

HCG Diet Recipes



Fajitas

Ingredients

- 100 grams lean steak or Chicken
- 1-2 Tomatoes
- 1 Onion cut into thin strips
- 1 clove garlic
- 3 tbsp Lemon juice
- 2 tbsp Orange Juice of orange
- 1/8 Oregano
- 1/8 Chili Powder
- pinch of Cayenne

Instructions

1. Marinate meat in lemon juice and spices.
2. Barbecue or cook strips in a frying pan with garlic and onion.
3. Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.

HCG Diet Recipes



Mongolian Beef With Cabbage for HCG Diet

Ingredients

- 100 grams Beef sliced
- Cabbage thinly sliced
- 1/2 cup Beef Broth or water
- 1 tbsp Apple Cider Vinegar
- 3 tbsp Orange (juice of orange)
- 2 tbsp Lemon (juice of lemon)
- 2 tbsp Braggs Liquid Aminos
- 2 cloves garlic crushed, minced
- 1 Tbsp Green Onion chopped
- 1/4 tsp Chili Powder to taste
- Salt to taste
- Black Pepper to taste
- Stevia to taste

Instructions

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

HCG Diet Recipes



Steak Tacos

Ingredients

- 100 grams lean steak
- **Lettuce Leaves**
- 1 tbsp **Onion** finely minced
- 1 clove **garlic** crushed and minced
- dash of **Garlic Powder**
- dash of **Onion Powder**
- pinch of **Oregano** dried
- **Cilantro** to taste
- dash of **Cayenne**
- **Salt** to taste
- **Black Pepper** to taste

Instructions

1. Lean steak
2. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes.
3. Add salt to taste.
4. Serve taco style in lettuce or romaine leaf with a side of tomatoes or salsa.

HCG Diet Recipes



Chicken Meatball Soup

Ingredients

- 100 grams Chicken Breast
- 1 tsp minced onion
- Dash Onion Powder
- Dash Garlic Powder
- 1 pinch Sage
- 1 clove garlic crushed and minced
- pinch Marjoram
- pinch Thyme
- 1 serving Melba Toast CrumbsOptional
- 2 cups Chicken Broth or substitute 1 cup water for 1 cup broth
- 1 Chopped celery or tomato
- 1 tbsp Chopped Onion
- 2 cloves garlic crushed and minced
- 1 tbsp Apple Cider Vinegar
- 1 Bay Leaf
- 2 tbsp Braggs Liquid Aminos
- Cayenne Pepper to taste
- Salt and Pepper to taste

Instructions

1. Combine ground chicken breast with spices, chopped garlic, onion. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls. 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

HCG Diet Recipes



Roasted Fruit and Vegetable Kabobs

Ingredients

- 1 Apple cut into large chunks
- 1/4 Onion cut into 1 inch petals
- 1 Tomato cut into chunks
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Lemon Juice
- 1/2 tsp Crushed mint Leaves
- 1/2 tsp Crushed cilantro leaves
- pinch 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.
3. Layer chopped apple, onion petals, and tomato alternately on to skewers.
4. Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges.

HCG Diet Recipes



Steamed Cabbage (Used as Alternative to Rice or Noodles)

Ingredients

- 1/2-1 head Cabbage
- your choice of Spices
- 1 cup Chicken Broth or Veggie Broth or water

Mexican Style

- 1 cup Chicken Broth
- 1 clove garlic
- 1 tbsp Onion minced
- 1/4 tsp Mexican Oregano
- 1/4 tsp Cayenne
- dash Cumin
- Cilantro freshly chopped
- Salt to taste
- Black Pepper to taste

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Steamed Cabbage - Italian Style

- 1 cup Chicken Broth
- 1/4 tsp Oregano
- 1/4 tsp Basil
- 2 tbsp Onion
- 1 clove garlic
- Salt to taste
- Black Pepper to taste

Steamed cabbage - Indian Style

- 1/ tsp Curry Powder
- 1 tbsp Onion minced
- 1 clove garlic
- 1/4 tsp Cumin
- Salt
- Black Pepper

Steamed cabbage - Oriental Style

- 1/2 tsp Ginger
- 3 tbsp Braggs Amino Acids
- 2 tbsp Lemon Juice
- 3 tbsp Orange Juice
- 2 tbsp Onion
- 1 clove garlic

Instructions

1. In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients.
2. Add spices and cook until cabbage is tender adding water as necessary.
3. Add ground beef or chicken to the spiced cabbage if desired.
4. Makes 2 or more servings (1 vegetable)

HCG Diet Recipes



Grilled Asparagus with Rosemary lemon Sauce

Ingredients

- 1-2 cups Asparagus
- 1/2 Lemon (Juice of 1/2 lemon with rind)
- 1tbsp Braggs Liquid Aminos
- 1 clove garlic
- 1/4 tsp Rosemary
- dash Garlic Powder
- dash Onion Powder
- Salt to taste
- Black Pepper to taste
- Cayenne to taste

Instructions

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

HCG Diet Recipes



Curried Shrimp with Tomatoes For HCG Diet

Ingredients

- 100 grams Shrimp
- 1/2 cup Vegetable Stock or water
- 2 Tomatoes chopped
- 1 tbsp Onions minced
- 1 clove garlic crushed and minced
- 1/8 tsp Curry Powder
- 1/8 tsp Onion Powder
- 1/8 tsp Garlic Powder
- pinch All Spice
- 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.
4. Add water or reduce liquid until desired consistency is reached.
5. Makes 1 serving (1 protein, 1 vegetable)

HCG Diet Recipes



HCG DIET LEMON CHICKEN SOUP

You can make easy HCG recipes for your fish with just lemon, salt and pepper

Ingredients

- 100 grams Chicken Breast cooked
- A Handful of Spinach Chopped
- 2-3 Cups Broth
- Lemon (Juice of One Lemon)
- 1 tsp Thyme
- Sea Salt to taste
- White Pepper to taste

Instructions

1. Preheat saucepan over medium heat.
2. Combine all ingredients.
3. Bring to a boil, then simmer 20 mins.
4. Serve.

HCG Diet Recipes



Cream Of Chicken Soup

Ingredients

- 100 grams Chicken cooked
- Handful Celery
- 1-2 Cups Chicken Broth
- 3 cloves garlic
- 1 tbsp Onionminced
- 1/2 tsp Parsley
- 1/2 tsp Basil
- White Pepper to taste
- 1/2 tsp Thyme
- Salt (optional)

Instructions

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

HCG Diet Recipes



Sweet Apple Chicken Salad

Ingredients

- 100 grams Chicken cooked and diced
- 1 Apple diced
- 3 stalks Celery diced
- 3 tbsp Lemon Juice
- 1/8 tsp Cinnamon
- Dash Nutmeg
- Dash Cardamom
- Dash Salt
- Stevia to taste
- 1 wedge Lemon

Instructions

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

HCG Diet Recipes



HCG Chicken Bruschetta

Ingredients

- 100 grams Chicken Breast
- 1 Tomato (Vine Ripened Tomato)
- 2 Cloves garlic
- 3 basil leaves
- Salt to taste
- Pepper to taste
- Pinch Red Pepper Flake (If you prefer spicy)
- Italian Seasoning
- Garlic Powder
- Onion Powder
- 1 cup Spinach leaves

Instructions

1. Sprinkle Chicken with Italian Seasoning, Garlic and Onion Powder
Grill the chicken; when done let rest for 5 minutes.
2. Combine tomato, garlic and basil, add salt and pepper to taste,
sprinkle in a pinch of red pepper flake (optional).
3. Stir until well combined.
4. Place Spinach leaves on plate, place Chicken on spinach leaves top
with Bruschetta tomato mixture.

HCG Diet Recipes



Pesto Chicken

Ingredients

- 100 grams Chicken
- 1 cup Spinach packed
- 1/4 cup Chicken Broth
- 1tsp Lemon Juice
- 1tsp Braggs Liquid Aminos
- 7 leaves Basil rolled and minced
- 2 cloves garlic
- 1/4 tsp Garlic Powder
- Salt to taste
- Pepper to taste

Instructions

1. In a small saucepan, cook chicken with 1/4 cup chicken broth until liquid is absorbed and chicken is lightly brown.
2. Set chicken aside and deglaze pan with remaining 1/4 cup chicken broth.
3. Add spinach and fresh basil and cook for 1 minute. Remove from heat.
4. Puree spinach with garlic, lemon juice, Bragg's and spices.
5. Add sauce to chicken, simmer 1-2 minutes and serve.

HCG Diet Recipes



Cold Curried Chicken Salad

Ingredients

- 100g Chicken Diced
- 1 Apple Diced
- Celery Diced
- 1/4 cup Water
- 2 Tbsp Lemon Juice
- 1Tbsp Onion Minced
- 1 clove garlic Crushed and Minced
- 1/4 Tsp Curry Powder
- Dash of Garlic Powder
- Dash of Onion Powder
- Dash of Cayenne Powder
- Dash of Cinnamon
- Dash of Turmeric
- Stevia To Taste

Instructions

1. Directions In small saucepan lightly sauté chicken in lemon juice until lightly brown, add 1/4 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.
4. Chill, add chopped apple and celery or omit the celery and serve over a green salad.

HCG Diet Recipes



Cinnamon Curry Chicken Soup

Ingredients

- 100 grams Chicken cubed
- 1/2 Onion diced
- 2 cups Chicken Broth
- 3 cloves garlic minced
- 1/2 tsp Curry Powder
- 1/4 tsp Cinnamon
- 1/4 tsp Pumpkin Pie Spice
- Salt to taste
- Pepper to taste

Instructions

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

HCG Diet Recipes



HCG DIET LEMON CHICKEN SOUP

easy HCG recipes for your fish with just lemon, salt and pepper

Ingredients

- 100 grams Chicken Breast cooked
- A Handful of Spinach Chopped
- 2-3 Cups Broth
- Lemon (Juice of One Lemon)
- 1tsp Thyme
- Sea Salt to taste
- White Pepper to taste

Instructions

1. Preheat saucepan over medium heat.
2. Combine all ingredients.
3. Bring to a boil, then simmer 20 mins.
4. Serve.

Recipe Notes

Note: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the crockpot using uncooked or frozen chicken cut into cubes.

HCG Diet Recipes



Lemon Mustard Chicken For HCG Diet

Ingredients

- 100 grams Chicken
- 1/2 Lemon (juice of 1/2 lemon)
- 1Tbsp Mustard(spicy mustard)
- 1/2tsp Black Pepper
- 1/2tsp Oregano
- 1/4tsp Cayenne

Instructions

1. Preheat broiler.
2. Broil 1 side of chicken 5-10 mins until slightly browned.
3. In small bowl, add the rest of the ingredients and mix well. Spoon mixture onto chicken. Flip over and coat other side.
4. Broil uncooked side 5-10 mins or until no longer pink.

Recipe Notes

NOTE: This chicken stays really moist and juicy and full of flavor.

HCG Diet Recipes



Orange Ginger HCG Diet Chicken

Ginger is a cleansing food. It improves the absorption of essential nutrients in the body. It also helps reduce joint pain, inflammation, nausea and cramps. Add this to your daily diet and watch the health benefits roll in!

Ingredients

- 100 grams **Chicken** cut in chunks
- Sprinkle of **Black Pepper**
- 1 **Orange** Cut into Fourths
- 2-3 cloves **garlic** minced
- 1 **tblsp** **Ginger Root** minced
- 1/2 **tsp** **Basil**
- 1/2 **Lemon** (Juice of 1/2 lemon)

Instructions

1. Preheat pan over medium 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 sections, ginger, lemon juice, and basil. Stir well.
7. Cover and simmer for about 20-30 mins.

HCG Diet Recipes



HCG MARINARA SAUCE

HCG Marinara Sauce can be used with Fish or Chicken recipe

Ingredients

- 4 large Tomatoes
- 1 tbsp Basil chopped
- 1 cup Chicken Broth
- 2 tbsp Onion chopped fine
- 2 cloves garlic minced
- 6 oz Tomato Paste
- 1 tsp Oregano dried
- Salt and Pepper to taste
- Cayenne Pepper (If desired)

Instructions

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

HCG Diet Recipes



Cold Curried Chicken Salad

Ingredients

- 100g Chicken Diced
- 1 Apple Diced
- Celery Diced
- 1/4 cup Water
- 2 Tbsp Lemon Juice
- 1Tbsp Onion Minced
- 1 clove garlic Crushed and Minced
- 1/4 Tsp Curry Powder
- Dash of Garlic Powder
- Dash of Onion Powder
- Dash of Cayenne Powder
- Dash of Cinnamon
- Dash of Turmeric
- Stevia To Taste

Instructions

1. Directions In small saucepan lightly sauté chicken in lemon juice until lightly brown, add 1/4 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.
4. Chill, add chopped apple and celery or omit the celery and serve over a green salad.

HCG Diet Recipes



Strawberry Vinaigrette

Ingredients

- 1-2 cups Strawberries
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Lemon juice of lemon
- Stevia to taste
- dash Salt
- dash Cayenne
- Black Pepper to taste

Instructions

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

HCG Diet Recipes



Garlic Spinach

Ingredients

- 4-6 cups Spinach
- 1/2 cup Chicken Broth or water
- 2 tbsp Lemon Juice
- 2 tbsp Onion
- 2 cloves garlic
- 1/4 tsp Onion Powder
- pinch Red Pepper Flakes

Instructions

1. Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft.
2. Add fresh garlic and spices.
3. Stir in fresh spinach leaves and cook lightly.

HCG Diet Recipes



CUCUMBER SALAD

Ingredients

- 1 Cucumber Diced
- 2 tbsp Apple Cider Vinegar
- 1 tbsp Lemon juice of lemon
- 1 tbsp Braggs Amino Acids
- 1 tbsp Onion finely minced
- Cayenne to taste
- Stevia to taste

Instructions

1. Mix ingredients together, marinate for 15 minutes or more and serve chilled.
2. Makes one serving (1 vegetable)

HCG Diet Recipes



Tomato Salad

Ingredients

- 1-2 Diced Tomatoes chopped
- 1/4 cup Apple Cider Vinegar
- 1 tbsp Green Onion
- 1 clove garlic
- dash Mustard powder
- 1/4 tsp Basil
- 1/4 tsp Thyme
- 1/8 tsp Marjoram
- Salt to taste
- Pepper to taste

Instructions

1. Combine apple cider vinegar with spices.
2. Pour over tomato chunks or slices.
3. Marinate and chill for 1 hour before serving.
4. Makes 2 servings (1 vegetable)

HCG Diet Recipes



Garlic and Onion Spiced Chard

Ingredients

- 4-6 cups Swiss Chard or Red Chard
- 1 Tbsp Apple Cider Vinegar
- 1/2 cup Vegetable Broth Or Chicken Broth or water
- 4 Tbsp Lemon Juice
- 6 cloves garlic chopped
- 2 Tbsp Onion
- 1/2 tsp Garlic Powder
- Salt to taste
- Pepper to taste

Instructions

1. In a frying pan add chard, water, onion, garlic and spices to the water and liquid ingredients and sauté for 5 minutes or to desired level of doneness.
2. Sprinkle with lemon and salt and pepper to taste.
3. Makes 1-2 servings (1 vegetable)

HCG Diet Recipes



Cold Curried Chicken Salad

Ingredients

- 100g Chicken Diced
- 1 Apple Diced
- Celery Diced
- 1/4 cup Water
- 2 Tbsp Lemon Juice
- 1 Tbsp Onion Minced
- 1 clove garlic Crushed and Minced
- 1/4 Tsp Curry Powder
- Dash of Garlic Powder
- Dash of Onion Powder
- Dash of Cayenne Powder
- Dash of Cinnamon
- Dash of Turmeric
- Stevia To Taste

Instructions

1. Directions In small saucepan lightly sauté chicken in lemon juice until lightly brown, add 1/4 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.
4. Chill, add chopped apple and celery or omit the celery and serve over a green salad.

HCG Diet Recipes



Sweet Apple Chicken Salad

Servings	Prep Time
1 Serving (1 protein, 1 vegetable, 1 fruit)	5min
Cook Time	
20min	

Servings	Prep Time
1 Serving (1 protein, 1 vegetable, 1 fruit)	5min
Cook Time	
20min	

Ingredients

- 100 grams Chicken cooked and diced
- 1 Apple diced
- 3 stalks Celery diced
- 3 tbsp Lemon Juice
- 1/8tsp Cinnamon
- Dash Nutmeg
- Dash Cardamom
- Dash Salt
- Stevia to taste
- 1 wedge Lemon

Instructions

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

HCG Diet Recipes



Virgin Sparkling Mojito

Ingredients

- Fresh Mint Leaves Crushed
- Juice of 1/2 Lime (or 1/2 Lemon)
- Peppermint (or Plain powdered Stevia)
- 6 oz Sparkling Mineral Water
- Crushed Ice

Instructions

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

HCG Diet Recipes



ICED TEA

Ingredients

- **Green Tea** Or one of the following: * Chamomile * Mint * Fruit flavored * Chai spice * Cranberry
- **6 oz Hot Water** (per serving)
- Ice
- Stevia

Instructions

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

HCG Diet Recipes



Apple Slices with Cinnamon Sauce

Ingredients

- 1 Apple sliced
- 3 tbsp Lemon Juice
- 1 tsp Apple Cider Vinegar
- 1-2 tsp Cinnamon
- 1 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.

HCG Diet Recipes



Caramel Apple Pie

Ingredients

- 1 Apple
- 1 tbsp Lemon Juice
- 1 tbsp Hot Water
- 1 tsp Apple Cider Vinegar
- 1 packet Stevia
- 1 tsp Cinnamon
- pinch Nutmeg
- 1 tbsp Water
- English Toffee Stevia to taste

Instructions

1. Slice apple into very thin slices. Arrange in layers in a round 3 inch crème Brule dish.
2. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered and English toffee stevia. Continue layering with spices until dish is full.
3. 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 top is slightly crispy.
5. Drizzle with additional English toffee stevia if desired. Serve warm.

HCG Diet Recipes



Fruit with Warm Vanilla Sauce

Ingredients

- 1 handful **Strawberries** (approved amount)
- 1 **tbsp Vanilla Powder**
- 2 **tbsp Lemon Juice**
- 1/2 **tsp 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.
2. Heat the sauce on the stove or in the microwave.
3. Pour into a dipping bowl. Dip fresh fruit into the warm sauce and enjoy.

HCG Diet Recipes



STRAWBERRY SORBET POPS

Ingredients

- 4-6 medium Strawberries
- 3 cubes Ice
- Stevia of any flavor or kind
- 1/2 tsp Vanilla Powder
- 2 tbsp Lemon juice of lemon
- 1/4 cup Water

Instructions

1. Blend ingredients together until smooth.
2. Pour into a dish or Popsicle molds and freeze until firm.
3. Makes 1 serving (1 fruit)

HCG Diet Recipes



Iced and Spiced Orange Slices

Ingredients

- 1 Orange sliced
- 2 tbsp Lemon Juice
- 1/4 tsp Cinnamon
- 1/4 tsp Powdered Vanilla
- pinch Nutmeg
- pinch Powdered Clove to taste
- pinch Cardamom to taste
- Powdered Stevia to taste

Instructions

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

HCG Diet Recipes