped
- 5 dinosaur (lacinato) kale leaves, chopped
- Water
- 1/2 cup coconut cream
- Small handful fresh cilantro (optional)
- Small handful fresh parsley (optional)
- 2–3 tsp. freshly grated ginger root
- 3 large cloves garlic, minced
- Juice of 1 lemon or 2 limes
- 1 1/2 tsp. salt
- 1 tsp. cumin
- 1/2 tsp. chili powder
- 1/8 tsp. cayenne pepper

DIRECTIONS

In a large soup pot on medium heat, add oil and onions. Sauté until the onions soften. Stir in the other vegetables and the stock, adding additional water, if needed, to just cover the vegetables in the pot.

Bring the contents to a boil. Then turn down the heat and simmer, covered, approximately 20 minutes until vegetables are soft.

In a blender, add the coconut cream, cilantro, parsley, ginger, garlic, lemon/lime, and spices. Blend until creamy, or until there are just flecks of the green herbs in the mixture. After the vegetables have simmered, add the cream mixture to the pot and stir to combine.

If you'd like a smooth texture, you can put some of the soup, in small batches, back into the blender to break into smaller pieces. Leave it a little chunky for the best texture. When you have created the consistency you like, taste and adjust for final flavor balance. Serve as is or garnish with seasoned pumpkin seeds and/or avocado chunks for a heartier soup.



**NUTTY CHICKPEA COOKIE
DOUGH BLISS BALLS**



Desserts

#5 Decadent, Raw Chocolate Pudding



4 Servings



60 minutes

A fan favorite. It's easy to make and stores well in the fridge, but no one will let it sit there for long!

INGREDIENTS

- 2 ripe avocados, peeled and pitted
- $\frac{3}{4}$ cup raw cacao powder
- $\frac{1}{2}$ cup coconut nectar, coconut sugar, or real maple syrup (not pancake syrup)
- $\frac{3}{4}$ cup coconut oil
- $\frac{1}{2}$ cup coconut water
- 1 tsp. vanilla extract
- 1 /8 tsp. salt

DIRECTIONS

Combine all ingredients in a food processor or high-performance blender. Process until smooth. Taste and adjust for sweetness. You can make the pudding thinner and lighter by adding more coconut water. Make it thicker and fudgier by using more coconut oil, which will harden when chilled.

Spoon into individual serving dishes and chill in the refrigerator for at least 1–2 hours. The mixture will thicken as it chills.

Serve topped with a garnish of fresh berries and/or mint leaves and some coconut whipped cream.

Note

This pudding will keep up to one week in the refrigerator.

READY TO GO FURTHER?

These five recipes are just the beginning.

Inside The Diabetes-Free Cookbook & Exercise Guide, you will discover a complete system designed to help you take control of your health — one meal and one habit at a time.

This full guide includes:

- 80 delicious, practical recipes
- Meals for breakfast, lunch, dinner, and desserts
- Foods designed to help keep your blood sugar low
- Simple ingredients you can find easily
- Recipes that are satisfying and sustainable

It also includes 12 simple exercises designed to help lower your blood sugar and support your overall health.

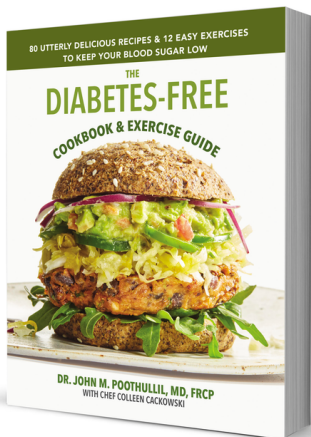
This combination of food and movement is what makes this guide different. It is not just a cookbook — it is a practical lifestyle tool.

You will quickly see that you can:

- Eat real meals
- Enjoy your food
- Feel satisfied
- Take control of your health

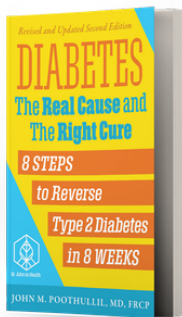
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EXPLORE MORE FROM DR. JOHN POOTHULLIL

Dr. John has written several books designed to help people understand the real causes of common health conditions and take practical steps to improve their lives.



8 Steps to Reverse Type 2 Diabetes in 8 Weeks

This book explains the real cause of diabetes and provides a clear, step-by-step plan to lower your blood sugar and take control of your condition. It offers practical strategies focused on diet, lifestyle, and daily habits.

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Beat Unwanted Weight Gain

If you are struggling with weight gain, this book provides a science-based approach to achieving lasting weight loss by understanding your body's hunger signals and making smarter food choices.

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CHANGE OVERNIGHT.
BUT IT DOES CHANGE WHEN
YOU TAKE ACTION.**

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