

HCG Diet Recipes

Lemon and Herb Whitefish Packet with Asparagus

Non-stick aluminum foil
3 ounces orange roughy or cod fish
Asparagus (allotted amount)
Juice of half a lemon
1-2 teaspoons fresh oregano or cilantro
Salt and Pepper to taste

1. Preheat the oven to 400 degrees
2. Trim off woody ends of asparagus and discard
3. In the center of a non-stick foil sheet, place the asparagus side by side and sprinkle with salt and pepper
4. Place the fish of choice on top of the asparagus
5. Squeeze lemon juice over fish and top with herb of choice
6. Fold up edges and completely seal all sides
7. Bake for 10-20 minutes depending on thickness of fish. It is done when fish flakes with fork.

BBQ Steak of Chicken

1. Marinate 3 oz top sirloin steak or 3 oz of chicken breast in Walden Farms honey BBQ sauce for a minimum of 4 hours in the refrigerator.
2. Discard marinate and brush on more BBQ sauce during the last few minutes of cooking.
3. You can cook up several portions of meat at a time, slice them up and put them in baggies for future meat servings. Sliced and cold, both types of meat are very good on a salad for lunch the next day.

Beef Roast

1. Place 3 oz of sirloin roast or sirloin steak in small crock pot (the size used for dips).
2. Pour 1-2 cups of organic mushroom or beef broth over meat.
3. Place $\frac{1}{4}$ cup onion and 1 cup or more of mushrooms, depending on what other vegetables you desire with the meal, because your total raw vegetable for your meal serving should not total more than two cups.
4. Set the crock pot on low for 3-4 hours. You may then enjoy the meat, gravy, mushrooms, and onions with a side of leafy greens.

Chinese Stir Fry

Miracle Noodles-cooked according to package directions
Sirloin Steak cut into thin strips
Cole slaw mix- ½ cup
Mushroom ½ cup
Braggs Liquid Aminos, amt depends on taste preference

1. On one side of skillet, sauté coleslaw mix and mushrooms in Liquid aminos until soft.
2. Sauté steak on other side of skillet while vegetables cook.
3. Add miracle noodle to the center of the skillet and stir all ingredients together.

Asian Stir Fry

1. Top sirloin, chicken, or shrimp (3.5oz raw weight) - marinate for a minimum of 4 hours in Walden Farms Asian dressing.
2. Cook miracle noodles according to package directions, set aside.
3. Cook meat in shallow layer of mushroom broth, remove meat from pan, do not clean pan.
4. Add another layer of mushroom broth and add two cups of raw vegetables that come from your own personal choice of vegetables from the protocol list. A mixture of cabbage, mushrooms, zucchini, yellow squash go nicely together.
5. Cut up noodles to desired length, you can even cut them up enough to resemble more of a rice texture and then add them to the vegetable mixture, add back in meat, and stir. You may add mushroom broth as needed to keep the vegetables and noodles from sticking or drying out.

Egg Drop Soup (*This is a meal—Egg being your protein*)

1 box Organic Mushroom Broth
1 large Egg with 3 egg whites (boxed ones in small milk carton)
1 sauteed onion and handful of cabbage coleslaw mix
Chopped green onion
2 tablespoons of Bragg's Liquid Aminos spray

1. Sautee onion and cabbage mix until soft
2. Add ½ box of mushroom broth and heat until boiling
3. Add Bragg's liquid amino spray
4. Turn down heat to medium and add egg and egg white mixture – stir gently
5. Remove from heat and add chopped green onions

Vegetable Frittata

A small silicone baking pan or a small dish lined with parchment paper will allow this frittata to be cooked without the use of a non-stick spray

3 egg whites

1 whole egg

1 cup vegetables cut up (broccoli, asparagus, and/or mushrooms work well)

½ - 1 clove garlic minced

1 teaspoon dehydrated minced onion

1 tablespoon water

Salt and Pepper to taste

Preheat oven to 400 degrees

1. Preheat pan to med heat pour a scant amt of any organic broth in skillet, add garlic to pan and then vegetable mixture of your choosing, cook until just starting to get tender and then remove from heat to cool.
2. Mix eggs and water. Then add cooled vegetable mixture. Place in oven and cook 10-15 minutes or until done. I doubled the recipe and used a 9x9 square silicone baking dish. The second half reheated well the next day. Don't forget that since you only used 1 cup of vegetables in this recipe you still have one cup left to put some cucumbers or other vegetables on your salad at dinner.

Curry Shrimp

Shrimp 3.5 oz raw

¼ cup diced onion

2 garlic cloves minced

1/8 cup water or organic chicken broth-heat

½ teaspoon curry powder

¼ teaspoon cumin

Salt and pepper to taste

1. Preheat pan over medium heat. Add onion and garlic, cook until translucent, approximately 5 to 10 minutes.
2. Add shrimp, seasoning, and water. Stir fry until cooked through. You may serve over mixed greens or miracle noodles.

Orange Ginger Chicken

Raw chicken breast cut up into strips or chunks (3.5 oz)

Orange cut up into quarters- leave half the orange with the peel on, and peel and skin the other half.

1 or 2 cloves garlic minced

1 tablespoon fresh ginger peeled and minced

½ teaspoon basil

Juice of ½ lemon

1. Preheat pan to medium heat. A
2. Add chicken and stir fry until browned on all sides.
3. Add garlic and cook 1 minute.
4. Squeeze the juice of half of the orange over the chicken.
5. Cut the remaining orange that is without skin and peel up into small pieces and add to chicken along with ginger, lemon juice, and basil.
6. Stir well. Cover and let simmer for 15-20 minutes.

Chicken Salad (*1 protein, 1 vegetable, and ½ fruit serving*)

1. Cooked chicken breast 3oz raw
2. 2 cups total volume (You choose portions) of diced celery, purple onion and cucumbers
3. ½ cup chopped green apple
4. ¼ Walden Farms mayonnaise
5. 1 packet sweet leaf
6. Salt and Pepper to taste
7. Mix and chill, serve over a bed of lettuce

Cauliflower Bake

1 head cauliflower cut into bite sized pieces

1 jar Walden Farms alfredo sauce

1. Line the baking dish with parchment paper.
2. Place cauliflower on paper and top with alfredo sauce.
3. Cover and bake at 350 degrees for 20 minutes.

Mock Mashed Potatoes (Mashed cauliflower)

1. Cut up one head of cauliflower into very small pieces
2. Steam until soft and able to mash easily with fork
3. Place into a medium sized bowl with ¼ to ½ cup chicken broth
4. Mix with handheld mixer until smooth. Add more broth as needed
5. Salt and Pepper to taste

Whole Baked Apple

1. Preheat oven to 400 degrees
2. Core out 1 apple (Red and Gala bake well)
3. Place the apple on the center of foil sheet
4. Place ½ teaspoon in cored out center of apple and then follow cinnamon with 1 packet of sweet leaf or Splenda
5. Wrap foil around apple, sealing all edges
6. Bake on cookie sheet lined with parchment paper (Just in case juices leak out of foil)
7. Bake at 400 degrees for 40 minutes
8. Unwrap from foil carefully, being careful of escaping steam and enjoy!

Fruit Smoothie

2 cups sugar free/ calorie free liquid (diet soda, crystal light, etc.)
¼ cup Walden Farms marshmallow crème
2 tablespoons Walden Farms sugar free product such as jam, fruit dip, syrup, etc.
1 packet of sweet leaf or Splenda

1. Blend all items together.
2. Use any flavor combination of the above products together that you prefer. Sugar free Jell-O can also be used to flavor ice with marshmallow crème. Another good combination is marshmallow crème with chocolate dipping sauce and caramel. Be creative and enjoy this free item. None of your allowed servings are used unless you decide to embellish a smoothie with fruit.

Chili

3 ounces of extra lean ground beef cooked
1 can diced tomatoes without sugar. Rotel tomatoes may be used if you prefer.
1 cup organic beef or chicken broth. Heat.
2-3 cloves garlic minces
Optional seasonings as desired:

½ teaspoon onion powder
¼ teaspoon cumin
¼ teaspoon basil
¼ teaspoon cilantro

1. Divide the 14.5 ounce can of diced tomatoes in half
2. Place half the tomatoes in food processor with garlic and seasonings and puree.
3. Combine pureed mixture, beef and remaining tomatoes together in either a small crock pot or pot on the stove.
4. Cook in crock pot for 3-4 hours or simmer on stove top for 30-45 minutes.

Spaghetti Sauce

3 ounces extra lean ground beef cooked
1 can diced tomatoes pureed in blender or food processor
1 cup of beef broth. Heat.
2 cloves minced garlic
¼ teaspoon onion powder
½ teaspoon Italian seasonings
A dash of cinnamon

1. Mix the above ingredients and cook on the stove top until desired consistency on medium/low heat or in a small crock pot for 3-4 hours.
2. This can be served over miracle noodles or once you have moved into the maintenance phase, my favorite is to cook spaghetti squash and scoop out the insides serving the sauce over top.

Asian Beef

1. Marinate 3.5 ounces of top sirloin in Walden Farms Asian dressing for a minimum of 4 hours.
2. Cook marinated beef in skillet or wok without oil (beef broth will work as a substitute).
3. Add 1 cup shredded cabbage, 1 cup frozen green beans (French style with all visible pods removed), and 1 cup sliced mushrooms.
4. Add more beef broth as needed to flavor and steam cook vegetables (Approximately 1 cup).
5. Serve over salad or prepared miracle noodles.