

# EAT WELL SLIM DOWN

AN HCG APPROVED COOKBOOK

Over 100 Recipes Every HCG Dieter Needs to Succeed



by: hcgtriumph

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# Preface

HCGDiet.com is a US-based diet company dedicated to helping everyday people lose weight and keep it off. Providing the revolutionary HCG Diet, diet accessories and tools to guarantee success, and free diet support including personal diet coaching, HCGDiet.com is a leader in the diet industry.

Dieting is hard. Anyone who's worked at weight loss can tell you that. Many dieters begin their weight loss programs feeling motivated, excited and optimistic about their weight loss goals. In far too many cases, though, life gets in the way, motivation fades, or that piece of chocolate cake just looks too tempting. When dieters fail, they don't meet their weight loss goals, don't improve their health, or worse, they lose hope in their chance to ever get in shape.

However, with the right tools, diet success doesn't have to be just a dream. In fact, thousands of dieters who have successfully lost weight through our program can tell you just how much of a difference these important tools can make. Part of our mission at HCGDiet.com is to give those necessary tools to you—we only succeed if you succeed.

That's why we created this book: to give dieters like you a convenient, simple resource to increase your odds of meeting your weight loss goals. We've put a lot of time into this ebook, and we hope you'll find it to be an invaluable resource as you shed those pounds and transform your life.

If you ever have any questions about the recipes in this book—or anything else related to weight loss—feel free to give us a call toll-free at 1-877-485-1030. We want you to succeed, and we'll do almost anything to make that possible.

Interested in learning more about the HCG Diet, diet accessories or diet tools you can use to improve your dieting experience? Visit us at [www.hcgdiet.com](http://www.hcgdiet.com) and take a look around!

# A Brief History...

We didn't create HCG in a lab. In fact, this "miracle" hormone comes straight from the human body.

## Years of Research

Born and bred in a little town called London, Albert Simeons was the first scientist to connect the dots between human chorionic gonadotropin (HCG) and weight loss.

With years full of extensive research and honors in Europe, Dr. Simeons eventually made his way to India in the early 1930's. For 18 years, he studied a broad range of topics, including pregnancy, obesity, and disorders of the glands. It was during his studies that he made a surprising discovery: overeating isn't at the root of obesity. In fact, Dr. Simeons came to firmly believe that eating habits had little or nothing to do with the body holding onto weight.

## A Crucial Discovery

Dr. Simeons' findings made him passionate about the growing obesity problem. More and more, he saw the need for a weight loss solution that actually worked. Yearning to treat the increasing problem of obesity, Dr. Simeons remembered something he had observed during his time in India. It was there Dr. Simeons discovered how the HCG hormone helped disperse bad fat from around the hip and stomach region in several young male subjects.

Knowing he was on to something big, Dr. Simeons accelerated his research. His findings indicated the HCG hormone stimulated bad stored fat. This caused the body to move the stored fat. Once stored fat was being moved by the body from its location, Dr. Simeons realized a restricted calorie diet would then force the fat—already in motion—for fuel, leading to rapid weight loss. As he experimented with the hormone, he saw weight immediately dropping from his patients! Additionally, the hormone decreased his patient's appetites. This caused their stored fat to vanish.

Eventually, though more research and testing, Dr. Simeons developed a diet protocol to maximize the weight-loss potential of the HCG hormone. He created a list of approved foods, and the HCG Diet was born.

The HCG Diet has come a long way since Dr. Simeons' discovery in the 1950's. After spending decades being tested and refined, the HCG Diet is ready for the public. The result is nothing less than miraculous. People who have struggled with obesity for an entire lifetime are now losing weight they never thought they'd be able to shed.

The HCG diet is real. It comes from a lifetime of extensive research. Follow the protocol and discover how your body can return to its proper weight within a mere few weeks.

# The 3 Phases of the HCG Diet

Part of the miracle of the HCG Diet is how simple it is. The entire diet can be divided into three simple phases.

## Phase 1: The Fat Loading Phase

Days 1-2: For the first two days, begin taking the HCG drops three times a day (before breakfast, lunch and dinner). Do not eat or drink anything 15 minutes before or after taking HCG drops. Using the oral syringe provided with your HCG package, drop 0.38 ml of HCG under your tongue and hold for at least 15 seconds before swallowing. (The oral syringe provided by HCGDiet.com will actually have 0.38 ml measured out and marked with a line.)

The next 48 hours is all about eating full portion servings of high fat foods. This may include: eggs, avocados, butter, yogurt, dairy, nuts, seeds, etc. If you have any cravings for high fat food, now is the time to get them out of your system. Fill up on anything with high fat content!

Two days of fat loading may seem like an unnecessary step, but it's actually quite crucial. The fat loading phase stocks normal fat cells and prepares the body to burn abnormal fat, resulting in fast weight loss. Don't skip these two days!

## Phase 2: The Diet Phase

Days 3-23 (26 day kit), Days 3-37 (40 Day kit) or Days 3-13 (Mini kit): After you've sufficiently stuffed yourself with high fat foods, it's time to move on to a much healthier and thinner life style. By now, you've probably realized how well the HCG serves as an appetite suppressant (in fact, many people talk about how hard it is to load up on fat when they don't feel hungry). Cutting calories should be something you look forward to!

As Phase 2 begins, continue taking the HCG drops three times per day. It's also time to begin the 500 calorie diet explained in depth on page 7. The length of this phase will vary based on how much weight you want to lose and which diet kit you're using.

Days 24-26 (26 Day kit), Days 38-40 (40 Day kit) or Days 14-16 (Mini kit): During the last three days of the HCG Diet, you will continue the 500 calorie diet protocol, but stop taking the drops. It will take up to three days for the HCG to pass out of your system. The next step, the Maintenance Phase, is a very important step to maintaining your new weight!



### **Phase 3: The Maintenance Phase**

By this phase of the HCG Diet, you've learned how simple it is to eat healthy foods without relying on excess fat and sugar for flavor. The purpose of the maintenance phase is to train your body to remain at its new weight and prepare for the reintroduction of starches into your diet. During this phase, you should only be consuming a maximum of 1500 calories per day. You will typically eat breakfast

# Food Guidelines

Part of what gives the HCG Diet its miraculous fat-burning power is the HCG Diet protocol, a specific lists of approved foods developed by Dr. Simeon. Here is a list of guidelines to follow when you're on Phase 2 of the HCG diet.

## Phase 2 Diet Food Guidelines

### Breakfast

Tea or Coffee in any quantity without sugar

\*One tablespoon of milk is allowed per day. Use it here if you'd like!

\*You may also sweeten with the all natural sweetener Stevia! It comes in a variety of wonderful flavors to brighten up your morning!

### Lunch and Dinner

100 grams of any of the following meats for each meal:

- Veal
- Beef
- Chicken Breast
- Fresh White Fish
- Lobster, Crab or Shrimp
- 1 whole egg plus 3 egg whites
- Fat free cottage cheese

One type of vegetable to be chosen from the following for each meal:

- Spinach
- Chard
- Chicory
- Beet-greens
- Green Salad
- Tomatoes
- Celery
- Fennel
- Onions
- Red radishes
- Cucumbers
- Asparagus
- Cabbage

Any reasonable portion of vegetables is allowed. Do not combine vegetables during the same meal.

# Dos & Don'ts

## Do:

- Use chewing gum. HCGdiet.com has a variety of delicious approved flavors of chewing gum to keep your mouth busy at all times!
- Take a good multi-vitamin.
- Use Aspirin/Advil if you really need it!
- Space your meals out. Have a breadstick and an apple for breakfast if you'd like! Just be sure to stick to the guidelines.
- Keep hydrated. The water will help push out all the toxins and other waste.
- Follow the phases precisely. It's simple: The closer you follow the protocol, the more weight you will lose.
- Weigh your meat in a raw state. Be sure to trim all the fat off before cooking as well!
- Take your provided B-Vitamin supplement once a day or as needed.
- Use Stevia for all your sweetening needs.
- Buy organic when possible. It's always smart to buy foods that are grown without pesticides and other dangerous chemicals.
- Have fun with spices! Mix up a dish by adding a different seasoning or spice.
- Use fresh herbs. It's amazing what fresh herbs can add to an otherwise bland dish.
- Make your own broths when possible. That way you know exactly what goes into them.

## Don'ts:

- Don't cheat. Every time you veer off the diet, (even if it's a small detour) you will be setting yourself back by several days.
- Try new food choices on the diet. Stick to the exact foods laid out for you and you will succeed.
- Mix ingredients. Remember, only one kind of fruit, vegetable and protein at a time.
- Skip any of the phases. All three phases are here for a reason. They are your roadmap to success!
- Engage in heavy exercise during the second phase. Your body will not have enough fuel for it! Stick to light exercising such as Yoga or walking. If you would rather, skip it all together during this phase.



## Helpful Tips to Stay on Protocol

- Add a glass or two of green tea daily. Don't eat more than one apple a day, cut down apple size, or cut out apples all together.
- Cut beef down or out.
- Make up a couple of meals ahead of time.
- Check all condiments for sugar.
- Leave out one or both breadsticks or Melba toasts.
- Don't eat out.
- No diet drinks or cheats!
- Evaluate your beauty products usage.
- Stay positive!

Most people will eventually hit a plateau while on the HCG diet (a plateau is a period of several days where you don't lose any weight—an interruption of your normal weight loss). These weight loss interruptions happen for a variety of reasons. For instance, everyone has variations in the retention and elimination of water. Or a woman's menstrual cycle can hit, resulting in a few days without weight loss.

Dr. Simeons explains that a plateau will always correct itself; however, it is permissible to break it up with an apple day. Other mild plateau breakers or weight loss aids are listed below.

**Protein Morning:** Sometimes our bodies stall because we just need a little more protein. This is the option we recommend to try first. Add a protein breakfast to the regular diet protocol by eating a whole egg and 2-3 egg whites with your normal breakfast. Remember, NO butter or oils while on the protocol. It is common when eating egg whites to overdo it on the sodium. Make sure to keep up on the water.

**Apple Day:** An apple day begins at lunch and continues until just before lunch the next day. Eat at least 6 large apples throughout the day and only drink enough water to quench your thirst.

**Apple Cider Vinegar Drink:** Stir 2 tablespoons of apple cider vinegar in one large glass of water, and then add Stevia to taste. Drink with a straw. This can be taken in any quantity.

# Diet Recipes



# Soups and Salads

## Asparagus Soup

- 4-5 stems of asparagus
- 2 tablespoons white onion
- 2 tablespoons fresh lemon juice
- 1 cup chicken broth
- 1/2 teaspoon onion powder
- 1/2 teaspoon dill
- Salt & pepper, to taste

Steam the asparagus until tender. Place the asparagus in a food processor along with the onion and puree. Pour the asparagus mixture and the remaining ingredients into a small pot and cook over medium heat until warmed throughout.

Counts as: 1 vegetable serving

## Beef Stew

- 100 g steak, cut into chunks
- 1 1/2 cups beef broth?
- 1 1/4 cup celery, chopped
- 2 tablespoons onion, diced
- 2 cloves garlic, minced
- 1/4 teaspoon garlic powder?
- 1/4 teaspoon rosemary
- Bay Leaf
- Salt & pepper, to taste
- Extra water if desired
- (Optional) Serve with 1 Melba toast for dipping.

Slice the meat into small chunks. Season the steak with salt & pepper and garlic powder. Place the steak, diced onion, and minced garlic in a small pot. Lightly sauté the outside of the meat over med-high heat until it is browned. Add the remaining ingredients and simmer for 45 minutes on low heat. Add additional salt & pepper and water if desired. Remove the bay leaf and serve while hot.

Counts as: 1 protein serving, 1 vegetable serving, 1 Melba toast (optional)

## **Cabbage & Beef Soup**

- 100 g lean steak, chopped small
- 1 1/2 cups beef broth?
- 1 cup shredded cabbage
- 2 tablespoons onion, chopped
- 1 tablespoon green onion, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/4 teaspoon dried basil
- Salt & pepper, to taste

Season the steak with salt, pepper, ginger, and garlic powder. Sauté in 2 tablespoons beef broth until lightly browned. Add the cabbage and sauté another minute. Pour in the rest of the ingredients and simmer for 30-45 minutes.

Counts as: 1 protein serving, 1 vegetable serving

## **Chesapeake Crab Soup**

- 100 g crab, cooked
- 1 1/2 tomatoes, diced
- 1 1/2 cups vegetable broth
- 2 tablespoons onion, chopped
- 1 garlic clove, minced
- 1-2 teaspoons
- Old Bay Seasoning
- Salt & pepper, to taste

Combine all ingredients in a medium sized pot and bring to a boil. Turn the heat down and simmer over low heat for approximately 15 minutes. Add more water if desired.

Counts as: 1 protein serving, 1 vegetable serving

## Chili

- 1 lb lean ground beef
- 3 cups chopped tomatoes
- 1 1/2 cups of water
- 1/2 cup onion, chopped?
- 4 garlic cloves, minced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder (or more to taste)
- 1/2 teaspoon oregano
- Cayenne pepper, to taste
- Salt & pepper, to taste

Brown the beef along with the onions and garlic in a pot. Stir in the tomatoes, water and spices and bring to a simmer. Cook for approximately 20-30 minutes. Top with chopped green onion. Makes 3 servings.

Counts as: 1 protein serving, 1 vegetable serving

## Curry Chicken Soup

- 100 g boneless skinless chicken
- 2 cups chicken broth
- 2 tablespoons lemon juice
- 2 tablespoons onion, diced
- 1 clove garlic, minced
- 2-3 teaspoons curry, to taste
- Salt & pepper, to taste

Sauté the chicken with the onion, garlic, and lemon juice in a non-stick pan until well cooked. Remove the chicken and shred it. In the same pan add the chicken broth and other ingredients along with the shredded chicken. Cook until heated through.

Counts as: 1 protein serving

## **French Onion Soup**

- 1 onion, thinly sliced
- 2 cups beef broth
- 3-4 garlic cloves, minced
- 1/4 teaspoon of freshly ground black pepper
- Stevia, to taste

Preheat a non-stick saucepan over medium heat. Place onions and garlic in pan and cook uncovered for 5-10 minutes. Stir in the Stevia. Cook 10-15 minutes until the onions are caramelized. Add beef broth and bring to a boil. Reduce heat to simmer, cover, and cook for 20 minutes. Add black pepper and serve.

Counts as: 1 vegetable serving

## **Lemon Chicken Soup**

- 100 g cooked chicken breast, shredded
- Juice from 1 lemon
- 2-3 cups homemade broth
- 1 teaspoon thyme
- Sea salt, to taste
- Ground white pepper, to taste
- Chopped Spinach

Preheat the saucepan over medium heat. Combine all the ingredients and bring to a boil. Simmer for 20 minutes and serve.

Counts as: 1 protein serving, 1 vegetable serving



## Peasant Soup

- 2 cups chicken or vegetable broth
- 1 cup cabbage, sliced thin
- 2 cloves garlic, minced
- 2 tablespoons onion, diced
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon rosemary, chopped small
- 1/4 teaspoon ground sage?
- Salt & pepper, to taste
- 1 Melba toast (optional)

Combine all ingredients over the stove-top and simmer for 15-20 minutes. Serve hot. You may use 1 Melba toast for dipping

Counts as: 1 vegetable serving, (1 Melba toast serving)

## Sautéed Crab Salad

- 100 g crab, in chunks
- 1/2 cup celery, chopped
- 2 tablespoons lemon juice
- 2 tablespoons onion, chopped
- 1 tablespoon white vinegar
- 1 teaspoon Old Bay Seasoning
- Crushed red pepper flakes
- (Optional) 1 Melba toast

Combine all ingredients except the Melba toast and sauté in a non-stick pan until the celery is tender. Adjust the seasonings to taste. Spoon over the Melba toast and serve.

Counts as: 1 protein serving, 1 vegetable serving

## Spicy Chicken Soup

- 100 g chicken breast, cooked & shredded
- 1 cup cabbage, sliced very thin
- 1 1/2 cup chicken broth?
- 2 tablespoons onion, chopped
- 2 garlic cloves, minced
- 1/2 teaspoon garlic powder?
- 1/4 - 1/2 teaspoon pepper flakes
- 2-3 tablespoons rice vinegar
- Dash or two of hot sauce
- Salt & pepper, to taste

Cook everything together until the flavors are well blended and cabbage is soft. Adjust seasonings to suit taste.

Counts as: 1 protein serving, 1 vegetable serving

## Taco Soup

- 100 g boneless skinless chicken breast
- 2 cups water
- 2 tablespoons onion, diced
- 2 teaspoons ground cumin, to taste
- 2 teaspoons green onion, chopped
- 1 teaspoon chicken bouillon
- 1-2 teaspoons chili powder, to taste
- Dash of cayenne pepper
- Salt & pepper, to taste
- Handful of Cilantro, roughly chopped

Boil the chicken in 2 cups of water and the bouillon until well cooked. Take out of the water and shred the chicken. Add the shredded chicken back in along with the cumin, chili powder, onion, cayenne pepper, and salt & pepper. Cook over medium heat for 5-10 minutes. Top with chopped green onions and cilantro.

Counts as: 1 protein serving

## Tomato Soup

- 3/4 cup vegetable or chicken broth
- 1/2 cup fresh tomatoes
- 2 tablespoons tomato paste
- 2 tablespoons milk
- 1 tablespoon vinegar
- 1 tablespoon onion, diced
- 1 clove garlic, minced
- 1 teaspoon oregano
- Salt & pepper, to taste
- Fresh basil leaves, sliced julienne
- 1 Melba toast (optional)
- Stevia, to taste (optional)

Puree all ingredients, except basil leaves, in a food processor. Pour mixture into a small pot and cook until heated through. Garnish with julienned basil leaves. You may use 1 Melba toast for dipping.

Counts as: 1 vegetable serving, 1 Melba toast serving (optional)

## Wholesome Veal Stew

- 100 g veal, cubed
- 2 tablespoons onion, chopped
- 1 1/2 cup organic vegetable broth, divided
- 2 cloves garlic, minced
- 1 tomato, chopped roughly
- Dash of Worcestershire sauce
- 1 bay leaf
- Sprig of rosemary

Sauté the veal, onion, garlic and tomato in a pan with 1/2 cup vegetable broth. When the veal is browned, add the remaining broth and other ingredients and simmer for approximately 15 minutes. Take out the bay leaf and rosemary sprig before serving.

Counts as: 1 protein serving, 1 vegetable serving

## Asian Salad

- 100 g cooked chicken breast, cubed
- 2 cups romaine lettuce, chopped
- 1/2 cup orange segments
- 1/4 teaspoon garlic salt
- 1 packet powdered Stevia
- 1 Melba toast, crushed
- 1 serving Orange Citrus Dressing

Combine all ingredients and serve. Counts as: 1 protein serving, 1 vegetable serving

## Blackened Chicken Salad

- 100 g chicken
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder?
- 1/4 teaspoon oregano?
- 1/4 teaspoon thyme
- 1/4 teaspoon white pepper?
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground red pepper Spinach or salad greens, rinsed

Combine all spices and rub on chicken. Grill until the chicken is no longer pink. Serve over spinach or salad greens. Top with Fresh Herb Dressing or Orange Citrus Dressing.

Counts as: 1 protein serving



## **Cucumber Vinegar Salad**

- 1 cucumber, chopped
- 1/4 cup white vinegar
- 2 teaspoons green onion, chopped
- 1/4 teaspoon onion salt
- 2 teaspoons fresh parsley, chopped
- Fresh ground pepper, to taste
- Stevia, to taste

Mix all ingredients together in a bowl. Refrigerate if needed.

Counts as: 1 vegetable serving

## **Grapefruit Cucumber Salad**

- 1 ruby red grapefruit, halved
- 1 cucumber, chopped
- 1 tablespoon purple onion, diced small
- 1 tablespoon green onion, chopped
- Salt & Pepper, to taste
- Handful of fresh cilantro, chopped fine
- Ruby Red Dressing
- 2 tablespoons apple cider vinegar
- Remaining grapefruit juice from halves
- 1/2 teaspoon fresh ginger (optional) Orange Stevia, to taste
- Salt & Pepper, to taste

Slice grapefruit in half. Cut along the sections and spoon them out. Set aside grapefruit halves. Combine and mix the fruit sections, cucumber, onions, cilantro, salt & the pepper in a medium sized bowl. Top with Ruby Red Dressing

Counts as: 1 fruit serving, 1 vegetable serving

## **Green Apple Salad**

- 1/2 cup green apple, chopped
- 1/2 cup cucumber, chopped
- 1-2 tablespoons apple cider vinegar
- 1 tablespoon fresh lemon juice
- Salt & pepper, to taste
- Stevia, to taste

Combine all ingredients and add Stevia as needed. Counts as: 1/2 vegetable serving, 1/2 fruit serving

## **Harvest Salad with Light Orange Dressing**

- 1 apple, cored and chopped
- Juice from 1 lemon half
- 1/8 teaspoon cinnamon
- Dash of cloves
- 2 tablespoons red onion, diced fine
- Pinch of salt
- Fresh ground black pepper, (optional)
- Spinach leaves
- Light Orange Dressing
- 2 tablespoons apple cider vinegar
- Juice from 1 lemon half
- Salt & pepper, to taste
- Orange Stevia, to taste

Chop apples and toss with the fresh lemon juice, cinnamon and cloves. Spread over spinach leaves and top with salt & pepper if desired. Serve with light orange dressing.

Counts as: 1 fruit serving, 1 vegetable serving



## **Kicked-Up Coleslaw**

- 2 1/2 cups cabbage, thinly sliced
- 2 tablespoons lemon juice
- 2 tablespoons vinegar
- 1 teaspoon horseradish
- 1 clove garlic, minced
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- Cayenne pepper, to taste Salt & pepper, to taste

Slice the cabbage thinly. Mix the remaining ingredients and pour over the cabbage.

Counts as: 1 vegetable serving

## **Southern Coleslaw**

- 2 cups cabbage, thinly sliced 1 medium apple, chopped
- 3 teaspoons vinegar
- 2 teaspoon minced onion
- 1/4 teaspoon dry mustard
- Liquid Smoke, to taste (optional)
- Salt & pepper, to taste
- Stevia, to taste

Slice the cabbage and chop the apple. Place in the refrigerator to chill. Mix the remaining ingredients in a separate bowl and pour over the chilled cabbage and apple.

Counts as: 1 vegetable serving, 1 fruit serving

## **Lobster Covered Salad**

- 100 g cooked lobster in pieces
- 2 tablespoons lemon juice
- 2 tablespoons onion, chopped
- 1 tablespoon green onion, diced
- 1 tablespoon tarragon, chopped
- 1/2 teaspoon garlic powder
- 1 serving Tarragon Vinaigrette
- Sliced strawberries (optional)

In a non-stick pan, sauté the lobster, lemon juice, onion, green onion, tarragon, garlic powder and salt & pepper until the onion is tender. Arrange green leafy lettuce on a plate and spoon the lobster mixture over it. Top with 1 serving of Tarragon Vinaigrette.

\*Serve with sliced strawberries for a treat.

Counts as: 1 protein serving, 1 vegetable serving, 1 fruit serving (optional)

## **Radish and Herb Salad**

- 1 bunch radishes, sliced
- 2 tablespoons lemon juice
- 2 tablespoons vinegar
- 2 tablespoons onion, chopped
- 1 tablespoon fresh parsley, chopped
- 1 clove garlic, minced
- Pinch of dried thyme

Soak sliced radishes in water for about 1 hour. Drain and mix in the remaining ingredients.

Counts as: 1 vegetable serving

## Radish Salad

- Radishes, sliced
- 2 tablespoons lemon juice
- 1 tablespoon dehydrated minced onion
- 1 tablespoon parsley
- 1-2 teaspoon Braggs Liquid Aminos
- Salt & pepper, to taste

Combine all ingredients and refrigerate for 30 minutes ñ 1 hour before serving.

Counts as: 1 vegetable serving

## Spicy Crab Cucumber Salad

- 100 g shredded crab
- 1 tablespoon Braggís Liquid Aminos
- 1/2 tablespoon rice vinegar
- 1/2 - 1 tablespoon spicy mustard
- 1/2 - 1 teaspoon wasabi powder
- 1 Melba toast, crushed
- 1 cucumber, peeled, seeded & julienned

Combine Liquid Aminos, rice vinegar, spicy mustard and wasabi powder. Add remaining ingredients, toss and serve.

Counts as: 1 protein serving, 1 vegetable serving, 1 Melba toast serving

## Strawberry Spinach Salad

- 1 bunch spinach, rinsed
- 5 strawberries
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- 1/4 teaspoon cinnamon Stevia, to taste
- Salt & pepper, to taste
- Fresh mint leaves, chopped

Place spinach and 3 sliced strawberries on a plate. Blend the remaining 2 strawberries, vinegar, lemon juice, Stevia and salt & pepper. Pour dressing over the salad and top with fresh mint leaves.

Counts as: 1 vegetable serving, 1 fruit serving

## Taco Salad

- 100 g lean ground beef
- 2 cups Romaine lettuce, chopped
- 2 tablespoons onion, chopped
- 1/2 teaspoon garlic salt
- 1/4 teaspoon chili seasoning
- 1/4 teaspoon cumin
- 1/4 teaspoon onion powder
- 1 Melba toast, crushed

Sauté ground beef, chopped onion and spices. Sprinkle on top of lettuce and top with crushed Melba toast.

## Teriyaki Beef Salad

- 100 g lean flank steak, cut into strips against the grain
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 2 cloves garlic, minced
- Fresh ginger, to taste
- Orange Stevia, to taste
- 1/4 teaspoon dry mustard
- Red Pepper flakes, to taste
- Salt & pepper, to taste
- 2 cups spinach leaves, rinsed
- 2 tablespoons green onion, chopped
- 1 serving Orange Citrus Dressing

Combine the steak strips, lemon juice, vinegar, garlic, ginger, dry mustard, pepper flakes, and Stevia in a zip lock bag. Marinate at least 4 hours or overnight. Pour the steak strips along with marinating liquid into a small non-stick sauté pan. Cook the steak as well as you like. Arrange the spinach leaves on a plate followed by the chopped green onion and light orange dressing.

Counts as: 1 protein serving, 1 vegetable serving

# Veggie Sides

## Cajun Asparagus

- 5 stems of asparagus
- 2 tablespoons lemon juice
- 1/2 - 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder Pinch of cayenne pepper

Mix all of the seasonings in a small bowl. Lay the asparagus out on a foil lined baking sheet. Brush the stems with the lemon juice. Sprinkle the seasoning mix on top of the stems. Cook in a 425 degree oven for approximately 8-10 minutes.

Counts as: 1 vegetable serving





## **Balsamic Onions**

- 1/2 purple onion, sliced
- 2 tablespoons white balsamic vinegar
- 1 garlic clove, minced
- 1/2 -1 teaspoon fresh rosemary, chopped
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- Salt, to taste

Place all ingredients in a tin foil bag. Cook in the oven or on the Barbecue until onions are tender.

Counts as: 1 vegetable serving

## **Basic Beet Greens**

- 1/2 bunch beet greens, rinsed
- Zest of 1 lemon
- Juice of 1 lemon, divided
- 1 clove garlic, minced
- Dash crushed red pepper flakes
- Salt & pepper, to taste

Combine the lemon zest, 1/2 the lemon juice, garlic, crushed red pepper flakes, and salt & pepper to taste. Place the beet greens along with the other half of the lemon juice in a small sauté pan. Cook until the greens are wilted, approximately 3-5 minutes. Mix with the lemon zest mixture.

## **Crispy Onion Rings**

- 1 medium onion, sliced into rings
- 1 Melba toast, crushed
- 1-2 tablespoons non-fat milk
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- Salt & pepper, to taste

In a small bowl, mix the garlic and onion powder, cayenne pepper, salt & pepper, and crushed Melba toast. In a small separate bowl, place the milk. Dip the onion rings in the milk to coat and then roll them in the toast/spices mixture. Place them on a cookie sheet, lined with tin foil. Cook at 425 degrees for 15 minutes, turning once.

Counts as: 1 vegetable serving, 1 Melba toast serving

## Cucumber with Dill

- 1 small cucumber, sliced
- 2 tablespoons white vinegar
- 1 tablespoon fresh dill, chopped fine
- Salt, to taste
- Stevia, to taste
- Slice cucumbers and add remaining ingredients.
- Chill before serving.
- Counts as: 1 vegetable serving
- Festive Radishes
- 1 bunch radishes
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Dash of cayenne (optional)
- 1 tablespoon fresh cilantro, chopped fine

Trim the stems and roots off of the radishes. Rinse and place in a bowl of water for at least 1 hour. In the meantime, mix the cumin, salt & pepper and cayenne (optional) in a small bowl. Slice the radishes and spoon the seasoning mixture over them. Use as much or as little as wanted. Top with the fresh cilantro and mix lightly.

Counts as: 1 vegetable serving

## Garlic Swiss Chard

- 1/2 bunch Swiss chard
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- Salt & pepper, to taste

Cook the lemon juice and garlic in a sauté pan for about 1-2 minutes. Add the Swiss chard, salt & pepper. As soon as the Swiss chard wilts, take it off of the heat and serve.

Counts as: 1 vegetable serving

## Grilled Cabbage Wedges

- 1/2 cabbage, wedged
- 1 teaspoon fresh or dried dill, chopped fine
- Garlic powder, to taste
- Onion powder, to taste
- Salt & fresh ground black pepper, to taste

Place cabbage wedges in tin foil. Put a dash of water (for steaming) in the bottom of the tin foil and sprinkle garlic & onion powder, salt, & pepper on top. Wrap tightly and cook for about 30 minutes on medium-high heat.

Counts as: 1 vegetable serving

## Italian Melba Toast

- 1 Melba toast
- Tomato, diced
- 2-3 teaspoons of vinegar
- 1 teaspoon parsley, chopped (Italian Flat-Leaf preferred)
- 1 clove of garlic, finely minced
- 1/2 teaspoon onion seasoning
- Oregano, to taste
- Basil, to taste
- Salt & pepper, to taste

Dice tomatoes and mix with vinegar, onion, parsley and seasonings to taste. Serve over 1 Melba toast.

Counts as: 1 Melba toast serving, 1 vegetable serving

## Baked Apple & Fennel

- 1 tart apple, chopped
- 1 fennel bulb, chopped
- 2 tablespoons fresh lemon juice
- 1 teaspoon fresh tarragon, chopped
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon salt

Combine all ingredients in a bowl. Pour into a tin foil bag and cook in a 400 degree oven for 15-20 minutes.

Counts as: 1 vegetable serving, 1 fruit serving

## Lemon Ginger Asparagus

- 5-6 asparagus stems
- 1/2 cup water
- 1/2 tablespoon fresh minced ginger
- 3 garlic cloves, minced
- Zest from 1 lemon
- Black pepper

Preheat a non-stick pan over medium heat. Snap off woody ends of asparagus stems and discard them. Cut the stems into thirds. Add the garlic and ginger to the pan and cook for 2-3 minutes. Add asparagus and water. Bring to a boil for 5 minutes. Remove asparagus and top with lemon zest and pepper.

Counts as: 1 vegetable serving

## Lemon Pepper Chard

- 1/2 bunch Swiss chard, chopped roughly
- 2 garlic cloves, minced
- Zest from 1 lemon
- Juice from 1 lemon
- Salt & pepper, to taste
- Pinch of crushed red pepper flakes (optional)

sauté the garlic cloves along with the lemon juice for approximately 2 minutes over medium heat. Add the lemon zest, Swiss chard, salt, pepper and crushed red pepper flakes if desired. Cook until the chard leaves begin to wilt. Remove from heat and serve.

Counts as: 1 vegetable serving

## Mexican Style Onions

- 1 onion, diced (or sliced into rings)
- 2 teaspoons hot sauce
- 1/2 teaspoon cumin, to taste
- Dash of cayenne pepper
- Salt & pepper, to taste

Mix onion and other ingredients. Grill in a non-stick pan until tender.

## Orange Zest Asparagus

- 5 asparagus stems, rinsed
- Zest of 1 orange
- Juice from 1 orange half
- Fresh ground pepper
- Salt

Place asparagus in a shallow baking dish. Top with remaining ingredients and cook in a 375 degree heated oven for approximately 5-10 minutes (or until tender).

Counts as: 1 vegetable serving, 1/2 fruit serving



## Roasted Fennel

- 1 fennel bulb, cut into wedges
- White balsamic vinegar
- Garlic powder, to taste
- Salt & pepper, to taste

Place fennel wedges on a foil lined pan. Brush the balsamic vinegar lightly over the fennel. Sprinkle on garlic powder and salt & pepper. Bake at 400 degrees for 20-30 minutes until fennel is cooked through.

Counts as: 1 vegetable serving

## Rosemary Herbed Onions

- 1 onion, sliced into rings
- 1 tablespoon fresh lemon juice
- 1 sprig fresh rosemary, chopped
- 1 clove garlic, minced
- Salt & Pepper, to taste

Slice the onion into rings and put in a non-stick pan along with the lemon juice. Add the rosemary, garlic and salt & pepper. Cook the onions until tender.

Counts as: 1 vegetable serving

## Sautéed Baby Spinach

- 1/2 bag baby spinach
- 1 garlic clove, minced
- 4 tablespoons chicken bouillon base

Sauté the garlic in 1 tablespoon of chicken base or water. Add remaining base and spinach and toss until it starts to get soft. Remove before it turns into mush.

Counts as: 1 vegetable serving

## Steamed Cabbage

- 1/2 cabbage, chopped thin
- Juice from 1 lemon half
- 1/2 teaspoon spicy mustard Salt & pepper, to taste

Cover and steam for 5-10 minutes or until slightly tender. In a small bowl, combine spicy mustard and lemon juice. Place the cabbage in a bowl and add the lemon/mustard mix. Mix and sprinkle with salt & pepper.

Counts as: 1 vegetable serving

## Steamed Radishes

- 1 bunch radishes, stems & roots removed
- 2 tablespoons rice vinegar
- 1/2 cup water
- Salt & Pepper, to taste

Slice the radishes and place in a pot along with the rice vinegar and water. Bring to a boil and then simmer for approximately 10 minutes. Serve hot or cold with a little salt & pepper.

Counts as: 1 vegetable serving

## Sweet Balsamic Cabbage Stir-Fry

- 1/2 cabbage, sliced thin
- 2 tablespoons lemon juice
- 2 tablespoons fresh parsley, chopped fine
- 2 tablespoons balsamic vinegar
- 2 tablespoons green onion, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/6 purple onion, julienned
- Salt & pepper

Place the cabbage, lemon juice, onions, garlic & onion powders, salt & pepper in a sauté pan. Cook over medium heat until cabbage begins to soften. Stir in the balsamic vinegar and fresh parsley and serve.

Counts as: 1 vegetable serving

## **Tin Foil Radishes**

- 1 bunch radishes, stems & roots removed
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- Salt & pepper, to taste

Slice the radishes and place in a tin foil bag along with the remaining ingredients. Cover and cook on the grill or in the oven until the radishes are tender.

Counts as: 1 vegetable serving

## **Toasted Garlic Asparagus**

- 5 stems asparagus, chopped
- 3-5 cloves garlic, sliced in half lengthwise
- 2 tablespoons lemon juice
- 1/4 c. water, if needed
- Salt & Pepper, to taste
- Fresh thyme, to taste

Put a medium size sauté pan over medium heat. Place the sliced garlic on the sauté pan and cook until it is toasted on each side. Remove garlic, mince and place back in the pan along with the asparagus, lemon juice, water (if desired), and salt & pepper. Cook until asparagus is tender. Top with chopped fresh thyme.

Counts as: 1 vegetable serving

## **Tomatoes with Rosemary & Sage**

- 1 tomato, sliced
- 1 tablespoon sage, chopped fine
- 2 teaspoons rosemary, chopped fine
- Garlic powder, to taste
- Salt & pepper, to taste

Lay tomato slices out on a plate or a cooking sheet. Top with remaining ingredients. Eat fresh or cook in a 375 degree oven for 5-10 minutes (or until warmed through).

Counts as: 1 vegetable serving



# Rubs, Sauces & Dressings

## Dill Vinaigrette

- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1/4 teaspoon dried dill
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon dry mustard
- Salt & pepper, to taste
- Stevia, to taste

Mix ingredients in a bottle and shake well.



## Fresh Herb Dressing

- 2 tablespoons lemon juice
- 2 tablespoons rice vinegar
- 1 tablespoon fresh parsley leaves, chopped roughly
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground oregano
- 1/8 teaspoon onion powder
- Salt & pepper, to taste
- Stevia, to taste (optional)

Mix all ingredients and use to marinate meat or pour over a fresh salad.

## Orange Citrus Dressing--Try this one!

- Zest from 1/2 orange
- Juice from 1/2 orange
- 1 teaspoon vinegar
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt
- Fresh ground black pepper, to taste
- Orange Stevia, to taste

You can use this dressing for a salad or as a marinade. The orange flavor is wonderful!

## **Strawberry White Balsamic Vinaigrette**

- 2-3 large strawberries
- 1/2 tablespoon minced garlic
- 1/2 cup white balsamic/wine vinegar 1 packet powdered Stevia

Puree in a blender. This dressing is great on salads, cucumbers, strawberries and even some meat.

Counts as: 1/2 fruit serving

## **Salad Dressing**

- 2/3 cup apple cider vinegar
- 1 teaspoon lemon juice
- 1 teaspoon water

Add to taste: salt, pepper, dried shallots, garlic powder, onion salt, chives, dried cilantro, parsley, basil, and Stevia (start with one dropper full and add to taste).

## **Tarragon Vinaigrette**

- 1 sprig tarragon, chopped fine
- 2 tablespoons lemon juice
- 3 tablespoons vinegar, balsamic preferably
- 1 tablespoon onion, minced
- 1 tablespoon green onion, chopped small 1 clove garlic, minced (optional)
- 1/2 teaspoon dry mustard? Salt & pepper, to taste

Remove tarragon leaves from the wood stem and chop fine. Mix remaining ingredients and serve over spinach or green leafy lettuce. Tarragon has a very distinct and wonderful taste that borders somewhere between mint and licorice.

## Easy Homemade Broth

- 100 g chicken or beef
- Add to taste: Parsley, thyme, basil, salt, onion powder, rosemary, bay leaf, black pepper, garlic, oregano

Fill saucepan 3/4 full with water and bring to a boil. Add chicken and seasonings and boil for 20 minutes. Remove boiled chicken and serve or save for later. Strain out bay leaf and seasonings. Let broth cool to room temperature. Skim fat off surface (if any). Refrigerate the broth, then remove and skim the rest of the fat from the top. Store in the refrigerator or freeze for later use.

## Bold Steak Marinade

- Zest of 1 lemon
- 2 tablespoons fresh lemon juice
- 2 tablespoons balsamic vinegar
- 2 tablespoons onion, minced
- 2 cloves garlic, minced
- 1 teaspoon dry mustard
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- Handful fresh parsley, chopped small
- Fresh ground black pepper
- Dash of cayenne pepper
- Dash of Worcestershire sauce

Zest the lemon and squeeze the juice into a small bowl. Add the remaining ingredients and mix well. Let steak marinade for at least 6 hours, or overnight.

## Chicken Gravy

- 1/2 cup homemade broth
- 1 Melba toast, ground

Add 1/4 cup broth to a small saucepan and bring to a boil. While broth is heating, grind Melba toast in a food processor until it is a powder. Add the powdered Melba to the pan, whisking constantly until dissolved. Still whisking, add remaining 1/4 cup broth. Reduce heat to medium and whisk for 3-4 minutes, until thickened. Add some salt, pepper, thyme, sage, or poultry seasoning for more flavor. Feel free to add any additional spices you would like!

Counts as: 1 Melba toast serving

## **Marinade**

- 2 teaspoons lemon juice
- 1 teaspoon fresh cilantro
- 1 1/2 teaspoon spice blend
- 3/4 teaspoon chili powder

Rub into meat.

## **Rosemary Lemon Marinade**

- Zest of 1 lemon
- Juice from 1 lemon
- 2 tablespoons apple cider vinegar
- 1 sprig of rosemary, chopped small
- 1 clove garlic, minced
- 1/4 - 1/2 teaspoon salt
- Fresh ground black pepper

Combine all ingredients and let marinade over chicken, fish, or steak for at least 4-6 hours. Garnish cooked meat with 1 teaspoon chopped rosemary.

## Smoky BBQ Sauce

- 6 ounces tomato paste
- 5 cloves garlic, minced
- 1/2 c. vinegar
- 1/4 - 1/2 cup water (depending on consistency)
- 1 tablespoon onion, diced small
- 1 teaspoon onion salt
- 1 teaspoon mustard powder
- 1 teaspoon Worcestershire sauce
- 1 teaspoon red pepper flakes
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- Liquid smoke, to taste
- Dash of cayenne pepper
- Salt & pepper, to taste
- Stevia, to taste

Add all ingredients in small pot and bring to a boil. Reduce heat and simmer for 10 minutes on low. Stir frequently. Store remaining sauce in a glass bottle in the refrigerator.

## Tomato Ketchup

- 1-12 ounce can tomato paste
- 1 cup water
- 1 tablespoon white vinegar
- 1 tablespoon apple cider vinegar
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon thyme
- 1/4 teaspoon garlic powder
- Dash onion powder
- Dash allspice
- Dash cumin
- Stevia, to taste

Put the paste, water and vinegars in a bowl and mix well. Add the seasonings and mix thoroughly. Store remaining ketchup in the refrigerator in a glass bottle. 1 serving = 1/3 cup

Counts as: 1 vegetable serving

## Cajun Seasoning

- 1 tablespoon chili powder
- 1 tablespoon Hungarian paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon fresh ground pepper

Combine and store in an airtight container.

## **Cajun Style Rub**

- 1/2 - 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder Pinch of cayenne pepper

## **Delightful Dill Rub**

- 1/2 teaspoon dried dill
- 1/2 teaspoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder

## **Easy Onion Rub**

- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon fresh onion, minced
- 1 garlic clove, minced
- 1/2 teaspoon onion salt
- 1/2 teaspoon fresh ground black pepper

Mix all ingredients together and generously rub into the meat.

## **Mock Shake & Bake**

- 1/2 cup minced dehydrated onions
- 1/4 teaspoon coriander
- 1/4 teaspoon thyme
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon oregano
- 1/8 teaspoon paprika
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

Place all ingredients in a food processor or coffee grinder. Grind to a powder and store in an airtight container.

\*Use this as a coating on your meat before you cook it. Dampen the meat, then coat. This is great on chicken, fish, shrimp, even steak or burgers. This yields several portions.

## **Onion Soup Mix**

- 1/2 cup dehydrated minced onion
- 1 tablespoon onion powder
- 1/2 teaspoon celery seed

Combine all ingredients and store in an airtight container.



## Sea Food Seasoning

- 1 tablespoon ground bay leaves
- 2 1/2 teaspoon celery seed
- 1 1/2 teaspoon dry mustard
- 3/4 teaspoon black pepper
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/2 teaspoon paprika
- 1/2 teaspoon red pepper
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground mace

Mix all ingredients and store in an airtight container.

## Spicy Chili Rub

- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fresh ground black pepper Dash of cayenne pepper

Mix all ingredients in a bowl. Store the rub in the refrigerator.

# Seafood

## Baked Orange Roughy

- 100 g orange roughy fillet
- 2 tablespoons lemon juice
- 1 teaspoon fresh thyme, minced
- 1 teaspoon fresh rosemary, minced
- 1/4 teaspoon onion powder
- Salt & pepper, to taste

Place the orange roughy and remaining ingredients in a small baking dish and cover with tin foil. Bake the fish at 350 degrees for 10-15 minutes or until cooked through.

\* May serve with a side of orange zest asparagus. Counts as: 1 protein serving

## Barbequed Halibut with Fresh Lemon & Dill

- 100 g halibut
- Zest of 1 lemon
- Juice of 1 lemon
- 1-2 teaspoons fresh dill, to taste
- 1/2 teaspoon onion powder Dash of garlic powder
- Salt & Pepper, to taste

Lay the halibut on a sheet of tin foil. Bend the edges of the tin foil up around the sides of the fish (but not over it), to prevent spilling. Baste the fish with the lemon zest, juice, fresh dill, onion powder, garlic powder and salt & pepper. Place on the barbeque and cook until the fish starts to fall apart.

Counts as: 1 protein serving



## **Boiled Shrimp**

- 100 g shrimp
- 1/4 cup apple cider vinegar
- 2-3 cups water (enough to cover shrimp in pan)

Add water, apple cider vinegar, seafood seasoning and shrimp to a saucepan over medium-high heat. Let the water come to a slow boil. When the shrimp start floating, remove from heat and drain. Immediately place shrimp in ice water for 1 minute. Drain and serve immediately or chill in the refrigerator.

Counts as: 1 protein serving

## **Chilled Shrimp & Cocktail Sauce**

- 100 g raw shrimp
- Cocktail Sauce
- 2 ounces tomato paste
- 2-3 tablespoons of fresh lemon juice
- 1 tablespoon white or apple cider vinegar
- 1-2 teaspoon hot sauce
- Dash of horseradish
- Salt & Pepper
- Stevia, to taste

Steam the shrimp until completely cooked. Place in refrigerator until chilled through. While the shrimp is cooling, mix all ingredients in the cocktail sauce. If the sauce is too thick, add a little extra lemon juice or water.

Counts as: 1 vegetable serving, 1 protein serving

## Cilantro Skewers

- 100 g medium shrimp
- Handful of cherry tomatoes
- 2 tablespoons fresh lemon juice Handful of fresh cilantro, chopped fine
- Dash of red pepper flakes
- Salt & pepper, to taste

Mix the shrimp, cilantro, red pepper flakes, and salt & pepper in a small bowl. Marinade for at least 2 hours. Place on skewers, alternating with the cherry tomatoes. Cook on a hot barbecue, frequently basting with marinade. Finish with salt & pepper. (Skewers do best when elevated or placed on foil to prevent burning and sticking)!

Counts as: 1 protein serving

## Curry Shrimp

- 100 g shrimp
- 1 onion, chopped
- 1 teaspoon garlic paste (3-4 cloves, minced)
- 1/8 cup water
- 1/2 teaspoon curry powder
- 1/4 teaspoon cumin
- Salt & pepper, to taste

Preheat a pan over medium heat. Add the onion and garlic and cook until they are translucent. Add shrimp, seasonings and water. Mix and stir fry until cooked through.

Counts as: 1 protein serving, 1 vegetable serving

## **Fennel & Shrimp Sauté**

- 100 g small shrimp
- 1 fennel bulb, diced
- 2 cloves garlic, minced
- 2 tablespoons onion, chopped
- 2 tablespoons lemon juice
- 1 tablespoon tomato paste
- 1/2 tomato, chopped
- 1/2 cup chicken or vegetable broth
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- Salt & pepper, to taste

Add the shrimp, fennel, garlic, onion, and lemon juice in a non-stick sauté pan until the shrimp is cooked. Add the remaining ingredients and simmer on low until heated through.

Counts as: 1 protein serving, 1 vegetable serving

## **Fennel Roasted Halibut**

- 1 fennel bulb and fronds
- 100 g halibut
- 2 tablespoons fresh lemon juice
- 2 tablespoons onion, chopped
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- Fresh ground black pepper

Cut off fronds from stalk and chop roughly. Chop the fennel bulb and place in a non-stick pan along with lemon juice, onion, garlic, salt & pepper. Cook until both the onion and the fennel are tender. Stir in the fennel fronds and set aside. While the fennel is cooking, place the halibut in a tightly covered baking dish and top with salt & pepper. Cook at 425 degrees for approximately 10-15 minutes. Put the halibut on a plate and top with the fennel mixture.

Counts as: 1 protein serving, 1 vegetable serving

## Fresh Lemon Tilapia

- 100 g tilapia
- 1/4 cup fresh lemon juice
- Zest of 1 lemon
- 1 Tablespoon onion, minced
- 1 teaspoon fresh dill, chopped
- Salt & pepper, to taste

Place the fish in aluminum foil. Top with remaining ingredients and wrap up securely. Place on grill until cooked through. You may also place it in the oven at 350 degrees for 20 minutes.

Counts as: 1 protein serving

## Grilled Shrimp Sandwich

- 100 g small shrimp, cooked and chilled
- Zest from 1 lemon
- Juice from 1 lemon
- 2 tablespoons apple cider vinegar
- 1 tablespoons red onion, diced
- 2 teaspoons green onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon onion powder
- Pinch of cayenne pepper
- Salt & pepper, to taste
- Green leafy lettuce
- 1 Melba toast

In a non-stick sauté pan, add the shrimp, lemon zest & juice, vinegar, red & green onion, garlic cloves, onion powder, cayenne, and salt & pepper. Grill the shrimp mixture on medium heat for 5-10 minutes or until the shrimp are lightly browned. Place the Melba toast on a plate followed by the lettuce. Spoon the grilled shrimp mixture on top followed by freshly ground black pepper.

Counts as: 1 serving protein, 1 serving Melba toast

## Lemon Pepper Fish

- 100 g whitefish
- Juice from 1 lemon half
- 1-3 garlic cloves, minced
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon cumin
- 1/8 teaspoon turmeric

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

## Mediterranean Sea Bass

- 100 g sea Bass
- Zest from 1 lemon
- Juice from 1 lemon
- 2 cloves garlic, minced
- 1 tablespoon purple onion, minced
- 1/2 teaspoon dried parsley
- Handful of fresh parsley, chopped roughly
- Salt & pepper, to taste

Combine all the ingredients, except the fresh parsley, in a tin foil bag. Cook on the barbecue or in the oven until the sea bass is cooked through. (Approximately 10 minutes on high heat). Serve the sea bass topped with fresh parsley and fresh ground black pepper.

Counts as: 1 protein serving

## Old Bay Lobster Sandwich

- 100 g lobster, cooked
- Zest of 1 lemon
- 2 tablespoons fresh lemon juice
- 1 celery stalk, chopped
- 2 tablespoons onion, chopped
- 2 teaspoons green onion, chopped
- 1 garlic clove, minced
- Handful of fresh parsley, chopped
- 1 teaspoon Old Bay seasoning
- 1 Melba toast

Combine all ingredients except Melba toast. Sauté over medium heat until onions and celery are tender. Spoon over 1 Melba toast.

Counts as: 1 protein serving, 1 vegetable serving, 1 Melba toast serving

## Oregano Whitefish

- 100 g whitefish
- 1 teaspoon oregano
- Juice from 1 lemon
- Salt & pepper, to taste

Preheat the oven to 400 degrees. Tear off a large sheet of non-stick aluminum foil and place the fish on top of it. In a small bowl, combine the lemon juice and oregano, and pour over fish. Fold up the edges and completely seal the packet on all sides. Bake 10-20 minutes or until the fish flakes.

Counts as: 1 protein serving



## Shrimp Tacos

- 100 g shrimp
- 2 cloves garlic, minced
- 2 tablespoons onion, minced
- Juice of 1 lemon, divided
- 2 large lettuce leaves
- Lettuce, chopped
- 2-3 tablespoons cilantro, chopped
- 2 teaspoons hot sauce
- Salt & pepper, to taste
- Zest of 1 lemon

Sauté the shrimp in garlic, onion, and juice from 1/2 a lemon until it is cooked through. Lay out 2 large lettuce leaves and place shrimp on top. Sprinkle with zest of 1 lemon, chopped cilantro, chopped lettuce (optional), hot sauce, and salt & pepper. Squeeze remaining lemon juice on the top of each taco.

Counts as: 1 protein serving, 1 vegetable serving

## Slow Cooked Jambalaya

- 100 g small shrimp
- 1 tomato, chopped
- 3/4 cup water
- 2 garlic cloves, minced
- 2 tablespoons onion, diced
- 1/2 teaspoon oregano
- 1/4 teaspoon Cajun seasoning
- 1/4 teaspoon thyme
- Juice of 1 lemon
- Zest of 1 lemon
- Garlic powder, to taste
- Onion powder, to taste
- Cayenne pepper, to taste
- Salt & pepper, to taste
- Additional water

Add all ingredients into a small crock pot. Add water while cooking if needed. Cook approximately 4-6 hours on low.

Counts as: 1 protein serving, 1 vegetable serving



## Spicy Lobster Chili

- 100 g cooked lobster
- 2 tablespoons fresh lemon juice
- 1 stalk celery, chopped
- 2 cups vegetable broth
- 2 tablespoons onion, chopped
- 1 clove garlic, minced
- 1 bay leaf
- 2 teaspoons
- 1 tablespoon of chili powder
- 1 teaspoon cumin
- Dash of cayenne pepper
- Salt & pepper, to taste
- 1 small handful of cilantro, roughly chopped

Combine the lemon juice, celery, onion, garlic in a medium size pot. Add the cumin, chili powder and salt and pepper. Cook until the celery and onion are tender. Add the lobster and cook an additional 3 minutes. Pour in the vegetable broth, bay leaf and cayenne. Simmer over low heat for 20-30 minutes. Pour into bowl and top with fresh cilantro and fresh ground black pepper.

## Sweet Lemon Basil Tilapia

- 100 g tilapia
- Zest of 1 lemon
- Juice from 1 lemon
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Handful of fresh sweet basil, roughly chopped
- Salt & pepper, to taste

Wrap all ingredients in tin foil and place in the oven or on the grill to cook. Bake for approximately 5-10 minutes. You may top the tilapia with additional salt and pepper, if needed.

Counts as: 1 protein serving

## **Tarragon Tilapia**

- 100 g tilapia
- 1 sprig tarragon, chopped fine
- 2 tablespoons lemon juice
- 1/2 teaspoon dry mustard
- 1/4 - 1/2 teaspoon sea salt
- Fresh ground black pepper

Combine tarragon, lemon juice, mustard, salt & pepper. Baste tilapia with the mixture, cover and bake in a 375 degrees for approximately 15 minutes.

Counts as: 1 protein serving

## **Wasabi Whitefish**

- 100 g whitefish
- 1 tablespoon spicy mustard
- 1/2 - 1 teaspoon wasabi powder
- 1/2 teaspoon ginger

In a small dish, combine spicy mustard and wasabi powder. Mix in ginger. Add fish to dish and coat. Let stand for 15-30 minutes. Grill for 4-5 minutes on the George Foreman Grill until the fish begins to flake. Or you can broil it for 5-10 minutes, depending on the thickness of the fish.

Counts as: 1 protein serving

## Zesty Citrus Halibut

- 100 g fresh halibut
- 2 teaspoons onion, chopped
- 2 garlic cloves, chopped
- Juice of 1 orange
- Juice of 1 lemon
- Zest of 1 orange
- Zest of 1 lemon
- Salt & pepper, to taste
- 2 teaspoons parsley, coarsely chopped

In a non-stick skillet, sauté the garlic and onion until tender. Remove from the stove and stir in the parsley along with the orange and lemon zest. Put halibut in an 8x8 casserole dish and cover with lemon and orange juice. Pour the onion and parsley mixture over the halibut. Top with salt & pepper. Cover and bake at 375 degrees for 20-25 minutes.

Counts as: 1 protein serving



# Chicken Dishes

## Asian Chicken

- 100 g chicken, cut into chunks
- Zest of 1 orange, (Can substitute for lemon)
- Juice from 1 orange
- 1/2 cup chicken broth
- 2 teaspoons onion, diced small
- 2 teaspoons fresh ginger, grated
- 2 tablespoons vinegar
- 1/4 teaspoon garlic powder
- Salt & pepper, to taste
- Orange flavored Stevia
- 1 tablespoon green onion, chopped

Cut chicken and place in a non-stick pan along with all ingredients, except green onion. Cook over medium heat until chicken is well cooked. Pour any remaining sauce over the chicken, followed by the chopped green onion.

Counts as: 1 protein serving



## Baked Cajun Chicken

- 100 g chicken
- 1/2 tablespoon milk
- 1/2 teaspoon Cajun seasoning

Preheat the oven to 350 degrees. In a small dish, coat both sides of the chicken with milk. Place chicken in a glass baking dish. Sprinkle top with Cajun seasoning. Bake uncovered for 20-30 minutes or until the chicken is no longer pink.

Counts as: 1 protein serving

## Basil & Chicken Sandwich

- 1 Melba toast
- 100 g chicken, (cooked, shredded, & chilled)
- Handful of basil
- 1/2 tomato, sliced
- Salt & pepper, to taste
- Place 1 Melba toast on plate.

Top with chilled chicken, basil, sliced tomato, salt & freshly ground pepper.

Counts as: 1 protein serving, 1/2 vegetable serving, 1 Melba toast serving

## Autumn Chicken

- 100 g boneless, skinless chicken
- 2 tablespoons lemon juice
- Dash of cloves
- Dash of allspice
- Dash of nutmeg
- Dash of cinnamon
- Salt & pepper
- Powdered Stevia, to taste

In a small bowl, combine the cloves, allspice, nutmeg, cinnamon, salt & pepper, and Stevia. Rub the seasoning mixture on the chicken and place in a hot, non-stick skillet with the lemon juice. Grill until cooked through.

\*Serve with a side of sautéed apples. (optional) Counts as: 1 protein serving

## Chicken Parmesan

- 100 g boneless, skinless chicken
- 1 Melba toast, crushed
- 3 garlic cloves
- 2 teaspoons onion, diced
- 1/2 teaspoon oregano
- 1/2 teaspoon dried basil
- Salt & pepper, to taste
- Fresh parsley, chopped

Combine crushed toast, oregano, basil and salt & pepper. Roll chicken in toast mixture and put in a covered 8x8 casserole dish. Cover the chicken and cook at 375 degrees for 20-25 minutes or until cooked through. Top with Tomato Marinara sauce and chopped fresh parsley.

Counts as: 1 protein serving, 1 vegetable serving, 1 Melba toast serving

## Chicken Salad Sandwich

- 100 g chicken
- 1 apple, diced
- 1 1/3 cups celery, diced
- Juice of 1 lemon
- 2 tablespoons minced onion
- 2 teaspoons basil, roughly chopped
- Dry mustard, to taste
- Salt & pepper, to taste

Boil chicken until cooked through. Cube and place in refrigerator to chill. While the chicken is chilling, mix together the apple, celery, lemon juice, minced onion and dry mustard. Combine with chilled chicken. Spread across 1 Melba toast and top with chopped basil and salt & pepper.

\*May substitute celery for fresh tomato slices or bed of spinach.

Counts as: 1 protein serving, 1 fruit serving, 1 vegetable serving



## Chicken Taco Salad

- 100 g chicken, cooked and shredded
- 2 tablespoons vinegar
- 2 tablespoons fresh lemon juice
- 2 teaspoons hot sauce
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Cayenne pepper, to taste (optional)
- 1 teaspoon green onion, chopped
- 1 - 2 teaspoons fresh cilantro
- Green Leafy Lettuce, plateful

Season the chicken with salt & pepper and a dash of cumin. Place on the George Foreman Grill. Shred the chicken and place it in the refrigerator to cool. Mix the vinegar, lemon juice, hot sauce, cumin, garlic powder, onion powder, and cayenne (if desired). Arrange the lettuce on a plate and top with the chilled chicken and dressing followed by the green onion and cilantro. Finish with freshly ground black pepper.

Counts as: 1 protein serving, 1 vegetable serving

## Chinese Chicken Salad

- 100 g of chicken
- 2 1/2 cups cabbage, chopped
- 1 orange
- Zest of 1 orange
- 3 teaspoons green onion, minced
- 2 tablespoons vinegar
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons fresh ginger, grated
- 2 cloves garlic, minced
- Stevia, to taste
- Salt & pepper, to taste

Boil the chicken in a pot of water, drain. Shred the chicken and place in the refrigerator. To make the dressing, mix the orange zest, vinegar, fresh lemon juice, ginger, garlic, Stevia and salt & pepper. Chop up the inside of the orange. Mix the cabbage, chicken, orange and dressing in a bowl.

Counts as: 1 protein serving, 1 vegetable serving, 1 fruit serving

## Crunchy Chicken Asparagus Sandwich

- 100 g chicken, cubed
- 3-4 stems asparagus, chopped
- Zest of 1 lemon
- Juice from 1 lemon
- 2 tablespoons apple cider vinegar
- 2 tablespoons onion, chopped
- 1 tablespoon green onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- Pinch of cayenne (optional)
- 1 Melba toast
- Fresh ground black pepper, to taste

Place first 11 ingredients in a medium pan and sauté over medium-high heat until the chicken and asparagus are cooked. Spread over 1 Melba toast topped with fresh ground black pepper.

Counts as: 1 protein serving, 1 vegetable serving, 1 Melba toast serving



## Curried Chicken & Onions

- 100 g chicken, cut into chunks
- 1/2 yellow onion, chopped
- 1 cup chicken broth
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- Fresh ground black pepper Curry powder, to taste

Sauté the onion and garlic in the lemon juice until tender. Add the curry powder and the salt and mix well. Place the chicken and the broth in the pan and cover. Cook the chicken over medium-high heat for 30 minutes or until cooked through. Top with fresh ground black pepper.

Counts as: 1 protein serving, 1/2 vegetable serving

## Finger Licking BBQ Chicken

- 100 g boneless skinless chicken
- 1 Melba toast, crushed
- 1 teaspoon oregano
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Salt & pepper, to taste
- 1 serving Smoky BBQ Sauce

Mix the crushed Melba toast, oregano, onion powder, garlic powder and salt & pepper in a small bowl. Coat the chicken in the toast mixture well. Place at the bottom of an 8x8 casserole dish. Cover with tin foil and bake the chicken at 350 degrees for 20-30 minutes or until chicken is cooked through. Take the foil off for the last 5 minutes of cooking. Serve with the Smoky BBQ Sauce.

Counts as: 1 protein serving, 1 Melba toast serving, and 1/2-1 vegetable serving

## Garlic Chicken

- 100 g chicken
- 3 tablespoons onion, chopped
- 3-5 garlic cloves, unpeeled and left whole
- Juice from 1 lemon half
- Fresh ground black pepper, to taste

Preheat the oven to 350 degrees. Heat a non-stick saucepan over medium heat. Add the onion. Stir constantly until tender. Transfer onions to a glass baking dish. Place the chicken on top of the onions. Squeeze on lemon juice and sprinkle with pepper. Place garlic around and on the chicken. Cover tightly either with lid or aluminum foil. Cook for 30-45 minutes or until chicken is no longer pink.

Counts as: 1 protein serving

## Lemon Mustard Broiled Chicken

- 100 g chicken
- Juice from lemon half
- 1 tablespoon spicy mustard
- 1/2 teaspoon black pepper
- 1/2 teaspoon oregano
- 1/4 teaspoon cayenne pepper

Preheat the broiler. Broil one side of the chicken for 5-10 minutes or until slightly browned. In a small bowl, add the rest of the ingredients and mix well. Spoon the mixture onto chicken. Flip over and coat the other side. Broil uncooked side for 5-10 minutes or until no longer pink.

Counts as: 1 protein serving

## Orange Chicken Wraps

- 100 g chicken, cubed & cooked
- 2 large lettuce leaves
- 2 cloves garlic, minced
- 2 teaspoons onion, minced
- Juice of 1 lemon, divided
- 1 Orange, chopped
- Zest of 1 orange
- Freshly grated ginger, to taste
- Fresh cilantro, chopped? Salt & pepper, to taste
- (Optional) Serve with 1 Melba toast for dipping.

Cube the chicken and sauté in the garlic, onion, oregano, 1/2 of the juice from 1 lemon, oregano, and salt & pepper. Lay the lettuce leaves out flat and place the cubed chicken in the center. Add the chopped orange, orange zest, freshly grated ginger, fresh cilantro, and salt & pepper. Squeeze the remaining lemon juice on each taco.

Counts as: 1 protein serving, 1 vegetable serving

## Orange Ginger Chicken

- 100 g chicken, cut into chunks
- 1 orange, cut into quarters
- 2-3 garlic cloves, minced
- 1/2 teaspoon basil
- Juice from 1 lemon half
- 1 tablespoon fresh ginger root

Preheat a pan over medium heat. Sprinkle chicken with pepper. Add chicken to pan and stir fry until brown on all sides (approximately 5-10 minutes). Add garlic and cook for 1 minute. Squeeze juice of orange quarters over chicken. Peel and separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 minutes.

Counts as: 1 protein serving, 1 fruit serving

## Rosemary Lemon Chicken

- 100 g chicken
- Juice of 1 lemon, divided
- Poultry seasoning
- 1 tablespoon fresh rosemary, chopped
- Salt & pepper, to taste
- Zest of 1 lemon

Marinate chicken in 1/2 of the lemon juice. Season the chicken with poultry seasoning, rosemary, salt and fresh ground pepper. Grill the chicken in a shallow pan on the stove top until cooked through. Top with lemon zest and additional salt & pepper if desired.

Counts as: 1 protein serving

## Rustic Sage Roasted Chicken

- 100 g boneless, skinless chicken
- 2-3 fresh sage leaves
- 2 tablespoons onion, chopped 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon ground sage
- Salt & fresh ground pepper, to taste

Place the chicken in a roasting pan or casserole dish. Sprinkle with the chopped onion, thyme, oregano, ground sage and salt & pepper. Place the sage leaves in the pan and cover with a lid or tin foil. Cook

the chicken at 350 degrees for 15 minutes or until cooked through.

Counts as: 1 protein serving

# Beef Dishes

## Apple Burgers

- 100 g lean hamburger
- 1/2 apple, chopped
- 2 tablespoons onion, chopped
- 2 tablespoons green onion, chopped 2 garlic cloves, minced
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh basil, chopped roughly
- Dash of Worcestershire
- Garlic powder, to taste
- Salt & pepper, to taste

Sauté the chopped apple, onion, green onion, and garlic in the lemon juice over medium heat until the apple are tender. Add the basil towards the end of cooking. Mix together the hamburger, apple mixture, Worcestershire, garlic & onion powders and salt & pepper. Grill the burger until desired wellness.

Counts as: 1 protein serving, 1/2 fruit serving

## Balsamic Flank Steak

- 100 g lean flank steak
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon garlic powder
- 2 small Roma tomatoes, chopped
- 2 tablespoons onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon balsamic vinegar
- Salt & pepper, to taste
- Fresh parsley, chopped roughly

Combine the steak and lemon juice in a non-stick grill pan. Sprinkle lightly with garlic powder and salt & pepper. While the steak is cooking, combine the tomatoes, onion, garlic cloves, balsamic vinegar and salt & pepper. Cook over medium heat for approximately 10 minutes or until desired consistency. Spoon the tomato mixture over the steak and top with fresh parsley.

Counts as: 1 protein serving, 1 vegetable serving





## Barbecued Hamburger with Grilled Onions

- 100 g extra lean ground hamburger
- 1 onion, divided
- 2 garlic cloves, minced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon oregano
- Dash Worcestershire sauce
- Salt & pepper, to taste
- Fresh basil leaves

Dice the onion and put in a small sauté pan with salt & pepper. Sauté onions until they are translucent. Set aside. Mix ground hamburger, onion powder, garlic powder, oregano, minced garlic, Worcestershire, and salt & pepper in a bowl. Form meat mixture into patties and place on the hot grill. Season the patties further while cooking if desired.

Place fresh basil leaves on 1 Melba toast followed by hamburger patty and diced grilled onions. (Can serve onions on top or on the side).

Counts as: 1 protein serving, 1 vegetable serving

## Beef & Onion Kabobs

- 100 g lean steak, cubed
- 1 onion, wedged
- Garlic powder, to taste
- Onion powder, to taste
- Salt & pepper, to taste

Season the cubed steak with the garlic and onion powders. Slide the beef and onion wedges onto skewers. Top with salt & fresh ground black pepper. Cook on a hot barbecue. (Skewers do best when elevated or placed on foil to prevent burning and sticking)!

Counts as: 1 protein serving, 1 vegetable serving

## Garlic & Rosemary Veal

- 100 g veal
- 2 cloves garlic, minced
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon onion powder
- 1 sprig rosemary, chopped
- Salt & pepper, to taste

Combine all ingredients and put in a zip lock bag to marinate for at least 4 hours. When you are ready to cook, pour out the veal and marinade in a non-stick pan. Cook on high heat until cooked through. Pour the remaining sauce on top of the veal and serve. You may top with additional salt & pepper.

Counts as: 1 protein serving

## Garlic Steak with Grilled Onions

- 100 g lean steak
- 3 cloves garlic, minced
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt & pepper, to taste
- 1/2 onion, sliced into rings
- Dash of Worcestershire sauce, to taste

Combine steak, minced garlic, garlic powder, onion powder and salt & pepper in a non-stick pan. Grill on medium high heat for 5-7 minutes. Remove steak from pan and add onions to the same pan. Grill the onions until tender and serve with the garlic steak. Dip into Worcestershire sauce if desired.

Counts as: 1 protein serving, 1/2 vegetable serving

## Ginger Skewers

- 100 g lean steak, cubed
- 4-5 cherry tomatoes
- 2 tablespoons fresh lemon juice
- Fresh ginger, grated, to taste
- 1 clove garlic, minced
- 1 tablespoon onion, minced
- Orange flavored
- Stevia, to taste
- Salt & pepper, to taste

Combine the lemon juice, ginger, garlic, onion, Stevia, and salt & pepper. Add the cubed steak and let it marinate at least 3-5 hours. Rinse the cherry tomatoes and place on the skewers, alternating with the steak. Cook on a hot barbecue while basting with marinating juices. (Skewers do best when elevated or placed on foil to prevent burning and sticking)!

Counts as: 1 protein serving, 1 vegetable serving

## Ginger Steak Wraps

- 2-4 big cabbage leaves
- Steamed 100 g lean steak, cut into strips
- 3 tablespoons rice vinegar
- 2 cloves garlic
- 1/4 teaspoon onion powder Fresh grated ginger, to taste
- Zest of 1 orange
- Juice of 1 orange
- Orange flavored Stevia, to taste
- Salt & pepper, to taste
- 2 tablespoons green onion, chopped

Steam the cabbage leaves until just tender. Set aside. Add the strips of lean steak, vinegar, garlic, and onion powder in a small pan. Cook over medium-high heat until steak is lightly browned. Add the remaining ingredients and finish cooking the steak. Wrap steak in cabbage leaves topped with green onion.

Counts as: 1 protein serving, 1 vegetable serving

## **Ginger Steak Wraps**

- 2-4 big cabbage leaves
- Steamed 100 g lean steak, cut into strips
- 3 tablespoons rice vinegar
- 2 cloves garlic
- 1/4 teaspoon onion powder
- Fresh grated ginger, to taste
- Zest of 1 orange
- Juice of 1 orange
- Orange flavored Stevia, to taste
- Salt & pepper, to taste
- 2 tablespoons green onion, chopped

Steam the cabbage leaves until just tender. Set aside. Add the strips of lean steak, vinegar, garlic, and onion powder in a small pan. Cook over medium-high heat until steak is lightly browned. Add the remaining ingredients and finish cooking the steak. Wrap steak in cabbage leaves topped with green onion.

## **Grilled Onion Sloppy Joe's**

- 100 g lean ground beef
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 portion of Barbecue Sauce 1 Melba toast

Brown beef in a non-stick pan and set aside. In a non-stick sauté pan, grill the onion and garlic until tender. Mix the hamburger and barbecue sauce together and spread over 1 Melba toast. Top with grilled onions.

## Heavenly Veal Meatloaf

- 100 g ground veal
- 1 Melba toast, crushed
- 2 tablespoons chopped onion
- 2 tablespoons tomato paste
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- Freshly ground black pepper

Mix all ingredients together well. Bake in a small dish at 325 degrees for 15-20 minutes.

## Italian Steak with Cherry Tomatoes

- 100 g lean steak
- 2 tablespoons fresh lemon juice
- 1 handful of fresh basil leaves, chopped small
- 1/2 teaspoon dried oregano?
- 1/4 - 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- Salt & pepper, to taste
- Cherry tomatoes, chopped roughly
- 2 tablespoons fresh parsley, roughly chopped

Combine the oregano, thyme, garlic powder, and salt & pepper. Sprinkle over the steaks and place in a hot grill pan on the stovetop to cook, along with the lemon juice. Add the chopped basil to the top of the steaks while cooking. After the steak is done, set it aside to rest for 5 minutes. In the meantime, add the chopped tomatoes to the bottom of the same pan and allow them to cook for about 2 minutes. Spread on top of the steak and top with the fresh parsley.

Counts as: 1 protein serving, 1 vegetable serving

## Meatballs

- 100 g steak (ground into hamburger)
- 1 tablespoon Melba toast, crushed
- 1 tablespoon milk
- Pinch of parsley, onion powder, basil, oregano, garlic, salt & pepper, to taste

Preheat the oven to 425 degrees. Combine all ingredients in a bowl. Form into meatballs (makes about 6-7). Place the meatballs in a baking dish or non-stick baking sheet and cook for 10 minutes, turning halfway through cooking time. Top with Smoky Barbecue Sauce or Tomato Ketchup.

Counts as: 1 protein serving, 1 Melba toast serving

## Mock Osso Buco

- 100 g veal shank
- 1 cup vegetable broth, divided
- 2 tablespoons onion, chopped
- 2 tablespoons tomato sauce
- 1/2 tomato, crushed
- 1 garlic clove, minced
- 1 bay leaf
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- Small handful roughly chopped fresh parsley

Brown the veal shank in a non-stick sauté pan with 1/2 cup of vegetable broth. Season the veal with salt, pepper and garlic powder while cooking. Remove from heat and add the rest of the broth, onion, tomato sauce, crushed tomato, garlic, bay leaf, basil, and thyme to the same pan. Simmer until onions are tender. Plate the veal and pour the warm sauce over. Top with chopped parsley.

Counts as: 1 protein serving, 1 vegetable serving

## Rosemary Garlic Steak

- 100 g steak
- 1 tablespoon rice vinegar
- 1 tablespoon rosemary
- 1 teaspoon garlic paste (3-5 cloves, minced)
- 1/2 teaspoon crushed red pepper

In a small dish, add rice vinegar. Place the steak in to coat. In a small bowl, combine the rosemary, garlic, and red pepper. Rub on both sides of the steak. Place steak in a small dish, cover and refrigerate for 4 hours or overnight. Grill to preference.

Counts as: 1 protein serving

## Sausage Patties

- 100 g ground chicken breast
- 2 tablespoons onion, chopped
- 2 garlic cloves, minced
- Salt & Pepper, to taste
- Dash of Worcestershire
- Fresh Basil, chopped
- Stevia, (optional)

Combine all ingredients and sauté in a non-stick pan until cooked through on both sides. If the patty starts to stick, add a little water to the bottom of the pan.

Counts as: 1 protein serving

## Sweet & Savory Beef

- 100 g lean steak, cubed
- 2 tablespoons lemon juice
- Garlic powder, to taste
- Salt & pepper, to taste
- Sauce
- 1/4 cup tomato ketchup
- 2 tablespoons apple cider vinegar
- 2 teaspoons onion, diced small
- 1 clove garlic, minced
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- Pinch of cayenne pepper
- Liquid smoke, to taste
- Stevia, to taste
- Salt & pepper, to taste

Place the cubed steak in a shallow sauté pan. Sprinkle the garlic powder and salt & pepper on top. Sauté the steak in 2 tablespoons of lemon juice until cooked. Mix the sauce in a separate bowl. Place steak on plate and cover with sweet & savory sauce.

Counts as: 1 protein serving, 1 vegetable serving

## Stuffed Basil Burgers

- 100 g lean hamburger
- Small handful fresh basil, roughly chopped
- 1 tablespoon purple onion, chopped
- 2 garlic cloves, minced
- Dash of Worcestershire sauce
- Garlic powder
- Salt & pepper, to taste

Combine the hamburger, fresh basil, purple onion, Worcestershire sauce, and minced garlic in a small bowl. Form into a patty. Season the patties as they cook with garlic powder and salt & pepper.

\*Serve with Crispy Onion Rings Counts as: 1 protein serving



## **Veal Meatballs**

- 100 g lean ground veal
- 1 Melba toast, crushed
- 2 tablespoons onion, chopped fine
- 1/4 cup tomato paste
- 1 garlic clove, minced
- Dash of Worcestershire sauce
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- Freshly ground black pepper

Mix all ingredients together. Form into meatballs and bake in a small casserole dish covered with tin foil at 350 degrees for 10-15 minutes.

Counts as: 1 protein serving, 1/2 vegetable serving, 1 Melba toast serving

# Eggs

## Scrambled Eggs & Toast

- 1 whole egg
- 3 egg whites
- 2 tablespoons milk
- Dash of Thyme
- Salt & pepper, to taste 1 Melba toast

Crack eggs into a small bowl and whisk in the milk. Add the thyme and pour into a non-stick skillet. Top with salt & pepper. Serve over 1 Melba toast.

Counts as: 1 protein serving, 1 Melba toast serving

## Spinach Omelet

- 1 whole egg
- 3 egg whites
- 1 tablespoon milk
- Spinach, large handful
- Onion powder, to taste
- Salt & pepper, to taste

Mix together egg, whites, milk, and seasonings. Pour into small non-stick skillet and cook until ready to be flipped. After flipping, spread spinach on top and fold omelet in half. Finish cooking.

## Tomato & Egg Sandwich

- 1 whole egg
- 1/2 tomato, sliced
- Dash of dried parsley
- Salt & pepper, to taste
- 1 Melba toast

Cook the egg, over-easy, so the yolk is still runny. Season with dried parsley, salt & pepper while cooking. Place the egg on the Melba toast and top with the tomato slices. Give an additional dash of salt & pepper.

# Desserts & Drinks

## Apple Compote over Melba Toast

- 1 apple, chopped
- 1/2 cup celery, chopped
- Juice from 1 lemon
- Zest from 1 lemon
- Small pinch of salt
- Stevia, to taste (Caramel or Vanilla flavored tastes best)

Saute chopped celery and apple in lemon juice. Add a pinch of salt and Stevia to sweeten while cooking. Pour over 1 Melba toast.

Counts as: 1 fruit serving, 1/2 vegetable serving

## Baked Apples

- 1 apple, cored
- Juice from 1 lemon
- Zest of 1 lemon
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Dash of cloves
- Small pinch of salt
- Powdered Stevia, to taste
- Place cored apple in a small casserole dish. Squeeze lemon juice inside and around apple. Mix remaining ingredients in small bowl and sprinkle inside and around apple as well. Top with lemon zest. Bake at 350 degrees for 25-30 minutes. Let stand for 5 minutes and serve.

Counts as: 1 fruit serving

## Chocolate Dream

- 3.5 ounces low-fat cottage cheese
- 1/4 teaspoon approved cocoa powder
- Chocolate flavored Stevia, to taste
- Garnish with mint leaves

Counts as: 1 protein serving

## Chocolate Strawberry Shake

- 5 large strawberries
- 2 tablespoons non-fat milk
- 1/2 teaspoon approved cocoa powder
- Chocolate Stevia, to taste
- Ice

Put all ingredients in blender and add ice as needed.

## Cinnamon Apples

- 1 apple, cut into slices
- Juice of 1/2-1 lemon
- 1 teaspoon cinnamon
- Dash of nutmeg
- Dash of cloves
- Powdered Stevia, to taste
- Small pinch of salt

Coat the apples in cinnamon, nutmeg, cloves and powdered Stevia. Place in a shallow non-stick, saute pan along with the lemon juice and grill on medium until tender.

Counts as: 1 fruit serving

## Grilled Caramel Apples

- 1 apple, cut into slices
- 2 tablespoons lemon juice
- Dash of cinnamon
- Dash of nutmeg
- English-toffee Stevia, to taste
- Vanilla Stevia, to taste

Combine all ingredients and wrap tightly in tin foil. Place on the hot grill until apples are tender.

Counts as: 1 fruit serving



## Lemon Strawberry Smoothie

- 5 large strawberries
- 1/4 of a lemon with rind
- 2 tablespoons fat-free milk
- Lemon Stevia, to taste
- Ice Cubes

Put all ingredients in a blender and blend until smooth. Add more/less Stevia depending on taste.

Counts as: 1 fruit serving

## Mock Apple Crisp

- 1 Melba toast, crushed
- 1 tart apple, peeled, cored & chopped
- 2 tablespoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Dash of cloves
- Powdered Stevia, to taste

Place the apples and lemon juice in a small baking dish. Crush the Melba toast and mix with the cinnamon, nutmeg & cloves in a non-stick saute pan. Cook the crumb mixture over low until it lightly toasts. Spread the crumb mixture over the apples. Cover and cook at 350 degrees until apples are soft.

Counts as: 1 fruit serving, 1 Melba toast serving

## **Orange Delight**

- 3.5 ounces low-fat cottage cheese
- 1 orange, chopped
- Zest of 1 orange
- Stevia (regular or orange flavored), to taste

Place cottage cheese in bowl. Add orange zest, Stevia and chopped orange. Mix well.

Counts as: 1 protein serving, 1 fruit serving

## **Strawberries & Cream**

- Fresh strawberries
- 1 tablespoon milk
- 2-4 drops vanilla creme Stevia
- 1 packet powdered Stevia

Slice the strawberries and toss with the remaining ingredients.

Counts as: 1 fruit serving

## **Strawberry Sorbet**

- Handful of strawberries
- 1-2 tablespoons fresh lemon juice
- Mint leaves, to taste
- Water, if needed

Freeze fresh strawberries for about 1 hour. Put strawberries, lemon juice and mint leaves and water (if needed) in a blender or food processor. Blend until smooth. Pour into a bowl and serve or freeze.

Counts as: 1 fruit serving

## **Toasted Grapefruit**

- 1 grapefruit, halved
- Powdered Stevia, to taste
- Cinnamon

Slice the grapefruit in half and cut along the grapefruit sections. Sprinkle with powdered Stevia and cinnamon. Place on a foil lined sheet and stick under the broiler for about 2-3 minutes (or until warm).

Counts as: 1 fruit serving

## **Apple Soda**

- Juice from 1 apple
- 4-8 ounces sparkling mineral water Stevia, to taste
- Ice cubes

Place juice from the apple into a large glass. Add mineral water and Stevia. Serve over ice cubes.

Counts as: 1 fruit serving

## **Blushing Lemonade**

- 8 ounces sparkling mineral water
- 1-2 strawberries, mashed
- Juice of 1/2 lemon
- Lemon zest
- Lemon flavored Stevia, to taste
- Ice cubes

Mix water, mashed strawberries, lemon juice, lemon zest, and lemon flavored Stevia. Serve over ice cubes.

Counts as: 1/2 fruit serving

## **Favorite Lemonade**

- 1 cup water
- 2 tablespoons fresh squeezed lemon juice
- 10 drops plain Stevia
- 10 drops lemon Stevia

Mix and enjoy.

## **Fresh Mint Lemonade**

- Zest of 1 lemon
- Juice of 1 lemon
- Water (may use sparkling mineral water)
- Lemon Stevia, to taste
- 2 tablespoons fresh mint, chopped fine

Zest the lemon into a large cup, followed by the lemon juice. Add water and lemon Stevia, to taste. Finish with fresh mint. Serve over ice cubes.

## **Frozen Strawberry Lemonade**

- 1 cup frozen strawberries
- 1/4 cup lemon juice
- 1 cup ice
- 10 drops lemon Stevia

10 drops plain Stevia Blend until smooth.

Counts as: 1 fruit serving





## **Grapefruit Soda**

- Juice of 1/2 grapefruit
- 8 ounces sparkling mineral water
- Stevia, to taste
- Ice Cubes

Juice the grapefruit into a large glass. Add mineral water and Stevia. Serve over ice cubes.

Counts as: 1/2 fruit serving

## **Orange Dream Smoothie**

- Zest of 1 orange
- 1 orange, peeled
- 2 tablespoons milk
- Vanilla Stevia, to taste
- Ice Cubes

Place all ingredients in a blender. Blend until well mixed.

Counts as: 1 fruit serving

## **Orange Soda**

- 8 ounces sparkling mineral water
- Orange Stevia, to taste
- Ice Cubes

Pour mineral water into a large glass. Add orange Stevia to desired sweetness. Serve over ice cubes.

## **Sparkling Lemonade**

- 8 ounces sparkling mineral water
- Juice of 1 lemon
- Lemon Stevia, to taste
- Lemon zest
- Ice

Mix water, lemon juice, lemon zest, and lemon flavored Stevia in a large glass. Serve over ice cubes.

## **Strawberry Sunrise Smoothie**

- 5 large strawberries, rinsed
- 2 teaspoons non-fat milk
- Orange flavored Stevia, to taste
- 1 tablespoon fresh lemon juice (optional)
- 1 teaspoon fresh mint leaves (optional)
- Ice cubes

Place strawberries, milk, Stevia, lemon juice and mint leaves in a blender. Add ice cubes gradually to reach desired consistency and taste.

Counts as: 1 fruit serving

## **Sweet Strawberry Jam**

- 1 Melba toast
- 4-5 large strawberries
- Stevia, to taste

Mash strawberries and mix with the Stevia. Spread over 1 Melba toast.

\*For an extra treat, use flavored Stevia.

Counts as: 1 fruit serving, 1 Melba toast

## Warm Wassail

- Water
- 1 apple, juiced
- 1-2 tablespoons fresh lemon juice
- Zest of 1 lemon
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon allspice
- Cinnamon Stick
- Dash of cloves
- Orange Stevia, to taste

Juice apple and mix with remaining ingredients. Simmer over the stove until nice and warm. Take out cinnamon stick and enjoy.

# TIPS AND HINTS TO BREAK A CRAVING

1. **Select several flavors of gum.** Switch between flavors while on a diet to add variety. Xilo gum is a great substitute while on the HCG diet and comes in 4 delicious flavors.
2. **Treat yourself to a dessert from our recipe book.** Stick to the HCG approved desserts listed in this book.
3. **Go for a walk and then drink 2 glasses of water.** Think that's too simple to work? Try it!
4. **Whatever you do – Do Not watch TV** when you are having a craving.
5. **Eat a pickle! A pickle can be oh-so-satisfying!** A small or medium pickle has no fat and only one carb. Even though they aren't specifically mentioned on the approved food list, pickles are just cucumbers in vinegar, and both of those are allowed on the HCG diet.



by  
**hcgtriumph**