

# Grocery Shopping List

## HCG Essentials

Food Scale

George Foreman Grill

Extra Virgin Coconut oil

Accurate Weight Scale

Daily Weight Journal

## Seasonings

Apple Cider Vinegar

Stevia Natural Sweetener / Truvia

Sea Salt

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Black Pepper   Cinnamon   Parsley   Oregano

Rosemary   Celery Seed   Thyme   Tomato Paste

Cilantro   Basil   Garlic Powder   Mustard Powder   Turmeric

Red Pepper   Onion Powder / Onion flakes   Tony Chacher's Cajun Seasoning

Chinese Five Spice

## Beverages

Bottled or Filtered Water

Herbal Teas (any tea bag assortment)

Coffee

## Snacks

Grissini Plain Sesame Breadsticks

Melba Toast Plain

## Proteins

### *Poultry*

Boneless Chicken Breast

### *Red Meat*

Top Sirloin Steak   Extra Lean Ground Beef   Veal   Buffalo

### *Fish (white fish only)*

Tilapia   Grouper   Cod   Halibut   Flounder

Sole   Sea Bass

### *Shellfish*

Shrimp   Lobster   Crab   Scallops

**Tip:** Purchase all proteins raw and in bulk. Weigh and cut into 3.5 to 4 ounce individual portions. Cover with plastic wrap and place poultry, meat, and fish in separate containers and store in freezer. You can also pre-cook your 4 ounce individual portions and store in the refrigerator for quick access.

## Vegetables

Asparagus

Cabbage

Spinach – frozen or fresh raw

Celery

Cucumber

Tomato

White and Green Onions

Green Leaf Lettuce

**Note** – Fresh or frozen vegetables only, canned vegetables are prohibited (may contain added salt and preservatives).

## Fruits

Strawberries

Grapefruit

Apples

Lemons

**Note** – Fresh or frozen fruit only, canned fruit is prohibited (may contain added sugar and preservatives)



# Beverages

## Frozen Cappuccino

1 cup crushed ice  
5 drops of chocolate Stevia  
5 drops Valencia Orange Stevia  
1 cup black coffee  
1 tbsp organic unsweetened soy milk (2 tbsp allowed in 24 hour period)

### Directions:

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

**Calories Per Serving:** 13 calories

## Lemonade

6 lemons  
1 Stevia packet

### Directions:

Pour lemon juice into 8 ounce glass. Add Stevia to taste, chill and serve!

**Calories Per Serving:** 0 calories

## V-8 Tomato Juice

3 large tomatoes	½ tsp Garlic Paste
Juice of half a lemon	¼ tsp Cumin
1 tsp cilantro	1/8 tsp celery seed or celery salt
½ tsp Stevia	Pinch of sea salt/black pepper

### Directions:

In blender, combine all ingredients and puree until desired consistency. Place in refrigerator until chilled or serve over ice.

**Calories Per Serving:** roughly 120 calories

# Seasonings and Dressings

## Taco Seasoning Mix

1 tbsp chili powder	½ tsp paprika
½ tsp garlic powder	1 ½ tsp ground cumin
¼ tsp onion powder	1 tsp sea salt
¼ tsp dried oregano	1 tsp black pepper

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

## Cajun Poultry Seasoning\*

2 tbsp paprika	½ tbsp ground cumin
¾ tsp cayenne	1 tbsp dried oregano
1 ½ tbsp ground black pepper	3 tbsp dried thyme leaves
3 tbsp garlic granules	2 tbsp dried sage leaves, crumbled or whole
1 ½ tbsp onion powder	2 tbsp parsley leaves
1 ½ tbsp sea salt	

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 light. For best flavor, use within 3 – 4 months.

## Classic Poultry Seasoning\*

1 tbsp onion powder	2 tbsp dried thyme leaves
1 tbsp garlic powder	2 tbsp dried parsley leaves
2 tbsp dried sage leaves, crumbled or whole	

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 (do not fry chicken while on the hCG), or most any chicken poultry dish where you want flavor – not heat.

## All Purpose Seasoning\*

1 tbsp sea salt	1 tbsp onion powder
1 tbsp garlic powder	½ tsp black pepper

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

## Jamaican Jerk Seasoning

2 tbsp dried minced onion  
2 ½ tsp dried thyme  
2 tsp ground allspice  
2 tsp ground black pepper

½ tsp ground cinnamon  
½ cayenne pepper  
½ tsp salt

### Directions:

Combine all ingredients. Store in a cool dry place.

## Greek Seasoning

2 tsp oregano  
1 ½ tsp onion powder  
1 ½ tsp garlic powder  
1 tsp salt  
1 tsp black pepper

1 tsp parsley  
1 tsp basil  
½ tsp cinnamon  
½ tsp nutmeg  
½ tsp thyme

### Directions:

Grind spices in food processor or coffee grinder. Store in air-tight container.

## Shake 'n Bake

½ cup minced dehydrated onions  
½ tsp coriander  
¼ tsp thyme  
¼ tsp red pepper flakes

1/8 tsp oregano  
1/8 tsp paprika  
1/8 tsp black pepper  
1/8 tsp salt

### Directions:

Place all ingredients in food processor or coffee grinder. Grind to a powder. Store in air-tight container. Use this as coating on your meat before you cook it. Dampen meat with water, then coat. Great on chicken, fish, shrimp, even coating hamburger patties! This recipe yield several portions.

## Sweet & Sour Vinaigrette Salad Dressing

2 tbsp apple cider vinegar  
Salt and pepper to taste  
½ packet Stevia

### Directions:

Mix ingredients in a small bowl. Use on salad, spinach, vegetables, or stir fry.

## Strawberry Vinaigrette

1 cup strawberries	Dash of sea salt
1 tbsp apple cider vinegar	Dash of cayenne (optional)
1 tbsp lemon juice	Fresh ground black pepper to taste
Stevia to taste	

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper. Variations: use as a marinade or sauce for chicken.

**Calories Per Serving:** Makes 1 – 2 servings. Roughly 53 calories in 1 serving.

## Dijon Salad Dressing

Juice of 1 lemon	¾ tsp dry mustard
1 tbsp apple cider vinegar	Pepper to taste
½ tsp garlic powder	Stevia to taste

Add all ingredients to a covered jar and shake. Use on anything. Refrigerate.

**Calories Per Serving:** Makes roughly 1 to 2 servings. Roughly 7 calories in 1 serving.

## Dill Dressing

1/3 cup apple cider vinegar	1 tsp garlic powder
2 tbsp water	1 tsp dry mustard
2 tbsp dried basil	1 tsp onion powder
2 tbsp dried dill	

Mix all ingredients in a blender and mix well.

## Vinaigrette Dressing\*

1/4 cup apple cider vinegar	Ground pepper to taste
½ cup water	20 drops Clear Stevia
2 shakes celery salt	3 packets Stevia
2 shakes onion salt	

Combine ingredients, pour into jar and refrigerate.

\* = Recipes Courtesy of *101 Worry-Free HCG Diet Recipes* by Leanna Mennemeier & Linda Prinster

## Deli Mustard

¼ cup mustard powder or seed	Pinch of sea salt
1/8 cup apple cider vinegar	1.8 cup water
	Add allowed spices as desired

**Directions:** Mix and serve with Melba toast or Grissini breadstick.

# Snacks and Sides

## Apple Sauce

1 peeled apple  
Pinch of cinnamon  
1 Stevia Package

### Directions:

Bake an apple at 375 degrees for roughly 15 minutes, or until soft. Peel off skin and mash. Add cinnamon and 1 package of Stevia. Mix all together and serve!

**Calories Per Serving:** roughly 70 calories (this can vary depending on the size of your apple)



## Spinach Chips

Raw organic spinach leaves  
Lemon juice  
Salt to taste

### Directions:

Place leaves on mesh dehydrator sheets or a baking sheet. Squeeze lemon juice and salt to taste. Place in dehydrator at 105 degrees until crunchy. Or place baking sheet in an oven at 170 degrees for a few hours or until crunchy.

**Calories Per Serving:** Serving sizes vary. Count calories for spinach consumed adding 7 calories for entire juice of lemon



## Melba French Toast

4 pieces Melba Toast  
1 egg white  
1 tbsp water  
Cinnamon and Stevia/Truvia to taste

### Directions:

Crack egg white into a bowl, add water. Let 4 pieces Melba Toast soak in egg mixture for 10 minutes, or until saturated. Fry in a non stick skillet with a small sliver of coconut oil for 2 to 3 minutes, until cooked. Flip halfway. Serve with a sprinkle of cinnamon and Stevia/Truvia. Great for an afternoon snack or a Sunday breakfast!

**Calories Per Serving:** Makes 1 serving. Roughly 67 calories per serving.



## Lemon Cabbage Slaw with Curry

4 cups shredded green or white cabbage	1 tsp curry powder
1 cup white onion, thinly sliced	½ tsp salt
2 tbsp apple cider vinegar	½ tsp celery seeds
1 tbsp lemon juice	1 tbsp Stevia

### Directions:

Mix cabbage and green onion in large bowl.

Combine vinegar, lemon juice, Stevia, curry powder, salt and celery seeds in a small bowl. Pour over cabbage mixture; mix well.

Refrigerate, covered at least 4 hours or overnight, stirring occasionally.

**Calories Per Serving:** Makes roughly (5) 1 cup servings – Roughly 40 calories per serving



## Melba Delight

1-2 Melba Toast or 4-5 Melba Snacks

1-2 thin deli style slices of chicken breast (do not purchase chicken from the deli – thinly slice your chicken breast)

1 slice tomato

Add oregano and a pinch of salt

**Calories Per Serving:** Roughly 130 calories per serving – recipe is for 1 serving

## Shrimp Dip

1 pound shrimp	2 cups chopped tomatoes
2 large lemons	1 ½ cup chopped cucumbers
1 tbsp fresh garlic, minced	½ cup chopped fresh cilantro
1 cubanell (banana pepper), finely chopped	½ cup chopped fresh parsley
1 cup finely chopped red onion	Sea salt and fresh ground black pepper to taste
Tabasco to taste	

### Directions:

Cook shrimp if raw. Rinse under cold water. Combine lemon juice and shrimp in a plastic bag.

Refrigerate for 30 minutes. Add Tabasco, garlic, onion and pepper. Mix until evenly covered.

Refrigerate another 30 minutes for flavors to infuse. Toss in bowl and add remaining ingredients.

Serve by itself or with Melba Toast.

**Calories Per Serving:** Roughly (5) 11 ounce servings. Roughly 125 calories per serving.

## Thai Cucumber Relish

1 large cucumber – sliced  
1 cup onion  
¼ cup apple cider vinegar

¼ tsp sea salt  
5 packets Stevia

### Directions:

Bring vinegar to a boil. Simmer for almost 1 minute. Turn off heat. Add up to 5 packets Stevia. Bring back to a boil and turn off heat. Sweeten with more Stevia if you wish, or zing up with Tabasco or hot sauce to taste. Pour hot liquid over cucumbers and onions. Chill when through.

**Calories Per Serving:** Roughly 2 servings. Roughly 60 calories per serving.



## Baked Vidalia Onion

1 Vidalia onion (or any sweet onion)  
Sea Salt  
Pepper

### Directions:

Preheat oven to 350 degrees. Remove the outer layer of the onion and wrap the onion in foil. Bake for at least 1 hour. Remove foil and salt and pepper to taste.

**Alternate directions:** Slice onion in thick slices, place on grill for up to 4 minutes. Salt and pepper to taste.

**Calories Per Serving:** 1 large onion is roughly 60 calories.



## Sautéed Garlic & Greens

6 cloves garlic, sliced  
5 bunches of Swiss chard greens

1 squeeze of a lemon  
½ tsp sea salt

### Directions:

Heat garlic in large skillet over medium-low heat in a non-stick pan until garlic begins to turn golden, about 3 minutes. Transfer to small bowl and set aside. Place greens and salt into the skillet. Using tongs, turn greens until wilted enough to fit in pan. Raise heat to medium and cover. Cook 7 to 10 minutes, tossing occasionally. Transfer greens to a colander to drain. Return greens to pan and toss with reserved garlic. Squeeze with lemon just before serving. Refrigerate leftover greens in an airtight container for up to 3 days.

**Calories Per Serving:** Makes 1 vegetable serving. Roughly 37 calories per cup of chard.



## Steamed Cabbage

1 ½ cup cabbage  
Juice of half a lemon  
½ tsp Dijon mustard\*

Pinch of sea salt  
Pinch of black pepper

### Directions:

Place cabbage in steamer. Cover and steam 5-10 minutes until slightly tender. In a small bowl, combine Dijon mustard and lemon juice. Place cabbage in bowl, add lemon and mustard mix and toss. Add sea salt and black pepper to taste. Serve!

*\*Please use with caution as Dijon mustard can cause a plateau in some patients.*

**Calories Per Serving:** Makes 1 vegetable serving. Roughly 33 calories per serving.



## Lemon Ginger Asparagus

1 ½ cup asparagus  
½ cup water  
½ tsp minced ginger root

3 cloves minced garlic  
1 squeeze of lemon  
Black pepper

### Directions:

Preheat pan over MED heat. Snap off woody ends of asparagus spears and discard. Snap spears into 2-3 pieces. Add garlic to the pan and cook for 2-3 minutes, add asparagus and water. Bring to a boil. Remove asparagus and top with lemon and pepper. Serve.

**Calories Per Serving:** Makes roughly 1 vegetable serving. Roughly 72 calories per serving.



# Soups and Salads

## Chicken Bouillon Base\*

(Used in many recipes instead of chicken broth)

6 (3.5 ounce) pieces of chicken breast	¼ tsp poultry seasoning
8 cups of water	¼ tsp black pepper
¼ tsp garlic powder	1 ½ tsp sea salt
¼ tsp onion salt	

### Directions:

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

Remove chicken and refrigerate or freeze to use at a later time.

2 cups in a medium size pot for soup or 4 tablespoons on a small pan to sauté vegetables.

**Calories Per Serving:** Makes Roughly 6 servings. Roughly 164 calories per serving. Broth alone has roughly 30 calories per 1 ½ cup servings.

## Marinara Sauce

3 large tomatoes  
2-2 ½ cups of water or Chicken Bouillon Base  
1 tsp basil  
1 tsp parsley  
1 tsp onion powder  
2 garlic cloves, minced  
Salt and Pepper to taste

### Directions:

Fill a small saucepan with a few cups of water and bring to a boil. Score skin of tomato in a few places with serrated knife. Blanch tomato in the boiling water for 1-2 minutes. Immediately transfer tomato to ice water to cool and discard boiling water. Remove skin of tomato and discard skin. Preheat small non-stick saucepan over MED-HI heat. If you want chunky sauce, crush tomato with your hands into saucepan (discard stem). If you prefer smoother sauce, puree tomato in blender or food processor then add to pan. Add garlic, onion powder, salt and pepper. Bring to low boil, then immediately reduce heat to LOW, cover and simmer for 15 minutes, stirring often to keep tomato from sticking. Turn heat up to MED. Add parsley, more garlic, and basil. Cook 5 to 10 minutes, stirring constantly. While cooking, start adding water 1 tbsp at a time until it reaches your desired consistency. It is sometimes needed to add 3-4 tbsp of water.

**Calories Per Serving:** Makes 1-2 servings. Roughly 110 calories for entire batch.

## Green Onion Soup

Green onions as desired  
2 cups water  
1 tsp parsley  
½ tsp sea salt

½ tsp dill  
½ tsp thyme  
1/8 tsp cayenne pepper  
1/8 tsp celery seed

### Directions:

Briefly steam the green onions until tender. Preheat saucepan over MED heat. Chop steamed green onions. Sauté green onions in saucepan with parsley, sea salt, dill, thyme, celery seed, and cayenne pepper. Add water and simmer 20-30 minutes and serve.

**Calories Per Serving:** Makes one serving. 3 calories per stalk of green onion.



## French Onion Soup

2 cups Chicken Bouillon Base  
1 whole sliced sweet onion

### Directions:

Combine ingredients and simmer on low for 1 hour.

**Calories Per Serving:** Makes 1 Serving, roughly 180 calories.

## Tangy Tomato Soup

1 cup chicken bouillon base  
1 large or 2 small tomatoes  
1 clove minced garlic  
½ tsp onion salt

½ packet Stevia  
½ tsp basil  
Ground Pepper to taste

### Directions:

Sauté garlic in 1 tablespoon of bouillon base and set aside. Puree tomatoes in a blender and then cook over medium heat to a boil. Stir 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 and pour soup in bowl. Sprinkle with ground pepper and serve.

**Calories Per Serving:** Makes 1 serving. Roughly 94 calories per serving.

## Meatball Soup

1 lb ground beef	½ tsp ground cumin
2 scallions, chopped	Salt and Pepper to taste
1 cup Melba Toast, crushed	3 cups mild jarred salsa (about 1½ 16-ounce jar)
¼ cup chopped fresh cilantro	

### Directions:

Heat broiler. In a bowl, combine the beef, scallions, Melba Toast, cilantro, cumin, ½ tsp salt, and ¼ tsp pepper. Shape mixture into 1-inch balls, this should make about 24 meatballs, and place on a broiler proof baking sheet. Broil until they begin to turn brown, about 5 to 6 minutes. Meanwhile, in a blender, puree the salsa with 1 cup water. Transfer to a large saucepan, add 2 cups water, and bring to a boil. Add the meatballs, reduce heat, and simmer until cooked through, 2 to 4 minutes. Serve the soup with cilantro sprigs and extra Melba Toast (if desired).

**Calories Per Serving:** Makes 4 servings. Roughly 302 calories per serving.

## Garlic Fish Soup

3.5 ounce of cod cut into 1 inch cubes.	1 large or 2 small tomatoes
1 minced garlic clove	2 cups chicken bouillon base
½ tsp oregano	Sea Salt
½ tsp thyme	Pepper

### Directions:

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

**Calories Per Serving:** Makes 1 serving. Roughly 198 calories.

## Savory Chicken Soup

3.5 ounce chicken breast cubed	2 cloves garlic – minced
Chopped celery, cabbage or tomatoes	½ tsp poultry spice
2 cups chicken bouillon base	Cayenne pepper to taste
¼ of a chopped onion	Salt and Pepper to taste

### Directions:

Bring chicken bouillon base to a boil. Add onion, garlic and spices. Add chicken and vegetables. Simmer on low heat for 20 minutes or until chicken and cabbage are tender. Serve hot. Sprinkle with chives or parsley if desired.

**Calories Per Serving:** Makes 1 serving. Roughly 251 calories.

## Cajun Gumbo

3.5 oz of shrimp	2 cloves minced garlic
2 cup chicken bouillon base	1/8 cup Apple Cider vinegar
1 chopped tomato	Cayenne Pepper to taste
3 tbsp organic tomato paste	Salt and Pepper to taste
1/8 cup chopped onion	1 cup leafy green of choice (lettuce or spinach)

### Directions:

Sauté the onions and spices in a bit of chicken broth. When caramelized, add shrimp. Sauté for two or three minutes then add tomato paste, tomatoes and the rest of the chicken broth and vinegar. Let liquids reduce down until thickened to a sauce consistency. Pour over bowl full of leafy greens.

**Calories Per Serving:** Makes 1 serving. Roughly 198 calories depending on leafy green choice.

## Marinated Asparagus Salad

2 lbs asparagus spears, trimmed and cut in half	½ tsp dried tarragon
2 tbsp apple cider vinegar	¼ tsp salt
1 tsp dry mustard	1/8 tsp black pepper

### Directions:

Cook asparagus in boiling water for 4 minutes or until crisp-tender. Drain; rinse with cold water. While asparagus cooks, combine vinegar and next 5 ingredients in a medium bowl. Add asparagus and toss well. Cover and refrigerate for 3 hours or until well chilled.

**Calories Per Serving:** Makes (3) 5 oz. servings (just under one cup). Roughly 20 calories per serving.



## Gazpacho Salad

1 pint grape tomatoes, halved	¼ cup Fat Free Zesty Italian dressing**
1 cup coarsely chopped cucumber	¼ tsp salt
½ cup coarsely chopped red onion	¼ tsp freshly ground black pepper
2 garlic cloves – minced	

### Directions:

Combine all ingredients in a medium bowl, stirring well. Serve immediately or cover and chill.

**Calories Per Serving:** Makes 4 half cup servings. Roughly 64 calories per serving.

\*\* = Please note the Fat Free Zesty Italian dressing can cause a plateau in some patient's weight loss. Use sparingly and with caution. Calorie count in recipe can vary depending on brand.



## Lemon-Tarragon Asparagus Salad

1 ½ pound asparagus spears	1 tsp finely shredded lemon peel
1 cup sliced radishes	¼ tsp salt
1 tbsp thinly sliced green onion	2 tbsp apple cider vinegar
2 tsp snipped fresh tarragon or ½ tsp dried tarragon crushed	

### Directions:

Snap off and discard woody bases from asparagus. Cut asparagus into 1 ½ inch pieces. In covered large saucepan, cook asparagus in small amount of boiling, lightly salted water for 2 minutes; drain. Rinse with cold water; drain again. Transfer asparagus to salad bowl. Add radishes, green onions, tarragon, lemon peel, and salt; toss gently to combine. Cover and chill for 2 to 3 hours. Before serving, stir vinegar into asparagus mixture.

**Calories Per Serving:** Roughly 3 one cup servings. Roughly 22 calories per serving.



## Cucumber Salad

1 large cucumber	½ tsp onion salt
4 tbsp apple cider vinegar	1 tbsp dried parsley
¼ tsp garlic powder	1 packet Stevia
1/8 tsp pepper	

### Directions:

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

**Calories per Serving:** Makes 2 servings. Roughly 28 calories per serving.



## Grapefruit Salad

2 small grapefruits (one red, one white)	Pepper to taste
2 tsp coconut oil	10 ounce mixed baby greens
¼ tsp dry mustard	½ small red or white onion, thinly sliced (about ½ cup)
1 ½ tsp tarragon	

### Directions:

Peel grapefruits. Separate each segment. Break into small bite size sections using bowl to catch juice. Place grapefruit sections, greens and onions in a separate bowl, mixing well until blended. Add coconut oil, tarragon, mustard and pepper to reserved juice and whisk until well-combined. Pour over fruit and chill for 30 minutes.

**Calories Per Serving:** Makes 4 servings. Roughly 103 calories per serving.





## Crunchy Sweet Apple Chicken Salad

3.5 ounce chicken breast cooked and diced	Dash of nutmeg
1 small apple diced – any kind	Dash of cardamom
1 cup celery diced	Dash of salt
3 tbsp lemon juice	Stevia to taste
1/8 tsp cinnamon	Wedge of lemon

### Directions:

Mix ingredients together, sprinkling it with Stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy!

**Calorie Per Serving:** Makes 1 serving. Roughly 240 calories.

## Strawberry Chicken Salad

3.5 ounce cooked chicken breast – diced  
10 ounce mixed baby greens (substitute with iceberg lettuce, spinach, or leafy green of choice)  
1 cup strawberries  
1 serving of Strawberry Vinaigrette dressing (see “Seasonings and Dressings” section)

**Directions:** Combine ingredients. Drizzle with Strawberry Vinaigrette dressing (see “Seasonings and Dressings” section). Toss until lettuce is coated, serve and enjoy!

**Calories Per Serving:** Makes 1 serving. Roughly 283 calories.

## Tasty Chicken Apple Salad

2 cups raw spinach  
½ medium apple – chopped  
3.5 ounce cooked chicken breast – diced

### Directions:

Combine all ingredients. Drizzle with any approved hCG dressing from “Seasonings and Dressings” section.

**Calories Per Serving:** Makes 1 serving. Roughly 214 calories, add calories for dressing of choice.

## Taco Salad

3.5 ounce extra lean ground beef	3 Romaine lettuce leaves
1 serving Taco Seasoning Recipe – see “Seasonings and Dressings”	Onion and tomato to liking
	Salsa to taste

### Directions:

Brown ground beef with taco seasoning and onion in a pan. Arrange lettuce at the bottom of a bowl. Add ground beef, top with tomatoes and salsa.

**Calories Per Serving:** Makes 1 serving. Roughly 191 calories.

# Entrees

## Beef Entrées

### Chili

3.5 ounce lean ground beef (less than 7% fat)	Pinch of onion powder
1 cup chopped tomatoes	¼ tsp chili powder
½ cup water	Pinch of oregano
2 tbsp minced onion	Cayenne pepper to taste (optional)
2 cloves garlic – minced	Salt and Pepper to taste
Pinch of garlic powder	

#### Directions:

Brown ground beef in a small frying pan. Stir in onions, garlic, tomatoes, and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish; salt and pepper to taste.

**Calories Per Serving:** Makes 1 serving. Roughly 203 calories per serving, calorie count can vary depending on ground beef.

### Ginger Beef Kabobs

¾ pound top sirloin steak (cut into 1 inch cubes)  
1 tbsp water  
¼ tsp ground ginger  
1/8 tsp ground red pepper  
1 clove garlic – minced  
4 green onions – trimmed into 4 inch pieces

#### Directions:

Place beef in large reseal able food storage bag. Combine ginger, allspice, red pepper and garlic in a small bowl. Pour over meat in a bag and marinate in refrigerator 4 to 16 hours turning occasionally. Prepare grill for direct cooking. Thread meat onto 4 soaked wooden skewers adding green onion pieces to the end. Grill kabobs over medium coals for 11 to 14 minutes or until meat is tender, turning once during grilling.

**Calories Per Serving:** Makes 6 servings. Roughly 230 calories per serving.

## Bun-less Burger

3.5 ounce extra lean ground beef  
Garlic Powder to taste  
Romaine lettuce leaves  
Tomato and onion to liking

### Directions:

Mix garlic powder into the ground beef. Cook your patties. Top with tomatoes and onion and wrap them in the lettuce.

**Calories Per Serving:** Makes 1 serving. Roughly 191 calories.

## Top Sirloin with Tomato Sauce

4 (3.5 ounce) top sirloin steaks, cut into 1 inch thick strips  
1/8 tsp ground black pepper  
½ cup sliced green onion  
1 tsp minced garlic  
2/3 cup diced tomatoes  
½ tsp instant beef bouillon granules (check ingredients for sugars)

### Directions:

Trim fat from steaks. Sprinkle pepper over both sides of steak and rub in. Place steaks on rack of uncovered grill directly over medium coals. Grill for 10 to 12 minutes for medium rare or 12 to 15 minutes for medium. Turn once during grilling time. Meanwhile, for sauce: In small saucepan cook green onions, tomatoes, and garlic until tender. Serve steaks topped with sauce.

**Calories Per Serving:** Makes 4 servings. Roughly 200 calories per serving.

## Thai Beef

3.5 ounces lean beef	1 tsp crushed red pepper
1 ½ cup shredded cabbage	2 squeezes fresh lemon juice
1 tbsp chopped cilantro	1 tsp garlic powder

### Directions:

Place ground beef in food processor. Sauté water (about a quarter cup). Add cabbage immediately when meat starts to brown. Add garlic powder. When meat and cabbage are desired consistency, remove from heat and add the rest.

**Calories Per Serving:** Makes 1 serving. Roughly 195.5 calories per serving.

## No Bean Chili

3.5 ounces lean ground beef	1 tbsp chili powder
1 ounce tomato paste	1 tsp cayenne pepper
Water (to desired thickness)	Sea Salt to taste
Couple pinches of minced onion	Pepper to taste
Garlic – minced – to taste	

### Directions:

Brown ground beef, stir and add spices. Add tomato and water. Simmer for 15 minutes then serve.

**Calories Per Serving:** Makes 1 serving. Roughly 191 calories.

## Top Sirloin with Braised Cabbage

3.5 ounces top sirloin steak	Lemon Pepper – to taste
1 cup cabbage shredded	1 Stevia package
2 tbsp apple cider vinegar	Rosemary leaves

### Directions:

Drizzle apple cider vinegar and lemon pepper on top of steak and sprinkle a few rosemary leaves before grilling. Make sure not to overcook. Slice cabbage into thin strips. Braise cabbage with water in a small saucepan. Add apple cider vinegar, lemon pepper and 1 packet Stevia. Turn cabbage frequently to make sure it is cooked thoroughly and then serve.

**Calories Per Serving:** Makes 1 serving. Roughly 203 calories per serving.

## Meatballs

3.5 ounce steak ( <i>ground into hamburger – can substitute with buffalo or ground beef</i> )	Onion powder to taste
1 Grissini ground into powder ( <i>can substitute with 1 melba toast</i> )	Basil to taste
1 tbsp milk	Oregano to taste
Parsley to taste	Garlic to taste ( <i>fresh/minced or powdered</i> )
	Salt and Pepper to taste

### Directions:

Pre heat oven to 425 degrees. In bowl, combine all ingredients. Form into 1” meatballs. Place in baking dish or non-stick baking sheet and cook 10 minutes turning halfway through cooking time. Use a glass baking dish to make these as they will stick less. You can also brown them more after cooking by broiling them for 1-2 minutes on each side. These also can be frozen in a freezer bag and then warmed up before serving. Top with marinara sauce.

**Calories Per Serving:** Makes 6 – 7 meatballs for 1 serving. Roughly 242 calories for 6-7 meatballs.

Calorie count is with steak as the meat option.

# Veal Dishes

## Veal with Spicy Parsley Tomato Sauce

3.5 ounces veal	¼ tsp kosher salt
2 large tomatoes cut in quarters	¼ tsp freshly ground black pepper
1 ½ cups fresh flat-leaf parsley	Herbs De Provence
2 garlic cloves	2 tbsp red wine vinegar
½ tsp red pepper flakes	¼ - ½ cup HCG Chicken broth

### Directions:

Preheat the oven to 375 degrees. Season the veal with salt and pepper. Season the tomatoes with salt, pepper, and Herbs de Provence. Place a medium, heavy roasting pan or Dutch oven over high heat. Heat the HCG Chicken broth. Sear the beef over high heat on all sides. Turn off heat. Remove beef. Place the seasoned tomatoes into pan and place the pan in the oven. Roast about 30 to 40 minutes. During last 5 minutes, put beef into pan with the tomatoes. Take the pan out of the oven, tent loosely with foil or cover, and let rest for 10 to 15 minutes.

To make the sauce, place the parsley and garlic in a food processor and pulse until the parsley is finely chopped. Add the red pepper flakes, salt, red wine vinegar and the roasted tomatoes from the beef pan and process until pureed. Add the broth in a steady stream with the machine running until saucy.

To serve, slice the veal into thin strips and place on a serving platter. Drizzle a little sauce over the meat. Serve the remaining sauce in a small bowl alongside.

**Calories Per Serving:** Makes 1 serving. Roughly 237 calories per serving.

## Veal Piccata

3.5 ounce veal scallops	1 ½ tbsp capers
1 large garlic clove, pressed	Juice of 1 lemon
¼ cup HCG Chicken Broth	Parsley for garnish

### Directions:

Season veal with salt and pepper. In a non-stick pan, add veal and cook until tender, about 30 second per side. Transfer veal to platter and keep warm. Add half the broth to deglaze pan. Add garlic to skillet and sauté for 30 seconds. Boil until broth is reduced to glaze, about 2 minutes. Stir in remaining broth, lemon juice and capers. Simmer until mixture is reduced to ¼ cup, about 2 minutes. Pour over veal. Garnish with parsley.

**Calories Per Serving:** Makes 1 serving. Roughly 168.5 calories per serving.

## Veal Italian Style

3.5 ounce veal cutlet	1/8 tsp dried oregano
1 Melba toast, crushed	Pinch of marjoram
1 tbsp finely minced onion	Salt and pepper to taste
1 clove garlic, minced	½ can tomato paste, mixed with ¼ cup water
¼ tsp dried basil	

### Directions:

Mix Melba toast crumbs with dry spices. Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture. Fry on high heat without oil, or with a sliver of coconut oil. In a separate small pan mix tomato paste and water with desired amount of garlic and spices. Once warm pour over veal and serve.

**Calories Per Serving:** Makes 1 serving. Roughly 184 calories per serving.

## Veal Loin Chops

3.5 ounce veal loin chop  
Fresh ground sage – to taste  
Coconut oil for cooking

### Directions:

Season veal with salt and pepper. Heat coconut oil in a small pan over MED heat, for 2 minutes. Place veal in pan and cook until brown on the bottom, about 4 minutes. Place 3 sage leaves on the uncooked side and turn veal over. Cook until brown, another 3 to 4 minutes. Lightly season with sea salt and fresh ground black pepper, garnish with a few fresh sage leaves and serve.

**Calories Per Serving:** Makes 1 serving. Roughly 205 calories per serving.

## Baked Veal with Asparagus

2 pound veal, cubed	¼ cup fresh lemon juice
1 tbsp coconut oil	½ tsp salt
1 onion large, chopped	Fresh ground pepper
1 cup celery – chopped	20 ounce frozen asparagus* or 2 pound fresh asparagus**
1 tbsp fresh Parsley, chopped	

\* Frozen Asparagus should be tips and pieces. (2 boxes (10 Oz Each))

\*\* Fresh Asparagus should be cleaned and cut into 1-inch pieces

### Directions:

In a Dutch oven brown the veal in hot coconut oil. Add onion and celery. Cook until onion is transparent. Stir in parsley, lemon juice, and salt. Cover and bake in preheated 325 degree oven for 1 ½ hours or until meat is tender. Add Chicken Bouillon Base if needed. Cook asparagus until tender-crisp. Stir cooked asparagus unto veal and serve immediately.

**Calories Per Serving:** Makes 9 servings. Roughly 211 calories per serving.

# Buffalo Dishes

## Italian Wedding Soup

3.5 ounce Ground Buffalo  
3 ounces Spinach - raw  
Dash of cayenne  
Dash of onion powder  
Dash of garlic powder

Dash of sage  
Dash of oregano  
Dash of rosemary  
Salt and Black Pepper to taste

### Directions:

Take the buffalo and roll it into 1 inch balls. Boil the meat, draining the water and fat off regularly. Once the meatballs are done, pour a cup of water (or Chicken Bouillon Base) over the meatballs and put all the spices in. Simmer for 5 minutes, then add spinach and steam for 5 more minutes. For best results store in a container over night in refrigerator or let sit 4 hours before serving. Adjust spices to personal preference.

**Calories Per Serving:** Makes 1 serving. Roughly 163 calories.

## Grilled Buffalo Steak with Salsa

3.5 ounce buffalo fillet  
Salt and Pepper to taste

### Directions:

Sprinkle steaks with salt and fresh ground pepper. Grill or sauté to desired temperature, serve with your favorite salsa.

**Calories Per Serving:** Makes 1 serving. Calories will vary depending on brand of salsa, 3.5 ounces buffalo steak is roughly 143 calories.

## Buffalo Bun-less Burger

1 pound buffalo meat, ground  
Desired Seasonings

### Directions:

Mix desired seasonings into ground buffalo meat. Section ground buffalo meat into 3.5 ounce patties. Cook on grill for 5-6 minutes each side, or as desired. Serve with sliced tomato, onion, and lettuce as your bun.

**Calories Per Serving:** Roughly 143 calories per 3.5 ounce patty.

# Chicken Dishes

## Crock Pot Chicken

6 (3.5 ounce pieces) boneless skinless chicken breasts  
4 onions cut into 1 inch pieces  
1 celery bunch, cut into 1 inch pieces  
1 head of garlic separated and peeled  
2-3 cups water  
Allowable spices – add any to taste (typically is good with oregano, rosemary, thyme, poultry seasonings)

### Directions:

In crock pot, layer ½ celery, ½ onion, garlic pieces and chicken breasts. Sprinkle chicken with a layer of spices. Top with remaining celery and onion and another layer of spices. Add water almost to top. Cook on low for 8-9 hours.

**Calories Per Serving:** Makes roughly 6 servings. Roughly 208 calories per serving.

## Thai Chicken Wrap

1 extra large iceberg lettuce leaf	3 cherry tomatoes, diced
3.5 ounce boneless skinless chicken breast	Pinch black pepper
¼ cup white onions, diced	Pinch sea salt
1 tsp garlic - minced	

### Directions:

Chop chicken breast into small square pieces. Cook chicken, onions and garlic in a pan. Place on top of lettuce leaf. Add diced tomatoes and season with black pepper and sea salt. Fold lettuce leaf in half and serve!

**Calories Per Serving:** Makes 1 serving. Roughly 200 calories.

## Chicken Salad

3.5 ounce chicken breast, cubed	2 tbsp lemon juice
8 small radishes, cut into wedges	Melba Toast, for serving, optional
2 stalks celery, diced	

### Directions:

In a bowl combine above ingredients. Serve with Melba Toast for dipping.

**Calories Per Serving:** Makes 1 serving. Roughly 197 calories.



## Chicken Chili

1 cup shredded cabbage	1 tsp black pepper
2 cups chicken bouillon base	1 tbsp chili powder
3/5 ounce chicken breast	1 tbsp cumin
1 tsp cayenne pepper	Couple pinches dried chopped onions

### Directions:

Cook chicken and cut into small chunks. Set aside. In a medium saucepan add 2 cups chicken broth. Add spices, cabbage, and pre cooked chicken. Stir constantly. Let simmer for about 10 minutes or until cabbage is to your liking.

**Calories Per Serving:** Makes 1 serving. Roughly 241 calories.

## Tomato Basil Chicken

3.5 ounce chicken breast – cubed	1/8 tsp oregano fresh or dried
1 cup chopped tomato	¼ tsp oregano fresh or dried
¼ cup water or chicken bouillon base	¼ tsp garlic powder
2 tbsp lemon juice	¼ tsp onion powder
2 tbsp chopped onion	Cayenne to taste
1-2 cloves garlic sliced	Salt and Pepper to taste
3 leaves basil rolled and sliced	

### Directions:

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices, and water. After chicken is cooked, add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste; garnish with fresh basil.

**Calories Per Serving:** Makes 1 serving. Roughly 232 calories.

## Glazed Herb Chicken

1 tsp hot pepper sauce (check ingredients for sugars)	1 pound fresh asparagus, trimmed
4 (3.5 ounce) boneless, skinless chicken breast	2 tbsp jerk seasoning

### Directions:

Preheat grill to medium-high. Rub chicken with jerk seasoning. Grill breasts about 6 minutes per side or until cooked through and no longer pink inside, brushing every few minutes with pepper sauce. Meanwhile, grill asparagus about six minutes, turning occasionally. Remove chicken and asparagus from grill and arrange on platter to serve.

**Calories Per Serving:** Makes 1 serving. Roughly 244 calories.

## Mint-Marinated Chicken Breasts

4 (3.5 ounces) chicken breasts  
½ cup fresh mint leaves  
1 tbsp lemon juice  
2 tsp minced garlic

1 tsp chili powder  
¼ tsp ground black pepper  
Grilled whole green onions (optional)

### Directions:

Place chicken breasts in a resealable plastic bag and set in shallow dish.

For marinade: In blender, combine mint, lemon juice, garlic chili powder, and pepper. Cover and blend until smooth. Pour marinade over chicken in plastic bag. Marinate in refrigerator for 4 to 24 hours, turning bag occasionally.

To serve: drain chicken, discarding marinade. Place chicken on rack of uncovered grill directly over medium heat. Grill for 12 to 15 minutes or until chicken is no longer pink, turning once.

**Calories Per Serving:** Makes 4 servings. Roughly 165 calories per serving (this is without the grilled green onions)

## Grilled Onion, Grapefruit, and Chicken Stir Fry

3.5 ounce chicken breast  
1 cup white onion  
½ small grapefruit peeled and cut into small pieces  
Salt and Pepper to taste  
Spices of your choice

### Directions:

Place salt, pepper, herbs and spices of your choice in the bottom of a skillet. Add onions and 3 tbsp of water. 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. Simmer on the medium heat until chicken is well cooked. Place onions, grapefruit and chicken with juice from pan in a bowl. Toss with salt, pepper, herbs and spices.

**Calories Per Serving:** Makes 1 serving. Roughly 244 calories per serving.

## Breaded Chicken Tenders

3.5 ounce chicken breast tenders  
1 grissini breadstick or Melba toast – crushed  
1 ½ tbsp very finely minced parsley  
Couple of pinches of poultry seasoning, cayenne pepper, rosemary and oregano

1 large pinch of thyme  
1 large pinch of garlic powder  
1 large pinch of onion powder

### Directions:

Preheat oven to 350 degrees. Soak raw chicken in water. Meanwhile, mix crushed grissini breadstick/melba toast in a small bowl with all other seasonings and spices. Place wet chicken tenders on a small cookie sheet. Season with fresh ground pepper and sea salt. Pat spice mixture on moist tenders. Bake at 350 degrees until done. Serve chicken with diced tomatoes. Season to liking.

**Calories Per Serving:** Makes 1 serving. Roughly 184 calories.

## Boneless Hot Wings

4 (3.5 ounce) pieces chicken breast  
½ cup apple cider vinegar  
½ cup water  
3 tbsp cayenne pepper  
¼ cup to ½ cup chili powder

### Directions:

Preheat oven to 350 degrees. Mix vinegar, water and cayenne pepper. Add chicken to marinade and let refrigerate at least 2 hours. Put chili powder on a plate and dip each tender in it. Place on rack in baking pan. Bake for 15-20 minutes or until chicken is no longer pink.

**Calories Per Serving:** Makes 4 servings. Roughly 164 calories per serving.

## Egg Rolls

2-3 Big Cabbage leaves  
1 cup shredded cabbage  
1/8 tsp garlic powder  
1/8 tsp Chinese Five Spice

½ packet Stevia  
2 Sesame flavored Melba Toast rounds  
3.5 ounces chicken or shrimp

### Directions:

Cook chicken or shrimp. Cut into small pieces and set aside. Steam big cabbage leaves for 5 minutes. Set aside. Steam shredded cabbage for 5 minutes. Add shredded cabbage to bowl along with chopped chicken or shrimp and spices. Mix and then wrap in big cabbage leaves.

**Calories Per Serving:** Makes 1 serving. Roughly 201 calories for chicken; 135 calories for shrimp

## **Mexican Chicken Lettuce Wraps**

3.5 ounce chicken breast  
¼ cup chicken bouillon base  
¼ cup finely diced white onion  
1 garlic clove – chopped or pressed  
Fresh herbs to taste (cilantro, oregano, parsley, etc.)  
2 large lettuce leaves

### **Directions:**

In a small pan, sauté onions, garlic and spices (not herbs) in the chicken broth. When onions start to caramelize, add chicken. Cook completely. Spoon out mixture into large leaves and garnish with fresh herbs. May add fresh salsa, if desired.

**Calories Per Serving:** Makes 1 serving. Roughly 194 calories per serving (this does not include salsa).

# Seafood Dishes

## Grilled Cod with Tomato Sauce

1 cup chopped tomatoes  
3 tbsp finely chopped red onions  
2 tbsp chopped fresh cilantro or parsley  
1 tbsp lemon juice

4 (4 oz) cod fillets  
½ tsp salt  
¼ tsp freshly ground black pepper

### Directions:

Prepare grill. Combine tomatoes, red onions, cilantro, and lemon juice, tossing gently; set aside. Brush fish with some lemon juice; sprinkle with salt and pepper. Place fish on grill rack coated with cooking spray. Cover and grill 4 to 5 minutes on each side or until fish flakes easily when teased with a fork. Place fish on serving plates. Top each with tomato salsa.

**Calories Per Serving:** Makes 4 servings. Roughly 231 calories per serving.

## Citrus Fish

4 ounce white fish  
1 tbsp minced onion  
2 tbsp lemon juice  
Lemon and orange zest to taste

Lemon slices  
Chopped parsley  
Salt and pepper to taste  
Stevia to taste

### Directions:

Mix lemon juice with zest and a little Stevia. Baste fish with mixture and top with salt, pepper, and lemon slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

**Calories Per Serving:** Makes 1 serving. Roughly 150 calories (calorie count uses cod as white fish option)

## Lemon Tarragon Fish

4 tsp lemon juice	1/8 tsp dried tarragon
½ tsp grated lemon peel	2 (3.5 ounce) white fish, rinsed and patted dry
¼ tsp prepared mustard	¼ tsp paprika
¼ tsp dried tarragon	

### Directions:

Combine 2 tsp lemon juice, lemon peel, mustard, tarragon, and salt in a small bowl. Blend well with fork; set aside. Coat 12 inch non-stick skillet with cooking spray. Heat over medium until hot. Drizzle fillets with remaining 2 tsp lemon juice. Sprinkle one side of each fillet with paprika. Place in skillet, paprika side down; cook 3 minutes. Gently turn and cook 3 minutes longer or until opaque in center and flakes easily when tested with fork. Place fillets on serving plates, top with tarragon mixture.

**Calories Per Serving:** Makes 2 servings. Roughly 97 calories per serving (calorie count is with tilapia as the white fish option)

## Curry Shrimp

4 ounce shrimp (peeled and deveined)	½ tsp curry powder
½ white onion, diced	¼ tsp cumin
3 garlic cloves, minced	Pinch of sea salt
1/8 cup water	Pinch of black pepper

### Directions:

Preheat pan over MED heat. Add onion and garlic. Cook for 8-10 minutes, stirring occasionally. Add shrimp, seasonings, and water. Mix and stir fry until cooked thoroughly and serve!

**Calories Per Serving:** Makes 1 serving. Roughly 160 calories per serving.

## Garlic Shrimp

4 ounce shrimp (peeled and deveined)	½ tsp parsley
4 garlic cloves, minced	1/8 tsp dried thyme
½ cup HCG chicken broth	1/8 crushed dried red pepper
Pinch of black pepper	1 bay leaf

### Directions:

Heat a non-stick pan over MED heat. Mix ¼ cup broth with red pepper, minced garlic, and bay leaf. Add to pan. Cook for one minute. Be sure not to burn the garlic. Add shrimp and cook for 3 minutes. Remove shrimp from the pan. Add the remainder of the ¼ cup broth, parsley, and thyme. Bring to a boil. Cook for 1-2 minutes until reduced by half. Return shrimp to pan and toss to coat. Discard bay leaf and serve!

**Calories Per Serving:** Makes 1 serving. Roughly 150 calories per serving.

## Shrimp Stuffed Tomato

4 ounces cooked shrimp\* (peeled and deveined)  
1 large tomato  
Juice of half a lemon

1 tsp parsley (and any additional seasonings you like)  
Sea salt to taste  
Black Pepper to taste

### Directions:

Place cooked shrimp in food processor. Pulse a few times to chop up shrimp. Or, simply chop with sharp knife. In small bowl, combine chopped shrimp, parsley, lemon juice, sea salt/pepper. Cover and refrigerate for 30 minutes to 1 hour. When ready to serve, cut off top of tomato. Scoop out inside of tomato. Chop and combine inside of tomato with shrimp mix. (You may discard tomato seeds if you like). Fill tomato with shrimp mix and serve!

*\*Substitute whitefish, crab or lobster if desired!*

**Calories Per Serving:** Makes 1 serving. Roughly 146 calories per serving.

## Lemon Pepper Fish with Asparagus

4 ounces white fish  
Asparagus – to your liking within the calorie restrictions  
Juice of one lemon  
1 tsp oregano  
Sea Salt to taste  
Black Pepper to taste

### Directions:

Preheat oven to 400 degrees. Snap off woody ends of asparagus and discard. Tear off a large sheet of non-stick aluminum foil. In the center of this sheet, place asparagus spears and sprinkle with sea salt and black pepper. Place whitefish on top of asparagus. In small bowl, combine lemon juice and oregano and pour over fish. Fold up edges and completely seal packet on all sides. Bake 10-20 minutes until fish becomes flakey. Serve.

**Calories Per Serving:** Makes 1 serving. Calories will vary depending on white fish option and asparagus quantities.

# Protein Substitutes

## Ratatouille

1 medium onion, peeled and diced	1 tsp basil
1 clove garlic, minced	1 tsp oregano
3 tbsp coconut oil	1 tsp salt
2 large tomatoes, peeled, seeded and chopped	1 tbsp parsley chopped
1 -2 stalks celery	¾ cup water
½ cucumber - cubed	

### Directions:

In a large skillet cook onion and garlic in olive oil until onion is translucent. Add remaining ingredients and stir well. Cook on low, stirring once in a while, about 30 minutes when liquid has mostly evaporated. Remove from heat and serve!

**Calories Per Serving:** Makes

## Granola Strawberry Smoothie

1 ounce Rice Bran Protein  
2 cups Strawberries – frozen or fresh  
2 tbsp milk

### Directions:

Mix all ingredients in a blender. If using fresh strawberries you may want to add ice.

**Calories Per Serving:** Makes 1 serving. Roughly 180 calories.

## Garden Soup

1 large yellow onion	3 tablespoons chopped fresh ginger, plus more to taste
2 tablespoons coconut oil	2 cups (500 ml) good-tasting vegetable broth or Chicken Bouillon Base from above
1 1/2 teaspoons sea salt, plus more to taste	2 scoops Rice Bran Protein
1 large leek, white and light green parts (5 ounces; 140 g)	2-4 teaspoons fresh lemon juice
1 bunch spinach (8 ounces)	freshly ground black pepper
1 large bunch green chard (12 ounces)	

### Directions:

Chop the onion and cook it slowly in the coconut oil with a sprinkle of salt, stirring occasionally, over low heat until it is soft and golden, about 20-30 minutes. Coarsely chop the spinach and chard and add them to the pot, along with the chopped ginger. Bring the water to a boil, then lower the heat and simmer for 30 minutes, or until the vegetables are completely tender. Add the caramelized onions when they are ready. When the vegetables are soft, add the vegetable broth (you can add less if you like a thicker soup) and protein powder; decide whether you want your soup chunky or smooth. If you prefer a smoother soup, puree in a blender, in batches, until smooth. Stir in 2 tsp of the lemon juice and black pepper to taste.



# Desserts and Treats

## Lemon Berry Ice

4 cups strawberries, chopped  
1 cup water

3 tbsp Stevia  
3 tbsp lemon juice

### Directions:

Place chopped strawberries in a blender and process until smooth, stopping once to scrape down the sides. Add remaining ingredients. Process until combined, stopping once to scrape down the sides. Pour mixture into an 8-inch square pan. Cover and freeze at least 3 hours or until mixture is almost frozen, stirring 2 or 3 times during freezing process. Scoop into dessert dishes.

**Calories Per Serving:** Makes 4 one cup servings. Roughly 52 calories per serving.



## Easy Fruit Pie

1 tbsp Stevia  
½ tsp grated fresh orange rind  
1 cup strawberries

1 cup peeled chopped medium green apples  
4 tbsp milk  
Additional grated fresh orange rind (optional)

### Directions:

Combine Stevia, orange rind and milk in a medium bowl, stirring until sugar is evenly distributed. Add strawberries and apples, spoon mixture into dessert dishes. Sprinkle with additional grated orange rind if desired.

**Calories Per Serving:** Makes 2 one cup servings. Roughly 67 calories per serving.

## Baked Apple

1 apple  
Cinnamon  
Ground cloves

Nutmeg – a dash  
Water

### Directions:

Preheat oven to 350 degrees. Core apple leaving about 1" in bottom. Do NOT core all the way through. Place apple in baking dish. Fill apple with ¼ tsp cinnamon, 1/8 tsp ground cloves, dash of nutmeg, and 2 tbsp water (water should almost reach top of apple – adjust as needed). Place apple in baking dish. In a small bowl mix ½ cup water, ½ tsp cinnamon, 1/8 tsp ground cloves, ½ tsp nutmeg. Pour spice and water mixture around apple in the baking dish. Bake for 45 minutes to 1 hour. Serve immediately.

**Calories Per Serving:** Makes 1 serving. Roughly 70 calories depending on the size of the apple.



## Apple Cobbler

1 medium gala apple – sliced  
1/8 tsp cinnamon – or to taste  
1 small pinch nutmeg

1 ¼ packet Stevia  
2 classic flavored Melba toast

### Directions:

Toss apples, 1 packet Stevia, cinnamon and nutmeg in a bag. Arrange on microwave safe plate. Mix crumbled melba toast, ¼ packet Stevia and cinnamon together. Pour mixture on top of apples. Microwave for 45 seconds.

**Calories Per Serving:** Makes 1 serving. Roughly 94 calories.



## Egg White Strawberry Crepe

### Crepe

1 egg white  
1 tbsp skim milk  
1 packet Stevia

### Topping

½ cup strawberries (frozen or fresh)  
1 packet Stevia

### Directions:

Crepe: Heat a small frying pan over MED heat. Mix egg white, sweetener and milk in a small bowl. Put a dab of coconut oil in the skillet and add egg mixture. Allow egg to solidify somewhat then fold in half (like an omelet) and cook until slightly browned and not runny.

Fruit topping: Mix fruit and sweetener. Microwave for 1 minute to make a sauce.

**Calories Per Serving:** Makes 1 serving. Roughly 67 calories.

## Strawberries and Crème

1 cup strawberries  
1 tbsp skim milk  
1 packet Stevia

### Directions:

Slice strawberries and toss with packet of Stevia to taste. Pour milk over strawberries.

**Calories Per Serving:** Makes 1 serving. Roughly 51 calories per serving.

## Dark Chocolate Sauce and Strawberries\*

3 tbsp cocoa powder  
3 tbsp coconut oil

3 packets Stevia – or to taste  
1 cup strawberries or apples

### Directions:

Melt coconut oil over medium-low heat. Stir in cocoa powder and Stevia until thoroughly melted and combined. Serve immediately over sliced strawberries or apples.

**Calories Per Serving:** Makes roughly 2 to 3 servings. Roughly 130 calories in entire amount of chocolate sauce (not including fruit of choice).

*\*Please use with caution as it can cause a plateau in some patients.*



# Phases 1 and 3 Recipes

# Soups and Salads

## Cool Cucumber Soup

3 cups plain nonfat yogurt  
1 cucumber, cut into chunks  
1 scallion, white and green parts, coarsely chopped (about ¼ cup)

3 tbsp chopped fresh dill  
1 tsp garlic powder – or to taste  
Salt and black pepper  
1 medium tomato, seeded and diced

### Directions:

In a blender, combine the yogurt, cucumber, garlic powder, scallion and dill. Pulse until pureed. Season to taste with salt and pepper. Top each serving with 2 tbsp diced tomato.



## Ratatouille

1 medium onion, peeled and diced  
1 clove garlic, minced  
3 tbsp extra virgin olive oil  
1 small eggplant, cubed  
1 medium zucchini, cubed  
1 medium green pepper seeded and diced  
2 large tomatoes, peeled, seeded and chopped

1 tsp basil  
1 tsp oregano  
1 tsp salt  
1 tbsp parsley chopped  
¾ cup chicken or vegetable stock or water  
1/3 cup Parmesan cheese, freshly grated

### Directions:

In a large skillet cook onion and garlic in olive oil until onion is translucent. Add remaining ingredients except cheese and stir well. Cook on low, stirring once in a while, about 30 minutes until tender and liquid has evaporated. Remove from heat and stir in cheese and serve!



## Hungarian Goulash Soup

Extra Virgin Olive Oil  
1 small onion, chopped, 2 1/2 ounces  
2 cloves garlic, minced  
1 pound beef, cut in 1-inch cubes  
2 tablespoons paprika  
14.5 ounce can diced tomatoes  
3 beef bouillon cubes

1 teaspoon Stevia/Truvia granules  
1/2 teaspoon marjoram  
1/4 teaspoon pepper  
1 can beef broth  
6 cups water  
1 small zucchini, diced, 4 ounces  
1 medium green pepper, chopped

### Directions:

In a large soup pot, drizzle olive oil and heat. Brown the meat in the hot oil along with the onion and garlic. Add the paprika; stir to coat the meat. Add everything except the zucchini and green peppers. Bring to a boil; simmer covered 1 hour or until the beef is tender. Add the vegetables and cook another 20 minutes.

## Meatball Soup

1 lb ground beef	½ tsp ground cumin
2 scallions, chopped	Salt and Pepper to taste
1 cup Melba Toast, crushed	3 cups mild jarred salsa (about 1 ½ 16-ounce jars)
¼ cup chopped fresh cilantro	1 avocado, cut into pieces

### Directions:

Heat broiler. In a bowl, combine the beef, scallions, Melba Toast, cilantro, cumin, ½ tsp salt, and ¼ tsp pepper. Shape mixture into 1-inch balls, this should make about 24 meatballs, and place on a broiler proof baking sheet. Broil until they begin to turn brown, about 5 to 6 minutes. Meanwhile, in a blender, puree the salsa with 1 cup water. Transfer to a large saucepan, add 2 cups water, and bring to a boil. Add the meatballs, reduce heat, and simmer until cooked through, 2 to 4 minutes. Serve the soup with the avocado, cilantro sprigs, and extra Melba Toast (if desired).

## Greek Salad Dressing

¼ cup plus 2 tsp olive oil	½ tsp salt
¼ tsp garlic powder	½ tsp onion powder
¼ tsp dried oregano	½ tsp Dijon-style mustard
¼ tsp dried basil	1/3 cup plus 1 tbsp red wine vinegar
½ tsp pepper	

### Directions:

Mix together the olive oil, garlic powder, oregano, basil, pepper, salt, onion powder, and Dijon-style mustard. Pour in the vinegar, and mix vigorously until well blended. Store tightly covered at room temperature. Serve with spring mix or organic spinach leaves and sliced tomatoes. Sprinkle with mozzarella for added flavor!



## Tangy Tomato Bacon Dressing

1 can tomato paste	1 tbsp Stevia/Truvia
1/3 pound bacon	2 tsp garlic powder
1 cup white vinegar (or vinegar of preference)	Salt and Pepper
1/3 cup olive oil	

### Directions:

Cook the bacon until it is VERY crispy, remove bacon from fat and add the fat into the olive oil (if you prefer a lower fat recipe, you can leave this step out, just use 2/3 cup oil). Chop the bacon very fine. Combine tomato paste, vinegar and Stevia in a medium bowl. Place the bowl on a kitchen towel, slowly drizzle in the oil/bacon fat while whisking vigorously. Add spices and chopped bacon, put into a bottle and refrigerate.

## Wilted Spinach Salad

1 tbsp olive oil  
2 cloves garlic, minced  
1 small onion, chopped  
¼ cup seedless cherries (optional)

1 cup sliced mushrooms  
1 (10 ounce) bag fresh baby spinach  
2 tbsp crumbled goat cheese

### Directions:

Heat olive oil in a large skillet over very low heat. Add garlic, onion, cherries, and mushrooms; cook and stir, without browning garlic, until onion is tender, about 5 minutes. Toss in spinach, and cook and stir until spinach is just wilted, about 3 minutes. Remove from heat, top with crumbled goat cheese just before serving.



## Gingery Pear and Cabbage Slaw

Thinly sliced pears  
Scallions

Fresh ginger  
Fresh lemon juice

### Directions:

Toss shredded cabbage with thinly sliced pears, sliced scallions, grated fresh ginger and fresh lemon juice. Serve with broiled fish, seared pork chops, or sautéed shrimp.



# Snacks and Sides

## Sweet and Salty Pumpkin Seeds

2 cups fresh pumpkin seeds, rinsed and patted dry  
2 tbsp coconut oil

2 tbsp Stevia or Truvia  
½ tsp kosher salt  
¼ tsp ground cinnamon

### Directions:

Heat oven to 300 degrees. Spread the seeds on a baking sheet and bake until dry throughout, 50 to 60 minutes. Increase oven temperature to 350 degrees. In a large bowl, toss the seeds with coconut oil, Stevia, salt and cinnamon. Return the seeds to baking sheet and toast, tossing occasionally, until golden brown, 10 to 15 minutes. The pumpkin seeds can be made and stored at room temperature in an air tight container up to three days in advance.



## Melba Ham and Cheddar Snack

Melba Toast  
Ham, diced or deli sliced  
Cheddar, cubed or deli sliced

Sliced pears  
Dijon Mustard

### Directions:

Thinly spread Melba toast with Dijon Mustard. Place a slice of ham, pear, and cheddar and snack away!

## Cheese Melt

Melba Toast  
1 tomato - sliced  
Sliced Sharp Cheddar

Spicy Mustard  
Caraway seeds – optional

### Directions:

Spread ½ tsp of spicy mustard on a piece of Melba Toast. Add a thin square of sharp Cheddar and broil until the cheese melts, top with a slice of tomato and sprinkle with caraway seeds.

## Tuna Salad

2 (5 ounce) cans tuna  
8 small radishes  
2 stalks celery  
¼ cup fresh parsley

2 tbsp fresh lemon juice  
1 tbsp olive oil  
¼ tsp salt and pepper  
Melba Toast

### Directions:

In a bowl, combine tuna, radishes(cut into wedges), celery (diced), lemon juice, olive oil, and salt and pepper. Refrigerate in a container up to 1 day. Serve with Melba Toast.



## Cottage Cheese and Apple Slices

1 Apple – Fuji, Granny Smith, Pink Lady, etc.  
½ cup cottage cheese

### Directions:

Slice an apple and top with the ½ cup of cottage cheese.

## Apple-Pear Sauce

Equal parts apple and pear  
Cinnamon  
Stevia or Truvia

### Directions:

Simmer equal parts chopped apples and pears with a bit of Stevia/ Truvia and cinnamon. Simmer until fruit breaks down and sauce thickens.



## Roasted Pears

Pears  
Red Onion  
Fresh Thyme

Olive Oil  
Salt and Pepper

### Directions:

Toss quartered firm pears with red onion wedges, fresh thyme, olive oil, salt, and pepper. Roast at 400 degrees until pears are tender. Serve with roasted chicken or pork loin.



## Cilantro Cream Sauce/Dip

1 (8 ounce) package cream cheese, softened  
1 tbsp sour cream  
1 (7 ounce) can tomatillo salsa  
1 tsp black pepper  
1 tsp celery salt

½ tsp ground cumin  
2 tsp garlic powder  
1 bunch fresh cilantro, chopped  
1 tbsp fresh lime juice

### Directions:

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl. Great for dipping Melba Toast, vegetables, or serve on top fish or chicken.

## Roasted Salsa

6 plum tomatoes (1 pound), cut in half lengthwise  
1 small red onion, cut in half crosswise  
2 jalapeño peppers

¼ cup chopped fresh cilantro  
Juice of half a lime (about 2 tsp)  
½ tsp kosher salt

### Directions:

Preheat grill to high. (If cooking over charcoal, allow the coals to burn until they are covered with gray ash.) Grill the tomatoes and onion, turning frequently, for 10 to 15 minutes or until the vegetables are lightly charred but still firm inside. Grill the jalapeños until blackened on the outside. (If necessary, cover the grill periodically for 1 minute to increase the heat and help the vegetables char.) Coarsely chop the tomatoes and onion. Peel the skin from the jalapeño, remove seeds, and chop. Combine the vegetables in a bowl with the cilantro, lime juice, and salt. Serve at room temperature, or cover and refrigerate for up to 2 days. **Alternate cooking method:** Heat the broiler and cook the tomatoes, onion, and jalapeños about 4 inches from the heat, turning frequently, until lightly charred but still firm on the inside. Proceed as above.



## Broccoli Dip

1 14-ounce bag frozen broccoli, thawed  
1 cup low-fat cottage cheese

Kosher salt to taste  
Melba Toast

### Directions:

Puree the broccoli, cottage cheese, and 1/8 tsp salt in a food processor until smooth. Serve with Melba Toast.

## Grilled Veggies on a Stick

2-3 tbsp fat free Italian dressing or vinaigrette dressing  
1 medium yellow squash  
1 medium zucchini squash  
1 large green bell pepper or medium onion  
1 large red bell pepper

### Directions:

Soak skewers with water for an hour, this prevents burn while being grilled. Coat a grill rack with cooking spray before lighting grill. Chop all vegetables into large, bite sized pieces. Thread vegetables, alternating them, onto skewers any way you wish. Put the skewers on a platter and brush on salad dressing. Cook on grill for 5 minutes, turn then cook another 5 minutes. Remove from grill and serve!



## Cauliflower Popcorn

1 head of cauliflower, cut into small florets  
3 tbsp olive oil  
Kosher salt

### Directions:

Heat oven to 400 degrees. In a large bowl, combine the cauliflower, oil, and ½ tsp salt. Transfer to a baking sheet and spread in a single layer. Roast, stirring once, until golden brown and tender, about 30 minutes.

**Substitution Idea:** This also is great with broccoli instead of cauliflower!



## Roasted Garlic and Lemon Broccoli

2 heads broccoli, separated into florets	½ tsp black pepper
2 tsp extra virgin olive oil	1 clove garlic, minced
1 tsp sea salt	½ tsp lemon juice

### Directions:

Preheat the oven to 400 degrees. In a large bowl, toss broccoli florets with extra virgin olive oil, sea salt, pepper, and garlic. Spread the broccoli out in an even layer on a baking sheet. Bake in preheated oven until florets are tender enough to pierce stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over broccoli before serving for a refreshing, tangy finish.

**Substitution Idea:** This recipe also goes great with fresh green beans and a sprinkle of rosemary!



## All Spice Green Beans

1 tbsp olive oil	½ cup water
2 cloves garlic, crushed	2 tsp ground allspice
1 pound fresh green beans, trimmed and snapped	Salt and pepper to taste

### Directions:

Heat oil in a medium saucepan over MED heat. Cook and stir garlic until lightly browned. Mix in green beans and water, and bring to a boil. Stir in allspice, salt, and pepper. Cover, and simmer 20 minutes, or until green beans are soft.



## Asparagus Recipe

1 bunch medium sized asparagus, about 1 lb  
2 tbsp extra virgin olive oil  
2 tbsp freshly grated Parmesan cheese

1 tsp lemon zest – freshly grates lemon rind  
Salt and black pepper

### Directions:

Prepare the asparagus by rinsing them thoroughly, break off any touch, white bottoms and discard. Cut into 1 to 2 inch sections, slicing the asparagus at a slight diagonal. Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.



## Grilled Asparagus

Garlic, to taste  
Asparagus

### Directions:

Heat up your indoor griddle on a medium heat. Put Olive oil and fresh garlic on the grill, then put your fresh asparagus directly on the olive oil and garlic. Add more fresh garlic and sea salt to taste to asparagus. Remove once asparagus is at desired temperature.



# Entrees

## Fried Egg with Broiled Tomatoes

2 medium tomatoes, halved  
2 tsp olive oil  
Salt and pepper to taste

4 large eggs  
2 scallions, sliced  
1 tbsp grated parmesan

### Directions:

Heat broiler. Place the tomatoes cut side up on broiler proof baking sheet. Drizzle with 1 tsp olive oil and sprinkle with salt and pepper to taste. Broil until tender, 2 to 3 minutes. Meanwhile, heat the remaining teaspoon of oil in a large non-stick skillet over MED heat. Crack the eggs into the pan and cook, covered, to the desired doneness, 2 to 4 minutes for slightly runny sunny-side up eggs. Transfer eggs to a plate and sprinkle with scallions, parmesan, and salt and pepper to taste. Serve with tomatoes.

## Scrambled Eggs with Dill and Smoked Salmon

8 eggs  
3 tablespoons cream or skim milk  
1 tablespoon chopped fresh dill  
1/2 teaspoon salt

Sliver of coconut oil  
4 green onions, white and 2" of green --thinly sliced  
6 ounces thinly-sliced smoked salmon --cut into strips

### Directions:

In a large bowl, beat eggs, cream, dill, and salt. Melt coconut oil in a large skillet over medium-low heat. Add green onions; cook 8 minutes, until softened. Pour in egg mixture; cook 3 to 4 minutes, stirring occasionally, until almost set. Mix in salmon, cook 1 minute more or until eggs reach desired doneness. Transfer to warmed plates.

## Cheese and Spinach Crust less Quiche

1 onion  
1 package frozen spinach  
6 eggs

1 tbsp olive oil  
3 cups cheddar cheese  
Salt and Pepper to taste

### Directions:

Fry onion in pan with olive oil. Add spinach and cook until tender. In a large bowl, beat eggs and add cheese, salt and pepper. Once spinach and onions are ready, add to egg mixture and mix until even. Lightly grease a pie container with olive oil. Pour ingredients and bake for 30 minutes, or until the quiche is golden brown and firm.

## Almost Pasta Primavera

1 medium spaghetti squash  
1 cup broccoli flowerets, fresh  
1 cup zucchini, small, sliced  
1 cup mushroom, fresh, sliced  
1 clove garlic, small, crushed  
1 tbsp skim milk

½ cup part skim ricotta cheese  
1 tbsp Parmesan cheese  
¼ tsp salt  
½ tsp Italian seasoning  
1/8 tsp coarsely ground pepper

### Directions:

Cut squash in half lengthwise and discard seeds. Place squash, cut side down, in a Dutch oven; add 2 inches of water. Bring to a boil, cover and cook 20 minutes or until squash is tender. Drain and cool. Using a fork remove spaghetti-like strands. Measure out 3 cups and set aside. Remove remaining strands for other use. Steam vegetables 5 to 7 minutes or until crisp-tender; drain well. Combine squash strands and vegetables, tossing gently. Cover to keep warm and set aside. Sauté garlic in a small amount of olive oil in a small saucepan; remove from heat. Add milk, cheese, and seasonings to saucepan. Cook over low heat, stirring constantly; until mixture is hot (do not boil). Spoon cheese mixture over vegetable mixture, tossing gently.



## Cabbage Lasagna

1 small head of cabbage  
1 tsp salt  
1 ½ lb fresh tomatoes  
6 ounces cheese – such as Gruyere, Monterey Jack, Provolone, Mozzarella – shredded  
½ cup Asiago cheese

1 tbsp balsamic vinegar  
2 cloves garlic, minced  
Salt and Pepper to taste  
½ tsp thyme  
½ tsp basil

### Directions:

Preheat the oven to 375 degrees. Bring a large pot of water to a boil. Cut the core out of the cabbage and peel off the individual leaves. If they do not come loose readily, put the cabbage head in the heating water for a minute or so, then remove to a bowl where it can drain; pull off the leaves. Salt the water and blanch about 6 or 8 cabbage leaves at a time for about 1 minute. Remove with tongs or a strainer and drain. Set aside. If using fresh tomatoes, cut them crosswise into slices and place in a bowl. Season the tomatoes with balsamic vinegar, garlic, salt, pepper thyme, and basil. To assemble the lasagna: Use at least a 2- to 3-quart casserole dish or 9-by-13-inch glass baking dish. Line the bottom of the dish with a layer of cabbage and distribute a few tomato slices (or about 1/3 to 1/2 cup of the sauce) on top of the cabbage. You will not be covering the cabbage completely. Sprinkle about 1/2 of the shredded cheese of choice; again, you will not be making a complete layer. Repeat the layering with the remaining cabbage, tomato and shredded cheese. The last layer should be cabbage. Sprinkle the top with the Asiago cheese. Bake, uncovered, for about 30 minutes or until bubbling hot. Remove from the oven and garnish with sprigs of thyme or parsley.



## Steak, Mushroom, and Green Bean Salad

½ lb large white mushrooms, halved  
½ lb green beans, trimmed  
1 red onion, cut into ½ inch thick rounds  
3 tbsp olive oil

1 lb skirt steak, cut crosswise into 4 pieces  
4 tbsp balsamic vinegar  
1 bunch watercress (about 4 cups), or favorite greens

### Directions:

Heat grill to medium-high. In a large bowl, toss the mushrooms, green beans, onion, 1 tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Season steak with ½ tsp salt and ¼ tsp pepper. Grill vegetables (place the beans on the grill perpendicular to the grates to prevent them from falling through), turning occasionally and removing them as they become tender, 8 to 12 minutes. At the same time, grill the steak, brushing occasionally with 2 tbsp of vinegar, 3 to 5 minutes per side for medium-rare. Let rest for 5 minutes before slicing. Divide watercress, grilled vegetables, and steak among bowls. Drizzle with the remaining 2 tbsp of olive oil and 2 tbsp of vinegar, or drizzle with favorite Phase 1 or 3 recipe.

## BBQ Lamb Chops

Lamb chops  
Extra Virgin Olive Oil  
Red Wine vinegar

3-4 cloves fresh chopped garlic, or to liking  
Rosemary sprigs – to liking  
Salt and Pepper to taste

### Directions:

It is best to marinate lamb chops the night before grilling. Place chops in a shallow baking pan, cover with ingredients listed above to marinate, cover with plastic wrap, and place in bottom of refrigerator for 24 hours. Heat the grill, place chops on well-heated grill, grill for 2-3 minutes on each side. Cook in the broiler on rainy days.

## Slow-Grilled Leg of Lamb

1 leg of lamb, bone in, about 5-6 pounds  
3 garlic cloves  
3 tbsp Dijon mustard  
2 tbsp olive oil

Juice of 1 lemon (3 tbsp)  
1 tbsp fresh rosemary leaves  
1 tsp salt  
Black Pepper

### Directions:

Discard the meat's touch membrane and excess fat and place the lamb in a large baking dish. Turn on a blender or food processor and drop the garlic onto the spinning blades. Turn off the machine, add the remaining ingredients, and blend to a paste. Spread the paste over the lamb. Cover and let marinate in the refrigerator 2 to 8 hours. Preheat the grill with all the burners on high. After 15 minutes, turn off the center burners and reduce the outer burners to medium. Grill the lamb, with the grill covered, for 1 ¼ to 1 ¾ hours. The lamb is done when it registers 140 degrees on an instant-read thermometer. Let rest at room for 15 minutes before carving. On a rainy day you can roast on a rack in a roasting pan in a 325 degree oven for 1 ½ to 2 hours. Let rest 15 minutes before carving.

## Warm Spinach Salad with Grilled Sausage

4 Italian sausages (about 1 lb)  
8 plum tomatoes, cut in half crosswise  
1 onion, sliced into ½-inch thick rings  
4 tbsp extra virgin olive oil  
Salt and Pepper

3 bunches spinach, thick stems removed (8 cups)  
1 tbsp balsamic vinegar  
1 tbsp whole-grain mustard

### Directions:

Heat grill to medium-high. With a fork, prick the sausages in several places. Grill, turning occasionally, until cooked through, 10 to 12 minutes. Meanwhile, brush the tomatoes and onion with 1 tbsp of olive oil and season with ½ tsp salt and ¼ tsp pepper. Grill until tender, 5 to 6 minutes per side for the onion and 2 to 3 minutes per side for the tomatoes. Transfer the vegetables to a large bowl as they are done, add the spinach, and toss. In a small bowl, whisk together the vinegar, mustard, and remaining 3 tbsp of oil, ½ tsp salt, and ¼ tsp pepper. Slice the sausages and serve with the vegetables and dressing.

## Golden Baked Pork Cutlets

1 pound pork tenderloin, trimmed of all fat  
½ cup Melba toast, crushed  
½ tsp paprika  
½ tsp onion powder

½ tsp salt  
4 tsp olive oil  
1 large egg white, lightly beaten

### Directions:

Preheat oven to 400 degrees. Coat a rimmed baking sheet with cooking spray. Slice the pork tenderloin into 4 long thin “fillets”. Mix Melba toast, paprika, onion powder and salt in a food processor. Process until well blended, move into a shallow dish and drizzle with oil and mash with a fork until oil is thoroughly incorporated. Lightly beat egg white with a fork in another shallow dish. Dip the pork into the egg, then press into the breading mixture until evenly coated on both sides. (Discard leftover mixture.) Place the pork on the prepared baking sheet. Bake until just barely pink in the center.



## Oven Baked Chicken

1 pound boneless, skinless chicken breasts  
¼ cup Parmesan cheese

1 cup chicken broth  
Salt and Pepper to taste

### Directions:

Preheat oven to 400 degrees. Place chicken in a glass baking dish. Pour 1 cup of the chicken broth over chicken. Sprinkle with Parmesan cheese and salt and pepper. Bake for 35-45 minutes or until chicken is well cooked.





## Pulled Pork Taco Salad

2 cups store-bought salsa, plus more for serving	½ cup fresh cilantro
2 tbsp chili powder	¾ cup sour cream
2 tbsp dried oregano	1 head of lettuce
2 tbsp unsweetened cocoa powder	Diced tomatoes and onions for serving
Salt	1 lime, cut into wedges
1 (2 ½ pound) boneless pork shoulder, trimmed of excess fat	

### Directions:

In a 4 to 6 quart slow cooker, combine the salsa, chili powder, oregano, cocoa, and 1 tsp salt. Add the pork and turn to coat. Cook, uncovered, until the meat is tender and pulls apart easily, on high for 4 to 5 hours or on low for 7 to 8 hours. Once finished cooking, use 2 forks to the shred the pork and stir into the cooking liquid. Serve over a bed of lettuce with tomatoes, onions, sour cream, cilantro, salsa, and toppings of choice.



## Grilled Chicken with Herbed Yogurt

½ cup plain yogurt	½ tsp salt
2 tsp minced onion	1/8 tsp pepper
1 tsp minced onion	1 ¼ pound boneless chicken breasts
1 tsp tarragon	

### Directions:

Combine yogurt, onion, garlic, tarragon, salt and pepper in a shallow baking dish. Place chicken in yogurt mixture, coating both sides. Cover and refrigerate about 30 minutes. Grill chicken until cooked thoroughly and juices run clear. Serve immediately.

## Sea Scallops

1 pound bay or sea scallops, rinsed and drained	2 cloves garlic, minced
¼ cup lemon juice	Lemon pepper to taste

### Directions:

Preheat oven to 350 degrees. Pat scallops dry with paper towels and place in a lightly greased 1 quart casserole dish. Bake scallops in preheated oven for 5 minutes. In a small bowl, combine lemon juice and garlic. Remove scallops from oven. Spoon lemon/garlic mixture over scallops and sprinkle generously with lemon pepper. Return scallops to oven and bake until firm, about 10 minutes. Serve warm.

## Saucy Salmon

1 tbsp olive oil	1 tsp ground cumin
4 cloves garlic, minced	½ tsp ground coriander
1 (14 ounce) can low-sodium diced tomatoes, juice included	½ tsp salt
1 (12 ounce) can low-sodium tomato sauce	½ tsp ground black pepper
1 (7 ounce) jar roasted red peppers, drained, rinsed and thinly sliced	1 large bunch Swiss chard, coarsely chopped (about 8 cups)
2 dried whole red chile peppers	4 (6 ounce) skinless salmon fillets
	¼ cup chopped cilantro

### Directions:

Preheat oven to 350 degrees. Heat oil in a large sauté pan over medium-low heat. Add garlic and cook until soft and golden, about 1 minute. Add diced tomatoes with juice, tomato sauce, red peppers, chili peppers, cumin, coriander and ¼ tsp each salt and pepper. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes until sauce thickens slightly. Remove from heat, and remove chile peppers. Place Swiss chard on the bottom of a 9x13 glass baking dish. Season fish fillets with remaining salt and pepper and place on top of chard. Cover with sauce and bake, covered, until fish is just cooked and chard is wilted, about 15 minutes. Remove cover and bake an additional 5 minutes. Sprinkle with cilantro and serve.

**Substitution:** Replace the salmon with boneless skinless chicken breasts and extend the cooking time by 15 more minutes or until chicken is cooked through.

## Cod and Shrimp with Fresh Tomato

2 tbsp olive oil	1 pound Alaskan cod
6 cloves garlic, minced	½ pound large shrimp, peeled and deveined
5 large tomatoes, chopped	Salt to taste
1 tsp dried oregano	1 tbsp dried oregano

### Directions:

Heat the olive oil in a skillet over MED-HI heat; cook and stir the garlic in the oil until golden brown; add the tomatoes and mix well until juice; stir in 1 tsp oregano. Lie the cod and shrimp into the mixture; season with salt; cover and simmer 3 minutes. Flip the cod and season again with salt and 1 tbsp oregano; re-cover and cook another 3 minutes. Remove the cover and allow to cook until the juice evaporates slightly, 2 to 3 minutes.

## Almond Crusted Tilapia

2 eggs	4 Melba Toast – crushed to a fine powder
1 tsp lemon pepper	6 tbsp coconut oil
1 cup ground almonds	Salt to taste
2 cups freshly grated parmesan cheese	8 sprigs parsley
8 (6 ounce) tilapia fillets	8 lemon wedges

### Directions:

Beat the eggs with lemon pepper and garlic pepper until blended; set aside. Stir together ground almonds with 1 cup parmesan cheese in a shallow dish until combined; set aside. Dust the tilapia fillets with Melba Toast, shake off excess. Dip the tilapia in egg, then press into the almond mixture. Melt coconut oil in a large skillet over MED to MED-HI heat. Cook tilapia in coconut oil until golden brown on both sides, 2 to 3 minutes per side. Reduce heat to medium, and season fillets with salt if desired. Sprinkle the tilapia with the remaining Parmesan cheese, cover, and continue cooking until the parmesan cheese has melted, about 5 minutes. Transfer the tilapia to a serving dish, and garnish with parsley springs and lemon wedges to serve.

## Halibut with Vegetables

2 pounds halibut fillets	2 stalks celery, chopped
Salt and Pepper to taste	1 green bell pepper, chopped
¼ cup olive oil	1 (16 ounce) can diced tomatoes
½ cup chopped fresh parsley	4 cloves garlic, minced
1 yellow onion, thinly sliced	

### Directions:

Preheat oven to 425 degrees. Wash halibut and pat dry. Cut into serving size pieces, and place in a 9x13 inch baking pan. Sprinkle with salt and pepper. Stir together the olive oil, parsley, onion, celery, bell pepper, tomatoes, and garlic; pour over the halibut. Bake until halibut is slightly opaque in the center, about 20 minutes. Remove from oven; let stand for 10 minutes before serving.

# Desserts

## Blueberries and Cream

1 bag frozen blueberries  
1 (8 ounce) container light sour cream  
6-8 tbsp Stevia/Truvia

### Directions:

Empty sour cream into a bowl and add Stevia to taste. Gently mix in frozen blueberries. Cover and chill for 15 minutes in refrigerator or until blueberries are thawed completely. Serve chilled.

## Cinnamon Roasted Almonds

4 cups almonds	2/3 cup Stevia/Truvia
2 egg whites	2 tbsp cinnamon
2 tsp cold water	½ tsp salt

### Directions:

Combine egg whites and water and beat until frothy, NOT stiff. Mix in nuts. Combine Stevia, cinnamon, and salt. Mix with almonds. Spread out on baking sheet and bake 1 hour at 250 degrees. Stir occasionally.



## Egg Custard

1 egg  
2 ounces water  
3 drops vanilla or Vanilla Stevia

### Directions:

Mix egg, water, and vanilla. Pour into small oven safe container and bake for 15-20 minutes at 350 degrees.

## Peach Smoothie

1 cup sliced peaches	½ tsp original or Vanilla Stevia – optional
4 cubes ice	1 cup soy milk or skim milk
¼ tsp ground nutmeg	

### Directions:

Mix all ingredients in a blender. Blend until smooth, serve immediately. If you are using frozen peaches, eliminate the ice cubes.



## Espresso Latte Shake

2 tablespoons heavy cream or skim milk or soy milk  
1 cup coffee, chilled  
1 scoop vanilla whey protein powder  
1 tablespoon cocoa  
1/8 teaspoon cinnamon

2 tablespoons Da Vinci sugar free syrup, vanilla flavor - optional  
2 tablespoons granular Stevia/Truvia – or equivalent in drops  
8 ice cubes

### Directions:

Put everything except the ice cubes in a blender; blend briefly on low speed. Turn the blender to high and gradually add the ice cubes, one at a time. Blend until smooth and thick.



## Minted Honeydew

1 honeydew melon  
½ cup fresh mint  
1 tsp sea salt – or to taste

### Directions:

Using a spoon, scoop the melon out into bite-size pieces and divide among bowls. Sprinkle the mint and salt over the melon before serving.



## Dark Chocolate Sauce and Strawberries

3 tbsp cocoa powder  
3 tbsp coconut oil

3 packets Stevia – or to taste  
1 cup strawberries or apples

### Directions:

Melt coconut oil over medium-low heat. Stir in cocoa powder and Stevia until thoroughly melted and combined. Serve immediately over sliced strawberries or apples.

## Raspberry-Lemonade Granita

2 lemons  
¾ cups sugar substitute

3 cups water  
1 pint raspberries

### Directions:

Grate 1 tsp lemon peel and squeeze ¼ cup juice from lemons. In 1 quart saucepan, heat sugar, lemon peel, and 1 ½ cups water to boiling over high heat, stirring to dissolve sugar. Remove saucepan from heat; stir in raspberries. Cool sugar syrup to room temperature. In food processor with knife blade attached, blend mixture until pureed. With back of spoon, press puree through sieve into bowl, discard seeds. Stir in lemon juice and remaining 1 ½ cups water. Pour into 13x9 inch metal pan. Cover and freeze mixture about 1 ½ hours or until frozen around the edges. With fork, scrape ice, mixing it from the edge to the center. Repeat process about every 30 minutes or until mixture turns into ice shards, about 1 ½ hours. Serve granita right away, spooning shards into chilled desserts dishes. You can also store and freeze up to 1 month.