



'A Place of Clarity'

## **Quick Print HCG Protocol Favourite Recipes**

### **HCG Protocol dressings, sauces, seasonings**

(Your long term success depends on tasty meals that you can continue to enjoy with larger portion size after completion of The Protocol)

#### **Essential dressing** (Make up a large bottle to keep on the fridge door)

Combine: ½ cup apple cider vinegar, ½ cup balsamic vinegar, ½ cup lemon juice, ½ cup apple juice, ½ cup orange juice, 2 Tbsp Bragg seasoning, 2 tsp garlic powder or fresh crushed garlic, 2 tsp hot mustard, 10 drops of Stevia if prefer sweet..

Add ingredients or subtract as desire.

Use for salads, vegetables or marinade.

#### **Seasoning Powder**

1 Tbsp chilli powder, 2 tsp onion powder, 1 tsp ground cumin, 1 tsp garlic powder, 1 tsp paprika, 1 tsp ground oregano or herb of choice.

#### **Home made stock**

One whole chicken, beef bones or fish heads and spines.

Place in large stock pot ¾ full of water. Add 2 onions cut into quarters, garlic cloves if desire, two celery sticks whole or roughly chopped, bay leaf, 1 Tbsp Salt, ground pepper, fresh sprig of thyme or 2 tsp dried herbs.

Bring to the boil and simmer for about 30 minutes. Remove cooked chicken breasts and fat free meat off the fish heads or beef to use in soups or salad. Remove any other chicken meat for family members and return all bones to the stock pot.

Boil on medium until ½ the volume.

Freeze for easy use in soups, 'gravy' and casseroles. Make some into ice cube trays and bag when frozen for stir fry's.

#### **"Gravy"**

Bring ¼ cup of homemade stock to the boil. Add a ground slice of double baked bread. Whisk constantly until dissolved and add a further ¼ cup of stock. Reduce heat to MED and whisk until thickened. Add salt, pepper, thyme, sage, or spice.

#### **All purpose spicy marinade**

Put into a food processor:

2 tsp ground Allspice, 2 tsp ginger, 2 tsp cayenne pepper, 2 tsp cinnamon, 2 tsp nutmeg, 2 cloves whole garlic, 2 tsp thyme, 1 whole chilli, 2 chunks of cut peeled raw ginger, 1 Tbsp soya sauce or Bragg seasoning, 125 mls apple cider vinegar, 1 onion peeled and quartered, 1 Tbsp of water.

Blend into thick Marinade and spread over chicken, beef or fish. Marinate for at least 2 hours.



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### **Meryl's Sweet Chilli jam**

1 medium red onion, Juice and zest 1 orange, 1 Tbsp balsamic vinegar, 1 whole chilli seeded and chopped finely, one tin of diced tomato, 8 drops of stevia, ¼ tsp salt.

Finely cut red onion and cook in a small saucepan with the orange juice, orange zest, Balsamic Vinegar, stevia, chilli and salt. Simmer until thickens. Add tin of tomato and simmer on low heat with lid off until thick consistency. Approx 30 minutes. Stir occasionally.

Serve with cold meat or use as a snack with double baked bread and cucumber.

### **HCG Protocol Beef Recipes**

#### **Beef Casserole**

400 grams of casserole beef or venison (4 servings)

Sauté onions roughly chopped onions in a little beef stock in the bottom of a casserole dish. Add 2 stems of chopped celery, chopped leeks, 1 tin of diced tomato (sugar free) or 4 fresh tomato, ¼ cauliflower in small pieces, 8 pieces of beef (100gram pieces cut in two), crushed garlic or ginger, salt, pepper, herbs and spices as desire. Add another ½-1 cup of beef stock, cover and slow bake at 150C for about 1 hour. Add more stock if required. Also good in a slow cooker

#### **Beef Boil up**

The tastiest meat for this dish is brisket. Remove as much obvious fat as possible. Don't worry if you do not remove every piece of fat especially around the bone, as it will add to the flavour and will be skimmed off later - my puppies love the day I cook this) Use lean beef if you prefer.

Put 2-3 large pieces of brisket (bone in) into 2-3 litres of water or better still, pre-prepared beef stock. Season with salt and pepper. Low steady boil with pot lid on for about 1 hr or until meat falls away from the bone.

Remove meat from pot and take off any further visible fat. Store meat in the fridge.

Put liquid in fridge until any fat sets and skim off the surface. Be meticulous. Add ½ cabbage in quite large sections and watercress if desired. Slow boil for about 30 minutes. Add 100gram portions of beef and serve when heated through.

Have the liquid as a delicious broth on the side or use for soup the following day.



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### **Breaded Beef Schnitzel, Chicken or Fish**

Rub meat with lemon juice or dip in milk. 'Wizz' double baked bread and mix with seasonings and herbs of choice. Coat meat with mixture and bake or use a George Forman Grill.

### **Beef Chilli**

400 grams of lean ground beef (4 servings) Ideally mince your own fat free steak or pulse in the food processor.

Brown 2 chopped onions and 4 minced garlic cloves in a non stick pan and add meat to brown on high heat. Add 3 cups of chopped tomatoes, 1 ½ cups of water, 2 tsp of garlic powder, 2tsp of onion powder, 1 tsp of chilli powder, cayenne pepper to taste, ½ tsp of oregano or a few chopped fresh leaves, salt and pepper. Simmer. Top with chopped green onion.

Serve with vegetables, eat with double baked bread or make lettuce wraps.

### **Bun less Burgers**

200 grams meat (2 servings) Make your own meat patties by mincing meat or pulse in a food processor. Add seasoning and spices of choice, powdered double baked bread and bind with a little raw egg.

Grill. Place between 2 lettuce leaves with tomato and onions cooked in a little balsamic vinegar.

## **HCG Protocol Chicken Breast Recipes**

**(Use beef or sea food where desired)**

**Rolled stuffed chicken wrap -** Enjoy hot or cold sliced.

100gms of chicken breast sliced thin the beaten with the flat of a fry pan.

It is up to your imagination as to what you use to stuff it. Examples:

1.) Whizz 1 grissini stick (available in the international section of Countdown) or slice of double baked bread, spring onion and cabbage spinach mix with fresh herbs.

Add a splash of lemon juice and apple cider vinegar and lemon zest.

2.) Asparagus spears (lightly blanch first) with a little onion, parsley and Italian spices.

3.) Sprinkle chicken with a little cayenne pepper and chilli. Lay raw spinach leaves on top. Wizz double baked bread, steamed cauliflower and fresh herbs to make a moist stuffing and lay on top of spinach.

Roll chicken tightly in cooking paper and screw the ends tight then roll in a second covering of cooking paper.

Steam for about 15min then turn heat off and leave for further 5 min to finish cooking.

This is long enough to cook the chicken through without making it too dry.

Serve sliced over steamed vegetables or slice cold with salad.



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### **Chicken or Shrimp Cabbage Roll**

100 grams of Chicken breast or shrimp, 2-3 big cabbage leaves, 1 cup shredded cabbage, 1/8 tsp onion salt, 1/8 tsp garlic powder, 1/8 tsp Asian spices, 4 drops or 1 packet of Stevia. (natural no calorie herbal sweetener available at health shop)

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage and steam for further 5 minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in a big cabbage leaf.

### **Tomato Basil Chicken**

100 grams cubed chicken breast, 1 cup chopped tomato, ¼ cup water or chicken broth, 2 Tbsp lemon juice, 2 Tbsp chopped onion, 1-2 cloves garlic sliced, a few basil leaves sliced, 1/8 tsp oregano fresh or dried, ¼ tsp garlic powder, ¼ tsp. onion powder, Cayenne pepper, 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.

### **Fried Chicken Tenders**

200g chicken breast (2 servings), 2 Tbsp milk, 2 slices of double baked bread or bread sticks. Pre heat oven to 175C.

Add salt, ground pepper, paprika, garlic powder or whatever you prefer to the milk) Slice chicken breast into 6 tenders. Grind grissini in food processor until it is a powder. Add chicken to milk mixture and one at a time coat chicken tenders in grissini powder. Place chicken in open baking dish and bake 20- 30 minutes turning over halfway through.

## **HCG Protocol Fish and Seafood Recipes**

### **2 minute Prawns**

100grams of frozen raw prawns (buy by the packet and keep in the freezer), 1 clove sliced garlic, ¼ onion sliced, ½ tsp chilli paste, 1 Tbsp of lemon juice salad dressing.

Stir fry all ingredients together (no oil) and add large slices of asparagus. Delicious as is or add to salad.



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### **Fish Cakes.**

200gms white fish (2 servings), 1/2 onion, parsley. 2 cloves garlic, small piece of red capsicum, onion salt, splash of cider vinegar and lemon juice, 1 slice of double baked bread or bread stick, 1-2 Tbsp capers.

Pace all ingredient except the capers into a small 'whizz'. Blend. Add capers. Make into small balls, flatten and Dry fry 30seconds each side. ( I use the George Forman grill for 1 min) Serve hot with steamed vegetables or cold with salad

### **Citrus Tarakihi**

100 gram fillet(s) Tarakihi, 1 Tbsp fresh lemon juice , 1 Tbsp fresh lime juice, 1 garlic clove minced, 1/2 tsp dried thyme or use fresh, 1/2 tsp dried dill, 1/4 tsp pepper, 1/4 tsp salt

Mix together lemon juice, lime juice, garlic, thyme, dill, salt and pepper to taste. Place fish in a shallow dish, and marinate at room temperature for 10 minutes. Heat grill or pan and cook for 3 to 4 minutes each side.

### **Lemon Pepper Fish**

200g whitefish (serves 2), juice of half lemon, 3 cloves minced garlic, 1/2 tsp black pepper, 1/2 tsp salt, 1/2 tsp cumin powder, 1/4 tsp turmeric.

Coat fish in above ingredients and marinate at least 1 hour in refrigerator. Preheat oven to 200C. Place the fish in a non-stick baking dish, & cover with the marinade. Bake 10-20 minutes depending on thickness, until fish easily flakes. Squeeze with lemon juice and serve.

### **Marinated shrimp salsa**

Thaw shrimp if frozen. Bring a pot of water to boil and cook the shrimp for a minute or two until it turns pink. Do not overcook. Rinse shrimp under cold water.

Combine juices of 1 large lemon and 2 limes if you have them and marinate the shrimp for 30 minutes in the fridge.

Combine 1 Tbsp fresh minced garlic, 1/2 a finely chopped red onion and 1 Tbsp Tabasco or hot sauce. Add to shrimp and toss/mix evenly. Return to refrigerator for another 30 minutes to let the flavours infuse the shrimp.

Before serving, toss in a bowl the marinated shrimp mixture, coriander, parsley, 2 large tomatoes, 1 cucumber peeled and diced, sea salt and freshly ground pepper.



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### **HCG Protocol Soup Recipes**

#### **Tomato Beef soup**

4 servings. 12+ cups of beef stock. 400grams of lean beef (each 100 grams cut into 2 pieces) 1-2 stalks of celery finely chopped, 2 onions chopped, 1 tin of chopped tomato, extra greens of choice, 1 Tbsp of Bragg seasoning, salt and pepper to taste.

Combine all ingredients including pieces of beef. Bring to the boil and simmer for about 30 minutes or until vegetables and meat are tender.

#### **Spiced Chicken vegetable Soup**

4 servings. 12+ cups of chicken stock (see recipe) 400 grams of chicken breast (each 100grams cut into 4) 2 stalks of chopped celery, 2 onions chopped, 3 medium sized chopped tomatoes, 2 cups chopped greens of choice (cabbage, bok choy) ¼ cup lemon juice, 1 Tbsp Apple Cider Vinegar, 1 Tbsp Bragg seasoning, 1tsp cayenne pepper, 2 tsp garlic salt. Chilli to taste. ( if you don't like hot spice or you have a skin condition leave out and use herbs of choice instead)

Combine all ingredients except chicken and bring to a boil. Turn heat to low and simmer for 30 minutes or until vegetables are tender adding greens and chicken pieces in the last 10 minutes.

#### **Hot and Sour fish soup –( personal favourite)**

2 servings. 6 cups of rich fish stock made from small sweet snapper heads, 1 onion finely chopped, 1 celery stem finely chopped, ¼ cup of apple cider vinegar, ¼ cup of lemon juice, 1/4 tsp cayenne pepper, 1/4 tsp chilli powder, ¼ tsp ginger powder, ¼ tsp paprika.

Simmer soup until vegetables are soft. Poach 200grams of white fish, squid, scallops, shrimp, prawn or combination, for a few minutes only. Add a large handful of chopped parsley just before serving. (N/B parsley assists kidney function)

#### **French Onion Soup**

Sauté 1 onion thinly sliced with 3 minced garlic cloves for 10 minutes in a little beef stock. Stir in 8 drops of stevia (optional). Simmer 10 minutes. Add 2 cups of beef broth and bring to a boil. Reduce heat, cover and simmer for further 20 minutes. Salt & pepper to taste.



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### HCG Protocol Vegetable dishes and salads

#### **Mixed Salad**

Be adventurous with fresh mixed salads. Lettuce, baby spinach and beetroot leaves, watercress, sprouts, tomato, cucumber, fresh or tinned asparagus, red onion, chives, mint, fresh parsley, basil, marjoram, oregano, or thyme. (See dressing recipe)

Enjoy with Tuna, egg, cottage cheese, steak etc

#### **Cucumber Apple Salad**

1/2 chopped apple, 1 sliced cucumber, 2 Tbsp apple cider vinegar, 1 Tbsp water, garlic salt, pepper, Stevia (optional)

Chop apple and thinly slice cucumber. Combine vinegar and water. Season with garlic salt, pepper and stevia to taste.

#### **Cole Slaw**

3 cups finely shredded cabbage.

Dressing: Blend 100 grams cottage cheese, juice of 1 lemon and one orange, zest of citrus, 2 Tbsp apple cider vinegar, 8 drops stevia, 1 tsp hot mustard powder.

Toss dressing through cabbage and chill. (Counts as one protein)

#### **Onion Rings**

Preheat oven to 220C. Sliced onion rings, 2 finely crushed melba toast, 2 Tbsp of skim milk, 1/2 tsp cayenne pepper salt & pepper.

In small bowl add milk, cayenne pepper, salt, pepper. Place onion rings in mix for a couple of minutes and then coat in crushed Melba toast. Place on baking paper on oven tray. Cook for 7 minutes, then flip and cook 7 more minutes.



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### HCG Protocol Deserts

#### **Strawberry Sorbet**

Freeze whole strawberries in zip lock bag and lemon juice in small ice trays.

Blend fresh frozen strawberries, lemon juice and 6+ drops of stevia in food processor. Do not over blend and serve immediately.

Alternatively add 1 cup of ice, water, extra lemon juice and stevia for a refreshing frozen drink.

#### **Candied Apples**

4 apples peeled and cored, stevia to taste, 1 tsp cinnamon, 2 cups of water, 1 tsp of vanilla.

Place 4 apples in a baking dish. Pour the water over top. Sprinkle stevia and cinnamon over apples. Bake at 175C for an hour. Take out of oven and add vanilla to the liquid and stir. Take apples out and pour sweetened water mixture over apple.

#### **Strawberry/orange 'smoothie'**

1 cup of frozen or fresh strawberries, ½ orange or 1/3 cup of real orange juice, ¾ cup of crushed ice, 6 drops Stevia (optional), 1 handful of frozen spinach leaves (you won't be able to taste these) Blend until smooth.

#### **Orange Julius**

1 orange frozen segments, ice, 5 drops stevia (to taste), 1 tsp vanilla essence, water as needed.

Place orange sections in blender with stevia and vanilla. Add about a handful of ice. Blend to desired consistency. Add water as needed.