

HCG Diet Recipes



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The Diet

Food Item	Calories per ounce
Apple	15
Grapefruit (1/2)	9
Orange	13
Strawberries	9
Asparagus	6
Beet Greens	6
Cabbage	7
Celery	4
Chard	7
Chicory	7
Cucumber	3
Fennel	9
Lettuce, Romaine	5
Lettuce, Iceburg	4
Onion, bulb	12
Onion, green	9
Radish	5
Spinach	7
Tomatoes	5
Chicken	31
King Crab	24
Flounder/Sole	26
Alaskan Sea Bass	28
Tilapia	27
Cod	23
Halibut	31
Ground Turkey 93%	41
Ground Turkey 99%	30
Hamburger 95% Lean	38
Prawn	30
Steak, sirloin	53
Scallops	25
Shrimp, shelled	30
Lobster	26
Melba Toast / 1 piece	20

A safe way to divide up the calories:

- * **300 calories protein per day**
- * **120 calories fruit per day**
- * **80 calories veggies per day**

- * 2 proteins, 2 veggies, 2 fruits a day
- * All food is weighed raw
- * Only weigh what you eat
- * Don't mix your veggies
- * Don't eat 500 calories all at once
- * Drink minimum 2 liters of H2O daily
- * Don't use butter or oil/oil spray
- * Don't drink alcohol

The juice of one lemon is allowed for all purposes. Salt (or sea salt), pepper, vinegar, apple cider vinegar (not balsamic), mustard powder, garlic, sweet basil, parsley, thyme, marjoram, and many more may be used for seasoning. Oil, oil spray, butter or dressing may not be used for cooking.

Tea, coffee, plain water, or mineral water are the allowed beverages, they may be taken in any quantity and at all times. A patient should consume at least 2 liters of water per day.

Stevia

Stevia is a natural sweetener, some people love it, some don't!

Saccharin (Sweet 'N Low), sucralose (Spenda), and aspartame (NutraSweet and Equal) are not good for the body. Stevia is has been around for a while and you can get more information at www.stevia.com

Most local health food stores carry stevia, just ask for it.

Stevia comes in a concentrated liquid, tablets, and powder packets. It is portable and you can carry the tablets or packets around with you if needed. You can use stevia on the hcg protocol, for coffee, tea, water, and many many recipes.

Many recipes can call for stevia, don't add too much in all at once. Every one has a different taste so be prepared to start out with the least amount and increase as necessary. You can play around with stevia and fine tune the recipes to your liking.

Dr. Simeons originally stated that saccharin and stevia are permitted on the 500 calorie diet part of the HCG protocol. Other sweeteners are not recommended.

Spices can prevent weight loss!

Many of us already know that sugar in all forms is added to food products, beverages, and even spices and seasonings. Hard to believe but it's true. This page describes guidelines you need to follow so that you don't make the mistake of using the wrong spices and interfering with your weight loss. Why would a very small amount of sugar in a spice even matter while on this diet? It couldn't possibly make a difference right? What if the **Nutrition Facts Table** says there are zero **CALORIES** and zero **SUGARS**? First of all that is a good start, we want zero calories and zero sugars but what you still have to do is read the list of ingredients.

We have seen many people with slowed or even stalled weight loss due to the spices they were sprinkling on their food. There are two important points that must be understood.

Nutrition labeling regulations state that a product can list 0 calories of SUGAR as long as it contains less than 5 calories of sugar. Manufacturers can adjust serving size by calculating the amount of product it would take to render less than 5 calories. If, for example, a Chicken flavored spice or seasoning contains 3-4 calories worth of sugar in 1 teaspoon, the Nutrition Facts Table would list **Serving Size 1 teaspoon with Calories 0 and Sugars 0, kind of sneaky right!** In this example, when reading the ingredient label, you would see 'dextrose' (or another name for sugar) as an ingredient listed in the make up of the seasoning. Ingredients are always listed in order of the amount contained in the product. In this particular example, salt was the first and main ingredient with sugar (dextrose) as the second ingredient.

Even though there might be some undetected sugar, a few granules in a type of seasoning can inhibit weight loss. You may pick up some garlic powder or garlic salt to read the ingredients. Common sense tells you that it should contain just garlic or garlic and salt. Some products will list sugar or starch as additives as well. These are the ones you need to avoid.

During the HCG diet everyone is more sensitive to additives, sugars, fats, starches, chemicals, and preservatives. Remember that even a very small amount can have a negative effect on your weight loss.

Here is what you should do. Don't look at the **Nutrition Fact Table**, read the **Ingredients** to see if fat, starch or sugar is part of the seasoning or spice composition. There can't be any type of oil (such as sunflower, soybean or canola oil), no type of starch (such as corn starch or flour) and no type of sugar, period!

There are numerous names for sugar. The list below is an example of many of them. In your spices and seasoning you need to look for some of these names. Any word that contains syrup, dextrin, malt, the suffix 'ose', and juice are the most common forms of sugar in these products.

Common and Not-so-common names for sugar:

Barbados Sugar	Diastatic malt	Malt syrup
Barley Malt	Ethyl maltol	Maltodextrin
Beet Sugar	Fructose	Maltose
Brown sugar	Fruit juice	Mannitol
Buttered syrup	Fruit juice concentrate	Molasses
Cane-juice crystals	Galactose	Muscovado
Cane sugar	Glucose	Panocha
Caramel	Glucose solids	Refiner's syrup
Carob syrup	Golden sugar	Rice Syrup Sorbitol
Corn syrup	Golden syrup	Sorghum syrup
Corn syrup solids	Grape sugar	Sucrose
Date sugar	High fructose corn syrup	Sugar
Demerara Sugar	Honey	Treacle
Dextran	Invert sugar	Turbinado sugar
Dextrose	Lactose	Yellow sugar
Diatase	Malt	

The interpretation of Dr. Simeons guideline in using of spices is that the spice is permitted if it is in its pure dried form. If you are using a fresh herb or spice that is oily (rosemary or oregano), don't use the fresh version, use the dried. This rule can be applied to individual spices or combination spices.

But what about onion powder, isn't it a vegetable? Yes it is a vegetable but when it's in a spice/seasoning form it dissolves so it is considered a spice. Dehydrated onions are a vegetable, onion powder is a spice.

The following examples of seasonings contain no fat, starch or sugar:

McCormick Montreal Chicken
McCormick Garlic Pepper
McCormick Italian Seasoning
Tony Chachere's Original Creole Seasoning
McCormick Steakhouse Seasoning Grinder
McCormick Italian Herb Seasoning Grinder
McCormick Broiled Steak Seasoning Salt
McCormick Rotisserie Chicken Seasoning
McCormick Herb Chicken Seasoning
Spice Classic Soul Food Seasoning Salt
Spice Classic Steak Seasoning Salt
Spice Classic Poultry Seasoning
Weber Grill Creations N'Orleans Cajun Seasoning

You have to check and double check all spice and seasoning labels. If there is no list of ingredients then don't buy or use it.

Beverages

Orange Slushy

$\frac{3}{4}$ c. crushed ice

___ oz. orange

5 drops Valencia Orange flavored stevia

Mix in blender until smooth. Pour into glass and serve.

Servings: 1 fruit

Orange Julius

$\frac{3}{4}$ c. crushed ice

___ oz. orange

5 drops Valencia Orange flavored stevia

5 drops Vanilla Crème flavored stevia

Mix in blender until smooth. Pour into glass and serve.

Servings: 1 fruit

Strawberry Orange Smoothie

$\frac{3}{4}$ c. crushed ice

___ oz. orange

___ oz. fresh or frozen strawberries

5 drops Clear stevia

5 drops Valencia Orange stevia

5 drops Vanilla Crème stevia

Mix in blender until smooth. Pour into glass and serve or freeze to make shaved ice.

Servings: 2 fruits

Lemonade

1 c. water

5 drops Clear stevia

1 T. fresh lemon juice

15 drops Lemon stevia

Stir in glass and add ice to serve or freeze to make shaved ice.

Servings: 0 fruit (Allowed the juice from 1 fresh lemon per day.)

Strawberry Lemonade

1/2 c. crushed ice
1 c. water
1 T. fresh lemon juice
__ oz. fresh or partially defrosted strawberries 25 drops
Lemon flavored stevia
10 drops Clear stevia

Mix in blender until smooth. Pour into glass and serve or freeze to make shaved ice.

Servings: 1 fruit

Iced Raspberry Coffee

1 1/2 c. crushed ice
1/2 c. strong coffee
stevia
5 drops Chocolate Raspberry stevia
1 T. milk
10 drops Vanilla Crème

Mix in blender until smooth. Pour into glass and serve.

Servings: 1 milk

Frozen Cappuccino

1 c. crushed ice
1 T. milk
5 drops Vanilla Crème stevia
5 drops English Toffee stevia
5 drops clear stevia

Mix in blender until smooth. Pour into glass and serve.

Servings: 1 milk

Hot Chocolate

8 oz. hot water
5 drops Chocolate stevia
2 drops Vanilla Crème stevia

Hot Raspberry Chocolate

8 oz. hot water
4 drops Chocolate Raspberry stevia
3 drops Vanilla Crème stevia

Cinnamon Dolce

1 c. crushed ice
1 T. milk
5 drops Vanilla Crème stevia
5 drops English Toffee stevia
5 drops Clear stevia
5 drops Cinnamon stevia

Mix in blender until smooth.

Pour into glass and serve.

Servings: 1 milk

Soda

For those of you that love soda pop here is an option to satisfy those carbonation cravings. Club Soda is the cheapest kind of carbonated water but you can use others as long as they aren't sweetened with anything, not even aspartame. Stevia comes in all different flavors and a common brand is 'SWEET LEAF' brand flavored stevia.

Keep in mind that these new flavored soda like beverages aren't going to taste like your favorite drink. They will be close, but not exact.

Root Beer

8 oz. carbonated water
15 drops Root Beer stevia

Root Beer Crème

8 oz. carbonated water
13 drops Root Beer stevia
3 drops Vanilla Crème stevia

Orange Soda

8 oz. carbonated water
15 drops Valencia Orange stevia

Lemon water

8 oz. carbonated water
10 drops Lemon Drop stevia

Citrus Burst

8 oz. carbonated water
10 drops Lemon Drop stevia
5 drops Apricot Nectar stevia

Grape

8 oz. carbonated water
10 drops Grape stevia

Fruits

Apple Cobbler

__ oz. sliced apple

1/8 t. cinnamon

1 packet stevia

Toss the above ingredients and arrange on a microwave safe plate.

Topping:

Picture W on back cover

2 Classic flavored Melba Toast rounds

Cinnamon

1/4 packet stevia

Sprinkle apples with crumbled Melba Toast rounds, cinnamon and 1/4 packet stevia. Heat in microwave on high for 2 minutes.

Servings: 1 fruit, 1 starch

Fruit Medley

__ oz. orange

7 to 10 small-medium strawberries

1 packet stevia (optional depending upon the sweetness of the fruit)

Toss cut up orange and sliced strawberries. Sprinkle stevia to taste.

Servings: 2 fruits

Jamaican Grapefruit

1/2 grapefruit __ oz.

Cinnamon

1-2 packets stevia

Using a serrated edge knife, cut grapefruit in half as normally would and place on a microwave safe plate. Cut around center core, rind, and partitions. Sprinkle with cinnamon and stevia. Heat in microwave on high for 2 minutes.

Servings: 1 fruit

Apples with Strawberry Sauce

__ oz. Jonathon apple
3 to 5 small-medium strawberries __ oz.
3 drops Vanilla Crème stevia

Slice apple and arrange on a plate. Mash the strawberries with a fork and add Vanilla Crème stevia to make a sauce. Pour over the apple slices.

Servings: 1 fruit

Homemade Applesauce

5 apples (Johnathon, Gala, Fuji)
1 t. fresh lemon juice
1/2 c. water
1 packet stevia
1/2 t. cinnamon

Peel, core and chop apples. Cook apples and water in a crock pot on low for 2 hours. When cooled, puree apples in blender while adding stevia and cinnamon. Divide into 5 equal portions (usually about 1/2 c. per serving).

Servings: 5 fruits

Strawberries and Crème

__ oz. small-medium strawberries
1 T. milk
1 drop Vanilla Crème stevia
1 packet stevia

Slice strawberries and toss with packet of stevia to taste. Measure milk into separate bowl and stir in liquid stevia. Pour over strawberries.

Servings: 1 fruit, 1 milk

Salad Dressings

Vinaigrette Dressing

1/4 c. apple cider vinegar
1/2 c. water
2 shakes celery salt
2 shakes onion salt
Ground pepper to taste
20 drops Clear stevia
3 packets stevia

Combine ingredients, pour into jar and refrigerate.

Lemon Dressing

1/4 c. apple cider vinegar
1 c. water
1 T. fresh lemon juice
25 drops Clear stevia
1 packet of stevia

Combine ingredients, pour into jar and refrigerate.

Citrus Dressing

1/4 c. apple cider vinegar
1 c. water
1 T. fresh lemon juice
15 drops Clear stevia
10 drops Apricot Nectar flavored stevia
1 packet of stevia
1/4 t. Chinese Style Five Spice (Optional)
1/4 t. garlic salt (Optional)

Combine ingredients, pour into jar and refrigerate.

Seasoning Mixes

Cajun Dry Rub Seasoning

- 8 T. paprika
- 3 T. cayenne
- 6 T. ground black pepper
- 4 T. garlic granules** (or 2 T. garlic powder)
- 3 T. onion granules** (or 1-1/2 T. onion powder)
- 6 T. sea salt
- 2 T. ground cumin
- 4 T. dried oregano
- 4 T. dried thyme

Combine all the ingredients, blending well. Store in an airtight container away from heat and light. Dry rub seasonings can be rubbed into meat, fish, or poultry or added to gumbos, pastas, or almost any dish that you want to spice up. Perfect as a seasoning for fried or grilled chicken, chicken pasta dishes or gumbo.

Makes about 2-1/2 cups

Classic Poultry Seasoning

- 1 T. onion powder
- 1 T. garlic powder
- 2 T. dried sage leaves, crumbled or whole
- 2 T. dried thyme leaves
- 2 T. dried parsley leaves

Combine all of the ingredients in a bowl and blend. Put in container with a tight fitting lid and store away from heat and light. Shake or stir to re-blend before each use.

This tangy blend of herbs is just right for roast chicken, fried chicken, or most any chicken or poultry dish where you want flavor – not heat.

Makes 2/3 cup

Cajun Poultry Seasoning

2 T. paprika
3/4 T. cayenne
1/2 T. ground black pepper
3 T. garlic granules
1/2 T. onion powder
1/2 T. seasalt
1/2 T. ground cumin
1 T. dried oregano
3 T. dried thyme leaves
2 T. dried sage leaves, crumbled or whole
2 T. dried parsley leaves

For a finer texture, pour all ingredients in a food processor and pulse several times. Store seasoning blends in an airtight container, away from heat and light. For best flavor, use within 3–4 months.

Makes 1 1/4 cup

All Purpose Seasoning

1 T. sea salt
1 T. garlic powder
1 T. onion powder
1/2 T. black pepper

Combine in a small bowl and store in an airtight container, away from heat and light.

Southwest Seasoning

1 T. chili powder	
1/4 t. garlic powder	1/2 t. paprika
1/4 t. onion powder	1/2 t. ground cumin
1/4 t. dried	1 t. sea salt
	1 t. black pepper

In a small bowl, mix together chili powder, garlic powder, onion powder, oregano, paprika, cumin, salt and pepper. Store in an airtight container away from heat and light.

Salads

Chicken Apple Salad

__ oz. raw spinach or romaine lettuce

__ oz. ½ chopped apple

__ oz. chicken breast

Vinaigrette, Lemon or Citrus Dressing

Cook and chop chicken. Arrange spinach or lettuce on plate, sprinkle with chopped apple and chopped chicken. Spray or spoon on Vinaigrette, Lemon or Citrus Dressing.

Servings: 1 protein, 1 vegetable, 1/2 fruit

Strawberry Chicken Salad

__ oz. raw spinach or romaine lettuce

3 to 5 small-medium sliced strawberries __ oz.

__ oz. grams chicken breast

Vinaigrette Dressing (pg. 13)

Cook and chop chicken. Arrange spinach or lettuce on plate, sprinkle with chopped chicken and strawberries. Spray or spoon on Vinaigrette Dressing.

Servings: 1 protein, 1 vegetable, 1/2 fruit

Asian Salad

2 c. romaine lettuce

1/2 chopped orange __ oz.

__ oz. grams chicken breast 1/4 t. Chinese Five Spice

1/8 t. garlic salt

1 packet stevia

2 Sesame flavored Melba Toast rounds

Citrus Dressing

Cook and chop chicken. Toss lettuce, orange, and chicken with Chinese Five Spice, garlic salt, and stevia. Sprinkle with crumbled sesame rounds. Spray or spoon on Citrus Dressing.

Servings: 1 protein, 1 vegetable, 1/2 fruit

Chicken Salad

__ oz. grams chicken breast
1/2 chopped apple __ oz.
1 or 2 stalks chopped celery
Vinaigrette, Lemon or Citrus Dressing

Cook and chunk chicken. Toss chicken, apple and celery. Spray or spoon on Vinaigrette, Lemon or Citrus Dressing.
Servings: 1 protein, 1 vegetable, 1/2 fruit

Spicy Taco Salad

__ oz. romaine lettuce
__ oz. grams 95% fat free ground beef
1/4 t. garlic salt
1/4 t. chili seasoning
2 Onion flavored Melba Toast rounds Vinaigrette Dressing

Prepare ground beef on George Foreman grill. Crumble beef and mix in garlic salt and chili seasoning. Top lettuce with ground beef mixture. Spray or spoon on Vinaigrette Dressing and sprinkle with crumbled Melba rounds.
Servings: 1 protein, 1 vegetable

Crab Salad

__ oz of crab meat
(7 oz. of crab legs including the shells) *Do **not** use imitation crab meat.
1 stalk coarsely chopped celery
2 T. Vinaigrette Dressing

Steam crab legs for about 4 minutes. Remove crab meat from shells and chop. Toss with celery and dressing.
Servings: 1 protein, 1 vegetable

Shrimp-Spinach Salad

__ oz. raw spinach or romaine lettuce

__ oz. grilled shrimp

Dash of garlic salt

Vinaigrette Dressing

Grill shrimp with dash of garlic salt. Arrange spinach on plate and add shrimp. Spray or spoon on Vinaigrette Dressing. Servings: 1 protein, 1 vegetable

Soups

Chicken Bouillon Base

(This is used in many recipes in this book.)

6 x __ oz. pieces of chicken breast

8 c. water

1/4 t. garlic powder

1/4 t. onion salt

1/4 t. celery salt

1/4 t. poultry seasoning

1/4 t. black pepper

1 1/2 t. sea salt

Combine ingredients in soup pot and cook until chicken is done.

Remove chicken and refrigerate or freeze to use at a later time (6 servings). Also freeze bouillon base for future cooking. Put 2 cups in a medium size container to make soups or 4 tablespoons in a small container to sauté vegetables.

Chicken Soup

2 c. Chicken Bouillon Base (above)
3 stalks coarsely chopped celery
__ oz. chopped cooked chicken breast
Cook combined ingredients on medium until celery is tender.
Servings: 1 protein, 1 vegetable

French Onion Soup – Delicious!

2 c. Chicken Bouillon Base (above)
1 whole sliced sweet onion __ oz.

Simmer on low for 1 hour.
Servings: 1 vegetable

Tangy Tomato Soup

1 c. Chicken Bouillon Base
1 large or 2 small tomatoes __ oz. 1/2 - 1 packet stevia
1 clove minced garlic 1/2 t. basil
1/2 t. onion salt Ground pepper

Sautee garlic in 1 T. of bouillon base and set aside. Puree tomatoes in blender and then cook over medium heat to a boil, stirring frequently. Turn heat to low. Add remaining bouillon base, garlic, onion salt and stevia to tomatoes. Cover and simmer for 10 minutes. Stir in basil, pour in soup bowl and sprinkle with ground pepper to serve.
Servings: 1 vegetable

Beef Onion Bouillon

2 c. Chicken Bouillon Base
1 whole sliced sweet onion __ oz.
__ oz. 95% fat free ground beef

Prepare ground beef on George Foreman grill.
Simmer combined ingredients on low for 1 hour.
Servings: 1 protein, 1 vegetable

Chicken Asparagus Soup

__ oz. chicken breast
2 c. Chicken Bouillon Base
__ oz. fresh asparagus
2 t. fresh ginger
1/2 t. onion salt
1/2 apple thinly sliced (Optional) __ oz.

In a large saucepan, combine Chicken Bouillon Base, asparagus, ginger and onion salt. Bring to a boil, then reduce heat. Cover and simmer until asparagus is tender-crisp, about 10 minutes. Add chicken and heat through. To serve, float apple slices on top.

Servings: 1 protein, 1 vegetable, 1/2 fruit (Optional)

Chicken or Beef Cabbage Soup

2 c. Chicken Bouillon Base
__ oz. chunked cooked chicken breast OR beef
__ oz. chopped cabbage
1/8 t. sea salt

Cook combined ingredients on medium until cabbage is tender.

Servings: 1 protein, 1 vegetable

Tomato Beef Soup

__ oz. 95% fat free ground beef
1 large or 2 small tomatoes __ oz.
1 clove garlic
1/2 packets stevia
1/8 t. onion salt
Sea salt to taste

Combine chopped tomato, minced garlic, spices and crumbled ground beef prepared on a George Foreman grill. Sautee until heated through.

Servings: 1 protein, 1 vegetable

Fish Soup with Garlic

__ oz. of cod cut into 1 inch cubes
1 minced clove garlic
1/2 t. oregano
1/2 t. thyme
1 large or 2 small tomatoes
2 c. Chicken Bouillon Base
Sea salt
Pepper

Sautee garlic in 2 T. of the bouillon base. Add the rest of the bouillon and chopped tomatoes. After coming to a boil, reduce heat to simmer. Add fresh herbs and salt and pepper to taste. Add fish cubes and cook for 5-7 minutes or until fish is cooked.

Servings: 1 protein, 1 vegetable

Vegetables

Cucumber Salad

1 large cucumber
4 T. apple cider vinegar
1/4 t. garlic powder
1/8 t. pepper
1/2 t. onion salt
1 T. dried parsley
1 packet stevia

Combine vinegar with spices and stevia. Toss cucumbers with vinegar mixture and refrigerate for at least 1 hour.

Servings: 1 vegetable

Cream Spinach

4 T. Chicken Bouillon Base
2 drops Vanilla Crème flavored stevia
__ oz. raw spinach

Heat bouillon base and stevia on medium to just prior to boiling. Add spinach and sauté a few minutes until tender.

Servings: 1 vegetable

Red Chard, Apple and Cinnamon

6 T. water
1/4 t. cinnamon
Pinch of nutmeg
Pinch of allspice
Pinch of salt

Pinch of pepper
4 drops Cinnamon stevia
__ oz. chopped red chard leaves
1/2 apple __ oz. sliced thin

Add spices to heated water. Fold the chard and apples gently into the mixture and cook over medium heat for about 5 minutes.

Servings: 1 vegetable, 1/2 fruit

Creole Cucumbers

__ oz. sliced cucumbers
1/8 t. Creole Seasoning

Mix and serve.

Servings: 1 vegetable

Lemon Garlic Chard

__ oz. roughly chopped Swiss chard
1 large or 2 small sliced garlic cloves
4 T. water
Fresh lemon juice
Sea salt
Pepper

Put 1 T. water in non stick pan. Sautee garlic until tender and set aside. Pour remaining water into pan and add chard. Cook over medium heat for about 5 minutes, tossing occasionally. Drain off excess juice and return to pan adding in sautéed garlic. Before serving, give a squirt of lemon juice and a shake of salt and pepper.

Servings: 1 vegetable

Minted Cucumbers

1 large cucumber __ oz. Onion salt
1 minced garlic clove Pepper
2 T. fresh lemon juice
2 T. chopped fresh mint or 1/2 t. crushed dried mint leaves

Cut cucumbers in half lengthwise, remove seeds and dice. Mix cucumber with garlic, lemon juice and mint. Season with onion salt and pepper. Refrigerate for 45 minutes.

Toss before serving and garnish with whole fresh mint leaves.

Servings: 1 vegetable

Cucumber Apple Salad

1/2 chopped apple __ oz. Garlic salt
1 sliced cucumber __ oz. Pepper
2 T. apple cider vinegar Stevia (Optional)
1 T. water

Chop apple and thinly slice cucumber. Combine vinegar and water. Season with garlic salt, pepper and stevia (optional) to taste.

Servings: 1 vegetable, 1/2 fruit

Beet Greens

4 T. Chicken Bouillon Base
__ oz. chopped beet greens
Dash of onion salt

Heat bouillon base on medium to just prior to boiling. Reduce heat, add greens and sauté a few minutes until tender. Sprinkle with onion salt.

Servings: 1 vegetable

Radish Salad

2 T. fresh lemon juice
3 drops Clear stevia
1/2 c. or __ oz. thinly sliced radishes
1/2 thinly sliced apple __ oz.

1 T. chopped fresh
dill Sea salt
Pepper

Combine stevia and lemon juice in a bowl. Add radish and apple. Toss slices in juice mixture and season with dill, salt and pepper. Servings: 1 vegetable, 1/2 fruit

Sautéed Baby Spinach

1/2 bag baby spinach __ oz.
1 clove minced garlic
4 T. Chicken Bouillon Base or water

Make sure to use baby spinach since regular spinach will be a little bitter. Sauté garlic in 1 T. of the Chicken Bouillon Base or water.

Add remaining bouillon base or water and spinach, and toss until covered in garlic mixture and starts to get soft. Remove before it cooks down to mush.

Servings: 1 vegetable

Asparagus Salad

2 c. or __ oz. asparagus
Vinaigrette dressing
__ oz. cooked chicken or seafood (Optional)

Steam asparagus, cool, then cut in 1 inch pieces.

Toss in Vinaigrette dressing and chill. For a complete meal, add chicken or seafood.

Servings: 1vegetable, 1 protein (Optional)

Baked Vidalia Onion

1 Vidalia onion __ oz. (or any sweet onion)

Sea Salt

Pepper

Remove the outer layers and roots from the onion. Wrap the onion in foil. Bake in a preheated oven at 350 for at least 1 hour (medium size onion). Remove from foil and season with salt and pepper.

Servings: 1 vegetable

Entrees

Choosing cuts of Beef – The best cuts of steak for this phase of the hcg diet are: filet mignon, flank steak, T-bone, top round, top sirloin and tenderloin with all visible fat removed.

The best cuts of roast for this phase of the hcg diet are: bottom round, eye of round, and sirloin tip.

If you are going to eat ground beef, it should be, at a minimum, 95% fat free and eaten no more than 2 or 3 times a week.

Chicken or beef with Grilled Onions

1 whole sliced sweet onion

__ oz. meat of choice

Removing all visible fat. If using ground beef be sure and use at least 95% lean. Sandwich the meat between onions on George Foreman grill. Sprinkle meat and onions with sea salt.

Servings: 1 protein, 1 vegetable

Bunless Burgers

__ oz. 95% fat free ground beef
1 large tomato
Onion salt
Ground pepper
Dill seed

Prepare ground beef patty on George Foreman grill. Sandwich each patty between 2 slices of tomato or use lettuce as buns. Sprinkle with onion salt and ground pepper. Serve with sliced tomatoes or lettuce for the rest of your vegetable.
Servings: 1 protein, 1 vegetable

Garlic Italian Roast

3 lb or __ oz. lean beef roast, fat removed
6-8 large cloves garlic
1 t. dry oregano
1 t. sea salt
Fresh ground pepper
Water
1/6 head of cabbage OR 1 sweet onion (Optional)

Cooking for friends or family? Place the above in roaster, add water until it is about 1 1/2 inches deep, and bake for 15 min. on 350. Optionally, add potatoes and carrots for 'friend or family' and cabbage OR a sweet onion for the HCG Dieter. Continue baking an additional 45-60 minutes depending upon how done you like your roast. Slice off 3 oz. of lean roast with all visible fat removed for the HCG dieter.
Servings: 3 oz. cooked = 1 protein, 1 vegetable (Optional)

Italian Beef

___ oz. 95% fat free ground beef
1 large or 2 small tomatoes ___ oz. chopped
1 minced clove garlic
1/4 t. garlic salt
1/4 t. Italian seasoning
1 packet stevia

Prepare ground beef on George Foreman grill. Sauté garlic in a little juice from the tomato. Toss crumbled beef with other ingredients and add to sauté pan. Remove from stove when heated, before tomatoes cook down too much.

Servings: 1 protein, 1 vegetable

Beef Curry

___ oz. very lean steak cut into 1 in. cubes

1 whole sliced sweet onion	1 shake turmeric
1/2 clove minced garlic	2 shakes pepper
1/2 t. minced fresh ginger	4 shakes sea salt
1/4 t. ground coriander	4 T. water
1/8 t. ground cumin	2 t. chopped cilantro

In a large frying pan, heat 3 T. water over moderate heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic and ginger and cook, stirring, for 1 minute. Meanwhile, in a small bowl, combine the coriander, cumin, turmeric, pepper, salt, and 1 T. water. Add the paste to the onion and cook, stirring, for 1 minute.

Add the meat to the pan and cook, stirring, for 3 minutes. Raise the heat to moderately high and cook to your taste, stirring, about 2 minutes longer for medium rare. Stir in the cilantro.

Note: A long-simmering curry becomes a quick one when you substitute a tender cut of beef (sirloin, fillet...) and stir-fry it till medium-rare.

Servings: 1 protein, 1 vegetable

Beef Lettuce Cups

___ oz. lean steak	1 pinch Chinese Five Spice
1 T. water	1 shake chili seasoning
1 shake ginger	2 crisp lettuce cups
1/2 clove crushed garlic	

Cut steak into thin slivers and put in a bowl. Add water, ginger, garlic, five-spice powder and chili seasoning. Mix well, then cover and marinate in refrigerator for 1 hour, stirring occasionally. Add beef mixture to non stick pan and stir-fry for 2-3 minutes, stirring all the time. Turn mixture into a warm serving dish. Serve at once by simply spooning beef mixture into lettuce cups and eat with fingers. Serve with plenty of napkins or finger bowls - it can be a little messy.

Servings: 1 protein, 1 vegetable

Spicy Beef Kabobs

___ oz. lean beef sirloin
1/2 clove chopped garlic
1/8 t. paprika
2 shakes cayenne pepper
1/8 t. cumin (roasted)
1/8 tsp. coarse salt
1/8 t. ground pepper
1 T. apple cider vinegar
12-inch metal skewers
1 sweet onion OR 1 large tomato (Optional)

Cut beef into 1/2-inch cubes. Combine spices and vinegar. Place meat in a sealable plastic bag with the marinade; squeeze excess air from bag. Place bag in refrigerator for 4 hours, turning once or twice. After 4 hours, remove meat and place on metal skewers, leaving a little space in between. Grill on medium heat about 12 minutes (allow 3 minutes for each of the four sides.) Remove to aluminum foil and wrap. Allow to cool 3-4 minutes before serving. For a complete meal, add chunks of sweet onion to the kabob and on the side.

Servings: 1 protein, 1 vegetable (Optional)

Veal Chops

1 c. Chicken Bouillon Base
1/2 clove minced garlic
1/2 t. dried crushed oregano leaves
3 x ___ oz. veal chop pieces
1/4 c. cold Chicken Bouillon Base

Cut veal pieces from the chop, removing all visible fat. Do not use ground veal as the fat content is too high. Combine Chicken Bouillon Base, garlic, and oregano. Place veal pieces in a shallow bowl or heavy plastic bag. Pour mixture over veal pieces. Refrigerate for 2 to 4 hours, turning occasionally.

Drain veal; reserve marinade. In skillet over medium heat, brown veal pieces in a small amount of the reserved marinade. Reduce heat; cover and simmer for 30 minutes, or until tender.
Servings: 3 proteins

Peppercorn Steak

4 x ___ oz. lean beef steak pieces
30 whole peppercorns, cracked
1/3 t. salt
2 T. water
1 large or 2 medium sweet onions ___ oz.

Crack pepper by placing in a towel and striking it with a wooden mallet or rolling pin. Moisten steaks and then pat cracked pepper and salt onto steaks. Heat water in a nonstick pan. Place steaks and sliced onion in the pan and brown 15 minutes.
Servings: 4 proteins

Chicken Entrees

Mock Egg Roll

2-3 big cabbage leaves

1 c. or ___ oz. shredded cabbage

1/8 t. onion salt

1/8 t. garlic powder

1/8 t. Chinese Five Spice

1/2 packet stevia

2 Sesame flavored Melba Toast rounds

___ oz. cooked chopped chicken or shrimp

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage. Steam both for 5 minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in big cabbage leaves. Garnish with Melba rounds.

As this recipe calls for only 1 cup of cabbage, feel free to have an additional cup of shredded cabbage uncooked with the vinaigrette dressing (slaw).

Servings: 1 protein, 1/2 vegetable

Cajun Chicken

4 x ___ oz. pieces of chicken breast

1 T. Cajun Poultry Seasoning

1/8 t. pepper

1/4 t. salt

1/4 t. onion powder

1/4 t. garlic powder

1/2 T. water

Combine the seasonings and water to form a paste, adding more water if needed. Rub all over the chicken pieces; place in a zip lock bag and refrigerate for at least 1 hour. Grill or broil the chicken for about 5 to 7 minutes on each side, depending on thickness. Chicken is done when juices run clear when pricked with a fork.

Servings: 4 proteins

Chicken Fajitas

2 T. apple cider vinegar
1 t. minced garlic
1 T. fresh lemon juice
1 t. cumin
1 t. pepper
1 t. sea salt
1/2 t. onion salt
1/2 t. celery salt
1/4 t. chili powder
3 drops Clear stevia
2 x ___ oz. chicken breast pieces

Slice raw chicken into strips. Mix ingredients for marinade and place in a sealable bag with chicken strips. Refrigerate for about 8 hours, turning occasionally. Pan fry chicken in a nonstick pan.
Servings: 1 protein, 1 vegetable (Optional)

Italian Chicken Kabobs

___ oz. chicken breast
1/4 c. Vinaigrette Dressing
1 t. Italian Seasoning
1 sweet onion

Cut chicken into 1 1/2 inch cubes. Cut onion into small wedges. Combine dressing and seasoning and place in a sealable bag with the meat and onion wedges. Place bag in refrigerator for 4 hours, turning once or twice. After 4 hours, remove meat and onion and place on metal skewers leaving a little space in between. Grill on medium heat.
Servings: 1 protein, 1 vegetable

Fried Chicken

___ oz. chicken breast Sea salt
1 T. milk Pepper
1 Grissini breadstick or Melba toast

Totally crush breadstick in food processor or put in a plastic bag and crush with a rolling pin. Dip chicken in milk and coat with breadstick crumbs. Cook in a nonstick pan.

Season with salt and pepper.

Servings: 1 protein

Blackened Chicken

___ oz. chicken breast 1/8 t. onion powder
1/8 t. salt 1/4 t. ground cumin
1/8 t. garlic powder 1/8 t. cayenne pepper
1/8 t. ground black pepper 1/8 t. paprika
1/8 t. white pepper

Pound chicken breast to about 1/3" thick. Combine seasoning mix ingredients in a small bowl. Just before cooking piece of chicken, moisten with water and sprinkle the fillet evenly with the seasoning mix, patting it in with your hands. Immediately place the fillet flat in a hot non stick skillet. If you are making more than one serving, place each fillet in the skillet before seasoning another one.

Cook uncovered over the same high heat until the underside forms a crust, about 2 minutes. (The time will vary according to the thickness of the fillet and the heat of the skillet or fire; watch the meat and you'll see a white line coming up the side as it cooks.) Turn the fillet over. Cook just until meat is cooked through, about 2 more minutes. Serve the chicken fillet crustier side up while piping hot.

Servings: 1 protein

Baked Garlic Chicken

4 x ___ oz. pieces of chicken breast
3 t. crushed garlic cloves
2 T. water
Dash of salt
Dash of pepper

1/2 t. oregano
1/2 t. basil

Put the garlic and water into the microwave for 20 seconds. Add salt, pepper and herbs to form a paste, adding more water if needed. Rub all over the chicken pieces. Lay the chicken pieces in a baking pan and bake on 425 for 30 minutes.

Servings: 4 proteins

Lemon Chicken With Roasted Garlic

4 x ___ oz. pieces of chicken breast washed and patted dry
1/4 c. Chicken Bouillon Base
3 T. fresh lemon juice
2 T. water
5-7 whole peeled garlic cloves

1/2 t. dried oregano
Sea salt
Pepper

Preheat oven to 400 degrees. Place the garlic in a roasting pan. Lay the chicken pieces over the garlic cloves. Top the chicken with the remaining ingredients and season well with salt and pepper. Roast in 400 degree oven, turning occasionally until the chicken is golden and most of the broth/juice has evaporated.

Remove the chicken from the pan and serve garnished with the whole roasted garlic cloves and additional lemon wedges.

Servings: 4 proteins

Spicy Baked Chicken

4 x ___ oz. pieces of chicken breast

1 onion ___ oz.

2 cloves garlic

Tony Chachere's Original Creole Seasoning

Season chicken and place in baking pan. Cut onion as desired and place in baking pan. Mince garlic and add to baking pan. Cover with aluminum foil. Bake 35 minutes at 375 or until done.

Servings: 4 proteins, 1 vegetable (if eat the onion)

Grill-a-Batch of Chicken

6x ___ oz. pieces of chicken breast

Southwest Seasoning

Classic Poultry Seasoning

Cajun Poultry Seasoning

If you're pressed for time, yet appreciate variety, here's a good way to get stocked up for the week. Make three versions of grilled chicken and freeze in snack size baggies.

Moisten chicken pieces. Sprinkle the top of two of them with the Southwest Seasoning, two of them with the Classic Poultry Seasoning and two of them with the Cajun Poultry Seasoning. Fire up your grill to the maximum level and heat it up. Put the chicken pieces on the front of the grill, spice-side down. Turn the front 2 burners off and leave only the back burners on at a low heat. This does a slow cook to the chicken.

Spice the top side of the breasts and let them cook for 30 min. to an hour, checking occasionally. They will be REALLY juicy and flavorful.

Servings: 6 proteins

Shake and Bake Chicken

4 x ___ oz. pieces of chicken breast
1/4 t. cracked black pepper 1/4 t. rosemary
1/4 t. sea salt 1 packet stevia
1/4 t. thyme 1 seasoning bag

Combine all dry spices inside seasoning bag and shake well. Add chicken pieces, one at a time, and shake well until breasts are well seasoned. Place chicken on George Foreman grill cooking on both sides until well browned and done.

Servings: 4 proteins

Chinese Chicken

___ oz. chicken cut in 3/4 in. cubes (shrimp or a lean steak would work as well)

5 T. Chicken Bouillon Base
___ oz. Cabbage 1/2 packet stevia
1 minced clove garlic Pepper
1/8 t. onion salt Sea Salt
1/8 t. Chinese Five Spice

Shred cabbage or slice it very thin. Sautee minced garlic in 1 T. of bouillon base. Add 2 T. of bouillon base and cabbage and stir fry over medium heat. Remove while still crunchy. Combine 2 T. of bouillon base, onion salt, Chinese Five Spice, and stevia. Pour into pan with cubed chicken. Stir fry chicken. Throw cabbage back in for 1-2 minutes until heated. Slide onto serving dish.

Servings: 1 protein, 1 vegetable

Fish & Seafood Entrees

Allowable Fish - Raw, not pickled or dried - bass, (sea or striped, make sure it's Alaskan, not Chilean), burbot, cisco, cod Atlantic cod, Pacific cod, cusk, flounder, grouper, haddock, ling, ling cod, mahi-mahi, northern pike, ocean perch (Atlantic), orange roughy, pike, pollock (Atlantic), rockfish (Pacific), rainbow smelt, snapper, sole, tilapia.

Allowable Seafood – Lobster, prawn, shrimp, scallops, crab (imitation crabmeat is **not** allowed due to sugar content)

Quick and Easy Lobster & Asparagus

___ oz. lobster

__ oz. asparagus

Garlic salt

Sea salt

Put lobster tail in steamer with asparagus. Sprinkle with garlic salt and sea salt.

Servings: 1 protein, 1 vegetable

Simply Broiled Scallops

___ oz. scallops

Garlic salt

Fresh lemon juice

Rinse scallops and place in a shallow baking pan. Sprinkle with garlic salt and lemon juice. Broil on medium 6 to 8 minutes. Do not overcook.

Servings: 1 protein

Steamed Crab Legs

___ oz. crab

(about 7 oz. of crab legs including the shells)

Steam about 4 minutes. Remove from shells.

Optional: Shown with grape tomatoes (1 vegetable)

Servings: 1 protein

Fish in a Bag

4 Sheets of parchment paper

2 x ___ oz. pieces of allowable fish (ex. Tilapia)

4 c. fresh Spinach, washed and dried

4 T. Vinaigrette, Lemon or Citrus Dressing

All-Purpose Seasoning

Cooking fish in a parchment bag results in a moist, flaky fish. Place 2 c. spinach in the center of each of 2 of the parchment paper pieces. Top each spinach stack with 1 T. dressing. Place one piece of fish on top of the spinach mixture. Sprinkle with seasoning and top with 1 T. dressing. Place one sheet of the parchment on top of each piece of the fish. Crimp the two sheets of parchment paper like a piecrust until the bottom and the top are completely sealed.

Place the bags of tilapia onto a cookie sheet and cook in a preheated 400 degree oven for 15-20 minutes. Place the bag onto a plate and slice the parchment open at the table to enjoy. Servings: 2 proteins, 2 vegetables

Spicy White Fish

___ oz. white fish (ex. Orange Ruffly, Tilapia, etc.)

Chili powder

Paprika

Garlic salt

Sea salt

Sprinkle both sides of fish with spices. Place on preheated George Foreman grill. Turn over after 2 minutes. Fish is done when flakes easily with a fork.

Servings: 1 protein

Alaskan Sea Bass

4 x ___ oz. Alaskan sea bass fillets (or other firm whitefish)

2 cloves garlic, minced 1/2 lemon

2 T. finely chopped cilantro Salt, pepper, paprika

Arrange Sea bass fillets in a single layer on foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt and pepper to taste, and add paprika for color. Cover with foil and crimp the edges to form a seal. Bake at 450° for 20 minutes.

Servings: 4 proteins

Rosemary Fish & Asparagus

___ oz. white fish

(ex. Orange Roughy, Tilapia, etc.)

Italian Herb Seasoning grinder Fresh lemon juice

Rosemary grinder 2 c. or ___ oz. asparagus

Ground pepper Garlic salt

Sea salt

Sprinkle both sides of fish with spices. Place fish on one side of preheated George Foreman grill. Top with a squeeze of fresh lemon juice. Place asparagus on the other side, sprinkled with garlic salt. Turn fish over after 2 minutes and give it another squeeze of lemon. Fish is done when flakes easily with a fork.

Servings: 1 protein, 1 vegetable

Sea Scallops with Fennel

1-2 heads fennel __ oz.

1 T. apple cider vinegar

3/4 t. fresh rosemary leaves or 1/4 t. dried

4 drops Valencia Orange stevia

__ oz. scallops

1 clove chopped garlic

Onion salt

Ground pepper

Cut fennel into quarters, remove core, and steam until tender (about 15 minutes). Heat vinegar, rosemary, and stevia. Set aside. Sauté scallops with chopped garlic over high heat until lightly browned on both sides. Arrange scallops in center of plate, surrounded with fennel. Sprinkle fennel with onion salt and pepper. Pour vinegar sauce over scallops.

Servings: 1 protein, 1 vegetable

Seafood Gumbo

__ oz. seafood (any combination of shrimp, scallops, lobster or white fish)

1 clove chopped garlic

1/8 t. garlic powder

2 large chopped Roma tomatoes __ oz.

1/8 t. celery salt

1/4 t. onion salt

1/8 t. ground cayenne

1/4 t. Creole seasoning

1-2 packets stevia

Sauté seafood with chopped garlic over high heat until lightly browned. Add remaining ingredients and simmer on low heat for 15 minutes.

Servings: 1 protein, 1 vegetable

Boiled Lobster

Boiling is one of the easiest ways to prepare a lobster. Select a pot big enough to hold water to completely cover the lobsters. Bring the water to a rolling boil adding 1 tablespoon of salt per quart of water. Put the lobsters in with the claws first and start timing from the instant the water comes back to a boil.

Cooking time:

1 lb. - 5 minutes

1 1/8 lbs. - 6 minutes

1/4 lbs. - 8 minutes

1 1/2 to 2 lbs. - 8 to 10 minutes

More than 2 pounds: 12 minutes

Servings: 3 oz. cooked lobster = 1 protein

Marinated Grilled Shrimp

__ oz. large shrimp, peeled and deveined **with tails attached**

1/2 t. chopped fresh parsley

1/8 t. salt

1 T. fresh lemon juice

1/8 t. ground black pepper

1/2 clove minced garlic

Skewers

1/4 t. dried oregano

In a mixing bowl, mix together parsley, lemon juice, garlic, oregano, salt, and black pepper. Pour marinade into a small resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.

Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Cook shrimp for 5 minutes per side, or until opaque.

Servings: 1 protein

Vegetable Steamed Lobster

1 T. salt per 1 quart water added
1/2 lb. Maine lobster __ oz.
1/2 roughly chopped medium onion __ oz.
1 roughly chopped stalk celery __ oz.
1/2 t. cracked peppercorns
1 bay leaf
whole branches of fresh dill (if no dill, substitute tarragon or parsley)

Cover vegetables and seasonings with 1 1/2 inches of water and bring to a boil. The vegetables will not be eaten, just used to make the lobster flavorful. Add the steamer basket with the lobster in it and cover tightly. Cook for 15 minutes, making sure there's still enough water in the bottom of the pot. If you do add more water, it is not necessary to add more salt, because only the water evaporates. Check for doneness with one of the small legs. After removing from the pot, weigh out 3 oz. of lobster for the HCG dieter and enjoy!
Servings: 3 proteins

Italian Dill Fillets

4 x __ oz. pieces of fish (Orange Roughy, Pullock, Tilapia, etc.)
1/2 c. Vinaigrette dressing
1 t. dried dill weed

Preheat oven to 400. Pour the vinaigrette into a measuring cup. Stir in the dill. Arrange the fillets in 1 layer in a 13 x 9 inch baking dish. Pour the sauce over the fish and bake, uncovered, until the fish is opaque throughout and flakes easily with a fork, 8-12 minutes. Carefully place a fillet on each serving plate, spoon some of the dressing over the fish, and serve at once. Servings: 4 proteins

Grilled Rock Lobster

1 t. salt
1 t. paprika
1/8 t. white pepper
1/8 t. garlic powder
2 T. water
2 T. fresh lemon juice
2 10 oz. thawed rock lobster tails

Split rock tails lengthwise with a large knife. Mix seasoning with lemon juice and water. Brush meat side of tail with marinade. Pre-heat grill and place rock tails meat side down and grill five to six minutes until well scored. Turn over lobster and cook another six minutes, brushing often with remaining marinade. Lobster is done when it is opaque and firm to the touch.

Servings: 3 oz. cooked lobster = 1 protein

Garlic Shrimp

3/4 lb. small shrimp in their shells Salt
Paprika, preferably Spanish
4 T. Chicken Bouillon Base
4 sliced garlic cloves
1/4 t. crushed red pepper flakes
1 T. fresh lemon juice
2 T. minced parsley

Shell the shrimp and sprinkle with salt and paprika. Heat the bouillon base, garlic and pepper flakes in a medium skillet. When the garlic is just beginning to brown, add the shrimp and cook, stirring, about 1 minute, or until just done and firm to the touch. Stir in the lemon juice, and parsley. Serve immediately.

Servings: 3 oz. cooked shrimp = 1 protein

Orange Ruffly with Orange Sauce Recipe

__ oz. orange ruffly fillets
1/3 t. stemmed fresh lemon thyme or any thyme
1 T. water
1 chopped red onion __ oz.
__ oz. 1/2 orange, sectioned, peel thinly sliced
1/3 bunch stemmed fresh cilantro
1/8 t. salt

Rinse fish and pat dry. Pat thyme on both sides, set aside. Heat water in nonstick skillet over medium high heat. Add half of the onion and salt and cook, stirring, until onions are soft (3-4 minutes). Add fish, reduce heat to medium and cover pan. Cook until fish flakes easily (6-8 minutes). Toss remaining onion, orange sections, peel, cilantro and salt and serve over cooked fish. Servings: 1 proteins, 1 vegetables, 1/2 fruit

Greek Red Snapper

1 large Snapper, cleaned and scaled __ oz.
2 T. water
1 t. oregano
1 t. salt
5 T. fresh lemon juice
1/3 t. pepper
1 crushed garlic clove
Dash of paprika

Place the fish in foil and broil for 5 minutes, then turn. Cook another 3 minutes.
In a bowl mix all ingredients. Brush fish every 3 minutes, or until done, approximately 30-35 minutes. Take out and sprinkle with lemon juice.
Servings: 1 protein

Most Common Errors during 500 Calorie Diet Phase

1. Not loading enough fat during load days (first two days of HCG). This might explain hunger and associated crankiness during the first week of HCG low calorie phase.
2. Mixing vegetables at a meal. Dr. Simeons clearly states one vegetable. While many people lose quite satisfactorily when mixing vegetables, it is a place to review if losing slows.
3. No gum, mints, etc. allowed during the VLCD (very low calorie diet phase). Again, some lose quite satisfactorily when violating this directive, but it is a place to review if losing slows.
4. No diet drinks including Crystal Light, diet soda or other diet drinks – only water, teas, coffees, and mineral water. Remember, you get one lemon to use each day.
5. American beef is noted as significantly more fatty than the beef Dr. Simeons refers to. Veal is a suggested replacement, but you may not prefer it. Buffalo is less fatty than American beef and can be available at your local health food store. Many participants can quicken weight loss by eating less beef and more chicken or allowable fish/seafood, in particular.
6. Weight of protein is to be based on PRECOOKED weight, not post cooking – this can make quite a difference in the prescribed serving with certain proteins.
7. Eating the same protein for both lunch and dinner. Food selections are to be varied.
8. Not drinking enough water – you should be drinking at least 2 liters of allowable liquids per day.
9. Try to weigh in the same clothes or something very similar in weight and around the same time each morning (before eating or drinking) in order to avoid confusion or false appearance of weight gain/loss.
10. Avoid eating at restaurants because to a large degree the meats have been ‘juiced’ or manipulated to be more flavorful, tender or juicy with a multitude of processes that could easily slow your weight loss, particularly chicken.

Time Saving Tips

- > Purchase thawed protein servings (shrimp, chicken breast, crab, and fish) and, instead of putting it in the freezer in big quantities, divide the portions into the prescribed ounce servings, then freeze in individual size servings. Note: Some participants take this one step further and actually cook the protein before freezing so that it can just be reheated or put on a salad before eating.
- > Each morning (or the night before) pick two different proteins for the upcoming day and move them to the refrigerator to thaw. Thawing won't take long and cooking only takes a couple of minutes on the George Foreman grill. This saves very much time compared to putting blocks of frozen chicken breasts, etc. and trying to work with it when you want your allotted ounces for a meal.
- > Fill 7-14 syringes at a time instead of one every morning.
- > Melba toast can be found at Wal-Mart, and other grocery stores, but it can be a little tricky to locate. Sometimes it is near crackers, other times it may be in the salad dressing/crouton area.
- > Use a George Foreman grill for meat – almost everything is done in about 3 minutes.

Plateau Breakers and Daily Loss Rate Maximizers

- > Increase water intake to 2 - 3 liters per day.
- > Try adding a glass or two of green tea to your day.
- > Don't eat 2 apples for the two fruits or cut down on the size of the apples.
- > Cut American beef down or out.
- > Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- > If mixing vegetables, stop.
- > If having trouble with constipation, try Smooth Move tea – most people find this to be very effective. Check in the specialty tea section of grocery store or a local health food store.
- > Try leaving out one or both breadsticks.

Best Advice...Be Intentional...A Philosophy of Sorts

When beginning an HCG diet protocol, we find it imperative to impress upon clients the requirement to BE INTENTIONAL. This applies to everything you eat and everything that comes in contact with your skin.

While following Dr. Simeons protocol (Pounds and Inches), there are other hcg protocols that differ –some to a slight degree and others to a large degree. Dr. Simeons worked on his protocol for about 40 years, so we're confident that he knew EXACTLY what he was talking about. So, for example, when someone says, "Well, green beans and broccoli are really good for you AND every other diet lets you have those, so why can't we have those?" or "Do you really think they will hurt anything?" OR, my personal all-time favorite, "I ate them and they didn't make any difference!"...My response is "I guarantee you that Dr. Simeons didn't just forget about green beans and broccoli, only to remember beet greens and fennel. I guarantee he tried them, and that the results were simply not as favorable." In summary, no one knows for sure that bending the rules did NOT 'hurt' them. For example, if they mixed vegetables or ate un-allowed vegetables, or did other slight variances, a person doesn't know how much they would have lost if they had NOT mixed vegetables or NOT had green beans or NOT had a seasoning spice that contained sugar or starch in some, small form.

We have seen many people stall due to seasonings. You must realize that something as harmless as garlic salt may have several ingredients that potentially stall you -- even just a few sprinkles. It is a common occurrence for us to have clients get all of their spices out at one time and read us all ingredients – not the food nutritional values; but the actual ingredients. When one person stalled she reported only using salt, pepper, and garlic salt. The problem was that the 'innocent' garlic salt had both sugar and modified corn starch listed as ingredients. If you think this can't stall you, we have found differently. So, with regard to spice – BE INTENTIONAL.

If your hands are extremely dry – BE INTENTIONAL. That might mean trying to get by without your typical hand lotion, then trying to get by with just mineral oil, however, at some point before you actually bleed, you may have to put a slight healing lotion on your hands twice a day vs. slathering on 10 times a day, etc. – BE INTENTIONAL.

The same 'dry' situation can occur to your lips. Use very sparsely medicated Blistex to your lips once or twice during a cycle. This is instead of putting ointment on your lips about 10 times a day – BE INTENTIONAL.

If your George Foreman grill is starting to stick to meat and/or vegetables, you may decide to spray the grill with nonstick cooking spray. Be aware that 1/4 of a second is a 'serving' and that it doesn't take many sprays to add some nutritional value to your food. So, BE INTENTIONAL and spray very quickly.

Eating out while on the protocol isn't easy, but it is necessary sometimes. One meal I have consistently lost weight after is McDonald's grilled chicken Caesar salad. I take off the cheese and carrots as best I can and, obviously, don't use the crouton pack. I either bring my own dressing or sprinkle my salad with a little stevia sweetened, iced tea—my way of BEING INTENTIONAL. Never throw in the towel while hcg is pulsing through your system – you can simply gain too easily.

One client had an ear blockage for which her doctor prescribed an oil based ear drop. With just a few drops, she gained 3 pounds – we know it doesn't make sense with our common knowledge, but it also doesn't matter that it doesn't make sense. Her condition had been building for some time and did not require immediate treatment, so she stopped the oil until she was done with her current hcg cycle – BE INTENTIONAL. (P.S. She did proceed with her treatment after the cycle and, of course, did not gain weight because the hcg was then out of her system.)

You will find several people who boast about losing weight while cheating, mixing vegetables, using un-allowed spices, having salsa, drinking alcohol here and there, etc. While they have continued to lose, please always remember that it only means that they could have possibly lost more AND that they may be bypassing the opportunity for resetting their metabolism to the fullest extent possible, thereby jeopardizing their future weight maintenance capabilities. So, minimize stretching or compromising any rules, in any way, for medical, social or other reasons—ALWAYS BE INTENTIONAL in order to maximize the overall effect on your incredible weight loss journey.