

HCG Recipes

.Various recipes adapted for those on Dr. Simeons HCG Protocol

Make sure your spices have NO carbs in the ingredients or they may cause a stall in weight loss or even a weight gain!

BEVERAGES

Crushed Ice

1cup (partially defrosted Strawberries) or 1 med Orange
1 Pkg Stevia
5 drops Orange Stevia
5 drops Vanilla Cream Stevia
Blend until smooth

Frozen Cappuccino

1 c. crushed ice
5 drops of peppermint Stevia
5 drops of chocolate Stevia
5 drops of Valencia orange
1 c. of coffee
Mix in blender until smooth. Pour into glass and serve.

Lemon Drop Slushy

1/2 t. squeezed lemon juice
1/2 c. water
1/2 c. ice
5 drops of lemon Stevia

I Shouldn't Have A V8

tomato (allowed amount)
juice of half lemon
1 t fresh cilantro, minced
1/2 t Stevia (to taste)
1/4-1/2 t garlic paste (to taste) or 1 clove minced
1/4 t cumin
1/4 t sugar-free Worcestershire
1/8 t celery seed
salt/pepper (to taste)
Tabasco (to taste)

In blender, combine all ingredients and puree until reaches desired consistency.

Place in refrigerator until chilled or serve over ice.

TIP: Depending on the amount of tomato used, you may need to vary most of these amounts according to taste.

FRUITS

Apple Sauce

Bake an apple and peel off skin and mash and add cinnamon and 1 pkg of Stevia and mix all together and serve on plate.

Baked Apple

Any apple you like

1 pkg Stevia
 1 T. cinnamon
 1 T. water
 1 t. cinnamon

Cut apple core almost through and mix together Stevia and cinnamon with 1 T. water. Place apple on a sheet of foil and mold foil to cup the apple. Pour Stevia and cinnamon mixture in the apple core and tighten foil securely around apple. Bake 350 for 45 minutes. Serve in a shallow dish and sprinkle cinnamon over the apple.

Jamaican Grapefruit

1/2 grapefruit
 Cinnamon
 1-2 Pkg of Stevia

Using a serrated edge knife, cut grapefruit in half as normally would and place on an oven safe dish and bake for 2 minutes. Cut around center core, rind, and partitions. Sprinkle with cinnamon and Stevia.

Strawberry Flower

4 Large strawberries or 6 small
 1 T. cinnamon
 1 pkg Stevia

Slice strawberries and place on a plate shaped like a flower. Mix cinnamon and Stevia and sprinkle over the strawberries.

DRESSINGS AND BROTHS

Balsamic Vinaigrette

1/3 cup balsamic vinegar
 2 T. water
 2 T. dried thyme
 1/4 t. salt
 1/4 t. pepper
 1 T. dried basil
 1/4 t. garlic powder
 Add all ingredients in a blender and mix well.

Chicken Broth

1 chicken breast
 8 cups water
 4 cups water
 5 t. poultry season
 5 t. onion powder
 4 garlic cloves
 4 t. black pepper
 3 t. sea salt
 3 T. celery salt
 1 cheese cloth
 1 string

Mix all herbs and place in the cheese cloth wrap string around cloth to secure all herbs and place it in the stock pot with 8 cups of water and the chicken breast and boil for 35 minutes or until chicken breast is cooked. Place a strainer on top of a bowl with a coffee filter to Strain broth to extract any fat from chicken breast and use the chicken for other recipes. Keep the cheese cloth to see if you need to continue to add

more flavors to the stock for the additional 4 cups of water and bring to a boil for additional 30 minutes. Set aside and chill. Use the broth for recipes for flavor and for a cup of broth before lunch and dinner.

Citrus Dressing

1/4 cup apple cider vinegar
 1 cup water
 1 T lemon
 1 pkg Stevia
 1/4 t garlic powder

Dill Dressing

1/3 cup apple cider vinegar
 2 T. water
 2 T. dried basil
 2 T. dried dill
 1 t. garlic powder
 1 t. dry mustard
 1 t. onion powder
 Mix all ingredients in a blender and mix well.

Vinaigrette Dressing

1/4 c. apple cider vinegar
 1/2 c. water
 2 shakes celery salt
 2 shakes onion salt
 Ground pepper to taste
 3 Pkg Stevia

SALADS AND SOUPS

Beet Greens or Asparagus

2 T. chicken bouillon base
 2 c. chopped beet greens or Asparagus
 Dash of onion salt
 Heat bouillon base on medium to just prior to boiling, Reduce heat, add greens and saute a few minutes until tender. Sprinkle with onion salt.

Citrus Shrimp & Greens

3.5 ounces of shrimp
 2 T. lemon juice
 1T. lime juice
 3T. apple cider vinegar
 1t. garlic powder
 1t. pepper
 1/2 t. onion salt
 Place fish in a bowl and mix together all ingredients and let it stand and marinate for 1/2 hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite salad greens.

French Onion Soup

1 Vidalia onion
 2 c. beef broth

3.5 ounces lean steak
 1t. garlic powder
 1t. onion salt
 1t. pepper
 2 Melba toast

Slice onion with an apple slice to make wedges and to open up the onion. Season the onion and place it on top of a foil sheet. Add 1/4 c beef broth, and wrap it up tightly, and place in a baking dish and bake at 350 degrees for 1 hour. You want to make sure the onion is not too soft you want it a little firm. Serve in a bowl with 2 cups of beef broth and 2 Melba toast.

Radish Salad

radishes, sliced (allowed amount)
 lemon juice
 1 T dehydrated minced onion
 1 T parsley
 1-2 t liquid aminos
 salt/pepper (to taste)

In bowl, combine all ingredients and refrigerate 30 minutes to 1 hr before serving.

Green Onion Soup

green onions (allowed amount)
 2 c vegetable broth
 1-2 t liquid aminos
 1 t parsley
 1 t Stevia
 1/2 t paprika
 1/2 t salt
 1/2 t dill
 1/2 t thyme
 1/8 t cayenne or red pepper flakes
 1/8 t celery seed

Briefly steam the green onions until tender. Preheat saucepan over MED heat. Chop steamed green onions. In a saucepan, saute the green onions in a bit of vegetable broth for a couple of minutes, then add the parsley, Stevia, paprika, salt, dill, thyme, celery seed, and cayenne. Saute 1-2 minutes more. Add remaining vegetable broth, reduce heat, cover and simmer 20-30 minutes.

ENTREES

Balsamic Chicken Wraps

3.5 ounces chicken
 2 med green cabbage leaf
 2 med Napa cabbage leaf
 1 garlic clove
 3 T. balsamic vinegar
 1/4 t onion powder
 1/4 T. sea salt
 1/4 T. pepper
 1 T. fresh ginger

Mix together finely grated ginger, garlic, onion powder, balsamic vinegar, salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly and then add the Napa cabbage and cook until cabbage is slightly

cooked. Take the 2 green cabbage leaf and split the chicken mixture and place in cabbage leaf's and roll into a wrap.

Balsamic Mustard Crusted Steak

3.5 ounces filet or London broil
 1 t. mustard powder
 2 t. balsamic
 1/4 t salt
 1/2 t freshly ground black pepper
 2 garlic cloves (minced)

Mix all seasoning in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand 10 minutes. Broil steak desired amount -. 3 to 4 minutes per side for medium-rare. Let stand 5 minutes before slicing and serving.

Bun-less Chicken Burger

3.5 ounces of ground chicken breast
 1/4 t. pepper
 1/4 t onion salt
 1/4 t. onion powder
 1t. garlic powder
 1/4 t dry mustard
 2T. balsamic vinegar
 2 cups spinach

Mix all ingredients into the ground chicken breast and mold into a small patty. Grill or broil and serve with the spinach and balsamic vinaigrette.

Chilean Sea Bass

3.5 ounces of sea bass fillets
 2 cloves garlic, minced
 1/2 of lemon
 1/2 t. salt
 1/2 t. lemon pepper
 2 T. finely chopped cilantro
 1/2 t. 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 lemon pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal.
 Bake at 450 for 20 minutes.

Curry Chicken and Spinach

3.5 ounces chicken
 2 cups spinach
 2 t. onion powder
 1 garlic clove (minced)
 1/2 cup chicken broth
 1/4 t salt
 1/4 t pepper
 1 lime
 1 T. curry powder

Mix chicken and all seasonings and 1/2 the lime and cook chicken through. Throw the spinach in for 1 minute and serve in a bowl and squeeze the other 1/2 of the lime.

Ginger Steamed Red Snapper

3.5 ounces red snapper
2T. fresh grated ginger
1/4 cup balsamic vinegar
2 drops liquid Stevia
1/4 t. salt
1/4 t. pepper
1 lemon wedge

Finely grate 1 T of fresh ginger in small skillet. Add the balsamic vinegar and cover with water to reach 2 inches and bring to a simmer. Season red snapper with grated ginger, lemon, salt and pepper. Place in steamer and cook for about 10 minutes.

Lemon Garlic Chard

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

Put 1 T. water in non stick pan saute 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 sauteed garlic. Before serving, give a squirt of lemon juice and a shake of salt and pepper.

Lemon Lime Tilapia

3.5 ounces tilapia or any white fish
1/2 lemon slice
1/2 lime slice
1 garlic clove (minced)
1/4 T. sea salt
1/4 T. black pepper
1/2 t. dry dill
1/2 cup water

Mix together lemon juice, lime juice, garlic, salt, pepper, and dill. Marinate fish in seasonings for 10 minutes and place in non-stick pan with water and cover and steam for 10 minutes.

Lemon Zest Crab Cakes

3.5 ounces crab
1 garlic clove (minced)
1 T. onion powder
1/2 t. lemon zest
1/4 t salt
1/4 t. pepper
1 t. dry mustard
2 lemon wedges
1 T. parsley
1 t. lemon zest

Mix everything together and put into 2 small patties. Place in a baking dish and bake for 15 minutes and place on serving dish.

Marinated London Broil Steak & Salsa

3.5 ounces London broil
1/3 cup balsamic vinegar
2T. dried Oregano
3T. garlic powder
1/4 t salt
1/4 t pepper
2 cups diced tomatoes

Marinate London broil with all seasons for 1 hour. Season diced tomatoes and place 1/2 in the middle of the plate. Broil or grill steak to your temperature. Place on top of salsa and add the remainder salsa.

Mock Egg Roll

3.5 ounces of Chicken
2-3 big cabbage leaves
1c. shredded cabbage
1/8 t. onion salt
1/8 t. garlic powder
1/8 Asian spices
1/2 Pkg Stevia

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 a big cabbage leaf.

Oven Chicken Salad

1 chicken breast
1/2 t. cayenne pepper (optional)
1/4 t. onion powder
1/4 t. salt
1/4 t. pepper
1/4 t. garlic powder
1/2 t. poultry season
2 cups spinach or lettuce

Vinaigrette Dressing

1/4 cup apple cider vinegar
1/2 cup water
1 t celery salt
1 t. onion salt
1 t. pepper
1 pkg Stevia

Mix all seasonings together and roll chicken in mixture so it is smothered and place on a foil sheet and wrap up nice and tight. Put on a cooking sheet and bake at 375 degrees and bake for 20 to 30 minutes. Cut up in small pieces and measure 3.5 ounces of chicken and put on a bed of spinach or lettuce and drizzle the vinaigrette dressing. Save the remainder of the chicken breast for another meal.

Rosemary Fish & Lemon Garlic Chard

3.5 ounces of halibut or tilapia

Italian Herb Seasoning

- 1 t. Rosemary ground
- 1 t. Ground pepper
- 1 t. Sea Salt
- 2 slices of Fresh lemon juice
- 2c. broccoli
- 1 t. garlic salt

Sprinkle both sides of fish with spices. Place fish on a nonstick frying pan with 1/3 cup of water and lemon juice. Place a lid on the pan to keep the steam within the pan. Cook for 3 to 4 min. Fish is done when flakes easily with a fork.

Spicy Cajun Scallops

- 3.5 ounces scallops or shrimp
- 1 lemon
- 1/2 dry mustard
- 1 t. pepper flakes
- 2 garlic clove (minced)
- 1/4 salts
- 1/4 pepper
- 1/2 cup water

Mix together lemon juice, dry mustard, cayenne, garlic, salt, pepper and scallops. Fill a non-stick frying pan with water and place scallops and cover with lid for 10 minutes.

Spicy Taco Salad

- 2 cups Romaine Lettuce
- 3.5 ounces London broil or filet
- 1/4 t. garlic salt
- 1/4 t. chili seasoning

Prepare the beef on the grill. Crumble beef and mix in garlic, salt, and chili seasoning. Top lettuce with ground beef mixture. Serve with Vinaigrette Dressing on the side.

DESERTS

Desert- Apple Cobbler

- 1 sliced apple
 - 1/8 t. cinnamon
 - 1 Pkg Stevia
- Toss the above ingredients and arrange on oven safe dish
- Topping:** 1t. cinnamon and 1Pkg Stevia

Apples with Strawberry Sauce

- 1/2 of a Jonathan apple
 - 3 strawberries
 - 3 drops vanilla Creme Stevia
- Slice apple and arrange on a plate. Mash the strawberries with a fork and add vanilla Creme Stevia to make a sauce. Pour over the apple slices.