

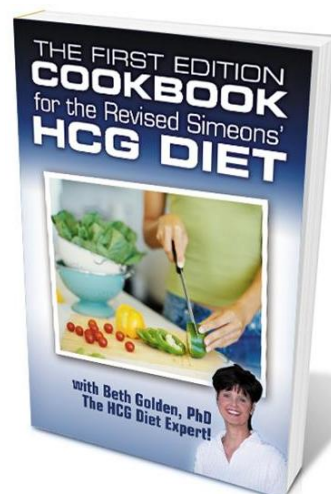
HCG Diet Sample Recipes

Beth Golden, The HCG Diet Expert™

Tantalizing Red Snapper

- 3 ½ oz red snapper
- 2 tbsp water
- ¼ tsp oregano
- ¼ tsp basil
- Pinch of sea salt
- 1 tbsp lemon juice
- Pinch of ground pepper,
- 1 garlic clove, crushed
- ¼ tsp paprika

Place fish on aluminum foil. In a bowl, mix all remaining ingredients. Baste fish with mixture and broil for 5 minutes, basting again after 2-3 minutes. Turn fish over, baste again and cook for another 3 minutes, or until done. 1 protein serving.



Citrus Basil Chicken (or Turkey)

- 3 ½ oz chicken or turkey breast, diced
- Pinch of sea salt
- ¼ tsp pepper (optional)
- ½ c water, as needed
- Juice of ½ lemon
- 4 oz tomatoes, chopped
- 1 orange, peeled and cut into small pieces
- Basil fresh chopped or dried, as desired

Place sea salt, pepper and 3 tbsp water in skillet on MED/HI heat. Add chicken. Drizzle with lemon juice. Add water 2 tbsp at a time if more moisture is needed. Cook chicken 2-3 minutes on each side. Add chopped tomatoes, chopped orange and basil. Simmer on low, allowing juices to marinate chicken. Turn chicken again to cook both sides evenly. When chicken is fully cooked, serve and enjoy. 1 protein serving / 1 vegetable serving.

Lemon Ginger Asparagus

- 1 bunch of fresh asparagus
- 1 c water, divided
- ½ tbsp fresh ginger root, minced
- 3 cloves minced garlic
- 1 tbsp lemon juice
- 1 tbsp Bragg Liquid Aminos
- Pinch of black pepper (optional)

Snap off inedible ends of asparagus stems and discard. Snap spears into 2-3 pieces, set aside. Preheat pan over medium heat and add ½ c water, garlic, Bragg Liquid Aminos and ginger. Cook for 2-3 minutes. Add asparagus and remaining water. Bring to boil for 5 minutes. Remove asparagus and top with pepper. Drizzle with lemon juice. 4 oz - 1vegetable serving.

Baked Apple

- 1 large apple
- 1 package stevia
- 1 tbsp cinnamon
- 1 tbsp water
- 1 tsp cinnamon for garnish

Core apple cut almost through, leaving bottom to form cup. Mix together stevia and 1 tbsp cinnamon with water. Place apple on a sheet of foil and mold foil to cup apple. Pour mixture in center of apple and tighten foil securely around apple. Bake at 350° for 45 minutes. Serve in a shallow dish and garnish with additional cinnamon. 1fruit serving.