

HOW TO FEEL GOOD NAKED IN 26 DAYS

Phase III Recipe Book



A MESSAGE FROM THE AUTHORS

"One of the fastest ways to get what you want is to help other people get what THEY want."

Author unknown....That is one of the MANY reasons Colin and I wrote this recipe book for

Phase III.

I have to say this was the most fun to write. I have enjoyed all the experiments with different foods, seasonings, and herbs with no sugar or starches. One might think it would be difficult, but I'm here to tell you it's NOT!!!!

Several of our recipes are desserts. My down fall has always been treats, sugary, rich treats....Well I didn't let phase III stop me :) As you will see, chocolate is one of the many key ingredients to our most popular dessert recipes.

Hope you like chocolate.

In phase II I was limited with my creativity to create different dishes. As you may know, the food choices are very limited. However, in Phase III the list goes on and so will the recipes to follow.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice; and most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

Steve Jobs

Contents

Breakfast	6
Greek Yogurt with Banana and Peanut Butter	5
Greek Yogurt with Fruit.....	5
Chocolate Greek Yogurt with Banana and Peanut Butter	6
Lemon Greek Yogurt with Blueberry's.....	7
Egg Skillet.....	8
Omelet.....	10
Spanish Omelet.....	12
Egg Florentine.....	13
Main Course	15
Turkey Chili.....	15
Chicken BBQ in Slow Cooker.....	16
Curry Chicken	17
Salmon Wraps.....	18
Zero Pasta Lasagna Salmon Wraps.....	19
Enchiladas (chicken, beef, turkey).....	21
Stuffed Chicken.....	22
Bread & Chips.....	23
Low Carb Flax Bread.....	24
Flax Seed Chips.....	25
Sauces.....	27
Pesto	27

Cilantro Pesto	27
Dressing & Sauces	29
Salads.....	31
cucumber salad..	31
Green Salad	31
Taco Salad	33
Shredded Chicken Taco Salad	34
Shrimp Scampi.....	36
Grilled Chilean Sea Bass	37
Turkey Burger	38
Hamburger	39
Desserts.....	40
Chocolate Pudding.....	40
Chocolate, Peanut Butter Pudding	41
Carob Walnut Cookies..	42
Chocolate Bar	42
Chocolate Peanut Butter Cups...	44
Lemon Pudding.....	45
The Crust	46
Fruit Tart	46
Lemon Tart	47
Chocolate, Peanut Butter, Banana Tart..	47
Chocolate, Peanut Butter Moose.	48
Jayne’s Birthday Cake aka Chocolate Peanut Butter Moose Pie.....	49
Disclaimer.....	50

Burn the Fat Reveal the Muscle

How to Feel Good Naked IN 26 Days!

Phase III Recipes

BREAKFAST

PHASE III

Greek Yogurt with Banana and Peanut Butter

- 1/2 C Greek Yogurt
- 1/2 Banana
- 1 tsp. Peanut Butter
- 2 Packets of Vanilla Stevia

Directions: Mix all together and enjoy.

Greek Yogurt with Fruit

- 1/2 C Greek Yogurt
- 2 Packets of Vanilla Stevia
- Fruit of Choice

Directions: Mix all together and enjoy.

Chocolate Greek Yogurt with Banana and Peanut Butter

- 1/2 C Greek Yogurt
- 1/2 Banana
- 1 tsp. Peanut Butter
- 1 to 2 tbsp. Chocolate Pudding
- 2 Packets of Vanilla Stevia

Directions: Mix all together and enjoy. *See Recipe for Chocolate Pudding

Lemon Greek Yogurt with Blueberry's

- 1/2 C Greek Yogurt
- 2 to 3 tbsp Lemon Pudding
- 2 Packets of Vanilla Stevia

Directions: Mix All together and enjoy *See Recipe for Lemon Pudding

Egg Skillet

- 3 Eggs

- 5 Egg Whites
- 1 T Coconut Oil
- 3 to 4 Strips of Prepared Bacon
- 1/2 C Broccoli
- 1/2 Zucchini
- 1/3 of Onion
- 2 to 3 Cloves of Garlic

Egg Skillet (Cont'd)

- 1/2 of Red, Yellow, Orange or Green Pepper
- 2 to 3 Mushrooms Sliced
- 1/4 C Water
- 1/2 C. Any Cheese
- Salt (to taste)
- Black Pepper (to taste)
- Cayenne Pepper (to taste)
- Paprika (to taste)

Directions: Heat oven to 425 degrees.

Prepare bacon and set aside. Sauté onion and garlic and coconut oil in a rode iron skillet. Add all vegetables and water, stir, cover and let steam for 2 to 3 minutes. Add eggs (whisked) and scramble all ingredients for 2 to 3 minutes. The egg mixture should be a little wet. Place entire skillet into the oven with cheese sprinkled on top. Bake for 10 to 15 minutes. Eggs should be white and cheese melted. Enjoy :)

* You can use any vegetables, seasonings or herbs.

Omelet

- 1 Whole Egg
- 4 Egg Whites
- 1 to 2 tsp. Coconut Oil
- 1 to 2 Garlic Cloves (crushed)
- 1/3 Onion
- 1/2 C Broccoli
- 1/2 C Red, Yellow, Orange or Green Bell Pepper
- 2 Mushrooms sliced
- 1 to 2 oz. Any Cheese
- Salt (to taste)
- Black Pepper (to taste)
- Cayenne Pepper (to taste)
- Paprika (to taste)

Directions: Sauté onion and garlic in 1 tsp. coconut oil. Add broccoli, bell pepper, mushrooms and 1/4 cup of water. Cover and let steam until broccoli is a dark green and slightly crunchy. Remove

from pan and set aside.

Put the heat on low to medium heat; add 1 tsp. of coconut oil. Tilt pan until oil has reached sides and bottom. Let oil heat for a minute or two. Pour on the eggs, spreading them evenly with a spatula. Tilt egg mixture until the liquid is no longer running onto sides. Cover and let set until there is no liquid left in the eggs. Remove eggs onto a plate. Place vegetables on top along with cheese. Cover vegetables with eggs, like a sandwich.

*I add hot sauce or salsa on top :)

Spanish Omelet

- 1 Whole Egg
- 4 Egg Whites
- 1 to 2 tsp. Coconut Oil
- 1 to 2 Garlic Cloves (crushed)
- 1/3 Onion
- 1/2 C Red, Yellow, Orange or Green Bell Pepper
- 2 Mushrooms sliced
- 1/2 Jalapeno Pepper sliced and remove seeds (optional)
- Green Chilies to taste
- 1 C Turkey Chili (see recipe)
- 1 to 2 oz. Any Cheese
- Salt (to taste)
- Black Pepper (to taste)
- Cayenne Pepper (to taste)
- Paprika (to taste)

Directions: Sauté onion and garlic in 1t coconut oil. Add bell pepper, mushrooms, jalapeno pepper, chilies and 1/4 cup of water. Cover and let steam until vegetables are slightly crunchy. Remove from pan and set aside.

Put the heat on low to medium heat, add 1t of coconut oil. Tilt pan until oil has reached sides and bottom. Let oil heat for a minute or two. Pour on the eggs, spreading them evenly with a spatula. Tilt egg mixture until the liquid is no longer running onto sides. Cover and let set until there is no liquid left in the eggs. Remove eggs onto a plate. Place vegetables on top along with turkey chili and cheese. Cover vegetables with eggs, like a sandwich.

*I add hot sauce or salsa on top :)

Egg Florentine

- 1 Whole Egg
- 4 Egg Whites
- 1 to 2 tsp. Coconut Oil
- 1 to 2 Garlic Cloves (crushed)
- 1/3 Onion
- 2 Handfuls of spinach
- 2 Mushrooms sliced
- 1 to 2 oz. White Cheese
- Salt (to taste)

- Black Pepper (to taste)
- Cayenne Pepper (to taste)
- Paprika (to taste)

Directions: Sauté onion and garlic in 1t coconut oil. Add spinach and mushrooms. Stir until spinach cooks down. Add egg and seasonings. Scramble all ingredients until eggs are done. Top with cheese and enjoy.

MAIN COURSE

PHASE III

Turkey Chili

- 1 lb Lean Turkey
- 1 tbsp Onion Powder
- 2 tsp. Garlic Powder
- 1 tbsp Chili Powder
- Braggs to taste

Directions: Brown Turkey and spices. Spray Braggs for moisture and to taste. You may add more of any spices you like for your taste. Add ingredients below half way through browning process (In the order listed).

- 1 15 oz. Tomato Sauce (organic no sugar added)
- 1 to 2 tbsp Tomato Paste (organic no sugar added)
- 2 - 3 Chipotle Peppers in Adobo Sauce
- 1 tbsp Adobo Sauce
- 1 C Vegetable Broth
- 1 C Water
- 1/2 to 1 whole white onion
- 1/2 Red Pepper

- 1/2 Yellow Pepper
- 5 Cloves Garlic
- 2 to 4 Tomatoes
- 1 tbsp Chili Powder
- 1 tsp. Cayenne pepper
- 2 tsp. Cumin
- 1/4 tsp. black pepper
- 1 tsp. Turmeric
- 1 tsp. Paprika
- Braggs to taste (I use Braggs in place of Salt)

Directions: Bring to boil. Cover and simmer for 30 minutes to 1 hour. I like my chili very spicy so I add a lot more of the spices above. Season according to your own taste.

Chicken BBQ in Slow Cooker

- 13 oz. BBQ Sauce (Organic Ville from whole foods or BBQ sauce without sugar)
- 1/2 C Italian Dressing (365 Organic from whole foods or no sugar)
- Braggs to taste
- Liquid Smoke to taste
- 3 Chipotle Chili's
- 1 tbsp Adobo Sauce from Chipotle Chili's

- 6 Chicken Breast no skin

Directions: Combine all ingredients in slow cooker and allow cooking on high for 8 or more hours.

Curry Chicken

- 2 Skinless Chicken Breasts
- 1 C Vegetable Broth (Organic)
- 1 C Coconut Milk (Organic)
- 1 tsp. Coconut Oil
- 1 White Onion
- 5 Cloves of Garlic
- 2 tbsp Curry Powder
- 1 tsp. Turmeric
- 1 tsp. Paprika
- 1 tsp. Cumin
- 1/2 tsp. Ginger
- 1/2 tsp. Cayenne Pepper (optional)
- Braggs to taste

Directions: Cut chicken breasts into small squares. Put coconut oil in a frying pan and brown outside of chicken only (should be real pink inside) Add vegetable broth, coconut milk, onion, garlic and spices. Bring to boil. Simmer on low for 20 to 30 minutes. Then cover and let set for another 20 to 30 minutes. You may add more spices if desired.

Salmon Wraps

- 6 oz. Canned Salmon
- 1 to 2 T Organic Mayonnaise
- 1/4 C Salsa or Hot Sauce to taste
- 1 1/4 inch slice Onion
- Salt to taste or Braggs
- Black Pepper to taster
- Cayenne Pepper (optional)
- 4 small Romaine Lettuce Leafs
- 1 oz. Monterey Jack Cheese

Directions: Combine salmon, Braggs, mayonnaise, salt, pepper, cayenne pepper, salsa or hot sauce or both :) and onion. Place a little in each lettuce leaf. Garnish with tomato and Monterey jack cheese...Eat up :)

Zero Pasta Lasagna

*If you didn't want to go through the task of making your own sauce, this recipe could easily be put together with a healthy no-sugar-added jar of marinara sauce.

- 1 pound Spicy Chicken Sausage
- 1 pound Ground Turkey
- ½ Cup Minced Onion
- 5 Cloves Garlic, Crushed
- 1 (32 oz.) Can Tomato Sauce
- 1/2 (6 oz.) Can Tomato Paste
- 3 Cups Chicken Broth
- 1/2 Onion
- 1 Red Bell Pepper
- 1 ½ tsp.. dried basil leaves
- 1 tsp. Italian Seasoning
- 1 TBS Celtic Sea Salt
- ¼ tsp. Ground Black Pepper
- 4 TBS Chopped Fresh Parsley
- 1/2 Head of Cabbage
- 16 oz. Ricotta Cheese

- 1 Egg
- ½ tsp. Salt
- ¾ lb. Mozzarella Cheese Grated
- ¾ Cup Parmesan Cheese

Boil water in a large pot. Clean cabbage and gently peel leaves. Place in water, boil for 5 minutes or until soft and tender...they won't soften when you cook the lasagna. Remove from water and drain.

Preheat oven to 425 degrees. In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato sauce. Season with stevia, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 TBS parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 tsp. salt. Preheat oven to 375 degrees F.

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange cabbage noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices.

- Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese. Bake for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

Enchiladas

- 1 Pound Chicken Sausage
- 1 Pound Ground Turkey
- 1 to 2 TBS Cumin (to taste)
- 1 to 2 TBS Chili Pepper (to taste)
- Salt to taste
- 1 tsp. Cheyenne Pepper
- 1 C Cheddar Cheese (Grated)
- 1 C Pepper Jack (Optional)
- 1/2 Onion (Diced)
- 1 (32 oz.) Can Enchilada Sauce
- Tooth Picks

Boil water in a large pot. Clean cabbage and gently peel leaves. Place in water, boil for 5 minutes or until soft and tender...they won't soften when you cook the lasagna. Remove from water and drain.

Preheat oven to 375 degrees.

Cook sausage, ground turkey and all seasonings, over medium heat until well browned.

Place grated cheeses, onion and enchilada sauce in separate containers creating an assembly line. Dip cabbage leaf into enchilada sauce, then stuff chicken sausage, turkey, cheese and onion into cabbage leaf. Roll and secure with tooth pick. Stuff each cabbage leaf until your ingredients are gone. Pour remaining enchilada sauce on top of enchilada's and

top with cheese. Spray aluminum foil with Pam. Cover enchiladas and bake for 30 minutes. Remove foil, bake until cheese is brown and sauce is bubbling.

Stuffed Greek Chicken

- 4 skinless, boneless chicken breasts
- Small Package of Feta Cheese
- Package of Fresh Basil
- 8 to 10 Sun Dried Tomatoes
- 3 Cloves Garlic
- 1/4 C. Chopped Onion
- 2 to 3 C. Chicken Broth
- 2 TBS Italian Seasoning
- 1/4 C. Braggs Amino Acid
- 1 to 2 TBS Olive Oil

Sprinkle chicken with Italian seasoning. Using a small sharp knife, cut in half horizontally through the center of each chicken breast half, creating a pocket. Fill each pocket with 2 sun dried tomatoes, 2 to 3 fresh basil leaves and 1 TBS of feta cheese. Roll and close with a tooth pick.

In a large skillet sauté garlic and onion in olive oil over medium heat. Add filled, chicken breast halves to skillet and sauté until outsides are golden brown. Insides should be pink. Add chicken broth and Braggs. Simmer chicken until fully cooked. Juices should run clear. Approximately 5 minutes.

➤ BREAD & CHIPS

PHASE III

Low Carb Flax Bread

- 1/3 C Flax Seed Oil or Coconut Oil
- 1/2 C Water
- 1 tsp. Salt
- 1 Packet Stevia
- 1 tbsp Baking Powder
- 2 Eggs
- 4 Egg Whites
- 2 C Flax Seed Meal (You can find this at most grocery stores or grind whole flax seeds into a meal)

Directions: Preheat the oven to 350 degrees F. In large bowl, mix flax seed meal, stevia, salt and baking powder. Whisk oil, water and eggs (In a separate bowl). Combine all ingredients and let set for 2 to 3 minutes until thick.

Place oiled parchment paper on baking sheet. Pour batter onto the baking sheet. Once you have it all there, you can spread this out on your baking sheet to whatever thickness you desire, but it should be at least 1/2 inch thick.

Place into preheated oven for about 25 minutes. You want to push on the bread and if it bounces back a bit it is done. Let cool for about 25 minutes.

NOTE: This is the basic bread recipe. You can add any ingredient you like. I add sun dried tomatoes and basil. Also, I add 1 banana and substitute 1 cup of apple sauce for oil. PLAY! :)

Flax Seed Chips

- 1/2 C Flax Seeds
- 1/2 C Flax Meal
- 6 Medium Tomatoes
- 1 C Sun-Dried Tomatoes
- 1 tbsp Lemon Juice
- 1/4 C Fresh Basil
- 3 Medium Onions
- 1 Clove Garlic
- 1 tbsp Braggs

Directions: Grind all ingredients in a food processor. Spread evenly and thinly over 2 Para flex dehydrator trays, right to the edges. Dehydrate at 105 degrees for 3 hours then invert onto another mesh dehydrator tray to finish drying in the dehydrator for a further 10 – 18 hours.

* I like spicy, so I add a habanera and cayenne pepper to taste.

Sauces

PHASE III

Pesto

- 2/3 C Walnuts or Pine Nuts
- 6 Sun Dried Tomatoes
- 20 Basil leaves
- 1 tbsp Olive Oil or Flax Seed Oil
- 2 Garlic Cloves
- Braggs to taste

Directions: Combine all ingredients into food processor. Add any one or all ingredients to taste. I like to add a habanera pepper.

Cilantro Pesto

- 2/3 C Walnuts or Pine Nuts
- 1 Bunch of Cilantro
- 1 tbsp Olive Oil or Flax Seed Oil
- 3 Garlic Cloves
- 1 Tomato
- 5 Sun dried Tomatoes
- Braggs to Taste

➤ 1 Hot Pepper (Optional)

Directions: Combine all ingredients into food processor. Add a little water if too thick. Add one or all of the above ingredients to taste.

DRESSING AND SAUCES

Braggs

Lemon Juice of one Lemon

Apple Cider Vinegar

Braggs and 1 tsp. Coconut Oil

Ketchup

- 1/4 C Tomato Sauce (Organic no sugar added)
- 1/8 C Tomato Paste (Organic no sugar added)
- 1/2 tsp. Distilled White Vinegar
- 1/4 tsp. Sea Salt
- 1/2 tsp. Paprika
- 1/2 tsp. Onion Powder

➤ 1/2 tsp. Stevia

Directions: Combine all ingredients and enjoy. Mix well.

* You may add or take away from seasoning to your liking. Also, I add garlic powder and Cheyenne pepper...but you know me :)

Salads

Cucumber Salad

- 1 Cucumber
- 1 Tomato
- 1 Onion
- 1/2 C Apple Cider Vinegar
- Salt and Black Pepper to taste

Directions: Slice and quarter all ingredients. Combine and add salt, pepper and or cayenne pepper. The longer this salad marinates the better. I re-use the liquid as the vegetables are eaten and if necessary add more apple cider vinegar to taste.

Green Salad

- 3 or 4 Leaves of Romaine
- Handful of Mixed lettuce
- 1/3 Onion

- 1 Tomato
- 1/2 Cucumber

Directions: Cut and combine.

Taco Salad

- 3.66 oz 93% Lean Ground Turkey or 5 oz. of 99% Lean Ground Turkey
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 tbsp Cumin
- 1/2 tsp. Oregano
- 1 tbsp Cilantro
- 1 tsp. Cayenne Pepper
- 1 tsp. Paprika
- 1/2 tbsp Chipotle Chili Pepper
- 1 tsp. Jalapeno Pepper
- Braggs to taste

Directions: Brown Turkey and spices. Spray Braggs for moisture and to taste. You may add more of any spices you like for your taste. Add ingredients below in order listed half way through browning process.

- 1 C Vegetable or Chicken Broth (zero calories)
- 1/3 White Onion
- 1 Glove Garlic
- 1 tbsp Cumin
- 1/2 tsp. Oregano
- 1 tbsp Cilantro
- 1 tsp. Cayenne Pepper

- 1 tsp. Paprika
- 1/2 tbsp Chipotle Chili Pepper
- 1 tsp. Jalapeno Pepper
- Braggs to taste (I use Braggs in place of Salt)

Directions: Bring to boil. Simmer for 15 minutes. I like my taco meat very spicy so I add a lot more of the spices above. Season to your personal taste.

- 1 Handful of Lettuce
- 1 Handful of Tomato

- 1 Handful of Onion (optional)
- Dressing - Cholula Hot Sauce or Tapatío (There are no calories in either so use as much as you want)

Directions: Cut all ingredients and place on a plate. Make a bowl in the middle and place taco meat on top of salad. Enjoy!

Shredded Chicken Taco Salad

- 4.85 Chicken Breast (Boiled, then shredded)
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 C Vegetable or Chicken Broth (zero calories)
- 1/3 White Onion
- 1 Glove Garlic

- 1 tbsp Cumin
- 1/2 tsp. Oregano
- 1 tbsp Cilantro
- 1 tsp. Cayenne Pepper
- 1 tsp. Paprika
- 1/2 tbsp Chipotle Chili Pepper
- 1 tsp. Jalapeno Pepper
- Braggs to taste (I use Braggs in place of Salt)

Directions: Bring to boil. Simmer for 15 minutes. I like my taco meat very spicy so I add a lot more of the spices above. Season to your personal taste.

- 1 Handful of Lettuce
- 1 Handful of Tomato
- 1 Handful of Onion (optional)

Dressing - Cholula Hot Sauce or Tapatio (There are no calories in either so use as much as you want)

Directions: Cut all ingredients and place on a plate. Make a bowl in the middle and place taco meat on top of salad. Enjoy!

Shrimp Scampi

- 5 oz. Peeled Shrimp
- 2 Cloves Garlic (crushed)
- 1/3 Onion, sliced
- Salt to taste

- Black Pepper to taste

- 1/4 tsp. Parsley

- 1/8 tsp. Red Pepper Flakes

- Handful of Broccoli

- Lemon Juice from half a Lemon. Just one squeeze

Directions: In a heavy-bottomed pan, melt coconut oil over medium-low heat. Add the garlic and onion. Sauté for 1 minute; be careful, the garlic burns easily! Add the shrimp, salt, pepper, parsley, red pepper flakes and paprika. Sauté until the shrimp have just turned pink, about 3 to 4 minutes, stirring often. You may want to add a little water. Add broccoli and lemon juice. Cover and let steam for 3 to 4 minutes. Broccoli should be dark green and moderately crispy. Serve with Salad

Grilled Chilean Sea Bass

- 5.8 oz Chilean Sea Bass
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 tbsp Cumin
- 1 tsp. Cayenne Pepper (Optional)
- 1 tsp. Paprika

- 1/4 of Green Cabbage
- ¼ to ½ C Salsa (Make sure the salsa has only the ingredients allowed. I use one from Whole Foods)

Season Chilean sea bass with onion, garlic powder, cumin, cayenne pepper and paprika. Grill on BBQ or George Forman. You will know it's done when the fish is white in the middle. This fish is VERY hard to burn. Steam green cabbage. Place cabbage on plate and top with salsa.

Turkey Burger

- 3.66 oz. 93% Lean Ground Turkey or 5 oz. of 99% Lean Ground Turkey
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 tbsp Cumin
- 1 tsp. Cayenne Pepper (Optional)
- 1 tsp. Paprika
- 1 Clove of Garlic
- Salt and Pepper to taste

Directions: Roll turkey into balls then flatten slightly. Grill on BBQ or George Forman Grill.

- 2 to 3 Large Romaine Lettuce Leafs
- 1/2 Italian Tomato Sliced
- 1/4 Thick Onion Slice
- Mustard (Zero Calorie)
- Ketchup (see recipe)

I cut the turkey burger in half then lay on one leaf of romaine. Add your tomato, onion mustard and ketchup. Cover with other leaf, like a long hamburger bun :)

Serve with Cucumber Salad or Green Salad.

Hamburger

- 3.95 oz of 95% Lean Hamburger
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 tbsp Cumin
- 1 tsp. Cayenne Pepper (Optional)
- 1 tsp. Paprika
- 1 Clove of Garlic
- Salt and Pepper to taste

Hamburger (Cont'd)

Directions: Roll hamburger into balls then flatten slightly. Grill on BBQ or George Forman Grill.

- 2 to 3 Large Romaine Lettuce Leafs
- 1/2 Italian Tomato Sliced
- 1/4 Thick Onion Slice
- Mustard (Zero Calorie)
- Ketchup (see recipe)

Directions: I cut the hamburger burger in half then lay on one leaf of romaine. Add your tomato, onion mustard and ketchup. Cover with other leaf, like a long hamburger bun :)

Serve with Cucumber Salad or Green Salad.

DESSERTS

Phase III

Chocolate Pudding

- 10 oz. Soft Tofu
- 1/2 C Cocoa
- 1/2 to 3/4 Banana
- 4-6 package of Vanilla Stevia 4-6 to taste
- 1/2 C Soy Milk
- Vanilla to taste

Directions: Mix together in a food processor (adding any ingredient to taste) Refrigerate 8 to 12 hours

Chocolate, Peanut Butter Pudding

- 19 oz. Soft Tofu soft
- 1/4 C Cocoa
- 1 tbsp. Peanut Butter
- 2/3 to 1 Banana
- 4 packets of Vanilla Stevia
- Vanilla to taste

Directions: Mix together in a food processor (adding any ingredient to taste) Refrigerate 8 to 12 hours.

Carob Walnut Cookies

- 4 to 6 Medjool Dates (Pitted) or 1 C. Raisins
- 3/4 C raw walnuts
- 1/4 C raw carob powder
- 1/8 tsp. sea salt
- Vanilla to taste

Combine the dates (or raisins), walnuts, carob powder, salt and vanilla in the food processor. Process until the dough begins sticking together.

Press the dough into 2-inch cookie cutters placed on a sheet tray lined with parchment paper.

Shoot for a thickness of 1/3- to 1/2-inch. Or, make 1- to 1 1/2-inch balls and flatten.

Place the cookies in the freezer to chill and firm up for 30 minutes or more before serving or transferring to the fridge for serving later.

Will keep for many weeks in the fridge or freezer. Thaw 5 minutes before eating.

*I also form the cookies into a small bowl (press together in a ball and press your finger in the middle to create a bowl) then fill with 1/2 t peanut butter. YUMMMM!

Chocolate Bar

- 1/2 C Coconut Oil
- 1/2 C Cacao Powder
- 1/4 C Maple syrup
- 2 package Vanilla Stevia
- 1 tsp. Vanilla extract

➤ 1/2 C Chopped or Hole Almonds

Blend liquid ingredients until super smooth. You can add more sweeteners or more chocolate to suit your tastes. Transfer mixture to separate bowl and stir in almonds. (Feel free to add other goodies...coconut, berries, etc). Spread on a plastic wrap lined plate or dish and place in freezer to cool.

Chocolate Peanut Butter Cups

- 1/2 C Coconut Oil
- 1/2 C Cacao Powder
- 1/4 C Maple syrup
- 2 packets Vanilla Stevia
- 1 tsp. Vanilla extract
- *Peanut butter amount will vary
- *Plastic Egg Tray

Blend liquid ingredients until super smooth. You can add more sweetener or more chocolate to suit your tastes. Line each egg slot with plastic wrap. Fill each slot with 1 teaspoon of chocolate. Immediately place 1 teaspoon of peanut butter on chocolate. If you wish pour more chocolate on peanut butter, then place in freezer for 15 to 30 minutes.

* I would fill one egg holder at a time with chocolate and peanut butter to ensure a complete peanut butter cup.

Lemon Pudding

- 10 oz. Soft Tofu
- Lemon Juice 2 to 3 lemons
- Lemon Zest - 1 1/2 lemons
- 1 Lime - Juice and zest
- 10 oz. Soft Tofu
- 4 package Vanilla Stevia

- 1 Banana
- Vanilla to taste

Directions: Mix together in a food processor (adding or taking away any ingredient to taste)

Optional: Blueberries on top if desire

Crust

- 1/2 C Almonds
- 1/2 C Walnuts
- 6 to 9 Medjool Dates
- 1/4 to 1/2 C Shredded Coconut
- 1 tsp. Vanilla

Directions: Combine nuts in processor. Add dates (no seed) coconut and vanilla.

Press in a 9x13 baking dish. Place in the freezer for 20 minutes minimum.

(You can add more of any ingredient depending on the texture you desire. Also any nut may be used. Preferable one hard nut ex. macadamia and or one soft nut ex. pecan)

Fruit Tart

- 1 C. Peanut Butter
- 2 1/2 Bananas (sliced)
- 1 C Blue Berry's
- 2 C Strawberry's (quarter sliced)
- 2 packets stevia
- 1 Nut Crust (See Recipe)

Directions: Prepare your crust. After crust has set in freezer for 20 minutes or more spread peanut butter on top. Slice bananas and layer on top of peanut butter. Combine blueberry, strawberry and stevia in a bowl and combine. Layer fruit mixture on top of bananas. Refrigerate for an hour and enjoy. * You can use any fruit mixture you like.

Lemon Tart

- Nut Crust (See Recipe)
- Lemon Pudding (See Recipe)
- 1/4 C Blueberry's (Decoration on top)

Directions: Prepare Crust and place 1/4 Cup in custard or tart dishes. Freeze for 20 minutes, minimum. Spoon lemon pudding in prepared dishes. Top with blueberries.

Chocolate, Peanut Butter, Banana Tart

- Nut Crust (See Recipe)
- 1/2 C Peanut Butter (sliced)
- 2 Bananas
- Chocolate, Peanut Butter, Banana Pudding (See Recipe)
- Cocoa Nips

Directions: Prepare Crust and place 1/4 Cup in custard or tart dishes. Freeze for 20 minutes, minimum. Spread 1 Tablespoon of peanut butter on top of crust in each tart dish. Layer sliced bananas on top of peanut butter. Spoon chocolate and peanut butter pudding on bananas. Sprinkle cocoa nips for decoration.

Chocolate, Peanut Butter Moose

- Chocolate, Peanut Butter Pudding (Recipe)
- 1/2 C. Greek Yogurt (or to taste)

Directions: Combine chocolate, peanut butter pudding with Greek yogurt.

Jayne's Birthday Cake

(Not a cake it's a pie) aka **Chocolate Peanut butter Mouse Pie**

Crust

- 1/2 C Almonds
- 1/2 C Walnuts
- 6 to 9 Medjool Dates
- 1/4 to 1/2 C Shredded Coconut
- 1 t Vanilla

Combine nuts in processor. Add dates (no seed) coconut and vanilla.

Press in a 9x13 baking dish. Place in the freezer for 20 minutes minimum.

(You can add more of any ingredient depending on the texture you desire. Also any nut may be used. Preferable one hard nut ex. macadamia and or one soft nut ex. pecan)

1st Layer

- Chocolate
- 1/2 C Coconut Oil

- 1/2 C Cacao Powder
- 1/4 C Maple syrup
- 2 pkt Vanilla Stevia
- 1 t Vanilla extract

Blend liquid ingredients until super smooth. You can add more sweeteners or more chocolate to suit your tastes. Pour onto crust. Place in the freezer for 15 minutes or until chocolate is hard.

2nd Layer

- Peanut Butter

Spread Peanut Butter on top of chocolate. Place in freezer for 15 minutes.

3rd Layer

- Chocolate Pudding
- 10 oz. Soft Tofu
- 1/2 C Cocoa
- 1/2 to 1 Banana
- 4-6 pkts of Vanilla Stevia 4-6 to taste
- 1/2 C Soy Milk
- Vanilla to taste

Mix together in a food processor (adding any ingredient to taste). Pour pudding on top of peanut butter. Place in the freezer for 15 to 30 minutes then transfer into the refrigerator.

Disclaimer

The Recipes in The HCG Body for Life Recipe Book – Phase III are **only** for people that are currently moving into Phase III or in Phase III (Maintenance) or simply just want to maintain a healthier lifestyle.