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## HCG DIET RECIPES

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The ideas, information and suggestions in this book are purely those of the authors and are not substitutes for consulting with your health professional.

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## CHICKEN RECIPES

### Effortless Cream of Chicken Soup



#### Ingredients:

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



- 1/2 t thyme

**Instructions:**

1. **Preheat saucepan over MED-HI heat.**
2. **Store in air-tight container.**
3. **In a food processor, combine all ingredients and pulse until reaches desired consistency.**
4. **Pour into saucepan and bring to boil.**
5. **Reduce heat to simmer, cover, and heat 20-30 mins.**
6. **Serve.**



## Chili Chicken



### Ingredients:

- 100g chicken
- 1 T red chili paste/sambal oelek
- 1 T ACV
- 3 cloves minced garlic
- 1 t oregano
- 1/2 t granulated stevia
- salt
- crushed red pepper (optional)

**Instructions:**

1. In a ziplock bag, add all ingredients except chicken. Mix.
2. Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat.
3. Place in refrigerator to marinate at least 1 hr.
4. Cook chicken on George Foreman or under the broiler until done.
5. Top with crushed red pepper (optional) and serve.



## Cinnamon Curry Chicken Soup



### Ingredients:

- 100g chicken - cubed
- diced onion (allowed amount)
- 2 c broth
- 3 cloves minced garlic
- 1/2 t curry powder
- 1/4 t cinnamon
- 1/4 t pumpkin pie spice
- salt/black pepper to taste

**Instructions:**

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





## Lemon Chicken Soup



### Ingredients:

- 100g cooked chicken breast (diced or shredded)
- chopped spinach (allowed amount)
- 2-3 c broth
- Juice of 1 lemon
- 1 t thyme
- sea salt to taste
- ground white pepper to taste

### Instructions:

1. Preheat saucepan over MED heat.

2. Combine all ingredients.
3. Bring to a boil, then simmer 20 mins.
4. Serve.

### Orange Ginger Chicken



#### Ingredients:

- 100g chicken - cut into chunks

- black pepper
- orange - cut in 1/4s
- 2-3 cloves minced garlic
- 1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)
- 1/2 t basil
- juice of half lemon

**Instructions:**

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



## Lemon Mustard Broiled Chicken



### Ingredients:

- 100g chicken
- juice of 1/2 lemon
- 1 T spicy mustard
- 1/2 t black pepper
- 1/2 t oregano
- 1/4 t cayenne pepper

### Instructions:

1. Preheat broiler.
2. Broil 1 side of chicken 5-10 mins until slightly browned.



3. In a small bowl, add the rest of the ingredients and mix well.
4. Spoon mixture onto chicken. Flip over and coat another side.
5. Broil uncooked side 5-10 mins or until no longer pink.

### Spicy White Chili



#### Ingredients:

- 100g cooked chicken breast, shredded
- 1-4 c broth (depending on how soupy you want it)

- 4 cloves minced garlic
- 1/2 t cumin
- 1/4 t oregano
- 1/4 t red pepper flakes
- 1/8 t ground cloves
- Tabasco or hot sauce to taste

**Instructions:**

1. Preheat pot over MED-HI heat.
2. Add all ingredients except for Tabasco/hot sauce.
3. Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.
4. Add tabasco or hot sauce right before serving.





## Breaded Chicken Cutlets



### Ingredients:

- 100g chicken
- 1 grissini (ground into powder)
- 1/2 c homemade chicken broth
- 1/4 t garlic powder
- 1/4 t paprika
- 1/4 t poultry seasoning (optional)
- 1/4 t cayenne (use less if you want them less spicy)
- salt/pepper to taste

### Instructions:

1. Preheat pan over MED heat.
2. In a small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use a ziplock bag.)

3. Add chicken to seasonings and fully coat.
4. Add half of broth and chicken to pan.
5. Cook for approx. 3-4 mins each side depending on the thickness of chicken. Keep adding more broth as it cooks off.
6. Serve immediately.

### Fried Chicken Tenders



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**Ingredients:**

- 100g chicken
- 1 T milk
- 1 grissini
- Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)
- 1/8 t oregano
- 1/8 t paprika
- 1/8 t black pepper
- 1/8 t salt

**Instructions:**

1. Preheat oven to 350.
2. Slice chicken breast into 3 tenders.
3. In a small bowl, mix milk and any seasonings you prefer.
4. Grind grissini in food processor until it is a powder. (I use my coffee grinder.)
5. Put grissini powder in a separate small bowl.
6. Add chicken to milk mixture and toss to coat well.
7. Then one at a time, place chicken in grissini powder and coat both sides of chicken.
8. Place chicken in glass baking dish and bake 30-40 mins, turning over halfway through.
9. In the last 5 mins, turn on broiler and broil 2-3 mins each side.
10. Serve immediately.





## Mexican Chicken Soup



### Ingredients:

- 100g cooked chicken, shredded into bite-sized pieces
- 3-4 cloves minced garlic
- 1 t cumin

- 1/2 t onion powder
- 1/2 t chili powder
- 1/2 t cayenne (use less if you don't want it as spicy)
- diced tomato
- 2-3 c homemade chicken broth
- 1/4 c fresh chopped cilantro (optional)

**Instructions:**

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



## Steak (or Chicken) Pizzaiola



### Ingredients:

- 100g steak (or chicken)
- tomato (diced)
- 2-3 cloves minced garlic
- 1 t oregano
- 1 t basil
- 1/4 t chili powder
- black pepper
- basil
- bay leaf
- salt
- black pepper



**Instructions:**

- 1. Preheat oven to 350.**
- 2. Place 1/2 of the diced tomato in a casserole dish.**
- 3. Add meat on top of tomato and top with minced garlic.**
- 4. In a small bowl, toss the rest of tomato with the oregano, basil, chili powder, and black pepper.  
Place on top of the steak.**
- 5. Cover tightly with aluminum foil or with lid.**
- 6. Bake 45-60 mins.**



## Boneless Hot Wings



### Ingredients:

- 100g chicken breast tenders
- 1/4 c vinegar
- 1/4 c water
- 1-2 T cayenne pepper
- 1-2 T chili powder (adjust as needed)

### Instructions:

1. In a small bowl, mix vinegar, water, and cayenne pepper.
2. Add chicken to marinade and refrigerate for 1-2 hrs.
3. Preheat oven to 350.
4. Add chili powder to a small dish and dip chicken in chili powder.

5. **Place on rack in baking pan.**
6. **Bake 15-20 mins turning halfway through.**
7. **Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.**



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## BEEF RECIPES

### Slow Roasted Beef Brisket



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### Ingredients:

- Lean beef brisket in weighed 100-gram increments
- 4-6 stalks celery
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon paprika
- ¼ cup chopped onion
- 5 cloves of garlic crushed and chopped
- Cayenne pepper to taste
- Chili pepper to taste
- Salt and fresh ground black pepper to taste

### Instructions:

1. Combine spices in a small bowl.
2. Rub the mixture into the beef on all sides.
3. Salt the meat liberally. Place the brisket in a crock pot.
4. Fill about ½ ways with water.
5. Add celery to the liquid and set crock pot on high for 30 minutes. Reduce heat to medium or low and allow to slow cook for 6-8 hours. Baste and turn the brisket periodically. You may add more of the spice mixture if you wish. Enjoy with horseradish sauce.
6. Save the juices, skim the fat, and use to make flavorful sauces and dressings.
7. Makes multiple servings (1 protein, 1 vegetable) Phase 3 modifications: Sear on high heat in olive oil on each side before adding to crock pot.



8. Horseradish sauce may be modified by adding mayonnaise or Greek yogurt instead of beef broth.

### Ground Beef Tacos



#### Ingredients:

- 100 grams lean ground beef
- Lettuce leaves
- 1 tablespoon finely minced onion



- 1 clove crushed and minced garlic
- Dash of garlic powder
- Dash of onion powder
- Pinch of dried oregano
- Fresh chopped cilantro to taste
- Cayenne pepper to taste
- Salt and black pepper to taste

**Instructions:**

1. Brown ground beef. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter
2. lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa.

**Makes 1 serving (1 protein, 1 vegetable)**



## Veal Italian Style



### Ingredients:

- 100 grams veal cutlet
- 1 serving Melba toast crumbs
- 1 recipe marinara sauce
- 1 tablespoon finely minced onion
- 1 clove of garlic crushed and minced
- ¼ teaspoon dried basil
- 1/8 teaspoon dried oregano
- Pinch of marjoram
- Salt and pepper to taste

### Instructions:

1. Mix Melba toast crumbs with dry spices.

2. Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture. Fry on high heat without oil.
3. Top with marinara sauce and bake in 350-degree oven for 20 minutes. Add a little water to the bottom of the pan if necessary.
4. Garnish with fresh basil, parsley, leftover Melba spice mixture, and salt and pepper to taste.

Makes 1 serving (1 protein, 1 fruit or vegetable, 1 Melba toast)



## Veal Picatta



### Ingredients:

- 100 grams veal cutlet
- 1 serving Melba toast crumbs
- ¼ cup vegetable broth or water
- 2 tablespoons caper juice
- 2 tablespoons lemon juice
- 1 clove of garlic crushed and minced
- Pinch of paprika
- 1 bay leaf
- Salt and black pepper to taste

**Instructions:**

1. Mix Melba toast crumbs with paprika, salt, and pepper.
2. Dip veal cutlet in lemon juice and coat with herbed Melba toast crumbs. Fry veal cutlet in a little lemon juice on high heat until cooked thoroughly. Set aside cooked veal cutlet.
3. Deglaze the pan with vegetable broth, lemon and caper juice and add chopped garlic and bay leaf. Cook for 1-2 minutes. Remove bay leaf.
4. Top the veal cutlet with remaining lemon sauce and garnish with lemon slices.

**Makes 1 serving (1 protein, 1 Melba toast)**





## Veal Florentine



### Ingredients:

- 100 grams veal cutlet
- 1 serving Melba toast crumbs
- Spinach finely chopped
- ¼ cup vegetable, beef broth or water
- 2 tablespoons lemon juice
- 2 leaves of basil rolled and sliced
- 1 clove garlic crushed and minced
- 1 tablespoon minced onion
- Dash of garlic powder

- Pinch of lemon zest
- Pinch of paprika
- Salt and pepper to taste

**Instructions:**

1. Manually tenderize veal cutlet until flattened.
2. Mix Melba toast crumbs with paprika, lemon zest, and dry spices. Then, dip cutlet in lemon juice and spiced Melba mixture.
3. Fry on high heat with lemon juice until slightly browned and cooked. Remove veal cutlet from pan and deglaze the pan with the broth. Add garlic, onion, and basil.
4. Add spinach to the liquid and toss lightly until slightly cooked. Top veal cutlet with spinach mixture and spoon remaining sauce over the top.
5. Top with salt and pepper to taste and serve with lemon wedges.

**Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)**



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## Mongolian Beef with Cabbage



### Ingredients:

- 100 grams of sliced beef
- Cabbage cut into fine strips
- ½ cup beef broth or water
- 1 tablespoon apple cider vinegar
- 3 tablespoons orange juice (optional)
- 2 tablespoons lemon juice
- 2 tablespoons Bragg's liquid aminos
- 2 cloves garlic crushed and minced
- 1 tablespoon green onions chopped

- ¼ teaspoon chili powder or to taste
- Salt and pepper to taste
- Stevia to taste

**Instructions:**

1. Combine spices into liquid ingredients. In frying pan or wok, stir fry on high heat to combine flavors and cook beef and cabbage.
2. Add additional water if necessary to keep the dish from burning. Add additional orange slices for added sweetness if desired.

**Makes 1 serving (1 protein, 1 vegetable)**



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## Pepper Crusted Steak



### Ingredients:

- 100 grams lean steak
- Fresh ground black pepper
- Dash of Worcestershire sauce
- Salt to taste

**Instructions:**

1. Manually tenderize the meat until flat. Rub meat with salt and coat liberally with black pepper. Cook on high heat for about 3-5 minutes or throw on the barbeque.
2. Top with Worcestershire sauce if desired and caramelized onion garnish. You can also cut the steak into strips and serve over a mixed green or arugula salad.

**Makes 1 serving (1 protein)**

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**Italian Beef Roll-Ups**





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#### Ingredients:

- 100 grams lean flank steak
- Finely chopped cabbage
- 1 cup beef broth or water
- 2 tablespoons apple cider vinegar
- 2 tablespoons Bragg's liquid aminos
- 1 clove garlic crushed and minced
- 1 tablespoon minced onion
- 1 teaspoon Italian herb mix
- Salt and pepper to taste

#### Instructions:

1. Tenderize steak with a manual meat tenderizer until flat and thin. In a frying pan combine cabbage with spices, vinegar, and aminos and cook until slightly tender.
2. Spoon cabbage mixture into pounded flank steak and wrap into a roll. Fill the bottom of the pan with a little water and beef broth.
3. Salt and spice the top of the roll Bake in 375-degree oven for approximately 20 minutes until cooked and cabbage tender. Baste occasionally with juices to keep the rolls moist.

Makes 1 serving (1 protein, 1 vegetable)



## Corned Beef with Cabbage



### Ingredients:

- Beef brisket weighed in 100-gram increments
- Cabbage
- ½ cup apple cider vinegar
- ½ onion chopped
- 1 teaspoon powdered mustard
- ¼ teaspoon fresh thyme

- 1 bay leaf
- Pinch of allspice
- 1 teaspoon whole black peppercorns
- Liquid smoke to taste (optional)
- Salt and pepper to taste

**Instructions:**

1. Salt and pepper the beef and lightly dust with mustard. Put meat, onion, and spices into a crock-pot or large pot and cover with water. Add vinegar.
2. Bring to a boil and then reduce heat and simmer for 1 hour. Skim the fat from the water as it rises. Add the cabbage to the pot and cook for an additional 1-2 hours until the meat and cabbage are tender.
3. Slice thinly across the grain and serve with horseradish sauce.

**Makes multiple servings (1 protein, 1 vegetable)**



## Corned Beef Hash



### Ingredients:

- Leftover corned beef from corned beef and cabbage
- Leftover cabbage, radish relish recipe, or apple relish recipe
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- Pinch of fresh thyme
- Pinch of fresh chopped oregano
- Salt and pepper to taste

**Instructions:**

1. Chop up corned beef into finely diced chunks. Combine with finely chopped leftover cabbage or one serving of radish or apple relish and spices and mix well.
2. Preheat non-stick or cast iron skillet. Press corned beef mixture into pan firmly and cover. Cook for approximately 5-6 minutes on medium heat until lightly browned.
3. Add a little beef broth or water to deglaze, mix and press down again cooking for an additional 5-6 minutes. Repeat as necessary until hot and lightly browned.

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





## Savory Beef Stew



### Ingredients:

- 100 grams lean steak (round, London broil, or any other lean steak) finely cubed or whole. This is a slow cooked dish so, for multiple servings, weigh out in hundred-gram increments and then divide into equal servings at the end of the cooking process.
- Chopped celery
- 1 cup beef broth or water
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- Pinch of oregano

- Cayenne pepper to taste
- Salt and pepper to taste

**Instructions:**

1. In a saucepan, lightly brown cubed beef, onion, and garlic. Add water, vegetables, and spices and bring to a boil.
2. Reduce heat and simmer for approximately 30 minutes to an hour or until the beef is tender. Add water as needed to create a stew-like consistency. Serve hot and enjoy. Garnish with parsley.

**Makes multiple servings (1 protein, 1 vegetable)**



## Roasted Beef and Apple Kabobs



### Ingredients:

- 100 grams of lean good quality beef or chunked chicken
- 1 apple cut into large chunks
- ¼ onion petals
- ½ cup beef, chicken, or vegetable broth
- 3 tablespoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- Stevia to taste

**Instructions:**

1. Marinate beef or chicken in broth, vinegar, and spices. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers (If using wooden skewers soak them for a few minutes so they don't burn).
2. Barbeque directly or place on aluminum foil sheet and cook until the desired level of doneness. Baste frequently with remaining marinade. Heat the remaining marinade in a small saucepan and use as a dipping sauce.

**Makes 1 serving (1 protein, 1 fruit)**



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## SEAFOOD RECIPES

### Curried Shrimp with Tomatoes



#### Ingredients:

- 100 grams of shrimp
- ½ cup vegetable broth or water
- 2 tomatoes chopped
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced

- 1/8 teaspoon curry or to taste
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- Pinch of allspice
- Stevia to taste

**Instructions:**

1. Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked.
2. Add vegetable broth, curry, and stevia. Add garlic and onion powder to thicken the mixture.
3. Cook for 5-10 minutes on medium heat. Add water or reduce liquid until desired consistency is reached.

**Makes 1 serving (1 protein, 1 vegetable)**





## Shrimp Etouffee



### Ingredients:

- 100 grams of shrimp
- ½ cup vegetable broth or water
- Celery
- 1 clove garlic crushed and minced
- 1 tablespoon chopped red onion
- 1 tablespoon chopped green onion

- Pinch of thyme
- Pinch of cayenne pepper to taste
- Salt and pepper to taste

**Instructions:**

1. Add spices and vegetables to broth and simmer for about 15 minutes until celery is softened.
2. Add the shrimp to the mixture and cook an additional 10-20 minutes.
3. Serve hot.

**Makes 1 serving (1 protein, 1 vegetable)**



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## Baked Curried Fish



### Ingredients:

- Your choice of white fish
- 2 tablespoons lemon juice
- 1 serving Melba toast crumbs
- 1 tablespoon finely chopped onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon curry powder
- Salt and pepper to taste
- Fresh parsley

**Instructions:**

1. Combine dry spices and Melba toast crumbs. Dip fish into Melba and spice mixture to coat thoroughly.
2. Broil fish until fish is cooked and herbed crumb mixture is slightly brown.
3. Garnish with lemon slices and fresh parsley.

**Makes 1 serving (1 protein, 1 Melba toast)**



## Creole Shrimp



### Ingredients:

- 100 grams of shrimp
- ½ cup vegetable broth or water
- 1 clove garlic crushed and minced
- 1 tablespoon minced onion
- ¼ teaspoon horseradish
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1-2 teaspoons hot sauce
- 2 tablespoons lemon juice
- Pinch of thyme



- 1 bay leaf
- Dash of sassafras powder or root beer flavored stevia
- Dash of liquid smoke flavoring (optional)
- Cayenne pepper to taste
- Salt and black pepper to taste

**Instructions:**

1. Mix liquid ingredients, onion, garlic, and spices. Simmer over low heat for 10 minutes in a small frying pan.
2. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt and pepper to taste.
3. Deglaze the pan periodically with additional water or broth.
4. Serve hot or cold over a salad or with fresh asparagus.

**Makes 1 serving (1 protein)**



## Jambalaya



### Ingredients:

- 100 grams shrimp (chicken, beef, or chicken sausage can be used)

- Tomatoes or celery chopped
- 1 cup vegetable broth or water
- 1 tablespoon lemon juice
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- Dash of Worcestershire sauce
- Dash of hot sauce
- Dash of liquid smoke (optional)
- Pinch of cayenne to taste
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- Pinch of thyme
- Salt and pepper
- Water as needed

**Instructions:**

1. Lightly sauté shrimp or chicken with celery or tomatoes, garlic, and onion in lemon juice until cooked or lightly browned.
2. Deglaze the pan with broth and add seasonings.
3. Simmer on low for approximately 20-30 minutes until liquid is slightly reduced adding additional broth or water to achieve desired consistency.

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

## Ginger Shrimp Wraps



### Ingredients:

- 100 grams of shrimp
- 1 or more cabbage or lettuce leaves
- 1 cup vegetable broth or water
- 2 teaspoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- 1 clove garlic crushed and minced
- Pinch of fresh ginger
- 1 tablespoon finely minced green onion
- 1 serving spicy orange sauce (optional, for dipping page 56)
- Salt and pepper to taste

**Instructions:**

1. Lightly steam cabbage leaves and then set aside.
2. Cook shrimp with spices and mince together with onion. Wrap up shrimp mixture in cabbage or lettuce leaves and enjoy with dipping sauce.
3. Another alternative is to place multiple rolls in a small baking dish.
4. Cover with vegetable broth and bake for 25 minutes at 350 degrees.

**Makes 1 serving (1 protein, 1 vegetable)**





## Crab Cakes



### Ingredients:

- 100 grams snow or king crab meat
- 1 serving Melba toast crumbs
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 tablespoon finely minced onion



- 1 clove crushed and minced garlic
- Cayenne to taste
- Salt and black pepper to taste

**Instructions:**

1. In a small bowl combine ingredients and form into cakes.
2. Press crab cakes into muffin tins and bake at 350 degrees for about 10-20 minutes until slightly brown on top.
3. The crab mixture can also be sautéed until warm or chilled and served over a green salad with lemon garnish and topped with Melba toast crumbs.

**Makes 1 serving (1 protein, 1 Melba toast)**



## Spicy Mustard Shrimp with Chard



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### Ingredients:

- 100 grams of shrimp
- Chard chopped
- ½ cup vegetable broth or water
- 3 tablespoons homemade mustard
- 2 tablespoons Bragg's liquid aminos
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice

- Pinch of red pepper flakes
- 2 tablespoons chopped onion
- 2 cloves garlic sliced
- Salt and pepper to taste

**Instructions:**

1. Sauté the shrimp with onion, garlic, Bragg's, vinegar, lemon juice, and mustard until cooked.
2. Remove the shrimp and deglaze the pan with the vegetable broth. Add chard to the broth and cook occasionally stirring until chard is tender.
3. Add a little water if needed. Top with mustard shrimp and enjoy.

**Makes 1 serving (1 protein, 1 vegetable)**



## Baked White Fish with Asparagus



### Ingredients:

- 100 grams white fish (make multiple servings for best results)
- Asparagus
- 1 serving Melba toast crumbs per serving
- ½ cup vegetable broth or water
- 2 tablespoons caper juice

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- 4 tablespoons lemon juice
  - 1 clove garlic crushed and minced
  - 1 tablespoon onion minced
  - ¼ teaspoon dried or fresh dill
  - Pinch of tarragon
  - Parsley
  - Salt and pepper to taste

**Instructions:**

1. In a small baking dish, layer the fish and asparagus.
2. Mix vegetable broth with spices and pour over fish and asparagus. Top with herbed Melba toast crumbs and bake at 350 for about 20 minutes or until fish and asparagus is cooked thoroughly and crumbs are slightly brown.
3. Top with remaining sauce, fresh parsley, and serve with lemon wedges.
4. The dish can also be cooked on the barbeque.
5. Just wrap up fish and asparagus in foil, toss with spices and baste with vegetable broth.

**Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)**





## Lobster Medallions in Tomato Sauce



### Ingredients:

- 100 grams of raw lobster tail
- 2 tomatoes chopped
- 8 ounces tomato sauce
- 2 tablespoons lemon juice
- 1 clove of garlic crushed and minced
- 1 tablespoon minced onion
- 1 bay leaf

- 1/8 teaspoon thyme
- 1/8 teaspoon fresh chopped tarragon
- Cayenne pepper to taste
- Salt and pepper to taste
- Chopped parsley
- Salt and fresh ground black pepper to taste

**Instructions:**

1. Slice medallions of lobster tail. Weigh out 100 grams raw.
2. Sauté lobster in lemon juice and a little water then add garlic, onion, tomatoes, tomato sauce, and spices.
3. Simmer for 10-15 minutes and serve.

**Makes 1 serving (1 protein, 1 vegetable)**



## Baked Stuffed Lobster



### Ingredients:

- 100 grams of raw lobster tail
- 1 serving Melba toast crumbs
- ½ cup vegetable broth or water
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon garlic powder

- 1/8 teaspoon onion powder
- Paprika to taste
- Salt and pepper to taste

**Instructions:**

1. Mix Melba toast crumbs with spices, garlic, and onion.
2. Stuff lobster tail with Melba mixture and place into baking dish stuffing side up.
3. Pour vegetable broth over the lobster, dust the lobster with more paprika and bake at 350 degrees for approximately 20 minutes.
4. Broil for additional 1-2 minutes to brown. Add salt and pepper to taste and serve with lemon wedges.

**Makes 1 serving (1 protein, 1 Melba toast)**





## Sweet and Sour Shrimp



### Ingredients:

- 100 grams of shrimp
- 1 cup of water
- ½ lemon with rind
- ½ orange with rind

- 3 tablespoons Bragg's liquid aminos
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- Cayenne to taste
- Salt and pepper to taste
- Stevia to taste

**Instructions:**

1. Boil 1 cup of water with ½ lemon and ½ orange with rind until pulp comes out of the center.
2. Scrape out remaining pulp and discard the rind.
3. Add onion, garlic, Bragg's, and spices and reduce liquid by half.
4. Add the shrimp to the sauce and sauté for 5-7 minutes until shrimp is cooked.

**Makes 1 serving (1 protein, 1 fruit)**





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## VEGETABLE RECIPES

### Cold Chicory Salad



#### Ingredients:

- Chopped fresh chicory
- 2 teaspoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon lemon juice

- Salt and pepper to taste

**Instructions:**

1. Chop chicory very fine. Stir in apple cider vinegar and lemon juice.
2. Add salt and fresh ground black pepper to taste. Enjoy as a side dish or cool salad.

**Makes 1 serving (1 vegetable)**



### Savory Baked Red Onion Garnish



#### Ingredients:

- ½ red onion cut into rings
- ¼ cup apple cider vinegar
- 2 tablespoons lemon juice
- 1 bay leaf or a pinch of bay leaf powder
- 1 clove garlic crushed and minced
- Pinch of dried basil and oregano (optional)
- Salt and pepper to taste

- A small amount of water

**Instructions:**

1. Put the onion in a baking dish with apple cider vinegar, water, and spices. Bake at 375 for 10 minutes.
2. Serve hot over beef or chicken or chill and add to salads. Can also be sautéed in a small frying pan deglazing periodically.

**Makes 4 servings**



## Saffron Cabbage



### Ingredients:

- Chopped cabbage (½ head)
- 1 cup of chicken broth or water
- 2 tablespoons onion finely chopped
- 1 clove garlic crushed and minced
- Pinch of saffron powder or threads softened in water and made into a paste.
- 1/8 teaspoon turmeric
- Dash of mustard powder



- Salt and pepper to taste

**Instructions:**

1. In a large frying pan, heat chicken broth and spices.
2. Add cabbage and cover pan with a lid.
3. Cook cabbage until tender adding water if necessary to keep from burning and coating with the spice mixture.
4. Serve hot with chicken or chilled for a cool salad.

**Makes 1-2 servings (1 vegetable)**



## Indian Spiced Spinach



### Ingredients:

- Spinach
- 2 tablespoons minced onion
- ¼ cup chicken broth or water
- 1/8 teaspoon cumin
- 1/8 teaspoon paprika
- 1/8 teaspoon turmeric
- Pinch of freshly grated ginger
- Pinch of ground coriander
- Salt and pepper to taste

### Instructions:

1. Sauté spices in chicken broth with onion.

2. Add spinach and stir gently until cooked. (substitute ¼ teaspoon garam masala for dry spices)

Makes 1-2 servings (1 vegetable)

### Baked Celery



#### Ingredients:

- Celery
- ½ cup beef, chicken broth, or water

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- 2 tablespoons lemon juice
  - 2 tablespoons Bragg's liquid aminos
  - 2 tablespoons chopped onions
  - 1 clove fresh chopped garlic
  - 1 bay leaf
  - Pinch of red pepper flakes
  - Paprika to taste
  - Salt and pepper to taste

**Instructions:**

1. Chop up celery into sticks and arrange in a baking dish.
2. Dissolve spices in liquid ingredients and pour over the celery.
3. Bake in 375-degree oven in until soft and lightly brown on top.
4. Serve with the juices and sprinkle with paprika.
5. Add salt and pepper to taste.

**Makes 1-2 servings (1 vegetable)**



## Chilled Tomato Salad



### Ingredients:

- Chopped tomatoes
- ¼ cup apple cider vinegar
- 1 tablespoon green onion sliced
- 1 garlic clove crushed and minced
- Dash of mustard powder

- ¼ teaspoon basil
- 1/8 teaspoon thyme
- 1/8 teaspoon marjoram
- Salt and pepper to taste

**Instructions:**

1. Combine apple cider vinegar with spices.
2. Pour over tomato chunks or slices. Marinate and chill for 1 hour before serving.

**Makes 2 servings (1 vegetable)**





## Grilled Asparagus with Rosemary Lemon Sauce



### Ingredients:

- Asparagus
- Juice of ½ lemon with rind
- 1 tablespoon Bragg's liquid aminos
- 1 clove garlic crushed and minced
- ¼ teaspoon rosemary
- Dash of garlic powder
- Dash of onion powder
- Salt and pepper to taste

- Cayenne pepper to taste

**Instructions:**

1. Marinate asparagus in lemon, garlic, salt, cayenne pepper, and Braggs.
2. Steam or grill asparagus spears to the desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out.
3. You may add a little stevia if you wish for added sweetness.
4. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus.
5. Garnish with lemon wedges and salt and pepper to taste.

**Makes 1 serving (1 vegetable)**



## Roasted Fruit and Vegetable Kabobs



### Ingredients:

- 1 apple cut into large chunks
- ¼ onion cut into 1-inch petals
- 1 tomato cut into chunks
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon crushed mint leaves
- ½ teaspoon crushed cilantro leaves
- Pinch of allspice
- Stevia to taste

**Instructions:**

1. Marinate fruit and vegetables in lemon juice and vinegar with stevia and spices in the refrigerator for 20 minutes or more.
2. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers.
3. Place on grill for 5-8 minutes or until the desired level of doneness.
4. Top with herbs and serve with lemon wedges.

**Makes 1 serving (1 fruit, 1 vegetable)**



## Hot Peppered Chicory



### Ingredients:

- Chicory
- Salt and pepper to taste
- 2 tablespoons lemon juice
- ¼ cup vegetable broth or water

### Instructions:



1. Mince the chicory. In a small saucepan add chicory to the broth and add lemon juice, salt, and pepper. Cook for 3-5 minutes and serve hot.

Makes 1 or more servings (1 vegetable)

### Fennel with Herbs



**Ingredients:**

- Fennel bulbs
- ½ cup of vegetable broth or water.
- 2 tablespoons lemon juice
- Your choice of marinade or dressing

**Instructions:**

2. Thoroughly wash and trim fresh fennel.
3. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt, and fresh or dried herbs.
4. Try Italian style or toss with Spicy Cajun or Dill Dressing.
5. Cook until the bulb portion is tender and delicious. Fennel may also be grilled on the barbeque.

**Makes 1 or more servings (1 vegetable)**



## Herbed Asparagus



### Ingredients:

- A generous serving of Asparagus
- ½ cup vegetable, chicken broth, or water
- 2 tablespoons lemon juice
- 1 clove of garlic crushed and minced
- 1 tablespoon minced onion
- 1 teaspoon organic Italian herb mix
- Water as needed

### Instructions:



1. Lightly sauté chopped onion, garlic and herbs in the chicken broth for about one minute.
2. Add the asparagus and cook until tender.
3. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce).
4. Garnish with parsley and lemon wedges.

Makes 1 or more servings (1 vegetable)

#### Roasted Tomato with Onion

Calories: 28.9 | Fat: 2.4 g | Protein: 0.4 g | Carbs: 2.0 g | Fiber: 0.4 g



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#### **Ingredients:**

- 4 thin whole slices of onion
- 4 thick cut tomato slices
- 1-2 cloves of garlic sliced
- 2 leaves fresh basil rolled and sliced
- Sprinkle of dried or fresh oregano
- Salt and black pepper to taste
- Stevia to taste (optional)
- A squeeze of lemon juice

#### **Instructions:**

1. Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice.
2. Lay a few slices of basil and garlic on top of the onion.
3. Top onion slices with a slice of tomato.
4. Top the tomato with remaining basil and garlic.
5. Bake at 375 for 10-15 minutes or until the desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste.

**Makes 4 servings (1 vegetable)**



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## SOUP RECIPES

### Chicken Meatball Soup

Calories: 190.0 | Fat: 2.8 g | Protein: 28.3 g | Carbs: 10.6 g | Fiber: 2.3 g



#### Ingredients:

- Meatballs
- 100 grams of ground chicken breast
- 1 teaspoon minced onion
- 1 clove garlic crushed and minced
- Pinch of sage



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- Pinch of marjoram
  - Pinch of thyme
  - Dash of onion powder
  - Dash of garlic powder
  - 1 serving Melba toast crumbs (optional)
  - Broth
  - 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
  - 2 tablespoons Bragg's liquid aminos
  - 1 tablespoon apple cider vinegar
  - Chopped celery or tomato
  - 1 tablespoon chopped onion
  - 2 cloves garlic crushed and minced
  - 1 bay leaf
  - Cayenne pepper to taste
  - Salt and pepper to taste

**Instructions:**

1. Combine ground chicken breast with spices, chopped garlic, onion, and crushed Melba toast.
2. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls.
3. Reduce to a simmer and cook a minimum of 30 minutes adding the celery or tomato the last 5-10 minutes of cooking.

**Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)**

## Chicken and Cabbage Soup

Calories: 82.1 | Fat: 1.0 g | Protein: 12.9 g | Carbs: 5.5 g | Fiber: 1.5 g



### Ingredients:

- 100 grams of chicken
- Cabbage
- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- 2 tablespoons Bragg's amino acids (optional)
- 2 cloves garlic crushed and minced
- 1 tablespoon chopped onion
- ¼ teaspoon thyme
- ¼ teaspoon rosemary
- Cayenne to taste
- Salt and pepper to taste

**Instructions:**

1. Combine chicken and spices in medium saucepan.
2. Bring broth to a boil. Add cabbage. Reduce heat and simmer for a minimum of 30 minutes.
3. Add additional water to the broth as needed. Variations: change the spices and add fresh tarragon or turmeric.
4. Add a ¼ lemon with rind to the broth and simmer for a rich lemon flavor.

**Makes 1 serving (1 protein, 1 vegetable)**



## Savory Chicken Soup

Calories: 110 | Fat: 2.5g | Protein: 5g | Carbs: 16g | Fiber: 2g



### Ingredients:

- 100 grams chicken breast cubed
- 1-2 cups chopped celery or tomatoes
- 2 cups chicken broth (or substitute 1 cup water for 1 cup of broth)
- 1 tablespoon minced onion
- 2 cloves garlic crushed and sliced
- 1 bay leaf
- ½ teaspoon organic poultry spice blend
- Cayenne pepper to taste
- Salt and black pepper to taste

**Instructions:**

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

**Makes 1 serving (1 protein, 1 vegetable)**



## Thai Beef Soup

Calories: 148.4 | Fat: 2.2 g | Protein: 11.6 g | Carbs: 20.1 g | Fiber: 1.7 g



### Ingredients:

- 100 grams of beef
- Celery
- 2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup broth)
- 3 tablespoons Bragg's liquid aminos
- 1 tablespoon chopped green onion



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- 1 clove of garlic crushed and minced
  - Fresh cilantro
  - ½ teaspoon fresh grated ginger
  - 1/8 teaspoon chili powder or red pepper flakes
  - 1 bay leaf
  - Pinch of cinnamon
  - Stevia to taste
  - Salt and pepper to taste

**Instructions:**

1. Heat up the broth. Add dry spices, bay leaf, Bragg's, garlic and onion and bring to a boil.
2. Reduce heat and simmer for 5 minutes.
3. Add beef and celery and cook for 20 to 30 minutes until soft.
4. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro.

**Makes 1 serving (1 protein, 1 vegetable)**



## Chili

Calories: 40 | Fat: 0.4 g | Protein: 1.9 g | Carbs: 8.8 g | Fiber: 1.5 g



### Ingredients:

- 100 grams lean ground beef (less than 7% fat)
- 1 cup chopped tomatoes
- ½ cup of water
- 1 tablespoon minced onion
- 2 cloves garlic crushed and minced
- Pinch of garlic powder
- Pinch of onion powder
- ¼ teaspoon chili powder
- Pinch of oregano
- Cayenne pepper to taste (optional)

- Salt and pepper to taste

**Instructions:**

1. Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water.
2. Add spices and simmer slowly until liquid is reduced.
3. The longer it cooks the more tender and flavorful.
4. Add a little water as needed to prevent burning.
5. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

**Makes 1 serving (1 protein, 1 vegetable)**



## Lemony Spinach and Chicken Soup

Calories: 267.9 | Fat: 14.0 g | Protein: 24.6 g | Carbs: 11.1 g | Fiber: 3.2 g



### Ingredients:

- 100 grams of chicken
- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- ½ lemon with rind
- 1-2 cups loosely packed spinach cut into strips
- 1 tablespoon onion chopped
- 1 clove garlic crushed and minced
- 1 stalk lemongrass (optional)

- ¼ teaspoon thyme or to taste
- Cayenne pepper to taste
- Salt and pepper to taste

**Instructions:**

1. Lightly brown the chicken in a small saucepan with a little lemon juice.
2. Add the onion, garlic, spices, and chicken broth.
3. Add lemon with rind and simmer for 20-30 minutes.
4. Add the fresh spinach during the last five minutes of cooking. Serve and enjoy.

**Makes 1 serving (1 protein, 1 vegetable)**





## Asparagus Soup

Calories: 161.2 | Fat: 8.2 g | Protein: 6.3 g | Carbs: 16.4 g | Fiber: 0.7 g



### Ingredients:

- 4-5 stalks asparagus
- 2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)
- 3 tablespoons Bragg's liquid aminos
- 2 tablespoons chopped onion
- ¼ teaspoon thyme
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 bay leaf

- 1 tablespoon milk (optional)
- Salt and pepper to taste
- Old Bay seasoning to taste

**Instructions:**

1. Trim asparagus to remove the tough ends of the stalk and steam until soft.
2. Puree asparagus with broth and spices in a blender or food processor.
3. Heat soup in a saucepan and enjoy. Add 100 grams diced chicken if desired.
4. You can replace dried spices with 1-2 teaspoons of Old Bay seasoning if you wish.

**Makes 1 serving (1 vegetable)**



## Hot and Sour Chicken Soup

Calories: 50 | Fat: 1g | Protein: 4g | Carbs: 9g | Fiber: 1g



### Ingredients:

- 100 grams chicken breast diced
- 1 cup chicken broth
- 1 cup of water
- 4 tablespoons apple cider vinegar
- 4 tablespoons Bragg's liquid aminos
- ½ lemon in *quarters* with rind
- 1 clove garlic crushed and minced
- 2 tablespoons minced onion

- Cayenne pepper to taste
- Pinch of chili powder or red chili flakes
- Salt and pepper to taste
- Stevia to taste (optional)

**Instructions:**

1. Boil lemon wedges with rind in 1 cup of water until pulp comes out of the rind.
2. Scrape out additional pulp and juice. Add the diced chicken, spices and chicken broth.
3. Simmer until cooked.

**Makes 1 serving (1 protein)**



## Middle Eastern Vegetable Soup

Calories: 114.4 | Fat: 3.6 g | Protein: 3.3 g | Carbs: 19.5 g | Fiber: 5.2 g



### Ingredients:

- 2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
- Tomatoes chopped or celery
- 8 ounces tomato sauce or 3 ounces tomato paste (omit if celery is used)
- 1 clove garlic crushed and minced
- 1 tablespoon onion chopped
- 1/8 teaspoon ginger
- 1/4 teaspoon cumin

- Salt and black pepper to taste
- Fresh parsley, cilantro or mint

**Instructions:**

1. Combine broth, tomato sauce, and paste. Bring to a boil.
2. Reduce heat and add spices. Simmer for 20-30 minutes or until vegetables are tender.

**Makes 1 serving (1 vegetable)**





## Crab Bisque

Calories: 253.8 | Fat: 14.3 g | Protein: 19.1 g | Carbs: 12.5 g | Fiber: 0.7 g



### Ingredients:

- 100 grams of crab meat
- 1 cup tomatoes chopped
- 2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
- 1 tablespoon onion minced
- 1 clove garlic crushed and minced
- 1 teaspoon Old Bay seasoning
- 1 bay leaf
- 1 tablespoon milk (optional)

- Cayenne pepper to taste
- Salt and black pepper to taste

**Instructions:**

1. Puree tomatoes and broth in a food processor or blender.
2. Heat up the mixture in a small saucepan.
3. Add the crab and spices and simmer for 20-30 minutes stirring frequently.

**Makes 1 serving (1 protein, 1 vegetable)**



## Hot and Sour Thai Shrimp Soup

Calories: 170.2 | Fat: 2.6 g | Protein: 25.6 g | Carbs: 11.3 g | Fiber: 0.9 g



### Ingredients:

- 100 grams of shrimp
- 2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
- Juice of ½ lemon with rind

- 1 lemongrass stalk
- 2-3 slices of fresh ginger
- Red pepper flakes or cayenne pepper
- 1 tablespoon green onion
- 1 tablespoon fresh chopped cilantro
- Salt and pepper to taste

**Instructions:**

1. Bring the broth to a boil.
2. Add the ginger, lemongrass, lemon juice, onion, and pepper. Simmer for 10-15 minutes.
3. Add the shrimp and cilantro and cook another 8 minutes. Serve hot.
4. Remove lemongrass before serving.

**Makes 1 serving (1 protein)**



## Meatball Soup

Calories: 277.0 | Fat: 14.0 g | Protein: 13.0 g | Carbs: 26.0 g | Fiber: 6.0 g



### Ingredients:

- 100 grams lean ground beef
- 1 serving Melba toast crumbs
- Dash of onion powder
- Dash of garlic powder
- 1/8 teaspoon oregano



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- 1 teaspoon minced onion
  - 1 clove garlic crushed and minced
  - Pinch of cumin
  - Cayenne pepper to taste
  - Salt and pepper to taste
  - 1 cup beef broth
  - 1 cup of water
  - Fresh tomatoes or celery
  - 1 tablespoon chopped onion
  - 1 clove garlic crushed and minced
  - 1 tablespoon fresh chopped cilantro
  - ¼ teaspoon dried oregano
  - Salt and pepper to taste

**Instructions:**

1. Make meatballs by mixing ground beef, Melba crumbs, finely diced onion, garlic, powdered spices, and chopped cilantro.
2. Form into balls and drop into beef broth.
3. Add spices, onion, and garlic to the broth and bring to a boil.
4. Reduce to a simmer and cook for a minimum of 30 minutes.
5. Add your choice of celery or tomato to the broth in the last 10 minutes of cooking. Garnish with fresh chopped cilantro and oregano.

**Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)**

## SALADS RECIPES

### Cold Chicken Curry Salad

Calories: 159.9 | Fat: 5.8 g | Protein: 13.9 g | Carbs: 13.4 g | Fiber: 1.3 g



#### Ingredients:

- 100 grams of diced chicken
- 1 apple diced
- Celery diced (optional)

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- ¼ cup of water
  - 2 tablespoons lemon juice
  - 1 tablespoon finely minced onion
  - 1 clove of garlic crushed and minced
  - ¼ teaspoon curry powder or to taste
  - Dash of garlic powder
  - Dash of onion powder
  - Dash of cayenne pepper
  - Dash of cinnamon
  - Dash of turmeric
  - Stevia to taste

**Instructions:**

1. In a small saucepan lightly sauté chicken in lemon juice until lightly brown, add ¼ cup water and spices.
2. Stir well and simmer over low heat until liquid reduces to form a sauce and chicken is cooked well.
3. Add water as needed to create the consistency you want. Chill then serve.

**Makes 1 serving (1 protein, 1 vegetable, 1 fruit)**

## Lobster Salad

Calories: 189 | Fat: 13.47g | Protein: 11.1g | Carbs: 6.35g | Fiber: 1.5g



### Ingredients:

- 100 grams lobster tail diced
- Celery, sliced steamed fennel bulb, or tomatoes (optional)
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- Pinch of chopped green onion
- Pinch of tarragon
- Salt and black pepper to taste

- Stevia to taste

**Instructions:**

1. Mix lobster, liquid ingredients and spices together and serve over a salad, arugala greens, or with another vegetable.

**Makes 1 serving (1 protein, 1 vegetable)**



## Spicy Crab Salad

Calories: 172.4 | Fat: 6.3 g | Protein: 14.3 g | Carbs: 15.8 g | Fiber: 0.7 g



### Ingredients:

- 100 grams crab
- Celery diced (optional)
- 1 tablespoon lemon juice



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- 2 teaspoons apple cider vinegar
  - 1 tablespoon Bragg's liquid aminos
  - 1 tablespoon finely minced red onion
  - Dash of garlic powder
  - Dash of onion powder
  - Cayenne pepper to taste
  - Salt and black pepper to taste

**Instructions:**

2. You may substitute 1 teaspoon of Old Bay seasoning for the powdered ingredients.
3. Steam the crab and chop into medium chunks.
4. Toss with onions, spices, and liquid ingredients.
5. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.

**Makes one serving (1 protein, 1 vegetable)**





## Shrimp Cocktail

Calories: 248.2 | Fat: 2.5 g | Protein: 47.6 g | Carbs: 6.1 g | Fiber: 0.1 g



### Ingredients:

- 100 grams of raw shrimp (approximately 10-12 medium shrimp steamed)
- Cocktail sauce
- 3 ounces tomato paste

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- 2 tablespoons lemon juice
  - 1 tablespoon apple cider vinegar
  - 1 teaspoon hot sauce
  - 1/8 teaspoon of horseradish or to taste
  - Dash of mustard powder
  - Stevia to taste
  - Salt and pepper to taste
  - Water as needed for desired consistency

**Instructions:**

1. Mix tomato paste, vinegar, horseradish, lemon juice, and spices together and allow spices to marinate and dipping sauce to chill.
2. Add additional water as needed to create desired consistency.
3. Steam the shrimp until pink and well cooked.
4. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce.

**Makes 1 serving (1 protein, 1 vegetable)**



### Chilled Garlic Refrigerator Pickles

Calories: 7.6 | Fat: 0.1 g | Protein: 0.4 g | Carbs: 1.7 g | Fiber: 0.3 g



#### Ingredients:

- One medium cucumber sliced into rounds
- 4 cloves of garlic in thin slices

- ¼- ½ cup apple cider vinegar
- 3 tablespoons lemon juice
- Salt

**Instructions:**

1. Mix liquid ingredients together.
2. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers.
3. Pour apple cider vinegar and lemon juice into the container until liquid covers the slices.
4. Refrigerate overnight. Pickles can be refrigerated for up to 4 days.
5. Or marinate cucumber slices in salt, vinegar, and garlic then use a pickle press or weighted plate to press out excess liquid.

**Makes 1-2 servings (1 vegetable)**





## Orange Cabbage Salad with Chicken

Calories: 269.6 | Fat: 17.7 g | Protein: 7.8 g | Carbs: 21.7 g | Fiber: 1.1 g



### Ingredients:

- 100 grams of chicken
- ½ head of any kind of cabbage
- One orange (3 tablespoons of juice and remaining orange sliced or in segments)
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos
- Pinch of fresh or powdered ginger



- Dash of cayenne (optional)
- Stevia to taste (optional)
- Salt and fresh black pepper to taste

**Instructions:**

1. Marinate strips or chunks of chicken in apple cider vinegar, lemon juice, and spices. Cook thoroughly browning slightly.
2. Prepare to dress with 3 tablespoons of orange juice, Bragg's, stevia, black pepper, salt, and cayenne.
3. You may add extra apple cider vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing.
4. Allow to marinate for at least 20 minutes or overnight. Top with chicken and orange slices.

**Makes one serving (1 vegetable, 1 protein, 1 fruit)**



## Red Cabbage Salad

Calories: 212.5 | Fat: 16.8 g | Protein: 3.5 g | Carbs: 15.8 g | Fiber: 3.3 g



### Ingredients:

- 3 tablespoons Bragg's liquid aminos

- 3 tablespoons lemon juice
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 clove finely minced garlic
- 1 tablespoon finely minced onion
- Cayenne pepper to taste
- Stevia to taste
- Salt and black pepper to taste

**Instructions:**

1. Combine spices with liquid ingredients.
2. Coat cabbage thoroughly with dressing and marinate for 1-2 hours or overnight to blend flavors.

**Makes 1-2 servings (1 vegetable)**



## Cucumber Orange Salad

Calories: 46.0 | Fat: 3.5 g | Protein: 0.4 g | Carbs: 3.8 g | Fiber: 0.6 g



### Ingredients:

- 1 cucumber sliced
- Orange slices (1 orange)
- Orange juice from 3 segments

- 
- 1 tablespoon lemon juice
  - 1 teaspoon apple cider vinegar
  - 1 teaspoon fresh tarragon minced
  - 1 tablespoon red onion minced
  - Salt and pepper to taste
  - Stevia to taste
  - Chopped fresh mint leaves (optional)

**Instructions:**

1. Combine apple cider vinegar, stevia, onion, and spices and mix well.
2. Add cucumber and orange slices, tarragon, salt, and pepper to taste.
3. Marinate for 30 minutes.
4. Garnish with fresh mint leaves.

**Makes one serving (1 vegetable, 1 fruit)**





### Spicy Thai Cucumber Salad

Calories: 80.8 | Fat: 0.2 g | Protein: 0.7 g | Carbs: 20.3 g | Fiber: 0.8 g



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#### **Ingredients:**

- 1 whole cucumber cut julienne style
- 2 tablespoons Bragg's liquid aminos
- 2 tablespoons lemon juice
- 2 tablespoons vegetable broth (optional)
- 1 tablespoon chopped green onion
- 1 clove of garlic crushed and minced
- 1 basil leaf rolled and sliced
- 1 teaspoon cilantro leaves chopped
- 1/8 teaspoon red chili flakes
- Salt and pepper to taste
- Stevia to taste

#### **Instructions:**

1. Chop up cucumber in julienne strips.
2. Mix liquid ingredients with the garlic, onion, fresh herbs and chili flakes.
3. Mix in cucumbers and coat thoroughly with spice mixture.
4. Allow to marinate for 10 minutes or overnight.

**Makes 1-2 servings (1 vegetable)**

## Ceviche

Calories: 173 | Fat: 1.97g | Protein: 28.75g | Carbs: 9.2g | Fiber: 1.3g



### Ingredients:

- 100 grams chilled cooked white fish or shrimp
- 3 tablespoons lemon or lime juice
- Diced tomatoes
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- Fresh chopped cilantro
- Dash hot sauce

- Salt and pepper to taste

**Instructions:**

1. Steam the shrimp or fish. Add lemon, onion, garlic, and chopped cilantro.
2. Stir in diced tomatoes and hot sauce.
3. Chill and marinate the ingredients in the refrigerator. Traditionally ceviche is not cooked.
4. The citric acids "cook" the fish. This is an alternative to cooking the shrimp or fish.

Makes 1 serving (1 protein, 1 vegetable)





### Chinese Chicken Salad

Calories: 150.0 | Fat: 3.0 g | Protein: 20.0 g | Carbs: 11.0 g | Fiber: 3.0 g



---

**Ingredients:**

- 100 grams of chicken breast
- Cabbage
- 3 tablespoons Bragg's liquid aminos
- 1 tablespoon apple cider vinegar
- 1 tablespoon minced green onion
- 1 clove of garlic crushed and minced
- Freshly grated ginger or a dash of powdered
- Pinch of red pepper flakes
- Stevia to taste
- Salt and pepper to taste

**Instructions:**

1. Brown the chicken with lemon juice, 1 tablespoon Bragg's, garlic, and onion.
2. Slice cabbage into fine strips. Steam lightly until cooked.
3. Drain off excess liquid. Add chicken, ginger, salt and pepper and chill.
4. Sprinkle with additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

### Melba Toast with Spicy Cucumber

Calories: 60 | Fat: 1g | Protein: 2g | Carbs: 11.0 g | Fiber: 1 g



#### Ingredients:

- 1 Melba toast
- 2-3 slices of cucumber
- 1 tablespoon apple cider vinegar



- Pinch of minced red onion
- Pinch of onion and garlic powder to taste
- Dash of cayenne
- Salt and pepper to taste

**Instructions:**

1. Combine spices with apple cider vinegar.
2. Marinate cucumber slices in spice mixture.
3. Top Melba toast with cucumber and sprinkle with onion. Save additional cucumber for an additional snack.

**Makes 1 serving (1 Melba toast, 1 vegetable)**



## DRESSING RECIPES

### Orange Tarragon Marinade

Calories: 693 | Fat: 39.6g | Protein: 76.8g | Carbs: 3.3g | Fiber: 0.2g



#### Ingredients:

- ¼ cup chicken or vegetable broth
- 2 tablespoons apple cider vinegar (tarragon vinegar infusion page 46)
- ½ orange juiced
- 1 clove of garlic crushed and minced

- 1 teaspoon fresh tarragon chopped
- ¼ teaspoon onion powder
- Salt and pepper to taste

**Instructions:**

1. Combine liquid ingredients with spices and cook on low heat for 3 minutes.
2. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more.
3. Cook chicken or fish in remaining marinade.
4. Deglaze the pan periodically with a little water. Save the sauce and add apple cider vinegar to make additional dressing for a salad.
5. Serve over a mixed green salad or with another vegetable.

**Makes 1 serving (1 fruit)**



## Teriyaki Sauce

Calories: 89 | Fat: 0 g | Protein: 6 g | Carbs: 16 g | Fiber: 0.1 g



### Ingredients:

- ½ cup beef or chicken broth
- ¼ cup Bragg's liquid aminos
- 2 tablespoons apple cider vinegar

- Orange juice (Juice from 3 segments)
- ¼ cup lemon juice
- 1 tablespoon finely minced onion
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon powdered ginger or grated fresh ginger
- 1 clove finely minced garlic
- Lemon and/or orange zest to taste
- Stevia to taste

**Instructions:**

1. Combine all ingredients in a small saucepan and bring to a boil.
2. Reduce heat and simmer for 20 minutes or until liquid is reduced.
3. The longer you simmer the richer the flavors.
4. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavors.
5. Enjoy as a glaze or sauce with chicken or beef.

**Makes 1-2 servings (1 fruit)**





## Marinara Sauce

Calories: 51 | Fat: 1.5 g | Protein: 1.4 g | Carbs: 8 g | Fiber: 1.8 g



### Ingredients:

- 4 large tomatoes or as many as you want if you wish to increase the recipe
- 1 cup chicken or vegetable broth

- 
- 1 6 ounces can tomato paste
  - 1 tablespoon dried basil or freshly rolled and chopped basil to taste
  - 2 tablespoons minced onion
  - 2 cloves of garlic crushed and minced
  - 1 teaspoon dried oregano
  - Salt and pepper to taste
  - Cayenne pepper to taste
  - Pinch of marjoram

**Instructions:**

1. Chop tomatoes or puree in a food processor for a smoother texture, add spices and heat in a saucepan.
2. Allow slowing cook for 30 minutes to an hour.
3. Allow the liquid to reduce or add additional water to achieve desired consistency.

**Makes 2 or more servings (1 vegetable)**



### Tomato Picante Dressing

Calories: 10 | Fat: 0g | Protein: 0g | Carbs: 2g | Fiber: 1g



#### Ingredients:

- 1 medium tomato chopped
- 1 8 ounces can tomato sauce
- 1 clove garlic crushed and chopped

- 1 teaspoon mustard powder
- 2 tablespoons lemon juice
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- Pinch cayenne pepper
- Salt and black pepper to taste
- Apple cider vinegar to taste

**Instructions:**

1. Put tomato and garlic into food processor and puree.
2. Add mustard, lemon juice, cumin, chili powder, cayenne, and salt and tomato sauce.
3. Blend until smooth. Transfer to a jar and refrigerate. Stir before using.

**Makes 2-4 servings (1 vegetable)**





## Homemade Mustard

Calories: 167 | Fat: 10.0g | Protein: 10.9g | Carbs: 13.3g | Fiber: 8.2g



### Ingredients:

- 2 tablespoons ground mustard powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder

- 
- ½ teaspoon ground ginger
  - ½ teaspoon grated horseradish (optional)
  - ½ cup apple cider vinegar
  - ¼ cup of water
  - 1 tablespoon lemon juice
  - Stevia to taste

**Instructions:**

1. Mix ingredients together thoroughly, heat in a saucepan for 2-3 minutes.
2. Pack warm mustard into a jar and top with lemon juice.
3. Mustard will last up to two weeks in the refrigerator.
4. Add water as needed for consistency. Makes 1-2 servings





### Tomato Basil Vinaigrette

Calories: 34 | Fat: 3 g | Protein: 0 g | Carbs: 1 g | Fiber: 0.2g



#### Ingredients:

- 3 tablespoons tomato paste
- 3 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- ¼ cup water, chicken or vegetable broth
- 1 tablespoon minced onion
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried basil or freshly rolled and sliced basil leaves to taste

- 1/8 teaspoon oregano
- Cayenne pepper to taste
- Stevia to taste

**Instructions:**

1. Combine ingredients in a small saucepan and heat slightly to a boil.
2. Adjust liquid to desired consistency by adding a little more water or broth.
3. Remove from heat and chill. Enjoy over salad with fresh ground black pepper.

**Makes 2-3 servings (1 vegetable)**



### Italian Vinaigrette

Calories: 240 | Fat: 21 g | Protein: 0.4 g | Carbs: 12 g | Fiber: 0 g



#### Ingredients:

- ½ cup chicken or vegetable broth
- 2 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon organic Italian herb spice blend

- 2 tablespoons finely minced onion
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

**Instructions:**

1. Combine ingredients in small saucepan.
2. Simmer on low heat for 5 minutes to combine flavors.
3. Remove from heat, chill, and serve as a dressing or use as a marinade.

**Makes 2 or more servings**



## Salsa

Calories: 36 | Fat: 0.2 g | Protein: 1.5 g | Carbs: 7 g | Fiber: 1.4 g



### Ingredients:

- 1 cup fresh chopped tomato
- 3 tablespoons lemon juice



- 1 tablespoon apple cider vinegar (optional)
- 2 cloves garlic crushed and minced
- 2 tablespoons finely chopped onion
- ¼ teaspoon chili powder
- ¼ teaspoon fresh or dried oregano
- Cayenne pepper to taste
- Fresh chopped cilantro
- Salt and pepper to taste

**Instructions:**

1. Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa.
2. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend.

Makes 1-2 serving (1 vegetable)



## Barbeque Sauce

Calories: 172 | Fat: 0.6 g | Protein: 0.8 g | Carbs: 41 g | Fiber: 0.9 g



### Ingredients:

- 3 ounces tomato paste
- ¼ cup apple cider vinegar
- 3 tablespoons lemon juice
- 1 tablespoon hot sauce
- 1 tablespoon minced onion
- 3 cloves garlic crushed and minced
- ¼ teaspoon chili powder

- 
- Liquid smoke hickory flavoring to taste
  - ½ teaspoon Worcestershire sauce
  - ½ teaspoon garlic powder
  - ½ teaspoon onion powder
  - 1 teaspoon chopped parsley
  - Stevia to taste (Try a touch of dark chocolate liquid stevia for added flavor)
  - Cayenne pepper to taste
  - Salt and pepper to taste
  - Water as needed to achieve desired consistency

**Instructions:**

1. In a small saucepan, combine all ingredients.
2. Mix well and bring to a boil.
3. Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn't burn.
4. Use as a barbeque sauce for chicken or beef.

**Makes 1-2 servings (1 vegetable)**



### Marinated Apple Relish

Calories: 46.6 | Fat: 0.1 g | Protein: 0.3 g | Carbs: 12.0 g | Fiber: 1.9 g



#### Ingredients:

- 1 apple finely minced
- 1 stalk of celery minced (optional)

- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon minced red onion
- Dash of Worcestershire sauce
- Salt and pepper to taste
- Stevia to taste

**Instructions:**

1. Mix apples and celery together.
2. Dissolve spices into liquid ingredients and pour over the apple mixture.
3. Mix well and allow ingredients to marinate for 30 minutes or longer to allow flavors to blend.

**Makes 1 serving (1 fruit, 1 vegetable)**





## French Dressing

Calories: 457 | Fat: 45 g | Protein: 0.8 g | Carbs: 16 g | Fiber: 0 g



### Ingredients:

- ¼ cup beef broth
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 clove garlic crushed and minced
- ¼ teaspoon horseradish or to taste
- ½ teaspoon paprika

- 1/8 teaspoon mustard powder
- Cayenne pepper to taste
- Stevia to taste

**Instructions:**

1. Dissolve spices in broth, vinegar and lemon juice.
2. Mix well and heat slightly in a small saucepan.
3. Chill and serve over mixed greens or vegetables.

**Makes 2 servings**



### Spicy Orange Sauce

Calories: 392.3 | Fat: 9.8 g | Protein: 29.4 g | Carbs: 44.4 g | Fiber: 1.0 g



#### Ingredients:

- ½ orange rolled and slightly juiced with rind
- ½ lemon slightly juiced and with rind
- ½ cup of water

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- 1 tablespoon minced green onion
  - 1 clove crushed garlic
  - ¼ teaspoon ginger powder
  - ¼ teaspoon garlic powder
  - Pinch of orange and lemon zest
  - Pinch of cayenne pepper
  - Stevia to taste

**Instructions:**

1. In a small saucepan add slightly juiced orange with rind and ½ lemon with rind to water.
2. Bring to a boil, reduce heat and simmer adding water as needed. Simmer until the pulp comes out of the rinds. Scrape out the pulp and discard the rinds.
3. Continue stirring and reducing down the liquid by half until desired consistency is reached.
4. Add onion, stevia, and spices. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein.
5. Serve with remaining orange slices for garnish.

**Makes 1-2 servings (1 fruit)**



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## DESSERT RECIPES

### Strawberry Sorbet/Pops

Calories: 80 | Fat: 0g | Protein: 0g | Carbs: 20g | Fiber: 6.7 g



**Ingredients:**

- 4-6 medium strawberries
- Approximately 3 cubes of ice
- Any powdered or flavored stevia to taste
- ½ teaspoon vanilla powder or cocoa (optional)
- 2 tablespoons lemon juice
- ¼ cup of water

**Instructions:**

1. Blend ingredients together until smooth.
2. Pour into a dish or Popsicle molds and freeze until firm.

**Makes 1 serving (1 fruit)**





## Apple Cookies

Calories: 22.1 | Fat: 0.8 g | Protein: 0.9 g | Carbs: 3.2 g | Fiber: 0.5 g



**Ingredients:**

- Pulp from 1 apple
- 1/8 teaspoon cinnamon
- Pinch of nutmeg
- 1/8 teaspoon vanilla powder
- Stevia to taste
- 1 tablespoon lemon juice

**Instructions:**

1. Mix pulp from 1 apple (use juice for a virgin apple martini) Mix with stevia and spices and form into cookies (1-2).
2. Bake the cookies for approximately 15-20 minutes or until slightly brown.

**Makes 1 serving (1 fruit)**



## Iced and Spiced Orange Slices

Calories: 360 | Fat: 12g | Protein: 16g | Carbs: 46g | Fiber: 12 g



### Ingredients:

- 1 orange sliced or segmented
- 2 tablespoons lemon juice
- ¼ teaspoon cinnamon
- ¼ teaspoon powdered vanilla
- Pinch of nutmeg to taste
- Pinch of powdered clove to taste
- Pinch of cardamom to taste

- Powdered stevia to taste

**Instructions:**

1. Mix powdered spices and stevia together.
2. Dip orange slices in lemon juice and dredge with spice mixture.
3. Freeze until firm. Variations: substitute strawberry or apple slices.

**Makes 1 serving (1 fruit)**



## Apple Slices with Cinnamon Sauce

Calories: 116.9 | Fat: 0.9 g | Protein: 0.8 g | Carbs: 31.9 g | Fiber: 11.1 g



### Ingredients:

- 1 apple sliced
- 3 tablespoons lemon juice
- 1 teaspoon apple cider vinegar
- 1-2 teaspoons cinnamon
- Dash of nutmeg
- Powdered stevia to taste



**Instructions:**

1. In the microwave or small saucepan heat the liquid and spice ingredients together stirring constantly.
2. Serve in a small dipping bowl and serve with chilled apple slices or other fruit.

**Makes 1 serving (1 fruit)**



## Fruit with Warm Vanilla Sauce

Calories: 240 | Fat: 4g | Protein: 5g | Carbs: 46g | Fiber: 3g



### Ingredients:

- Your choice of allowed fruit
- 1 tablespoon vanilla powder
- 2 tablespoons lemon juice
- ½ teaspoon apple cider vinegar
- Powdered stevia to taste

### Instructions:

1. In a small saucepan or dipping bowl stir stevia and vanilla powder into lemon juice and vinegar. Heat the sauce on the stove or in the microwave.

2. Pour into a dipping bowl.
3. Dip fresh fruit into the warm sauce and enjoy.

**Makes 1 serving (1 fruit)**



## Caramel Apple Pie

Calories: 525.1 | Fat: 11.8 g | Protein: 5.5 g | Carbs: 46g | Fiber: 3.9 g



### Ingredients:

- 1 apple
- 1 tablespoon lemon juice
- 1 tablespoon water
- 1 teaspoon apple cider vinegar
- 1 packet powdered stevia
- 1 teaspoon ground cinnamon
- Pinch of nutmeg
- 1 tablespoon water
- English toffee stevia to taste

**Instructions:**

1. **Slice apple into very thin slices.**
2. **Arrange in layers in a round 3-inch crème Brule dish. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered and English toffee stevia.**
3. **Continue layering with spices until the dish is full. Sprinkle lemon juice, apple cider vinegar, and water over the apple slices.**
4. **Bake at 375 for approximately 20-25 minutes or until apples are cooked and the top is slightly crispy. Drizzle with additional English toffee stevia if desired. Serve warm.**

**Makes 1 serving (1 fruit)**





## Iced Cocoa Strawberries

Calories: 127 | Fat: 5.54g | Protein: 2.11g | Carbs: 18.22g | Fiber: 0.6g



### Ingredients:

- 4-6 medium strawberries
- 1 tablespoon dry defatted cocoa (Wondercocoa)
- Powdered stevia to taste

### Instructions:

1. Mix cocoa and stevia together.
2. Slice strawberries and dip in cocoa mixture.
3. Place on wax or parchment paper and freeze until firm.

Makes 1 serving (1 fruit)

### Warm Strawberry Compote

Calories: 34.7 | Fat: 1.4 g | Protein: 0.3 g | Carbs: 4.8 g | Fiber: 1.0 g



#### Ingredients:

- 1 serving fresh sliced strawberries
- 2 tablespoons lemon juice
- Dash of cinnamon
- Dash of nutmeg
- Dash of cayenne
- Dash of salt
- Vanilla or dark chocolate stevia to taste

**Instructions:**

1. In a small saucepan, combine ingredients and stir thoroughly.
2. Sauté on medium heat until warm and bubbly and a sauce develops.
3. Serve warm in a bowl.
4. Garnish with mint.

**Makes 1 serving (1 fruit)**



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## BEVERAGE RECIPES

### Strawberry Smoothie

Calories: 162.5 | Fat: 0.3 g | Protein: 7.3 g | Carbs: 33.6 g | Fiber: 2.8 g



#### Ingredients:

- 1 handful of frozen strawberries
- Flavored or powdered stevia (try vanilla or milk chocolate liquid stevia)

- 1 tablespoon milk (optional)
- Ice cubes

**Instructions:**

1. Blend together and serve in a tall glass.
2. Garnish with a strawberry, lemon slice or mint leaf garnish if desired.

**Makes 1 serving (1 fruit)**



## Iced Tea

Calories: 78.0 | Fat: 0.0 g | Protein: 0.0 g | Carbs: 21.0 g | Fiber: 0.0 g



### Ingredients:

- Your choice of tea
- Green tea
- Yerba mate
- Chamomile
- Mint
- Fruit flavored
- Chai Spice



- **Cranberry**
- **Stevia to taste**
- **6 ounces of hot water per serving**

**Instructions:**

1. **Brew your choice of tea in hot water.**
2. **Brew the tea a little strong.**
3. **Chill in the refrigerator and then serve over ice or mix with 3 ounces of sparkling mineral water to make a soda.**
4. **Add stevia to taste and garnish with mint leaves or lemon slices.**

**Makes 1 serving**



### Sparkling Virgin Apple Martini/Caramel Apple Martini

Calories: 33.9 | Fat: 0.1 g | Protein: 0.1 g | Carbs: 8.7 g | Fiber: 0.1 g



#### Ingredients:

- 1 apple juiced
- 6 ounces chilled sparkling mineral water
- 2 tablespoons lemon juice
- Vanilla or English toffee liquid stevia
- Apple slice for garnish
- Crushed ice (optional)

**Instructions:**

1. Combine apple and lemon juices with flavored stevia.
2. Add sparkling mineral water and ice if desired. Serve in a martini glass with a slice or curl of apple peel for garnish.
3. Works great with tangy apples like granny smith or for a sweeter apple tini you can use red delicious or other sweet apples.

**Makes 1 serving (1 fruit)**

**Phase 3 modifications: Add 1 shot of vodka**



### Bloody Hot Thin Mary

Calories: 115 | Fat: 0.2g | Protein: 0.7g | Carbs: 4.9g | Fiber: 0.3g



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**Ingredients:**

- 8 ounces fresh tomato juice
- 2 tablespoons apple cider vinegar
- Cayenne pepper to taste
- 2 tablespoons lemon juice
- 1 teaspoon hot sauce
- Celery salt
- Freshly ground black pepper
- 3 dashes of Worcestershire sauce

**Instructions:**

1. Add and spices to fresh tomato juice.
2. Stir well and serve over ice.
3. Serve with freshly ground black pepper.

**Makes 1 serving (1 vegetable)**





### Lemon or Strawberry Ice Cubes

Calories: 11.6 | Fat: 0.2 g | Protein: 0.4 g | Carbs: 4.4 g | Fiber: 1.7 g



#### Ingredients:

- 4-6 strawberries or 1 lemon juiced
- $\frac{1}{4}$  cup of water

- Chopped mint (optional)
- Stevia to taste (optional)

**Instructions:**

1. Puree strawberries with water and stevia or juice lemon and mix with water and mint.
2. Pour fresh juice of lemons or pureed strawberries into ice cube trays and freeze.
3. Add to cold drinks, recipes, and teas for added flavor.

**Makes 1 serving (1 fruit)**



## Virgin Sparkling Mojito

Calories: 17.7 | Fat: 0.0 g | Protein: 0.1 g | Carbs: 6.2 g | Fiber: 0.1 g



### Ingredients:

- Fresh mint leaves crushed
- Juice of ½ lime or lemon
- Peppermint or plain powdered stevia
- 6 ounces of sparkling mineral water
- Crushed ice

### Instructions:

1. Crush mint leaves to release the flavor.
2. Add liquid or powdered stevia and lemon or lime juice.
3. Add sparkling mineral water and crushed ice.

4. Top with a sprig of mint and enjoy.

**Makes 1 serving**



### Chocolate Toffee Coffee Smoothie

Calories: 150 | Fat: 9g | Protein: 2g | Carbs: 17g | Fiber: 0.5g



**Ingredients:**

- 6 ounces strong brewed coffee
- English toffee flavored stevia to taste
- Dark or milk chocolate stevia to taste
- ¼ teaspoon defatted powdered cocoa (Wondercocoa)
- Ice cubes
- 1 tablespoon milk (optional)

**Instructions:**

1. Puree ingredients together. Add ice, stevia, and milk.

**Makes 1 serving**





## Homemade Diet Soda

Calories: 4 | Fat: 0.07g | Protein: 0.39g | Carbs: 0.84g | Fiber: 0g



### Ingredients:

- 8 ounces of sparkling mineral water
- Flavored stevia to taste
- Your choice of 3-5 tablespoons fresh orange, lemon, or apple juice (optional)

**Instructions:**

1. Add flavored stevia to sparkling mineral water to taste.
2. The most commonly available options are orange, grape, vanilla, chocolate, and root beer.
3. There are many flavors of stevia on the market. Shop at your local health food store or online to find additional flavors.
4. Add fresh lemon or lime juices and slices to make a lemon-lime flavor. Get creative.
5. Try combining flavors like orange and vanilla to create a creamsicle soda.

**Makes 1 serving**

