

## hCG Recipes

### Bake-Ahead Meal Packets



1.

Lobster and fennel with seafood seasoning.

Pairing a protein and a vegetable together for a serving makes it feel like a meal. Preparing a few day's worth of these meals is convenient. Many of the vegetables on the diet lend themselves well to the packet [cooking](#) method. Using different combinations of vegetables and proteins with different seasoning blends creates variety.

Wash, cut and measure:

3.5 ounces lean protein (chicken, white fish, lobster, crab, or shrimp)

3.5 ounces [vegetables](#) (spinach, chard, tomatoes, asparagus, cabbage, cauliflower, zucchini, fennel/anise)

Assembling the Packets for Cooking:

Preheat oven 350 degrees

Cut pieces of parchment or aluminum foil for the packets (about 14 inches off the roll)

Place one serving of vegetables on the parchment/foil

Lightly salt and pepper the vegetables

Place one serving of protein on top of the vegetables

Season with 1 tsp of any sugar-free seasoning blend

Fold parchment/foil to create a packet

Arrange packets on a large cookie/baking sheet, and place on the center rack in the oven.

Bake for 25 minutes

Allow to rest for 5 minutes and drain off any excess liquid before serving. Dense vegetables, such as fennel and cauliflower, will be crisp-cooked. If softer vegetables are desired, cook packets with these vegetables an additional 5-10 minutes.

Suggested combinations:

Chicken and zucchini with Singapore seasoning.

Shrimp and tomato with tandoori seasoning.

Tilapia and asparagus with fajita seasoning.

Cod and spinach with Italian seasoning.

Lobster tail and fennel with seafood seasoning.

If you have trouble finding more seasoning blends, there are many specialty retailers that you can order from, such as Penzey's Spices.

## Tired of Whole Apples?



2.

Spiced apple,

To give apples more variety, cut into sections and dust with cinnamon.

For a warm apple dessert:

Cut one apple into cubes, put in a microwave-safe dish

Dust with  $\frac{1}{2}$  tsp cinnamon,  $\frac{1}{4}$  tsp cardamom, and a pinch of clove

Heat in the microwave for 1 minute and 30 seconds

For a fresh apple salad:

Cut one apple into fine slivers

1 tsp. chopped fresh mint leaves

1 tbsp. lemon juice

Toss together and serve