

# Slimming hcG Diet Recipes

## Drinks

### Strawberry Lemonade

1 Quart Water

1 Lemon (juice only)

1 Sliced Strawberry

2 packets calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

Ice Cubes

Place 1 quart of water in a picture. Add juice of 1 lemon. Stir in 2 packets of sweetener. Add ice as desired. Garnish with sliced strawberries, or crush the strawberry and mix it in to add flavor and color. Sip with a straw and enjoy!

### Sweet N Sour Lemonade

1 Quart Water

1 Lemon (juice only)

2 packets calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

Ice Cubes

Place 1 quart of water in a picture. Add juice of 1 lemon. Stir in 2 packets of sweetener. Add ice as desired. Garnish with sliced lemons and serve in a tall glass and straw. Sip with a straw and enjoy!

### Sweet n Spicy Herbal Chai

8-12 oz hot water

1 Spiced Chai tea bag

1 packet calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

1 tbs milk (only 1 serving a day)

Place hot water in cup, steep tea for 5 minutes. Discard tea bag. Stir 1 packet of sweetener. Add milk and stir. Sip and savor. You can also pour over ice cubes in a tall glass for a delicious iced chai tea.

Keep a container of this tea in refrigerator to use for cooking or a quick cool pick me up iced tea

## Flavored Coffee

8-12 oz hot water

1 heaping tsp instant coffee (or Pero, Postum etc.)

1 flavored tea bag (mint, spice, raspberry, orange etc.)

1 packet calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

1 tbs milk (only 1 serving a day)

Place hot water in cup, steep tea bag for 3 minutes. Discard tea bag.

Stir in coffee (or Pero, postum etc.)

Add sweetener and milk. Savor the flavors and enjoy!

## SALAD DRESSINGS

### Sweet N Sour Vinaigrette Salad Dressing

1-3 tbs of raw apple cider vinegar (available in health food stores)

Salt, Pepper

½ packet of natural sweetener (Stevia, Xylitol, Sweet n Low)

Mix ingredients in a small bowl then drizzle over salad, spinach, vegetables, stir fry (no oil) etc.

## ENTREES

### Orange Spiced Chicken w/ Broccoli

¼ cup spiced chai tea (see recipe above)

3 ½ oz chicken (skin removed, no visible fat)

3 ½ oz broccoli (cooked)

1 orange peeled and cut into small pieces

Pour spiced chai tea into pan, add chicken pieces, simmer on medium heat till chicken is well cooked. (This works well with frozen chicken tenders, just put frozen meat in pan with tea and simmer till done).

Place broccoli, oranges and chicken and juice from pan in a bowl. Toss with salt, pepper, herbs and spices. Enjoy! This works well with beef or fish too.

### Spinach with Veal and Crunchy Apples Salad

¼ cup spiced chai tea (see recipe above)

3 ½ oz Veal or Beef (can be cubed into bite sized pieces)

3 ½ oz Spinach Leaves

1 apple cut into small pieces

Pour spiced chai tea into pan with salt, pepper and herbs as desired. Add veal and apples to pan and simmer on medium heat till veal is well cooked and apples are tender. Cut veal into bite sized pieces. Place spinach in a deep bowl. Add veal and apple to spinach and mix with any juices from the pan. (Adding more tea makes more juice which serves as your salad dressing). Toss with salt, pepper, herbs and spices. Enjoy!

This works well with chicken or fish too.

### Grilled Onions, Chicken and Grapefruit stir fry

3 ½ oz chicken (skin removed, no visible fat)

3 ½ oz red, yellow or white onion

½ grapefruit peeled and cut into small pieces

Put salt, pepper, herbs and spices in the bottom of a skillet. Add onions and 3 tbs of water or herb tea. Stir fry until tender and transparent. Remove from pan and set aside. Add chicken pieces, salt and pepper to pan and water if needed for steaming the chicken, simmer on medium heat till chicken is well cooked. (This works well with frozen chicken tenders, just put frozen meat in pan with smaller amount of water or tea and simmer till done).

Place onions, grapefruit and chicken with juice from pan in a bowl. Toss with salt, pepper, herbs and spices. Enjoy!

This works well with beef or fish too.

### Lively Citrus Basil Chicken

3 ½ oz chicken (skin removed, no visible fat)

3 ½ oz tomatoes chopped

1 orange, peeled and cut into small pieces

Juice of ½ lemon

Basil fresh chopped or dried as desired

Put salt, pepper, herbs and spices in the bottom of a skillet. Add chicken. Drizzle with lemon juice and a bit of water if more moisture is needed. Cook 2-3 minutes. Add chopped tomatoes, chopped orange and basil. Simmer on low, allowing the juices to marinate the chicken. Turn chicken to cook both sides evenly. When chicken is fully cooked, pour chicken and sauces into a bowl or serve on lettuce leaf. Enjoy the lively colors and citrus flavors. Salt and pepper as needed.

### Italian Herbed Fish with Broccoli

3 ½ oz White fish

3 ½ oz Broccoli, chopped

1 Tomato peeled and cut into small pieces

Basil, thyme, oregano. Fresh or dried.

½ lemon

Put salt, pepper, herbs and spices in the bottom of a skillet. Add fish, drizzle with lemon. Add broccoli and tomato pieces with a few tbs of water and simmer till fish is thoroughly cooked. The tomatoes simmer with the herbs and make a tomato marinara flavored sauce. Pour juices over fish and garnish with lemon wedge.

### Strawberry Chicken Salad

3 ½ oz of lettuce

3 ½ oz chicken

6 strawberries, sliced

Vinaigrette Dressing

Grill, bake or steam fry chicken. Slice into bite sized pieces. Put lettuce in bowl with sliced strawberries, put chicken in and toss. Drizzle with vinaigrette, salt, pepper and herbs as desired. Toss till lettuce is coated...use as much dressing as you like.

This is my favorite salad!

### Tangy Citrus Beef w/ Apples and Onions

3 ½ oz Veal or beef

Juice of ½ lemon

1 apple chopped

3 ½ oz sliced onion

Season pan with salt, pepper and spices. Add onion and a few tbs of water, simmer for a few minutes. Add meat and drizzle with lemon juice. Simmer till the meat is done. Serve with juice poured over the meat.

### Sweet Basil Marinated Spinach Chicken Salad

3 ½ oz spinach

3 ½ oz cooked chicken in pieces

½ grapefruit diced into bite size pieces

2 tbs chopped basil

Vinaigrette salad dressing (see recipe)

Put desired quantity of vinaigrette salad dressing in bottom of large bowl, add chopped basil and stir. To enhance flavors add some vanilla or raspberry Stevia drops. Add chicken, grapefruit and spinach. Toss and serve.

### Tilapia with coleslaw

3 ½ oz Tilapia fish

½ lemon juice

Salt, pepper and dill

3 ½ oz shredded cabbage

½ grapefruit sliced in bitesized pieces

Vinegar and seasons

Put fish in medium frying pan, drizzle with lemon juice and slice some of the rind and put it around the fish. Season with salt, pepper and dill.

Cook on medium heat till done. Serve with shredded cabbage seasoned with vinegar, spices and grapefruit pieces.

I bake 2-4 pieces of fish at a time and put in individual portions in baggies. This way the fish is ready to go.

### Foil Baked Fish

3 ½ oz fish

½ lemon juice

Salt, pepper and dill

Put fish in a piece of foil, large enough to wrap around fish and seal.

Drizzle with lemon juice and slice some of the rind and put it around the fish. Season with salt, pepper and dill.

Bake in oven at 350 till done. Serve with fruit and salad.

I bake 2-4 pieces of fish at a time and put in individual portions in baggies. This way the fish is ready to go.

### Lobster with onions and tomatoes

3 ½ oz Lobster pieces

½ lemon juice

Salt, pepper and dill

3 ½ oz onion slices

½ Tomato cut in pieces (serves as fruit)

mustard and seasonings

Put onion and 2Tbs water in medium frying pan, cook till onion is transparent. Add fish and drizzle with lemon juice, season with salt, pepper and seasons.

Cook on medium heat till done. Add tomato and cook an additional 2 minutes. Season with mustard to taste and serve.

I bake 2-4 pieces of fish at a time and put in individual portions in baggies. This way the fish is ready to go.

### Southwestern Salsa Chicken

Simmer 3 ½ oz of chicken in chopped tomatoes and chopped onion. (½ tomato, ½ onion). Season with salt, pepper and cayenne. Add a dash of sweetener and simmer till chicken is fully cooked. Serve over spinach or lettuce. Sometimes I add chopped orange to this recipe for a great citrus twist.

### Orange Spice Meat Marinade

Squeeze the juice of 1 orange into a bowl. Add salt, pepper and 1-2 tbs of apple cider vinegar. Add fresh basil and herbs, salt and pepper. Pour over raw fish, beef or chicken. Marinate for 30 min or more. Cook meat over a grill, or bake or sauté in pan. This counts as your fruit for the meal. Pour the juice over salad or spinach...this makes a delicious salad dressing.

### Quick Protein Power Breakfasts

1 oz meat (chicken, fish or beef)

1/2 orange sectioned

1/4 sliced cucumber

Iced coffee or lemonade

Put your meat cut into bite sized pieces on a small plate, add the orange slices and cucumber slices and arrange on plate. Season the meat and cucumber with salt, pepper and a drizzle of vinegar. Enjoy these finger foods with beverage...for a great way to start your day.

Remember to subtract these foods from your daily total.

## HCG Diet Foods on the GO!

Because I work and have little time to prepare meals, I like to make a weeks worth of HCG Diet foods all at once on my day off. This frees up a lot of time, and is easy as 123.

1. Buy fruits for the week put them in one place ready to eat. I like to pre cut apples and section oranges and grapefruit. Then put them in ready to go baggies.
2. I buy my vegetables for the week all at once. My favorites are lettuce, spinach, broccoli, tomatoes, onions, cucumbers and asparagus. I chop and measure everything out into 3 1/2 oz servings. Then put the measured portions into zip lock baggies... ready to eat, toss in a salad or cook with. You can even pre cook the vegetables, and then bag them.
3. I buy and prepare a weeks worth of meats all at once. My favorites are chicken breast, veal and fish. Sometimes steak. I bake 3-4 chicken breasts in foil with lemon juice and herbs. I do the same for the fish and veal. When done, I weigh and baggie individual 3 1/2 oz portions and freeze 1/2 of the meat for the 2nd half of the week. I eat 2 different meats daily and love that they are ready to grab and go for work, or ready to toss in a stir fry or salad. Or quickly heat in the microwave with vegetables.

Also make herb teas and lemonade by the gallon. This way you always have something refreshing to drink...ready to go. Sweeten the teas with orange, lemon, raspberry or vanilla Stevia from wisdom herbs.

## Crock Pot Meats and Soups

Another cooking for a week tip is put a large amount of meat in a crock pot and simmer on low for 4-8 hours with a good amount of water to make a soup broth if desired, herbs, herb teas and spices. Add onion for flavor. This makes the most tender and moist meats. When done and cooled. Weigh into 3 1/2 oz portions and freeze anything that you won't use within 3 days. You can use the broth to make savory soups, just add your daily portion of vegetables, like asparagus, cabbage or spinach, to 1 cup of the broth. If you want more liquid & volume in the bowl add herb tea or water and season.

### Beef & Asparagus Soup

Put 1 C of beef broth in bowl, add additional water as desired. Add 3 1/2 oz cooked beef pieces (veal is the leanest), and chopped asparagus. Season to taste. Simmer till asparagus is tender.

### Spicy Cabbage Chicken Soup

Put 1 C of chicken broth in bowl, add additional water as desired. Add 3 1/2 oz cooked chicken pieces, and 3 1/2 oz chopped cabbage. Season to taste. Simmer till cabbage is tender. Lemon or vinegar with sweetener makes a good sweet and sour broth. Add 1tbs of milk if desired.

