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# The HCG Diet

The complete Guide to Dr Simeon's  
HCG Weight loss Protocol





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## Phase 1

This is the start of what most consider "The HCG Diet"

**Day 1 & 2 – Gorging/Loading** (eat as much fatty and oily foods as possible) you'll also start taking HCG  
*\*This is one of the hardest parts of this diet\**

Gorging/Loading is the most critical part of the diet. If not done correctly, you'll experience extreme hunger pains the first week of the diet.

Enjoy this part of the diet... eat to your heart's content... but understand this is the hardest as you need to eat until you feel sick!!

*\*The last 2 days of your diet you'll stop HCG & continue on 500 Calorie Diet\**

## Phase 2 - Fat Burn

### Day 3 – 21

**Consume only 500 calories per day and use the Nasal Spray**

**DO NOT INCLUDE ANYTHING THAT IS NOT LISTED BELOW**

### Your Food Choice's

**Breakfast:** Herb tea in any quantity without sugar. Black tea and coffee are also permitted. You may sweeten these teas with Stevia, a natural sweetener which is available through health food stores. Do not use aspartame, Nutrisweet, acesulfame, Sucralose, Splenda, or any other chemicalized sugars. **Diabetics may eat a 1 protein item each morning to control blood sugar.**

**Lunch and Dinner:** Any meat is 1 item: 100gms of beef, veal, chicken breast, fresh white fish, lobster, crab or shrimp. Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling or boiling with no additional fat or oils. A George Foreman Grill works great. White tuna packed in water may be used.

**Fruits and Vegetables:** Fruits and vegetables from the following lists can be used. No more than two vegetables and no more than one fruit with a meal.

Fruit = 1 item	Vegetables x2= 1 item		
One apple (not two small apples)	Broccoli	½ cup radishes	
One orange	Celery, fennel	½ cup zucchini	(
Handful of strawberries	Cabbage	½ cup	
½ grapefruit	Cucumbers	Onions/garlic	f
½ fresh peach	Green or red peppers	Lettuce, chard,	n
2 plums (regular size)	Spinach	Asparagus	o
½ Cup cherries	Green beans	½ cup eggplant	t
½ cup dried apricots	Cauliflower	Tomatoes	s
	cified – 1 serving size = 1 normal handful)		p
			e



**Starches = 1 item:** The following crackers are allowed: 1 Ryvita Crispbread, 4 Stone Ground wheat thins, 1 melba toast, 1 Kavli Crispbread, 4 soda crackers, or 1 Grissini.

**Vegetarian Substitutions:**  $\frac{3}{4}$  cup non-fat yogurt sweetened with stevia may be eaten in place of one of the fruit or vegetables once per day. You may use 3 eggs (1 whole plus 2 whites) or  $\frac{1}{2}$  cup fat free cottage cheese occasionally as your protein.

**Seasonings:** With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings. **No oil, butter or dressings of any kind can be used.**

The 8 items allowed per day should be eaten in 2 meals (1 of each: protein, veggie, fruit, starch) or spread out through the day. But 2 of the same items (i.e., 2 fruits or 2 proteins) may not be eaten together at the same time.

**\*Remember only 8 items may be eaten each day\***

**Example Diet on next page.**



## Example Diet

<b>Breakfast:</b>	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used.
<b>Lunch:</b>	<ol style="list-style-type: none"> <li>1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.</li> <li>2. 1-2 vegetables: spinach, chard, chicory, beet-greens, green salad, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. (tomatoes allowed up to 1 cup/meal)</li> <li>3. One breadstick (grissino) <u>or</u> one Melba toast <u>or</u> 4 Small rice crackers</li> <li>4. An apple, orange, or a handful of strawberries or one-half grapefruit.</li> </ol>
<b>Dinner :</b>	The same four choices as lunch (above.)



## What to Avoid while taking HCG?

### **\*\*Oil's at All Cost!\*\***

- Shampoos, Lotions, Toothpaste, Makeup, Deodorant, and other Bathroom Items. Avoid Oil – Mineral Oil is acceptable in moderation.
- *Ladies – Only use Mineral based cosmetics. No Liquid Makeup (contains Oil)*
- Massage – Avoid massages while on the diet. Oil & Lotion are heavy used.
- Sunbathing – Avoid getting Sunburn. Sun is great to produce Natural Vitamin D however a sunburned body produces water retention.
- Exercise – Moderate Exercise (based on your previous exercise levels) If you aren't losing as you would like stop exercising while on the diet.



## **Plateau Breakers** **(If you stop losing weight)**

- Increase water intake to 6-8 glasses per day.
- Try increasing your protein by .5 ounces.
- Eat 6 apples only for 1 day.
- Cut beef down or out.
- Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- Stop mixing vegetables.
- Don't eat breadsticks.
- Make sure there are no additives in chicken or other protein sources – many times these are injected with some form of sugar even in the grocery store.
- Have you reached your Ideal weight? Are you in the suggested weight range for your height and build? Are you also hungry and not feeling as good, etc? It may be time to stop losing. See the manuscript for details on reaching your goal during a cycle of shots. Basically, you increase food intake to level off losing until the minimum number of shots is reached, then follow the protocol through the 6 week stabilizing phase.
- For women, your cycle may be coming in to play
- Have you changed or started one or more medications? The change may just cause a few days delay as your body adjusts, but you may want to consult with your physician to possibly change again or go back to the previous medication if the plateau continues and all plateau breaking methods fail.
- Since the protocol says you are not required to eat all the food each day, you may consider dropping one or both of the 'breads' and/or one of your fruits, etc.
- Consider adding a brisk walk, some yoga, or any type of 15 minute activities to your day a few times a week--anything that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is barely mentioned in the protocol. Our interpretation is that exercise is good for everyone; however, it is simply not required to successfully lose weight on this protocol. That being said, we have observed participants who have a physically active job, such as a waitress, where the participant seemed to maintain a slightly higher daily average weight loss than those who did absolutely no physical activity.
- Make sure you are getting enough sleep and weigh yourself at the same time each day
- Try including 2 Tbsps. of apple cider vinegar (ACV) to your daily regiment. Some resources recommend that you take the ACV diluted with water or juice, but not to spread out throughout the entire day as this has been shown to have negative effects on teeth enamel.

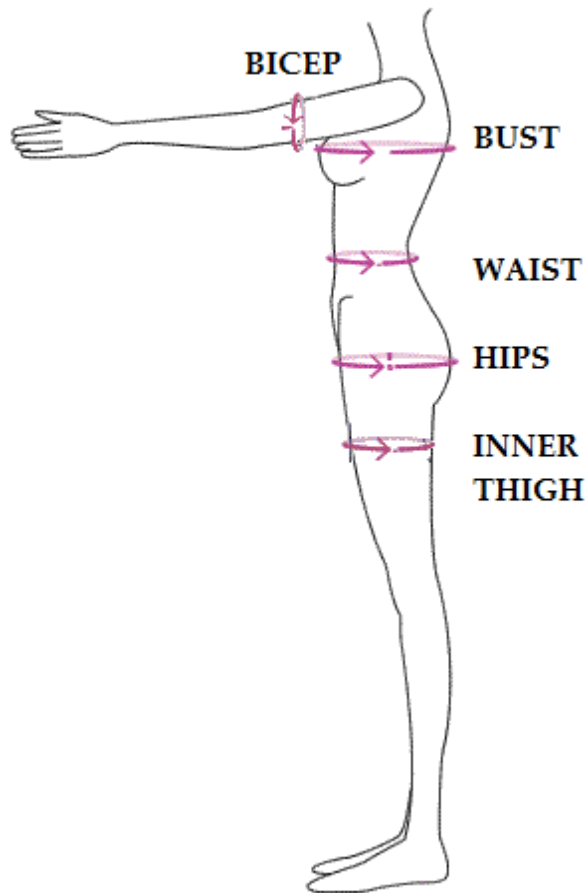
## **Measurement Charts to complete**







## Body Measurements



STARTING MEASUREMENTS	TWO WEEKS	FOUR WEEKS	SIX WEEKS	MISC.
BUST (CM)=				
WAIST (CM)=				
HIP (CM)=				
INNER THIGH (CM)=				
BICEP (CM)=				

## Tracking Chart





23 Day	DAY	DATE	WEIGHT	NOTES
#1 – LOAD	1			
#2 - LOAD	2			
#3	3			
#4	4			
#5	5			
#6	6			
#7	7			
#8	8			
#9	9			
#10	10			
#11	11			
#12	12			
#13	13			
#14	14			
#15	15			
#16	16			
#17	17			
#18	18			
#19	19			
#20	20			
#21	21			
#22	22			
#23	23			
#24 – No HCG	24			
#25 – No HCG	25			



## Phase 3

### Maintenance Phase - 3 weeks

After HCG is completed you may now eat anything you please, **EXCEPT** sugar and starch provided you are faithful to following one rule. This rule is that you must weigh yourself every morning.

It takes about 3 weeks before the weight becomes stable. It's during these 3 weeks that you must realize carbohydrates (sugars, rice, bread, potatoes, pastries, etc.) are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but **AS SOON AS FATS AND STARCH ARE COMBINED THINGS ARE VERY LIABLE TO GET OUT OF HAND**. This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

We recommend 800-1200 calorie (Female) and 1200-1500 (Male) intake during this phase, depending on your lifestyle. Choosing items from page 11 is your best bet.

**You may also begin to reintroduce exercise during this phase!**

As long as your weight stays within 1 kilogram of the weight reached on the last day of the spray, don't worry about what you are eating but the moment the scale goes beyond 1 kilogram, even if this is only a few hundred grams, you must skip breakfast and lunch and drink plenty of water. In the evening you must eat a huge steak with only 1 apple or a raw tomato.

**\*\*ONLY DURING THE 3 WEEKS OF PHASE 3\*\***

## Phase 4

### *The rest of your life!*

**\*\*Those needing to lose more weight can do another round of HCG. We recommend taking a 3 week break from dieting to give your body a rest, however, many choose to start another round of HCG immediately following Phase 3 - 3 weeks of maintenance.\*\***

Honestly speaking, this diet will be **100% effective** only if your lifestyle changes occur!

#### One of these areas may apply to you:

**Emotional Healing** - taking care of past issues mental or emotional issues that may have caused one to turn to foods as "a fix". This may include getting professional assistance. A lot of you may not be ready for the amazing figure you now have! Believe it or not but this is the #1 reason why most will regain weight post any diet.

**Physical Healing** - taking care of your body physically may be the best thing for you. If you've never exercised, now may be the time to begin.

Also, if you've never been on supplements (vitamins and minerals) you may want to begin, any is better than none!



## Allowable foods

### Fish

- Cod (3.5 oz) – 83 calories
- Fish - avg 98 calories
- Crab Meat (3.5 oz) – 100 calories
- Flounder (3.5 oz) – 90 calories
- Haddock (3.5 oz) – 88 calories
- Halibut (3.5 oz) – 110 calories
- Lobster (3.5 oz) – 98 calories
- Red Snapper (3.5 oz) – 110 calories
- Shrimp (3.5 oz) – 110 calories
- Tilapia (3.5 oz) – 94 calories

**Additional white fish are listed at the bottom of the page.**

### Very Lean Beef (avg 152 calories)

- 93/7 Lean Ground Beef (3.5 oz) – 150 calories
- Cube Steak (3.5 oz) – 160 calories
- Sirloin Tip Side Steaks (3.5 oz) – 130 calories
- Top Round Steak (3.5 oz) – 166 calories
- Tri-Tip Steak (3.5 oz) – 154 calories

### Chicken

- Chicken Breast (3.5 oz) – 87 calories
- Veal (avg 114 calories)
- Veal, sirloin (3.5 oz) – 110 calories
- Veal, loin chop (3.5 oz) – 117 calories

### Vegetables (avg 18.8 cal)

- Asparagus (3.5 oz) – 20 calories
- Asparagus (2" tip) – 1 calories
- Asparagus (small spear) – 2 calories
- Asparagus (medium spear) – 3 calories
- Asparagus (large spear) – 4 calories
- Broccoli (3.5 oz) – 34 calories
- Broccoli (1 cup – 88g) – 30 calories
- Broccoli (5" spear – 31 g) – 11 calories
- Celery (3.5 oz) – 15 cal
- Celery (medium stalk) – 6 calories
- Cabbage (3.5 oz) – 24 calories
- Cabbage (1 cup shredded) – 17 calories
- Cauliflower (3.5 oz) – 22 calories
- Cauliflower (1 cup) – 28 calories
- Cauliflower (3 flowerets) – 12 calories
- Cucumber (3.5 oz) – 12 calories
- Cucumber (small) – 19 calories
- Cucumber (medium) – 24 calories
- Cucumber (large) – 34 calories
- Cucumber (English long) – 60 calories
- Lettuce, all varieties (3.5 oz) – 20 calories



- Lettuce, all varieties (1 cup) – 8 calories
- Lettuce, all varieties (small head) – 32 calories
- Red Radishes (3.5 oz) – 12 calories
- Red Radishes (one medium) – 1 calories
- Spinach, raw (3.5 oz) – 20 calories
- Spinach, raw (1 cup) – 7 calories
- Spinach, frozen (3.5 oz) – 23 calories
- Spinach, frozen (1 cup) – 41 calories
- Spinach, cooked (3.5 oz) – 31 calories
- Spinach, cooked (1 cup) – 48 calories
- Tomato (3.5 oz) – 20 calories
- Tomato (cherry) – 3 calories
- Tomato (plumb) – 11 calories
- Tomato (small) – 16 calories
- Tomato (medium) – 22 calories
- Tomato (large) – 33 calories

#### **Fruit**

- Apple (small) – 55 calories
- Apple (medium) – 72 calories
- Apple (large) – 110 calories
- Orange (navel) – 69 calories
- Orange (Florida) – 65 calories
- Orange (California) – 59 calories
- Strawberries, 12 large – 72 calories
- Strawberries, 20 medium – 80 calories
- Pink Grapefruit (California) – 92 calories
- Pink Grapefruit (Florida) – 74 calories

#### **Bread**

- Grissini Breadstick (3 g) – 12 calories
- Melba Toast (3 gram) – 12 calories
- Melba Toast (5 gram) – 20 calories

#### **White Fish List**

- Ayr
- Cat Fish
- Cod
- Coley
- Dover Sole
- Flounder
- Flying Fish
- Haddock
- Hake
- Halibut
- Hoki
- John Dory
- Kalabasu
- Lemon Sole



- Ling
- Monk Fish
- Parrot Fish
- Plaice
- Pollack
- Pomfret
- Red & Grey Mullet
- Red Fish
- Red Snapper
- Rock Salmon/Dogfish
- Rohu
- Sea Bass
- Sea Bream
- Shark
- Skate
- Tilapia Turbot
- Whiting

Keep in mind that all the above calorie counts on meats and vegetables do not include any sauces, salad dressing or butter. You are in fact encouraged not to use sauces such as barbecue sauce, A-1 Steak Sauce, etc., on meats nor any salad dressings on salads or butter on vegetables.

Utilise options such as Louisiana Hot Sauce on chicken as it has zero calories because it is spicy, you feel fuller. Other alternatives are Balsamic Vinegar on Spinach salads which are quite tasty.

A great resource for recipes:

<http://weightlosskick.com/HCGDietRecipeBook.pdf>

## Recipes



## Chicken

### **Poached Ginger Chicken (base for other recipes)**

*(Double or triple this recipe to have prepared chicken for the week)*

- ½ onion cut in half
  - 2cm piece of fresh ginger, peeled and sliced thinly
  - 100 grams skinless chicken breast
  - Salt & pepper
1. Place 2 cups water in a medium saucepan. Add the onion, ginger, salt and pepper and bring just to a simmer over low heat. Add the chicken breast, cover pan and poach until opaque throughout about 15 minutes. Remove from the liquid, let cool
  2. Discard the onion and ginger but save the broth for another dish
  3. Serve chicken breast with a vegetable or reserve for other recipes

### **Chicken Salad**

- 1 Base Poached Ginger Chicken Recipe
  - 1 apple, small diced
  - 2 cups shredded cabbage
  - 2 tablespoons cider vinegar
  - Pinch of cayenne pepper
  - Stevia to taste
  - Salt
  - Freshly ground black pepper
1. Prepare Poached Ginger Chicken recipe. Reserve broth and save for another recipe
  2. Cut cooked chicken into small cubes and refrigerate
  3. In medium bowl, combine cider vinegar, cayenne, Stevia, salt and pepper
  4. Add shredded cabbage and cubed chicken and let sit for 5 minutes
  5. Add diced apple and mix well
  6. Serve

### **Chicken and Grilled Asparagus**

- 1 Base Poached Ginger Chicken Recipe
- 2 cups asparagus, washed and trimmed
- Salt
- Freshly ground black pepper
- Fresh lemon juice to taste
- 1 teaspoon minced parsley

1. Prepare Poached Ginger Chicken recipe. While simmering, begin preparing asparagus





2. Fill a medium saucepan  $\frac{1}{2}$  way with water. Place the pan over high heat until it just begins to simmer. Add the asparagus spears. Let simmer for 4 minutes. Remove asparagus spears immediately
3. Have grill pan hot. Toss asparagus spears with salt and freshly ground black pepper. Grill the spears until you have slight amount of grill marks
4. Remove chicken from poaching broth. Reserve broth and freeze for another recipe. Slice chicken breast into 6-7 slices, keep together
5. Place asparagus spears on plate, going in same direction. Place sliced chicken on top of asparagus and garnish with a squeeze of fresh lemon juice, fresh lemon zest and minced parsley

### South-western Chicken

- 100 grams chicken breast, skinless, fat removed
  - 113 grams tomato, pureed
  - $\frac{1}{2}$  Jalapeno, seeds removed, chopped fine
  - 1 tablespoon coriander, chopped
  - 1  $\frac{1}{2}$  tablespoons apple cider vinegar
1. Combine the above ingredients, except for the chicken. When well mixed, add chicken and toss to coat. Marinate for at least 30 minutes and up to 3-4 hours
  2. Remove chicken and bake at 190°C for 30 minutes or grill until cooked

### Chicken and Broccoli

- 100 grams chicken breast
  - Juice from 1 orange
  - Salt and pepper to taste
  - Broccoli
1. Use the juice from one orange and pour in pan with seasonings and chopped chicken
  2. Simmer for 8-10 minutes and add broccoli
  3. Simmer for another 2 minutes or until broccoli is done to your liking



## **Beef**

### **Quick and Easy Recipes**

#### **Meatballs**

- 100 grams lean ground beef
  - 1 serving melba toast, minced into crumbs
  - 3 teaspoons minced parsley
  - ½ teaspoon dried oregano
  - 1 teaspoon grated or minced onion
  - 1 garlic clove minced
  - ¼ teaspoon salt
  - Freshly ground pepper
  - Preheat oven to 180°C
1. In a medium bowl, mix all ingredients. Roll into 4-5 meatballs
  2. Place meatball into each well of a mini, non-stick muffin tin. Fill unused well ½ way with water
  3. Bake until lightly browned, about 14-18 minutes

#### *Variations:*

*Add fresh, chopped basil*

*Add cayenne pepper*

#### **Steak and Tomatoes**

- 100 grams lean steak
  - ½ cup tomatoes, chopped
  - Salt and pepper
  - Garlic powder
1. Set oven to broil
  2. Place steak and tomatoes on a baking sheet covered in foil
  3. Season with salt, pepper and garlic powder to taste
  4. Broil as desired

#### *Variations:*

*Substitute onions for the tomatoes*

*Use Italian seasoning*

#### **Persian Beef Kebabs**

- 100 grams lean beef cut into 2.5cm x 2.5cm cubes
- ¼ onion, cut into 2.5cm chunks
- 1 tablespoon of fresh lemon juice
- Fresh cracked black pepper
- Coarse sea salt
- Fresh basil, minced
- Fresh parsley, minced



- Choice of veggie: onions or cherry tomatoes
  - Skewers (if wooden, soak in water for 15 minutes before using)
1. Thread beef onto skewers and place on large non-reactive platter
  2. Puree the onion in a food processor. Strain the puree over the beef, turning to coat all sides. Whisk lemon juice with salt and freshly ground black pepper, then pour the mixture over the kebabs coating on all sides. Marinate for 15 minutes
  3. Meanwhile, heat grill, grill pan or broiler pan
  4. When ready to cook, drain kebabs, arrange on grate/grill pan until cooked to taste, 1-2 minutes per side (4-8 minutes in all)
  5. Transfer the kebabs to a platter, sprinkle with fresh parsley and basil

*Variation: Exchange garlic for onion in puree and use as marinade; choose cherry tomatoes or ¼ onion to add to the skewer between the slices of beef*

## **Fish and Seafood**

### **Quick and Easy Recipes**

#### **1-2-3 Baked Fish**

- 100 grams fish of choice (from list)
  - Juice from ½ lemon
  - Sea salt
  - Black pepper
  - Dill
1. Place filet in baking dish lined with foil
  2. Season
  3. Bake at 180°C

#### **Herb Prawns and Tomato Kebabs**

- 100 grams raw prawns, deveined and shelled
  - Cherry tomatoes
  - ½ lemon sliced into 3mm slices
  - Spice mix:
    - 1 teaspoon sea salt
    - ½ teaspoon freshly ground pepper
    - ½ teaspoon dried oregano
    - ½ teaspoon dried thyme
  - Skewers (if wooden, soak in water for 15 minutes before)
1. Combine spices in a bowl and stir well. Set aside
  2. Wash prawns in cold water, blot dry
  3. Thread skewers in the following order with lemon slice, prawns, cherry tomato, prawns, cherry tomato and lemon slice. Or you may vary the order
  4. Sprinkle with spice mix and rub/press into the prawns
  5. Heat grill, grill pan or broiler. Arrange kebabs on the hot grill and cook until prawns are firm and pink, 5-7minutes

#### **Sautéed Garlic Prawns**

- 100 grams peeled, deveined prawns
  - Salt
  - 1 tablespoon of broth or water
  - 2 garlic cloves, sliced thin, or to taste
  - Cayenne pepper to taste
1. Wash and pat dry prawns. Cover prawns with salt and let sit for 10-12 minutes
  2. Heat frying pan over medium high heat. Add 1tbsp of broth or water; add prawns and garlic and sauté, stirring constantly for 2-5 minutes. Add cayenne pepper and mix well.

3. Serve with cool cucumber slices

*Variations:*

*Add 1 tomato small diced to pan and cook for 2 minutes prior to adding prawns*

*Add thinly sliced fennel to pan and sauté for 3-4 minutes prior to adding prawns. You may need to add more liquid to the fennel before adding prawns*

### **Sole en Papillote**

*(Sole baked in paper)*

- 100 grams sole
  - 1 lemon, sliced thin
  - 1 clove garlic, minced
  - 2 cups fresh spinach, washed and dried
  - Salt to taste
  - Freshly ground black pepper
  - Parchment paper double in size of the fish
1. Preheat oven to 260°C
  2. Take parchment paper and fold half, beginning at the fold cut out ½ of a heart shape so that when unfolded the shape is a heart. Make sure the ½ heart is 5cm wider than the fish fillet
  3. Thaw fish if frozen. Rinse fish; pat dry with paper towels
  4. Open the parchment paper shaped heart. In the center of one side, place ½ of the lemon slices, slightly overlapping. Place spinach on top of the lemon slices. Sprinkle ½ of minced garlic over the spinach
  5. Next add the sole and place it on top of the spinach
  6. Take the remaining garlic and rub it on top of the sole
  7. Season the sole with salt and pepper. Top with the remaining lemon slices
  8. Place other side of parchment shaped heart over the fish to form a packet
  9. Beginning at the “point” of the heart, fold the point inward toward the heart. Take the next small section and fold it in and so on all the way around the heart so that there aren’t any holes. Alternatively, fold the edges in and paper clip them together
  10. Place parchment packet on a sheet pan and place in hot oven. Bake for 12 minutes or until the parchment ½ heart will puff up and the paper turns light brown
  11. Remove from oven and place parchment packet on plate. Be careful when opening, as hot steam will escape. The fish is cooked if it flakes easily. The spinach should have wilted and the flavours will have melded well together



## Tofu

### Quick and Easy Recipes

#### Indian Inspired Tofu

- 100 grams extra-firm organic tofu, cubed 2.5cm x 2.5 cm
  - ¼ teaspoon turmeric
  - ¼ teaspoon curry powder or masala to taste
  - Pinch of cayenne pepper to taste
  - 2 cloves garlic, minced
  - Salt and freshly ground pepper
1. Heat a sauté pan over medium heat. Toast the turmeric, cayenne and curry for 1-2 minutes while stirring
  2. Add 1-2 tbsp of water to pan, with minced garlic and mix well with spices. Sauté for another minute
  3. Add tofu cubes to pan and coat well with spices. Cook while stirring for another 3-4 minutes

#### Herb-Crusted Tofu

- 100 grams firm organic tofu
  - 1 melba toast crushed
  - 1 teaspoon minced parsley
  - 1 teaspoon minced basil
  - ¼ teaspoon dried thyme
  - 1 egg white
1. Preheat oven to 180°C
  2. Slice the tofu into 1cm thick pieces, then into triangles or smaller rectangles. Allow the tofu to rest on paper towels, changing the paper towels after a few minutes
  3. In a small bowl, whisk egg white. Drip each tofu piece into the egg white and then into the herbed breadcrumb mixture, coating each side
  4. Place tofu on parchment lined cookie sheet and bake for 25 minutes

#### Asian Tofu with Cucumber

- 100 grams extra firm tofu, slice into ½ cm slices
- Hint of Stevia to taste
- Salt to taste
- 4 tablespoons water
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, minced





- 1 cucumber, peeled and thinly sliced
  - 1 teaspoon rice vinegar, unseasoned
1. In a small bowl combine garlic, ginger, salt and Stevia and stir well. Add tofu and toss lightly in sauce. Let sit for 10-15 minutes
  2. In another bowl, place cucumber slices, add 1 tsp of rice vinegar and toss gently. Let sit for 8 minutes
  3. Drain cucumbers and place on plate in an over lapping pattern
  4. Remove tofu from sauce and place on plate in crisscross pattern on top of cucumber slices



## Vegetable Dishes

### Quick and Easy Recipes

#### Cucumber Salad

- 1 cup seedless cucumber, peeled and sliced thinly
  - 2 tablespoons cider vinegar
  - Pinch of Stevia to taste (optional)
  - 1 ½ tablespoons fresh dill, chopped fine
  - Salt
  - Freshly ground black pepper
1. In a medium bowl, combine cider vinegar, Stevia, dill, salt and pepper
  2. Add cucumber slices and toss gently. Let sit for 5 minutes then toss again
  3. Serve

#### Spinach

- 2 cups fresh spinach or 2 cups frozen thawed and water squeezed out
  - 1 clove garlic, minced
  - Cayenne pepper to taste
  - 1 pinch turmeric
  - Salt
  - Freshly ground black pepper
1. Heat a medium sauté pan over medium heat
  2. Add 1 tbsp of water
  3. Add minced garlic, cayenne and turmeric. Sauté for minute stirring regularly
  4. Add the spinach and allow it to wilt, stirring occasionally

#### Caprese Salad

- 4 Roma or 3 medium tomatoes sliced thick
  - 1 clove garlic, minced
  - 6 fresh basil leaves, rolled and sliced into thin strips (julienned)
  - 1 tablespoon white vinegar
1. In a small bowl, mix minced garlic with vinegar, salt and pepper
  2. On a small plate, decoratively place the tomato slices in overlapping manner
  3. Drizzle dressing over the tomatoes
  4. Top with julienned fresh basil





## Roasted Tomatoes

- 6 Roma tomatoes, stem area removed, cut in half through width
  - Dried basil
  - Salt
  - Freshly ground black pepper
1. Preheat oven to 190°C
  2. In a medium bowl, lightly toss tomato halves with basil and season
  3. Place on parchment lined roasting pan or cookie sheet and place in the oven
  4. Bake for 20-25 minutes depending on your oven
  5. Tomatoes should look baked, collapsed slightly



## Quick and Easy Recipes

### Prawn Soup

- 1 cup vegetable broth
  - Extra-large handful of spinach
  - 100 grams small cooked prawns
  - Sea salt
  - Black pepper
1. Bring broth and spices to a boil and add prawns
  2. Simmer for 2-3 minutes and add spinach
  3. Ready to serve

### Chicken Soup

*(Use the Poached Ginger Chicken recipe)*

- ½ onion cut in half
  - 2cm piece fresh ginger, peeled and sliced thinly
  - 100 grams skinless chicken breast half
  - Salt and pepper
1. Place 2 cups water in a medium saucepan or skillet. Add the onion, ginger, salt and pepper and bring just to a simmer over low heat
  2. Add the chicken breast and poach until opaque throughout about 15 minutes. Remove from the liquid, let cool. Discard onion and ginger but save the broth
  3. While the broth is still hot, remove cooked chicken and small dice then set aside. Add handful of chopped spinach to the broth, let wilt then season to taste, adding a touch of cayenne pepper. Add the diced chicken back to the broth

### Beef Stew

- 100 grams cubed lean beef
  - ½ cup chopped onion
  - 2 cups water
  - Salt and pepper
  - 1 Melba toast crumbled
1. Place 2 cups water in a medium saucepan and turn the stove to medium low
  2. Add the onion, beef and salt and pepper and simmer for about 15 minutes allowing the beef to cook through
  3. Crumble melba toast, add to saucepan and simmer for 1-2 minutes more

## Desserts



## Quick and Easy Recipes

### Strawberry Smoothie

- 6 frozen organic strawberries (if buying bagged make sure unsweetened)
  - 5-6 drops chocolate liquid Stevia (available here at National Custom Compounding)
  - 100 grams fat free cottage cheese
1. Combine all ingredients in blender and blend
  2. Enjoy the yummy treat (counts as protein and fruit serving)

### Orange Crème

- 100 grams fat free cottage cheese
  - 1 orange
  - 2-4 drops vanilla crème Stevia
1. Peel and chop 1 orange
  2. Add to cottage cheese and mix
  3. You may also add some vanilla crème flavoured Stevia

#### *Variation:*

*Blend the above ingredients with a handful of ice for a yummy treat!*

### Mocha Java

- Chocolate flavour Stevia (to taste)
  - 250ml brewed coffee
1. Combine ingredients in a mug and enjoy!

#### *Variation:*

*Substitute English toffee flavour liquid Stevia*

### Apple Tart

- 1 apple sliced
  - Cinnamon to taste
  - Stevia to taste
1. Season apply with cinnamon and Stevia
  2. Place in pre-heated oven at 180°C
  3. Cook for 10-15 minutes

