

HCG Diet Recipe Book



Over 70 DELICIOUS LOW-CALORIE RECIPES

Introduction

The recipes in this book are to be used during the Core and Transition Phases of the HCG Weight Loss Diet Program. These recipes have been created with the HCG diet strictly in mind. However, you still must be wise in the way that you utilize them during your diet and continue to use the food charts that have been supplied to you. This will ensure that you know exactly how many servings of each food type (protein, vegetable, fruit, starches) may be found within any given recipe.

You must also still utilize the supplied food charts to ensure that you are remaining at or below the 500-calorie-per-day level. Please note that many of the recipes are designed to make more than one serving. Also, some of the listed ingredients may be available in varieties with or without sugar. Be sure to check all food labels carefully for sugar content before using.

These recipes are meant to help you with ideas on how to better prepare and enjoy the allowed foods on the diet. You are free to be creative and find additional delicious ways to follow the HCG diet and experience amazing weight loss results.

Recipes

Apple Cider Chicken Wraps

100 grams chicken
2 medium green cabbage leaves
2 medium red cabbage leaves
1 garlic clove
3 T. apple cider vinegar
1/4 tsp. onion powder
1/4 T. sea salt
1/4 T. pepper
1 T. fresh ginger

Mix together finely grated ginger, garlic, onion powder, apple cider vinegar, salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly and then add the Napa cabbage and cook until cabbage is slightly cooked. Take the 2 green cabbage leaf and split the chicken mixture and place in cabbage leaves and roll into a wrap.

Chicken Asparagus Stir Fry

3 1/2 oz chicken breast, cut in strips
1/4 cup water
salt and pepper to taste
1 cup asparagus cut in 1" pieces
1/2 tsp ginger, grated
1 dash cayenne
1 clove garlic, minced

Microwave or steam asparagus until tender, but still crisp. Set aside. Heat water in a skillet and add chicken strips, stirring, until cooked almost all the way through. Add the grated ginger, garlic, and cayenne. When the liquid is reduced by half, add in the asparagus and season with salt and pepper. Serve warm.

Glazed Lemon Chicken Breast

3 1/2 oz chicken breast
1 Tbls stevia
1 Tbls lemon juice
1 tsp lemon zest
1 clove garlic, chopped
1 Tbls Dijon mustard (sugar free)

salt and pepper to taste

Combine all ingredients and marinate at least two hours. Heat oven to 200°F. Place chicken breast in a baking dish and spoon the marinade over them. Bake for 25 minutes.

Basil Chicken

1/2 c. finely chopped onion
1 clove garlic, chopped
2 1/2 c. chopped tomatoes
100 grams Boneless chicken breast halves, cooked and cubed
1/4 c. chopped fresh basil
1/2 tsp. salt
1/8 tsp. hot pepper sauce

Warm large skillet to medium-high heat. Sauté the onions and garlic. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium, and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.

Blackened Chicken

1/2 tsp. paprika
1/8 tsp. salt
1/4 tsp. cayenne pepper
1/4 tsp. ground cumin
1/4 tsp. dried thyme
1/8 tsp. ground white pepper
1/8 tsp. onion powder
200 grams, boneless chicken breast halves

Preheat oven to 350 degrees F (175 degrees C). Heat a cast iron skillet over high heat for 5 minutes until it is smoking hot. Mix together the paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder. Coat the chicken breasts evenly with the spice mixture. Place the chicken in the hot pan, and cook for 1 minute. Turn, and cook 1 minute on other side. Place the breasts on the baking sheet. Bake in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes. Makes 2 servings.

Braised Balsamic Chicken

600 grams (approx 6 boneless chicken breast halves).
1 tsp. garlic salt
1 onion, thinly sliced

1/4 c. balsamic vinegar
1/4 c. apple cider vinegar
1 (14.5 ounce) can diced tomatoes
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried rosemary
1/2 tsp. dried thyme

Season chicken breasts with ground black pepper and garlic salt. Lightly coat a medium skillet with cooking spray and brown the onion and seasoned chicken breasts. Pour tomatoes and both vinegars over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes. Makes 6 servings.

Grilled Chicken Breast

3 1/2 oz chicken breast
1/2 tsp stevia
1/2 tsp garlic powder
1/2 tsp paprika
1/2 tsp kosher salt
½ tsp ground black pepper

Mix all spices together and rub over the chicken breast. Grill over hot coals or under the broiler until cooked through. The spice rub mix is enough for more than one portion, consider make three or four breasts at one time.

Oven-Baked Chicken with Tangy BBQ Sauce

3 1/2 oz chicken breast
1/2 cup tomato, diced
1 packet [or 4-6 drops] stevia or to taste
1 tsp chili powder
1 tsp garlic powder
1/2 tsp paprika
1/2 tsp salt
1 Tbsp Dijon mustard (sugar free)
1 Tbsp red wine vinegar

Combine all the seasonings in a blender and process. Pour over the chicken breast and marinate four hours. Preheat the oven to 375°F. Cut a piece of foil large enough to hold the chicken and place the breast in the center of the foil along with the marinade. Roll up the foil and seal well. Bake for 20 to 25 minutes until the chicken is cooked through.

Chicken Chili

Shredded cabbage
2 cups chicken broth
1 tsp. cayenne pepper
1 tsp. black pepper
1 T. chili powder
1 T. cumin
3 pinches of dried chopped onions
100 grams of chicken breast, pre-cooked

In a medium saucepan add 2 cups chicken broth. Bring to boil. Add spices, cabbage and cooked chicken. Stir constantly. The broth will begin to dissolve, so it will become less soupy. Let simmer for about 10 minutes, or until the cabbage is to your preference.

Spinach Stuffed Chicken Breast

3 1/2 oz chicken breast, flattened with a meat mallet or rolling pin, to 1/2" thick
1 cup spinach
1 tsp lemon zest
salt and pepper to taste
1 clove garlic, minced
1 pinch crushed fennel seeds [or dry fennel powder]
1/4 tsp paprika

Preheat the oven to 325°F. Season the chicken with salt, pepper, and the lemon zest. Lightly wilt the spinach in the microwave or in a skillet, then cover the chicken with the spinach and add the garlic and crushed fennel. Roll the breast into a cylinder with the seam side down. Place the chicken on a sheet of aluminum foil and season with the paprika. Wrap tightly in the foil and bake for 30 minutes. Cut in four slices and serve warm.

Curry Chicken and Spinach

100 grams chicken
2 cups spinach
2 tsp. onion powder
1 garlic clove (minced)
1/2 cup chicken broth
1/4 tsp. salt
1/4 tsp. pepper
1 lime
1 T. curry powder

Mix chicken and all seasonings and 1/2 the lime and cook chicken through. Add the spinach in for 1 minute and serve in a bowl and squeeze the other 1/2 of the lime.

Lemon Parsley Chicken

400 grams (approx 4 Skinless, Boneless chicken breast halves)
1/2 cup lemon juice
1/2 teaspoon onion powder
1/8 teaspoon ground cayenne pepper
ground black pepper to taste
3 teaspoons dried parsley

Preheat grill at medium to high heat. Dip chicken in lemon juice and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice. Cook on the grill 10 to 15 minutes per side, or until no longer pink and juices run clear. Makes 4 servings.

Low-Carb Chicken Burger

100 grams of ground chicken breast
1/4 tsp. pepper
1/4 tsp. onion salt
1/4 tsp. onion powder
1tsp. garlic powder
1/4 tsp. dry mustard
2 T. apple cider vinegar
2 cups spinach

Mix all ingredients into the ground chicken breast and mold into a small patty. Grill or broil and serve with the spinach and apple cider vinegar.

Salsa Chicken

200 grams (approx 2 skinless, boneless chicken breasts)
1 cup salsa

Open jar of salsa and put into a large saucepan. Add chicken breasts to sauce and bring to a steady boil. Boil gently for 20 to 25 minutes or until the chicken is no longer pink inside and the juices run clear. Makes 2 servings.

Spicy Chicken Breasts

2 1/2 Tsp. paprika
2 Tsp. garlic powder
1 Tsp. salt

1 Tsp. onion powder
1 Tsp. dried thyme
1 Tsp. ground cayenne pepper
1 Tsp. ground black pepper
400 grams (approx.4 skinless, boneless chicken breast halves)

In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, cayenne pepper, and ground black pepper. Set aside about 3 T. of this seasoning mixture for the chicken; store the remainder in an airtight container for later use (for seasoning fish, meats, or vegetables). Lightly oil the grill grate with cooking spray. Preheat grill for medium-high heat. Rub some of the reserved 3 tablespoons of seasoning onto both sides of the chicken breasts. Place chicken on the grill, and cook for 6 to 8 minutes on each side, until juices run clear. Makes 4 servings.

Su Yong Egg Rolls

100 grams of Chicken
2-3 big cabbage leaves
1 cup shredded cabbage
1/8 tsp. onion salt
1/8 tsp. garlic powder
1/8 tsp. Asian spices
4 drops or 1 packet Stevia

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage. Steam both for 5 additional minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in a big cabbage leaf.

Tomato Basil Chicken

100 grams cubed chicken
1 cup chopped tomato
1/4 cup water or chicken broth
2 T. lemon juice
2 T. chopped onion
1-2 cloves garlic sliced
3 leaves basil rolled and sliced
1/8 tsp. oregano fresh or dried
1/4 tsp. garlic powder
1/4 tsp. onion powder
Cayenne pepper to taste
Salt and pepper to taste

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil.

Midwest American Chicken

1 tsp. ground ginger
2 T. crushed garlic
2 tsp. ground turmeric
1/4 cup fat free yogurt
400 grams (approx. 4 boneless, skinless chicken breast halves cut into pieces)

In a large bowl, combine ginger, garlic, turmeric, salt, and yogurt. Marinate the chicken pieces in the mixture for 3 hours. Preheat an outdoor grill for medium-high heat and lightly oil grate. Grill chicken until juices run clear. Makes 4 servings.

Cornish Hens

400 grams (approx. 4 Cornish game hens)
4 bay leaves
2 c. diced celery
2 c. diced onions
1 tsp. parsley flakes
1/2 tsp. thyme leaves

Season birds with salt and pepper and put 1 bay leaf in each cavity. Truss for roasting. Arrange vegetables in roasting pan. Place birds, breast side up, on vegetables. Combine herbs and brush over birds. Roast in 375 degree F. oven 55-65 minutes or until tender, basting with pan juices. Moistens hens with water if herbs do not stick. Makes 4 servings.

Smoked Chicken

400 grams (approx 4 chicken breast halves)
1 bell pepper, chopped in lg. pieces
1 lg. onion, chopped in lg. pieces
1 can mushroom soup
1 c. chopped celery, lg. pieces

Place ingredients in baking dish. Sprinkle with salt, pepper and garlic. Cover with tin foil. Poke fork holes in foil. Cook on smoker or in oven with small amount of liquid smoke. Cook until tender. Makes 4 servings.

Pine Smoked Chicken

1 c. dry white wine
1/4 c. sherry wine vinegar
5 lg. garlic cloves, coarsely chopped
1 med. onion, coarsely chopped
Stevia to taste
Salt & freshly ground pepper
400 grams chicken (approx. 4 chicken boneless skinless breast halves)
4-5 fresh pine boughs

Puree first 5 ingredients with salt and pepper in processor or blender. Arrange chicken in shallow dish and pour puree over. Cover and refrigerate for 4 to 6 hours, turning several times. Preheat oven to 350 degrees. Drain marinate into small bowl. Pat chicken dry with paper towel and arrange in single layer in shallow roasting pan. Roast 45 minutes basting often with marinade. Heat coals until gray ash forms. Spread around perimeter of barbecue, leaving center with well spaced single layer of coals. Set grill 4" above coals, let coals burn about 20 minutes. Arrange chicken pieces without touching over center of grill. Cook 15 minutes, turning and basting frequently until chicken is crisp and browned, adding remaining pine boughs to fire when smoke dies down. Makes 4 servings.

Chicken Breast Picata

400 grams approx. (4 medium halved chicken breasts)
1/2 tsp. salt
1/4 tsp. black pepper
1/4 c. wine vinegar
2 tbsp. capers, drained
1/4 c. fresh lemon juice
3 tbsp. chopped fresh parsley
4 thin slices lemon for garnish
4 thin slices lime for garnish

Bone and skin chicken breasts. Cut each into 2 pieces, cutting crosswise so that each piece is 2 to 3 inches square. Place between sheets of plastic wrap. With flat side of mallet, pound to about 1/4 inch thickness and double the diameter. Lightly spray oil in skillet. Add chicken. Sprinkle with salt and black pepper. Brown quickly on both sides, cooking about 1 minute in all, sufficient time to cook meat through. Remove onto warm platter. Pour off excess fat. Add wine, vinegar, capers and lemon juice to pan. Heat to a boil, scraping bottom of pan. When about 4 tablespoons liquid remains, pour it over chicken on platter. Sprinkle with parsley. Garnish with lemon and lime slices. Serve immediately. Makes 4 servings.

Cajun Scallops

100 grams scallops or shrimp
1 lemon
1/2 tsp. dry mustard
1 tsp. pepper flakes
2 garlic cloves, minced
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. ground cayenne pepper
1/2 cup water

Mix together lemon juice, dry mustard, cayenne, garlic, salt, pepper and scallops. Fill a non-stick frying pan with water and place scallops and cover with lid for 10 minutes.

Cajun Style Tilapia

Tilapia filets, allowed amount
Salt and pepper
Cajun seasoning
Lemon, thin slices

Preheat oven to 350 degrees. Place a sheet of tin foil on cookie sheet. Place Tilapia filets on cookie sheet and season with salt, pepper and cajun seasoning. Top with two lemon slices per filet. Bake in oven for 15 minutes or until fish is easily flaked with a fork.

Chilean Sea Bass

100 grams of sea bass fillets
2 cloves garlic, minced
1/2 of lemon
1/2 tsp. salt
1/2 tsp. lemon pepper
2 T. finely chopped cilantro
1/2 tsp. paprika

Arrange sea bass fillets in a single layer on foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt and lemon pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal. Bake at 450 for 20 minutes.

Chinese Steamed Fish

400 grams red snapper fillets
1/2 tsp. salt
1/2 tsp. ground black pepper
1 T. grated fresh ginger
1 tsp. soy sauce
2 shiitake mushrooms, thinly sliced
1 tomato, quartered
1/2 fresh red chile pepper, seeded and chopped
2 sprigs cilantro, finely chopped

Bring about 1 1/2 inches of water to boil in a steamer fitted with a basket large enough for the snapper to lie flat. Season snapper with salt and pepper, and place in the steamer basket. Top fish with ginger, and drizzle with soy sauce. Place shiitake mushrooms, tomato, and red chile pepper in the steamer basket. Steam fish 15 minutes, or until easily flaked with a fork. Sprinkle with cilantro. Soy sauce is almost pure salt so do not exceed recipe instructions

Citrus Fish

100 grams white fish
1 T. minced onion
2 T. lemon juice
Lemon and orange zest to taste
Lemon and orange slices
Chopped parsley
Salt and pepper to taste
Stevia to taste

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

Citrus Mahi Mahi

100 grams mahi mahi
1 T. fresh lemon juice
1 T. fresh lime juice
1 garlic clove, minced
1/2 tsp. dried thyme
1/2 tsp. dried dill
1/4 tsp. pepper
1/4 tsp. salt

Mix together lemon juice, lime juice, garlic, thyme, and salt and pepper to taste. Place in a shallow dish, turn to coat and marinate at room temperature for 10 minutes. Heat grill pan or grill over medium heat. Cook for 3 to 4 minutes per side.

Citrus Shrimp & Greens

100 grams of shrimp
2 T. lemon juice
1T. lime juice
3T. apple cider vinegar
1tsp. garlic powder
1tsp. pepper
1/2 tsp. onion salt

Place shrimp in a bowl and mix together all ingredients and let it stand and marinate for 1/2 hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite salad greens.

Fra Diavolo Sauce with Shrimp and Scallops

6 cloves garlic, crushed
3 c. whole peeled tomatoes, chopped
1 1/2 tsp. salt
1 tsp. crushed red pepper flakes
200 grams small shrimp, peeled and deveined
200 grams bay scallops
1 T. chopped fresh parsley

Sauté garlic over medium heat in non stick skillet. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and red pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes, stirring occasionally. Lightly coat a large skillet with cooking spray and add the shrimp and scallops. Cook for about 2 minutes, stirring frequently, or until the shrimp turn pink. Add shrimp and scallops to the tomato mixture, and stir in the parsley. Cook for 3 to 4 minutes, or until the sauce just begins to bubble. Serve. Makes 4 Servings.

Garlic Lemon Scallops

400 grams Bay or Sea scallops rinsed and drained
1/4 cup lemon juice
2 cloves garlic minced
lemon pepper (to taste)

Preheat oven to 350 degrees F (175 degrees C). Pat scallops dry with paper towels and place in a 1 quart casserole dish. Bake scallops in preheated oven for 5 minutes.

In a small bowl, combine lemon juice and garlic. Remove scallops from oven. Spoon lemon/garlic mixture over scallops and sprinkle generously with lemon pepper. Return scallops to oven and bake until firm, about 10 minutes. Serve warm. Makes 4 Servings.

Lemon Dill Swordfish

300 grams swordfish steaks
2 T. lemon juice
1 T. lemon pepper
1 T. dried dill weed

Lightly oil outdoor grill grate with cooking spray and preheat for high heat. Place swordfish steaks in a medium bowl, and brush with lemon juice. Coat each side with lemon pepper and dill. Place swordfish on the prepared grill, and cook 6 minutes on each side, or until fish is easily flaked with a fork. Makes 3 servings.

Lemon Lime Tilapia

100 grams tilapia or any white fish
1/2 lemon slice
1/2 lime slice
1 garlic clove, minced
1/4 T. sea salt
1/4 T. black pepper
1/2 tsp. dry dill
1/2 cup water

Mix together lemon juice, lime juice, garlic, salt, pepper, and dill. Marinate fish in seasonings for 10 minutes and place in non-stick pan with water and cover and steam for 10 minutes.

Lemon-Orange Roughy

400 grams orange roughy
1 orange, juiced
1 lemon, juiced
1/2 tsp. lemon pepper
1/8 tsp. cayenne pepper

Warm non-stick skillet to medium-high heat. Arrange fillets in the skillet, and drizzle with orange juice and lemon juice. Sprinkle with lemon pepper. Cook for 5 minutes, or until fish is easily flaked with a fork. Makes 4 servings.

Lemon Oregano Whitefish w/ Asparagus

100 grams whitefish
asparagus (allowed amount)
juice of one lemon
1 tsp. oregano
salt/pepper, to taste

Preheat the oven to 400F. Snap off woody ends of asparagus and discard. Tear off a large sheet of non-stick aluminum foil. In the center of this sheet, place asparagus spears and sprinkle with salt/pepper. Place whitefish on top of asparagus. In small bowl, combine lemon juice & oregano, and pour over fish. Fold up edges and completely seal packet on all sides. Bake 10-20 minutes or until fish flakes. Serve.

Lemon Pepper Fish

100g whitefish
juice of half lemon
1-3 cloves minced garlic
1/2 tsp. black pepper
1/4 tsp. salt
1/4 tsp. cumin powder
1/8 tsp. turmeric

Place fish in small bowl. Add garlic, black pepper, salt, cumin, and turmeric. Ensure to coat both sides. Cover & marinate at least 1 hour in refrigerator. Preheat oven to 400. Place the fish in a non-stick baking dish, & cover with the marinade. Bake 10-20 minutes depending on thickness, until fish easily flakes. Squeeze with lemon juice and serve.

Lemon Zest Crab Cakes

100 grams crab
1 garlic clove, minced
1 T. onion powder
1/2 tsp. lemon zest
1/4 tsp. salt
1/4 tsp. pepper
1 tsp. dry mustard
2 lemon wedges
1 T. parsley

Mix everything together and put into 2 small patties. Place in a baking dish and bake for 15 minutes and place on serving dish.

Rosemary Fish & Lemon Garlic Chard

100 grams of halibut or tilapia
Italian Herb Seasoning (to taste)
1 tsp. Rosemary grinded
1 tsp. Ground pepper
2 drops Stevia
1 tsp. Sea Salt
2 slices of Fresh lemon, juice
2 cups asparagus
1 tsp. garlic salt

Sprinkle both sides of fish with spices. Place fish on a nonstick frying pan with 1/3 cup of water and lemon juice. Place a lid on the pan to keep the steam within the pan. Cook for 4 to 5 min. Fish is done when flakes easily with a fork.

Shrimp Ceviche

400 grams shrimp, fresh or frozen, raw or cooked, peeled and deveined
2 large lemons, freshly squeezed, about 3/4 cup to 1 cup
2-3 large limes, freshly squeezed, about 3/4 cup to 1 cup
1 T. fresh garlic, minced
1 mild to medium pepper, ribs and seeds removed, finely chopped
1 red onion, finely chopped (about 1 cup)
1-3 T. Tabasco or hot sauce (more or less to taste)
4 large tomatoes, chopped (about 2-3 cups)
2 cucumbers, peeled and diced into 1/2 inch pieces (about 1.5 cups)
Fresh cilantro, chopped (about 1/2 cup)
Fresh parsley, chopped (about 1/2 cup)
sea salt and fresh ground black pepper to taste

Thaw shrimp if frozen. If using raw shrimp, bring a pot of water to boil and cook the shrimp for a minute or two until it turns opaque white and reddish—do not overcook the shrimp as it will be too rubbery in texture. Rinse shrimp under cold water. Combine juices of lemons and limes in a large bowl (not metal) or large Ziploc baggie and add shrimp. Cover bowl or zip baggie and refrigerate for 30 minutes to marinate. Large shrimp could be cut into smaller chunks (remove tails if doing this) to speed up marinade time. Add to shrimp the Tabasco, garlic, onion and pepper and toss/mix evenly. Return to refrigerator for maybe another 30 minutes to let the flavors infuse the shrimp. Before serving, toss in bowl the marinated shrimp mixture, cilantro, parsley, tomatoes and cucumbers and if needed, add sea salt and black pepper to taste. Makes 4 servings.

Spicy Steamed Shrimp

1 quart water
400 grams tiger prawns with shell
3 ounces Old Bay TM Seasoning
1 lemon, juiced

In a large pot, bring 1 quart of water to a boil. Place shrimp in a steamer basket and place on top of the pot; cover. Do not submerge shrimp. Remove some water if necessary. Season the shrimp with Old Bay seasoning. Steam shrimp until pink. Eat by removing shells as you go and dipping in lemon juice. Makes 4 Servings.

Steamed Ginger Red Snapper

100 grams red snapper
2T. fresh grated ginger
1/8 cup balsamic vinegar
1/8 cup distilled white vinegar
3 drops liquid stevia
1/4 tsp. salt
1/4 tsp. pepper
1 lemon wedge

Finely grate 1 T of fresh ginger in small skillet. Add the vinegars and cover with water to reach 2 inches and bring to a simmer. Season red snapper with grated ginger, lemon, salt and pepper. Place in steamer and cook for about 10 minutes.

Breaded Talapia or chicken

Rub meat with lemon juice or dip in milk. Crunch up melba toast and mix with seasonings of choice. Coat meat with mixture and bake or grill.

Bunless Burgers

Grill chicken, turkey burgers or beef patties and season to taste. Layer between 2 lettuce leaves. Add grilled sweet onions and tomatoes

Meat Kabobs

100 grams of meat of choice
1 sweet onion
1/4 cup of dressing
1 tsp Seasoning

Cut meat into cubes. Cut onion into small wedges. Combine seasoning and dressing and marinate with meat and onions for 4 hours. Place on metal skewers and grill on medium heat.

Orange Ginger Chicken

100 g chicken, cut into chunks
black pepper
orange – cut in 1/4s
2-3 cloves minced garlic
1/2 tsp basil
1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)
juice of half lemon

1. Preheat pan over MED heat. 2. Sprinkle chicken with pepper. 3. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins. 4. Add garlic and cook for 1 min. 5. Squeeze juice of orange quarters over chicken. 6. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. 7. Cover and simmer for about 20-30 mins.

Slow cooker Roast

1 very lean roast (trim extra fat)
1 whole onion chopped
1 whole stalk of chopped celery
1/2 cup of water
salt & pepper
minced garlic

Place all ingredients in crock pot and cook on low for 8-12 hours.

Taco Salad

2 cups of chopped romaine lettuce
100 grams of lean ground beef
1/2 tsp garlic salt
1/4 tsp of chili seasoning
crunched up melba toast

Saute ground beef and spices. Sprinkle on top of lettuce and top with crumbled melba toast.

Shake and Bake Chicken or Fish

4 chicken breasts or Fish fillets

dash of salt & pepper
thyme
rosemary
1 packet of stevia

Combine all ingredients inside a bag and shake well. Grill till done. Makes 4 servings.

Veal Medallions

3 1/2 oz veal medallions
1 Tbls lemon juice
1/4 cup water
1 sprig fresh rosemary or 1 tsp dried
1 clove garlic, chopped
Kosher salt and ground black pepper

Season the medallions well on both sides. Mix the lemon juice and broth or water. Put meat in a large skillet in a single layer, add the garlic and rosemary then turn the temperature to high. When the medallions start to color through to the top side, add the liquids and turn the medallions over, cook 2 to 3 minutes more. Remove the medallions and reduce the pan juices, then discard the rosemary and pour the juices over the medallions.

Seafood gumbo

100 grams of seafood (any allowable combo)
1 chopped garlic clove
2 large chopped Roma tomatoes
1/4 tsp. onion salt.
1/4 tsp. Creole seasoning
dash of garlic powder, celery salt, cayenne pepper.
1-2 packets of stevia

Sauté seafood with chopped garlic or high heat until browned. Add remaining ingredients and simmer on low for 15 minutes.

Baked Orange Roughy with Parsley and Garlic

3 1/2 oz orange roughy (tilapia, sole, or whitefish also)
1 tsp garlic, minced
1 Tbls chopped parsley
1/2 Tbls lemon juice
salt and pepper to taste

Preheat the oven to 400°F. Mix the parsley and garlic together. Season the fillet with kosher salt and ground black pepper, then top with garlic and parsley. Bake on a foil-lined baking sheet for 10 to 15 minutes. Sprinkle with lemon juice and serve.

Broiled Cod with Sweet Dijon

3 1/2 oz Atlantic cod fillet (subs: haddock, snapper, rockfish, whitefish)
1 Tbls stevia
1 Tbls Dijon mustard (sugar free)
salt and pepper to taste

Season the fillet with kosher salt and ground black pepper. Combine stevia and mustard, coat the fillet with the mixture. Broil on a foil-lined pan until flaky. Or this fillet can be baked in a preheated 350°F oven with a few tablespoons of water for about 20 minutes.

Broiled Halibut and Dill

3 1/2 oz halibut (subs: cod, orange roughy, turbot, whitefish)
1/2 lemon
pinch granulated garlic
1 tsp fresh dill or 1/2 tsp dried
salt and pepper to taste

Season the halibut with kosher salt, granulated garlic and ground black pepper. Line a broiler pan with foil. Squeeze the lemon juice over the fillet, then sprinkle on the dill. Broil until flaky, 10 to 15 minutes depending on the thickness of the fillet

Curried Flounder

3 1/2 oz flounder fillet (subs: tilapia, snapper, rockfish)
1 Tbls scallions
1 clove garlic, chopped
1/4 tsp curry powder
1/4 tsp crushed red chili flakes.

Mix all ingredients and rub over fillet. Refrigerate one hour. Heat oven to 350°F. Put the fillet in a baking dish with 3 Tbls of water and bake 10 to 15 minutes until flaky.

Asparagus Appetizer

1 Tbls lemon juice
1/2 bunch of asparagus
1/4 tsp salt and pepper
1 tsp parsley

1 tsp basil
1/2 tsp Italian seasoning
1 clove garlic

Spread one layer of asparagus stalks onto hot frying pan. Mince garlic and add. Add seasonings and sprinkle with lemon juice. Mix together well. When asparagus is brown, put into serving plate and douse with more lemon juice.

Cucumber Apple Salad

1/2 chopped apple
1 sliced cucumber
2 T. apple cider vinegar
1 T. water
garlic salt, pepper, Stevia (opt)

Chop apple and thinly slice cucumber. Combine vinegar and water. Season with garlic salt, pepper and stevia (opt) to taste.

Grilled Onions

1 whole sweet onion
Sea salt

Slice sweet onion and place on preheated grill. Sprinkle with sea salt. Grill 4-5 min. until tender and juicy. (Grill with your meat to flavor both the meat & the onion.)

Strawberry Chicken Salad

3 1/2 oz of lettuce
3 1/2 oz Chicken
6 strawberries, sliced
Sweet N Sour Vinaigrette Dressing

Grill, bake or steam fry chicken. Slice into bite sized pieces. Put lettuce in bowl with sliced strawberries, put chicken in and toss. Drizzle with Sweet N Sour Vinaigrette, salt, pepper and herbs as desired. Toss till lettuce is coated.

Roasted Asparagus

100 grams of asparagus
1-2 cloves of minced garlic
1/2 tsp of parsley
1/4 tsp of oregano

salt & pepper to taste

Preheat oven to 400. Trim asparagus and lay on non-stick aluminum foil. Add seasonings. Wrap all end of foil making a sealed pocket. Roast for 15-20 minutes.

Cream of Chicken Soup

100g cooked chicken
celery (allowed amount)
3 cloves garlic
1-2 cups broth
1 T dehydrated minced onion
1/2 tsp parsley
1/2 tsp basil
ground white pepper (to taste)
salt (optional)

1. Preheat saucepan over MED-HI heat. 2. In food processor, combine all ingredients and pulse until reaches desired consistency. 3. Pour into saucepan and bring to boil. 4. Reduce heat to simmer, cover, and heat 20-30 mins. 5. Serve.

Tangy Tomato Soup

1 cup of Chicken bouillon Base
1 large tomato
1 clove minced garlic
1/2 tsp onion salt
1/2 packet of stevia
1/2 tsp of basil
salt and pepper to taste

Sautee garlic in 1 Tbsp of bouillon base and set aside. Puree tomatoes in blender and then cook over medium heat to a boil. Turn heat to low. Add remaining bouillon and spices. Cover and simmer for 10 minutes.

French Onion Soup

Saute 1 onion thinly sliced with 3 garlic cloves minced for 10 minutes. Stir in powder stevia (1 tsp). Cook 10 minutes. Add 2 cups of beef broth and bring to a boil. Reduce heat to simmer, cover and cook 20 minutes. Add salt & pepper to taste.

Cabbage with Toasted Caraway

1 1/2 cups thinly sliced cabbage
1/2 tsp caraway seeds
1/2 tsp dried onions
kosher salt and ground black pepper
1 tsp fresh lemon juice

Cook the cabbage in a large saucepan of salted, boiling water for about 3 minutes, until it is just tender. Drain it well and toss it in a small bowl with the caraway seeds, dried onions, and spices. Squeeze some fresh lemon juice on top to finish.

Cucumber Dill Salad

1 cup cucumber, peeled and diced
1 tsp white wine vinegar
2 tsp fresh dill, chopped or 1 tsp dried dill
kosher salt to taste

Mix all ingredients together and refrigerate.

Grapefruit and Balsamic Salad

1/2 grapefruit
1 tsp fresh basil, shredded
1/4 tsp granulated garlic
salt and pepper to taste
1 packet (or 4-6 drops) stevia or to taste
pinch red chili flakes

Remove the grapefruit segments and scoop the shell free of membrane. Cut a small slice from the bottom of the rind so it sits flat like a bowl. Combine the grapefruit segments with the rest of the ingredients and marinate about 30 minutes. Pile the segments back into the hollowed-out rind and garnish with a whole basil leaf.

Hot Apple Cider

4 apples
5 C water
4 packets Stevia
1 tsp cinnamon (opt)
cloves or pumpkin spices (opt)

Place 4 sliced apples in a sauce pan and cover with water. Put sweetener, cinnamon, vanilla and any other spices you like. Simmer over medium heat for 30-

40 minutes, or until apples are soft. Remove apples and divide into 4 baggies to use as a fruit snack. Serve the cider in small mug. Store remaining cider in fridge and drink up to 1 cup a day.

Strawberry Sorbet

Allotted amount of strawberries
Juice of 1 lemon
sugar substitute (as needed)
water (if needed)

1. Freeze fresh strawberries about 1 hour. 2. Blend fresh frozen strawberries, lemon juice & sugar substitute in blender until very well blended. 3. You can serve immediately or place in freezer to allow it to firm up even further.

Candied Apples

4 apples
4 packets of stevia
1 tsp. of cinnamon
2 cups of water
1 tsp of vanilla

Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350 degrees for an hour. Take out of oven and add vanilla to the liquid and stir. Take apples out and pour sweetened water mixture over apple and enjoy!

Onion Rings

1/2 sliced onion rings
1 finely crushed melba toast
1 Tbsp of skim milk
1/4 tsp cayenne pepper
salt & pepper

Preheat oven to 450'. In small bowl add milk, cayenne pepper, salt, pepper to make batter. In a small separate bowl place crushed melba toast. Place rings in batter bowl and toss to coat fully. Let sit in batter for a couple of minutes. Dip each ring into the melba toast powder. Place on cookie sheet lined with foil. Cook for 7 minutes, then flip and cook 7 more minutes.

Appendix

Strawberry/orange smoothie

1 cup of frozen or fresh strawberries

1/2 orange or 1/3 cup of real orange juice (not from concentrate)

3/4 cup of crushed ice

Stevia (1/2 dropper or 1 packet)

Blend in blender till smooth

Iced Fruity Green Tea

Boil 1 cup of water. Soak 5 green tea bags for 3-5 minutes (3 pomegranate-raspberry and 2 mangosteen or mix and match). Pour into 2 quart pitcher and fill with water. Add juice of 2 lemons (about 1/3 to 1/2 cup). Add 4-5 droppers full of stevia. Serve Cold.

Food Charts

Proteins	Portion Size	Calories	Protein (g)	Notes
Chicken Breast	3.5 oz	115	23	Boneless, skinless
Veal	3.5 oz	112	20	
Steak, Tenderloin	3.5 oz	148	22	“filet mignon”
Steak, Sirloin	3.5 oz	131	22	No visible fat
Steak, Rib Eye	3.5 oz	161	20	No visible fat
Crab	3.5 oz	84	20	Cooked, meat only
Cod	3.5 oz	82	18	
Halibut	3.5 oz	110	21	
Lobster	3.5 oz	90	19	Cooked, meat only
Shrimp	3.5 oz	106	20	
Tuna, Albacore	3.5 oz	116	25	Water packed

Note: This chart of food is meant to give an estimate of selected Nutritional Information for SOME of the allowed Protein foods in the diet. It is not meant to be a complete list of ALL allowed Protein foods.

Fruits	Portion Size	Calories	Carbs (g)	Notes
Apple	1 whole	95	25	About 3” diameter
Grapefruit	Half	41	11	About 4” diameter
Orange	1 whole	62	15	About 2.5” diameter
Strawberries	1 cup	46	11	

Food Charts (continued)

Vegetables	Portion Size	Calories	Carbs (g)	Notes
Asparagus	1 cup	27	5	Chopped
Beet Greens	2 cups	16	3	
Cabbage	1 cup	18	4	Shredded
Celery	1 cup	16	3	Diced
Chard	2 cups	14	3	
Chicory	2 cups	13	3	
Cucumbers	1 cup	16	4	Sliced
Fennel	1cup	27	6	Sliced
Green Salad	2.5 cups	20	3	Iceberg and Romaine
Onions	1 cup	46	11	Sliced
Red Radishes	1 cup	19	4	Sliced
Spinach	2 cups	14	2	
Tomatoes	1 cup	32	7	Diced

Starches	Portion Size	Calories	Carbs (g)	Notes
Grissini	1	21	4	Breadstick only
Melba Toast	1	20	4	