

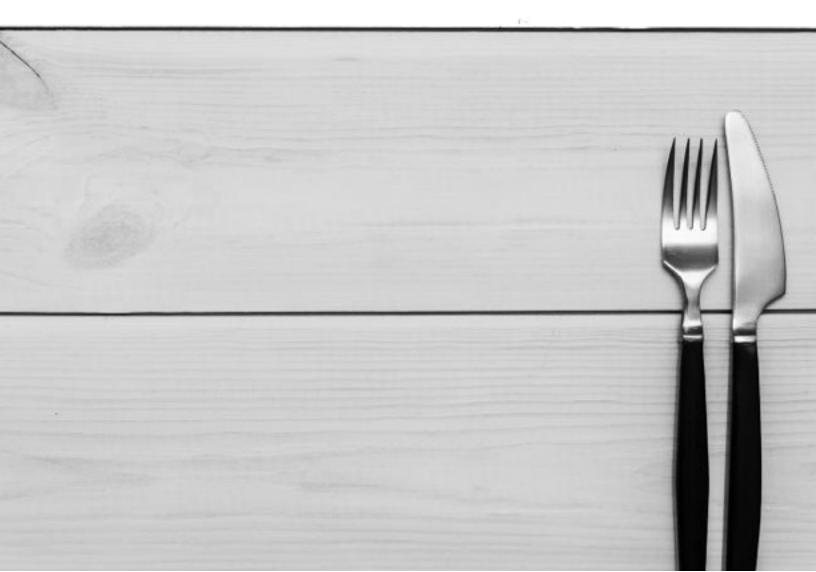
# 5 Simple & Delicious HCG Diet Recipes





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### Introduction to the HCG Diet

Eating on the HCG diet does *not* mean you need to eat flavorless meals. This recipe book is full of tips and ideas for satisfying meals. You'll be surprised by how delicious eating for weight loss can be. We've compiled four tasty meals and beverage options that will help you burn fat fast and keep it off.

The HCG diet uses human chorionic gonadotropin – a hormone that's naturally produced by both men and women at low levels. When women become pregnant, their body increases the production of the HCG hormone, which targets stored fat for nutrients and energy.

While receiving hormone injections, your body will provide anywhere from 2000 to 4000 calories daily from stored, abnormal fat. This prevents you from feeling hungry while only consuming about 500 to 800 calories each day.

The general guideline for your daily meals while on the HCG diet includes:

Breakfast - Coffee, tea, and one small fruit

Lunch - A small meal that includes one source of protein, vegetables, bread, and fruit

Dinner - A small meal that includes one source of protein, vegetables, bread, and fruit

Snacks - You can enjoy a small apple, half a grapefruit or a handful of berries in between meals.

Beverages - Enjoy as much coffee, tea, and water as you'd like throughout the day - try adding a tablespoon of unsweetened almond milk or stevia to naturally sweeten your drinks.

This may not sound like a lot of food, but you shouldn't feel too hungry due to the HCG injections you're receiving. And this recipe book is full of delicious meals that will keep you feeling satisfied.

Let's go over the general guidelines to keep in mind for recipe building. Listed below are key concepts crucial for a successful HCG diet weight loss plan.

### Vary Your Fruits and Veggies

Make sure you're eating a variety of fruits and vegetables. Not only will they keep your meals interesting, but they also contain different vitamins, minerals, and antioxidants that are important for keeping you healthy.

In our recipes, you'll see a variety of colorful fruits and vegetables. Some of the recommended vegetables and fruits include:

Spinach **Asparagus Apples Tomatoes** Cabbage **Pears** Onions Celery Peaches Swiss chard Red radishes Grapefruits Salad greens Fennel Blueberries Cucumbers **Oranges** Strawberries

Fruits and veggies that differ in color also differ in essential nutrients. By eating a rainbow of fresh fruits and vegetables each day, you'll be giving your body the vitamins and minerals it needs to be healthy and promote weight loss. In our recipes, you'll see a variety of colorful fruits and vegetables.

Bonus: Organic fruits and vegetables have been proven to have more nutrients than those that are conventionally grown. While the former are a bit more expensive, if you are getting two or three times more nutrients, doesn't that seem worth it?

### 2. Eat High-Quality Protein

Protein is what's going to keep you feeling full longer. It's a large macronutrient that takes your body a long time to digest. By eating high-quality and protein sources, you also increase your nutrient intake.

For example, grass-fed beef has higher levels of Omega-3s and lower levels of Omega-6 fatty acids which are a better ratio of good to bad fat than conventional grain-fed beef. Eat the recommended four ounces of protein with both lunch and dinner, and you'll have fewer snack cravings between meals.

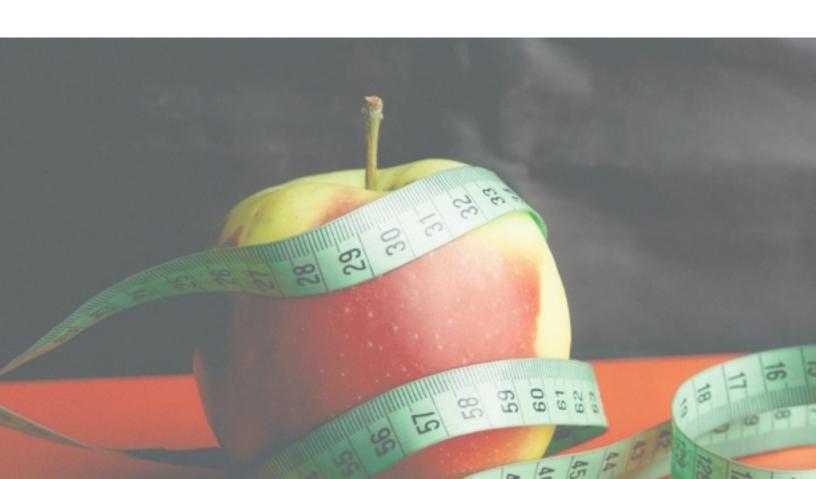
### 3. Use Cleansing Spices

Spices are a great way to keep your meals and snacks fresh and interesting. Simply add a little paprika and lime to an apple, or cinnamon to a grapefruit half, and you have a snack that's healthy and exciting. Spices are also a great way to liven up your lunches and dinners.

We use spices such as turmeric, ginger, cilantro, and Himalayan sea salt in our recipes because they fight inflammation and improve detoxification which helps promote weight loss and overall health. They taste delicious too!

### Foods You Will Not Find in Our Recipes

In these recipes, you will not find any starches, pork, lamb, nuts, butter, oil, processed foods, juice, refined sugars, peas, corn, carrots, or unhealthy fats. These can spike your insulin level and will promote fat storage.





### Mexican-Style Turkey Lettuce Wraps

This recipe is for four servings, so you can make it ahead of time and enjoy it for multiple lunches or dinners. Ground turkey is very lean and absorbs flavors well, making it a great protein choice for this Mexican-inspired dish. These lettuce wraps go great with our Tomato-Cilantro Salad.

Servings: 4

Cook Time: 15 minutes

#### **INGREDIENTS**

1 pound ground turkey (one serving size is 4 ounces or 1/4 pound of ground turkey)

1/2 red onion, diced

1/2 cup diced tomatoes (or cherry tomatoes cut in half)

3 cloves fresh chopped garlic

1/2 teaspoon of cumin

1/2 teaspoon of smoked paprika

1/2 teaspoon of chili powder

1/2 teaspoon of turmeric

Salt and pepper to taste

Lettuce for wrapping (butter lettuce is a great option)

Fresh chopped cilantro

Fresh lime wedges

#### **DIRECTIONS**

- 1. On medium heat, add onion, tomatoes, and garlic to a non-stick pan.
- 2. Once the onions are transparent and the tomatoes are tender, add the ground turkey and stir so the mixture fills the pan for even cooking.
- 3. Stir in cumin, smoked paprika, chili powder, turmeric, salt, and pepper.
- 4. Turn the stove off once the turkey is fully cooked. (No pink parts should be visible but avoid cooking for too long as this will dry the turkey out.)
- 5. Tear and wash your lettuce pieces.
- 6. Serve turkey in lettuce cups with fresh cilantro and squeezed lime as garnish.

### **Tomato-Cilantro Salad**

This salad is delicious and goes great with our Mexican-Style turkey lettuce wraps. It can also be made in larger quantities and used as vegetable portions throughout the week.

Servings: 4

Prep Time: 15 minutes

#### **INGREDIENTS**

4 cups of tomatoes (plum or cherry tomatoes are good all year long)

1/4 cup of sherry vinegar

1/4 red onion, diced

1/2 lime for juice

1 celery stalk chopped

2 cloves of chopped garlic

1/4 teaspoon of cumin

1/4 teaspoon of smoked paprika

1/4 teaspoon of chili powder

1/4 teaspoon of turmeric

1/2 cup fresh chopped cilantro

Salt and pepper to taste

#### **DIRECTIONS**

- 1. While the turkey is cooking, mix together the tomatoes, sherry vinegar, red onion, lime juice, celery, garlic, cumin, smoked paprika, chili powder, turmeric, and cilantro in a medium to large salad bowl. Add salt and pepper to your dressing, tasting it until it suits you.
- 2. Keep the salad in the refrigerator until the rest of dinner is ready.





### **Baked Chili-Asian Tilapia**

This recipe is quick and delicious because we know how hard it is to fit cooking into your busy schedule. This Asian style tilapia goes great with the cucumber salad below.

Servings: 4

Prep Time: 25 minutes

#### **INGREDIENTS**

4 - 4 ounces tilapia fillets

2 tablespoons soy sauce

1 tablespoon rice vinegar (or apple cider vinegar)

1/2 lime

3 cloves of chopped garlic

1 inch of ginger, grated

1/4 teaspoon of smoked paprika

1/4 teaspoon of chili powder

1/4 teaspoon of turmeric

1/2 cup chopped cilantro

Pepper to taste

#### **DIRECTIONS**

- 1. Preheat the oven to 375° F.
- 2. Place the fillets in a small square baking dish, lined with foil (so that the fish stays in the soy sauce and vinegar).
- 3. Drizzle soy sauce and vinegar over each fillet.
- 4. Squeeze the lime over each fillet.
- 5. Sprinkle chopped garlic, ginger, smoked paprika, chili powder, turmeric, cilantro, and pepper over each fillet.
- 6. Let these cook until your preferred level of doneness, between 6-10 minutes. Serve with cucumber salad.

### **Cucumber Salad**

Servings: 4

Prep Time: 15 minutes

#### Ingredients

4 cups of cucumber
1/2 red onion, diced
2 tablespoons soy sauce
1 tablespoon rice vinegar (or apple cider vinegar)
1/2 lime
1/4 teaspoon of smoked paprika
1/2 cup chopped cilantro
Salt and pepper to taste

#### **Directions**

- While the tilapia is cooking, mix together the cucumber, red onion, soy sauce, rice vinegar, lime juice, smoked paprika, and cilantro into a medium salad bowl. Add salt and pepper to the mixture, tasting it until it suits you.
- 2. Keep cucumber salad in the refrigerator until the rest of dinner is ready.





### Delicious Beverages

Here are a couple of great drink options that you can enjoy as a snack throughout the day.

### Lemon, Cayenne and Mint Water

This delicious savory water will quench your thirst and help fight inflammation.

Fill a pitcher with ice and water. Add a whole squeezed lemon, a 1/2 teaspoon of cayenne, and 1 cup of whole mint. Stir and enjoy!

# Cucumber and Rosemary Water

You can leave this tasty infused water in a pitcher and enjoy it throughout the day.

Simply slice 1 cucumber and add 3 sprigs of rosemary to a pitcher of ice and water. You can even leave the infused water overnight and enjoy it the next day.

## Blueberry and Lemon Iced Tea

A summer favorite, this is a great way to get a little caffeine boost and enjoy the delicious flavors of the HCG diet.

Make unsweetened black tea with three tea bags and let it cool. Add the concentrate to a pitcher and add ice and water. Add half a lemon and 1 cup of blueberries. Enjoy the blueberries with each glass of tea throughout the day.

### Strawberry Lemon Smoothie

This is a simple yet refreshing drink you can enjoy as a snack in between meals.

In a blender, combine a cup of water, half a cup of ice, lemon juice from half a squeezed lemon, and 1/2 cup of strawberries. Blend until smooth. You can even add a tablespoon of milk or unsweetened almond milk to give your smoothie a creamy texture. Enjoy in between meals or as an after dinner treat.



We are here to support you every step of the way. The HCG diet has proven to be an effective weight loss plan for those struggling to lose weight and keep it off. Your meals don't have to be bland with the HCG diet. By adding ample spices to your diet, you can keep your meals interesting and gain the results you desire. Don't hesitate to ask us for guidance during your HCG diet – we are here for you along the way!

