

HCG Phase 2 Recipes

Salads

Cucumber Salad

200 grams thinly sliced cucumber

1 T. vinegar

1 t. dill

Stevia

Black pepper

Mix all of the ingredients except for the cucumber. Stir in the cucumbers and refrigerate or serve.

Buy Stevia Now!

Cucumber Salad II

Anne-Marie Hunter

Thinly slice a cucumber, place in a bowl, cover with Apple Cider Vinegar. Add Ice, and Black Pepper. Chill or serve. If there are leftovers, don't keep for more than 1 day.

Spinach, Chicken & Strawberry Salad 2 cups spinach, washed, dried

100 grams chicken (warm or cold) 5-6 strawberries, sliced

Strawberry vinaigrette (recipe under "Sauces/Dressings")

1 protein, 1 vegetable, 1 fruit

Asian Cucumber Salad

1 Cucumber

1 t. of Garlic Powder

1/4 C Apple Cider Vinegar

Fill Stevia dropper until completely full.

1 T. Tamari

1 1/2 t. dried red pepper flakes

Place all ingredients in a food processor and chop up.

Crunchy Sweet Apple Chicken Salad

Tammy Skye's The Ultimate HCG Dieter Gourmet Cookbook

100 grams 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

Mix ingredients together, sprinkle with stevia and cinnamon.

Chill for 20 minutes. Serve with a wedge of lemon and enjoy.

Sauces and Dressings

Salsa

1 chopped tomato

1 T. lemon juice

1/4 tsp oregano

2 cloves garlic, crushed

1 t. onion powder

Fresh chopped cilantro

Salt and pepper

Chop ingredients and mix together in a bowl. Add remaining spices and chill in refrigerator overnight.

Strawberry Vinaigrette

5 strawberries
1 tablespoon apple cider vinegar
Dash of salt

1 tablespoon lemon juice
1 dropper of Stevia

Combine 3 strawberries with remaining ingredients in a food processor. Puree until smooth. Cut up the remaining 2 strawberries and mix with spinach leaves. Pour vinaigrette over spinach leaves.

Citrus Vinaigrette

2 T. apple cider vinegar
1 T. orange juice
1 clove pressed garlic

1 T. lemon juice
1/4 t. onion powder
Dash of salt

Combine ingredients in a bowl and mix together. Sprinkle over vegetables or use as marinade.

Apple Cider Vinegar Dressing

2/3 c water
Stevia powder or liquid drops to taste

1/3 c Apple Cider Vinegar
Salt and Pepper to taste

Mix water and Apple Cider Vinegar together. Add in the Stevia drops or powder to taste. Shake some salt and pepper in if you like. To create a stronger, more vinegary taste, switch the ratios (2/3 c vinegar and 1/3 c water).

Vegetables

Roasted Asparagus

100 grams asparagus
1/2 t parsley
Black pepper

1-2 cloves minced garlic
1/4 t oregano

Preheat the oven to 400 degrees. Cut off the woody ends of the asparagus and place on a sheet of non-stick aluminum foil. Sprinkle the seasonings over top. Wrap all ends of the foil up tightly to make a sealed 'pocket'. Roast 15-20 minutes.

Sweet and Spicy Cucumber Slices

1 - 1 1/2 packets of powdered stevia
1 large cucumber

A few dashes of HCG Diet Cajun Seasoning

Cut up the cucumber into thin slices and lay them out on a plate. Next, shake the HCG Diet Cajun Seasoning from left to right evenly over the cucumber slices. Then, open the packet(s) of powdered Stevia and do the exact same. The cucumbers are now ready to eat.

Onion Rings

80g sliced onion rings
1 T skim milk (as allowed daily)
1/4 t salt

1 grissini breadstick
1/4 t cayenne pepper
1/4 t pepper

Preheat the oven to 450 degrees. In a bowl combine the milk, cayenne pepper, salt, pepper and mix together. Grind grissini in food processor until it is a powder. (I use my coffee grinder.) Put grissini in a separate small bowl. Place rings in batter bowl and toss to coat fully. (It's best to use your hands here to ensure you coat each ring.) Let sit in batter 2-3 mins then toss again. Dip each ring into the grissini powder by hand. I find it works best to do these one at a time, rolling the ring in the grissini coating instead of tossing or shaking it on. Place on cookie sheet lined with non-stick aluminum foil. Cook 6-7 mins. Then flip, cooking an additional 6-7 mins. Serve immediately.

Buy Grissini Breadsticks Now!

Beverages

Strawberry Green Tea

½ cup cold brewed green tea

2 T. lemon juice

4 strawberries pureed and strained

½ cup sparkling mineral water

Stevia to taste

Blend strawberries in a food processor or blender. Strain them and mix in the Stevia, lemon juice and green tea. and pour into a tall glass. Add crushed ice and cold sparkling mineral water.

Hot Apple Cider

1 apple juiced

1 tablespoon apple cider vinegar

Dash of allspice

Dash of clove

2 tablespoons lemon juice

¼ teaspoon cinnamon

Dash of nutmeg

Stevia to taste Water

Combine the apple juice with all the spices and heat in a saucepan with a little extra water.

Creamy Cafe Coffee

Coffee

1 T. milk

Vanilla Creme and Dark Chocolate Stevia drops

Buy Flavored Stevia Now!

Lemonade

The ratios of these ingredients will vary by personal preference.

Water

Stevia powder or drops

1 cup ice cubes

1 Pkg Stevia

5 drops Vanilla Cream Stevia

Fresh squeezed lemon juice

Strawberry Smoothie

1 cup frozen strawberries

5 drops Orange Stevia

Combine ingredients in a blender and blend until smooth

Buy Stevia Products Now!

Frozen Cappuccino

1 c. crushed ice

5 drops of English Toffee Stevia

Mix in blender until smooth.

1 c. of coffee

5 drops of Chocolate Stevia

Buy Flavored Stevia Now!

Entrees

Garlic Oregano Beef

Becky Rassi

Put in a Crockpot along with 1/2 Cup water

Cover the top with a couple tablespoons of Oregano

Spread minced garlic (3 or 4 tsp.) across top

Sprinkle 1 tsp. of salt and 1 tsp. of pepper over the top.

Cook on low for at least 12 hours.

2 pound roast (sirloin roasts are lower in fat)

Shred and enjoy.

Pizza Sauce

Becky Rassi
1 (6 ounce) can tomato paste
1 1/2 teaspoons dried minced garlic
1 (15 ounce) can tomato sauce
1 tablespoon ground oregano
1 teaspoon ground paprika

In a medium bowl, mix together tomato sauce and tomato paste until smooth. Stir in oregano, garlic & paprika.

Meat in Tomato Sauce

1 large tomato
1/4 tsp. of garlic salt
1/4 tsp. Italian Seasoning without any carbs
100 grams of lean hamburger, chicken, shrimp, or fish
1/4 tsp. onion salt

Cut up the tomato and put it into a sauce pan to cook on medium heat for about 5 - 10 minutes. Occasionally smash the tomato to help soften it. In the mean time, put the meat on the George Foreman Grill. Check to see that the tomato has been heated all the way through and has a soft texture (or whatever consistency you prefer). After the meat is properly cooked, combine with the cooked tomato and add in your spices.

Buy Your George Forman Grill Now!

Beef/Buffalo and Tomatoes

Anne-Marie Hunter
Oregano to taste (2 T?)
1 Med-large tomato
100 grams ground Beef or Buffalo
Garlic Salt to Taste (1/2 t)

Break up the meat in a bowl. Add the spices and mix. Place in a non-stick fry pan over med heat. When almost brown, add the tomatoes. Cook until done.

Beef/Buffalo and Onion

Anne-Marie Hunter
100 grams ground Beef or Buffalo
Garlic Salt to Taste (1/2 t)
Oregano to taste (2 T?)
1/2 med-large Onion

Fry onion in a non-stick pan. Break up the meat in a bowl. Add the spices and mix. Place in a fry pan over med heat. When almost brown, add the tomatoes. Cook until done.

White Fish and Cajun Spices

100 grams of white fish (orange roughy, tilapia, etc.)
Dash of paprika
Dash of garlic salt
Dash of chili powder

Place the fish on a George Foreman Grill or in a pan and sprinkle a mixture of paprika, chili powder, and garlic salt on the top of the fish. Use enough to almost cover the top of the fish. Season to taste.

Lemon Oregano Whitefish Packet w/ Asparagus

Renee
Juice of one lemon
Asparagus
100 grams of white fish
1 T. Oregano
Salt and Pepper

Preheat the oven to 400F. Then snap off the 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 salt/pepper. Place white fish 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 or until fish flakes. Serve.

Lemon Pepper Fish

Renee	100 grams of whitefish
1-3 garlic cloves minced	Juice from ½ a lemon
¼ t. turmeric	¼ t. cumin powder
¼ t. salt	½ t. black pepper

In a bowl mix the minced garlic, black pepper, salt, cumin, and turmeric. Dip the fish in the mixture, coating both sides of the fish. Cover and refrigerate to allow spices to marinate for 1 hour. Preheat the oven to 400 degrees. Bake fish on non-stick pan/dish and cover with remaining marinade. Bake for about 15-20 minutes depending on the size of the fish. When the fish meat is flaking off remove from oven. Serve with lemon juice.

Shrimp Stuffed Tomato

100g cooked shrimp	Tomatoes
Juice of half lemon	1 T. parsley (and any additional seasonings you like)
Salt/pepper to taste	

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, salt/pepper. Cover and refrigerate 30 mins-1 hr. When ready to serve, cut off top of tomato. Scoop out inside of tomato. Chop & combine inside of tomato with shrimp mix. (You may discard seeds if you like.) Fill tomato with shrimp mix. Top with a couple dashes of Tabasco (optional) and serve.

Chicken with Ginger and Orange

100g chicken - cut into chunks	Black pepper
Orange - cut in 1/4s	2-3 cloves minced garlic
1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)	
1/2 t Basil	Juice of half lemon

Preheat pan over MED heat. Sprinkle chicken with pepper. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins. Add garlic and cook for 1 min. Squeeze juice of orange quarters over chicken. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 mins.

Crab Cakes

100g crab meat	1 grissini finely ground
1 t parsley	1/2 t lemon juice
1/2 t tarragon	1/2 t paprika
1/4 t white pepper	1/4 t cayenne
1/4 t dry mustard	

Grind grissini into powder and place into small dish. In bowl, combine crab meat and remaining ingredients. Mix well and form into patties. Coat each side of patty with grissini powder. Brown in non-stick skillet over MED heat for 3 minutes each side, or place on George Foreman for 4-5 minutes.

Cajun Shrimp

100 grams of raw or precooked shrimp	1 T. chili powder	
1 T. paprika	1/2 t. dried oregano	
1 t. onion powder	1 t. garlic powder	
1/2 t. dried thyme	1/2 t. ground pepper	
1/2 t. cayenne pepper	2 packets of stevia	Lemon wedge

Preheat the George Foreman Gril. Mix all of the seasonings together in a small bowl. Season the shrimp with some of the seasoning. Cook on the grill and eat.

Spicy Shrimp Lettuce Wraps

100 grams shrimp	2 medium green Boston lettuce leaves
3 T. apple cider vinegar	1 garlic clove
1 T. fresh ginger	1- 4 t. garlic powder
1- 4 t. salt	1-4 t. chili pepper

Place the shrimp, salt, and pepper in a pan and pour water over top until shrimp is covered.

Cook until the water is boiling, then reduce heat to a simmer and cook until the shrimp are opaque. Drain the shrimp and cool. Combine the chili pepper and vinegar in a bowl. Mix in the garlic, and Stevia to taste. Serve the shrimp with the sauce on the side.

Oregano-Basil Chicken

Karen Mgoguen	3.5 oz chicken breast
1 c homemade chicken broth	1 T. oregano
2 t organic basil	Juice of ½ a lemon
5 oz tomato	Garlic salt
Stevia	

Using a meat mallet, pound the chicken flat. Place all of the ingredients in a sauce pan and simmer on low for an hour or more. When the chicken gets tender, cut it up. Sprinkle garlic salt and stevia to taste.

Buy Stevia Now!

Rosemary Chicken

100 grams chicken breast	3 tablespoons lemon juice
¼ cup chicken broth or water	¼ teaspoon garlic powder
½ teaspoon fresh rosemary	¼ teaspoon onion powder
1 serving Melba toast crumbs	Salt and pepper to taste
Pinch of lemon zest	

Preheat oven to 350 degrees. Mix together the lemon juice, salt, and rosemary in a bowl. Add the chicken and marinate for at least an hour. Mix the remaining spices and Melba toast crumbs together in a separate bowl. Dip the chicken into the spice mixture and coat thoroughly. Put the coated chicken in a baking dish. Pour in the broth and sprinkle remaining spice mixture over top. Bake for approximately 20 minutes, or until fully cooked.

Sprinkle chicken with lemon juice, salt, and pepper to taste.

Garnish with fresh chopped parsley and lemon slices.

Chili

100 grams of chicken breast	2 cups homemade broth
1 t. of cayenne pepper	1 t. of black pepper
1 T. of cumin	1 T. of chili powder
Shredded cabbage	

Either use pre-cooked chicken or cook the chicken first. Pour the homemade chicken broth into a saucepan and add the spices. When the water is boiling add the cabbage and pre cooked chicken.

Let simmer for about 10 minutes.

Grilled Chicken Tacos

100 grams cooked chicken, shredded	1/4 cup water
1 tsp onion powder	1 clove garlic
1/8 tsp oregano	cayenne pepper to taste
pinch of cumin	cilantro, chopped
2-4 large lettuce leaves, washed, dried	

In small pan cook chicken in broth, add spices. Deglaze the pan with lemon juice or water. Wrap chicken in lettuce leaves and eat with hands like a taco. Top with small amount of salsa.

Garlic and Spinach Steak

Flank Steak	Garlic
Nutmeg	Parsley
Salt and pepper	Spinach

Homemade chicken broth (see below under "Soups" or in the 101 Worry-Free HCG Diet Recipes cookbook)
Preheat the oven to 350 degrees. Use a meat mallet to tenderize and flatten the steak until it is about ½ an inch thick. Sprinkle salt and pepper on both sides of the meat. Place the garlic, parsley, and spinach in a food processor or blender and puree. Add in just enough chicken broth to produce a paste. Spread paste on one side of the Flank Steak. Add just a touch of nutmeg. Roll up the flank Steak and secure with a string or tooth-picks. Bake in the oven until meat is cooked according to your personal preference.

Lemon Cod with a Kick

100 grams of Cod	1/4 cup homemade chicken broth
1 T. Fresh lemon juice	1/4 t. cayenne pepper
1/4 - 1/2 cup more homemade chicken broth (see below under "Soups" or in the 101 Worry-Free HCG Diet Recipes cookbook)	
Salt and Pepper to taste	

Cook the cod in the chicken broth until it is opaque. Stir in the rest of the chicken broth, lemon juice, salt and peppers and serve.

Citrus Steamed Fish

White fish	Dill
Onions	Lemon juice
Orange slices	Salt and Pepper

Preheat the oven to 350 degrees. Sprinkle some salt and pepper on both sides of the fish. Slice up the onions and spread out on one half of a large piece of parchment or aluminum foil. Lay the fish over top of the onions and the orange slices on top of fish. Squeeze lemon juice over top and garnish with fresh dill. Enclose the fish in a "pocket" by folding the other half of parchment/aluminum foil over top. Put in a baking dish to steam in the oven for about 20-30.

Baked Garlic Shrimp

100 grams of shrimp, cleaned	2 T. homemade chicken broth
1 minced garlic clove	1/2 Grissini breadstick, crumbled
Juice of 1/2 lemon	3 T. chopped parsely
Salt and Pepper	

Preheat the oven to 450 degrees. Combine the grissini breadstick, broth, garlic, and parsley. Place the shrimp in a baking dish and sprinkle the blend of grissini and spices over top. Season with salt and pepper to taste. Bake in the oven uncovered for about 10 minutes. Sprinkle lemon juice over top before serving.

Soups

Homemade Chicken Broth

101 Worry-Free HCG Diet Recipes Book

6 100 gram peices of chicken breast

8 cups of water

1/4 tsp. garlic powder

1/4 tsp. onion salt

1/4 tsp. celery salt

1/4 tsp. poultry seasoning

1/4 tsp. black pepper

1/2 tsp. sea salt

Combine ingredients in a pot and cook until chicken is done. Remove chicken and refrigerate or freeze to use at a later time (6 servings). Put two cups of broth in a medium size container to make soup or add a few table-spoons to saute veggies.

Radish Soup

Radishes sliced or chopped

1-2 cloves minced garlic

1 c homemade stock

Salt and Pepper to taste

Combine all ingredients in saucepan and bring to a boil.

Reduce heat and simmer 10-15 minutes. Serve immediately.

Chicken Soup

2 cups homemade chicken broth (may substitute 1 cup water for 1 cup broth)

100 g chicken breast cut up into cubes

1-2 cups diced celery or tomatoes

1/2 t. poultry spice blend

1 bay leaf

2 cloves garlic diced

Cayenne pepper to taste

Salt and Black Pepper to taste

Boil the chicken broth in a saucepan with the garlic, onion, and pepper. Mix in the chicken and celery. Cook on low heat for 20 minutes or more until chicken is fully cooked and the celery is tender .

Tomato Soup

Homemade Chicken Broth

Tomato

Roasted garlic

Salt and Pepper

1 T. fat free milk, optional

Place tomatoes under the broiler for 5-10 minutes. Watch carefully so as not burn them. Place the tomatoes into a saucepan and pour enough broth over. Stir in the roasted garlic when the mixture begins to reach boiling point. Pour this into a blender and add salt and pepper to taste. When the mixture has cooled, add milk if you like.

Lemon Chicken Soup

100g cooked chicken breast (diced or shredded)

2-3 c homemade chicken broth

Chopped spinach (allowed amount)

Juice of 1 lemon

1 t thyme

Salt to taste

White pepper to taste

Combine all ingredients in a saucepan. Bring to a boil, and then simmer for about 20 minutes.

Cinnamon Curry Chicken Soup

100g chicken - cubed

diced onion (allowed amount)

2 c homemade broth

3 cloves minced garlic

1/2 t curry powder

1/4 t cinnamon

1/4 t pumpkin pie spice

salt/black pepper to taste

In saucepan, combine all ingredients. Bring to a boil. Reduce heat, cover, and simmer 45 mins.

Cream of Chicken Soup

100g cooked chicken	celery (allowed amount)
1-2 c homemade chicken broth	3 cloves garlic
1/2 t parsley	1/2 t basil
ground white pepper (to taste)	salt (optional)

In food processor, combine all ingredients and chop until adequately mixed. Pour into saucepan and bring to boil. Reduce heat to simmer, cover, and heat about 20-30 minutes.

Desserts

Baked Apples	1 apple
1 serving Melba toast crumbs	Sprinkle of lemon juice
¼ teaspoon cinnamon	Pinch of nutmeg
Powdered Stevia	Pinch of vanilla powder

Core the apple and cut in half. Mix Melba toast crumbs with cinnamon, nutmeg, vanilla powder, and stevia. Top apple halves with Melba mixture and bake for 15-20 minutes at 375 degrees until apples are soft and Melba toast topping is lightly brown. Top with Stevia and spices and bake. Serve warm.

Buy Stevia Packets Now!

Apple Pie Crumble

Any apples or 2 you like	2 pieces Melba toast
1-2 pkg Stevia	1 1/2 T. cinnamon
2 T. water	

Core apple and remove seeds if any. Crush Melba toasts and mix Stevia, melba, ½ T cinnamon to make crust. Add water to half the crust mix--moisten and begin to press crust into soufflé dish. Cut apple into thin slices and toss together Stevia and cinnamon with 1-2 T. water. Place apples into dish and cover with the remaining DRY Melba mix. Bake 450 for 15 minutes.

Applesauce

1 apple	3 T. water
Cinnamon (optional)	

Peel, core, and dice apple. Place diced apple in mini-crockpot and add water. Add cinnamon. Cook at least two hours. When finished, mash with spoon or fork, or place in blender to reach desired consistency. Serve warm or refrigerate and serve cold.

Cinnamon Grapefruit

1/2 grapefruit	Cinnamon to taste (optional)
Stevia to taste	

Take a knife around the inside peel of the grapefruit so that it cuts out the grapefruit from the peel. (I usually have to use my fingers after this to pull the grapefruit out.) Separate the sections and place in a bowl. (It's best if the grapefruit is really juicy. If it's not, sprinkle with a bit of water to moisten.) Sprinkle with Stevia and cinnamon. Toss, then place back into grapefruit peel. Broil for about 3-5 minutes until caramelized.