

HCG Diet *Phase 2*

**Recipe
Collection**



Table of Contents

3	Soups
7	Eggs
8	Salads
9	Dressings
10	Light Snacks
11	Salsa & Sauces
14	Beverages
	Entrees
16	-Beef
19	-Chicken
25	-Seafood
32	Vegetables
35	Other Recipes

Soups

Homemade Chicken Stock

Bones and extra meat from a cooked chicken

1 large onion, peeled & quartered, quarter again

2 large carrots, peeled and cut in large chunks

3 stalks of celery cut into large chunks

1/2 tsp Thyme

1/2 tsp Poultry seasoning

1/4 tsp Oregano

1/4 tsp Basil

2 bay leaves

2-3 Tbsp minced Garlic

Fresh ground black pepper to taste

Sea salt to taste (optional)

3 Tbsp Butter

Water

Melt butter in large stockpot, add celery and stir for 2 minutes. Add onion, stir and cook a few minutes. Add garlic and continue to stir. Add bones, chicken meat and carrots to the pot. Cover with water. Add spices, stir and bring to a boil. Reduce heat, cover and simmer for 3 hours. Taste and adjust seasoning if necessary. Let stock cool slightly and strain stock through a fine strainer. Put strained stock in the refrigerator and let cool overnight. Remove fat from the top after stock has cooled. Use within a week or freeze. Put the stock in freezer bags to freeze.

Note: You can also use chicken pieces instead of the chicken bones. Once the stock has cooled slightly, remove the chicken with a large Strainer ladle. Strain stock like normal. Let chicken cool and remove meat from the bones for use in salad, chicken salad, omelets, soup, etc.

Chicken with Lemon

3 1/2 oz cooked chicken breast diced

Chopped spinach (allowed amount)

2-3 c. Homemade chicken broth

Juice of 1 lemon

1 tsp. Thyme

Sea salt to taste

Ground white pepper to taste

Preheat saucepan over medium heat. Combine all ingredients. Bring to a boil, and then simmer 20 mins.

Mexican Cabbage Soup

3 1/2 oz. Diet lean ground beef

1c.Cabbage chopped

1 oz Onion

1 Garlic clove crushed

1 c. Low sodium vegetable broth

*1/2 c. Chicken broth
1/2 tsp Cumin
Pepper to taste*

Brown beef with onion and crushed garlic. Drain well. Add to broth, bring to a boil. Add cabbage. Add cumin and pepper. Simmer 30-45 minutes.

Shrimp with Cabbage Soup

*2 c. Low sodium vegetable broth or 2 c. Homemade stock
8 oz. of shredded green cabbage
3.5 oz. of shrimp, whole or cut into pieces
Heat in a pan on the stove.
1/2 t. minced garlic*

Cook/boil for a few minutes until the cabbage is getting soft but still crisp
Fresh ground black pepper Cook just a few minutes until the shrimp is done. Chicken Chipotle

C. C. Chicken Soup

*3 1/2 oz. Chicken cubed
Diced onion (allowed amount)
2 c broth
3 cloves minced garlic
1/2 tsp Curry Powder
1/4 tsp Cinnamon
1/4 tsp Pumpkin Pie Spice
Salt and pepper to taste*

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

French Onion

*1 onion thinly sliced
2 c beef broth
3-4 cloves minced garlic
1/2 tsp Granulated Sugar Substitute
1/4 tsp Black Pepper*

Preheat non-stick saucepan over medium heat. Place onions and garlic in pan and cook uncovered 5-10 mins. Stir in granulated sugar substitute. Cook 10-15 mins until onions are caramelized. Add beef broth & bring to boil. Reduce heat to simmer, cover, and cook 20 mins. Add black pepper. Serve.

Green Onion Soup

*Green onions (allowed amount)
2 c vegetable broth
2 tsp Sugar substitute
1 tsp Parsley
1/2 tsp Paprika
1/2 tsp Salt
1/2 tsp Dill*

1/2 tsp Thyme

1/8 tsp Cayenne or red pepper flakes

1/8 tsp Celery seed

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

Border Chicken Soup

3 1/2 oz. Cooked chicken, diced

3-4 cloves minced garlic

1 tsp Cumin

1/2 tsp Onion Powder

1/2 tsp Chili Powder

1/2 tsp Cayenne

Diced tomato

2-3 c homemade chicken broth

1/4 c fresh chopped Cilantro

Preheat pan to medium-high heat. Add garlic, and cook for 3-5 minutes or until you see bubbles around the garlic. Use a bit of your broth to keep garlic from sticking to the pot, if necessary. Add tomatoes, chicken broth, and onion powder, cumin, chili powder, and cayenne. Bring to a boil. Reduce heat to a simmer, and add chicken. Simmer for 20 minutes. Stir in cilantro, and simmer for 5 minutes more.

Mexican Tomato Chicken

1 small can Mexican style tomatoes blended

1 small can petite dices tomatoes

1 small can Low sodium beef or chicken broth

1 small can green chilies

3 1/2 oz diced chicken breast (cooked)

4 oz diced onion

4 oz diced celery

Cilantro -chopped to taste

1 jalapeno without seeds, unless you like it hot

Add Cumin and Chili powder to taste. Salt and pepper to taste. Add all ingredients and let simmer until veggies are tender.

Taco Soup

1 lb. ground Buffalo or Diet Lean ground Beef

1 med. Yellow onion, chopped

5 med. Tomatoes, coarsely chopped

2 cups water

4 cloves garlic

Sea salt and Black pepper to taste

Taco or Mexican seasoning to taste

Over medium heat in saucepot cook chopped onion and buffalo or beef until onion is soft and meat is no longer pink. Rinse in colander under running water. Return to sauce pot, add water and bring to a boil. Add chopped tomatoes, salt and black pepper Add taco seasoning and minced garlic, return to a boil. Reduce

heat and simmer covered, for 10 minutes. Adjust taco seasonings to suit your taste. Can serve with a crumbled bread stick on top. serving - makes 4 servings

Real Tomato Soup

*4 Medium Tomatoes
1 Clove Minced Garlic
1/2 c Water
3/4 tsp Basil
1/2 t onion powder
Salt and Black pepper to taste*

Preheat broiler. Cut tomato in half. Place tomato on nonstick baking sheet flat side down and broil for 5-10 mins, or until skins are blistered and blackened. Let cool, then remove skins & seeds. In a medium sized saucepan, heat 1/4 c water over medium heat. Add onion powder & cook for 5 minutes. Add garlic & cook for 2 more minutes. While cooking, place tomato in a blender or food processor and puree until smooth. Stir tomato puree into saucepan and add the rest of water (1/4 c). Bring to a boil then reduce to simmer for 5 minutes. Stir in basil and season with salt & pepper.

Old Fashioned Chicken Soup

*3 1/2 oz Chicken breast cubed
1/4 c Chopped celery
1 c cabbage
2 cups Homemade chicken stock
1/4 c Chopped Onion
2 cloves garlic crushed
1 Bay leaf
1/2 tsp Poultry spice blend
Dash Cayenne pepper
Salt and pepper to taste*

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

White Chili

*3 1/2 oz. Cooked chicken breast diced
1 to 4 c Broth (depending on how soupy you want it)
4 cloves minced garlic
1/2 tsp Cumin
1/4 tsp Oregano
1/4 tsp Red pepper flakes
1/8 tsp Ground cloves
Tabasco or hot sauce to taste*

Preheat pot over medium heat. Add all ingredients except for Tabasco/hot sauce. Bring to a boil then reduce heat to simmer, cover, & cook 30 mins. Add Tabasco or hot sauce right before serving.

Eggs

Asparagus Omelet

3 egg whites

1 whole egg

Asparagus (allowed amount)

1-2 cloves minced garlic

1 Tbsp Dehydrated Minced Onion 1 Tbsp Water

1 tsp Parsley Salt/pepper (to taste)

Tabasco (optional)

Preheat pan over medium heat. Snap woody ends off asparagus and discard. Snap each asparagus spear into 2-3 pieces. Add to pan with garlic & heat through until tender. Preheat oven to 400. In bowl, mix eggs & water. Add asparagus, minced onion, parsley, salt/pepper. Pour egg mixture into non-stick baking dish (or dish lined with parchment paper). Place in oven and cook 10-15 mins until done. Top with Tabasco (optional) and serve immediately.

Deviled Eggs

4 hardboiled eggs

Minced Tomato

Minced Fresh Parsley

Salt and Pepper to taste

Cut eggs in half and throw out 3 of the 4 yolks. Mince tomato and parsley. Mix in with the final yolk, Adding salt and pepper. Add a tiny splash of apple cider vinegar. Fill the Egg Whites

Omelet with Herbs

1/4 c Chicken Broth

1/4 c pepper(s), red, bell, diced 1/4 cup

1/4 c green onions

1 clove garlic, minced

10 slices Melba Toast

1/4 cups low fat cottage cheese

3 egg

8 egg whites

3/4 c fat-free evaporated milk

1 Tbsp fresh Basil fresh minced

1 Tbsp Rosemary, fresh, minced

2 tsp Chives fresh, minced

1 Tbsp Parsley, fresh, minced

Preheat the oven to 350 degrees. Sauté peppers and scallions in Chicken Broth for 6 minutes. Add the garlic and sauté for 3 more minutes. Place the toast slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the toast. Add the cooked vegetables. Bake for about 25-40 minutes until the omelet is slightly puffed and set.

Chicken Apple Salad

*3.5oz chicken cooked and diced
1 apple diced
3 stalks celery diced
3 Tbsp Lemon juice
1/8 tsp 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. Makes 1 serving (1 protein, 1 vegetable, 1 fruit) Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

Cucumber Mint Salad

*1/2 cucumber - sliced or diced
1 Tbsp Vinegar
1 tsp Black Pepper
1 tsp Minced Garlic
1 tsp Dried Mint*

Toss & mix all ingredients. Cover. Refrigerate for at least 1 hour. Toss before serving.

Green Salad with Strawberry Vinaigrette

*Fresh Green Salad of your choice
1/2 Tomato
1/2 Cucumber
3 Strawberries
2 Tbsp Apple cider vinegar
Stevia Sweetener
Pepper*

Puree strawberries, vinegar, Stevia, pepper. Pour over salad greens. Add chopped cucumber and tomato. Also makes a great marinade or sauce for entrees.

Radish Salad

*1 c Radishes, sliced
Lemon juice
1 Tbsp dehydrated minced onion
1 Tbsp Parsley 1-2 tsp Stevia sweetener*

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

Dressings

Herb Vinaigrette

1/4 - 1/2 tsp Dried herbs oregano, basil (and or any other favorites)

1/4 c water (as needed)

2 tsp Vinegar

1/2 tsp Ground Garlic

Dash of Ground Mustard (optional)

Salt and Pepper to taste

Sugar substitute as needed

Put in a jar (with lid) & shake. This should stay good in the refrigerator with the lid on for about 5 days. Adjust this recipe to your own taste.

Cucumber Dressing

1 English cucumber

Cilantro to taste

1/2 tsp Dried Mustard

1/2 tsp Cumin

Juice of one Lemon

2 - 4 Tbsp Apple cider vinegar

1 packet Stevia

Put in blender and puree enjoy on veggies or salads

Strawberry Dressing

2 strawberries finely diced

Add vinegar, salt, pepper, and some sugar substitute.

Add Cayenne, Onion Powder, Fresh Garlic chopped finely and Mustard powder.

Let it set for a few minutes.

Dijon Dressing

Squeeze of lemon

1 Tbsp Vinegar

1/2 tsp Fresh or Garlic Powder

3/4 tsp Dried Mustard

Dash Pepper

1/4 tsp Sugar substitute

Add all ingredients to a covered jar or container and shake to mix well. Keep refrigerated for up to 5 days.

Ginger Dressing

*1/4 c White Vinegar
1/4 tsp Sugar substitute
1/4 c Braggs Amino Acids
1 Tbsp Minced Garlic
1/4 c Water
2 Tbsp Minced Ginger*

Mix all ingredients and let set for about an hour. Also, you can marinate meat with this dressing and then grill.

Raspberry Vinaigrette

*2 Tbsp raspberry vinegar
Dash salt
1/4 tsp ground pepper or to taste*

Whisk vinegar, salt and pepper in a small bowl. Drizzle over salad greens or chicken.

Light Snacks

Melba Delight

*2 Melba toast
1 to 2 chicken slice from the deli all natural.
1 slice tomato*

Add oregano, a pinch of salt and enjoy.

Melba Toast Bruschetta

*Whole Wheat Melba Toast
Tomatoes
Basil, Oregano, and Cilantro finely chopped
Garlic minced
Pepper (Salt optional)
Juice of 1/2 lemon
Chicken*

1) Chop desired quantity of tomatoes and mix with spices and lemon juice; 2) set mixture in fridge; 3) chop and sauté chicken and add spices to taste; 4) mix chicken in tomato mixture; 5) spoon on to melba toast and eat the remainder with a spoon.

Salsa & Sauces

Mexican Salsa

Boil red tomatoes and one chili pepper. When tomatoes are soft, pull the skin off. Put the tomatoes and chili pepper in blender with plenty of water. Vary the flavor using any of the following- garlic, sugar substitute, cilantro, onion, thyme, and oregano.

Pico De Gallo

4 vine-ripe Tomatoes, chopped
½ medium Red onion, chopped
2 Green Onions, white and green parts sliced
1 Serrano chili minced
1 handful fresh Cilantro leaves chopped
3 Garlic Cloves minced
2 Limes juiced
1-tsp Kosher Salt

In a mixing bowl, combine all ingredients together. Refrigerate for 30 minutes prior to serving.

Strawberry-Cucumber Salsa

2 Diced Fresh Strawberry
1 cup peeled, seeded, and chopped cucumber
2/3 c chopped red onion
1 green onion chopped
1 Tbsp chopped fresh Cilantro
2 Tbsp Fresh lime juice
½ tsp Sea Salt
1 Jalapeno pepper, seeded and minced

Cucumber Sauce

2 Tbsp Fat Free Cottage Cheese
½ Cucumber peeled and seeded, cut into chunks
1 tsp Garlic
¼ tsp Onion Powder
Dash of Salt and Pepper

Mix all ingredients in blender. Refrigerate until cold, serve.

Catsup

*3 oz Tomato Paste
3 Tbsp Apple Cider Vinegar
1 Tbsp Lemon Juice
1/4 tsp Celery Salt
1/2 tsp Paprika
1/4 tsp Mustard Powder
Pinch of Nutmeg and Clove
Pinch of Black Pepper
1/4 tsp Onion Powder
1/4 tsp Garlic Powder
Stevia to taste*

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached. Makes 2 or more servings.

Mexican Cocktail Sauce

*Cold, cooked shrimp
Picante' sauce or fresh salsa
Tomato Juice - sugar free
Cilantro
Onion
A little lemon or lime juice*

Mix the salsa into the shrimp, until the shrimp are covered. Thin the sauce with the tomato juice and add other ingredients to taste. Use cayenne or Tabasco
Add a little Stevia

HCG Friendly BBQ Sauce

*2 strips of fat-free turkey bacon, chopped fine (or see substitutions)
1 small Onion, minced
1 clove Garlic, minced
1 small can (6 oz) Tomato Paste
1 can (12 oz) Diet (sugar-free) Cola
Stevia Sweetener
1/4 c Sugar-Free Catsup
3 Tbsp Mustard
1 Tbsp Worcestershire sauce
1 pinch ground cloves
Hot sauce to taste
1/2 c water*

Pan-fry the turkey bacon. Add onion and cook over medium flame for about 4 minutes. Add garlic clove and stir. Add the remaining ingredients including the water. Stir. Allow to simmer for 20-30 minutes. To adjust flavor at this point, use any of the following: vinegar, sweetener (liquid works best,) or hot sauce. Note: sweetener will tone down spiciness.

Spicy BBQ Sauce and Marinade

2, 12 oz jars 'EMBASA SALSA MEXICANA'

1/4 c Lemon Juice

2 Tbsp Worcestershire sauce

4 Tbsp Stevia sweetener

2 tsp Salt

4 tsp Chili Powder

1/2 tsp Tabasco Sauce

1 or 2 dashes Garlic Powder

2 Serrano chillies, finely chopped

1 garlic clove, minced

Juice from 2 limes

Gently combine all the ingredients and let sit for the flavors to combine at least 30 minutes.

Greek Seasoning Mix

2 tsp Oregano

1 1/2 tsp Onion Powder

1 1/2 tsp Garlic Powder

1 tsp Salt

1 tsp Black Pepper

1 tsp Parsley

1 tsp Basil

1/2 tsp Cinnamon

1/2 tsp Nutmeg

1/2 tsp Thyme

Grind spices in food processor or coffee grinder. Store in airtight container.

Mock Shake 'n' Bake

1/2 cup Minced Dehydrated Onions

1/4 tsp Coriander

1/4 tsp Thyme

1/4 tsp Red Pepper Flakes

1/8 tsp Oregano

1/8 tsp Paprika

1/8 tsp Black Pepper

1/8 tsp Salt

Place all ingredients in food processor or coffee grinder. Grind to a powder. Store in airtight container. TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, and even steak burgers.

Beverages

Strawberry Smoothie

6-10 Strawberries

Handful of Ice

1 packet or 6 drops vanilla stevia

Splash of water or 1T milk

Blend and enjoy

Lemonade Fizz

8-12 ounces sodium free seltzer water

Juice of 1/2 fresh lemon (or Lime)

Splenda or Stevia to taste

Combine in a glass and stir

Strawberry Frappuccino

5 - 6 strawberries

4 ounces of cold water

1 cup of ice cubes

1 cup of mineral water

1 teaspoon of Stevia

Put all the ingredients in blender and mix well

Sweet 'n' Sour Lemonade

1-Quart Water

1 Lemon (juice only)

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

Ice Cubes

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

Tea Spritzer

2 droppers full Stevia

1 c Seltzer

1 x Water

1 bag Herb Tea

Use Water & Tea to make tea.

V 8 Juice

Tomato

Juice of half lemon

1 tsp fresh Cilantro, minced

1/2 tsp Stevia (to taste)

1 clove minced

1/4 tsp Cumin

1/4 tsp sugar-free Worcestershire

1/8 tsp celery seed

Salt/pepper (to taste) Tabasco (to taste)

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

Strawberry Lemonade

1 Quart Water

1 Lemon (juice only)

1 Sliced Strawberry

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

Ice Cubes

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

Sparkling Apple Cider Delight

1 Apple

Cinnamon Stevia to taste

Splash of nutmeg

6-8 oz carbonated water or Mineral water

Entrées-Beef

Beef with Spicy Parsley Tomato Sauce

3 1/2 oz Beef or Veal

Parsley

Tomato Sauce: 2-4 tomatoes depending on size cut in quarters

1 1/2 cups fresh flat-leaf parsley

2 garlic cloves

1/2 tsp Red pepper flakes

3/4 tsp Kosher salt

3/4 tsp Freshly ground black pepper herbs de provence

2 Tbsp red wine vinegar

Broth Preheat the oven to 375 degrees F. Season the beef 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 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 beef 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.

Beef with Cabbage Lettuce Wraps

3.5oz Diet Lean Ground Beef

Allowed Amount Cabbage Shredded

Allowed Amount 2-3 Cloves Garlic

Minced 1-2 Tbsp Fresh Cilantro

Small Amount Organic Chicken Broth

Salt and Pepper to taste

2 Large Lettuce Leaves

Romaine or Iceberg Hot sauce- optional

Heat skillet. Add ground beef, Garlic. Add small amount of broth. Fry until almost done. Will be very quick. Take out and set aside. Put cabbage in pan. Salt and Pepper. Start to fry to pick up beef flavor then add approx. 1/4 cup Broth. Cook until tender. Not mushy. Add beef with cabbage. Cook 1 minute on high heat. Remove. Place in Lettuce Leaves. Add hot sauce if desired.

Crockpot Roast

3.5oz steak

Onion soup mix

1 c beef broth

Black pepper to taste

Add steak to crock pot. Cover with remaining ingredients. Cook for several hours until reaches desired doneness. Serve.

Beef French Dip

*3.5oz sliced cooked steak
1/2 onion sliced into rings
1 c beef broth
2 cloves minced garlic
1/2 tsp Thyme
1/2 tsp Pepper Liquid aminos*

Preheat pan over MED heat. Add onions and garlic. Cook 5-10 mins until tender. Add broth, thyme, and pepper. Bring to boil. Reduce heat & simmer 5-10 mins. Add steak and return to boil. Reduce heat & simmer 5-10 mins. Serve steak & onions with the au jus and a couple splashes of liquid aminos.

Hamburgers

Cook/scramble 3.5 oz ground beef, then rinse well to get rid of all the fat. To this add: A LITTLE ketchup A LITTLE mustard Chopped dill pickles Chopped onion Diced tomato, a little chopped lettuce Salt/pepper, garlic powder (or fresh/crushed)

Meatballs

*3.5oz steak (ground into hamburger)
1 Grissini (ground into powder)
1 Tbsp Milk Parsley Onion powder
Basil
Oregano
Garlic
Salt
Pepper*

Preheat oven to 425. In bowl, combine all ingredients. Form into 1" meatballs (makes about 6-7). Place in baking dish or non-stick baking sheet and cook 10 minutes turning halfway through cooking time.

Beef/Steak- Filet Tenderloin with Braised Chard

*3.5oz Tenderloin steak
Filet Steak seasoning
Chard Chicken stock
Balsamic vinegar
Green onions
Garlic
Cilantro*

1. Heat cast iron skillet on medium. Rub steak season on both sides of meat. Sear steak to preferred doneness. Remove to plate. 2. Add 2 tbsp of chicken stock to deglaze pan. Add chard and cook until almost wilted. Add garlic, green onion and cilantro. 3. Add dash but no more than 1 tbsp of balsamic vinegar. Cook until chard is wilted and the liquid is cooked mostly off. Add to plate with steak. Enjoy.

Beef/Steak- Flank Steak

3.5oz Flank Steak

Spinach

Garlic

Parsley

Chicken broth

Nutmeg

Salt and pepper

1. Preheat oven to 350. Pound flank steak until 1/4-1/2" thick. Salt and pepper both sides. 2. In a food processor, puree spinach garlic and parsley with enough chicken broth to create a paste. 3. Spread paste on one side of the Flank Steak. Sprinkle nutmeg sparingly. 4. Roll up Flank Steak and either tie with string or use toothpicks to secure. Make sure that when you roll it up the fibers are lengthwise so that when you cut into it, it will be against the grain. 5. Place face down in pan and bake until desired doneness. Divide the total weight of the steak by 3.5 so you know how many portions it should be cut into. Enjoy.

Entrées-Chicken

Chicken and Grapefruit Stir Fry

3.5 oz chicken breast (skin removed, no visible fat)

3.5 oz red, yellow or white onion

1/2 grapefruit peeled and cut into small pieces

Put salt, pepper, herbs and spices in the bottom of a skillet. Add onions and 3 Tbsp of water or herb tea. Stir-fry until tender and transparent. Remove from pan and set aside. Add chicken pieces, salt and pepper to pan and water if needed. For steaming the chicken, simmer on medium heat till chicken is well cooked. Place onions, grapefruit and chicken with juice from pan in a bowl. Toss with salt, pepper, herbs and spices.

Cajun Chicken

3.5oz chicken

1/2 Tbsp Milk

1/2 tsp Cajun seasoning

Preheat oven to 350. In small dish, coat both sides of chicken with milk. Place chicken in glass baking dish. Sprinkle top with Cajun seasoning. Bake uncovered 20-30 mins until chicken is no longer pink. This includes 1/2 of your milk portion for the day.

Chicken Asparagus with Lemon and Herbs

3.5oz Chicken

4 spears Asparagus

2 Tbsp Lemon juice

2 cloves garlic

crushed Sea salt

Pepper

1/4 tsp Rosemary

1/2 tsp Thyme

1/2-cup chicken broth

Mix lemon juice, garlic, salt, pepper, rosemary and thyme. Add chicken and marinate 30 min- 24 hours. Brown chicken and add marinade and broth. Cook about 30 minutes. Add asparagus and cook 2 more minutes.

Chicken Chow Mein

Handful of chopped cabbage

3.5 ounces of chicken breast

1 - 2 Tbsp of onion

Pinch of ginger Sea salt

Pinch of Stevia

Chop up cabbage, onions & chicken, place in a hot skillet and fry (keeping it moving most of the time), add spices and stir them in. Cook until chicken is done but the ingredients in the pan are not dry.

Chicken Blackened Salad

*3.5oz chicken tenders
1 tsp Paprika
1/2 tsp Onion powder
1/2 tsp Garlic powder
1/4 tsp Oregano
1/4 tsp Thyme
1/4 tsp White pepper
1/4 tsp Black pepper
1/4 tsp Ground red pepper
Spinach or salad greens (as allowed)*

Combine all spices and rub on chicken. Grill until no longer pink. Serve over spinach or salad greens.

Chicken Creole Salad

*Chicken Cajun seasoning
Lettuce
Yellow onion
Tomatoes*

Completely coat chicken breast with Cajun seasoning and grill. Slice and serve over salad, can sprinkle with salt, pepper, and lemon juice if desired.

Chicken Baked with Sun Dried Tomatoes

*3.5oz Chicken
4 sun-dried tomato halves, not oil packed
10 peeled cloves of garlic
1 oz onion sliced into thin rings
1/2 c chicken broth
1/8 c chicken broth (for cooking)
2 Tbsp White wine vinegar
Dried oregano
Ground pepper*

Brown chicken with 1/8 c broth in a skillet on med-high heat. In a casserole dish layer onion, tomato and garlic. Top with chicken. Pour 1/2 cup broth and vinegar over chicken. Sprinkle with oregano and pepper. Cover and bake for 30 minutes at 350.

Breaded Chicken Cutlets

*3.5oz chicken
1 Grissini (ground into powder)
1/2 c chicken broth
1/4 tsp Garlic powder
1/4 tsp Paprika
1/4 tsp Poultry seasoning (optional)
1/4 tsp Cayenne (use less if you want them less spicy)
Salt/pepper to taste*

Preheat pan over MED heat. In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. Add chicken to seasonings and fully coat. Add half of broth and chicken to pan. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off. Serve immediately.

Lemon Mustard Chicken

3.5oz chicken

juice of 1/2 lemon

1 Tbsp Spicy mustard

1/2 tsp Black pepper

1/2 tsp Oregano

1/4 t cayenne pepper

Preheat broiler. Broil 1 side of chicken 5-10 mins until slightly browned. In small bowl, add the rest of the ingredients and mix well. Spoon mixture onto chicken. Flip over and coat other side. Broil uncooked side 5-10 mins or until no longer pink.

Kung Pao Chicken

3.5oz chicken - cut into chunks chopped onion (allowed amount)

1-2 tsp sambal oelek red pepper flakes (optional)

Liquid aminos

Rice vinegar seasoning

3 cloves garlic (minced)

1-2 tsp fresh minced ginger root

Marinade 1 part liquid aminos 1 part rice vinegar Seasoning Mash together in small bowl: 3 cloves minced garlic 1-2 tsp fresh minced ginger root

Sauce- Stir together in small bowl: 1/2 c broth 1-2 tsp Liquid aminos 1 tsp Rice Vinegar. In small dish, combine marinade & chicken. Refrigerate 30 mins - 1 hour. Preheat non-stick pan over MED-HI heat. Cook chicken 5-7 mins, browning on all sides. Add sambal oelek. Cook 1-3 additional mins. Remove chicken from pan and set aside. Add onion to pan and cook until tender. Stir seasoning mixture in with onions. Cook 1-3 mins. Add sauce mixture to pan. Cook 1-3 mins. Re-add chicken to pan. Stir. Cook 1-3 mins. Top with a few dashes of red pepper flakes (optional). Serve.

Chicken Stir Fry

3.5oz Chicken

Green cabbage

Onion

Slice chicken and cabbage. Chop onion and celery small. Stir-fry over med low with some chicken broth and Braggs liquid amino acids

Chicken Lettuce Wraps

3.5oz Minced Chicken

Minced fresh ginger

about a 1-2 inch piece Minced fresh garlic

a clove or two Minced green onion (2 or 3 stalks)

Veggie broth to cover bottom of pan

Braise (medium heat) ginger, garlic and onion until soft then add chicken, cook until no longer pink. Add: 1 tsp Asian Red Chile Sauce 1/2 - 1 tsp Chinese 5 spice 1 Tbsp Rice wine vinegar 1 Tbsp Wheat free Tamari sauce Cook about 5 minutes more, stirring over low heat to reduce liquid. Remove from heat, spoon into whole lettuce leafs and roll; Bibb lettuce, Boston lettuce or Iceberg works really well.

Chicken Salad

*3.5oz chicken finely chopped
7oz celery (or more) chopped
Dash of mustard
salt
pepper
cayenne
vinegar
Whatever herbs you like*

Mix all the ingredients together in a bowl. Serve Chilled.

Orange Ginger Chicken

*3.5oz chicken - cut into chunks
Black pepper
Orange - cut in fourths
2-3 cloves minced garlic
1 Tbsp Fresh ginger root (about 1/2"-1" long piece, peeled and minced)
1/2 tsp Basil
Juice of 1/2 lemon*

Preheat pan over medium 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 and separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 mins.

Chicken Tarragon

*3.5oz chicken breast
Tarragon, chopped
tarragon vinegar
1/4 cup chicken broth
4 thinly sliced onions
Salt and pepper*

1. Preheat oven to 350. Salt and pepper both sides of chicken. 2. In a square pan put slices of onion down. Lay chicken on top of onions. 3. Gently pour tarragon vinegar over chicken. Pour broth in pan but not on chicken. Sprinkle top of chicken with tarragon leaves. Let marinade for 20-30 minutes. 4. Cook in oven for 20-30 minutes until done.

Chicken Tenders Breaded Italian Style

*3.5 oz. raw chicken tenders
1 Grissini breadstick or Melba toast
1 1/2 Tbsp very finely minced parsley
pinch cayenne pepper
pinch of poultry seasoning
dash of oregano
Large pinch of thyme
Large pinch garlic powder
Large pinch of onion powder
Couple pinches of rosemary*

Soak chicken in a bowl of water. Meanwhile, in another small bowl, mix 1 Grissini breadstick or Melba toast, crushed, 1 1/2 Tbsp very finely minced parsley (1 Tbsp dried), Couple pinches of poultry seasoning, Couple pinches cayenne pepper, Couple dashes of oregano, Large pinch of thyme, Large pinch garlic powder, Large pinch of onion powder, Couple pinches of rosemary. Place wet chicken tenders on small cookie sheet Season with fresh ground pepper and sea salt Pat spice mixture on moist tenders Bake at 350 until done. Serve this chicken with two fresh tomatoes, diced, Seasoned with sea salt, fresh ground pepper, Fresh minced parsley and Italian seasoning.

Chicken Thanksgiving Turkey

Handful of chopped cabbage

3.5 ounces of chicken breast

1-2 Tbsp of onion

Pinch of ginger Sea salt

pinch of Stevia

Chop up cabbage, onions & chicken, place in a hot skillet and fry (keeping it moving most of the time), add spices and stir them in. Cook until chicken is done but the ingredients in the pan are not dry.

Chicken with Orange Spiced Broccoli

1/4 cup spiced chai tea

3.5 oz chicken breast (skin removed, no visible fat)

3.5 oz broccoli (cooked)

1 orange peeled and cut into small pieces

Pour spiced chai tea into pan, add chicken pieces, and simmer on medium heat till chicken is well cooked. Place broccoli, oranges and chicken and juice from pan in a bowl. Toss with salt, pepper, herbs and spices.

Chicken Wings

3.5oz chicken breast tenders

1/4 c vinegar

1/4 c water

1-2 Tbsp Cayenne Pepper

1-2 Tbsp Chili Powder (adjust as needed)

In small bowl, mix vinegar, water, and cayenne pepper. Add chicken to marinade and refrigerate for 1-2 hrs. Preheat oven to 350. Add chili powder to a small dish and dip chicken in chili powder. Place on rack in baking pan. Bake 15-20 mins turning halfway through. Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.

Chicken with Citrus and Basil

3.5 oz chicken breast (skin removed, no visible fat)

3.5 oz tomatoes chopped

1 orange, peeled and cut into small pieces

Juice of 1/2 lemon

Basil fresh chopped or dried

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

Chicken With Garlic

*3.5oz chicken breast
4 servings Diced onion
3-5 cloves garlic - unpeeled & left whole
Juice of half lemon
Black pepper to taste*

Preheat oven to 350. Heat non-stick saucepan over MED. Add the onion. Stir constantly until tender. 5-10 mins. Transfer onions to glass baking dish. Place chicken atop onions. Squeeze on lemon juice & sprinkle with pepper. Place garlic around and on the chicken. Cover tightly either with lid or aluminum foil. Cook for 30-45 mins or until chicken is no longer pink.

Chicken with Oranges and Onions

*3.5oz chicken
1/2 orange in segments
1/2 juice of orange
1/2-cup chicken broth*

Brown chicken and remove. Brown onions with a bit of the broth. Add remaining broth and orange juice. Add chicken. Simmer about 30 minutes. Add orange segment, and asparagus, if desired. Cook 2 minutes.

Chinese Orange Chicken

*3.5oz Chicken
Juice of 1 orange
1 Tbsp Rice Vinegar
1 Tbsp low sodium soy sauce
1 Tbsp minced fresh ginger
1 clove garlic, crushed
1/2-cup chicken broth
Asparagus (optional)*

Combine orange juice, vinegar, soy sauce, ginger, and garlic. Add to chicken and marinate 30 minutes to 24 hours. Brown chicken and add marinade and broth. Cook 30 minutes. Add asparagus and cook 2 more minutes.

Tomato Basil Chicken

*3.5oz cubed chicken
1 cup chopped tomato
1 cup water or chicken broth
2 Tbsp Lemon juice
2 Tbsp Chopped Onions
1-2 cloves garlic sliced
3 leaves basil rolled and sliced
1/8 tsp Oregano fresh or dried
1 tsp Garlic Powder
1 tsp Onion Powder
Cayenne to taste
Salt and pepper to taste*

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. Makes 1 serving (1 protein, 1 fruit or vegetable)

Entrées-Seafood

Broiled Shrimp

3.5oz shrimp

2-3 c water (enough to cover shrimp in pan)

1/4 c apple cider vinegar

2 Tbsp Seafood Seasoning

Add water, apple cider vinegar, seafood seasoning and shrimp to saucepan over MED-HI heat. Let water come to slow boil. When shrimp start floating, remove from heat & drain. Immediately place shrimp in ice water for 1 minute. Drain & serve immediately or chill in refrigerator.

Cajun Shrimp Kabobs

3.5oz shrimp

Half lemon

Fresh chopped parsley (to "chop" parsley, I simply use kitchen shears)

Place shrimp in bowl & add 1T of Cajun Seasoning and toss to coat. Put shrimp on skewers (if using wood skewers, remember to soak in water for at least 20 mins prior to use). You can also make kabobs with onion or tomato or any other veggie allowed on protocol. Squeeze on lemon juice. Grill or broil until cooked through. Sprinkle with chopped parsley. Serve.

Cioppino-(Lobster)

3.5oz fish or seafood of choice

1 chopped tomato

2 c broth of your choosing

2-3 cloves minced garlic

1 bay leaf

1 tsp Dehydrated Minced Onion

1 tsp Parsley 1/4 tsp Oregano

1/4 tsp Basil

1/8 tsp Rosemary

1/8 tsp Fennel seeds

Salt/Pepper to taste

Tabasco to taste

Combine minced onion, parsley, oregano, basil, rosemary, and fennel seeds in food processor or grinder. Grind. Add seasonings and all other ingredients except for seafood & Tabasco in saucepan. Bring to a boil. Reduce heat, cover, and simmer for 30 mins. Add fish and return to boil. Reduce heat, cover, and simmer 5-15 mins. Remove bay leaf. Top with a few dashes of Tabasco just before serving.

Citrus Fish

3.5oz white fish

1 Tbsp minced onion

2 tablespoons lemon juice

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

Mix lemon juice with zest and a little Stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange 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. Makes one serving.

Crab Cakes

3.5oz crab meat
1 Grissini (ground into powder)
1 tsp Parsley
1/2 tsp Tarragon
1/2 tsp Paprika
1/2 tsp Lemon juice
1/4 tsp Cayenne
1/4 tsp White Pepper
1/4 tsp Dry mustard
1/4 tsp Seafood Seasoning (optional)

Grind Grissini into powder and place into small dish. In bowl, combine crabmeat and remaining ingredients. Mix well & form into patties. Coat each side of patty with grissini powder. Brown in non-stick skillet over MED heat for 3 mins each side, or place on George Foreman for 4-5 mins. Serve immediately. Place them on a non-stick baking sheet @ 350 for 10-15 mins. Then broil for 1-2 mins each side to brown.

Crab or Shrimp Salad

Dice 3.5 ounces of shrimp, very fine (or finely chopped crab)
Chop 7 ounces celery (or more)
Add dash of mustard, salt, pepper, cayenne, vinegar, parsley, dill, cilantro and whatever herbs you like

Mix all the ingredients together in a bowl. Serve Chilled.

Curried Broiled Fish

3.5oz fish
1 sliced tomato
1/2 lemon
1/2-1 tsp Curry seasoning

Preheat broiler. Place fish on broiler rack. Squeeze 1/2 lemon over fish. Sprinkle with curry seasoning. Place tomato slices on top of fish. Broil 8"-10" away from broiler for 10-15 mins until tomato starts to blacken. Serve. NOTE: This includes both your meat and vegetable for this meal.

Fish Tacos

3.5oz white fish

Garlic

Onion

Lime juice

Cilantro-chopped

Salsa and/or tomatoes

Butter lettuce leaves (or big leaves of your choice)

Shredded cabbage (optional) for crunch

Sauté fish, onion, garlic in pan with a bit of water. Break apart fish while cooking. When done, squeeze lime-juice onto fish. Wrap fish in lettuce leaves and add shredded cabbage for crunch if desired, chopped cilantro, salsa and/or tomatoes.

Garlic Shrimp

3.5oz shrimp (peeled & deveined)

4-6 cloves minced garlic or 1-2 t garlic paste

1/2 c broth

1/2 tsp Parsley

1/8 tsp Dried Thyme

1/8 tsp Crushed Red Pepper

1 bay leaf

Heat nonstick pan over MED-HI heat. Mix 1 Tbsp of the broth with red pepper, minced garlic, and bay leaf. Add to pan. Cook less than a minute. Be sure not to burn the garlic. Add shrimp. Cook 3 minutes. Remove shrimp from pan. Add the remainder of the 1/2 c broth, parsley, & thyme. Bring to a boil. Cook for 1-2 mins until reduced by half. Return shrimp to pan & toss to coat. Discard bay leaf & serve.

Halibut Tacos with Strawberry Cucumber Salsa

2 Tbsp fresh lime juice/lemon juice

1-Tbsp broth- fish, chicken or veggie

1 clove garlic, minced

1/4-tsp Sea Salt

1/4-tsp Black Pepper

3.5oz halibut fillet

Ginger Mahi Mahi

3.5oz mahi mahi (or any whitefish)

1 tsp Minced Garlic

1 tsp Ginger Black pepper (to taste)

Sliced tomato (however much you're allowed)

Juice of 1 lemon

Place mahi mahi on top of a large sheet non-stick aluminum foil. Cover with garlic, ginger, and pepper. Place tomatoes on top of seasoned fish. Top with squeezed lemon juice. Close up aluminum foil into a "pouch" so that the top and ends are sealed. Bake @ 350 for 10-20 mins (depending on thickness) or until fish flakes.

Rosemary Scallops

*Fresh rosemary
Italian seasoning
Lemon juice
3.5oz Scallops*

Pull fresh rosemary from stems Marinate scallops in lemon juice and seasonings including Rosemary for a very few minutes. Place marinade mixture in skillet. Put scallops on rosemary skewer. Sautee in skillet.

Lemon Oregano Whitefish with Asparagus

*3.5oz whitefish
Asparagus (allowed amount)
Juice of one lemon
1 tsp Oregano
Salt/Pepper*

Preheat the oven to 400F. 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 salt/pepper. Place whitefish on top of asparagus. In small bowl, combine lemon juice & oregano, and pour over fish. Fold up edges and completely seal packet on all sides. Bake 10-20 mins, until fish flakes.

Red Snapper with Fennel

*3.5oz red snapper (or any whitefish)
Fennel (weigh out your portion) - cut into 1" pieces
Lemon 2 tsp
Fresh Ginger
1 tsp Pepper*

Place fish in shallow dish. Squeeze lemon juice in small bowl. Stir in ginger & pepper. Pour on fish and marinate in refrigerator for 2 hours. Remove fish from marinade and place in glass baking dish. Place chopped fennel on top. Cover dish with lid or aluminum foil and bake @ 350 for 20-30 mins or until fish flakes.

Shrimp and Asparagus Stir Fry

*3.5oz shrimp (shelled & deveined)
1-2 cloves minced garlic
Asparagus (allowed amt)
1 T fresh ginger*

Add shrimp, garlic, and ginger into pre-heated pan. Stir fry for 3-5 mins. (If needed, add small amount of water.) While that cooks, snap ends off of asparagus. Cut asparagus into 2" pieces. Remove shrimp from pan and add asparagus. Drizzle with a bit of Bragg Liquid Aminos. Stir fry for 2-3 mins. Re-add shrimp to pan and heat for 1 minute to heat through. Serve.

Shrimp Fried “Rice”

*3.5oz shrimp
200g cabbage
4 Tbsp Homemade broth
1/2 tsp Onion Powder
1/2 tsp Garlic Powder (or use fresh minced, if available)
1 1/2 tsp Bragg Liquid Aminos
Black pepper (to taste)
Red pepper flakes (optional)*

Preheat pan over MED-HI heat. Finely shred cabbage in food processor. Add cabbage, 2 T broth, and 1/2 t Bragg Liquid Aminos to pan. Stir-fry for 2-3 minutes just until slightly tender. Remove cabbage and place on serving dish. Sprinkle with fresh black pepper. Turn heat down to MED. Add shrimp, 2 T broth, onion powder, garlic, and 1 t Bragg Liquid Aminos. Stir fry shrimp until they curl up & turn pink. Sprinkle with red pepper flakes. (Optional) Serve immediately over cabbage.

Shrimp Gumbo

*3.5 ounces shrimp
1 c chopped celery
Dash of Cayenne pepper
Salt, pepper
(If you treat tomato as a fruit, use approx. 1 ounce of chopped tomato)*

Note: you can also make this with full serving of tomato instead Of with the celery.

Just add celery seed to get the celery flavor. Put everything in saucepan with a dash of apple cider vinegar, Cover until the celery is slightly cooked and shrimp are opaque.

Shrimp Stuffed Tomato

*3.5oz cooked shrimp Tomato(es) - allowed amount
Juice of half lemon
1 Tbsp parsley (and any additional seasonings you like)
Salt/Pepper to taste
Tabasco (optional)*

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, and 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. Fill tomato with shrimp mix. Top with a couple dashes of Tabasco (optional) and serve.

Shrimp with Garlic and Lemon

*2 Tbsp broth
1 garlic clove, minced
1/2 Grissini, crumbled
3 Tbsp chopped parsley
100g shrimp, peeled and deveined
1/2 lemon
Salt and pepper*

Preheat oven to 450 degrees. In medium bowl combine broth, garlic, grissini and parsley. Lay shrimp down on

a baking dish. Top with grissini mixture. Season with salt and pepper. Bake uncovered for 10 minutes. Remove and squeeze lemon juice over shrimp before serving.

Shrimp Scampi

*3.5oz Jumbo Shrimp
3/4 to 1 Cup Tomato
1/2 to 1 tsp capers
1/2 tsp onion powder
1/2 tsp garlic powder
Juice from 1/2 a lemon*

Fry with the juice of 1/2 lemon the 6 jumbo shrimp, (they can be frozen or thawed), add tomatoes and spices and cook until done.

Spicy Cucumber Salad

*3.5oz crab
shredded Cucumber - peeled, seeded, and julienned (allowed amount)
1 Tbsp liquid aminos
1/2 Tbsp Rice Vinegar
1/2-1 Tbsp Spicy Mustard
1/2-1 tsp Wasabi powder
Grissini - coarsely ground*

Combine liquid aminos, rice vinegar, spicy mustard, and wasabi powder. Stir. Add remaining ingredients, toss & serve. NOTE: This includes your meat, veggie, and grissini portion for this meal.

Teriyaki Fish

*3.5oz whitefish
2 Tbsp Bragg Liquid Aminos
1 Tbsp Rice Vinegar
2 cloves minced garlic*

1 tsp Ginger Mix Bragg Liquid Aminos, rice vinegar, garlic, and ginger in a ziplock bag or dish with lid. Place whitefish in marinade and coat. Seal and refrigerate for 30 mins - 1 hr, turning once. Discard marinade and pat fish slightly dry with a paper towel. Grill 3-4 mins on the George Foreman until fish flakes. Or you can broil for 5-10 mins depending on thickness of fish. Marinate the fish in a Ziploc bag. Flip the bag over in the refrigerator one or two times while marinating. When it's finished marinating, cut off one corner of the bag and drain out the marinade and then pull the fish out & pat it slightly dry.

Wasabi Fish

*3.5oz whitefish
1 Tbsp Spicy Mustard
1/2-1 tsp Wasabi powder (the more you add the spicier it will be)
1/2 tsp Ginger*

In small dish, combine spicy mustard and wasabi powder. Mix in ginger. Add fish to dish and coat. Let stand for 15-30 mins. Grill 4-5 mins until fish flakes. Broil for 5-10 mins depending on thickness of fish.

Whitefish in Parchment

3.5oz Mild tasting white fish

Lemon slices

Orange slices

Dill Onions

Salt and pepper

Preheat oven to 350. Salt and pepper the fish on both sides. Place onion on bottom of parchment paper. Aluminum foil can be used. Then place fish on top of onions. Place lemon and orange slices on top of fish and then top off with fresh dill. Fold parchment paper so that the ends and top are securely closed to allow the fish to steam. Place in pan and bake for 20-30 depending on size of fish. If another veggie is to be eaten- say asparagus with lemon pepper, then discard onions along with the lemon slices, orange slices and dill. If not, then enjoy with the onions.

Vegetables

Lemon Ginger Asparagus

3.5oz Asparagus (allowed amount)

1/2 c water

1/2 Tbsp fresh minced ginger root

3 cloves minced garlic

Lemon zest

Black pepper

Preheat pan over MED heat. Snap off woody ends of asparagus spears & discard. Snap spears into 2-3 pieces. Add garlic & ginger to the pan & cook for 2-3 mins. Add asparagus & water. Bring to a boil for 5 mins. Remove asparagus and top with lemon rind & pepper.

Sautéed Garlic and Greens

6 cloves garlic, sliced 16 c (packed)

Swiss chard (about 5 large bunches) stemmed and roughly chopped

Squeeze of lemon

1/2 tsp kosher salt

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. 2. 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. 3. Transfer greens to a colander to drain. Return greens to pan and toss with reserved garlic. 4. Squeeze with lemon just before serving. Refrigerate leftover greens in an airtight container for up to 3 days.

Seared Red Chard

2 Tbsp broth

1 small red onion, thinly sliced

10 to 12 cups red chard (2 bunches trimmed and coarsely chopped)

Grated nutmeg, to your taste

Coarse salt and pepper

2 Tbsp red wine or cider vinegar

Make sure your greens are very dry before preparing recipe. Also, wash and chop them when you come in from market, then they are ready for you to cook up even quicker.

Heat the broth in a large nonstick skillet over medium-high heat. Add onions and toss 2 minutes, then add chard in bunches and keep it moving as it wilts up a bit - you are just searing it up. The greens should remain crisp and crunchy. Wilting them all and searing them up should take no more than 3 to 4 minutes. Season the greens with nutmeg and salt and pepper, to taste. Douse the pan with a little vinegar and remove from heat. Toss to cook off vinegar and serve allotted amount of greens hot. Spinach Chips 1 lb fresh spinach greens 1 lemon, juiced Place spinach leaves on mesh dehydrator sheets and sprinkle with lemon juice. Dehydrate at 105 F until crunchy. Yields: about 50 grams of spinach chips. If you don't have a dehydrator, simply put in your oven at lowest setting for a few hours.

Steamed Cabbage

Cabbage (allowed amount)

Juice of half lemon

1/2 tsp Spicy Mustard

Salt/Pepper (to taste)

Place cabbage in steamer. Cover and steam 5-10 mins, until slightly tender. In small bowl, combine spicy mustard and lemon juice. Place cabbage in bowl. Add lemon/mustard mix and toss.

Sprinkle with salt/pepper. Serve immediately. TIP: If you have no steamer available, simply place & cover a strainer/colander over a pot of boiling water.

Garlic Pickles

Cucumbers

Apple cider vinegar

Sliced garlic

Salt

Cayenne (optional)

Slice cucumbers and chop or slice garlic. Pack firmly into lidded airtight jar dispersing garlic throughout. Cover with vinegar and close tightly. Refrigerate overnight or for several days and enjoy.

Onion Rings

1/2 c sliced onion rings

1 Grissini

1 Tbsp Skim Milk (as allowed daily)

1/4 tsp Cayenne Pepper

1/4 tsp Salt

1/4 tsp Pepper

Preheat oven to 450. In a small bowl, add milk, cayenne pepper, salt, and pepper. Mix to make a batter. Grind grissini in food processor until it is a powder. Put grissini in a separate small bowl. Place rings in batter bowl and toss to coat fully. Let sit in batter 2-3 mins then toss again. Dip each ring into the grissini powder by hand. Place on cookie sheet lined with non-stick aluminum foil. Cook 6-7 mins. Then flip, cooking an additional 6-7 mins. Serve immediately.

Power Salad

Baby Spinach

Onion

Tomatoes

Cucumbers can be added

Season with 50/50 mix of amino acids/apple cider vinegar and Stevia to taste. Can also add dried basil or oregano or cilantro.

Roasted Asparagus

3.5oz Asparagus

1-2 cloves

Minced Garlic

1/2 tsp Parsley

1/4 tsp Oregano
Black pepper (to taste)

Preheat oven to 400. Trim asparagus. Spread the spears on a sheet of non-stick aluminum foil. Add the seasonings. Wrap all ends of the foil up tightly to make a sealed 'pocket'. Roast 15-20 minutes.

Other recipes

Toothpaste Recipe

3 parts Baking Soda

1 part Salt Vegibal glycerin, approximately 3 TBS per every 1/4 cup Baking Soda

Salt Water, enough to make the other ingredients a paste

Peppermint or cinnamon or whatever you like

oil (do not swallow)

On phase 2 there is no oils so this is not needed for phase 2 Times.

Put the Baking Soda and Salt in your dish and (when not on phase 2 Add oil now) Add the glycerin, do a little mix just to get it going. Add water and mix, you might want to go rather slow on adding the water so that you can see how much you need. You have enough water when it is a paste. Cover and keep where ever you brush you teeth.