

How To Feel Good Naked In 26 Days

PHASE 2 RECIPE BOOK

Burn The Fat Reveal The Muscle



HCG Body for Life Recipe Book

Phase 2

Delicious-simple and easy to follow recipes prepared in under 15 minutes to enhance your HCG Body for Life experience!

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A Special Message from the Authors

Hello! Colin and I would like to thank you for loving yourself enough to begin or continue on a journey of great health and well-being. We see the greatness in you.

"Choose to be in Close Proximity to People who are empowering ... Who See the Greatness in You!" ~ Wayne Dyer

Being lovers of food, we knew there was a more enjoyable way to prepare the limited foods on this protocol. Our prayer is that you enjoy this recipe book as much as we enjoyed making it.

God Bless and Namaste

Colin and Jayne

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HCG ESSENTIALS

- Meditation for Manifestation Download Dr. Wayne Dyer
- Food Scale
- Garlic & Pepper Grinder
- George Forman Grill
- Organic Extra Virgin Olive Oil
- Cooking Spray
- Oil Free Lotion
- Mineral Oil – Baby Oil
- Accurate Weight Scale
- Tape Measure
- Daily Weight Journal

Seasonings

- Apple Cider Vinegar
- All Natural Liquid Aminos
- Stevia Natural Sweetener
- Sea Salt
- Paprika Ginger Root Black Pepper
- Cinnamon Parsley Cayenne Pepper
- Oregano Rosemary Celery Seed Thyme
- Tomato Paste Cilantro Basil

- Garlic Powder or Paste Mustard Powder
- Turmeric Red Pepper Onion Powder
- Worcestershire Sauce Horseradish Sauce
- Turmeric

Proteins

- Boneless Chicken Breast
- Filet Mignon
- Sirloin
- Extra Lean Ground Beef
- Veal
- Organic Grass Fed Beef
- Buffalo
- Tilapia
- Grouper
- Cod
- Halibut
- Flounder
- Sole
- Sea Bass
- Shellfish
- Shrimp
- Lobster
- Crab
- Scallops

Tip Purchase all proteins raw and in bulk. Weigh and cut into (oz).

(See [Food Chart](#)) individual portions. Cover with plastic wrap and place poultry, meat and fish in separate containers and store in freezer.

Vegetables

- Asparagus
- Broccoli
- Cabbage
- Green Bell Pepper
- Brussels Sprouts
- Spinach
- Celery
- Cucumber
- Tomato
- White and Green Onions
- Green Leaf Lettuce

Note- Fresh or frozen vegetables only, canned is prohibited (may contain added salt and preservatives).

Fruits

- Strawberries
- Oranges
- Grapefruit
- Green Apples
- Lemons

Note- Fresh or frozen fruit only, canned is prohibited (may contain added sugar and preservatives).

Beverages

- Bottled or Filtered Water
- Sparkling Mineral Water
- Herbal Teas (any tea bag assortment)
- Unsweetened Green Tea
- Unsweetened Black Tea
- Unsweetened Wu-Long Tea
- Coffee
- Non Dairy Unsweetened Soy Milk
- Fat Free Sugar Free Lucerne Coffee Creamer

BEVERAGES RECIPES

Frozen Mocha Cappuccino

- 1 C Crushed Ice
- 5 Drops of Chocolate Stevia
- 5 Drops of Valencia Orange
- 1 C of Black Coffee
- 1 Tbsp Lucerne Sugar Free Fat Free Coffee Creamer (2 tbsp allowed in 24 hr period)

Directions: Mix in blender until smooth. Pour into glass and serve!

Sparkling Lemonade

- 1 ½ Lemons (Juice)
- 2 Packages Stevia
- Sparkling Mineral Water

Directions: Pour lemon juice into 8 oz. glass. Add stevia, over ice and serve!

Strawberry Slurpee

- 1 ½ Lemons (Juice)
- 1 Hand Full Strawberries
- 2 Packages Stevia
- 1 Sparkling Mineral Water

Directions: Pour lemon juice, strawberries and ice in blender pour into 8 oz. glass and serve with straw!

Orange Julius

- 1 Orange
- 5-10 Drops Vanilla Crème Liquid Stevia
- Crushed Ice
- Bottled or Filtered Water (as needed)

Directions: Peel orange and place orange sections in blender. Mix and serve.

V-8 Tomato Juice

- 3 large Tomatoes
- Juice of Half a Lemon
- 1 tsp Cilantro
- ½ tsp Stevia
- ½ tsp Garlic Paste
- ¼ tsp Cumin
- ¼ tsp Braggs Pure Amino Acids
- 1/8 tsp Celery Seed
- Pinch of Sea Salt/Black Pepper

Directions: In blender, combine all ingredients and puree until desired consistency. Place in refrigerator until chilled or serve over ice.

EGG RECIPES

Omelet

- 1 Whole Egg
- 3 Egg Whites
- 1 tsp Coconut Oil
- 1 to 2 Garlic Cloves (crushed)
- 1/3 Onion
- Handful of Broccoli
- Salt (to taste)
- Black Pepper (to taste)
- Cayenne Pepper (to taste)
- Paprika (to taste)

Directions: Sauté onion and garlic in 1/2 t coconut oil. Add broccoli 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 1/2 t 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. Cover vegetables with eggs, like a sandwich. **I add hot sauce on top :)*

Spanish Omelet

- One Whole Egg
- 3 Egg Whites
- ¼ cup chopped onion
- 5 asparagus spears
- 1 clove garlic
- 2 tsp coconut oil
- Salt and pepper
- Cayenne pepper to taste
- Salsa

Egg Florentine

- 1 Whole Egg
- 3 Egg Whites
- 1 tsp Coconut Oil
- 1 to 2 Garlic Cloves (crushed)
- 1/3 Onion
- 2 Handfuls of Spinach
- 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. Stir until spinach cooks down. Add egg and seasonings. Scramble all ingredients until eggs are done. Enjoy.

SOUP RECIPES

Chicken Broth

- 4.85 oz. Chicken Breast
- Parsley
- Onion Powder
- Garlic
- Thyme
- Rosemary
- Oregano
- Basil
- Bay Leaf
- Sea Salt
- Black Pepper

Directions: Fill saucepan 3/4 full with water. Bring to a boil. Add chicken and seasonings. Boil for 20 minutes. Remove boiled chicken and save for later. Strain out bay leaf & seasonings. Serve!

Green Onion Soup

- Green Onions as Desired
- 2 C Bottled Water
- 2 tsp Liquid Aminos
- 1 tsp Parsley
- ½ tsp Paprika
- ½ tsp Sea Salt
- ½ tsp Dill
- ½ tsp Thyme
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Celery Seed

Directions: Briefly steam the green onions until tender. Preheat saucepan over MED heat. Chop steamed green onions. Sauté green onions in saucepan with parsley, paprika, sea salt, dill, thyme, celery seed, liquid aminos and cayenne pepper. Add water and simmer 20-30 minutes and serve

Turkey Meatball Soup

- 3.66 oz 93% Lean Ground Turkey or 5 oz. of 99% Lean Ground Turkey
- 1 tsp Coconut Oil
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tbspc Cumin
- 1 tsp Cayenne Pepper (Optional)
- 1 tsp Paprika
- 1 Clove of Garlic
- 1 C Vegetable or Chicken Broth (zero calories)
- 1/2 C Water
- 1/3 White Onion
- 1 Italian Tomato
- 1 Tbsp Tomato Paste
- Salt and Pepper to taste
- Braggs to taste

Directions: Mix all seasonings with ground turkey. Form into little balls. Heat coconut oil in frying pan. Brown turkey balls (just on the outside, the middle should remain a little pink.) Remove turkey balls from frying pan and place in a sauce pan. Add broth, water, onion, tomato, tomato paste, Braggs and all the seasonings again. Bring to a boil. Cover and simmer for 30 minutes or longer. Turn heat off and let stand. Enjoy! * *You can use hamburger. Remember to reduce the ounces of hamburger.*

SALADS & VEGGIES

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.

Cucumber-Tomato-and-Onion Salad

- 200 grams Thinly Sliced Cucumber (or allowed amount)
- 1 Medium Tomato
- ½ Chopped Onion
- 1 tsp Apple Cider Vinegar (to taste)
- 1 tsp Dill
- 2 tsp Melted Coconut Oil
- Brags Liquid Aminos (as needed)
- Black Pepper
- Sea Salt

Directions: Combine all ingredients -cucumber, tomatoes, and Onion & mix well. Toss in cucumbers. Cover & refrigerate. This tastes best if you wait at least one hour before serving.

Apple Chicken Salad

- 4.85 oz. Diced Chicken Breast
- 4 diced Celery Stalks
- 4 Tbsp Lemon Juice
- Pinch of Cinnamon
- 1 package Stevia
- Squeeze of Lemon
- 1 Diced Green Apple

Directions: Mix ingredients together and serve!

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. Half way through browning process adds ingredients below in order.

Taco Salad (Cont'd)

- 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)

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 oz 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 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!

VEGETABLE MEDLEY SAUTE

- 1 to 3 Cloves of Garlic
- 1/3 of Onion (Sliced)
- 1 tsp Coconut Oil
- Handful of Broccoli

Sauté coconut oil, garlic and onion. When onion is clear add 1/8 or 1/4 water (any organic broth may be used as long as it has NO calories). Cover and let steam until broccoli is dark green. I like my vegetables crunchy. Steam longer if you want your vegetables soft.

**YOU MAY USE ANY VEGTABLE OTHER THAN BROCCOLI AS LONG AS IT'S ON THE LIST OF FOODS ON PHASE II.*

CHICKEN RECIPES

Chicken “N” Broccoli

- 4.85 oz Chicken Breast
- 1 cup Broccoli
- 2 Tbsp Braggs Liquid Amino
- Sea Salt & Black Pepper
- 2 Cloves of Garlic
- ½ Chopped Onion
- Cayenne Pepper
- Chili Powder
- 2 tsp Organic Coconut Oil
- Juice from ½ Lemon

Crock-Pot Chicken

- 6 Boneless Skinless Chicken Breasts
- 4 Onions cut into 1 inch pieces
- 1 Celery bunch, cut into 1 inch pieces
- 1 Head of garlic separated and peeled
- 2-3 cups of Water • Allowable Spices

Directions: In crock-pot, layer 1/2 celery, 1/2 onion, garlic pieces and chicken breasts. Sprinkle chicken with a layer of spices. Top with remaining celery and onion and another layer of spices. Add water almost to top. Cook on low for 8-9 hours. Weigh chicken and enjoy!

Thai Chicken Wrap

- 1 Extra Large Iceberg Lettuce Leaf
- 4.85 oz. Boneless Skinless Chicken Breast
- 1/4 cup White Onions, Diced
- 1/4 cup Green Peppers, Diced
- 3 Cherry Tomatoes, Diced
- Pinch of Black Pepper
- Pinch of Sea Salt

Directions: Chop chicken breast into small square pieces. Cook chicken, onions and green peppers in pan. Place on top of lettuce leaf. Add diced tomatoes and season with black pepper and sea salt. Fold leaf lettuce in half and serve!

Ginger Chicken

- 3 1/2 oz. Chicken Breast
- 3 Stalks Celery
- 3 Tbsp Blue Agave
- 2 Tbsp Liquid Amino Marinade
- 2 tsp Ground Ginger

Directions: Chop celery and sauté in pan. Cook half way through then add chicken, adding just enough water through-out cooking to maintain food so it will not burn. When finished, add all ingredients and let it caramelize slowly over low heat.

Curry Chicken

- 4.85 oz. Chicken Breasts
- 1 C Vegetable or Chicken Broth (Organic no calories)
- 1 tsp Coconut Oil
- 1/3 White Onion
- 1 to 2 Cloves of Garlic
- 2 Tbsp Curry Powder
- 1/2 tsp Turmeric
- 1/4 tsp Black Pepper
- 1/2 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, water, 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.

SEAFOOD RECIPES

Shrimp Cocktail

- 5 oz. Shrimp (Peeled and Deveined)
- 6 oz. Tomato Paste
- 1 Tbsp Braggs Pure Amino Acids
- 1 Tbsp Lemon Juice
- ½ tsp Celery Seed
- 2 Tbsp Chopped Parsley
- Pinch of Cayenne Pepper
- Pinch of Black Pepper
- Pinch of Sea Salt
- Pinch of Cumin

Directions: Mix ingredients together, add shrimp, chill and serve!

Scallops

- 6 oz. Scallops
- 1 to 2 Cloves of Garlic (Minced)
- 1 slice of Onion
- 1/2 tsp Cayenne pepper
- 1 tsp Cumin
- 1/4 tsp Black Pepper
- 1/2 tsp Turmeric
- 1/2 tsp Paprika
- Braggs to taste (I use Braggs in place of Salt)
- 1 Handful of Broccoli or Green Beans
- 1 tsp Coconut Oil

Directions: Heat 1 tsp of coconut oil in pan. Sauté garlic and onion. When onion is clear add scallops and all seasonings. You may add or subtract any of the seasonings as you wish. Sear the scallops on all sides. There should be juices from the scallops, then add your broccoli or green beans and spray with Braggs. If you wish you may add more seasonings at this time. Mix all ingredients and cover for 3 to 5 minutes.
Serve with Cucumber Salad or Green Salad.

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 what crispy. *Serve with Cucumber Salad or Green 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
- 1/4 to 1/2 C Salsa (Make sure the salsa has only the ingredients allowed. I use one from Whole Foods)

Directions: Season Chilean sea bass with onion, garlic powder, cumin, cayenne pepper and paprika. Grill on BBQ or George Forman Grill. 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. *Serve with Cucumber Salad or Green Salad.*

Halibut Wrapped

- 4.85 oz. of Halibut
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 Tbsp Cumin
- 1 tsp Cayenne Pepper (Optional)
- 1 tsp Paprika
- 1 tsp Coconut Oil
- 1 to 3 Cloves of Garlic
- 1/3 of Onion (sliced)
- Handful of any one or two vegetables
- Aluminum Foil to wrap all Ingredients

Directions: Preheat oven to 400 degrees. Sprinkle seasonings on fish. Place seasoned fish, garlic, onion, and vegetables in foil. Melt coconut oil and dribble on top. Wrap tightly then place on cookie sheet or casserole pan. Bake for 30 to 40 minutes or until fish is flaky. You might want to check fish every 15 minutes. *Serve with cucumber salad or green salad.*

**YOU CAN USE ANY FISH ON THE LIST IN PLACE OF HALIBUT. OUNCES WILL VARY.*

TURKEY & BEEF RECIPES

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)

Directions: 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.*

Turkey Chili

- 3.66 oz 93% Lean Ground Turkey or 5 oz. of 99% Lean Ground Turkey
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 to 2 Tbsp Chili Pepper
- 1 Tbsp Cumin
- 1 Tbsp Cilantro
- 1 Tbsp 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. Half way through browning process add ingredients listed below in order.

- 1 C Organic Vegetable or Chicken Broth (zero calories)
- 1 Italian Tomato Diced
- 1/3 White Onion
- 1 Glove Garlic
- 1 Tbsp Cumin
- 1 Tbsp Chili Pepper
- 1/2 tsp Oregano
- 1 Tbsp Cilantro

- 1 tsp Cayenne Pepper
- 1 tsp Paprika
- 1/2 Tbsp Chipotle Chili Pepper (Optional)
- 1 tsp Jalapeno Pepper (Optional)
- 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 to your taste.

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
- Salt and Pepper to taste

Direction: 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)

Direction: 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

Lemonade

- 1 Lemon (Juice)
- 2 Vanilla Stevia's
- 8 oz. Sparkling Water

Directions: Squeeze juice from one lemon. Add stevia, water and ice.

Lemonade, Strawberry Slushy

- 1 Lemon (Juice)
- 2 Vanilla Stevia's
- 5 Strawberry's
- 8 oz. Sparkling Water
- Ice

Directions: Use blender to mix all ingredient.

Hot Apple Pie

- 1 Apple
- 1 Vanilla Stevia
- Cinnamon to taste

Directions: Cut apple in bit size pieces. Add vanilla stevia and cinnamon. Microwave for 30 seconds; If you want your apples softer and hotter, microwave longer. I like my apples crunchy.

Apple Pie

- 1 Apple
- 1 Vanilla Stevia
- Cinnamon to taste

Directions: Cut apple in bite size pieces. Add vanilla stevia and cinnamon.

Strawberry and Apple Sweetness

- Handful of Strawberry's
- 1 Apple
- 1 to 2 packets of Vanilla Stevia

Directions: Cut apple and strawberries into bite size pieces. Sprinkle vanilla stevia on top and mix.

* This will count as 2 fruits