

HCG DIET RECIPES



Joe Rare

great recipes to accelerate weight loss

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I'm So Grateful - Thank You

This has been an amazing journey from making the decision to create this company and impact this obesity epidemic. I have been so blessed to have friends and family that support my crazy ventures and insane ideas.

I want to loudly and colorfully thank my mom [Debbie] and dad [John], sisters [Aubrey, Brandie and Michelle] and my brothers [Chad and Sean]; you guys are my world and I will work my hardest until my last breath to make you guys feel loved and proud.

To my customers and clients who have helped create this craziness of ideas a major success; you have my deepest and most sincere gratitude. I love you all and I am so blessed and grateful to have your support. For those who helped contribute your ideas to this book, my hat is off to you; you're ideas are amazing and I appreciate the support more than I can say in words.

- Namaste

Welcome to Vibrant Life HCG

This is going to be an exciting journey as you take action and reach your goals. We are here to support you throughout your journey and will do everything we can to make it fun, delicious and successful.

Vibrant Life HCG is here to provide a safe, effective and efficient – results driven product and program to take you from where you are to where you want to be. And we look forward to hearing about your journey and seeing your amazing results when you get there.

- Namaste

Squashing The 500 Calorie Myth

Stop, stop, stop! Don't even think for a second that this is simply a 500 calorie diet. Think just for a moment in about how the Vibrant Life HCG drops work:

HCG drops are placed under your tongue and therefore ingested. When they hit the bloodstream your hypothalamus gland, which is the director of metabolic responses, recognizes the presence of HCG and responds in the exact natural way the human body is supposed to – by mobilizing stored fat and using it as energy to fuel the body... PERIOD.

On average the body will release 2000-3000 calories of stored fat per day to use as energy (equivalent to caloric intake/eating). When this is combined with the Vibrant Life HCG Diet Program of 500-800 calories per day, you will actually be living on a diet of 2500-3800 calories per day. This is an important piece of information to understand when you are very full and can't finish your meal.

The 500 Calorie Myth and scare is promoted by naysayers who have never tried the diet nor understand the science behind it. Vibrant Life HCG drops are extremely safe, highly effective and efficient for assisting in creating amazing diet habits, releasing body fat and reaching your health goals.

**If you have further questions, please feel free to contact us at any time:
info@vibrantlifehcg.com.**

Food List and Calories Per Serving

Drinks:

Drink a minimum of 2-3 liters of water per day. Use lemon in your water to create a more alkaline inducing drink – great for weight loss!

Tea, coffee, plain water, mineral water and the Stevia created drinks are allowed in any quantity.

*Do your best to drink as much plain water as possible.

Fruits:

Fruit average 76.5 calories

Apple (small) = 55 calories

Apple (medium) = 72 calories

Apple (large) = 110 calories

Navel Orange = 69 calories

Strawberries 12 (large) = 72 calories

Strawberries 20 (medium) = 80 calories

Pink California Grapefruit = 92 calories

Pink Florida Grapefruit = 74 calories

Vegetables:

A serving size of vegetables is 1.5 - 2 cups

Calories per 1 cup – Raw

Asparagus = 27 calories

Broccoli = 31 calories

Cabbage = 24 calories

Cauliflower = 25 calories

Celery = 18 calories

Cucumber (with the peel) = 8 calories

Lettuce = 1 calorie

Red Radishes = 19 calories

Spinach raw = 7 calories

Tomato = 27 calories

Below are other vegetables that can be eaten, but are not on the original list of vegetables. Keep in mind they may not work for you and you should eliminate them if you find your results are not desirable, though after many trials with our clients, results have been nothing short of fantastic.

Alfalfa sprouts= 8 calories

Soybean sprouts = 31 calories

Bell Peppers= 25 calories

Mushrooms= 15 calories

Zucchini (summer squash) = 18 calories

Onions = 64 calories

Garlic= 13 calories (3 cloves)

Protein:

(All portions are 100 grams or 3.5 ounces)

*Important note: All visible fat and skin must be carefully removed before cooking, and the newest addition is **meat can now be weighed cooked**, though it must be boiled or **grilled** without additional fat.

Beef

Extra Lean Ground Beef 97/3 = 150 calories

Minute Steak = 160 calories

Sirloin Tip Steak = 130 calories

Top Round Steak = 166 calories

Bison Steak = 143 calories

Veal = 110 calories

Veal Chop = 117 calories

Chicken Breast = 87 calories

Turkey Breast = 104 calories

Seafood

Cod = 83 calories

Crab Meat = 100 calories

Flounder = 90 calories

Haddock = 88 calories

Halibut = 110 calories

Tuna (canned in water) = 116 calories

Lobster = 98 calories

Red Snapper = 110 calories

Shrimp = 110 calories

Tilapia = 94 calories

Sole =116 calories
Monk Fish = 96 calories
Whiting = 87 calories

Bread:

1 piece = 1 serving

1 Melba Toast = 12 calories
1 Grissini Bread stick = 12 calories

Free Foods:

Miracle Noodles – No calories, no fat, no sugar – only fiber
Organic Low Sodium Chicken, Vegetable and Beef **Broth**
Sugar Free Jello – no calories, no sugar, no fat
Flavor Enhancers – Braggs Liquid Aminos and Stevia (multi-flavor - packs available)
The juice of one lemon is allowed per day (we have seen many use lemon all day in any quantity without hindering weight loss, but that is your own discretion)
Salt (use Sea Salt), pepper, white vinegar, apple cider vinegar (not balsamic though), mustard powder, garlic, sweet basil, parsley, thyme, marjoram and the list below (under spices) can be used for seasoning.
DO NOT use oil, oil spray, butter, mayonnaise or any other dressings at all.

Tips and Tricks To Create Massive Success

- Be prepared – “failure to prepare is preparing to fail.” Get your food for each day organized the day prior. Be ready to succeed and follow-through with your program.
- Weigh yourself everyday!
- Never forget to take your drops, but if you do... do not beat yourself up, just continue moving forward believing in your goal. You will jump right back into rhythm and continue succeeding.
- The George Forman Grill™ is the most useful cooking option for all of your meats. And it cooks your food quickly – that’s a huge bonus.
- Do not eat the starches/breads – the Melba Toast. Removing the starches will eliminate a lot of acidic intake and keep your body losing more efficiently.
- If you stall – you may increase the amount of Vibrant Life HCG drops from 10 drops 3x per day to 10 drops 5x per day for three days. Then after two consecutive days of losing, drop back to only 3x per day. This is completely safe and very effective.
- If you are going to cheat, do it with something on the diet, preferably a vegetable.
- If you feel constipated at all, try a smooth move tea and eat some of the Miracle Noodles – extra fiber.
- Drink your water, a minimum of 2-3 liters per day...this is huge. You cannot lose weight if you’re not hydrated...PERIOD!
- If you stall – mix up the protein, fruits and vegetables. Don’t eat the same ones in the same day.
- Life from your outcome! Know exactly what your goal is and believe in it. Feel it and you will achieve it!

Stevia

Stevia is a South American herb that has been used as a sweetener by the Guarani Indians of Paraguay for hundreds of years. The leaves of this small, green *Stevia rebaudiana* plant have a delicious and refreshing taste that can be 30 times sweeter than sugar.

Stevia has many excellent properties. The body does not metabolize the sweet glycosides from the stevia leaf or any of its processed forms - so there is no caloric intake. Stevia doesn't adversely affect blood glucose levels and may be used freely by **diabetics**.

(source: <http://stevia.com>)

Use Stevia freely for any additional flavor for your food and drinks.

Sugar and Spices

Watch out for spices with sugars as an ingredient. In a lot, possibly most spices, the second or third ingredient is a form of sugar. It may not read the word sugar, but could be one of the following disguises for sugar:

The Other Names For Sugar:

Barbados Sugar	Diastatic malt	Maltodextrin
Barley Malt	Ethyl maltol	Malt syrup
Beet Sugar	Fructose	Maltodextrin
Brown sugar	Fruit juice	Maltose
Buttered syrup	Fruit juice concentrate	Mannitol
Cane-juice crystals	Galactose	Molasses
Cane sugar	Glucose	Muscovado
Caramel	Glucose solids	Panocha
Carob syrup	Golden sugar	Refiner's syrup
Corn syrup	Golden syrup	Rice Syrup Sorbitol
Corn syrup solids	Grape sugar	Sorghum syrup
Date sugar	High fructose corn syrup	Sucrose
Demerara Sugar	Honey Invert sugar	Sugar
Dextran Dextrose	Lactose Malt	Treacle
Diatase	Malt syrup	Turbinado sugar
		Yellow sugar

(source: <http://fitsugar.com>)

These are great options of seasonings that do not contain sugar, oil, fat or starches:

McCormick Montreal Chicken

McCormick Garlic Pepper

McCormick Italian Seasoning

Tony Chachere's Original Creole Seasoning

McCormick Steakhouse Seasoning Grinder

McCormick Italian Herb Seasoning Grinder

McCormick Broiled Steak Seasoning Salt

McCormick Rotisserie Chicken Seasoning

McCormick Herb Chicken Seasoning

Spice Classic Soul Food Seasoning Salt

Spice Classic Steak Seasoning Salt

Spice Classic Poultry Seasoning

Weber Grill Creations N'Orleans Cajun Seasoning

Old Bay Seasoning Mix

(source: McCormick brand, Weber Grill Creations, Fit Food Recipes)

Drink It Up!

Strawberry Smoothie

1 handful frozen strawberries

Liquid, flavored or powdered stevia (try vanilla or milk chocolate liquid stevia)

Crushed Ice

Blend all ingredients together and serve in a tall glass

Makes 1 serving (1 fruit)

Strawberry Orange Smoothie

Crushed Ice

½ an Orange

½ handful fresh or frozen strawberries

5 drops Clear Stevia

5 drops Valencia Orange Stevia

5 drops Vanilla Crème Stevia

Blend all ingredients together and serve in a tall glass

Makes 1 serving (1 fruit)

Orange Julius

Crushed Ice

1 whole orange

5 drops Valencia Orange flavored stevia

5 drops Vanilla Crème flavored stevia

Blend all ingredients together and serve in a tall glass

Makes 1 serving (1 fruit)

Lemonade

Water

Juice of 1 lemon

5 drops Clear stevia

15 drops Lemon stevia

Mix in a glass with ice – does not count as a serving (free food)

Iced Tea

Your choice of tea: Green tea, Yerba mate, Chamomile, Mint, fruit flavored, Chai spice
Water

Clear stevia to taste

Brew your choice of tea in plain water. Chill in the refrigerator, then serve over ice.

Mint Chocolate Coffee Smoothie

6 ounces strong brewed coffee chilled

Peppermint stevia

Dark or milk chocolate stevia

¼ teaspoon unsweetened cocoa powder

Crushed Ice

Blend ingredients together until smooth. Serve with a mint leaf garnish.

Makes 1 serving.

Apple Green Tea Sparkler

1 apple juiced

½ cup brewed green tea chilled

Pinch of cinnamon

1 teaspoon vanilla stevia

Crushed ice

¼ cup sparkling mineral water

Combine juice of 1 apple, green tea, cinnamon, and vanilla stevia together. Add crushed ice and sparkling mineral water. Garnish with apple curls and lemon wedge.

Makes 1 serving (1 fruit)

Chocolate Toffee Coffee Smoothie

6 ounces strong brewed coffee

English toffee flavored stevia to taste

Dark or milk chocolate stevia to taste

¼ teaspoon unsweetened cocoa powder

Crushed Ice

Mix ingredients together. Add ice and stevia to taste.

Makes 1 serving

Homemade Diet Soda

Flavored stevia to taste or choice of 3-5 tablespoons of fresh orange, lemon, or apple juice

8 ounces sparkling mineral water optional

Add flavored stevia to sparkling mineral water to taste. The most commonly available options are orange, grape, vanilla, chocolate, and root beer.

Add fresh lemon or lime juices and slices to make a lemon lime flavor.

Makes 1 serving

Hot Chocolate

8 oz. hot water

5 drops Chocolate stevia

3 drops Vanilla Crème stevia

Dressings, Sauces and Marinades

Italian Vinaigrette – This is a good one!

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

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

Makes 2 or more servings.

Fresh Dill Dressing or Marinade

Fresh dill minced
2 tablespoons lemon juice
2 tablespoons apple cider vinegar
2 tablespoon chicken or vegetable broth
½ teaspoon Old Bay seasoning mix
Sea salt and pepper to taste

Combine ingredients, allow the flavors to marinate for 30 minutes or more and serve as a marinade for fish or a dressing for vegetables or salad. For use as a marinade, double or triple the recipe as needed.

Makes 1 serving

Orange Tarragon Marinade

¼ cup chicken or vegetable broth
2 tablespoons apple cider vinegar
½ orange juiced
1 clove of garlic crushed and minced
1 teaspoon fresh tarragon chopped
¼ teaspoon onion powder
Sea salt and pepper to taste

Combine all ingredients and cook on low heat for 3 minutes. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining

marinade. Deglaze the pan periodically with a little water. Save the sauce and add apple cider vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetable. Makes 1 serving (1 fruit)

Tarragon Vinegar Infusion

¼ cup apple cider vinegar

Fresh tarragon

Combine vinegar with fresh tarragon in a jar. Crush or roll the tarragon slightly to release the flavor. Place lid on the jar and allow flavors to infuse into the vinegar overnight or up to a week. Use as a marinade for fish or as the base for a dressing. Add sea salt and pepper to taste.

Citrus Ginger Dressing/Marinade – A favorite of Joe’s

1 tablespoon lemon juice

2 tablespoons orange juice

1 teaspoon apple cider vinegar

1 tablespoon Bragg’s liquid aminos

Ginger fresh or ground to taste

Sea salt and fresh black pepper to taste

Liquid Clear Stevia to taste

Combine all ingredients. Use as a dressing over a salad or double the recipe to use as a marinade. Warm slightly to enhance the flavors.

Makes 1-2 serving

Teriyaki Sauce

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

Liquid Clear Stevia to taste

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

Strawberry Vinaigrette

Small handful of Strawberries
1 tablespoon apple cider vinegar
1 tablespoon lemon juice
Liquid Clear Stevia to taste
Dash of sea salt
Dash of cayenne (optional)
Fresh ground black pepper to taste

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper.
Makes 1 serving (1 fruit)

Fresh Ketchup

¼ teaspoon celery salt
½ teaspoon paprika
¼ teaspoon mustard powder
Pinch of nutmeg and clove
Pinch of black pepper
¼ teaspoon garlic powder
¼ teaspoon onion powder
Clear Liquid Stevia to taste
3 tablespoons apple cider vinegar
3 ounces tomato paste

Mix all ingredients together and add additional water if necessary to reach desired consistency.

Makes 2 or more servings (1 vegetable)

Tomato Basil Vinaigrette

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 fresh rolled and sliced basil leaves to taste

Pinch of oregano

Cayenne pepper to taste

Clear Liquid Stevia to taste

Combine ingredients in a small saucepan and heat slightly to a boil. Adjust liquid to desired consistency by adding a little more water or broth. Remove from heat and chill.

Enjoy over salad with fresh ground black pepper.

Makes 2-3 servings (1 vegetable)

Hot Cajun Dressing/Dipping Sauce

3 tablespoons apple cider vinegar

1 tablespoon lemon juice

Dash of garlic powder

Dash of onion powder

Cayenne pepper to taste

Sea salt and black pepper to taste

¼ teaspoon Old Bay seasoning mix (optional)

Stevia (optional)

Combine ingredients in small bowl and pour over salad. Can be served as a dipping sauce or marinade for vegetables or fish. Makes 1-2 servings

Salsa – Joe’s favorite

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
Sea salt and pepper to taste
Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator to allow flavors to blend.
Makes 1-2 serving (1 vegetable)

Barbeque Sauce

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
Cayenne pepper to taste
Sea salt and pepper to taste
Water as needed
In a small saucepan, combine all ingredients. Mix well and bring to a boil. 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. Use as a barbeque sauce for chicken or beef.
Makes 1-2 servings (1 vegetable)

Fresh Mustard

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 water

Stevia to taste

1 tablespoon lemon juice

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

Makes 1-2 servings

Fresh Salads - Clean and Lean!

Cucumber Salad – Joe’s favorite

1 cucumber sliced

2 tablespoons apple cider vinegar

1 tablespoon fresh lemon juice

1 tablespoon Bragg’s liquid aminos

1 teaspoon finely minced onion

Cayenne pepper to taste

Stevia to taste

Mix all ingredients, marinate for 15 minutes or more and serve chilled.

Makes one serving (1 vegetable)

Spicy Crab Shack Salad

4 ounces (100g) crab

1 tablespoon lemon juice

2 teaspoons apple cider vinegar

1 tablespoon Bragg’s liquid aminos

1 tablespoon finely minced red onion

Dash of onion powder

Dash of garlic powder

Cayenne pepper to taste

Sea Salt and black pepper to taste

Celery diced

Steam the crab and chop into chunks. Toss with remaining ingredients. Marinate for 15 minutes or more and serve over mixed green salad.

Makes one serving (1 protein, 1 vegetable)

Spicy Chicken Salad

4 ounces (100g) crab
1 tablespoon lemon juice
2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 tablespoon finely minced red onion
Dash of onion powder
Dash of garlic powder
Cayenne pepper to taste
Sea Salt and black pepper to taste
Celery diced

Steam the crab and chop into chunks. Toss with remaining ingredients. Marinate for 15 minutes or more and serve over mixed green salad.

Makes one serving (1 protein, 1 vegetable)

Apple Chicken Salad

1 apple diced
3 stalks celery diced
3 tablespoons lemon juice
Dash of nutmeg
Dash of cardamom
Dash of salt
Dash of cinnamon
Stevia to taste
Wedge of lemon

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon.

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

Asparagus Salad

Asparagus spears

3 tablespoons lemon juice

Fresh chopped mint leaves or parsley

2 tablespoons caper juice

1 tablespoon finely minced red onion

Sea salt and pepper to taste

Flash steam the asparagus until hot, but still crisp. Marinate in juices and spices for at least 30 minutes then serve.

Makes one serving (1 vegetable)

Orange Cabbage Salad with Chicken

4 ounces of chicken

1 tablespoon apple cider vinegar

2 tablespoons lemon juice

Pinch of fresh or powdered ginger

One orange (3 tablespoons of juice and remaining orange sliced or in segments)

1 tablespoon Bragg's liquid aminos

Stevia to taste

Sea salt and pepper to taste

Dash of cayenne (optional)

½ head of cabbage

Marinate chicken in apple cider vinegar, lemon juice and ginger. In a frying pan, cook chicken thoroughly. To prepare dressing mix 3 tablespoons orange juice, Bragg's, stevia, salt, pepper, and cayenne. Add extra apple cider vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing. Marinate for at least 20 minutes or overnight. Top with chicken and orange slices.

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

Cucumber Orange Salad

1 teaspoon apple cider vinegar

Stevia to taste

1 tablespoon red onion minced

Orange juice from 3 segments

1 tablespoon lemon juice

1 cucumber sliced

Orange slices (1 orange)

1 teaspoon fresh tarragon minced

Sea salt and pepper to taste

Chopped fresh mint leaves (optional)

Combine apple cider vinegar, stevia, onion, orange juice, and lemon juice. Mix well. Add cucumber, orange slices, tarragon, salt, and pepper to taste. Marinate for 30 minutes.

Garnish with fresh mint leaves.

Makes one serving (1 vegetable, 1 fruit)

Cucumber and Strawberry Salad

1 whole cucumber

Sliced strawberries

1 serving strawberry vinaigrette (see recipe in dressings section)

Fresh ground white pepper

Stevia to taste

Slice strawberries and cucumber. Toss with remaining ingredients. Allow to marinate for at least 10 minutes.

Makes 1-2 servings (1 vegetable, 1 fruit)

Spicy Thai Cucumber Salad - Joe favorite

2 tablespoons Bragg's liquid aminos

2 tablespoons lemon juice

2 tablespoons vegetable broth (optional)

1 clove of garlic crushed and minced

1 basil leaf rolled and sliced

1 teaspoon cilantro leaves chopped

Pinch of red chili flakes

Sea salt and pepper to taste

Stevia to taste

1 whole cucumber cut julienne style

1 tablespoon chopped green onion

Mix Bragg's liquid aminos, lemon juice, vegetable broth, if desired, garlic, onion, basil leaf, cilantro, chili flakes, salt, pepper, and stevia. Add cucumber strips, green onion, and coat thoroughly with mixture. Marinate for 10 minutes or overnight.

Makes 1-2 servings (1 vegetable)

Chinese Chicken Salad

4 ounces chicken breast, cut into pieces

Lemon juice

3 tablespoons Bragg's liquid aminos, divided

1 tablespoon apple cider vinegar

1 clove of garlic crushed and minced

1 tablespoon minced green onion

Cabbage, sliced into fine strips

Fresh grated ginger or a dash of powdered

Pinch of red pepper flakes

Stevia, sea salt, and pepper to taste

Brown the chicken with lemon juice, 1 tablespoon Bragg's liquid aminos, apple cider vinegar, garlic, and onion. Add cabbage and steam lightly (for cold salad, skip steaming).

Drain off excess liquid. Add ginger, red pepper, stevia, salt and pepper. Chill. Sprinkle with additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

Melba Toast Croutons

Garlic Croutons

1 serving Melba toast

Lemon juice

Pinch of garlic powder

Pinch of onion powder

Paprika

Salt and pepper to taste

Sprinkle 1 serving Melba toast with lemon juice and choice of seasonings and bake for 5 minutes in a 350° oven.

Soups – Mmmm!

*Note: you can usually substitute any vegetable or meat in or out to make the recipe fit your liking.

Tomato Basil Soup

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)

2 cups chopped fresh tomatoes

3 ounces of tomato paste

4-6 leaves of fresh basil rolled and sliced

1-2 cloves garlic crushed and minced

2 tablespoons chopped onion

1 teaspoon garlic powder

¼ teaspoon dried oregano

Pinch of marjoram

Sea salt and black pepper to taste

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve hot, garnish with fresh basil leaves or parsley.

Makes 2 servings (1 vegetable)

Asparagus Soup

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

Sea salt and pepper to taste

Old Bay seasoning to taste

Trim asparagus to remove the tough ends of the stalk and steam until soft. Puree asparagus with broth and remaining ingredients in a blender or food processor. Remove to a saucepan and heat through. If desired, add 4 ounces diced chicken to the soup and/or replace all the dried seasonings with 1-2 teaspoons of Old Bay seasoning.

Makes 1 serving (1 vegetable)

Chicken Soup

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

Sea salt and black pepper to taste

4 ounces chicken breast cubed

1-2 cups chopped celery or tomatoes

Bring chicken broth to a boil. Add remaining ingredients. Simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked. Serve hot.

Makes 1 serving (1 protein, 1 vegetable)

Thai Beef Soup – Joe favorite (source: Ginger Thai Café)

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

1 clove of garlic crushed and minced

1 bay leaf

½ teaspoon fresh grated ginger

Pinch of chili powder or red pepper flakes

Pinch of cinnamon

Stevia to taste

Sea salt and pepper to taste

3.5 ounces lean beef

Fresh cilantro

Celery

In a saucepan, heat broth. Add Bragg's liquid aminos, onion, garlic, bay leaf, ginger, chili powder, and cinnamon. Bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery. Cook for 20 to 30 minutes until beef is fully cooked. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro. Makes 1 serving (1 protein, 1 vegetable)

French Onion Soup

Slice $\frac{1}{4}$ to $\frac{1}{2}$ of an onion into thin strips

1 tablespoon lemon juice

2 cups beef broth

1 teaspoon Worcestershire sauce

1 tablespoon Bragg's liquid aminos

1 clove garlic crushed and minced

Stevia to taste

Sea salt and black pepper to taste

1 Melba toast crumbled

Brown the onions in a little water and lemon juice. Add beef broth and remaining ingredients except for Melba toast crumbs simmer for 20-30 minutes. Top with Melba toast croutons.

Makes 1-2 servings (1 vegetable, 1 Melba toast)

Celery Soup

Celery

2 cups chicken broth (or substitute 1 cup water for 1 cup broth)

$\frac{1}{4}$ teaspoon thyme

1 bay leaf

$\frac{1}{4}$ teaspoon dried basil

Sea salt and pepper to taste

Cook celery until very soft. Puree in a food processor with remaining ingredients.

Simmer in a saucepan for 20-30 minutes.

Makes 1 serving (1 vegetable)

Vegetable Beef Soup

1 tablespoon onion chopped

1 clove garlic crushed and minced

1 bay leaf

Pinch dried basil

Pinch fresh or dried oregano

Pinch of thyme

Pinch of paprika

Pinch of chili powder

Sea salt and pepper to taste

2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup of broth)

Celery, cabbage, tomato, or zucchini diced

3.5 ounces lean beef cubed

Combine onion, garlic, bay leaf, basil, oregano, thyme, paprika, chili powder, salt, and pepper with beef broth. If using celery or cabbage, add it with the beef. Simmer for 20-30 minutes. If using tomatoes or cabbage, add it and simmer for an additional 5 minutes.

Makes 1 serving (1 protein, 1 vegetable)

Chicken Broth

3 large chicken breasts

10 or more cups of water

½ large onion chopped

4 stalks of celery chopped

5 cloves of garlic sliced

1 bay leaf

Sea salt and pepper to taste

In a large soup pot or crock pot combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add remaining ingredients. Heat to a boil. Reduce heat and simmer for 4 hours. Remove vegetables and chicken from broth. Refrigerate stock and skim off the chicken fat. Put through a strainer for a clear broth. Use chicken in recipes. Makes multiple servings.

Vegetable Broth

10 or more cups of water

½ large onion chopped

6-10 stalks celery

10 cloves of garlic chopped

2 bay leaves

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon basil

1 teaspoon of thyme

Sea salt and pepper to taste

Bring water to a boil in a large soup pot or crock-pot. Add remaining ingredients. Slow cook for 2-4 hours. Strain out vegetables and cool. Use as a base for soups.

Makes multiple servings

Rockin' Chili - Another Joe favorite

3.5 ounces lean ground beef (less than 7% fat)

1 tablespoon minced onion

2 cloves garlic crushed and minced

1 cup chopped tomatoes

½ cup water

Pinch of garlic powder

Pinch of onion powder

¼ teaspoon chili powder

Pinch of oregano

Cayenne pepper to taste

Sea salt and pepper to taste

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add remaining ingredients and simmer slowly until liquid is reduced. The longer it cooks the more flavor it will have. Add a little water as needed to prevent burning.

Serve with chopped green onion or tomatoes.

Makes 1 serving (1 protein, 1 vegetable)

Healthy Greens – Vegetables

*Note: you can usually substitute any vegetable in or out to make the recipe fit your liking.

Garlic and Onion Chard

½ cup vegetable, chicken broth or water

1 tablespoon apple cider vinegar

4 tablespoons lemon juice to taste

2 tablespoons chopped onion

6 cloves of garlic chopped

½ teaspoon garlic powder

Sea salt and pepper to taste

4-6 cups Swiss or red chard

Mix liquids in a frying pan and heat over medium heat. Add onion, garlic, garlic powder, salt and pepper. Sauté chard for 5 minutes. Sprinkle with lemon, salt, and pepper to taste.

Makes 1-2 servings (1 vegetable)

Garlic Spinach

2 tablespoons minced onion

2 cloves garlic crushed and minced

½ cup chicken broth or water

2 tablespoons lemon juice

¼ teaspoon onion powder

Pinch red pepper flakes

Spinach

Sauté the onion and garlic lightly in a frying pan with chicken broth and lemon juice until soft. Add onion powder and red pepper flakes. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish.

Makes 1-2 servings (1 vegetable)

Saffron Cabbage

1 cup 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

Pinch of turmeric

Pinch of mustard powder

Sea salt and pepper to taste

Chopped cabbage (1/2 head)

Heat all ingredients except cabbage in a large frying pan. Add cabbage and cover pan with a lid. Cook cabbage until tender adding water if necessary to keep from burning and stir to coat cabbage with the liquid mixture. Serve hot with chicken or chilled for a cool salad.

Makes 1-2 servings (1 vegetable)

Fennel with Herbs

Fennel bulbs

½ cup vegetable broth or water

2 tablespoons lemon juice

Your choice of herbs, marinade, or dressing

Thoroughly wash and trim fresh fennel. Cook the fennel for several minutes in a little water or vegetable broth. Add choice of seasonings such as pepper, lemon, salt and fresh or dried herbs, or Italian seasoning or Spicy Cajun or Dill Dressing. Cook until the bulb portion is tender. Fennel may also be grilled on the barbeque.

Makes 1 or more servings (1 vegetable)

Hot Peppered Chicory - Joe favorite

Chicory

Sea salt and pepper to taste

2 tablespoons lemon juice

¼ cup vegetable broth or water

Mince the chicory. Combine all ingredients in a saucepan. Cook for 3-5 minutes and serve hot.

Makes 1 or more servings (1 vegetable)

Indian Spiced Spinach (Thanks Anna)

2 tablespoons minced onion
Pinch of cumin
Pinch of paprika
Pinch of turmeric
Pinch of fresh grated ginger
Pinch of ground coriander
Sea salt and pepper to taste
¼ cup chicken broth or water
Spinach

Mix all ingredients except spinach and heat in a frying pan. Sauté spinach stirring gently until cooked. Add chicken or shrimp if desired to equal a serving of protein.

Makes 1-2 servings (1 vegetable)

Grilled Asparagus with Rosemary Lemon Sauce (Get Fit Recipe)

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

Marinate asparagus in lemon, garlic, salt, pepper, cayenne pepper and Braggs liquid aminos. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, rosemary, garlic powder, and onion powder. Cook until pulp starts to come out. Add a little stevia if desired for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges, salt, and pepper to taste.

Makes 1 serving (1 vegetable)

Roasted Tomato with Onion

4 thin whole slices of onion
Sea salt and pepper to taste
Squeeze of lemon juice
2 leaves fresh basil rolled and sliced
1-2 cloves of garlic sliced
4 thick cut tomato slices
Sprinkle of dried or fresh oregano
Stevia to taste – if needed

Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil, garlic, oregano, and stevia, if desired. Bake at 375° for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste. Makes 4 servings (1 vegetable)

Fruit and Veggie Kabobs

1 tablespoon lemon juice
1 tablespoon apple cider vinegar Stevia to taste 1/2 teaspoon crushed mint leaves 1/2 teaspoon crushed cilantro leaves Pinch of allspice 1 apple cut into large chunks 1/4 onion cut into 1 inch petals 1 tomato cut into chunks
In a bowl, mix the first six ingredients. Marinate apples, onion, and tomato in the mixture in the refrigerator for 20 minutes or more. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers. Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges. Makes 1 serving (1 fruit, 1 vegetable)

Noodles and Rice

Miracle Noodles come in many different noodle varieties and also in rice form. This is a great option to add a little something extra to your meals.

Mexican rice style

1/4 teaspoon each oregano and cayenne pepper
Dash of cumin to taste
Fresh chopped cilantro
Sea salt and pepper to taste

Italian style

1/4 teaspoon fresh or dried oregano
1/4 teaspoon dried basil (or 5 leaves fresh basil rolled and sliced)
Sea salt and pepper to taste

Indian style

1/2 teaspoon curry
1/4 teaspoon cumin
Sea salt and pepper to taste

Oriental style

Instead of the chicken broth, substitute: 3 tablespoons Bragg's liquid aminos
2 tablespoons lemon juice
3 tablespoons orange juice (optional)
1/2 teaspoon ginger

In a large frying pan, sauté noodles or rice with liquid ingredients. Add remaining ingredients and cook only until hot adding water as necessary. Serve as a side dish or for a main course, add cooked ground beef or chicken to the spiced cabbage.

Makes 2 or more servings (1 vegetable)

Beef Baby!!

*Note: you can usually substitute any meat in or out to make the recipe fit your liking.

Fajitas/Carne Asada – Joe favorite

3.5 ounces sliced beef or chicken cut into strips

3 tablespoons lemon juice

2 tablespoons orange juice (optional)

Pinch of oregano

Pinch of chili powder

Pinch of cayenne pepper

1 clove garlic chopped

Sliced onion

Tomatoes and lettuce leaves

Marinate meat in lemon juice, orange juice, oregano, chili powder, and cayenne pepper.

Barbeque or cook meat in a frying pan with garlic and onion. Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.

Makes 1 serving (1 protein, vegetable)

Ground Beef Tacos

3.5 ounces 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

Sea salt and pepper to taste

Brown ground beef, add onion and remaining ingredients and a little water. Simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa (from this book only).

Makes 1 serving (1 protein, 1 vegetable)

Beef Stew

3.5 ounces lean steak (round, London broil, or any other lean steak) finely cubed or whole

1 tablespoon chopped onion

1 clove garlic crushed and minced

1 cup beef broth or water

Chopped celery

Pinch of onion powder

Pinch of garlic powder

Pinch of oregano

Cayenne pepper to taste

Sea salt and pepper to taste

In saucepan, lightly brown cubed beef, onion and garlic. Add remaining ingredients.

Bring to a boil. 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)

Pot Roast

5 cloves chopped garlic

½ chopped onion

1 tablespoon paprika

Cayenne to taste

Sea salt and pepper to taste

1 shoulder roast Tomatoes

Mix together garlic, onion, paprika, cayenne, salt, and pepper. Rub mixture into meat on all sides. Place in crockpot and fill halfway with water. Add celery to liquid. Heat on high for 30 minutes then reduce heat to low and cook for 6-8 hours until fork tender.

Separate into 3.5 ounce servings and enjoy. Save the juice to make sauces and dressings.

Save the celery to make soup. Always refrigerate and skim off any excess fat.

Makes multiple 3.5 ounce servings (1 protein, 1 vegetable)

Pepper Crusted Steak

3.5 ounces lean steak

Sea salt to taste

Fresh ground black pepper

Dash of Worcestershire sauce

Caramelized onions

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 grill on barbeque until desired doneness. 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 for 1 serving of vegetables.

Makes 1 serving (1 protein)

Mongolian Beef with Cabbage

2 cloves garlic crushed and minced

1 tablespoon green onions chopped

¼ teaspoon chili powder or to taste

Sea salt and pepper to taste

Stevia to taste

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

3.5 ounces sliced beef Cabbage cut into fine strips

Combine first ten ingredients. Heat the mixture in frying pan or wok for 3-5 minutes to combine flavors. Stir-fry the beef and cabbage until beef is cooked thoroughly. Add additional water if necessary to keep dish from burning. Add additional orange slices for added sweetness if desired.

Makes 1 serving (1 protein, 1 vegetable)

Spaghetti With Meat Sauce

Miracle Noodles – Spaghetti style

3.5 ounces lean ground beef (less than 7% fat)

8 ounces organic tomato sauce

2 cups chopped tomatoes

1 tablespoon minced onion

2 cloves garlic crushed and minced

½ teaspoon dried basil or 4 leaves rolled and sliced fresh basil ¼ teaspoon dried oregano

Sea salt and black pepper to taste

Cayenne pepper to taste

Stevia to taste (optional)

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat. Add remaining ingredients. Simmer on low heat for at least 30 minutes. Add water to desired consistency. Serve over Miracle Noodles.

Makes 1 serving (1 protein, 1 vegetable)

Hamburgers

3.5 ounces lean ground hamburger (less than 7% fat)

1 tablespoon finely minced onion

1 clove finely minced garlic

Dash of garlic powder

Dash of onion powder

Cayenne pepper to taste

Salt and black pepper to taste

Mix ingredients thoroughly and form into patties (2-3). Fry in small frying pan until desired level of doneness or grill on the barbeque. If using frying pan add small amounts of water and deglaze pan to intensify flavors. Cook approximately 3 minutes each side or to desired level of doneness.

Makes 1 serving (1 protein)

Corned Beef and Cabbage – St. Patty’s Day Special

3.5 ounces beef brisket cuts

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

Sea salt and pepper to taste

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. 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. Slice thinly across the grain and serve.

Makes multiple servings (1 protein, 1 vegetable)

Roasted Beef and Apple Kabobs

3.5 ounces of lean good quality beef or chunked chicken

½ cup beef, chicken, or vegetable broth

3 tablespoons apple cider vinegar

1 tablespoon Bragg’s liquid aminos

Stevia to taste

1 apple cut into large chunks

¼ onion petals

Marinate beef or chicken in broth, vinegar, Bragg’s liquid aminos, and stevia. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers. If using wooden skewers soak them for about 5 minutes so they don’t burn. Barbeque directly on grill or place on aluminum foil sheet and cook until meat is done. 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)

Hearty Beef Stew

3.5 ounces lean steak (round, London broil, or any other lean steak) finely cubed or whole

1 tablespoon chopped onion

1 clove garlic crushed and minced

1 cup beef broth or water

Chopped celery

Pinch of onion powder

Pinch of garlic powder

Pinch of oregano

Cayenne pepper to taste

Sea salt and pepper to taste

In saucepan, lightly brown cubed beef, onion and garlic. Add remaining ingredients.

Bring to a boil. 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.

Makes multiple servings (1 protein, 1 vegetable)

Crazy Chicken

*Note: you can usually substitute any meat in or out to make the recipe fit your liking.

Chicken Asparagus Bake

4 ounces chicken breast, cubed or whole

Asparagus, chopped or whole spears

½ cup chicken broth or water

1 clove garlic crushed and minced

2 tablespoons onion chopped

Sea salt and pepper to taste

Dash of paprika

1 Melba toast crushed (optional)

Place chicken and asparagus in small baking dish. Mix chicken broth, garlic, onion, salt and pepper and pour over chicken. Sprinkle with crushed Melba toast crumbs and paprika. Bake at 375° for 30 minutes or until bubbly and hot.

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

Sweet Lemon Chicken

½ lemon with rind, sliced

1 cup water

¼ cup chicken broth or water

4 ounces thinly sliced chicken breast

1 tablespoon Bragg's liquid aminos

Dash of cayenne pepper

Sea salt to taste

Stevia to taste (optional)

In a small saucepan boil lemon in water until pulp comes out of the rind. Remove lemon rind from the water and scrap out remaining pulp and juice with a spoon. Add broth, chicken, Bragg's liquid aminos, cayenne, salt, and Stevia, if desired. Simmer on low heat until chicken is cooked and sauce is reduced by half. Deglaze periodically with water if necessary. Garnish with fresh lemon slices, lemon zest or mint.

Makes 1 serving (1 protein)

Chicken Tacos – Joe favorite

4 ounces finely chopped or ground chicken breast

¼ cup chicken broth or water

1 tablespoon chopped onion

1 clove garlic crushed and minced

Pinch oregano

Pinch of cumin

Cayenne pepper to taste

Fresh cilantro chopped

2-4 large lettuce leaves

In a small frying pan cook chicken in broth. Add onion, garlic, and remaining ingredients except lettuce. Deglaze pan with lemon juice or a little water. Serve chicken taco style in butter lettuce or romaine leaves or top with salsa.

Makes 1 serving (1 protein, 1 vegetable)

Mexican Style Chicken

4 ounces cubed or sliced chicken breast

2 tablespoons lemon juice, divided

1 tablespoon chopped onion

¼ teaspoon dried oregano

¼ clove fresh garlic minced

¼ teaspoon chili powder

Cayenne to taste

Pinch of cumin

Sea salt and pepper to taste

½ cup chicken broth or water

Chopped tomatoes

Fresh chopped cilantro

In a frying pan, lightly brown the chicken with a little lemon juice. Add onion, oregano, garlic, chili powder, cayenne, cumin, salt, pepper, chicken broth, and remaining lemon juice to the frying pan. When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for about 5 more minutes. Makes 1 serving (1 protein 1 vegetable)

Tomato Basil Chicken

4 ounces cubed chicken breast

2 tablespoons lemon juice

¼ cup chicken broth or water
1-2 cloves garlic sliced
Dash of garlic powder
2 tablespoons chopped onion
Dash of onion powder
Pinch of oregano fresh or dried
Cayenne to taste
1 cup chopped tomato
3 leaves basil rolled and sliced
Sea salt and pepper to taste

Lightly brown the chicken in a small saucepan with lemon juice. Add chicken broth, garlic cloves, garlic powder, chopped onion, onion powder, oregano, and cayenne. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil. Makes 1 serving (1 protein, 1 vegetable)

Chicken Curry

¼ teaspoon curry powder (or to taste)
Pinch of turmeric
Dash of garlic powder
Dash of onion powder
¼ cup chicken broth or water
1 tablespoon minced onion
Sea salt and pepper to taste
Stevia to taste, if desired
Cayenne to taste
4 ounces cubed chicken breast

In a small saucepan, stir and heat curry powder, turmeric, garlic powder, onion powder, and chicken broth. Add minced onion and chicken. If desired, add Stevia for a sweet curry. Sauté chicken in liquid until fully cooked and liquid is reduced by half. Add water or more chicken broth to create additional sauce. Serve hot or cold.

Makes 1 serving (1 protein)

Oriental Ginger Chicken

4 ounces cubed chicken breast
¼ cup chicken broth or water
4 tablespoons lemon juice
¼ teaspoon lemon or orange zest
Cayenne pepper to taste

½ teaspoon fresh ginger
Sea salt and pepper to taste
Stevia to taste
4 tablespoons Bragg's liquid aminos
1 tablespoon chopped onion

In a small saucepan, sauté chicken in broth until no longer pink. Add remaining ingredients. Cook thoroughly. Deglaze pan periodically by adding a little water, if necessary. Serve hot and garnish with lemon or orange slices.

Makes 1 serving (1 protein)

Szechwan Chicken

4 ounces cubed chicken breast
3 tablespoons Bragg's liquid aminos
1 cup chicken broth or water
1 teaspoon hot sauce
Pinch of crushed red pepper flakes
Pinch of fresh or powdered ginger
1 clove garlic crushed and minced Stevia to taste
1 cup chopped cabbage
1 tablespoon chopped green onion

In a frying pan, brown chicken with Bragg's liquid aminos and a little water. Add chicken broth, hot sauce, red pepper flakes, ginger, garlic, and stevia. Simmer for 5 minutes. Add the cabbage and cook for approximately 10 minutes (or until desired doneness). Add additional water if necessary. Top with additional green onions for garnish. Sprinkle with lemon juice and additional Bragg's, if desired.

Makes 1 serving (1 protein, 1 vegetable)

Chicken Pesto

4 ounces thinly sliced or whole chicken breast
3 tablespoons lemon juice
Sea salt and pepper to taste
Pesto 3 cloves raw garlic
¼ cup fresh basil leaves
2 tablespoons apple cider vinegar
¼ cup chicken broth or water
2 tablespoons lemon juice
¼ teaspoon dried oregano
Sea salt and pepper to taste

Marinate chicken in lemon juice, salt and pepper. Fry in a pan until lightly browned and cooked thoroughly. For the *Pesto Sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add about ½ of the pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto mixture. Add salt and pepper to taste and serve hot.

Makes 1 serving (1 protein)

Bruschetta Chicken

4 ounces thick sliced or whole chicken breast

2 tablespoons lemon juice

1 tablespoon Bragg's liquid aminos

2 tablespoons apple cider vinegar

Sea salt and pepper to taste

1 Melba toast crushed into crumbs

Pinch of dried oregano

Pinch of marjoram

2 medium Roma tomatoes

2 cloves finely chopped garlic

3 large fresh basil leaves rolled and sliced

Marinate chicken in lemon juice, Braggs, vinegar, salt, and pepper. Mix Melba toast crumbs with dried oregano and marjoram. Coat the chicken in crumb mixture and fry chicken in small pan until golden brown. Deglaze the pan periodically with a little broth to keep chicken from burning.

Bruschetta Sauce: Chop tomatoes finely and put into small bowl. Roll basil leaves together, crush lightly and cut horizontally to create fine slices. Mix tomatoes, basil, and garlic with just enough lemon juice and vinegar to make it saucy. Add salt and pepper to taste. Chill. Serve chilled bruschetta sauce over the hot chicken.

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

Buffalo Chicken

4 ounces of chicken breast, cut into long thin strips

4 tablespoons lemon juice

Sea salt to taste

1 serving Melba toast crumbs

2 tablespoons hot sauce

Black pepper to taste

Marinate chicken strips in lemon juice and salt. Coat chicken strips with Melba crumbs. Fry in a pan until lightly browned and cooked thoroughly. Sprinkle with hot sauce and black pepper to taste. Serve as finger food or as an entrée. Serve with raw celery sticks and garnish with parsley, if desired.

Makes 1 serving (1 protein, 1 Melba toast)

Barbecued Chicken

Barbeque Sauce

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

Cayenne pepper to taste

Sea salt and pepper to taste

Water as needed to achieve desired consistency

In a small saucepan, combine all ingredients. Mix well and bring to a boil.

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. For one serving, coat 4 ounces chicken breast with barbeque

sauce. Oven bake at 350° for 20-30 minutes

or until done. Or Pan fry on low heat with a little water until cooked thoroughly. Turn chicken over often and add water if necessary. Or grill on the barbeque. Barbeque sauce can be used for beef as well.

Barbeque Sauce recipe makes 1-2 servings (1 vegetable)

Fishy Fish - Seafood

*Note: you can usually substitute any meat in or out to make the recipe fit your liking.

Poached Halibut

½ cup vegetable broth or water

1 tablespoon lemon juice

1 tablespoon chopped onion

1 clove garlic crushed and minced

½ teaspoon fresh ginger

Pinch of grated orange zest

Sea salt and pepper to taste

Stevia to taste

6 ounces halibut

Heat vegetable broth in small frying pan. Add remaining ingredients except fish. Poach halibut filet in the liquid mixture for 5-10 minutes until fish is tender and cooked thoroughly. May also be wrapped in foil and placed on the barbeque. Serve topped with remaining juices as a sauce.

Makes one serving (1 protein)

Tilapia with Herbs

6 ounces of Tilapia fish

2 tablespoons lemon juice water

1 tablespoon chopped onion

1 clove garlic crushed and minced

Pinch of dill

Fresh parsley

Sea salt and pepper to taste

Sauté fish in lemon juice with a little water. Add onion, garlic, dill, parsley, salt, and pepper. Garnish with additional parsley if desired. Variations: Bake in oven at 350° for 20 minutes or until fish is done. Use oregano, thyme, or tarragon instead of dill and parsley.

Makes 1 serving (1 protein)

Crab Cakes

4 ounces snow or king crab meat

1 serving Melba toast crumbs

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

Pinch of onion powder

Pinch of garlic powder

1 tablespoon finely minced onion

1 clove crushed and minced garlic

Cayenne to taste

Sea salt and pepper to taste

In a small bowl combine all ingredients. Press crab mixture into muffin tins and bake at 350° for about 10-20 minutes until slightly brown on top. The crab mixture can also be formed into patties and sautéed until cooked through. Or after cooked, serve Crab Cakes chilled over a green salad with lemon garnish and topped with Melba toast crumbs.

Makes 1 serving (1 protein, 1 Melba toast)

Cajun Baked Fish

6 ounces white fish

Lemon juice

1 serving Melba toast crumbs

Pinch of onion powder

Pinch of garlic powder

Pinch of cayenne pepper to taste

Pinch of thyme

Sea salt and pepper to taste

Combine all ingredients except fish and lemon juice. Dip fish in lemon juice and coat with crumb mixture. Bake in oven at 350° for 20 minutes or broil until lightly brown.

Garnish with parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Baked White Fish with Asparagus

6 ounces white fish (make multiple servings for best results) Asparagus

½ cup vegetable broth or water

2 tablespoons caper juice

4 tablespoons lemon juice

1 clove garlic crushed and minced

1 tablespoon onion minced

¼ teaspoon dried or fresh dill

Pinch of tarragon Parsley

Sea salt and pepper to taste

1 serving Melba toast crumbs per serving

In a small baking dish, layer the fish and asparagus. Mix remaining ingredients except vegetable broth and Melba toast crumbs. Pour mixture over fish, 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. Top with remaining sauce, fresh parsley, and serve with lemon wedges. The fish can also be grilled on the barbeque: Place fish and asparagus on aluminum foil, sprinkle crumb mixture over fish and asparagus. While cooking on grill, baste with vegetable broth.

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

Orange or Lemon Glazed Orange Roughy BBQ Wrap

6 ounces orange roughy fish

3 orange slices

3 tablespoons orange juice (optional)

1 tablespoon lemon juice

1 tablespoon chopped green onion

Dash of garlic powder

Dash of onion powder

Sea salt and pepper to taste

Stevia to taste

Mix all ingredients except fish. Place fish on aluminum foil. Baste with liquid mixture. Top with orange or lemon slices. Wrap fish in the foil and place on barbeque or in the oven at 350° for 10-15 minutes until well cooked and fork tender. Serve with juices and orange slices. Sprinkle with parsley. Makes 1 serving (1 protein, 1 fruit)

Baked Stuffed Lobster

1 serving Melba toast crumbs
1 tablespoon minced onion
1 clove garlic crushed and minced
Pinch of garlic powder
Pinch of onion powder
Paprika to taste
Sea salt and pepper to taste
4 ounces raw lobster tail

½ cup vegetable broth or water

Mix Melba toast crumbs with remaining ingredients except lobster and broth. Stuff lobster tail with crumb mixture and place into baking dish, stuffing side up. Pour vegetable broth over the lobster, dust the lobster with more paprika and bake at 350° for approximately 20 minutes. 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)

Orange Roughy with Tomatoes and Onion

2 tablespoons onion chopped
1 clove garlic crushed and minced
½ cup vegetable broth or water
6 ounces orange roughy fish
2 tomatoes chopped
Sea salt and pepper to taste

Sauté onions and garlic in vegetable broth, add orange roughy. Cook for about 5 minutes. Add freshly chopped tomatoes and cook for an additional 5 minutes. Serve hot, add salt and pepper to taste. Garnish with parsley.

Makes 1 serving (1 protein, 1 vegetable)

Blackened Red Snapper

Blackening spice mix

2 teaspoons paprika
4 teaspoons thyme
2 teaspoons onion powder
2 teaspoons garlic powder
1 teaspoon cayenne pepper
2 teaspoons oregano
½ teaspoon cumin
½ teaspoon nutmeg powder
2 teaspoons salt
2 teaspoons black pepper
Stevia to taste
6 ounces red snapper fish

Mix spices and stevia well in a jar. Coat pieces of fish thoroughly. Preheat a skillet to high heat. Add fish and cook quickly until spices are blackened and fish is cooked through. Serve hot. Garnish with lemon and fresh parsley. Save the rest of the blackened spice mixture to use later. The blackening spice mix works well with chicken.

Makes 1 serving (1 protein)

Citrus Fish

2 tablespoons lemon juice
Lemon and orange zest to taste
Stevia to taste
6 ounces white fish
Sea salt and pepper to taste
Lemon and orange slices
Chopped parsley
1 tablespoon minced onion

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, minced onion, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350°. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

Makes one serving (1 protein, 1 fruit)

Mahi Mahi with Oranges – Joe favorite

6 ounces mahi mahi fish

1 teaspoon apple cider vinegar

2 tablespoons Bragg's aminos

1 clove garlic crushed and minced

Pinch of fresh or dried ginger

Pinch of red pepper flakes

Cayenne to taste

Stevia to taste

½ orange in segments

1 tablespoon chopped green onion

Sauté fish with a little water, vinegar, and Bragg's amino acids. Add garlic, ginger, red pepper flakes, cayenne, stevia, and ½ orange in chunks or segments. Cook for 5-10 minutes. Top with green onion and serve on a bed of steamed spinach or greens. Makes 1 serving (1 protein, 1 fruit)

Creole Shrimp

½ cup vegetable broth or water

1-2 teaspoons hot sauce

2 tablespoons lemon juice

¼ teaspoon horseradish

Dash of liquid smoke flavoring (optional)

1 clove garlic crushed and minced

1 tablespoon minced onion

Pinch of garlic powder

Pinch of onion powder

Pinch of thyme 1 bay leaf

Dash of saffron powder or root beer flavored stevia

Cayenne pepper to taste

4 ounces shrimp

Sea salt and pepper to taste

Mix all ingredients except shrimp in a saucepan or frying pan. Simmer over low heat for 10 minutes. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt and pepper to taste. Deglaze the pan periodically with additional water or broth. Serve hot or cold over a salad or with fresh asparagus. Makes 1 serving (1 protein)

Shrimp Scampi

¼ cup vegetable broth or water
3 tablespoons lemon juice
4 cloves garlic crushed and minced
Dash of garlic powder
Dash of onion powder
Dash of chili or cayenne pepper powder to taste
4 ounces shrimp
Sea salt and pepper to taste

Mix all ingredients except shrimp in a saucepan or frying pan. Heat mixture then add shrimp and cook for 5-7 minutes until shrimp are pink and liquid is reduced. Serve hot or cold with a salad or on a bed of spinach.

Makes 1 serving (1 protein)

Italian Shrimp with Tomatoes

2 cloves of garlic crushed and minced
¼ teaspoon dried or fresh basil
Pinch of dried or fresh oregano
Pinch of red pepper flakes
Sea salt and pepper to taste
¼ cup vegetable broth or water
2 tablespoons lemon juice
4 ounces shrimp
2 large tomatoes chopped

Sauté garlic, basil, oregano, red pepper flakes, salt and pepper in broth and lemon juice for about five minutes. Add the shrimp and tomatoes and cook until shrimp is pink and well cooked.

Makes 1 serving (1 protein, 1 vegetable)

(sources: Annie Legacy, Sathish Kukar, Fit Food Recipes, <http://stevia.com>, <http://fitsugar.com>, and other client feedback)