

THE HCG DIET

Losing weight with the HCG diet has been found to be the quickest way to lose weight without sacrificing your health and metabolism. Many people lose a pound a day and sometimes more!



The history of HCG for weight loss

- HCG is the acronym for *Human Chorionic Gonadotropin*, a hormone made in large amounts by the placenta during pregnancy.
- HCG for weight loss was discovered by British endocrinologist, Dr. A.T.W. Simeons in the 1950s. Dr. Simeons studied pregnant women on a calorie-deficient diet and successfully treated his patients with low-dose HCG, claiming that they lost fat rather than muscle. He theorized that HCG must be programming the hypothalamus (part of the brain that deals with hormones) to lose fat, not protein, in these patients in order to protect the developing fetus by promoting mobilization and removal of *abnormal, excessive* fat deposits. We have based our HCG diet on his original weight loss protocol.

How does the HCG diet protocol work?

- The HCG diet protocol works by telling the hypothalamus to release your stored body fat. A daily small amount of HCG hormone can cause your stored body fat to be released. This diet is effective in men and women.
- You eat 500 calories a day on the HCG diet. It is restrictive to prevent the fat cells from storing new fat and the new fat from being stored in the adipose tissues while you are actively on the diet.
- Remember there are 3 primary sources of fuel for the body:
 - Protein, Carbohydrates and Fats.
 - Your body will use Carbohydrates 1st, then Protein 2nd and Fat 3rd.
 - By restricting your intake to 500 cal/day while on the HCG diet protocol, you force your body to use its stored fat for energy more often.
 - The HCG hormone causes body fat to be released into your blood stream and fuel your body while the excess gets excreted as waste.

HCG Frequently Asked Questions

If HCG works so well for weight loss, why don't pregnant women lose weight?

HCG works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. A starvation state must exist for HCG to work. For weight loss, we use a very low calorie diet to trigger HCG to help rid the body of fat.



Will my metabolism slow down if I'm on a very low calorie diet?

Normally when we cut back our calories and fat, our bodies store fat and our metabolisms slow down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used with HCG, the body is signaled to use the fat that is stored for energy or for elimination.

Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?

You can lose weight by simply eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle before fat.

The HCG diet is very low in calories, so will I get hungry?

Because HCG mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So, even though you are taking in fewer calories, your body is able to access the energy you have stored. Some may initially feel very hungry at the start of the diet plan, but eventually most have plenty of energy and feel good while on the program. *For those who need help curbing their appetite in the beginning, an appetite suppressant can be prescribed.*

How much weight can I expect to lose on the program?

On average, 20-30 pounds per month.

Is there anything additional I can do if I have problems losing the 1 pound per day?

Vitamin IV infusions. These tailored infusions give you nutrients to help mobilize fat and lower cholesterol specifically with MIC (methionine, inositol and choline), amino acids which play important roles in the body's use of fat.

Formostar Infrared Body Wraps. This is a targeted infrared heat system that helps for pain, cellulite removal and weight control. In a 60 minute session you can burn 1200 calories! 12 sessions are recommended for weight loss.

Remember, HCG is not a magic wand. It does not cure or eradicate obesity, but weight loss is rapid, comfortable, and the maintenance period after treatment runs a smoother course. It's an appropriate approach to the treatment of obesity that also includes a behavior modification program as well as pharmacological and dietary aspects.

Phase 1 Schedule (500 calories a day)

Days 1 and 2

- Take the HCG drops or shot first thing every morning.
- Eat as often as you like throughout the day. This will increase your body's fat storage to prep you for the 500 calories per day. Drink 1 gallon of bottled water throughout the day.

Days 3 – 40

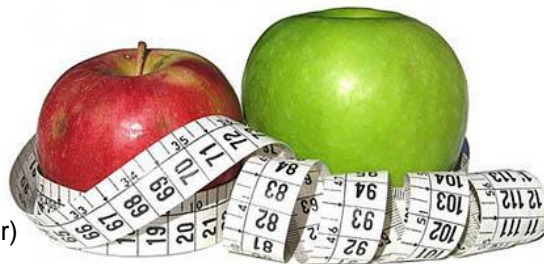
- Weigh yourself in the morning when you wake up without clothing and after you have emptied your bladder.
- Continue taking the HCG shot (or drops) every morning.
- Drink 1 gallon of bottled water or tea throughout the day.
- Supplements on the diet:
 - **ADRENADAPT**: 2 caps every morning. This helps regulate *cortisol*, our stress hormone, which makes us retain belly fat!
 - **NANOPRO**: Drink this low calorie protein shake every morning.
 - **ORGANIC COCONUT OIL**: 1 tablespoon daily of this medium chain triglyceride to speed fat metabolism.

****After 1 round of HCG, you are due to follow up with us to monitor your progress.***

Diet Guide

Liquids allowed:

- Bottled water
- Organic black coffee (no creamer, dairy, or sugar)
- Organic green or herbal teas



Breakfast:

- Drink plenty of tea and bottled water.
- 1 fruit for breakfast (2nd fruit is for mid afternoon snack).

Lunch and Dinner:

- Eat 100 grams, approx. 3.5 oz. of protein (size of a deck of cards).
- Use organic coconut oil (No margarine).

Remember:

- 2 proteins, 2 vegetables, and 2 fruits per day.
- NO nuts, soy/tofu, legumes (beans), or dairy (milk, yogurt, cheese, butter).
- NO starchy carbs like rice, bread or pasta (except for Melba toast or Grissini breadsticks).
- NO starchy vegetables like corn, peas, carrots or potatoes.
- Use Stevia as a sweetener. NO sugar or artificial sweeteners.

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APPROVED FRESH VEG & FRUITS	Calories	MEATS	Calories
Asparagus (cooked)	40	ALL MEATS WEIGHED RAW. CALORIE INTAKE FOR COOKED MEATS.	
serving size: 1 cup		Chicken Breast	164
Banana Peppers	0	serving size: 3.5 ounces	
serving size: 1 pepper		Cod Fish	104
Cabbage	17	serving size: 3.5 ounces	
serving size: 1 cup		Crab	86
Celery	14	serving size: 3.5 ounces	
serving size: 1 cup		Ground Beef 96/4	163
Chicory	7	serving size: 3.5 ounces	
serving size: 1 cup		Lobster	143
Cucumber (peeled)	14	serving size: 3.5 ounces	
serving size: 1 cup		Orange Roughy	104
Cauliflower: 1 cup	30	serving size: 3.5 ounces	
serving size: 1 cup		Perch Fish	116
Fennel	27	serving size: 3.5 ounces	
serving size: 1 cup		Shrimp	95
Lettuce (iceberg, green leaf, etc)	8	serving size: 3.5 ounces	
serving size: 1 cup		Steak - Lean Top Sirloin	186
Onions (all kinds)	48	serving size: 3.5 ounces	
serving size: 1 cup		Tilapia Fish	93
Parsley	22	serving size: 3.5 ounces	
serving size: 1 cup		Trout Fish	168
Jalapeños	6	serving size: 3.5 ounces	
serving size: 1 pepper		White Sea Bass	123
Red Radishes	14	serving size: 3.5 ounces	
serving size: 1 cup			
Salsa (Pace Chunky)	10	APPETIZERS	
serving size: 2 tablespoons		Melba Toast	20
Spinach	7	serving size: 1 piece	
serving size: 1 cup		Melba Rounds	59
Tomato	32	serving size: 5 pieces	
Tomato Paste	25	Grissini Breadsticks (Torini)	60
serving size: 2 tablespoons		serving size: 5 breadsticks	
Apple (Small 2 1/2")	55		
Apple (Medium 2 3/4")	72	STAPLES	
Apple (Large 3 1/4")	110	Apple Cider Vinegar	0
1/3 Orange (medium 2 1/2")	21.4	Coconut Oil - 1 tsp	40
Grapefruit (1/2 Medium 4")	41	Allowed the Juice of 1 lemon per day.	
Grapefruit (1/2 Large 4 1/2")	53	Lemon Juice	7
Strawberries	46	serving size: 1 full lemon	
serving size: 1 cup		Black Coffee serving size: 1 cup	2

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Sample Meals

Day 1

Total Calories 443

Breakfast	Snack	Lunch	Snack	Dinner
1/2 grapefruit	4 Grissini Breadsticks	3.5 oz Grilled Chicken	1/2 Apple	3.5 oz Ground Beef
8 oz Green Tea	8 oz Oolong Tea	Spinach Salad topped w/ Purple onions and tomatoes		Shredded Cabbage
45 Calories	43 Calories	163 Calories	32 Calories	160 Calories

Day 2

Total Calories 445

Breakfast	Snack	Lunch	Snack	Dinner
1 cup Strawberries	5 Melba Rounds	3.5 oz Tilapia	Cucumber and Tomatoes	3.5 oz Chicken Breast
8 oz Green Tea	Salsa	4 Asparagus Spears	Fat free Italian Dressing	1 Apple w/ Stevia and Cinnamon to taste
25 Calories	60 Calories	132 Calories	45 Calories	183 Calories

Day 3

Total Calories 423

Breakfast	Snack	Lunch	Snack	Dinner
1/2 Apple	8 oz Oolong Tea	3.5 oz Shrimp	1/2 grapefruit	3.5 oz Chicken Breast
8 oz Green Tea		5 Melba Toast Rounds		Salad Greens
		Salsa		Fat free Italian Dressing
30 Calories	0 Calories	168 Calories	45 Calories	180 Calories

Day 4

Total Calories 403

Breakfast	Snack	Lunch	Snack	Dinner
16 oz Oolong Tea	1/2 Apple	3.5 oz Chicken	4 Grissini Breadsticks	3.5 oz Top Sirloin
		1/2 Tomato		1 cup Shredded Lettuce
0 Calories	30 Calories	150 Calories	43 Calories	180 Calories

Day 5

Total Calories 450

Breakfast	Snack	Lunch	Snack	Dinner
1/2 grapefruit	4 Stalks of Celery	3.5 oz Shrimp	5 Melba Rounds	3.5 oz Chicken Breast
8 oz Green Tea	Salsa	1 Cucumber	8 oz Oolong Tea	1 Apple
	1/2 Apple			
45 Calories	65 Calories	115 Calories	50 Calories	175 Calories

How to mix and inject HCG

Your HCG kit includes: 40-insulin syringes, 2-6ml syringes with needles attached, 2 vials of HCG 5,000 U injectable, 1 vial of Bacteriostatic Water, and 40 sterile alcohol prep pads (picture A).



Picture A

Step 1:

- Wash hands thoroughly
- Remove flip top caps from Bacteriostatic water and HCG vial.
- Wipe both rubber stoppers with alcohol prep pads and allow to dry.
- Withdraw 5ml from the Bacteriostatic water with the 6ml syringe and needle provided (picture B).



Picture B

Step 2:

- Reconstitute HCG vial with Bacteriostatic water (inject the 5ml of Bacteriostatic water into one vial of HCG 5,000 U. *(picture C)*)
- After reconstituting the HCG, remove 6ml syringe, recap needle, and dispose of the needle and syringe safely. Gently swirl the HCG vial to mix the HCG and Bacteriostatic water. The powdered HCG should be completely dissolved with no lumps. HCG vial must be refrigerated after reconstitution.



Picture C

Step 3:

- Using the insulin syringe (*picture D*), remove the white cap from the end and the orange cap from the needle (both removed as shown in *picture E*).
- Withdraw 0.25ml (or 25 units) from the HCG 5,000 U using the insulin syringe (*picture F*). After withdrawing the HCG tap the syringe to remove any air bubbles.



Picture D



Picture E



Picture F

Step 4:

- Cleanse a small area on the abdomen with sterile alcohol prep pads about 2 inches away from the navel area on the left or right side (as shown in picture G), alternate sides every other day.
- Using your thumb and forefinger, pinch approximately 2 inches of the cleansed skin (as shown in picture H). This will be your injection site.
- While abdomen is pinched, insert needle all the way in at a 45° to 90° angle. Slowly push plunger down, fully injecting the HCG (shown in picture I).
- Remove needle and apply pressure to the site if needed.



Picture G

Picture H

Picture I

If you have any questions, concerns or feedback, please feel free to contact one of our highly trained medical assistants at (425) 467-1314 ext 2

Diet Recipes

Recipes

Calories per Serving

Appetizers:

Spicy Celery Dippers	16
Lemony Cabbage Slaw w/ Curry	28
Sautéed Fennel and Chard	56
Melba Delight	75
Melba Toast Bruschetta	70

Soups and Salads:

Chicken Bouillon Base	30
French Onion Soup	60
Tangy Tomato Soup	75
Garlic Fish Soup	175
Savory Chicken Soup	186
Gazpacho Salad	42
Lemon-Tarragon Asparagus Salad	100
Cucumber Salad	15
Grapefruit Salad	125
Crunchy Sweet Apple Chicken Salad	160
Taco Salad	210

Entrees:

Chili	200
Ginger Beef Kabobs	133
Bunless Burgers	200
Beef with Tomato Sauce	173
Grilled Grouper w/ Tomato Sauce	189
Citrus Fish	115
Lemon-Tarragon Fish	125
Chicken Chili	175
Tomato Basil Chicken	145
Glazed Herb Chicken w/ Asparagus	200
Mint-Marinaded Chicken Breast	202
Cabbage Chicken Stir Fry	160
Grilled Onions, Grapefruit and Chicken Stir Fry	220
Breaded Chicken Tenders	180
Boneless Hot Wings	140
Egg Rolls	180
Shrimp Ceviche	110
Mexican Lettuce Wraps	150

Desserts and Treats:

Lemon Berry Ice	76
Easy Fruit Pie	91
Apple Cobbler	56
Homemade Applesauce	60
Strawberries and Crème	40

Appetizers *May be used for a snack or light meal*

SPICY CELERY DIPPERS

1 (14 ½ oz) can of Mexican-Style stewed tomatoes with jalapeno peppers and spices, undrained
1 (10 oz) can diced tomatoes and green chilies, undrained
½ teaspoon black pepper
¼ teaspoon of garlic powder

- 1) Place all ingredients in a blender
- 2) Process for 15 seconds or to desired texture
- 3) Transfer mixture to a bowl
- 4) Serve immediately or cover and chill
- 5) Use celery sticks or cucumber sticks to dip

Makes 12 servings

1 vegetable

Nutrients per serving:

Calories	16
Total Fat	0
Carbs	3.7 g
Sodium	203 mg

LEMONY CABBAGE SLAW WITH CURRY

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

- 1) Mix cabbage and green onion in large bowl
- 2) Combine vinegar, lemon juice, Stevia, curry powder, salt and celery seeds in small bowl. Pour over cabbage mixture; mix well
- 3) Refrigerate, covered at least 4 hours or overnight, stirring occasionally

Makes 6 servings

1 vegetable

Nutrients per serving:

Calories	28
Total Fat	1 g
Carbs	7 g
Sodium	189 mg

SAUTÉED FENNEL AND CHARD

1 large fennel bulb
½ teaspoon coconut oil
¼ cup dry white wine
¼ cup water
1 teaspoon Stevia
1/8 teaspoon salt
1/8 teaspoon black pepper
2 cups chopped chard

- 1) Cut a slice off fennel bulb base. Trim stalk to within 1 inch of bulb. Discard stalks. Cut bulb vertically into thin slices and cut slices into thin strips
- 2) Heat oil in a large skillet coated with cooking spray over medium-high heat. Add fennel and chard, and sauté 8 minutes or until lightly browned
- 3) Add wine and remaining ingredients
- 4) Bring to a boil; cover, reduce heat and simmer 4 minutes
- 5) Uncover and cook 3 minutes or until almost all liquid evaporates

Makes 4 servings

1 vegetable

Nutrients per serving:

Calories	56
Total Fat	1.3 g
Carbs	11 g
Sodium	130 mg

BAKED VIDALIA ONION

1 Vidalia onion (or any sweet onion)

Sea Salt

Pepper

- 1) Preheat oven to 350
- 2) Remove the outer layers and roots from the onion
- 3) Wrap the onion in foil and bake for at least 1 hour
- 4) Remove from foil and season with salt and pepper

Makes 1 serving

1 vegetable

Roughly 70 Calories

MELBA DELIGHT

1-2 Melba Toast/ 4-5 Melba Snacks
1-2 Slices of chicken breast (deli style)
1 slice tomato
Add oregano and a pinch of salt

1 protein, 1 fruit/vegetable, 1 Melba
Roughly 75 Calories

MELBA TOAST BRUSCHETTA

½ tomato - diced
Onion and cilantro to taste
2 tablespoons balsamic vinegar
Salt

- 1) Mix all ingredients in a small bowl.
- 2) Adjust spices and vinegar to taste
- 3) Put onto of Melba toast and enjoy!

1 fruit/vegetable, 1 Melba
Roughly 70 Calories

Soups and Salads

CHICKEN BOUILLON BASE

(Used in many recipes instead of chicken broth)

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

- 1) Combine ingredients in soup pot and cook until chicken is done
- 2) Remove chicken and refrigerate or freeze to use at a later time.
- 3) 2 cups in a medium size pot for soup or 4 tablespoons on a small pan to sauté vegetables

Makes 5 servings
Roughly 30 Calories

FRENCH ONION SOUP

2 cups Chicken Bouillon Base
1 whole sliced sweet onion

- 1) Simmer on low for 1 hour

Makes 1 serving
1 protein, 1 vegetable
Roughly 60 Calories

TANGY TOMATO SOUP

1 cup chicken bouillon base
1 large or 2 small tomatoes
1 clove minced garlic
½ teaspoon onion salt
½ packet Stevia
½ teaspoon basil
Ground pepper

- 1) Sautee garlic in 1 tablespoon of bouillon base and set aside
- 2) Puree tomatoes in a blender and then cook over medium heat to a boil. Stir frequently
- 3) Turn heat to low. Add remaining bouillon base, garlic, onion salt and Stevia to tomatoes
- 4) Cover and simmer for 10 minutes

- 5) Stir in basil and pour soup in bowl
- 6) Sprinkle with ground pepper and serve

Makes 1 serving
1 vegetable
Roughly 75 Calories

GARLIC FISH SOUP

3.5 oz of cod cut into 1 inch cubes
1 minced garlic clove
½ teaspoon oregano
½ teaspoon thyme
1 large or 2 small tomatoes
2 cups chicken bouillon base
Sea salt
Pepper

- 1) Sauté garlic in 2 tablespoons of bouillon base.
- 2) Add rest of bouillon and chopped tomatoes to the mixture
- 3) After coming to a boil, reduce heat to simmer
- 4) Add fresh herbs and salt and pepper to taste
- 5) Add fish cubes and cook for 7 minutes or until fish is cooked
- 6) Serve

Makes 1 serving
1 protein, 1 vegetable
Roughly 175 Calories

SAVORY CHICKEN SOUP

3.5 oz chicken breast cubed
Chopped celery, cabbage or tomatoes
2 cups chicken bouillon base
¼ chopped onion
2 cloves garlic sliced and crushed
½ teaspoon poultry spice
Cayenne pepper to taste
Salt and pepper to taste

- 1) Bring chicken broth to a boil
- 2) Add onion, garlic and spices
- 3) Add chicken and vegetables
- 4) Simmer on low heat for 20 minutes or until chicken and cabbage are tender
- 5) Serve hot
- 6) Sprinkle with chives or parsley if desired

Makes 1 serving
1 protein, 1 vegetable
Roughly 186 Calories

CAJUN GUMBO

3.5 oz of shrimp
2 cup chicken broth
1 chopped tomato
3 tablespoons organic tomato paste
1/8 cup chopped onion
2 cloves pressed/chopped garlic
1/8 cup Bragg's apple cider vinegar
2 teaspoons organic Worcestershire sauce
Cayenne pepper or chopped fresh hot peppers to taste
Salt and pepper to taste

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

Makes 1 serving
1 protein, 1 fruit/vegetable
Roughly 125 Calories

MARINATED ASPARAGUS SALAD

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

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

Makes 6 servings
1 vegetable
Nutrients per serving:
Calories 79
Total fat 4.7 g
Carbs 6.1 g
Sodium 122 mg

GAZPACHO SALAD

1 pint grape tomatoes, halved
1 cup coarsely chopped cucumber
½ cup coarsely chopped red onion
2 garlic cloves
¼ cup fat free zesty Italian dressing
¼ teaspoon salt
1/4 teaspoon freshly ground black pepper

- 1) Combine all ingredients in a medium bowl, stirring well
- 2) Serve immediately or cover and chill

Makes 4 servings

1 vegetable

Nutrients per serving:

Calories	42
Total Fat	0.4 g
Carbs	9.3 g
Sodium	311 mg

LEMON-TARRAGON ASPARAGUS SALAD

1 ½ lb asparagus spears
1 cup sliced radishes
1 tablespoon thinly sliced white onion
2 teaspoons snipped fresh tarragon or ½ teaspoon dried tarragon crushed
1 teaspoon finely shredded lemon peel
¼ teaspoon salt
2 tablespoons apple cider vinegar

- 1) Snap off and discard woody bases from asparagus. Cut asparagus into 1 ½ inch pieces
- 2) 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
- 3) Add radishes, green onions, tarragon, lemon peel, and salt; toss gently to combine. Cover and chill for 2 to 3 hours
- 4) Before serving, stir almonds and vinegar into asparagus mixture

Makes 6 to 8 servings

1 vegetable

Nutrients per serving:

Calories	100
Total Fat	6 g
Carbs	6 g
Sodium	92 mg

CUCUMBER SALAD

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

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

Makes 2 servings
1 vegetable
Roughly 15 Calories

GRAPEFRUIT SALAD

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

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

Makes 4 servings
1 fruit, 1 vegetable
Nutrients per serving:
Calories 125
Total Fat 1 g
Carbs 10 g
Sodium 142 mg

CRUNCHY SWEET APPLE CHICKEN SALAD

3.5 oz chicken cooked and diced
1 apple diced
3 stalks celery diced
3 tablespoons lemon juice
1/8 teaspoon cinnamon

Dash of nutmeg
Dash of cardamom
Dash of salt
Stevia to taste
Wedge of lemon

- 1) Mix ingredients together, sprinkling it with Stevia and cinnamon
- 2) Chill for 20 minutes
- 3) Serve with a wedge of lemon and enjoy

Makes 1 serving
1 protein, 1 fruit and 1 vegetable
Roughly 190 Calories

STRAWBERRY CHICKEN SALAD

Large bed of lettuce
3.5 oz chicken
6-8 strawberries, sliced
Vinaigrette Dressing

- 1) Cook chicken breast and slice into bite size pieces
- 2) Place lettuce in bowl with sliced strawberries
- 3) Put chicken in and toss
- 4) Drizzle with dressing, salt, pepper and herbs as desired
- 5) Toss until lettuce is coated using as much dressing as you would like

1 fruit, 1 vegetable, 1 protein
Roughly 160 Calories

TASTY CHICKEN APPLE SALAD

2 cups raw spinach
½ chopped apple
3.5 oz chicken breast

- 1) Cook and chop chicken
- 2) Arrange spinach on a plate. Sprinkle with chopped apples and chicken
- 3) Choose dressing from recipes and put atop your salad

Make 1 serving
1 protein, 1 vegetable, 1 fruit
Roughly 170 Calories

TACO SALAD

3.5 oz extra lean ground beef or buffalo
1 packet of taco seasoning
3 Romaine lettuce leaves
Onion and Tomato to liking

Salsa

- 1) Brown ground beef with taco seasoning and onions in a pan
- 2) Arrange lettuce at bottom of bowl
- 3) Add ground beef
- 4) Top with tomatoes and salsa

1 vegetable, 1 protein
Roughly 210 Calories

SWEET & SOUR VINAIGRETTE SALAD DRESSING

2 tablespoons of apple cider vinegar
Salt Pepper
½ pack Stevia

- 1) Mix ingredients in a small bowl
- 2) Use on salad, spinach, vegetables or stir fry

STRAWBERRY VINAIGRETTE

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

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

DIJON CHICKEN SALAD DRESSING

Squeeze of lemon
1 tablespoon of vinegar
½ teaspoon garlic powder
¾ teaspoon dry mustard
Pepper
Stevia

- 1) Add all ingredients to a covered jar and shake
- 2) Use on anything
- 3) Refrigerate

Entrees

Remember: Limit Beef, or Buffalo to 2-3 serving per week
Limit Fish/Seafood to 3 times a week
Chicken maybe eaten at any time

CHILI

3.5 oz lean ground beef (less than 7% fat)
1 cup chopped tomatoes
½ cup water
2 tablespoons minced onion
2 cloves garlic crushed and minced
Pinch of garlic powder
Pinch of onion powder
¼ teaspoon chili powder
Pinch of oregano
Cayenne pepper to taste (optional)
Salt and pepper to taste

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

Makes 1 serving
1 protein, 1 vegetable or fruit
Roughly 200 Calories per serving

GINGER BEEF KABOBS

¾ lbs bones beef top sirloin steak (cut 1 inch cubes)
1 tablespoon water
¼ teaspoon ground ginger
¼ teaspoon ground all spice
1/8 teaspoon ground red pepper
1 clove garlic, minced
4 green onions, trimmed to 4 inch pieces

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

Makes 4 servings
1 protein, 1 vegetable
Nutrients per serving:
Calories 133
Total Fat 4g
Carbs 2g
Sodium 69mg

HAMBURGERS

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

- 1) Mix garlic powder into the ground beef
- 2) Cook your patties
- 3) Top with tomatoes and onion and wrap them in the lettuce

1 protein, 1 vegetable
Roughly 200 Calories

BEEF WITH TOMATO SAUCE

4 (3.5 oz) beef eye round steaks, cut 1 inch thick
1/8 teaspoon ground black pepper
1/2 cup sliced green onion
1 teaspoon minced garlic
2/3 cup tomato paste
1/2 teaspoon instant beef bouillon granules

- 1) Trim fat from steaks. Sprinkle pepper over both sides of steak and rub in
- 2) Place steaks on rack of uncovered grill directly over medium coals. Grill for 10 to 12 minutes for medium rare (145 degrees) or 12 to 15 minutes for medium (160 degrees). Turn once
- 3) Meanwhile, for sauce: In small saucepan cook green onions and garlic cooking spray until tender. Serve steaks topped with sauce

Makes 4 servings
1 protein, 1 fruit/vegetable
Nutrients per serving:
Calories 173
Total Fat 4 g
Carbs 5 g
Sodium 172 mg

GRILLED GROUPEL WITH TOMATO SAUCE

1 cup chopped tomatoes
3 tablespoons finely chopped red onion
2 tablespoons chopped fresh cilantro or parsley
1 tablespoon lime juice
4 (4 oz) grouper fillets
½ teaspoon salt
¼ teaspoon freshly ground black pepper

- 1) Prepare grill
- 2) Combine first 4 ingredients, tossing gently; set aside
- 3) Brush fish with olive oil' 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
- 4) Place fish on serving plates. Top each serving with tomato salsa

Makes 4 servings

1 protein, 1 vegetable

Nutrients per serving:

Calories	189
Total Fat	4.1 g
Carbs	2.9 g
Sodium	388 mg

CITRUS FISH

3.5 oz white fish
1 tablespoon minced onion
2 tablespoons lemon juice
Lemon and orange zest to taste
Lemon slices
Chopped parsley
Salt and pepper to taste
Stevia to taste

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

Makes 1 serving

1 protein and 1 fruit

Roughly 115 Calories

LEMON TARRAGON FISH

4 teaspoons lemon juice

½ teaspoon grated lemon peel
¼ teaspoon prepared mustard
¼ teaspoon dried tarragon
1/8 teaspoon salt
2 (3.5 oz) lean white fish rinsed and patted dry
¼ teaspoon paprika

- 1) Combine 2 teaspoons lemon juice, lemon peel, mustard, tarragon and salt in small bowl. Blend well with fork; set aside
- 2) Coat 12 inch non stick skillet with cooking spray. Heat over medium until hot
- 3) Drizzle fillets with remaining 2 teaspoons 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
- 4) Place fillets on serving plates, top with Tarragon mixture

Makes 2 servings

1 protein

Nutrients per serving:

Calories	125
Total Fat	3 g
Carbs	1 g
Sodium	191 mg

CHICKEN CHILI

1 cup shredded cabbage
2 cups chicken broth
3.5 oz chicken breast
1 teaspoon of cayenne pepper
1 teaspoon of black pepper
1 tablespoon of chili powder
1 tablespoon of cumin
Couple of pinches of dried chopped onions.

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

1 protein, 1 vegetable
Roughly 175 Calories

SHISH KABOBS

3.5 oz of either chicken or shrimp
Chunks of tomato and onion

Lemon Juice to taste
Seasoning Salt to taste

- 1) Prepare chicken/shrimp and vegetables in seasoning and place on skewer
- 2) Grill until done

1 protein, 1 vegetable
Roughly 160 Calories

TOMATO BASIL CHICKEN

3.5 oz cubed chicken
1 cup chopped tomato
¼ cup water or chicken broth
2 tablespoons lemon juice
2 tablespoons chopped onion
1-2 cloves garlic sliced
3 leaves basil rolled and sliced
1/8 teaspoon oregano fresh or dried
¼ teaspoon garlic powder
¼ teaspoon onion powder
Cayenne to taste
Salt and pepper to taste

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

Makes 1 serving
1 protein and 1 fruit or vegetable
Roughly 145 Calories

GLAZED HERB CHICKEN

1 teaspoon hot pepper sauce
4 (3.5 oz) boneless, skinless chicken breast
1 pound fresh asparagus, trimmed
2 tablespoons jerk seasoning

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

Makes 4 servings
1 protein, 1 vegetable

Nutrients per serving:

Calories 200
Total Fat 2.5 g
Carbs 11 g
Sodium 550 mg

MINT-MARINATED CHICKEN BREASTS

4 (3.5 oz) boneless, skinless chicken breasts
½ cup fresh mint leaves
1 tablespoon lemon juice
2 teaspoons minced garlic
1 teaspoon chili powder
¼ teaspoon ground black pepper
Grilled whole green onions (optional)

- 1) Place chicken breast in a resealable plastic bag and set in shallow dish
- 2) For marinade: In blender, combine mint, lemon juice, garlic chili powder and pepper. Cover and blend until smooth. Pour over chicken; seal bag. Marinate in refrigerator for 4 to 24 hours, turning bag occasionally
- 3) 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

Makes 4 servings

1 protein

Nutrients per serving:

Calories 202
Total Fat 6 g
Carbs 2 g
Sodium 229 mg

CABBAGE CHICKEN STIR FRY

3 leaves of cabbage
3.5 oz of chicken
Seasoning to taste

- 1) Boil your cabbage until done. Set aside
- 2) Cut chicken into cubes. Cook in pan with coconut oil and seasoning of choice
- 3) Mix in cabbage and cook until done

1 protein, 1 vegetable
Roughly 160 calories

GRILLED ONION, GRAPEFRUIT AND CHICKEN STIR FRY

3.5 oz chicken breast
3.5 oz white onion
½ grapefruit peeled and cut into small pieces

- 1) Place salt, pepper, herbs and spices of your choice in the bottom of a skillet
- 2) Add onions and 3 tablespoons of water
- 3) Stir fry until tender and transparent. Remove from pan and set aside
- 4) Add chicken pieces, salt and pepper to pan and water if needed for steaming
- 5) Simmer on medium heat until chicken is well cooked
- 6) Place onions, grapefruit and chicken with juice from pan in a bowl
- 7) Toss with salt, pepper, herbs and spices

May substitute chicken for beef or fish as well

1 protein, 1 vegetable, 1 fruit
Roughly 220 Calories

BREADED CHICKEN TENDERS

3.5 oz raw chicken breast tenders
1 grissini breadstick or Melba toast crushed
1 ½ tablespoon 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

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

Makes 1 serving
1 protein, 1 Melba
Roughly 180 Calories

BONELESS HOT WINGS

400 grams/14 oz chicken breast tenders
½ cup apple cider vinegar
½ cup water
3 tablespoons cayenne pepper
¼ cup to ½ cup chili powder

- 1) Preheat oven to 350
- 2) Mix vinegar, water and cayenne pepper

- 3) Add chicken to marinade and let refrigerate at least 2 hours
- 4) Put chili powder on a plate and dip each tender in
- 5) Place on rack in baking pan
- 6) Bake for 15-20 min or until chicken is no longer pink

Makes 4 servings
1 protein
Roughly 140 Calories

EGG ROLLS

2-3 Big Cabbage leaves
1 cup shredded cabbage
1/8 teaspoon garlic powder
1/8 teaspoon Chinese Five Spice
½ packet Stevia
2 Sesame flavored Melba Toast rounds
3.5 oz chicken or shrimp

- 1) Cook chicken or shrimp. Cut into small pieces and set aside
- 2) Steam big cabbage leaves for 5 minutes. Set aside
- 3) Steam shredded cabbage for 5 minutes
- 4) Add shredded cabbage to bowl along with chopped chicken or shrimp and spices
- 5) Mix and then wrap in big cabbage leaves
- 6) Garnish with melba toast rounds

Makes 1 serving
1 protein, 1 vegetable
Roughly 180

SHRIMP CEVICHE

1 lb shrimp
2 large lemons
1 tablespoon fresh garlic, minced
1 cubanel, finely chopped
1 cup finely chopped red onion
Tabasco to taste
2 cups chopped tomatoes
1 ½ cup chopped cucumbers
½ cup chopped fresh cilantro
½ cup chopped fresh parsley
Sea salt and fresh ground black pepper to taste

- 1) Cook shrimp if raw. Rinse under cold water
- 2) Combine lemon juice and shrimp in a plastic bag
- 3) Refrigerate for 30 minutes

- 4) Add Tabasco, garlic, onion and pepper. Mix until evenly covered
- 5) Refrigerate another 30 minutes for flavors to infuse
- 6) Toss in bowl and add remaining ingredients
- 7) Serve by itself or with melba toast

Serving Size 5

1 protein, 1 vegetable

Roughly 110 Calories

MEXICAN CHICKEN LETTUCE WRAPS

3.5 oz chicken breast

¼ cup organic chicken broth

¼ cup finely diced white onion

1 garlic clove chopped or pressed

Fresh herbs to taste (cilantro, oregano, parsley, etc)

Dried spiced to taste (cumin, chili powder, real salt, pepper)

2 large lettuce leaves

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

Makes 1 serving

1 protein, 1 vegetable

Roughly 150 Calories

Desserts and Treats

May be used as 1 fruit serving per day

LEMON BERRY ICE

4 cups strawberries, chopped
1 cup water
3 tablespoons Stevia
3 tablespoons lemon juice

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

Makes 8 servings

1 fruit

Nutrients per serving:

Calories	50
Total Fat	0.3 g
Carbs	25.5 g
Sodium	3 mg

EASY FRUIT PIE

1 tablespoon Stevia
½ teaspoon grated fresh orange rind
1 cup strawberries
1 cup peeled chopped green apples
4 tablespoons of milk
Additional grated fresh orange rind (optional)

- 1) Combine Stevia, orange rind and milk in a medium bowl, stirring until sugar is evenly distributed
- 2) Add strawberries and apples
- 3) Spoon mixture into dessert dishes
- 4) Sprinkle with additional grated orange rind if desired

Makes 4 servings

1 fruit, 1 milk

Nutrients per serving:

Calories	91
Total Fat	0.3 g
Carbs	19.6 g
Sodium	6 mg

APPLE COBBLER

1 Gala Apple - sliced
1/8 teaspoon cinnamon
1 ¼ packet Stevia
2 classic flavored Melba toast

- 1) Toss apples, 1 packet of Stevia and 1/8 teaspoon Cinnamon in a bag.
Arrange on microwave safe plate
- 2) Mix crumbled melba toast, ¼ pack Stevia and a pinch of cinnamon together
- 3) Pour mixture on top of Apples
- 4) Microwave for 45 seconds

Makes 1 serving
1 fruit, 1 starch
Roughly 56 calories

HOMEMADE APPLESAUCE

5 gala apples
1 teaspoon lemon juice
½ cup water
1 packet Stevia
½ teaspoon cinnamon

- 1) Peel, core and chop apples
- 2) Cook apples and water in a crock pot on low for 2 hours
- 3) When cooled, puree apples in blender while adding Stevia and cinnamon
- 4) Divide into 5 equal portions (about ½ cup per serving)

Makes 5 servings
1 fruit
Roughly 60 Calories

STRAWBERRIES AND CRÈME

7 to 10 small-medium strawberries
1 tablespoon of milk
1 packet Stevia

- 1) Slice strawberries and toss with pack of Stevia to taste
- 2) Measure milk in separate bowl and pour over strawberries

Makes 1 serving
1 fruit, 1 milk
Roughly 40 Calories