

**Excerpts (with permission) from**

**OVER 201 WORRY – FREE**

**HCG MAINTENANCE RECIPES**



First edition copyright ©2010 Linda Prinster & Leanne Mennemeier

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

ISBN: 978-0-9831124-0-2

Published by Everything Matters Publishing

Printed in the United States of America

# Introduction

*Diet Tip:* The maintenance phase of the HCG Protocol is NOT the Atkins diet. The major differences are that you can eat most fruits and vegetables whenever you are hungry AND you are not encouraged to consistently eat foods with high fat content. Remember, you are training your new body to maintain your new weight. Eat healthier to feel better, look better, and successfully lock-in your new weight.

## Vegetarian Notes

As alluded to throughout the HCG protocol, protein seems to be quite helpful with healthy weight maintenance. Although we have included some great vegetarian recipes in the book, this is our further attempt to give more direction to vegetarians and vegans by gathering the following list of higher protein foods. These are 'higher' protein foods, exclusive of meats, which have significantly higher protein per portion than most of the items listed below. This list is intended to help you add variety and give you direction in finding more great recipes using online searches and other resources based on key ingredients.

Relatively high sources of protein in the different food groups:

Nuts and nut products: These items are caution items on the maintenance phase of the HCG Diet Protocol due to the relatively high fat and relatively high carbohydrate nutritional values. These include almonds, almond milk, cashews, peanuts, peanut butter, sunflower seeds, pecans, pumpkin seeds, walnuts, etc.

Vegetable foods/drinks: artichokes (4g), asparagus (5g), baked beans (12g), black beans (15g), black-eyed/cowpeas/garbanzo (15g), great northern (14g), kidney beans (13g), lima beans (12g), mung beans (3g), navy beans (15g), pinto beans (14g), soybeans (22g – 26g), white beans (19), beet greens (4g), broccoli (4g), corn\* (4g), lentils (17g), peas (8g), potato\*(5g), soymilk (6g), soy yogurt (5), spinach (6g), tempeh (15), tofu (13), veggie burger (5)

Grains: buckwheat oats\* (6g), bulgar\* (6g), cornmeal\* (10g), noodles\* (3g), egg bagel\*(10g), flax\* (5g), oat bran, cooked (7g), oat bran (8g), quinoa, cooked (11g), white rice\*, cooked (5g), seitan\* (26g), spaghetti\* (7g), wheat flour\* (13g)

\*These foods and drinks have significant protein, but too many carbs in a serving to be allowed during the 1st 3 weeks of maintenance.

Finally, to aid in your success, this book features tips, hints and common concerns that will help you make the next weeks of your life exciting, easy, and fun. Our best recipe to date is simply inspired by the HCG protocol:

Start fresh and healthy...

End delicious and thin...

Now that's a recipe worth following!

# Beverages

## Almond Shake

2 cups ice  
½ cup half and half  
1 tablespoon ground almond  
½ cup skim milk  
¾ teaspoon DaVinci Gourmet Sugar Free Almond Syrup  
¾ teaspoon DaVinci Gourmet Sugar Free Hazelnut Syrup

Combine ingredients in a blender and blend on high until smooth.

**Yield: 2 servings**

**Per Serving: Calories: 117; Fat: 8.5 g; Carbs: 6.3 g; Dietary Fiber: 0.4 g; Sugar: 3.3 g; Protein 4.5 g**

### *Diet Tip:*

Switch from whole milk to 2% or skim milk for some of your dairy uses.

## Cinnamon Cottage Cheese Smoothie

½ cup low fat 2% cottage cheese  
¼ cup skim milk  
¼ teaspoon cinnamon  
0 calorie sweetener of choice to taste

Combine cottage cheese, milk and cinnamon in blender. Blend until smooth. Add 0 calorie sweetener of choice. Serve immediately.

**Yield: 1 serving**

**Per Serving: Calories: 124; Fat: 2.2 g; Carbs: 8.6 g; Dietary Fiber: 0.3 g; Sugar: 3.5 g; Protein: 17.6 g**

## Iced Caramel Macchiato

1 scoop chocolate protein powder  
1 cup strong brewed coffee, cooled  
2 cups ice  
2 tablespoons DaVinci Gourmet Sugar Free Caramel Syrup

Place all ingredients in a blender and blend until smooth.

**Yield: 1 serving**

**Per Serving: Calories: 85; Fat: 1.2 g; Carbs: 3.0 g; Dietary Fiber: 0.8 g; Sugar: 1.5 g; Protein: 15.3 g**



# Beverages – Alcoholic

## *Pitcher of Margaritas*

Blender full of ice  
3/4 cup tequila  
6 tablespoons lime juice  
2 tablespoons lemon juice  
¼ teaspoon orange extract  
0 calorie sweetener of choice equal to ½ cup sugar  
½ cup water  
1 egg white

Put egg white into blender and blend until frothy. Add all ingredients, except ice and continue to blend. Add ice until desired consistency.

**Yield: 4 servings      Serving Size: 1 cup**  
**Per Serving: Calories: 109; Fat: 0.0 g; Carbs: 6.7 g; Dietary Fiber: 0.1 g; Sugar: 0.7 g; Protein: 1.0 g**

## *Bloody Mary*

⅔ cup tomato juice  
6 shakes Worcestershire sauce  
1½ teaspoons lemon juice  
1½ ounces vodka  
Splash pickle juice  
Dash celery salt

Mix the first 5 ingredients together in order listed. Add celery salt and pour over ice.

**Yield: 1 serving**  
**Per Serving: Calories: 133; Fat: 0.1 g; Carbs: 8.6 g; Dietary Fiber: 0.7 g; Sugar: 7.0 g; Protein: 1.3 g**

## *Irish Coffee*

1 ounce Irish whiskey  
1 – 2 tablespoons Da Vinci Sugar Free Irish Crème Syrup  
8 ounces fresh brewed hot coffee  
2 tablespoons ready whip topping  
Dash of nutmeg

Mix whiskey, syrup and coffee. Top with whip cream and a dash of nutmeg.

**Yield: 1 serving**  
**Per Serving: Calories: 117; Fat: 4.7 g; Carbs: 0.5 g; Dietary Fiber: 0 g; Sugar: 0.1 g; Protein: 0.6 g**

# Breakfasts

*Note:* If a recipe has a significant amount of protein, fat is considered somewhat a given (i.e. eggs and meat are naturally higher in fat than starches, vegetables or natural sugars like fruit) and not considered high fat unless 'caution' items such as cheese, nuts, and/or nut flours, such as almond flour, are also a part of the recipe.

## Peanut Butter Delight

1 cup low fat 2% cottage cheese  
1 tablespoon peanut butter  
0 calorie sweetener of choice equal to 1 tablespoon sugar

Stir together cottage cheese and peanut butter. Microwave on high for one minute and then add 0 calorie sweetener of choice. Stir together well.

**Yield: 2 servings**      **Serving Size: ½ cup**

**Per Serving: Calories: 149; Fat: 6.2 g; Carbs: 6.4 g; Dietary Fiber: 0.5 g; Sugar: 1.1 g; Protein: 17.5 g**

## Apple Pancakes

1 medium apple, chopped finely  
¼ teaspoon cinnamon  
0 calorie sweetener of choice equal to 2 teaspoons sugar

### **Pancake batter:**

¼ cup almond flour  
2 egg whites  
1 tablespoon water  
Dash of sea salt  
0 calorie sweetener of choice equal to 1 teaspoon sugar  
¼ teaspoon cinnamon  
¼ teaspoon vanilla

Finely chop apple, add ¼ teaspoon cinnamon and 0 calorie sweetener of choice and mix thoroughly. In a separate bowl, combine all pancake batter ingredients and mix until smooth. Fold in apple mixture to coat evenly. Spray non-stick pan and prepare like a regular pancake.

**Yield: 2 servings**

**Per Serving: Calories: 134; Fat: 7.2 g; Carbs: 14.2 g; Dietary Fiber: 3.4 g; Sugar: 8.0 g; Protein: 6.8 g**

## Quick and Delicious Greek

1 teaspoon sugar free, fat free pudding mix  
6 ounces 0% fat Greek yogurt  
0 calorie sweetener of choice to taste  
½ cup strawberries or any fresh or frozen fruit i.e. mixed berries, peaches, etc.

Other serving suggestions, as the list is endless: 1 teaspoon any flavor sugar free gelatin, 1 teaspoon sugar free, fat free pudding mix, any fresh or frozen fruits, any nuts, any sugar free flavoring or extract, such as almond extract or sugar free syrups, etc.

**Yield: 1 serving**

**Per Serving: Calories: 130; Fat: 0.2 g; Carbs: 15.1 g; Dietary Fiber: 1.5 g; Sugar: 10.5 g; Protein: 18.5 g**

**2<sup>nd</sup> Three Weeks Option:** Honey is a highly preferred sweetener for Greek yogurt lovers, so keep that in mind for the 2<sup>nd</sup> three weeks and after. Replace 0 calorie sweetener of choice with 1 teaspoon honey.

**Yield: 1 serving**

**Per Serving: Calories: 151; Fat: 0.2 g; Carbs: 19.9 g; Dietary Fiber: 1.5 g; Sugar: 16.3 g; Protein: 18.5 g**

## Crustless Crab Quiche



4 eggs  
1 cup sour cream  
1 cup low fat 2% small curd cottage cheese  
½ cup grated Parmesan cheese  
¼ cup almond flour  
Pinch of sea salt  
4 drops Tabasco sauce  
Pinch nutmeg  
8 ounces diced crabmeat  
1 ½ cups shredded Swiss or Monterey jack cheese  
½ cup diced Vidalia sweet onion

*Healthy Tip:* Switch from eggs to egg whites occasionally.

Preheat oven to 350° F. Lightly grease a 10-inch glass pie plate. In food processor, blend the first 8 ingredients. Pour the mixture into a large bowl and stir in the crabmeat, cheese and onion. Pour mixture into the prepared pie plate and bake for 50 - 60 minutes until set in the middle and is puffed and golden brown. Let stand for 10 minutes before slicing.

**Yield: 8 serving**

**Serving Size: ⅛ pie**

**Per Serving: Calories: 272; Fat: 18.1 g; Carbs: 9.5 g; Dietary Fiber: 0.6 g; Sugar: 2.8 g; Protein: 18.4 g**



The caution sign identifies recipes that include caution items as ingredients. Some high fat caution items are milk, cheese, and nuts. Some high sugar (even though natural sugar) are pineapple and banana. Some high starchy vegetables are black beans and other legumes. These items are caution items for the 1<sup>st</sup> 3 weeks of maintenance. **Use these recipes in moderation and watch your morning weight closely, particularly during the 1<sup>st</sup> 3 weeks.**

## Basic Tofu Scramble

16 ounces firm tofu  
1 teaspoon olive or canola oil  
2 tablespoons finely chopped onion  
2 scallions, white part only, finely chopped  
¼ teaspoon soy sauce  
Salt and ground black pepper

Add some oil to a big skillet and sauté the onions. Add tofu, scallions, soy sauce, salt and pepper and scramble like you would eggs. Optional: Add mushrooms, spinach, asparagus, Vidalia onions or vegetables of your choice, either with onions or while scrambling, your preference.

**Yield: 4 servings**      **Serving Size: 4 ounces**

**Per Serving: Calories: 94; Fat: 5.9 g; Carbs: 3.0 g; Dietary Fiber: 1.3 g; Sugar: 1.1 g; Protein: 9.5 g**

*Healthy Tip:* Include healthy fats like almonds and coconut oil in your daily plan.

## Flax and Cheese Pancakes or Muffins

*(Shown with Berry Syrup)*

16 ounces low fat 1% cottage cheese  
0 calorie sweetener of choice equal to ½ cup sugar  
2 tablespoons melted butter  
½ cup flax meal  
4 large eggs



Cream cottage cheese with blender or hand mixer until smooth. Use spoon to mix remaining ingredients into cottage cheese until well blended.

**To prepare as pancakes:** Heat non-stick frying pan on medium. Pour small (3 inch diameter) pancakes. Heat until tops start to bubble and edges start to brown. Flip and heat about 2 minutes longer. Serve with Berry Syrup from this book or sugar free maple syrup.

**Yield: 4 servings; 12 pancakes**      **Serving Size: 3 pancakes**

**Per Serving: Calories: 263; Fat: 16.4 g; Carbs: 10.1g; Dietary Fiber: 4.0g; Sugar: 3.1g; Protein: 23.1g**

**To prepare as muffins:** Preheat oven to 350° F and spray a non-stick muffin tin with cooking spray. Spoon the mixture into the muffin tin and bake for 40 minutes. You may want to rotate the pan after about 15 minutes to help even the baking. Let cool completely before removing from pan. Some great additions for a twist are vanilla, cinnamon, nutmeg, etc.

**Yield: 12 servings**      **Service Size: 1 muffin**

**Per Serving: Calories: 94; Fat: 5.8; Carbs: 3.7 g; Dietary Fiber: 1.3 g; Sugar: 0.1 g; Protein: 8.2 g**

*Lifestyle Tip:* Have a plan for events and ongoing circumstances. For instance, if a muffin cart comes around your office every morning, bring or buy a healthy muffin to substitute so that you don't feel left out.

# Breads & Crusts

## Banana Bread

- 1 tablespoon egg substitute
- 2 ounces light sour cream
- ½ teaspoon salt
- 5 medium bananas
- ¾ cup whole flax seed meal
- 1 teaspoon baking soda
- 0 calorie sweetener of choice equal to ¾ cup sugar
- ¼ cup skim milk



Preheat oven to 350° F. Mix together the sweetener, flaxseed, mashed bananas, milk, sour cream and egg substitute until well blended. Combine the baking soda and salt in a separate bowl. Stir the dry mixture slowly into the banana mixture until moistened (be careful not to over mix). Pour onto a greased cookie sheet. Bake for 30 to 40 minutes until a toothpick inserted in the center comes out clean.

**Yield: 12 servings**      **Serving Size: 1/12 cookie sheet**  
**Per Serving: Calories: 82; Fat: 3.0 g; Carbs: 15.2 g; Dietary Fiber: 3.3 g; Sugar: 6.3 g; Protein: 2.5 g**

## Pizza Crust – Egg/Cheese Based

- 6 eggs
- 6 ounces ½ less fat cream cheese
- 1 teaspoon garlic powder
- 1½ teaspoons oregano or other Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup shredded pizza cheese blend (ex. Parmesan, Romano, Asiago)



Preheat oven to 350° F. Blend egg and cream cheese (at room temperature) with electric mixer. Add salt and spices and mix well. Spread the cup of shredded pizza cheese in the bottom of a pizza pan that has been sprayed with no stick olive oil cooking spray. Pour egg/cream cheese mixture over the shredded cheese and bake for 22-25 minutes until the top begins to brown. Remove from oven, add pizza toppings and bake about another 10-15 minutes until done.

**Yield: 8 servings**      **Serving Size: ½ pizza pan**  
**Per Serving: Calories: 137; Fat: 9.1 g; Carbs: 6.5 g; Dietary Fiber: 0.4 g; Sugar: 1.6 g; Protein: 6.5 g**

### *Diet Tip:*

Eat plenty of fiber.



# Appetizers

## Pizza Sauce Dip

- 1 (14.5 ounce) can Hunt's fire roasted tomatoes
- 3 tablespoons tomato paste
- ¼ cup roasted peppers
- ¼ teaspoon salt
- ¼ teaspoon oregano
- ½ teaspoon garlic powder

Combine ingredients and mix well. Great served with Cauliflower or Zucchini Crust/Bread.



**Yield: 8 servings**

**Serving Size: ¼ cup**

**Per Serving: Calories: 22; Fat: 0.0 g; Carb: 4.6 g; Dietary Fiber: 0.7 g; Sugar: 2.5 g; Protein: 0.9 g**

## Jalapeno Poppers



- 25 fresh jalapenos
- 8 ounces ground sausage, cooked and drained
- 8 ounces cream cheese
- 8 ounces shredded Parmesan cheese



Preheat oven to 350° F. Spray baking sheet or line it with foil. Slice peppers in half lengthwise removing veins and seeds. Brown sausage on low until it is crumbly; then drain off excess grease. After it cools, mix in cream cheese and Parmesan cheese. Fill peppers with a heaping teaspoon of mixture and place on baking sheet. Bake for approximately 30 minutes until tops are lightly browned. Cool slightly and serve.

**Yield: 16 servings**

**Serving Size: 3 pieces**

**Per Serving: Calories: 154; Fat: 11.4 g; Carb: 2.7 g; Dietary Fiber: 0.9 g; Sugar 1.4 g; Protein: 9.5 g**

# Lunches & Dinners

## Beef Fajitas

- 1 pound steak
- 1 orange pepper
- 1 yellow pepper
- 1 green pepper
- ½ onion – chunked
- 1 package fajita mix
- ½ cup water



Cut steak into long strips about ½ inch thick. Slice peppers lengthwise about ½ inch thick. In a non-stick skillet, heat meat and vegetables on medium heat. When the meat is almost done, add seasoning mix and water and sauté until done. Place on top of a plate of lettuce and tomato for a fajita salad.

**Yield: 4 servings**

**Serving Size: 4 ounces**

**Per Serving: Calories: 286; Fat: 5.8 g; Carb: 11.1 g; Dietary Fiber: 1.7 g; Sugar: 2.3 g; Protein: 42.1 g**

## Shrimp Scampi and Pasta

- 1 (6 or 7 ounce) package Shirataki (fiber) Noodles\*
- 2 tablespoons butter
- 1 clove garlic, crushed
- 1 tablespoon lemon juice, fresh squeezed if possible
- 2 teaspoons dried parsley
- ¾ pound shrimp, drained and peeled

\*For best results when using Shirataki Noodles: Prior to use in a recipe, drain and thoroughly rinse the noodles with cold water. Place drained noodles in a non-stick frying pan and cook over medium heat, stirring occasionally, for approximately 10 minutes.

Place noodles in a large skillet with all ingredients but the shrimp. Toss noodles for about 2 minutes. Clear a spot in the center of the pan and add shrimp. Place a cover on the pan and cook about 5 minutes until shrimp is done. Turn burner on low until you are ready to serve.

**Yield: 2 servings**

**Serving Size: ½ of mixture**

**Per Serving: Calories: 283; Fat: 13.4 g; Carb: 3.0 g; Dietary Fiber: 0.1 g; Sugar: 0.2 g; Protein: 35.9 g**

## Caramelized Tofu

8 ounces extra firm tofu, cut to thin 1 inch strips  
¼ teaspoon fine grain sea salt  
2 teaspoons olives  
2 medium cloves garlic, minced  
¼ cup pecans, toasted and chopped  
0 calorie brown sugar sweetener of your choice equal to 3 tablespoons brown sugar  
½ pound Brussels sprouts cut into ⅛ inch wide ribbons

Cook the tofu strips in large hot skillet with ¼ teaspoon salt and a teaspoon of oil. Sauté until slightly golden (3.5 – 5 minutes). Add the garlic and pecans and cook for another minute. Stir in 0 calorie sweetener of your choice. Cook for another couple of minutes. Scrape the tofu out onto a plate and set aside while you cook the Brussels sprouts. In the same pan, add remaining oil, add remaining salt, and turn the heat up to medium-high. When the pan is hot, stir in the strips of Brussels sprouts. Cook for 2 - 3 minutes, stirring a couple times, but not constantly, until you get some golden bits, and the rest of the sprouts are bright and delicious. Combine with tofu mixture and serve.

**Yield: 3 servings**      **Serving Size: approximately 4 ounces**  
**Per Serving: Calories: 168; Fat: 11.3 g; Carb: 11.8 g; Dietary Fiber: 4.1 g; Sugar: 2.4 g; Protein: 11.0 g**

## Strawberry-Bacon Spinach Salad

1 pound fresh baby spinach  
2 cups fresh strawberries, quartered  
8 bacon strips, cooked and crumbled  
¼ cup red onion, chopped  
¼ cup chopped walnuts OR toasted almonds  
(350 ° F for 8-10 minutes to toast almonds)  
0 calorie sweetener of your choice equal to ½ cup sugar  
1 cup mayonnaise  
¼ cup raspberry vinegar



Combine spinach, strawberries, bacon, onion and walnuts in salad bowl. In a small bowl, beat or cream mayonnaise, sweetener and vinegar. Toss dressing with salad just before serving.

**Yield: 6 servings**      **Serving Size: 1 cup**  
**Per Serving: Calories: 273; Fat: 20.6 g; Carb: 19.0 g; Dietary Fiber: 3.1 g; Sugar: 5.5 g; Protein: 7.7 g**



The caution sign identifies recipes that include caution items as ingredients. Some high fat caution items are milk, cheese, and nuts. Some high sugar (even though natural sugar) are pineapple and banana. Some high starchy vegetables are black beans and other legumes. These items are caution items for the 1<sup>st</sup> 3 weeks of maintenance. **Use these recipes in moderation and watch your morning weight closely, particularly during the 1<sup>st</sup> 3 weeks.**

## Summer Steak Salad

- 2 ½ pounds sirloin, chunked
- 1 green bell pepper, sliced and grilled
- 1 yellow bell pepper, sliced and grilled
- 1 red bell pepper, sliced and grilled
- 1 avocado, diced
- 1 ripe mango, diced
- 2 tomatoes, chopped



Grill the sirloin and the peppers. Mix everything in a bowl and add your favorite dressing. Enjoy!

**Yield: 4 servings**

**Per Serving: Calories: 343; Fat: 12.8 g; Carb: 11.4 g; Dietary Fiber: 3.5 g; Sugar: 6.2 g; Protein: 44.6 g**

**2<sup>nd</sup> Three Weeks Option:** Add one ear of corn per person, washed and grilled lightly. Slice off kernels and mix with other ingredients.

**Per Serving: Calories: 405; Fat: 13.6 g; Carb: 25.3 g; Dietary Fiber: 5.4 g; Sugar: 8.5 g; Protein: 46.9 g**

*Healthy Tip:* Avoid processed lunch meat, canned fruits and canned vegetables. Instead choose more raw, minimally cooked and frozen options as much as possible.

## Chicken Fettuccini

- 3 (4 ounce) chicken breasts
- 1 jar (15 ounce) Newman All Natural Alfredo Sauce
- 3 strips bacon, cooked and crumbled
- 1 (6 or 7 ounce) package Shirataki (fiber) Noodles\*

\*For best results when using Shirataki Noodles: Prior to use in a recipe, drain and thoroughly rinse the noodles with cold water. Place drained noodles in a non-stick frying pan and cook over medium heat, stirring occasionally, for approximately 10 minutes.



Grill or boil chicken, and cut into chunks. Warm Alf redo sauce in skillet and add crumbled bacon and prepared noodles. Cook down until most of the juice is gone. Add chicken and serve.

**Yield: 3 servings**      **Serving Size: approximately 1 ½ cup**

**Per Serving: Calories: 368; Fat: 15.6 g; Carb: 1.6 g; Dietary Fiber: 0.0 g; Sugar: 0.2 g; Protein: 51.2 g**

# Sundried Tomato Glazed Salmon

*(Shown with Almond Broccoli & Rice)*

1 pound salmon  
1 cup Sundried Tomato Vinaigrette dressing

Place salmon in a container and pour the dressing over it. Marinate for a minimum of 2 hours. Grill or bake the salmon. Discard remaining dressing/marinade. For baking, preheat oven to 350° F for about 30 minutes. Salmon is done when you stick with a fork and the meat flakes. Great served with Mock Rice and Almond Broccoli (both recipes in this book).



**Yield: 4 servings**      **Serving Size: 4 ounces**

**Per Serving: Calories: 299; Fat: 19.5 g; Carb: 3.0 g; Dietary Fiber: 0.0 g; Sugar: 3.0 g; Protein: 25.1 g**

# Mandarin Orange Lettuce Salad



## Salad:

1 head of iceberg lettuce  
1 head of Romaine lettuce  
1 (10 ounce) package of spinach  
½ red onion or to taste, sliced  
1 small can mandarin oranges, drained  
1 cup celery, chopped  
2.5 ounces slivered almonds, toasted  
1 (20 ounce) can pineapple chunks, drained

## Poppy Seed Dressing:

0 calorie sweetener of choice equal to ¾ cup sugar  
1 teaspoon dry mustard  
1 teaspoon sea salt  
½ cup red wine vinegar  
1 cup olive oil  
1½ tablespoons poppy seeds



In a blender\*, combine sweetener, dry mustard, vinegar and salt. Slowly add oil and poppy seeds.

\* Must use a blender, not a shaker jar, to keep the dressing from separating.

Mix together salad greens, red onion, pineapple chunks, mandarin oranges and toasted almonds in a salad bowl. Top with Poppy Seed Dressing and serve immediately.

**Yield: 10 servings**      **Serving Size: approximately 1 cup**

**Per Serving: Calories: 305; Fat: 26.2 g; Carb: 17.4 g; Dietary Fiber: 4.6 g; Sugar: 10.1 g; Protein: 4.3 g**

# Soups

## Buffalo Chicken Soup



- 1 pound cooked chicken
- ½ cup Frank's Buffalo Sauce
- 1 can low fat cream of chicken soup
- 1 can low fat cream of mushroom soup
- ¾ cup skim milk
- ¾ cup low fat shredded cheddar cheese
- 3 ounce jar Hormel real bacon bits
- 3 ounces ½ less fat cream cheese

In a large sauce pan or crock pot, combine soups, milk, cheddar cheese and bacon and simmer. Cut up cooked chicken and add to the soup along with sauce. Simmer 15-20 minutes or until all is creamy and warm. You can add additional buffalo sauce to taste.



**Yield: 6 servings**      **Serving Size: 1 cup**

**Per Serving: Calories: 300; Fat: 12.7 g; Carb: 10.3 g; Dietary Fiber: 0.9 g; Sugar: 2.8 g; Protein: 33.5 g**

## Sweet and Sour Soup

- 4 cups vegetable stock
- 1 cake firm tofu, cubed
- 4 slices fresh ginger root, ½ inch thick
- ½ teaspoon whole black peppercorn
- 3 large green onions, cut to 1 inch lengths
- ½ large sweet red pepper, seeded and sliced
- ½ cup fresh button mushrooms, sliced
- ¼ cup bamboo shoot
- ¼ cup rice wine vinegar
- 1 teaspoon chili powder
- 1 teaspoon sesame oil

In a large cooking pot, add chicken broth, sliced ginger root and peppercorns and bring to boil. Reduce heat to low and simmer uncovered for 20 minutes. Strain broth and discard ginger root and peppercorns. Return strained broth to cooking pot. Add sliced green onions, sliced red sweet pepper, sliced mushrooms, bamboo shoots, rice wine vinegar, chili powder and sesame oil. Bring to boil, reduce heat and simmer for 10 minutes or until vegetables are just tender crisp. Serve in soup bowls. If desired, serve this soup over cooked brown rice.

**Yield: 8 servings**      **Serving Size: 1 cup**

**Per Serving: Calories: 61; Fat: 3.8 g; Carb: 4.1 g; Dietary Fiber: 1.3 g; Sugar: 2.2 g; Protein 4.7 g**

# Desserts

## Crustless Cheesecake



16 ounces cream cheese  
2 eggs  
2 teaspoons vanilla  
16 ounces sour cream  
2 tablespoons melted butter  
1/2 cup Malitol syrup (can also use sweetener or sugar free syrup)

Preheat oven to 325° F. Beat all ingredients together. Pour into a spring form pan. Bake for 30-40 minutes. When time is up, turn off the oven, BUT don't take the cake out. Let it cool completely before opening the oven door. Refrigerate.

**Yield: 10 servings**

**Per Serving: Calories: 272; Fat: 26.2 g; Carb: 4.3 g; Dietary Fiber: 0.0; Sugar: 0.3 g; Protein: 5.6 g**

## Strawberry Pie



### Crust:

¾ cup almond meal  
2 tablespoons butter  
0 calorie sweetener equal to 2 tablespoons sugar

Preheat oven to 325° F. Combine ingredients for crust and press into bottom of pan. Bake for 7 – 10 minutes until beginning to brown. Cool.

### Filling:

1 pint strawberries cut in half  
1 tablespoon cornstarch  
1 cup hot water  
1 small package strawberry sugar free Jell-O (3 tablespoons dry mix)  
0 calorie sweetener of choice equal to 1 cup sugar



Put berries in baked shell. Cook sweetener, water and cornstarch until thick. Remove from heat; add Jell-O and stir well. Cool, then pour over strawberries. Top with whipped topping. Cut into 8 slices.

**Yield: 8 servings      Serving Size: 1 slice**

**Per Serving: Calories: 146; Fat: 12.0 g; Carb: 11.4 g; Dietary Fiber: 2.2 g; Sugar: 3.4 g; Protein: 3.3 g**



The caution sign identifies recipes that include caution items as ingredients. Some high fat caution items are milk, cheese, and nuts. Some high sugar (even though natural sugar) are pineapple and banana. Some high starchy vegetables are black beans and other legumes. These items are caution items for the 1<sup>st</sup> 3 weeks of maintenance. **Use these recipes in moderation and watch your morning weight closely, particularly during the 1<sup>st</sup> 3 weeks.**