

LOSE WEIGHT AND RESHAPE YOUR BODY WITH OUR EXCLUSIVE 'PHASE 3' HCG RECIPES!

HCG  Recipes®

THE HCG DIET
GOURMET
COOKBOOK

Bonus Phase 3 Report



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INTRODUCTION TO PHASE 3

Welcome to the phase 3 portion of the Dr. Simeons HCG diet protocol popularized by Kevin Trudeau in his book *“The Weight loss Cure They Don’t Want You to Know About”*. This portion of the diet is critical for resetting the hypothalamus gland which controls the endocrine system of the body. If you have always had difficulty losing weight in the past and found that no matter how much you exercised or dieted you simply couldn’t seem to lose weight, then this diet can change your life. As you complete the phase 2 portion or HCG phase of the diet you can expect to lose up to a pound a day over the 23 or 43 days of the protocol.

One phenomenon experienced by most HCG dieters following Dr. Simeons protocol is the way the HCG tends to redistribute fat away from your “problem areas” or abnormal fat deposits. For myself, I noticed that my hips and thighs lost the highest percentage of inches as well as significant inches lost from my stomach and waist. More and more people are discovering this revolutionary diet and the success rate is very high among HCG dieters.

My own experience with phase 3 was quite spectacular and I am not alone. Thousands of dieters have experienced the life changing nature of the metabolic shift that occurs after a course of HCG combined with a low calorie diet. I found personally that my body required me to take in at least 1500 calories during phase 3 in order to maintain my new, lower weight. If I ate less than 1500 calories my weight

would drop. This is not desirable during this phase of the diet. It’s important to remain within 2 pounds of your last injection weight in either direction. I had to supplement my diet with healthy fats and calories to reach a caloric level that would support my new lower weight and metabolism. This absolutely amazed me as before I would gain weight eating only 800 calories a day and exercising for hours 5 days a week. A shift in my metabolism had occurred.

After the three weeks of eating normal amounts of calories with the exception of no starch or sugar, I was able to introduce healthy carbohydrates back into my diet without experiencing any weight gain. It’s important to note that your new metabolic rate and calorie intake requirements will vary per person.



INTRODUCTION TO PHASE 3 CONT...

You want to make sure to take in a reasonable amount of calories as soon as you begin phase 3 of the diet because the HCG is no longer burning your fat stores for fuel and your body requires energy and proper nutrition to function properly.

Do not try to continue the low calorie diet without the HCG. You may have disastrous results, start to gain weight again, or end up with health and nutrition issues. Follow the plan exactly as it is written by Dr. Simeons and you should be successful.

One thing that I noticed when I began the phase 3 portion of the diet was that I no longer craved the breads, starches, and sugars that I used to find so appealing. Embrace this experience. Make a choice to change your lifestyle. Eat more fruits and vegetables, healthy proteins and fats. Allow yourself to give up the processed food products and fast foods. It is these foods that caused you to gain weight in the first place. Enjoy the taste of whole, natural, and organic foods. There are delicious, healthy versions of any food you enjoy such as pizza, ice cream, or healthy desserts and casseroles in your future. But not the junk food varieties you have eaten in the past. For healthy maintenance following the program, make healthier, choices and avoid the junk.

Stay positive and learn to love your body. You've probably been like me and always struggled with your weight, self-esteem, and confidence. Now is the time to change all of that. Treat yourself with respect and enjoy this new lifestyle and the thinner, healthier body you have achieved so far. Visualize yourself at your goal weight wearing a beautiful new dress or sharp tailored suit. See yourself with the body you've always wanted. Imagine the scale registering your goal weight and be proud of all you've accomplished thus far. Believe me, it takes some mental effort to see yourself as a thin person but the process of visualization combined with a strong desire for success is a powerful means to achieve your weight loss goals.



TIPS FOR SUCCESS

- Avoid all starches and sugars for three weeks following the HCG phase of the diet then introduce healthy carbohydrates back into your diet slowly as you begin the maintenance phase of the diet (phase 4).
- Weigh yourself daily.
- Enjoy eggs, cheese, dairy, healthy fats, and more variety of nonstarchy vegetables and fruits.
- You may enjoy an alcoholic beverage such as wine, beer or liquor with meals during phase 3.
- Avoid sweet mixers, liqueurs, and dessert alcohols.
- Avoid very sweet fresh and dried fruits due to the high sugar content.
- Avoid starchy vegetables such as potatoes, winter squash, corn, beans, beets, and peas.
- Check ingredients and labels as you shop to avoid ingesting starch or sugars.
- Limit your use of nuts. Small amounts in recipes should be okay. Check the starch content of the nuts and remove the skins if possible.
- Eat organic foods as much as possible and avoid fast food restaurants and processed foods.
- Avoid artificial sweeteners and sodas.
- Do a “steak day” if you go over 2 pounds of your last injection weight. For a “steak day”, make sure to drink plenty of water and avoid food during the day then eat a large steak with either a raw apple or tomato for dinner. You should find yourself back on track the next morning and maintaining your weight.
- Avoid losing weight during phase 3. You want to maintain your loss within 2 pounds of your last injection weight in either direction.
- Make sure you eat enough calories. Supplement your diet with healthy fats such as olive, virgin coconut oil, avocado or flax seed oil.
- Feel free to take your vitamins and supplements during phase 3.
- Consider doing colon, Candida, or other cleanses during phase 3. Candida cleansing is particularly helpful if you have had sugar or starch cravings in the past.
- Drink plenty of water and the recommended teas throughout the day.
- Exercise in moderation. Good exercises include walking, yoga, rebounding, and light strength training.
- Visualize yourself at your goal weight and stay positive.

PHASE 3 RECIPES

Zucchini Lasagna

Ingredients

Zucchini, thin sliced lengthwise
15 ounce container ricotta cheese
1 8 ounce ball of mozzarella cheese
Spaghetti sauce (sugar free)
Sausage
Chopped mushrooms
1 teaspoon dried basil

Pinch of dried oregano
Parmesan cheese to taste
Salt and pepper to taste



Directions

Mix ricotta cheese with dried herbs, parmesan, salt and freshly ground black pepper. Grate the mozzarella and set aside. Layer the zucchini on the bottom of a baking dish. Smooth a layer of the ricotta mixture over the zucchini. Sprinkle with mushrooms and/or sausage, spaghetti sauce, and sprinkle with mozzarella. Repeat this procedure until you have filled the baking dish. Top with spaghetti sauce and additional mozzarella cheese. Bake lasagna in a 375 degree oven for about 30-40 minutes or until mozzarella is brown and bubbly on top. Makes multiple servings

Phase 3 Chocolate/Chocolate Sauce

Ingredients

2 tablespoons virgin coconut oil or butter
3 tablespoons cocoa powder
Stevia to taste

Directions

Melt coconut oil or butter. Mix in cocoa powder and stevia to taste. Adjust the level of cocoa or oil to achieve desired consistency. Enjoy warm as a chocolate dipping sauce for fresh fruits. Makes 1 serving



Variations

- Dip fresh fruit into chocolate sauce and refrigerate for chocolate covered raspberries, strawberries, peaches etc.
- Make your own homemade chocolate bark by adding a tablespoon of chopped almonds or other nuts and refrigerate to harden.
- Add flavored extracts like mint, orange, almond or other flavorings to the chocolate mixture.

Macadamia Nut Gingered Salmon

Ingredients

1 salmon filet
1/4 cup finely crushed macadamia nuts
1 tablespoon butter
1/4 teaspoon fresh ginger
Pinch of salt
Stevia to taste

Directions

Melt butter with stevia and ginger. Dip the salmon filet in the butter mixture and roll in crushed macadamia nuts. Place in a baking dish and top with the rest of the nuts and a sprinkle of additional stevia. Add a pinch of salt and freshly ground black pepper if desired. Bake in 375 degree oven for 20 minutes or until fish is tender, well cooked and macadamia nuts are slightly browned. Enjoy with a squeeze of lemon. Serve as an entrée or on top of a green salad.

Makes 1 serving



Guacamole with Vegetables

Ingredients

1 large avocado
1 tomato minced
3 tablespoons minced onion
1 clove of garlic crushed and minced
3 tablespoons lime juice
2 tablespoons chopped cilantro
Jalapeno pepper seeded and minced to taste
Pinch of cayenne pepper or a dash of hot sauce
Salt to taste

Directions

Mince tomato, onion, garlic, cilantro, peppers and spices. Mash avocado to desired consistency and mix in tomato pepper mixture and add salt to taste. Stir in lime juice. Serve with fresh raw vegetables as a dip or enjoy with fajitas or lettuce tacos.

Makes 2 or more servings



Stuffed Mushrooms

Ingredients

12 medium mushrooms
1/2 cup cream cheese
1/4 cup grated cheddar cheese
Chives
Black pepper

Directions

Mix softened cream cheese with grated cheddar cheese and chives. Lightly oil a baking dish or pan with olive oil. Stuff the mushroom caps with cream cheese mixture and top with freshly ground black pepper. Broil in the oven until lightly browned and bubbly on top. Serve warm.
Makes 4 servings

Variations

- Mix in blue cheese and onion instead of cheddar
- Add green chilies or minced jalapeno
- Stuff with minced black olives and goat cheese



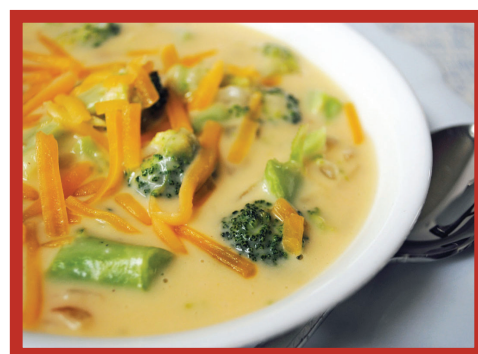
Cheesy Chicken and Broccoli Soup

Ingredients

Broccoli	1/2 teaspoon onion powder
2 cups diced chicken breast	Pinch of thyme
1 cup sharp cheddar cheese	Pinch of nutmeg
1 tablespoon butter	Salt and pepper to taste
2 cups chicken broth	
1/2 cup heavy cream	
2 tablespoons minced onion	
1 clove garlic crushed and minced	
1/2 teaspoon garlic powder	

Directions

Sauté the onion and garlic lightly with butter then stir in the chicken broth and cream. Add spices and chicken and bring to a light boil, then reduce heat and simmer. Add 2 cups of chopped broccoli and cook for approximately 10-15 minutes. Stir in the cheddar cheese and serve. Makes 2 servings



Cheesy Cauliflower Mash

Ingredients

Steamed cauliflower (1 head)
1 cup sharp cheddar cheese
1/4 cup half and half or sour cream
1 tablespoon butter
Salt and black pepper to taste

Directions

Steam the cauliflower in water until soft. Puree in blender or food processor with the half and half and cheddar cheese. Pour cauliflower mixture into a saucepan and heat. Add salt and pepper to taste and serve. Can also be enjoyed plain just omit the cheddar cheese. Makes multiple servings

Variations

- Substitute grilled onions and blue cheese for the cheddar.
- Mix in 1/4 cup parmesan cheese and Italian herbs.
- Use less liquid and bake the cauliflower puree in mounds on a cookie sheet until lightly brown.
- Layer with mushrooms, and Swiss cheese and bake like a pie.



SUMMARY

- Avoid starch and sugar for three weeks after completion of the phase 2 HCG portion of the diet.
- Weigh yourself daily.
- Eat enough calories.
- Do a “steak day” if you go over 2 pounds of your last injection weight.
- Change your lifestyle and eating habits for long term maintenance.
- Stay positive, love your body, and celebrate every new day.

I wish you all the success in the world as you begin this amazing journey of transformation. I am sure that you will have as much success as I have experienced as you go through this process and meet your weight loss goals. Your life is about to change!

*Wishing you all the best,
Tammy*

“FAITH IS TAKING THE FIRST STEP, EVEN WHEN YOU DON’T SEE THE WHOLE STAIRCASE.”

-Martin Luther King Jr.

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“The HCG Diet Gourmet Cookbook Vol. 2” AND
“The HCG Diet Gourmet Cookbook - Spanish Addition”

