



## **ATLANTA MEDICAL INSTITUTE**



*You must begin to think of yourself as becoming the person you want to be!*

# **Your Weight Loss & Wellness Guide to Success!**

# Contents

- 1. We Have A Plan!**
- 2. Understanding Your Supplies**
  - a. Your Manual
  - b. Your Supplements
  - c. Your Weight Loss Medications
  - d. Mixing Instructions for hCG
- 3. Other Suggestions for Success**
  - a. Hormone Testing
  - b. Allergy and Food Sensitivity Testing
  - c. Other Tests
- 4. Fail Proof Plan For Weight Loss Success**
  - a. Clean Your Refrigerator & Pantry
  - b. Purchase Organic
  - c. Items Needed
  - d. Tools for Success
- 5. hCG Entire Low Calorie Diet Plan & LOADING**
  - a. LOADING
  - b. What To Eat
  - c. Tool Chest For Success
- 6. Why Chiropractic**
- 7. Maintenance Month/ Staying on Track**
- 8. Emotional Health**
- 9. Detoxification**
- 10. Maintenance Plan (How To Keep the Weight Off)**
- 11. hCG Low Calorie Diet Recipes**
- 12. Maintenance Recipes**
- 13. My AMI Weight Loss Journey JOURNAL**

## **We Have A Plan-That *Works!***

Congratulations on your decision to achieve your weight loss goals with the **Atlanta Medical Institute!** AMI is proud to introduce a revolutionary weight loss program that has given incredible, ***lasting*** results for patients just like you. We have had the pleasure of being part of countless weight loss journeys, having seen over 7,000 patients in the last 6 years. **Men and women have lost an average of one half to one pound per day on our personalized weight loss programs!**

At Atlanta Medical Institute we focus on **OVERALL** wellness, which is why we offer several components that will not only make you look and feel better, but will get you maximum results and optimum health. The most vital parts of our medical weight loss program include:

- **FDA approved prescription medication**
- **hCG (human chorionic gonadotropin)**
- **Nutraceutical-grade supplements**
- **Nutritional counseling & efficient meal planning/suggestions**
- **Detoxification**
- **Allergy Testing /Treatment**
- **Food Sensitivity Studies**
- **Hormone Balancing**
- **Chiropractic Care**

The first component of successful weight loss with the Atlanta Medical Institute is our FDA approved prescription medications. We have additional fat-burning supplements and treatments, in order to expedite your journey toward your goal weight. We also provide an efficient detoxification process that rids the body of remaining toxins to keep the weight off permanently.

The next ingredient is our one-on-one visits with the Atlanta Medical Institute staff, offering wellness coaching at its best! These visits will include nutritional counseling, accountability, encouragement and emotional support, personal goal setting and much more-ensuring that YOU, our client, receive the highest quality of service and care. We want to make sure you are losing weight successfully and enjoying optimal health along the way. Our Medical Staff and Weight Loss Coaches are dedicated to monitoring your progress throughout every step of your journey to health & wellness!

Testing for food sensitivities and environmental allergies is key to optimal health. Knowing which foods are not being digested properly can prevent inflammatory problems in the body which lead to slower metabolism and difficulty in losing weight. Environmental allergens are also responsible for inflammation in the body which increase the risk of disease, slow metabolism down and contribute to long term dependence on over the counter medications which in itself have many side effects.

At Atlanta Medical Institute we also believe that keeping your hormones in balance is an essential part of overall wellness. We utilize bio-identical hormones, which are natural and can have you feeling great in as little as two weeks! Ask one of our Wellness Coaches today how you can have your hormones evaluated. We would be happy to point you in the right direction...towards optimal health & wellness!

**Now, let's get started on your Journey to  
Weight loss and Wellness!**

***The Atlanta Medical Institute Wellness Staff***

## **Your Plan For Success!**

Now that you have had your **Weight Loss Consultation with your AMI Wellness Coach**, it is time to prepare for your JOURNEY to weight loss and Wellness! A lot can happen with the right tools, the right encouragement, the right preparation and the all important proper follow through. These next pages are your resource for clarity, encouragement and the tools you need to set you on the right path and help keep you moving toward your goal.

First, let's review the program from the follow list that you and your **Wellness Coach** decided would be best for you at this time. **Review the Services, Medications and Supplies** to make sure you understand the tools you will be using to ensure success.

Your Program will probably cover several months of support and will include bi-weekly follow up appointments. Please make sure you are always scheduled for your upcoming appointment to stay on track and to make sure you are clear on what the next steps of your program include.

### **hCG + Phentermine + Support**

#### **Includes:**

- Initial Consultation & Labs
- Medical Provider Exam, Lab Review & Scripting
- Nutritional Review & Education

#### **Plus:**

- Personal Fitness Recommendations
- Thermal Body Fat Analysis
- Orthopedic Examination

#### **Tools:**

- hCG
- Prescription Appetite Suppressant (or Natural Substitute)
- Nutritional Support:
  - Alpha Base Premier Packs (Multivitamin Mineral, Omega-3, Antioxidant)
  - Amino Liquitrophic
  - Whey Protein

#### **Additions:**

- Detox

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### **hCG + Phentermine**

**Includes:**

- Initial Consultation & Labs
- Medical Provider Exam, Lab Review & Scripting
- Nutritional Review & Education

**Plus:**

- Personal Fitness Recommendations
- Thermal Body Fat Analysis
- Orthopedic Examination

**Tools:**

- hCG
  - Prescription Appetite Suppressant
  - 30 Day Detox Program
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## **hCG + Support**

**Includes:**

- Initial Consultation & Labs
- Medical Provider Exam, Lab Review & Scripting
- Nutritional Review & Education

**Plus:**

- Personal Fitness Recommendations
- Thermal Body Fat Analysis
- Orthopedic Examination

**Tools:**

- hCG
- Nutritional Support:
  - Alpha Base Premier Packs (Multivitamin Mineral, Omega-3, Antioxidant)
  - Amino Liquitrophic
  - Whey Protein

**Additions:**

- Detox
-

## **hCG**

### **Includes:**

- Initial Consultation & Labs
- Medical Provider Exam, Lab Review & Scripting
- Nutritional Review & Education

### **Plus:**

- Personal Fitness Recommendations
- Thermal Body Fat Analysis
- Orthopedic Examination

### **Tools:**

- hCG

### **Additions:**

- Detox
- 

## **Phentermine + Support**

### **Includes:**

- Initial Consultation & Labs
- Medical Provider Exam, Lab Review & Scripting
- Nutritional Review & Education

### **Plus:**

- Personal Fitness Recommendations
- Thermal Body Fat Analysis
- Orthopedic Examination

### **Tools:**

- Prescription Appetite Suppressant (or Natural Substitute)
- Nutritional Support:
  - Alpha Base Packs (Multivitamin Mineral, Omega-3, Antioxidant)
  - Amino Liquitrophic
  - Whey Protein

### **Additions:**

- Detox

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## Phentermine

### Includes:

- Initial Consultation & Labs
- Medical Provider Exam, Lab Review & Scripting
- Nutritional Review & Education

### Plus:

- Personal Fitness Recommendations
- Thermal Body Fat Analysis
- Orthopedic Examination

### Tools:

- Phentermine

### Additions:

- Detox
- 

## Your Next Visits

### Weight Loss Lab Review

- If you did not see the medical provider on the same day as your Initial Weight Loss Consultation, you will have a **Weight Loss Lab Review** appointment to go over your blood work, review your medical history and have scripting done for any prescription medications you will be using on your Medical Weight Loss Program.
- **Your Medications Will Be Shipped to You:** If your Weight Loss Program includes **hCG** and **Phentermine** and you have been approved as a candidate for these items, they will be shipped to your home from our compounding pharmacy 4 to 6 business days after your Weight Loss Lab Review appointment.

### Checkups

- In order to track your progress and support you on your journey, you will come to the clinic for a **Checkup** appointment every 2 weeks.
- **Measurements of your Weight and Waist** will be taken at each visit. Please remember that inches and weight will be **EQUALLY** important to us. Don't get discouraged if the scale doesn't seem to move as "quickly" on some days- inches may come off before weight/pounds while on an hCG program. It is **POUNDS AND INCHES**.
- **Body Fat Composition:** Your Body Fat Composition will be measured to determine your Fat Percentage and how much

Even if you can't physically see the results in front of you, every single effort is changing your body from the inside. Never get discouraged!

HELPFIREMETH/TUMBLR - A WEIGHT LOSS BLOG

Essential, Reserve and Excess Body Fat you have. This will help us track what is happening below the skin!

- **Lipo B-12 Shot:** Your program may include Lipo B-12 shots.
  - These intermuscular injections can be done on a weekly or bi-weekly basis to support your metabolism. (You may have Lipo/B-12 shots administered to you a maximum of twice a week.)
  - Our lipotropic injections contain a vitamin and amino acid supplement blend which plays an important role in the body's use of fat and increasing energy when you are on a low-calorie diet.
  - Lipotropic nutrients enhance liver function and increase the flow of fats and bile from the liver and gallbladder. By definition (*lipo* means 'fat', *tropic* means 'to stimulate') lipotropic substances decrease the deposit, or speed up the removal of fat within the liver.
  - Lipotropic nutrients aid in transporting fat in the bloodstream to the liver to be broken down and eliminated during normal urination, bowel movements and exhalation through the lungs during exercise.
  - Also, amino acids are the building blocks for proteins. Proteins are the single most important nutrient for weight loss and a better looking body.



## Understanding What You Brought Home

This **Manual** has been compiled to support you in your **Weight Loss Journey** and answer questions you may have. If you have any additional questions, please call our office and speak with one of our staff members. Your **Wellness Coach** will be happy to review your program and explain anything that is not clear. Please make sure to make a follow up appointment during your visit to the clinic and reschedule any cancelled follow up appointments so we can continue to support your progress. We are here every step of the way to serve and assist you in achieving your goals!

## Understanding Supplements

A very important part of your optimal Weight Loss success is ensuring that you are receiving the appropriate nutrients your body needs to maintain metabolism and repair. Based on your personal needs, your Wellness Coach may have recommended the use of an array of nutraceutical supplements to optimize your results. These high quality nutraceuticals will give your body the equipment it needs to help you reach your goal and maintain optimal health, prevention against disease and premature aging. Get acquainted with your new tools! Please note that your program may not include all items listed. Your Coach will be happy to recommend any additions that would be appropriate for you and your success.

**Alpha Base:** Comprehensive multivitamin and mineral. Necessary as a foundation to all patients whether they are looking for weight loss, wellness, or anti-aging benefits. Contains several antioxidants and phytonutrients that play a role in antioxidant protection, maintenance of healthy blood cells and nervous system, hormonal balance and detoxification. Take **ONE to TWO** with each meal (do not take on an empty stomach).

**Orthomega 3:** Ultra pure fish oil providing omega 3 fatty acids. These soft-gels are enteric coated to reduce the "fishy burp," and provide optimal absorption in the intestines. Omegas 3's are essential to reduce inflammatory pathways in the body. Since inflammation can hinder weight loss, these are an essential part of your maintenance program. Take **ONE** at breakfast or dinner.

**Alpha Base Premier Packs:** Provide a combination of 3 nutritional formulas in convenient, easy-to-take daily packets. Each packet includes Alpha Base Capsules without iron, Omega 3 and Resveratrol, a phytonutrient combination that enhances antioxidant potential in the body to minimize oxidative stress caused by free radicals.

**Amino Lipotropic:** A blend of amino acids in homeopathic form that supports neurotransmitter activity in the brain. Neurotransmitter malfunction can create food cravings and irritability. This support helps to quench sweet and carbohydrate cravings. Take one teaspoon in the morning to curb cravings. This can be followed by an afternoon serving if cravings occur during the later part of the day.

**Whey Protein Isolate:** This protein powder offers 15 grams of easily absorbed, pure whey protein for a 1.5 scoop serving. Combine with up to 8 ounces of unsweetened almond or coconut milk and a handful of fresh or frozen organic berries (or other approved fruits) for a low calorie, low carbohydrate and high protein meal replacement.

### **Other Supplements To Consider:**

**L-Carnitine:** L-Carnitine is an amino acid that plays an essential role in oxidation of fatty acids for energy. This supports fatty acids being transferred to energy instead of fat storage and in essence aids the body in burning fat. It is one of the safest products to use for weight loss support. 1000-2000mg/day should be consumed on an empty stomach. Take 1 tablets in the a.m. 1 tablet in the afternoon and 1 tablets in the p.m.

**DigestzymeV:** Vegetable sourced enzymes. Aids in the breakdown of fats, carbohydrates, and proteins to improve digestion and absorption of nutrients. Take one tablet prior to each meal.

**Ortho Digestzyme:** Bile and active digestive enzymes to break down fats, carbohydrates, and proteins. Ox bile will aid those with liver and gall bladder conditions. Take one prior to each meal.

**Orthobiotic:** A broad spectrum probiotic containing 10 different strains of good bacteria for optimal immune and gastrointestinal health. Take one per day.

**Adapten All:** Herbal extracts with adaptogenic properties to support healthy adrenal function. Helps the body to adapt to stressors and avoid damage that can occur from acute and chronic stress. Take one a.m. and one p.m. or as otherwise directed.

**Adren All:** Herbal extracts with adaptogenic properties blended with bovine adrenal concentrate and licorice root, to balance and boost depleted adrenal function. To be taken a.m. and noontime/afternoon as directed.

**Adren Vive:** Herbal extracts with adaptogenic properties support healthy adrenal function and aid in minimizing excess cortisol production. To be taken a.m. and noontime/afternoon as directed.

**Iodine:** A blend of iodine and potassium iodide, taken to support optimal thyroid function. Take one per day in the a.m.

**Reacted Selenium:** Selenium is an essential nutrient in the transition of the thyroid hormone T4 into its active form T3. Each cell requires ample amounts of T3 for proper metabolic function.

**Reacted Magnesium:** Magnesium plays an essential role in muscle function, including maintaining already normal heart function and blood pressure. Magnesium citrate increases water in your intestines which causes peristalsis to occur. Peristalsis is a wavelike motion which moves fecal matter through your intestines. **This will eliminate constipation.** Since your intestines will be absorbing this excess water from your body it is very important to *drink plenty of water* after taking Magnesium Citrate. This will keep you from becoming dehydrated. Start with the prescribed dose and increase as needed until constipation is gone.

**Natural Calm:** Millions suffer daily from symptoms that can result from a lack of magnesium. Due to the fact that magnesium is so vital to so many bodily processes, deficiency can contribute to a wide variety of conditions like: stress, fatigue & low energy, inability to sleep, muscle tension, spasms/cramps, anxiousness & nervousness, irritability, headaches, weakness, PMS and hormonal imbalances,

weakening bones, abnormal heart rhythm and calcification of organs. Unless calcium and magnesium are properly balanced, magnesium becomes depleted (too much calcium can deplete magnesium levels). This can result in an inability to quickly recover from stress and can itself be a source of stress. *Natural Calm* is the award-winning solution to both restoring a healthy magnesium level and balancing your calcium intake; the result is ***natural stress relief***.

**Liquid Vitamin D:** Vitamin D3 is an essential vitamin for many important roles in the body including calcium absorption, supporting the immune system, healthy blood pressure, mental health and heart health. At least 32 different disease states have been linked to vitamin D deficiency: diabetes, chronic pain, depression, Parkinson's disease, lupus and chronic fatigue. Take ½ to 1 dropper full per day.

**Cerevive:** Is formulated with 5HTP, tyrosine and L-theanine, which support neurotransmitter activity in the brain. Neurotransmitter malfunction can create food cravings and irritability. This support helps to quench sweet and carbohydrate cravings. Take two to four in the a.m. to curb cravings.

**Lipitrol:** Plant based supplement used to lower cholesterol levels while minimizing stress on the liver. Can be taken with CoQ10 and niacin.

**CoQ10:** This antioxidant supports cellular respiration, healthy organs and human tissues. It works to lower free radical damage.

**Niacin:** Necessary for function of over 200 enzymes in the body. Vital for synthesis of proteins. Lowers levels of total and LDL cholesterol and increases HDL cholesterol.

**Max B:** Max B's are highly-active, end-chain living B vitamins derived from natural sources, so they are most biologically active. Essential for metabolism of fats, carbohydrates and proteins. Each vitamin has been derived from healthy strains of pro-biotic bacteria. Most B vitamins on the market (about 99 percent of them) are made synthetically in a laboratory. Although their producers may claim that they are natural, they do not occur in nature. Instead of providing anti-aging benefits like their natural counterparts, synthetic B vitamins actually accelerate aging and the degradation of the cell's DNA. Max B-ND offers maximum stress support, brain rejuvenation, anti-aging, heart health and mood balancing properties.

**EstraDIM:** This is a micro-encapsulated form of Diindolylmethane, designed to support healthy hormone balance and immune health. DIM aids in the promotion of healthy estrogen metabolites which support healthy metabolism, improved mood, healthy fat metabolism, healthy heart, circulation and better memory.

**Saw Palmetto:** Saw palmetto may be able to inhibit the conversion of testosterone to DHT. DHT is the major factor contributing to male pattern baldness and/or enlarged prostate. May provide support to the urinary tract and prostate health.

## Understanding Your Weight Loss Medications

Your **Weight Loss Program** may include prescription medications such as **hCG** and **Phentermine**. Please review these details accordingly.

**hCG:** Human Chorionic Gonadotropin is a hormone produced by the body and is in great supply in females during pregnancy. This hormone has been used since the 1950's as a tool in weight loss programs, with patients losing up to a pound a day (depending on your BMI (Body Mass Index), a half pound to a pound a day is a reasonable, expected weight loss when complying with the AMI prescribed dietary plan). Under the conditions of a low calorie diet, hCG use preserves lean muscle mass and assists the body in maintaining an active metabolism. Normally, a low caloric intake will result in muscle wasting and slow metabolism. hCG tells the hypothalamus gland to instruct the body to start utilizing stored body fat for energy and nutrients if food intake ever becomes too low. Because your body does not

sense that it is starving, this mechanism also prevents your metabolism from slowing down during and after your low calorie diet. Generally, patients will follow a low calorie diet (600-800 calories) while on the hCG hormone. **Your Wellness Coach may decide to increase/decrease your calories based upon your individual needs such as size, gender and activity level.**

Even though you are ingesting a low amount of calories, the other calories you need for the day are being extracted from your fat stores-making the hCG diet the safest, most effective weight loss tool out there!

Remember, hCG does not make you lose weight – the *combination* of the low calorie diet and the presence of hCG in your body makes you lose weight! However, the hCG injections change *how* you lose weight! Since there is greater fat loss, you can become leaner, fit into a smaller clothing size and have more muscle. It can literally transform your body shape! That is why it is very important to follow the protocol *exactly*-with no cheats. That momentary cheat is simply not worth it!

It is also important to understand that the use of hCG assists the body in losing the right kind of fat. **The human body has three kinds of fat: structural, normal/reserve and abnormal fat.** **Structural** fat fills in the gaps between various internal organs such as the kidneys and coronary arteries, forming a protective cushion. It keeps the skin smooth and taut and creates a cushion under the bones of the feet. **Reserve** fat supplies the body with accessible energy that can be drawn from when the nutritional income from the intestines is insufficient to meet the immediate demands. This type of fat is distributed all over the body. Both structural and reserve fats are normal.

The third type of fat is **abnormal** fat. This fat is not available to the body in a nutritional emergency and is “locked away” as storage. Under the circumstances of a low calorie intake, without the support of hCG, the body will access structural and reserve fat first, as well as muscle, leaving abnormal fat untouched. Under the influence of hCG, along with a low calorie diet, this “locked away” abnormal fat is accessed for use in supplying needed energy for metabolism. Your structural and reserve fat as well as muscle mass are preserved. Dr. Simeon’s referred to this abnormal, stubborn type of fat as the type that seemed to be “locked away in a fat safety deposit box.” We have the key to unlock it!

This excerpt, taken directly from Dr. Simeon’s original “Pounds & Inches” manuscript, will help you gain a better understanding of how hCG works in your body:

*“...there is a third type of fat which is entirely abnormal. It is the accumulation of such fat, and of such fat only, from which the overweight patient suffers. This abnormal fat is also a potential reserve for fuel, but unlike the normal reserves, it is not available to the body in a nutritional emergency. It is, so to speak, locked away in a fixed deposit and is not kept in a current account, as are the normal reserves. When an obese patient tries to reduce by starving himself, he will first lose his normal fat reserves. When these are exhausted, he begins to burn up structural fat, and only as a last resort will the body yield its abnormal reserves, though by that time the patient usually feels so weak and hungry that the diet is abandoned. It is just for this reason that obese patients complain that, when they diet, they lose the wrong fat. They feel famished and tired and their face becomes drawn and haggard, but their belly, hips, thighs and upper arms show little improvement. Under the influence of hCG, fat is being extracted from the cells in which it is stored in the fatty tissue. When these cells are empty and therefore serve no purpose, the body breaks down the cellular structure and absorbs it.”*

It is important to understand that this is a scientifically designed protocol that utilizes a combination of very specific foods at approximately 600-800 calories per day along with hCG to CHANGE THE WAY YOUR BODY PROCESSES FOOD. Because of this, you should not look for food substitutions, nor look for ways to add “calorie free” foods, as you might upset the nutritional balance of the protocol. Doing so may impair your weight loss, or keep you from resetting your new set weight point. If followed, this protocol WORKS.

- Only hCG **injections** have been shown to raise blood levels of hCG, so that is the most effective way of taking hCG at this time. Any other way of taking HCG, such as drops, pills, or sprays, may be dissolved before ever reaching the blood to raise the serum hCG level. Injections are highly

suggested and should only be taken with a prescription from a doctor and under medical supervision. If you must choose sublingual, make sure it is fully dissolved under your tongue, with nothing left to swallow. Hold under your tongue 10-15 minutes.

- hCG injections keep you from losing muscle while you diet. By elevating hormone levels in the body, including testosterone, the hCG hormone creates an anabolic state (muscle-building) which counteracts the catabolic state (muscle-breakdown). There are hormone receptors on muscle fibers that respond to the increased hormone levels in patients taking the hCG hormone.
- hCG increases beta endorphins which can assist in mood regulation.
- hCG may reduce feelings of hunger, as it is “pulling” the other calories needed for the day from your fat stores!

Keep in mind that your hCG is a prescription product that is being specially compounded for you at our compounding pharmacy. Allow enough time for your prescription to be prepared and shipped to you. Please expect approximately 5-7 business days from the time of your Weight Loss Lab Review appointment. Expedited shipping is available. Please speak to your Wellness Coach or one of our Front Desk Associates. Once you receive your hCG and mix it, your hCG solution must remain **REFRIGERATED** at all times.

### **Mixing Instructions for Injectable hCG:**

- **Needles:** If you are using hCG (human chorionic gonadotropin) in the injection form for your Weight Loss, you have been given needles with syringes to use for your daily injections. You should have a count of 30 (29 gauge), ½ inch needles with 0.5 cc syringes.
- When your hCG arrives in the mail, you will need to reconstitute the hCG powder with bacteriostatic water.
- Remove the metal top of the Bacteriostatic Water. Reconstitute **without** removing the rubber cover.
- Withdraw 6 ccs of the bacteriostatic water with the large needle and syringe provided with your hCG and **slowly** inject the water into the vial that contains the white hCG powder (discard the remaining water). **Swirl gently (do not shake)** to reconstitute (this will make 6,000 units/mL of hCG solution for your 30-day supply).
- Discard the syringe and needle into the “red” Sharps container (do **not** lock the top of the Sharps container until you have completed your hCG injections).

### **Patient Instructions for hCG Injection:**

- Your hCG injection should be done around the same time every morning.
- Wipe top of the hCG vial with alcohol swab.
- Fill your syringe to 18 units (or 20 units if prescribed) of hCG and inject into the upper outer portion of your thigh MUSCLE, the center, upper deltoid /shoulder MUSCLE or in the stomach, SUBCUTANEOUSLY.
- **You must keep hCG refrigerated!**
- Discard your vial of hCG 40 days after reconstitution (it expires).

### **Patient Instructions for hCG Sublingual:**

- Each morning, place one hCG trochee under your tongue.
- As you salivate while holding the hCG mix under your tongue, don't swallow it, but hold it under your tongue for up to 10 minutes if possible.
- If there isn't much left under your tongue after that time frame, that is probably because much of it was absorbed through the membranes in your mouth. Swallow any remaining hCG after 10 minutes.
- Do not eat or drink anything for about 15 minutes after this so it can be best absorbed.
- You will do this twice daily, (once in the morning and once in the evening) or as close to 12 hours apart as possible.

- Your hCG trochees are not as sensitive to temperature as the hCG injection solution and can be kept at room temperature for an extended period of time. It is still recommended to keep hCG trochees refrigerated!

### **Phentermine:**

- **What is Phentermine:** Phentermine is an appetite suppressant that affects the central nervous system. Phentermine is used together with diet, exercise and behavioral modification to treat obesity. Do not take Phentermine with any other diet medications without your doctor's advice.
- **Before Taking Phentermine:** If you are allergic to any drugs or if you have a thyroid disorder, anxiety disorder, diabetes, epilepsy, any seizure disorders, or high blood pressure, tell your doctor before taking phentermine. Understand that you are placing a new form of medication into your system, so it may take up to a week for your body to become acclimated to the Phentermine. If you are experiencing any problems during your first week on Phentermine, feel free to speak with one of our nutritional/weight loss coaches by calling the clinic: (404) 264-9553.
- **Taking Your Phentermine:** We suggest you take your phentermine as early in the day as possible, with your breakfast. Taking Phentermine too late in the day could disrupt your sleep or cause restlessness, so it is important to take your pill (NO MORE THAN ONE PILL PER DAY) early in the morning. Most people begin with half a pill and increase to a whole if necessary.
- **REMEMBER:** we want you eating regularly on the diet. We prescribe Phentermine on the hCG diet to help you feel comfortable while controlling your appetite. We DO NOT want you to stop eating. You must eat 3 meals/2 snacks, consuming the appropriate amount of calories to cause your body to release your fat stores. Dipping below this amount will cause your body to feel as if it is in a "starvation mode" and it will hold on to your fat-not release it.
- **Possible Side Effects:** The side effects of taking Phentermine may differ from person to person. You may experience one or a few of the following: dry mouth, headaches, skin problems, sleep problems (insomnia), personality changes and feeling hyperactive or irritable. Stop taking Phentermine if you sense that any side effects are causing you significant problems.
- **If You Miss a Dose of Phentermine:** Take the missed dose as soon as you remember. If it is after 1:00 p.m., skip the missed dose and take the medicine at your next regularly scheduled time. Do not take extra medicine to make up the missed dose.
- **What to Avoid When Taking Phentermine:** Avoid drinking alcohol. It can increase some of the side effects of phentermine. Phentermine can cause side effects that may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be awake and alert.

### **Other Suggestions for Success:**

- **Hormone Testing:** Many individuals experience difficulty with their Weight Loss due to hormone imbalances. Hormone levels can be evaluated using blood lab values to determine any level of imbalance and Bio-identical Hormone Replacement Therapy needed. Please speak to your Wellness Coach about whether this evaluation would be helpful for you.
- **Food Sensitivity Testing:** Food Sensitivities can be a *cause of inflammation* which can slow down or halt Weight Loss. These sensitivities are often the result of excessive exposure to common foods that you consume on a regular basis without obvious reactions. Sensitivity responses can be delayed as long as 72 hours and can result in digestive issues, migraine headaches, rashes, body aches and weight gain, to name a few. The Food Sensitivity test identifies these reactive foods that need to be eliminated from the diet for a time, allowing the body to heal and progress to be achieved. Please speak to your Wellness Coach to determine if this test could be a helpful part of your Weight Loss Journey.
- **Skin Allergy Testing:** identifies airborne items that place stress on your immune system and create *inflammatory responses* in your system. Immunotherapy treatment will create improved immune

response in your body to eliminate inflammatory symptoms. If your body has inflammation this may lead to many different types of health issues as well as a slower digestion insufficient metabolism.

- **Adrenal Stress Index Test:** tracks your cortisol production throughout the day to determine any level of adrenal stress and dysfunction you may be experiencing.

## Prepare For Success By Following These Helpful Tips:

### Clean Your Refrigerator & Pantry!

While you are preparing to start your Weight Loss Program, it is important for you to get your household in order. You will need to rid your refrigerator, pantry, cabinets and hiding spots of any food items or beverages that will not support your success. Now is the time to start making healthful food choices and eliminating anything that will keep you from reaching your goal. Get rid of all refined, sugar laden and processed items not included on your **Approved Food List** (see *Approved Food List*). Replace these undesirable choices with fresh, organic fruits, vegetables, whole grains and proteins to give your body the proteins, carbohydrates, fats, vitamins and minerals necessary to support good metabolism.



If you are using hCG, you will not begin your low calorie diet until the 3<sup>rd</sup> day of hCG use. Until that time, maintain a moderate calorie intake as discussed with your Coach. Start tracking your calorie intake. You may want to use [www.MyFitnessPal.com](http://www.MyFitnessPal.com), [www.Fitbit.com](http://www.Fitbit.com), [www.loseit.com](http://www.loseit.com) (or other calorie counting websites) to count your calories (disregard the My Fitness Pal proportions for proteins, fats, and carbohydrates while on the hCG Diet).

Your AMI Coach is trained to help you reach your goals. Please work with your Coach regarding any concerns. Try not to self-diagnose or research different diets on the internet without speaking with your Coach. We are here to ensure your success every step of the way. There are a lot of suggestions out there on how to lose weight on the hCG diet but you have chosen OUR plan. Trust the plan we have mapped out for you because it works!

**Emotional:** Prepare yourself emotionally by committing to this diet. Forget any past failures! hCG works and is changing the way people lose weight across the globe! **Also, be aware of thoughts of self-loathing or harsh disappointment toward yourself. You have one body and one life and you need to love who you are. YOU ARE NOT WHAT YOU WEIGH!** Be encouraged that you have made a very wise investment in YOUR health and wellness! This is a huge step in the right direction! Way to go!



**Mental:** Prepare yourself mentally by putting in the effort to learn all that you need to be successful. Study this manual thoroughly and pay attention to all your Coach teaches you. hCG is fairly simple yet very specific.

**Physical:** Make sure you have the proper equipment. You don't need anything fancy but it's important to be prepared. Everything you need is outlined in this manual.

### Helpful Tools:

- **DIGITAL** Food Scale
- Bathroom Digital Scale
- Measuring Tape
- Food Journal (this can be MyFitnessPal)

## Additional Tools for Success

### Organic Coconut Oil:



Use for cooking and as a moisturizer.  
Helps fight wrinkles, sagging skin and age spots.  
Works as a protective antioxidant!  
Maintains body's antioxidant reserves (other oils deplete them)!

- **Athletic Performance:**
  - Increases energy and endurance from the medium chain triglycerides (MCTs)
- **Diabetes:**
  - Helps control blood sugar and improve the insulin secretion
- **Digestion:**
  - Improves digestive function
  - Helps the body absorb vitamins, minerals and amino acids
  - Improves bowel functions
- **Heart health:**
  - Contains 'good fats' that do not increase LDL levels as do other vegetable oils
- **Thyroid Health:**
  - Stimulates thyroid function raising metabolic rate.
- **Weight Loss**
  - Contains fewer calories than other oils
  - ***Is not stored as body fat like other fats but instead is easily converted by the body into energy, thus helping with weight problems***
  - Is easily digested
  - Increases metabolism by removing stress on pancreas

### Bragg's Apple Cider Vinegar:



Organic Raw Apple Cider Vinegar is unfiltered, unheated, unpasteurized and 5% acidity. It contains strand-like enzymes and is effective in helping control blood glucose and insulin levels. Research supports its use for weight loss and diabetes. Blend with distilled or purified water to make a delicious Health Drink, an ideal pick-me-up for home, work, sports & gym. Add a couple Tbsps. to warm/hot water, some cinnamon and NuStevia for a warm, beneficial treat!

- **Internal Benefits:**
  - Rich in enzymes & potassium
  - Helps control weight
  - Promotes digestion & pH Balance
  - Helps remove body sludge toxins
- **External Benefits:**
  - Helps maintain healthy skin
  - Relieves muscle pain from exercise

### Bragg's Liquid Aminos:



All Purpose Seasoning with a great soy sauce/teriyaki flavor. Liquid Aminos is a source of delicious, nutritious, life-renewing protein. It is great on salads, veggies, dressings, soups,

rice, beans, poultry, fish, meats, etc. It contains no chemicals, artificial coloring, alcohol, preservatives or gluten.

### **NuNaturals NuStevia: Non-Bitter, Zero Calories & delicious!**



NuNaturals NuStevia (found at *Whole Foods*) is a great, non-bitter stevia. This is Stevia with the bitter aftertaste removed from the plant. It tastes so good and can replace sugar in any recipe! WARNING: It is MUCH sweeter than sugar so experiment in much smaller amounts

## **Let's Get Started!**

**Depending on the Weight Loss Program you are following and the tools you may be using, it is important to consider 3 things.**

- How many **calories** you will consume
- How **frequently** you will eat
- What **types of foods** you will eat

**Calories: If you are not using hCG** for weight loss, it is important to consume enough calories to support your metabolism and keep your body from going into starvation mode while still losing weight! Your Consultant will help you determine the best daily calorie intake that will allow weight loss at a rate of approximately one pound per week. For example: if you are a female with moderate activity level, your daily food intake will be approximately 1200 calories per day.

**Frequency:** You will need to eat regularly throughout your waking hours to supply glucose to your brain and body and keep your body from relying on excess cortisol production to keep your alert and energized. This means "no skipping meals!" Eat 3 meals and a couple of snacks so that you are eating something a few hours.

**Food Types:** Since we have not specifically identified foods you are sensitive to at this time, we would like you to eliminate foods that cause inflammation for many people. Your Elimination Diet will remove foods from your daily dietary intake, including: sugar, soy, corn, wheat, dairy and eggs. Please use the **APPROVED FOOD LIST** for food options. Your Wellness Coach will explain the best way to reintroduce these foods (where applicable) at the appropriate time. See **Maintenance Recipes** at the end of this manual for recipe ideas.

**If you are using hCG** for weight loss, it is important to follow the hCG protocol for optimal results. While you are waiting for your hCG to arrive, follow the previous outline of food intake for **calories, frequency** and **food types** until you begin the hCG Diet Phase 1 (Loading Days).

### **hCG DIET PHASE 1: LOADING DAYS (Days 1 & 2)**

**hCG Diet Phase 1** is an Essential Part of this Program. This part is considered the "**Loading Phase.**" If you have ever dieted before, as most of us have, you have probably depleted your normal fat stores. The loading phase is designed to replenish your normal fat stores.

**The Loading Phase starts on DAY 1 with you waking up, taking your hCG and LOADING:**

- **Eat as much as possible WITH THE hCG IN YOUR SYSTEM.**
- **Eat foods that are ESPECIALLY HIGH IN FAT**
- **This continues through DAY 2.**
- **The best time to do this is the weekend or when you will have two days off in a row** so you can concentrate on eating as often as possible, all day long. **You will know if you loaded successfully, because you should see a gain on the scale on Day 2 and Day 3.**
- People who **LOAD correctly** have **MUCH MORE OVERALL WEIGHT LOSS**, feel better and have more energy the entire time on the hCG protocol. It is absolutely crucial for optimal success!
- If your program includes **Phentermine**, it is **not necessary to take it during these first two days** as you will most definitely NOT need an appetite suppressant.
- **You will not begin taking Whey Protein, Alpha Base, Orthomega or Amino Lipotropic on Days 1 & 2.** You will begin taking them on Day 3.
- If you are **craving something sweet** or you think of something that you will miss while on the very low calorie diet, eat that too. Have fun with it!

## **hCG DIET PHASE 2: LOW CALORIE DIET (DAYS 3 to 32)**

**hCG Diet Phase 2** is the **basis** of this protocol. This is the part where you retrain your hypothalamus to direct your body to store fat normally, increase your metabolism and reset your body's comfortable "set point" weight.



- It's important that you **follow the plan** as closely as possible.
- You may have weak moments; but if you do, **get right back to the plan.**
- You may see a **stall in weight loss**, but after a short while it should resume.
- **REMEMBER: a "cheat" will forfeit that day's weight loss**, so make up your mind in the beginning: a "momentary" pleasure is not worth sacrificing a loss of UP to a POUND OF FAT in one day!

**Calories:** During this Phase, you will be consuming between 600 to 800 Calories per day. Your Consultant may adjust your food intake based your goals and individual needs.

**Frequency:** You will continue to eat regularly throughout the day with 3 meals and 2 snacks.

**Food Types:** You will do best by eliminating many of the fats and starchy carbohydrate foods during this Phase of the hCG protocol. At this time you will use the **hCG APPROVED FOOD LIST** for the best food choices. See **hCG Diet Recipes** at the end of this Manual with many delicious meal options!

**A Food Journal is one of the best ways to be aware of the calories you consume.**



Here at AMI, we recommend keeping a daily log of your weight, (weigh first thing in the morning, after emptying your bladder) of your food intake, exercise, water consumption, thoughts and emotions while on your own personal weight loss journey. Research overwhelmingly shows that those who journal have much better success on any exercise/weight loss program than those who don't! Furthermore, it will help your Wellness Coach in determining how to modify/correct any changes that may need to be made for you individually. You will also be surprised how you will be able to help others by putting your thoughts, tips and tricks on paper!

We have attached a **Journal** to the end of this **Manual** to help you keep a daily record of your: Weight/ Measurements/ Food choices/ Exercise/ Water intake/ Your daily thoughts

### **A closer look at the hCG Diet:**

- **3 meals and 2 snacks a day**
- **At 800 Calories per day: Meals are ~ 200 Calories; Snacks are ~ 100 Calories**

**Breakfast:** will be a Protein Shake made with 1 ½ scoops of our **Whey Protein** (or plant based protein) powder, a handful of fresh or frozen fruit from the **hCG Approved Food List** and unsweetened, almond milk. Stevia, NuNaturals NuStevia or Truvia may be added to sweeten the shake. Feel free to get creative, adding cinnamon, stevia and various extracts (banana, vanilla, almond, etc.).

**Snack:** is a light snack 2 to 3 hours later. For best results eat a low sugar fruit such as apple, orange, grapefruit or berries (see hCG Approved Food List) If you feel light headed or need a bit more energy for exercise, you may have a few nuts, celery or cucumbers with hummus or 1 Tbsp. all natural peanut or almond butter.

**Lunch:** is 2 to 3 hours later and should consist of a lean protein and vegetables. (Some individuals may choose to include a starchy carbohydrate such as sweet potato. Keep in mind the use of this type of carbohydrate may slow down weight loss for some individuals using the hCG program.) Protein portion should be approximately palm size/100 gram. (This is about ½ chicken breast or 4 to 5 oz. filet, etc.)

**Snack:** is another light snack 2 to 3 hours later. A low sugar fruit such as an orange, grapefruit or strawberries is a great option.

**Dinner:** is 2 to 3 hours later and should be a lean protein and vegetables (or salad).

**Protein:** Your protein choice should be low in fat, using the leanest cuts of meat. If fat is visible, you must remove it before cooking. Bake, grill or sauté meats with water, organic, low sodium, fat free chicken stock or coconut oil! **Do Not Fry Proteins except when using coconut oil on medium high.**

**Fat/Oil:** Limit additional fats and oils in your diet during this Phase. Coconut oil is your best oil option for cooking proteins and vegetables. (Coconut oil can also be used as a moisturizer on the face/body.)

### **Meats/Proteins (raw & uncooked): Note that 100 grams = 3.57 ounces**

• grass-fed lean ground beef	100 gm = 175 - 200 calories
• buffalo/bison	100 gm = 110 - 125 calories
• ostrich	100 gm = 110 - 125 calories
• venison or other wild game	100 gm = 110 - 125 calories
• chicken breast	100 gm = 100 - 120 calories
• whitefish	100 gm = 130 - 140 calories
• roast turkey white	100 gm = 130 - 140 calories
• roast turkey dark	100 gm = 180 - 190 calories
• scallops	100 gm = 80 - 90 calories
• lobster	100 gm = 90 - 100 calories
• crab	100 gm = 90 - 100 calories
• shrimp	100 gm = 95 - 105 calories
• pork loin	100 gm = 130 - 140 calories
• Veal	100 gm = 150-175 calories

### **Vegetables**

Vegetables are important in this diet or any diet. You should always include veggies with your meals now and in the future. One of the great things about this diet is that it helps train you on the fundamental way of eating long term to ensure your healthy weight... for your lifetime. While on the hCG diet avoid starchy vegetables such as carrots, potatoes, corn, any type of squash, beets, peas, Also limit legumes and beans.

• spinach	1 cup, raw = 12 calories
• asparagus	1 cup, raw = 32 calories
• Swiss chard	1 cup, raw = 6 calories
• Chicory	1 cup, raw = 42 calories
• mustard greens	1 cup, raw = 14 calories
• collard greens	1 cup, raw = 12 calories
• beet greens	1 cup, raw = 8 calories
• kale	1 cup, raw = 42 calories
• Romaine Lettuce	1 cup, raw = 30 calories
• Tomatoes	1 cup, raw = 35 calories
• celery	1 cup, raw = 20 calories
• fennel	1 cup, raw = 27 calories
• onions	1 cup, raw = 60 calories
• red radishes, cucumbers	1 cup raw = 20 calories
• cabbage	1 cup, raw = 20 calories
• broccoli	1 cup, raw = 31 calories
• bok choy	1 cup, raw= 10 calories!

### Acceptable Fruits

• blueberries, fresh	1/2 cup = 41 calories
• strawberries, fresh	1/2 cup = 23 calories
• orange	1 fresh = 65 calories
• grapefruit, red	1/2 = 37 calories
• white grapefruit	1 whole is allowed
• apple	1 med. = 81 calories
• raspberries	1/2 cup = 32 calories
• blackberries	1/2 cup = 31 calories

### Condiments, Spices and Seasonings

You can use just about any spice. **Stay away from seasonings that have the dreaded MSG.** Also stay away from seasonings that have fillers such as sugar, starch or hidden oils/fats.

- Organic Dijon mustard or yellow mustard
- Bragg's Apple Cider Vinegar(goes great on salad)
- Tabasco Sauce
- Pure Balsamic Vinegar
- Liquid Amino Bragg's

Purchasing organic produce and organic, free range meats is strongly recommended. This is important because these "types" of foods are not genetically modified and free of poisonous pesticides and growth hormones, antibiotics, etc. Organic foods are better for you! They have higher nutrition value, they taste better, and they are better on the environment.

# Approved Food List-- Pre and Post HCG

A "diet" is not about starving yourself, but rather a lifestyle with an abundance of healthy foods.

- If you are on **1200 calories per day**: your meals will be about 300 calories and your snacks about 150 calories
- If you are on **2000 calories per day**: your meals will be about 460 calories and your snacks about 310 calories

Vegetables	Portion	Calories	Fruits	Portion	Calories	Protein	Portion	Calories
Alfalfa Sprout	4 oz.	40	Cantaloupe	½ cup	30	Turkey	100g	142
Arugula	1 cup	13	Grapefruit	½	55	Beef	4 oz.	160
Asparagus	1 cup	27	Orange	1	62	Chicken	½ breast	142
String beans	½ cup	22	Tangerine	1	40	Lamb	3 oz.	160
Broccoli	1 cup	30	Tangelo	1	60	Salmon	6 oz.	155
Brussels Spr.	1 cup	45	Lemon Juice	1 cup	61	Tuna	4 oz.	100
Cabbage	1 cup	21	Honey Dew	1 cup	61	Whitefish	½ fillet	138
Avocado	¼	80	Watermelon	½ cup	23	Halibut	3 oz.	94
Cauliflower	1 cup	25	Peach	1 large	61	Cod	4 oz.	90
Celery	1 cup	14	Nectarine	1 large	70	Snapper	4 oz.	138
Kale	1 cup	34	Blackberries	½ cup	62	Shrimp	3 oz.	84
Cucumber	½ cup	8	Blueberries	1 cup	42	Whey	15 g	68
Lettuce	1 cup	5	Raspberries	½ cup	32			
Mushroom	1 oz.	6	Strawberries	1 cup	49	<b>Spices</b>	<b>Portion</b>	<b>Calories</b>
Mustard Green	1 cup	6	Apple	1 med	72	Sea Salt		
Onion	1 cup	67	Pear	1 large	96	Garlic		
Radish	1 cup	19	Figs (fresh)	1 large	47	Dill Weed		
Tomato	100g	18	Prunes (dry)	5 ct.	100	Paprika		
Spinach	1 cup	7	Mangoes	1 cup	107	Basil		
Zucchini	1 cup	20				Oregano		
Sweet potato	½	52	<b>Nuts/Seeds</b>	<b>Portion</b>	<b>Calories</b>	Cilantro		
			Almonds	12 ct.	80	Cumin		
<b>Milk Subst.</b>	<b>Portion</b>	<b>Calories</b>	Cashews	1/8 cup	80	Chili		
Almond Milk	1 cup	60	Pecans	1/8 cup	94	Ginger		
Rice Milk	1 cup	45	Walnuts	1/8 cup	100	Cinnamon		
Coconut Milk	1 cup	45	Hazel Nuts	1/8 cup	105	Salsa		
			Almond Butter	1 Tbsp.	90	Mustard		
<b>Starches</b>	<b>Portion</b>	<b>Calories</b>	Cashew B.	1 Tbsp.	95			
GF Bread	1 slice	75	Peanut Butter	1 Tbsp.	95			
Quinoa	¼ cup	55	Tahini	1 Tbsp.	95			
Brown Rice	¼ cup	55	Pumpkin Sd.	1 Tbsp.	41			
Barley	¼ cup	48	Sunflower Sd.	1 Tbsp.	102			
Spelt	¼ cup	62						
Buckwheat	¼ cup	39	<b>Extras</b>	<b>Portion</b>	<b>Calories</b>			
Millet	¼ cup	52	Organic Tea					
Ezekiel Bread	1 slice	80	Stevia					
Rice Crackers	8 ct.	55	Agave Nectar	1 Tbsp.				
Almond Thins	8 ct.	75	Coconut Sugr	1 Tbsp.				
Black Beans	¼ cup	57	Avocado	¼				
Pinto Beans	¼ cup	61	Olive Oil	½ Tbsp.				
Red Beans	¼ cup	57	Coconut Oil	½ Tbsp.				
Lentils	¼ cup	58	Macadamia O	½ Tbsp.				

Starches are only allowed to be consumed once or twice a week and only during lunch

# hCG Approved Food List

*A “diet” is not about starving yourself, but rather a lifestyle with an abundance of healthy foods.*

- If you are on **800 calories per day**: your meals will be about 200 calories and your snacks about 100 calories
- You get the best results if you eliminate fats and starchy carbohydrates from your diet on hCG

Vegetables	Portion	Calories	Fruits	Portion	Calories	Protein	Portion	Calories
Alfalfa Sprout	4 oz.	40	Cantaloupe	½ cup	30	Turkey	100g	142
Arugula	1 cup	13	Grapefruit	½	55	Beef	4 oz.	160
Asparagus	1 cup	27	Orange	1	62	Chicken	½ breast	142
String beans	½ cup	22	Tangerine	1	40	Lamb	3 oz.	160
Broccoli	1 cup	30	Tangelo	1	60	Salmon	6 oz.	155
Brussels Spr.	1 cup	45	Lemon Juice	1 cup	61	Tuna	4 oz.	100
Cabbage	1 cup	21	Peach	1 large	61	Whitefish	½ fillet	138
Carrots	1 cup	52	Nectarine	1 large	70	Halibut	3 oz.	94
Cauliflower	1 cup	25	Blackberries	½ cup	62	Cod	4 oz.	90
Celery	1 cup	14	Blueberries	1 cup	42	Snapper	4 oz.	138
Kale	1 cup	34	Raspberries	½ cup	32	Shrimp	3 oz.	84
Cucumber	½ cup	8	Strawberries	1 cup	49	Whey	15 g	68
Lettuce	1 cup	5	Apple	1 med	72			
Mushroom	1 oz.	6	Pear	1 large	96	<b>Spices</b>	<b>Portion</b>	<b>Calories</b>
Mustard Green	1 cup	6	Figs (fresh)	1 large	47	Sea Salt		
Onion	1 cup	67				Garlic		
Radish	1 cup	19	<b>Extras</b>	<b>Portion</b>	<b>Calories</b>	Dill Weed		
Tomato	100g	18	Organic Tea			Paprika		
Spinach	1 cup	7	Stevia			Basil		
Zucchini	1 cup	20	Coconut Oil	½ Tbsp.		Oregano		
Avocado	¼	80				Cilantro		
						Cumin		
<b>Milk Subst.</b>	<b>Portion</b>	<b>Calories</b>				Chili		
Almond Milk	1 cup	60				Ginger		
Rice Milk	1 cup	45				Cinnamon		
Coconut Milk	1 cup	45				Salsa		
						Mustard		
<b>Nuts/Seeds</b>	<b>Portion</b>	<b>Calories</b>						
Almonds	12 ct.	80						
Cashews	1/8 cup	80						
Pecans	1/8 cup	94						
Walnuts	1/8 cup	100						
Hazel Nuts	1/8 cup	105						
Almond Butter	1 Tbsp.	90						
Cashew B.	1 Tbsp.	95						
Peanut Butter	1 Tbsp.	95						
Tahini	1 Tbsp.	95						
Pumpkin Sd.	1 Tbsp.	41						
Sunflower Sd.	1 Tbsp.	102						

Calories: \_\_\_\_\_

## Your Best Breakfast

- Frozen or Fresh Fruit

Berries are best. No bananas,  
grapes or pineapple

- 1 1/2 Scoops of Whey  
Protein (\*15 grams of Protein)

- 8 oz. of Almond Milk  
(\*Light version: 40-60 Calories Per 8 oz.)



# Suggested Snacks Between Meals

## Choose 2 Snacks A Day (100-150 Calories Each)

- Raw Nuts (10-15 unsalted)
- Fruit (Only BEFORE 3pm)
- 1 Tbsp Peanut Butter and Celery Sticks

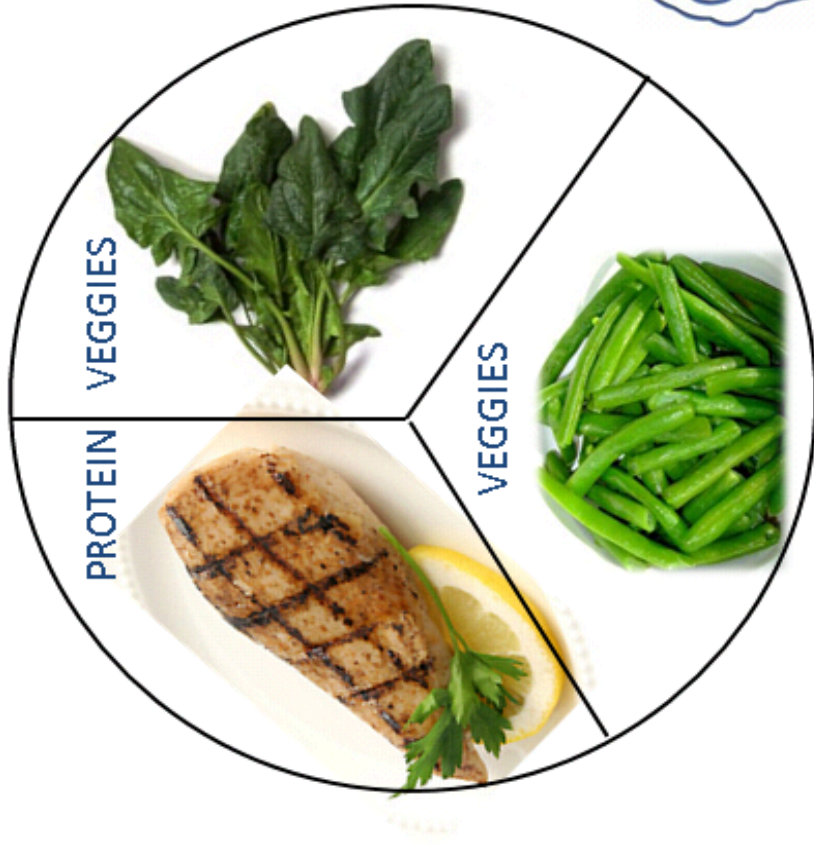
## Other Suggestions:

- Stay Away from Soy
- Limit Dairy Products
- Use Organic or Hormone/Steroid-Free Meat if Possible & Fresh or Frozen Fruit and Vegetables (Not canned)
- No High Glycemic or "White" Foods: Rice, Sugar, Flour, Pasta, Potatoes, Corn (for a rice and starch alternatives, brown rice is recommended. For breads or pastas try gluten free and whole grains. A sweet potato is always a great choice)



\*Eat fruit separately. Have it 30 minutes before eating a meal

# Your Dinner Plate



**NO Carbs After 3pm:  
Fruit, Rice, Grains, Starches, Etc.**



## Water:

- Water is the most important nutrient for the human body! Next to oxygen, the human body needs water in order to survive. Two-thirds of the human body is water; water makes up 92% of your blood plasma, 80% of your muscle mass, 60% of your red blood cells and 50% of everything else in your body so it is imperative to drink adequate amounts to maintain hydration!
- Water metabolizes stored fats, helps maintain proper muscle function and tone, supports digestion, eliminates waste and toxins, helps metabolism, moisturizes skin and even suppresses appetite-all of which have a direct affect on your weight loss efforts.
- A general rule of thumb is the divide your body weight by 2 and use this number as the amount of ounces you should drink per day.
- **We recommend as close to a GALLON a day as possible. That's 128 ounces of water. If you start by taking a gallon jug with you for the day, you can pour from that jug and help gauge how much you are actually consuming in one day.**
- A refreshing addition to your water can include basil, lemons, limes and cucumbers. Infuse 5 whole basil leaves (anti-inflammatory), 1 lemon sliced (detoxifying), 1 lime sliced, (detoxifying), and 1 whole cucumber sliced (metabolism booster) overnight in one gallon of water. You can also experiment with the flavored stevia drops such as grape, root bear, orange crème, etc.

## Exercise:

- **Exercise should be 3-5 days a week.**
- To increase metabolism, include 30-45 minutes of light cardio, such as elliptical, treadmill, walking, swimming, cycling, Zumba, jogging, etc
- Light weights and resistant training may also be added to improve muscle mass.
- Find something you *enjoy* doing!
- You cannot treat exercise like it is an option. You must treat it like it is as a *necessity*, like brushing your teeth, making your bed, etc. This will ensure exercise becoming part of your new lifestyle.
- Exercise can increase your body's ability to burn fat, speed up your metabolism; improve circulation in the body, increase energy and mood levels, and decrease stress.



**There is much debate out there on “do or don’t” exercise on the HCG protocol. The reality is that you absolutely can exercise; we just want to help you choose the correct way to go about it.**

### FOR REGULAR EXERCISERS:

IF YOU HAVE ALREADY BEEN EXERCISING FOR A SIGNIFICANT AMOUNT OF TIME AND YOUR BODY IS USED TO IT, you can continue doing what you have been. Just be mindful of your energy levels and that your protein intake is not diminished whatsoever. If you feel weak at all, slow down or taper back your exercise routine.

### FOR NEW EXERCISERS:

It is NOT advised to begin a brand new, strenuous exercise program on the protocol but you can exercise in your “**fat burning zone.**”

The “**fat burning zone**” is the activity level at which your body is burning fat for energy. Your body burns a higher percentage of calories from fat stores IN the fat burning zone-a whopping 85%! If weight loss is the goal of your workout, then finding your fat burning zone and maintaining your workout in that zone will maximize the amount of fat you burn. The fat burning zone is different for everybody, but in order to make

full use of your workout and keep your energy levels up during the hCG protocol, determining this zone will be very beneficial for you.

**Use the “talk test”:** The least technical of all the ways to determine your fat burning zone is to use the “talk test.” The talk test requires you to talk during exercise. If you are too winded to talk then you need to decrease the intensity of your workout. If you can talk easily, then you're not working out hard enough

### **More Tips:**

### **Limit & Avoid:**

- **Limit refined sugars and processed grains:** This refers to foods and additives such as high fructose corn syrup, pasta, breads, cereals, bagels, crackers, chips, fruit juice, soda (including diet soda), etc. All of these foods have very little fiber, if any, and cause huge fluctuations in blood sugar and insulin levels, leading to fatigue and unwanted weight gain.
- **Limit alcohol consumption:** particularly during month 1 on the program. During weight loss, it is best NOT to consume any alcohol. You and your Wellness Coach will decide when alcohol can be added back into your diet.
- **Avoid wheat and dairy products:** Many people are sensitive to wheat and dairy products, which can cause a wide variety of symptoms such as fatigue, nasal allergies, skin conditions, digestive problems, and can trigger an inflammatory cascade.

### **Food Types:**

- **Protein:** is essential for growth and development. It provides energy, and it is needed for the manufacture of hormones, antibodies, enzymes, and tissues. It also helps maintain the proper acid-alkali balance in the body. Add protein rich foods to meals and snacks to ensure your diet has adequate amounts of protein. Stay away from soy and dairy sources of protein.
- **Fats:** Fats provide energy and support growth. Fat is the most concentrated source of energy available to the body. Excessive fat is a major causative factor in obesity, high blood pressure, heart disease, and colon cancer. Fats are composed of building blocks called fatty acids. There are 3 major categories of fatty acids— saturated, polyunsaturated, and monounsaturated.
- **Saturated fatty acids:** are found primarily in animal products, including dairy items and fatty meats like beef, pork, ham, etc. Some vegetable products are also high in saturated fats. The liver uses saturated fats to manufacture cholesterol. Excessive dietary intake of saturated fats can raise the blood cholesterol level, particularly the LDL cholesterol (bad cholesterol). Saturated fats should not be more than 10% of your total caloric intake.
- **Polyunsaturated fatty acids:** are found in greatest abundance in corn, soybeans, safflower and sunflower oils. Certain fish oils are also high in polyunsaturated fat. Polyunsaturated fat may actually lower the total blood cholesterol level; however, large amounts of polyunsaturated fat also can reduce HDL (good cholesterol) levels. For this reason, polyunsaturated fats should not exceed 10% of total caloric intake.
- **Monounsaturated fatty acids:** are found mostly in vegetables and nut oils- like olive, peanut and canola. These fats appear to reduce blood levels of LDL, without affecting the HDL level. You should keep monounsaturated fats to 10-15% of your total caloric intake.
- **Bad foods:** accelerate the aging process, causes digestive problems, make you feel drowsy and lethargic, give you mood swings, increase the risk for diseases and cancers, trigger headaches and asthma attacks and of course cause weight gain. Bad food choices are: non-organic foods, simple carbs and sugars, dairy and refined foods.
- **Good food:** boosts brain power, lift your mood, reduce stress, boost your vitality and immunity and give you a healthier heart. Healthier choices can make you look AND feel great! Good foods include: raw foods, most organic foods and unprocessed foods. Refer to the “Approved Food List” for the best choices.

- **Take a digestive enzyme with meals:** This is a supplement which helps to breakdown food during digestion. Avoid foods that stress the internal organs: dairy, caffeine, alcohol, sweets, salty foods, fatty foods, red meat, refined foods, margarines and additives.
- **Avoid Caffeine:** which causes your blood pressure to rise, leaving you anxious and restless, overworks the adrenal glands, can stimulate skin aging, reduces the body's absorption of iron and zinc by up to 50% and in turn, suppresses your immune system. Stay clear of coffees, sodas and other "energy drinks" which actually leave you feeling more tired.
- **Drink organic teas:** (Green, Yerba Mate, Oolong, Chamomile, etc.) daily, in any quantity! This will provide you with an abundance of antioxidants which are necessary for cleansing the body, ridding it of toxins, expediting weight loss and helping you look and feel better from the inside out. Green Tea and Yerba Mate are great beverage options for revving the metabolism but should not be substituted for your water intake. Try various herbal teas to create variety!
- **Add hot peppers or cinnamon to your food:** Foods like pepper and cinnamon have a thermogenic effect on the body. This means they stimulate the part of the brain that is responsible for your metabolism. Eating a spicy dish or adding some cinnamon to your fruit or tea will encourage your body to burn more calories at a faster rate.
- **Sweeteners:**
  - **Stevia:** as your sweetener of choice. Other sweeteners, such as Sweet & Low, Equal, and Splenda are made with many synthetic ingredients that can be *harmful* to your body's digestive process. Stevia comes straight from a plant, and tastes just as sweet as sugar in its natural state. Try **NuNaturals NuStevia:** (found at Whole Foods) for great tasting, non-bitter stevia.
  - **Coconut Crystals:** Coconut palm sugar is low on the glycemic index, high in nutrients and has 16 vital amino acids. It has a great taste and can be substituted for regular sugar at a 1:1 ratio.

#### **Other Tips:**

- **Sleep a minimum of 7 to 8 hours a night:** Your body works hardest while you're asleep to help you recover, detoxify, and rejuvenate for the hours which you are awake. Being well-rested affects your mental clarity, energy levels and physical appearance.
- **Do A Full-Body Detox Cleanse:** Toxins in the body can lead to improper metabolism of fat, slowing of digestion, increased appetite, and slow metabolism and is partially responsible for food cravings. This also creates an overtaxing of the body's immune system and is partially responsible for the onset of many medical symptoms, conditions and diseases. When the internal body is cleansed and operating properly, every organ and gland in the body can work more efficiently. Try taking the Detox Challenge for one day. Avoid: sugars, fried foods, dairy, alcohol and caffeine. Eat: fruits and vegetable juices, raw foods, sprouts, greens, legumes, seeds and drink water all day.

#### **Additional Recommendations:**

- For Slow Weight Loss, consider adding **L-Carnitine, DigestzymeV, Ortho DigestzymeV, and Iodine** (See "**Understanding Your Supplements**").
- For **Slow Bowel Elimination**, use Reacted Magnesium or Natural Calm to supply magnesium to your system. Magnesium Citrate will increase the activity of your large intestine and increase bowel elimination (bowel elimination should take place no less than once per day and preferably after each meal). Begin taking magnesium citrate with the prescribed dosage outlined on the product label. Increase each evening until you experience a minimum of one daily bowel elimination. If you experience loose stools, decrease dosage. Do not stop taking the product.
- **Treat Yourself to Massage:** Not only does massage therapy help with relaxation, it also helps you loosen up the parts of your body that may be tense from stress. Receiving massages on a frequent basis will also help release the buildup of toxins in the body, which will in turn make you feel better and help you lose weight.

- **Reduce Stress:** Did you know that breathing deeply increases oxygen to the body, increases metabolism, lowers appetite and releases the beneficial hormones that alleviate depression? You can also reduce stress levels by participating in our biofeedback stress reduction. Biofeedback can not only reveal which factors are causing your body stress, it can also detect whether you have any food sensitivities, allergies, digestive problems or even parasites in your body of which you are unaware.
- **Get your hormones checked:** This can be done through a simple blood test here at AMI .
- **Take pharmaceutical-grade vitamins and supplements:** We all know that taking multi-vitamins and other supplements helps to replenish your body of any nutrients your system is missing. But purchasing your vitamins and minerals at a drugstore or grocery chain doesn't always guarantee purity and potency. Atlanta Medical Institute carries pharmaceutical grade supplements called "nutraceuticals." We can help you decide which supplements are best for you in our commitment to helping you find your way toward optimal health.
- **Eliminate unnecessary over-the-counter and prescription medications:** Today, more than 70% of Americans take medications on a daily basis. What most of us are unaware of is that ALL non-prescription, over-the-counter and prescription drugs and medications of every kind are proven to lead to weight gain and obesity. They are also 100% proven to cause illness and disease. If you continue to take non-prescription and prescription medications for long periods of time, it can deteriorate your health, impede your weight loss and make you sicker over time. Remember, there are all-natural alternatives that are proven to work better and have no negative side effects!

### **Get Regular Chiropractic Care/Adjustments**

*Hello, I'm Dr. Jeff Semel, co-founder of the Atlanta Medical Institute. Our facility is a wellness clinic geared towards the optimization of your health. Our staff teaches you how to regain and maintain your vigor, metabolism and overall well-being. While this process incorporates many different aspects, some of the keys to true health include the health of your spine, joints, muscles, ligaments, tendons and (most importantly) the nervous system. Chiropractic care addresses all the above.*

*When your body is burdened with excess weight, pressure is placed on your spine and joints, stressing your nervous system, organs, muscles, ligaments and tendons. Putting undue stress on your joints over time can increase the risk of degenerative arthritis and other joint and soft tissue diseases. These affects multiply as we age but can be prevented through Chiropractic care.*

*Many patients question the need for Chiropractic care and say, "I have no pain, doctor!" However, their bodies are changing internally and the warning signs are invisible. In so many instances, a mere bending down motion to pick up something or a turn of the head to check for oncoming traffic -and the back/neck are in spasms. Knee pain and elbow pain can come on suddenly due to unknown causes; these all can be avoided! If you are suffering from headaches or pain anywhere in your body, we can help!*

*As a physician and co-founder of Atlanta Medical Institute, my goal and commitment to you is to bring you optimal health so you may live a longer, healthier, medication free-life. With your Weight Loss Package, I am offering a free examination to determine how I can help you optimize your health and really start enjoying your life to the fullest.*

*I look forward to meeting with you soon!*

*Yours in good health,*

**Dr. Jeff Semel D.C., ABAAHP**

## Staying On Track



### Staying Motivated:

**Create your vision:** Take a picture of it and place it in all the places you go during the day (your desk, car, refrigerator, mirror, etc.).

**I'm bored with my food:** Try new recipes. Get a crock pot. Try new spices!

**What about My Emotions?** Emotions can be a big part of Your Weight Loss Journey. Many times food is used to fill empty spaces we have. It is used to relieve disappointment, sadness, loneliness, guilt and frustration. By identifying the connection we have between food and our emotions and creating strategies to change the unhealthy patterns we have developed because of them, we can become successful in creating a new and healthy relationship with food.

- **Anger:** Many people feel a sense of anger about being overweight, especially when they begin the process of making changes. It is important to find out where the emotion is coming from. It may be a person who is making you upset, something at work, or maybe you are upset/angry with yourself. Understanding **what** you are truly upset/angry at can help you understand **why** you are angry about being overweight.

#### Strategy:

- Take the intensity of this emotion and channel it into determination to stick with your diet. Tell yourself everyday that you are committed to getting healthy and getting the weight off.
- Try journaling. It can be a great way to get the anger off *you* and onto paper.
- Take a walk any time you are overwhelmed with anger or tempted to eat the wrong thing.

***Studies have shown that a strong temptation/desire usually has a 20 second window. If you can push past this, many times you will overcome it!***

- Try a kick boxing class

- **Frustration:** Frustration is an extremely common emotion, particularly when you are trying to lose weight. It is usually the emotion that drives people to give up on their quest to lose weight. Ask yourself what is frustrating you, who makes you frustrated and what you can do about any situation that is related to these situations and people. An important detail is whether the frustration is more about you or these other things.

#### Strategy:

- Find things that improve your self esteem
- Realize that the things that may be happening to you do not need to control how well you do on your weight loss efforts.
- Deep breathing exercises.
- Take a yoga class

- **Sadness:** Sadness is many times a more hidden emotion than anger and frustration and may not surface immediately. Many times bad eating habits have been part of the cover up of this emotion. Sadness is closely related to feeling sorry for oneself and can arise after the initial enthusiasm of a new weight loss program subsides. You are not eating whatever you would like in what ever amount you feel like. You may have made some lifestyle changes that make you feel like you are missing out.

It is important to ask the question of what or who is making you feel sad, hurt or disappointed and how much of that sadness is actually YOU disappointing yourself.

Strategy:

- Realize the power of your thoughts! If you THINK it, you will SPEAK it, you will BE it!
  - Meditate on your success
  - Spend time with someone who helps you laugh
  - Try weight resistance exercises to help you feel power
- **Boredom:** Boredom can kill your weight loss motivation quicker than anything. Your initial excitement to starting your program fades and your old desires shift to the forefront. You might think that the food you are eating is boring or the way you are eating is boring. Boredom is something that is lodged in your head. Ask yourself when you feel most free to make your own decisions and what food makes you the most bored.

Strategy:

- Try new recipes to add variety and diminish a sense of boredom.
- Focus on your certainty about your results and how you will feel when you reach your goal as if you have already arrived there.

## Month 2: It's Time to Detox!

Toxins are substances that your body views as harmful or stressful. These toxins occur as external toxins from our environment by what we breathe, eat and touch. They occur as internal toxins from waste products our cells produce through everyday function. Toxicity is the state in which the body has accumulated toxins to a degree where it has directly impacted our health. Through the use of detoxification techniques we can rid the body of this toxic load and significantly improve health.

You are about to begin your **Detox Program** and eliminate impurities from your system. It is important to follow your directions and drink plenty of water to get the best results. Some people experience some mild cleansing responses when they start their detoxification. These can include a mild headache, fatigue and malaise; they generally pass quickly. Expect your detoxification to impact your energy, weight loss, and skin (among other areas).

If your **Detox** is part of your **Weight Loss Program**, you will be receiving the **Detox** tools at the end of your initial month of Weight Loss. If a Detox was not part of your program, it can be added after you have completed 30 days of hCG use. This detoxification process will focus on cleansing and supporting the liver as well as eliminating toxins from the bowel. The liver is critical in the metabolism of fats and uses enormous amounts of energy (calories) when it is not bogged down with excess toxins. Additionally, a healthy liver will clear stored toxins from the body that are generally housed in fat cells. This will enable the body to purge excess stored fats from the fat cells, making detoxification an important part of your weight management process.

### Detox Program Directions

**Day 1-2: Modified Fasting Days** (Limit food consumption to Core Support protein shake.)

Morning/Breakfast	Dosage
1. Core Support Shake	2 scoops with 8 oz. of water or almond milk
2. Alpha Base	2 capsules
<b>NO Lunches or snacks</b>	<b>Only water based Fruits and Vegetables if needed</b>
Evening /Dinner	Dosage
1. Core Support Shake	2 scoops with 8 oz. of water or almond milk
2. Alpha Base	2 capsules

**Day 3-7: Meals Allowed** Follow HCG Approved Food List for Lunch and snacks- Increase Protein with lunch to 4-5 oz and larger piece of fruit.

Morning/Breakfast	Dosage
1. Core Support	2 scoops with 8oz. of water or almond milk
2. Alpha Base	2 capsules
3. PhytoCore	2 capsules
Evening/Dinner	Dosage
1. Core Support	2 scoops with 8oz. of water or almond milk
2. Alpha Base	2 capsules
3. Phytocore	2 capsules

**Day 8-30: Meals Allowed** Follow HCG Approved Food List- 3 Meals and 2 Snacks per day Increase Protein to 4-5 oz with dinner and more vegetables.

Morning/Breakfast	Dosage
1. Phytocore	2 capsules
Evening/Dinner	Dosage
1. PhytoCore	2 capsules
2. Fiber Plus	4 capsules
3. Super Aloe	1 capsules (Increase as needed for improved elimination)

- Calories: Should Increase to 1000-1200 calories
- Drink lots of Water!

## Visits:

During your month of Detox, we recommend that you come in for your Checkup Appointments to ensure you are continuing to make progress on your Weight Loss. Since you are not using hCG for weight loss during the Detox process, you will not be losing weight at the same rate as with hCG. Your calories will be higher and you should anticipate moderate loss of 1 to 2 pounds per week.

## Month 3:

If your Program includes a 2<sup>nd</sup> round of **hCG**, you will follow the **hCG** Diet Program as you did during **Month 1** while you were taking **hCG**.

- Phase 1: LOAD the FIRST TWO DAYS ON THE HCG DIET!
- Phase 2: Follow the Phase 2 instructions for calories, frequency and food types as previously outlined.

## HOW Do I Keep the Weight Off *After* I Lose It??

### AMI's HCG Maintenance Plan

#### HCG MAINTENANCE TIPS & TRICKS

- After you are finished with your last dose of hCG, you will stay on the low calorie diet for 2 more days.
- Then you will increase your calorie intake. (Your calorie count will be determined based on whether you have more weight to lose, your gender, your stature and your activity level.) Your Wellness Coach as well as i.e. My Fitness Pal will assist.
- You will increase your protein portion and add healthy fats and oils back into your diet.
- Please continue to refrain from eating sugars and starchy carbohydrates for 3 weeks to stabilize your weight loss.

It takes this long before the weight you have now reached becomes stable. Fats can be eaten more liberally during this time. Organic eggs, organic meats, avocados, great cheeses, nuts, peanut butter (no sugar) spread on apples, etc.

Your weight should stay within two pounds of your weight on day 30-32 of the low calorie diet. You should not take any notice of any increase below two pounds but the moment your weight goes over two pounds, even just by a few ounces, you must do a "steak day" OR an "apple day."

**Steak Day: That VERY day of the 2+ lb. gain**, you must skip breakfast and lunch but drink at least two liters of water. Tea and coffee are fine also. That evening, eat a HUGE steak or any protein, along with an apple OR a raw tomato.

**Apple Day:** The other option is to eat apples and tons of water all day long. It is of UTMOST importance that this is done on the SAME day of the weight gain. You should see a very satisfactory loss the next morning.

During maintenance, most people are surprised at how small their appetite has become, and yet how much they can eat without gaining weight. Many of the cravings they had are gone! Eat to satisfaction but don't stuff yourself. Continue to check your weight and return to the Clinic for weigh-ins to make sure you are not experiencing any excess weight gain. Your weight may fluctuate within 2 pounds during this time but not over.

## **hCG Diet RECIPES**

**The following is a list of recipes which will assist you in food preparation during your low calorie hCG diet program.**

### **CHICKEN ENTREES**

#### **Orange Cabbage Salad with Chicken**

Ingredients:

100 grams of chicken	1 Tbsp. Bragg's Liquid Aminos
½ head of any kind of cabbage	Pinch of fresh/powdered ginger
One orange (3 Tbsp. juice)	Dash of cayenne (optional)
1 Tbsp. apple cider vinegar	Stevia to taste (optional)
2 Tbsps. lemon juice	Salt & fresh black pepper

Directions:

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

#### **Tomato Basil Chicken**

Ingredients:

100 grams cubed chicken	3 basil leaves rolled & sliced
1 cup chopped tomato	1/8 tsp. oregano, ¼ chicken broth or water
Dash of garlic powder	2 Tbsps. lemon juice
Dash of onion powder, 2 Tbsps. chopped onion	1-2 cloves garlic
Salt, pepper & Cayenne to taste to taste	

Directions:

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices, and water. 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)

#### **Sweet Mustard Chicken**

Ingredients

100 grams chicken breast	1 Tbsp. chopped onion
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¼ cup chicken broth or water

½ tsp. garlic powder

2 Tbsps. Liquid Amino Bragg's

Salt & pepper to taste

1/8 tsp. mustard powder (to taste)

Stevia to taste

¼ tsp. fresh ginger or ginger powder

Directions:

Dissolve spices in chicken broth. Add chicken, broth, and onion to a small saucepan and cook on medium heat for about 5-10 minutes or until chicken is tender. Periodically deglaze the pan with a little water to create a richer sauce. \*Makes 1 serving (1 protein)

## **Chicken Cacciatore**

Ingredients

Chicken breast diced (100 grams raw)

1 Tbsp. Liquid Amino Bragg's

1-2 cups chopped tomatoes

2 Tbsps. chopped onion

¼ cup chicken broth or water

2 cloves garlic, crushed & minced

2 Tbsps. tomato paste

¼ tsp. onion powder

1 Tbsp. apple cider vinegar

¼ tsp. garlic powder

2 Tbsps. lemon juice

1 bay leaf

Pinch of cayenne to taste

Stevia to taste

Directions:

Brown the chicken with garlic, onion, and lemon juice in a small saucepan. Deglaze the pan with the chicken broth. Add tomatoes, tomato paste, vinegar, and spices. Simmer on low heat for 20 minutes stirring occasionally. Remove the bay leaf and serve hot.

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

## **Chicken Paprika**

Ingredients

100 grams chicken

1 clove garlic

½ cup chicken broth or water

1 clove garlic crushed & minced

3 Tbsps. tomato paste

1 bay leaf

1 tsp. paprika

Salt and pepper to taste

1 Tbsp. chopped red onion

Directions:

Combine broth, chicken, garlic, and onion. Stir in tomato paste and spices. Simmer chicken mixture for 20 minutes or more. Serve with sliced tomatoes and garnish with parsley.

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

### **Stuffed Chicken Rolls**

Ingredients

100 grams chicken breast

Spinach

½ cup chicken broth or water

1 Tbsp. chopped onion

1 clove of garlic crushed, mince

1 Tbsp. lemon juice

Dash of onion powder

Pinch of cayenne pepper

Salt and pepper to taste

Directions:

Tenderize chicken manually by pounding until flat. Cook spinach lightly with garlic, onion and spices. Strain out excess liquid from spinach and place mound of spinach in the center of the pounded chicken. Roll up the spinach mixture inside the chicken breast. Place rolls in baking dish and add chicken broth to the pan. Bake the rolls in a 350 degree oven for about 15 minutes or until chicken is cooked completely.

\*Variations: Top with marinara sauce recipe.

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

### **Bruschetta Chicken**

Ingredients:

100 grams thick sliced or whole chicken breast

3 large fresh basil leaves rolled, sliced

2 medium Roma tomatoes

2 Tbsps. lemon juice

1 Tbsp. Liquid Amino Bragg's

2 cloves finely chopped garlic

2 Tbsps. apple cider vinegar

Pinch of dry oregano

Pinch of marjoram

Salt & black pepper to taste

Directions:

Marinate chicken in lemon juice, Bragg's, vinegar, salt, and pepper. Deglaze the pan periodically with a little broth to keep chicken from burning. For the bruschetta sauce, chop tomatoes finely and put into small bowl. Roll basil leaves together, crush lightly and cut horizontally to create fine slices. Mix ingredients together with lemon juice, vinegar and salt and pepper to taste. Serve chilled bruschetta sauce over hot chicken. \*Makes 1 serving (1protein, 1 vegetable, 1 Melba toast)

### **Oregano Chicken**

Ingredients

100 grams chicken breast

¼ tsp. garlic powder, 1 tsp. dried oregano or

1 Tbsp. fresh, finely minced

¼ tsp. onion powder

Salt & pepper to taste

¼ cup chicken broth or water

Directions:

Mix dried spices. Dip chicken breast in chicken broth and coat with Melba spice mixture. Layer in baking dish and add remaining broth to the bottom. Bake at 350 degree oven for 15-30 minutes until crusty brown on top. Add a little water if necessary to keep chicken from burning.

## **Barbecued Chicken**

Ingredients

100 grams of chicken breast, whole

1 serving of BBQ sauce

Directions:

Coat chicken with barbecue sauce and fry with a little water in small frying pan until cooked thoroughly on low heat. Stir constantly and add water so that it doesn't burn or grill on the barbeque. Serve hot. Add salt and pepper to taste.

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

## **Abby's "Buffalo Style" Chicken Fingers**

Ingredients

100 grams of chicken, cut into long, thin strips

2 Tbsps. Wing/Hot sauce

Black pepper, garlic salt & chili powder to taste

Celery sticks

*Walden Farm's* Bleu Cheese Dressing

Directions:

"Fry" chicken in pan with coconut oil until lightly browned and cooked thoroughly. Toss with hot sauce and seasonings to taste. You can also sprinkle with seasonings and bake at 350 degrees for 5-7 minutes. Serve as finger food or as an entrée, using raw celery sticks and *Walden Farm's* Bleu cheese dressing.

## **Roasted Garlic Chicken**

Ingredients

100 grams chicken sliced

2 cloves of garlic, sliced

¼ tsp. onion powder

1 Tbsp. Liquid Amino Bragg's

¼ cup chicken broth or water

½ tsp. garlic powder

2 Tbsp.lemon juice

Salt & pepper to taste

Directions:

Marinate chicken in liquid ingredients. Coat chicken with dry spices. Place chicken in a small baking dish and add marinade to the bottom. Cover the chicken breast with slices of garlic and bake in 375 degree oven for 20 minutes or until thoroughly cooked and lightly brown. Garnish with chopped parsley.

## **Savory Baked Chicken**

### Ingredients

100 grams chicken breast	¼ tsp. garlic powder
1/8 tsp. thyme	¼ tsp. onion powder
½ cup chicken broth or water	Pinch of fresh or dried rosemary
2 Tbsps. lemon juice	1 tsp. fresh, chopped parsley
1 Tbsp. Liquid Amino Bragg's	Salt & pepper to taste

### Directions:

Combine dried spices. Dip chicken breast in lemon juice and Liquid Amino Bragg's and coat with herb mixture. Bake chicken in 350 degree oven for approximately 20 minutes or until thoroughly cooked.

## **SALADS AND APPETIZERS**

### **Sweet Japanese Cucumber Salad**

#### Ingredients

1 cucumber sliced/diced	1 tsp. finely chopped onion
2 Tbsps. apple cider vinegar	Cayenne pepper to taste
1 Tbsp. fresh lemon juice	Stevia to taste
1 Tbsp. Liquid Amino Bragg's	

#### Directions:

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

Variations: Marinate cucumbers in Sweet wasabi marinade

\*Makes one serving (1 vegetable).

### **Cold Curried Chicken Salad**

#### Ingredients

100 grams diced chicken	¼ tsp. curry powder or to taste
1 apple, diced	Dash of garlic powder
Celery, diced (optional)	Dash of onion powder
¼ cup water	Dash of cayenne pepper

2 Tbsps. lemon juice	Dash of cinnamon
1 Tbsp. finely minced onion	Dash of turmeric
1 clove of garlic crushed & minced	Stevia to taste

Directions:

In small saucepan lightly sauté chicken in lemon juice until lightly brown, add ¼ cup water and spices. Stir well over low heat until liquid reduces to form a sauce and chicken is cooked well. Add water as needed to create the consistency you want. Chill, add chopped apple and celery or omit the celery and serve over a green salad.

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

## **Lobster salad**

Ingredients

100 grams lobster tail, diced	1 Tbsp. apple cider vinegar
Pinch of chopped green onion	Pinch of tarragon
Celery, sliced steamed fennel bulb or tomatoes	Salt & pepper
1 Tbsp. lemon juice	Stevia to taste

Directions:

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

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

## **Spicy Crab Salad**

Ingredients

100 grams crab	Dash of garlic powder
Celery, diced (optional)	Dash of onion powder
1 Tbsp. lemon juice	Cayenne pepper to taste
2 tsps. apple cider vinegar	Salt & black pepper to taste
1 Tbsp. Liquid Amino's	1 Tbsp. finely minced, red onion

\*You may substitute 1 tsp. of Old Bay seasoning for the powdered ingredients.

Directions:

Steam the crab and chop into medium chunks. Toss with onions, spices and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.

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

## **Shrimp Cocktail**

### Ingredients

100 grams raw shrimp (10-12 steamed)

### Cocktail sauce:

3 oz. tomato paste

Dash of mustard powder

2 Tbsps. lemon juice

Stevia to taste

1 Tbsp. apple cider vinegar

Salt & pepper to taste

1 tsp. hot sauce

1/8 tsp. horseradish or to taste

Water (as needed for desired consistency)

### Directions:

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

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

## **Chilled Garlic Refrigerator Pickles**

### Ingredients

One medium cucumber, sliced into rounds

3 Tbsps. lemon juice

4 cloves of garlic, thinly sliced

Salt

¼-1/2 cup apple cider vinegar

### Directions:

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

\*Makes 1-2 servings (vegetables)

## **Orange Cabbage Salad with Chicken**

### Ingredients:

100 grams of chicken

1 Tbsp. Liquid Amino Bragg's

½ head cabbage (any kind)

Pinch of fresh or powdered ginger

One orange (3 tsps. juice, with segments)

Dash of cayenne (optional)

1 Tbsp. apple cider vinegar

Stevia to taste (optional)

2 Tbsps. lemon juice

Salt and fresh black pepper to taste

### Directions:

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

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

## **Cold Asparagus Salad**

### Ingredients

Asparagus spears	2 Tbsps. caper juice
3 Tbsps. lemon juice	1 Tbsp. finely minced red onion
Fresh chopped mint leaves or parsley	Salt and pepper to taste

### Directions:

Lightly steam the asparagus until tender. Marinate in juices and spices for at least 30 minutes and enjoy.

Variations: Toss with the marinade of your choice for flavor variety.

\*Makes one serving (1 vegetable)

## **Red Cabbage Salad**

½ head of red cabbage	¼ tsp. garlic powder
¼ cup apple cider vinegar	1 clove finely minced onion
3 Tbsps. Liquid Amino Bragg's	Cayenne pepper to taste
3 Tbsps. lemon juice	¼ tsp. onion powder
Stevia to taste	Salt and black pepper to taste

### Directions:

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

\*Makes 1-2 servings (1 vegetable)

## **Cucumber Orange Salad**

### Ingredients

1 cucumber, sliced	1 tsp. red onion, minced
Orange slices (1 orange)	Salt and pepper to taste
Orange juice from 3 segments	Stevia to taste

1 Tbsp. lemon juice

Chopped fresh mint leaves (optional)

1 tsp. apple cider vinegar

Directions:

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

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

### **Coleslaw/Apple Slaw**

Ingredients:

½ head cabbage

¼ tsp. garlic powder

1 apple, diced (optional)

Dash of cinnamon (optional)

2 Tbsps. lemon juice

Salt and pepper to taste

1 Tbsp. apple cider vinegar

Stevia to taste

Directions:

Slice cabbage in very thin strips. Toss with lemon and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make an apple slaw.

\*Makes 1-2 servings (1 vegetable & 1 fruit)

### **Citrus and Fennel Salad**

Ingredients

½ grapefruit, cut into medium chunks

Chopped mint or cilantro

Fennel bulb, steamed

Stevia to taste

2 Tbsps. lemon juice

Directions:

Slice fennel bulb and cut citrus into chunks. Combine ingredients in a bowl. Mix well and chill.

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

### **Spicy Thai Cucumber Salad**

Ingredients

1 whole cucumber, cut julienne style

1 clove of garlic crushed and minced

2 Tbsps. Liquid Amino Bragg's

1 basil leaf rolled and sliced

2 Tbsps. lemon juice

1 tsp. red chill flakes

2 Tbsps. vegetable broth (optional)

Salt and pepper to taste

1 Tbsp. chopped, green onion

Stevia to taste

Directions:

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

\*Makes 1-2 servings (1 vegetable)

## **Crunchy Sweet Apple Chicken Salad**

### Ingredients

100 grams chicken, cooked and diced	Dash of nutmeg
1 apple, diced	Dash of cardamom
3 stalks celery, diced	Dash of salt
3 Tbsps. lemon juice	Stevia to taste
1/8 tsp. cinnamon	Wedge of lemon

### Directions:

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. ***When in Maintenance***, serve with yogurt or 1 Tbsp. of mayonnaise for a creamier texture.

## **Curried Celery Salad**

### Ingredients:

Celery stalks, diced	1 Tbsp. chopped green onions
2 Tbsps. Liquid Amino Bragg's	Curry to taste
3 Tbsps. lemon juice	Stevia to taste
1 Tbsp. apple cider vinegar	

### Directions:

Add spices to liquid ingredients and mix thoroughly. Coat celery thoroughly and allow flavors to marinate for 20-30 minutes and serve. Variations: In Maintenance, add chopped tomatoes, mayo or yogurt.

\*Makes 1 serving (1 vegetable)

## **SOUPS**

### ***Abigail's* French Onion Soup**

### Ingredients:

Whole Onion, thinly sliced	Beef broth, low sodium, 99% fat free, (no msg)
Roasted garlic, minced	100 gr. lean beef, thinly sliced (meat is optional)
½ grissini (optional)	Salt & fresh ground pepper

1 Tbsp. onion powder	1/8-1/4 tsp. ground white pepper
Few drops <i>Gravy Master</i> / Liquid Amino's Bragg's	Few drops <i>Liquid Smoke</i>
1 Tbsp. Coconut Oil	

Melt oil in pan over med. high heat. Put onions in an oven proof saucepan. Add enough broth to cover half the onions. Cook until onions are tender. Add Salt & Pepper to taste. Preheat broiler. Add thinly sliced beef to the onions. Top with roasted garlic and grissini (optional). Broil for 5 minutes until grissini/garlic mixture browns.

\*Makes one serving (meat) & one serving (vegetable)

## Tomato Basil Soup

### Ingredients

2 cups chicken or vegetable broth (1 cup water)	2 Tbsps. chopped onion
2 cups chopped, fresh tomatoes	1 tsp. garlic powder
3 ounces of tomato paste	¼ tsp. dried oregano
4-6 leaves of fresh basil, rolled & sliced	Pinch of marjoram
1-2 cloves garlic crushed & minced	Salt & black pepper to taste

### Directions:

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

\*Makes 2 servings (1 vegetable)

## Chicken Meatball Soup

### Ingredients:

#### For Meatballs:

100 grams ground chicken breast	Pinch of thyme
1 tsp. minced onion	Dash of onion powder
1 clove garlic, crushed & minced	Dash of garlic powder
Pinch of sage	Pinch of marjoram

#### For Broth:

2 cups chicken broth (or substitute 1 cup water)	2 cloves garlic crushed & minced
2 Tbsps. Liquid Amino Bragg's	1 bay leaf
1 Tbsp. apple cider vinegar	Cayenne pepper to taste

Chopped celery or tomato

Salt and pepper to taste

1 Tbsp. chopped onion

Directions:

Combine ground chicken breast with spices, chopped garlic, onion and crushed Melba toast. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's 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 (meat & veggie)

## **Chicken and Cabbage Soup**

Ingredients

100 grams chicken

1 Tbsp. chopped onion

Cabbage (chopped)

¼ tsp. thyme

2 cups chicken broth (or 1 cup water)

¼ tsp. rosemary

2 Tbsps. Liquid Amino Bragg's (optional)

Cayenne to taste

2 cloves garlic, crushed & minced

Salt & pepper to taste

Directions:

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

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

## **Vegetable Beef Soup**

Ingredients

100 grams lean beef, cubed

1/8 tsp. dried basil

Celery, cabbage, or tomato diced

1/8 tsp. fresh or dried oregano

2 cups beef or vegetable broth (or 1 cup water)

Pinch of thyme

1 Tbsp. onion, chopped

Pinch of paprika

1 clove garlic, crushed & minced

Pinch of chili powder

1 bay leaf

Salt and pepper to taste

Directions:

Combine onion, garlic and spices with beef broth. Add celery and diced beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes.

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

**\*\*Maintenance Phase modifications:** Add additional vegetables such as zucchini, bell peppers or a small amount of chopped carrots.

## **Savory Chicken Soup**

### Ingredients

100 grams chicken breast, chunked	1 bay leaf
1-2 cups chopped celery or tomatoes	½ tsp. organic poultry spice blend
2 cups chicken broth (or 1 cup water)	Cayenne pepper to taste
1 Tbsp. minced onions	Salt and black pepper to taste
2 cloves garlic, crushed & sliced	

### Directions:

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

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

## **Thai Beef Soup**

### Ingredients

100 grams lean beef	½ tsp. fresh, grated ginger
Diced Celery	1/8 tsp. chili powder or red pepper flakes
2 cups beef or vegetable broth (or 1 cup water)	1 bay leaf
3 Tbsps. Liquid Amino Bragg's	Pinch of cinnamon
1 Tbsp. chopped green onion	Stevia to taste
1 clove of garlic, crushed & minced	Salt and pepper to taste
Fresh cilantro	

### Directions

Heat up broth. Add dry spices, bay leaf, Bragg's, garlic and onion and bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery and cook for 20 to 30 minutes.

\*Makes one serving (meat & veggie)

## **Homemade Chicken Broth**

### Ingredients

3 large chicken breasts	5 cloves of garlic, sliced
10 (or more) cups of water	1 bay leaf

½ large onion, chopped

Salt & pepper to taste

4 stalks of celery, chopped

Directions:

In a large soup pot or crock-pot, combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add celery and spices. Heat to a boil then reduce heat to simmer. Allow to slow cook 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. Save the chicken and make chicken salad or add to soups.

\*Makes multiple servings

## **Homemade Vegetable Broth**

Ingredients

10 (or more) cups of water

1 tsp. paprika

½ large onion, chopped

1 tsp. garlic powder

6-10 stalks celery

1 tsp. basil

10 cloves of garlic, chopped

1 tsp. thyme

2 bay leaves

Salt & pepper to taste

Directions:

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

\*Makes multiple servings

## **Fennel Soup**

Ingredients

Fennel bulbs, chopped.

¼ tsp. allspice seasoning blend

2 cups chicken or vegetable broth

Salt & pepper to taste

1 Tbsp. finely minced onion

Directions:

Add chopped fennel bulbs, spices, and minced onion to vegetable broth. Heat in small saucepan and simmer for 20 minutes. Add lemon (with rind) to the broth if desired. Serve warm with chopped sprigs of fennel for garnish.

\*Makes 1 servings (1 vegetable)

## **Celery Soup**

Ingredients

Celery, coarsely chopped

1 bay leaf

2 cups chicken broth

¼ tsp. dried basil

¼ tsp. thyme

Salt & pepper to taste

Directions:

Cook celery until very soft or use crock-pot or vegetable broth. Puree in a food processor or blender with broth and spices. Simmer in a saucepan for 20-30 minutes.

\*Makes 1 serving (vegetable)

## **Chili**

Ingredients

100 grams lean ground beef (less than 7% fat)

Pinch of onion powder

1 cup chopped tomatoes

Pinch of oregano

½ cup of water

Cayenne pepper to taste (optional)

1 Tbsp. minced onion

¼ tsp. chili powder

2 cloves garlic, crushed & minced

Salt & pepper to taste

Pinch of garlic powder

Chopped, green onions (optional)

Directions:

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

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

## **BEEF ENTREES**

### **Slow Roast Beef Brisket**

Ingredients

Lean beef brisket (100 grams per serving)

¼ cup chopped onion

4-6 celery stalks, coarsely chopped

5 cloves of garlic, crushed & chopped

1 Tbsp. garlic powder

Cayenne pepper to taste

1 Tbsp. onion powder

Chili pepper to taste

1 Tbsp. paprika

Salt & fresh ground black pepper

Liquid Amino Bragg's (to taste)

Liquid Smoke (to taste)

Directions:

Combine spices in a small bowl. Rub the mixture into the beef on all sides. Salt the meat liberally. Place the brisket in a crock pot. Fill about ½ full with water. Add celery to the liquid and set crock pot on high for 30 minutes. Reduce heat to medium or low and allow to slow cook for 6-8 hours. Baste and turn the brisket periodically. You may add more of the spice mixture if you wish. Enjoy with the Horseradish Sauce (page 63). Save the juices, skim the fat and use to make flavorful sauces and dressings.

\*Makes multiple servings (1 protein, 1 veggie)

## **Pot Roast**

### Ingredients

1 shoulder roast (100 grams per serving)	1 Tbsp. paprika
Tomatoes	Cayenne pepper to taste
5 cloves chopped garlic	Salt and black pepper to taste
½ chopped onion	

### Directions:

Rub spices into meat on all sides. Place in crock pot and fill halfway with water. Add other ingredients and heat on high for 30 minutes then reduce heat to low and cook for 6-8 hours until fork tender. Separate into 9 equal servings and enjoy. Save the juice to make sauces and dressings. Refrigerate and skim off any excess fat.

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

## **Fajitas/Carne Asada**

### Ingredients

100 grams slices beef or chicken cut into strips	Tomatoes
1/8 tsp. oregano	1/8 tsp. chili powder or to taste
Sliced onion (cut into thin strips)	Pinch of cayenne pepper
1 clove garlic chopped	3 Tbsps. lemon juice

### Directions:

Marinate meat in lemon juice and spices. Barbeque for Carne Asada or cook strips 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 1 Tbsp. (no sugar/no fat) salsa.

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

## **Ground Beef Tacos**

### Ingredients

100 grams lean ground beef	Dash of onion powder
Lettuce leaves	Pinch of dried oregano
1 Tbsp. finely minced onion	Fresh chopped cilantro to taste
1 clove crushed & minced garlic	Cayenne pepper to taste

Dash of garlic powder

Salt & black pepper to taste

Directions:

Brown ground beef in coconut oil. Add onion, garlic, spices, a little water and 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 (no sugar/no fat) salsa.

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

## **Veal Picatta**

Ingredients

100 grams of veal cutlet

1 clove of garlic crushed & minced

Pinch of paprika

2 Tbsps. lemon juice

¼ cup vegetable broth or water

1 bay leaf

2 Tbsps. caper juice

Salt & black pepper to taste

Directions:

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

\*Makes 1 serving (protein)

## **Veal Florentine**

Ingredients

2 Tbsps. lemon juice

Dash of garlic powder

2 leaves of basil rolled & sliced

Pinch of lemon zest

1 clove garlic, crushed and minced

Pinch of paprika

1 Tbsp. minced onion

Salt & pepper to taste

1 Melba toast-crumbed

Directions:

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

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

## Spaghetti-less Meat Sauce

### Ingredients

100 grams lean ground beef (less than 7% fat)	½ tsp. basil
8 ounces organic tomato sauce	¼ tsp. dried oregano
2 cups chopped tomatoes	Salt & black pepper to taste
2 cloves garlic crushed & minced	Cayenne pepper to taste
1 Tbsp. minced onion	Stevia (optional)

### Directions:

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat. Add tomato sauce, chopped tomatoes, onion, garlic, and herbs. Simmer on low heat for at least 30 minutes. Add water to desired consistency. Serve atop cabbage noodles.

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

## “Mock” Hamburgers

### Ingredients

100 grams lean ground hamburger (less than 7% fat)	Romaine Lettuce Leaves
Whole tomato (sliced)	Diced Onion & a few Pickles (as condiments)
Dash of onion powder	Liquid Smoke (for that grilled flavor)☺
Cayenne pepper (to taste)	1 clove finely minced garlic
Salt & black pepper to taste	Yellow Mustard
Dash of garlic powder	

### Directions:

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

- Variations: add stevia, lemon juice, and Bragg's Liquid Aminos/Liquid Smoke to create a slight teriyaki flavor or top with caramelized onion garnish. Also try lean buffalo or bison meat.
  - Veggie option #1: Wrap in several large romaine lettuce leaves for a “mock burger” with the onion, pickle & mustard
  - Veggie option #2: Add 5-6 slices of tomato, drizzle with mustard, add onion & pickle.
- \*Makes 1 serving (1 protein & 1 veggie)

## Cabbage Rolls

### Ingredients

100 grams lean ground beef (each serving)	1 clove garlic, minced
1 cup beef broth	Dash of garlic powder
1 Tbsp. chopped onion	Dash of onion powder

Directions:

Preheat oven to 375. Lightly blanch large cabbage leaves and set aside. In small frying pan combine beef, onion, garlic and spices and cook until brown. Spoon ground beef mixture into cabbage leaves, tuck in ends and roll up (burrito style). Put cabbage rolls in a baking dish and add broth to the bottom of the pan. Brush lightly with beef broth and bake in oven for 20-30 minutes. Spoon sauce over cabbage rolls periodically to keep moist. Make multiple servings at one time.

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

### **Baked Italian Meatballs**

Ingredients

100 grams lean ground beef	1 Tbsp. minced onion
¼ tsp. basil	1 clove garlic, crushed & minced
1/8 tsp. oregano	1 Melba toast, crumbed
1/8 tsp. garlic powder	1 recipe marinara sauce

Directions:

Combine meat, crumbs and spices and mix thoroughly. Form into balls. Place into baking dish and cover with marinara sauce. Bake for 20-30 minutes at 350 degrees. Serve hot over cabbage noodles or just with marinara.. Garnish with fresh basil.

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

### **Baked Stuffed Tomatoes**

Ingredients

100 grams lean ground beef	1/8 tsp. garlic powder
2 medium sized tomatoes	1/8 tsp. onion powder
Cayenne pepper to taste	1 clove garlic, crushed & minced
1 Tbsp. finely minced onion	Salt & pepper to taste

Directions:

Hollow out the tomatoes; sprinkle with salt and turn upside down to drain for 10 minutes. Brown ground beef in a small frying pan with coconut oil; add onion, garlic and spices. Pack ground beef mixture into tomatoes, add small amount of water to bottom of dish, add salt and put back in 350 degree oven for 20 minutes. Garnish with fresh parsley and serve.

\*Makes one serving (meat & veggie)

### **Roasted Beef and Apple Kabobs**

Ingredients

100 grams of lean beef or chunked chicken breast	½ cup beef, chicken, or vegetable broth
1 apple, cut into large chunks	3 Tbsps. apple cider vinegar
¼ onion petals	1 Tbsp. Liquid Amino Bragg's
Stevia to taste	

Directions:

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

\*Makes 1 serving each (protein veggie, fruit)

### **Stuffed Chard Rolls**

Ingredients

100 grams lean ground beef (per serving)	1/8 tsp. oregano
1 or more chard leaves (any kind)	1/8 tsp. onion powder
1 cup beef broth or 1 serving marinara sauce	1/8 tsp. garlic powder
1 Tbsp. finely minced onion	Cayenne pepper to taste
1 clove of garlic crushed & minced	Salt & pepper to taste
1/8 tsp. basil	

Directions:

Cook ground beef with a little water. Add spices, garlic, and onion to the beef. Lightly steam chard leaves until slightly soft. Wrap ground beef in chard leaf "burrito style." Place wraps in baking dish. Cover with beef broth or marinara recipe and bake at 350 for 20 minutes. Garnish with fresh spices or parsley.

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

### **Abby's Beef 'n' Taters**

Ingredients

100 grams lean ground beef	Romaine lettuce leaves
Radishes, finely chopped	Garlic, minced
Coconut Oil	Liquid Amino Bragg's
Salt & black pepper	Fresh cilantro

Directions:

Saute beef in coconut oil and seasonings. Drain well. Add back to pan with more coconut oil, chopped radishes and cilantro. Serve in lettuce leaves.

\*Makes 1 serving (1 protein & 1 veggie)

## SEAFOOD ENTREES

### Tilapia with Herbs

#### Ingredients

100 grams of Tilapia Fish	Pinch of dill
2 Tbsps. lemon juice	Fresh parsley
1 clove garlic, crushed & minced	Salt & black pepper to taste
1 Tbsp. chopped onion	

#### Directions:

Sauté fish in lemon juice with a little water then add onion, garlic, and fresh herbs. Garnish with chopped parsley or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and delicious.

Variations: oregano, thyme, or tarragon.

\*Makes 1 serving (1 protein)

### Baked Curried Fish

#### Ingredients

Your choice of white fish	1/8 tsp. onion powder
2 Tbsps. lemon juice	1/8 tsp. garlic powder
1/8 tsp. curry powder	Fresh parsley
1 Tbsp. finely chopped onion	Salt and pepper to taste
1 clove garlic, crushed & minced	

#### Directions:

Combine dry spices and coat thoroughly. Broil fish until fish is cooked and herbed crumb mixture is slightly brown. Garnish with lemon slices and fresh parsley.

\*Makes 1 serving (protein)

### Poached Halibut

#### Ingredients

100 grams (per serving) halibut	½ tsp. fresh ginger
½ cup vegetable broth or water	Pinch of grated orange zest

1 Tbsp. lemon juice

Salt and pepper to taste, stevia to taste

1 Tbsp. chopped onion

1 clove garlic, crushed & minced

Directions:

Heat up the vegetable broth in small frying pan. Add lemon juice, onion, garlic and spices. Poach halibut filet 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 1 serving (1 protein)

## **Creole Shrimp**

Ingredients

100 grams shrimp

2 Tbsps. lemon juice

½ cup vegetable broth or water

Pinch of thyme

1 clove garlic, crushed & minced

1-2 tsps. hot sauce

1 Tbsp. minced onion

1 bay leaf

¼ tsp. horseradish

Dash of *Liquid Smoke* flavoring (optional)

1/8 tsp. garlic powder

Cayenne pepper to taste

1/8 tsp. onion powder

Salt & black pepper to taste

Dash of sassafras powder or root beer flavored stevia

Directions:

Mix liquid ingredients, onion, garlic and spices. Simmer over low heat for 10 minutes in a small frying pan. 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**

Ingredients

100 grams shrimp

Dash of garlic powder

¼ cup vegetable broth or water

Dash of onion powder

3 Tbsps. lemon juice

Dash of chili or cayenne pepper powder to taste

4 cloves garlic, crushed & minced

Salt & pepper to taste

Directions:

Add garlic to liquid ingredients. Add shrimp and additional spices. Cook for 5-7 minutes until shrimp are pink and liquid reduced. Serve hot or cold with salad or bed of spinach.

\*Makes 1 serving (1 protein)

## **Jambalaya**

### Ingredients

100 grams shrimp (chicken or beef can be used)	Dash of hot sauce
Tomatoes or celery, chopped	Pinch of cayenne to taste
1 cup vegetable broth or water	Water (as needed)
1 Tbsp. lemon juice	1/8 tsp. garlic powder
1 Tbsp. chopped onion	1/8 tsp. onion powder
1 clove garlic crushed & minced	Pinch of thyme
Dash of Worcestershire sauce	Salt & pepper

### Directions:

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

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

## **Black Pepper Sautéed Shrimp**

### Ingredients

100 grams shrimp	2 Tbsps. lemon juice
Salt & fresh ground black pepper to taste	

### Directions:

Mix salt and generous amount of black pepper. Coat shrimp with pepper mixture and fry on high heat in a skillet in a little lemon juice until cooked well. Serve hot and garnish with lemon and freshly ground black pepper.

\*Makes 1 serving (protein)

## **Cajun Baked Fish**

### Ingredients

100 grams your choice of white fish	Pinch of cayenne pepper to taste
1 serving Melba toast crumbs	Pinch of thyme
1/8 tsp. onion powder	Salt & pepper to taste
1/8 tsp. garlic powder	

### Directions:

Combine spices and dip fish in lemon juice and coat with spice mixture. Bake in 350 degree oven for 20 minutes or broil until lightly brown. Garnish with parsley.

\*Makes 1 serving (protein)

## **Lemon Dill Fish**

### Ingredients

100 grams any kind of white fish	1 tsp. fresh dill
4 Tbsps. lemon juice	1 clove garlic, crushed & minced
¼ cup vegetable broth or water	1 Tbsp. minced onion
1 tsp. apple cider vinegar	Salt & black pepper to taste

### Directions:

Sauté fish with lemon juice, vegetable broth, and vinegar. Add garlic, onion, and fresh dill. Cook for an additional 5-10 minutes or until fish is completely cooked. Garnish with lemon wedges.

\*Makes 1 serving (1 protein)

## **Baked White Fish with Asparagus**

### Ingredients

100 grams white fish	1 clove garlic, crushed & minced
Asparagus	1 Tbsp. onion, minced
1/4 tsp. dried or fresh dill	½ cup vegetable broth or water
Pinch of tarragon	2 Tbsps. caper juice
Parsley	4 Tbsps. lemon juice
Salt & pepper to taste	

### Directions:

Dip fish in lemon juice and place in baking dish and add vegetable juice, caper juice, remaining lemon juice, garlic, onion, dill, tarragon and asparagus. Bake in 350 degree oven for 20 minutes or broil until lightly brown. Garnish with parsley.

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

## **DRESSINGS, SAUCES AND MARINADES**

### **Strawberry Vinaigrette**

(enjoy with arugula salad)

### Ingredients

Strawberries

Dash of salt

1 Tbsp. apple cider vinegar

Dash of cayenne (optional)

1 Tbsp. lemon juice

Fresh ground black pepper to taste

Stevia to taste

Directions:

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. Variations: use as a marinade or sauce for chicken.

\*Makes 1 serving (fruit)

## **Savory Dill Dressing/Marinade**

Ingredients

Fresh dill, minced

2 Tbsps. chicken or vegetable broth

2 Tbsps. lemon juice

½ tsp. Old Bay seasoning mix

2 Tbsps. apple cider vinegar

Salt and pepper to taste.

Directions:

Combine ingredients. Allow the flavor 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 for Chicken or Fish**

Ingredients

¼ cup chicken or vegetable broth

1 tsp. fresh tarragon, chopped

2 Tbsps. apple cider vinegar

¼ tsp. onion powder

½ orange juiced

Salt & pepper to taste

1 clove of garlic crushed & minced

Directions:

Combine liquid ingredients with spices 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 salad. Serve over a mixed green salad with other vegetable.

\*Makes 1 serving (1fruit)

## **Tarragon Vinegar Infusion**

### Ingredients

¼ cup apple cider vinegar

Fresh tarragon

### Directions:

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

## **Citrus Ginger Dressing/Marinade**

### Ingredients

1 Tbsp. lemon juice

Ginger fresh or ground to taste

2 Tbsp. orange juice

Salt & fresh black pepper to taste

1 tsp. apple cider vinegar

Stevia to taste

1 Tbsp. Liquid Amino Bragg's

### Directions:

Combine spices with liquid ingredients. Enjoy over salad or double the recipe for use as marinade. Warm slightly to enhance the flavors.

\*Makes 1-2 servings (1fruit)

\*\*Serve with additional orange slices to complete a fruit serving

## **Teriyaki Sauce**

### Ingredients

½ cup beef or chicken broth

1 tsp. garlic powder

¼ cup Liquid Amino Bragg's

1 tsp. onion powder

2 Tbsps. apple cider vinegar

½ tsp. ginger

Orange juice (Juice from 3 segments)

1 clove garlic, finely minced

¼ cup lemon juice

Lemon and/or orange zest to taste

1 Tbsp. finely minced onion

Stevia to taste

### Directions:

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 (1fruit)

### **Horseradish Marinade/Dipping Sauce**

#### Ingredients

¼ cup beef broth	½ tsp. garlic powder
1 tsp. of horseradish (or to taste)	¼ tsp. paprika

#### Directions:

Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes.

\*Makes 1-2 servings

### **Ketchup**

#### Ingredients

3 oz. tomato paste	Pinch of nutmeg and clove
1 Tbsp. apple cider vinegar	Pinch of black pepper
1 Tbsp. lemon juice	¼ tsp. onion powder
¼ tsp. celery salt	¼ tsp. garlic powder
½ tsp. paprika	Stevia to taste
¼ tsp. mustard powder	

#### Directions:

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

\*Makes 2 or more servings (1 vegetable)

### **Marinara Sauce**

#### Ingredients

4 large tomatoes	2 cloves of garlic, crushed and minced
1 cup chicken or vegetable broth	1 tsp. dried oregano
16 ounce can tomato paste	Salt & pepper to taste
1 Tbsp. basil	Cayenne pepper to taste
2 Tbsps. minced onions	Pinch of marjoram

#### Directions:

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

\*Makes 2 or more servings (1 vegetable)

## **Tomato Picante Dressing**

### Ingredients

1 medium tomato, chopped	½ tsp. ground cumin
18 ounce can tomato sauce	Pinch cayenne pepper
1 clove garlic, crushed & chopped	Salt and black pepper to taste
1 tsp. mustard powder	Apple cider vinegar to taste
2 Tbsps. lemon juice	½ tsp. chili powder

### Directions:

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

\*Makes 2-4 servings (1 vegetable)

## **Homemade Mustard**

### Ingredients

2 Tbsps. ground mustard powder	½ cup apple cider vinegar
1 Tbsp. garlic powder	¼ cup water
1 Tbsp. onion powder	1 Tbsp. lemon juice
½ tsp. ground ginger	Stevia to taste
½ tsp. grated horseradish (optional)	

### Directions:

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.

\*Makes 1-2 servings

## **Grapefruit Vinaigrette**

### Ingredients

Juice of 3 segments of grapefruit	1 tsp. apple cider vinegar (optional)
1 Tbsp. lemon juice	Stevia to taste

### Directions:

Combine juices and vinegar together. Add stevia to taste. Pour over mixed green salad and top with remaining grapefruit segments. Use as a marinade for fish, shrimp or chicken. Add salt and fresh ground pepper.

\*Makes 1-2 servings (1fruit)

### **Tomato Basil Vinaigrette**

#### Ingredients

3 Tbsps. tomato paste	½ tsp. onion powder
3 Tbsps. apple cider vinegar	1 tsp. dried basil sliced
2 Tbsps. lemon juice	1/8 tsp. oregano
¼ cup water, chicken or vegetable broth	Cayenne pepper to taste
1 Tbsp. minced onion	Stevia to taste
½ tsp. garlic powder	

#### Directions:

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)

## **BEVERAGES/DESSERT**

### **Abigail's Southern hCG Sweet Tea**

- Bring 2 quarts water to a boil.
- Toss in 8-10 bags of Celestial Seasonings Country Peach Passion Tea (or flavored, herbal tea of your choice)
- Remove from heat, cover and steep for a couple of hours or all day (depending on the strength you prefer).
- Pour in a gallon jug and add 1 heaping Tbsp. of *NuNaturals NuStevia*.
- Add enough water to make a gallon and refrigerate all night.

\*Best enjoyed the next day!

### **Abigail's "No Guilt-hCG Approved" Hot Chocolate**

#### Ingredients

1 Cup Almond milk, Coconut milk or hot water	1 Tbsp. real cream
1 Tbsp. <i>Wonderslim/Wondercocoa</i>	½ tsp. Pure Vanilla Extract
Dash of cinnamon	<i>NuNaturals NuStevia</i>

#### Directions:

Add *Wondercocoa* to very hot liquid. Add *NuStevia* liquid or powder to taste and the cinnamon, vanilla extract and cream. Whisk until smooth.

### **Chocolate Mousse Strawberries**

\*If you have not eaten your allotted handful of strawberries for the day, toss them in a bowl with 1 Tbsp. whipping cream (if you have not had any milk that day). Add a couple drops of NuStevia & vanilla extract, dash of cinnamon and some unsweetened cocoa powder. Whip it with a small whisk. Add a couple drops of water if it gets too dry. It will make a mousse type dip for your strawberries!

## **MAINTENANCE RECIPES**

***The following are some suggested recipes for use after hCG (continue to use the hCG Diet recipes as well)! Some of the following recipes include items that are not included on the Approved Food List (i.e., cheese). Please use these recipes during maintenance only. Make sure you do not have any adverse reaction to dairy products (when re-introducing any item not on the Approved Food List such as dairy, add only one item at a time and wait 2 or 3 days to ensure you do not experience any reaction that may include sinus congestion, indigestion, bloating or headache).***

### **Biscuits**

#### Ingredients

2 ½ cups blanched almond flour	½ tsp. baking soda
½ tsp. Celtic sea salt	¼ cup slightly melted butter and/or melted coconut oil
2 eggs	1 tsp. Stevia

#### Directions:

In a medium bowl, combine almond flour, salt and baking soda. In a large bowl, blend together buttery spread (or butter), eggs and Stevia. Stir the dry ingredients into the wet until a nice dough forms. Roll out dough between 2 pieces of parchment paper to 1 ½ inches thick. Dust dough with extra almond flour if it is sticky. Cut the dough into biscuits using a mason jar with a 3-inch wide mouth. Using a spatula, transfer biscuits to a parchment lined baking sheet. Bake at 350° for 15 minutes, until biscuits are browned on the bottom edges.

### **Impossible Cheeseburger Pie (Wheat Free)**

#### Ingredients

1 lb. lean ground beef (or turkey)	1-1/2 cups chopped onion
1-1/2 cups water	3 eggs
3/4 cup almond flour	2 medium tomatoes - sliced
1/2 tsp sea salt	1/4 tsp. ground black pepper

1 cup grated cheddar cheese

Directions:

Preheat oven to 400°F. Lightly spray (with nonstick spray) a 10" pie plate, set aside. Brown meat and onion; drain and spread in prepared pie plate. Beat water, eggs, almond flour, pepper and salt for 15 seconds in processor on high or 1 minute by hand. Pour over meat. Bake for 25 minutes; top with sliced tomatoes and cheese. Bake an additional 5-8 minutes or until knife inserted in center comes out clean.

\*Makes 6 servings

\*\*Make this as is, or pour it into my savory pie crust recipe which is on the **Chicken Pot Pie** recipe.

## **"Flat Belly" Chicken Tacos**

Ingredients

Chicken Breast	Minced garlic
Lime Juice	Cumin
<i>Ezekiel</i> tortillas	Grilled/Fresh Chopped Onions
Green/Red Peppers	Guacamole
Sour Cream	Salsa
Shredded Cheese	Fresh, chopped cilantro

Directions:

Rub chicken breasts with garlic, lime juice, and cumin. Grill until firm and serve sliced into warm tortillas. Throw all the toppings on and ENJOY!

## **Ab's Killer Chipotle Chicken Chili**

Ingredients

2 Tbsps. EVOO (Extra Virgin Olive Oil)	3 medium onions, chopped
4 large garlic cloves, minced	2 1/2 lbs. chicken breasts, cut in chunks
1 Tsp chipotle chili powder/chili seasoning	4 tsps. ground cumin
2 cans northern beans, drained & rinsed	Salt
3 cups low sodium, chicken broth	1/2 cup organic half-n-half
1/2 cup shredded cheddar cheese	1/4 cup chopped, fresh cilantro

Directions:

In a large pot, heat oil over med.-low heat. Add onions & garlic and cook until softened, about 5 minutes. Push onions to one side of pan, add chicken & sprinkle with chipotle seasonings, chili powder, cumin &

salt to taste. Cook, stirring until most of chicken is opaque on the outside (about 5-6 min.). Stir in beans and 2 cups of broth. Increase heat to med.-high and bring to simmer. Partially cover & cook until chicken is cooked through, about 8 minutes. Stir the half-n-half & last cup of broth in, along with the cheese. Then add cilantro. Serve hot in bowls, sprinkled with more cilantro & sour cream.

\*If you are in **Maintenance**, eliminate the beans and take more broth.

## Chicken Pot Pie

### Ingredients

1 lb. boneless, skinless chicken	2 Tbsps. Grapeseed oil (or butter)
1 lg. onion, finely chopped	2 stalks celery, diced into 1/4 in. cubes
2 medium carrots, diced into 1/4 in. cubes	1 tsp. salt
1 cup thinly sliced mushrooms	1/2 cup finely chopped, fresh parsley
1/2 cup frozen peas	2 Tbsps. arrowroot powder
1 cup chicken stock	1 Savory Pie crust (below), prebaked
Pinch of freshly ground black pepper	

### Directions:

Rinse chicken and pat dry. Cut into 1/2 in. cubes, transfer to plate, refrigerate. Heat oil (or butter) in a large skillet over medium high heat; sauté onion for 8-10 min., until soft, then decrease heat to medium. Add celery, carrots and salt; cook covered for 10-15 min., until tender. Stir in mushrooms and chicken and cook covered for 3 to 5 minutes, until chicken is cooked through. Stir in parsley and peas. In small bowl, vigorously whisk arrowroot powder into chicken stock until dissolved. Raise the heat under the chicken-veggie mixture to high, then add the arrowroot mixture, whisking constantly for about 1 minute, until thick. Pour mixture into the crust, top with pepper and serve hot.

## Savory Pie Crust

(Makes one 9 1/2-in. crust)

1 1/2 cups blanched almond flour	1/2 tsp. sea salt
1/2 tsp. baking soda	1 Tbsp. minced scallions (white & green parts)
1/4 cup Grapeseed oil (or your choice of oil)	1 Tbsp. water

### Directions:

Preheat oven to 350 F. In a large bowl, combine almond flour, salt, baking soda and scallions. In a medium bowl, whisk together the oil and water. Stir wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into a 9 1/2 in. or deep dish pie pan. Bake for 12 to 15 minutes, until golden brown. Remove from oven and let cool completely before filling.

## Crab Cakes

### Ingredients

1 POUND blue crabmeat	1 Tbsp. Diced, red pepper
1 Tbsp. diced, green pepper	1 Tbsp. finely chopped fresh parsley
1 Tbsp. <i>Vege</i> naise	2 eggs
1 Tbsp. baking powder	1 Tbsp. Worchester sauce
1 1/2 tsps. <i>Old Bay</i> seasoning	2 Tbsps. Canola or Coconut oil

Mustard Sauce (recipe found under SAUCES)

### Directions:

Mix all ingredients except oil & mustard sauce in a large bowl. Heat oil in large skillet-medium high heat. With a Tablespoon, carefully spoon crab mixture in SMALL cake sizes into pan. Batter will be loose since there are no bread crumbs but once egg in the mix starts to cook, they will be fine. Cook on 1 side until firm (about 2 min.) and then flip and cook for 1 more minute. Cook in batches. Serve hot with Mustard sauce (recipe found under sauces).

## **Creamy, Crunchy Almond Cole Slaw**

### Ingredients

Cole Slaw, bagged or freshly chopped	Slivered, toasted almonds
Splash of red wine vinegar	Salt/pepper to taste
Celery Seed/Salt to taste	Mayo and/or bleu cheese dressing

### Directions:

Toss together. Let sit in fridge and marinate for at least 30 minutes. Enjoy!

## **Chili Cheese Squares**

### Ingredients

8 eggs	½ cup almond flour
1 tsp. baking powder	¾ tsp. salt
Chili powder (to taste)	Cumin (to taste)
3 cups Monterey Jack & Cheddar cheese	1 ½ cups cottage cheese
(2) 4 oz. cans mild green chilies (diced)	

### Directions:

Preheat oven to 350. Mix the eggs in a large mixer bowl until light & fluffy...about 5 min. Whisk together flour, baking & chili powders, cumin & salt Add dry mixture to eggs, mixing well. Fold in both cheeses and

the chilies. Pour into a greased, 9"x 9" baking dish. Bake for 40 min. Remove from oven and let stand on cooling rack for 10 min. Cut into 1-in. squares and serve hot. Try w/ salsa and a dollop of sour cream!

\*Makes about 48 appetizers

## **Mozzarella Tomato Basil Grilled Skewers w/ Balsamic Vinaigrette**

### Ingredients

Mozzarella cut into chunks

Cherry or grape tomatoes

Balsamic vinegar alone or as a salad dressing

Fresh Basil Leaves

Fresh, ground pepper/salt

### Directions:

On a toothpick/skewer, spear a tomato, small leaf of basil and then a chunk of mozzarella so it's on the bottom.

Arrange the skewers on a dish that is a little deep. Now you simply pour the dressing over top so it pools a little and sprinkle w/ fresh, cracked pepper and salt. Serve just like that or put on the grill for a bit.

## **Herb Grilled Veggies in Alfredo Sauce**

### Ingredients

Zucchini or squash, cut lengthwise

Sliced Onion

Sliced Tomato

Asparagus

Broccoli

### Directions:

Drizzle veggies of choice with olive oil, balsamic vinegar, salt and freshly ground pepper. Toss together in a large roasting pan and roast in the oven to your liking, or grill. The Alfredo Sauce (recipe under sauces) is amazing poured on top!

## **Lasagna**

### Ingredients

1-2 Bottles marinara sauce (no sugar)

16 ounces ricotta cheese

1-2 cups fresh grated parmesan cheese

2 eggs

Several cloves of garlic, minced

2 tsps. Chopped Basil

Salt/pepper to taste

1-2 cups grated mozzarella cheese

1/2 lb. Ground beef

1/2 lb. Ground Italian sausage

Several medium zucchini

Directions:

Mix ricotta, parmesan cheese, eggs, garlic, basil, salt & pepper together (I also add some pesto sauce for outrageous flavor)! Mix beef & sausage together and brown in frying pan-drain. Slice zucchini LENGTHWISE 1/8 IN. thick, like lasagna "noodles." LAYER TWICE in 9x13 pan: Sliced zucchini/meat sauce/ricotta cheese mixture/and top with thick layer of grated mozzarella. BAKE at 350 degrees until zucchini is tender, 45-60 min. Alfredo sauce (recipe found under SAUCES) works NICELY drizzled on top of each piece...

**Parmesan Bake**

Ingredients

Use chicken, fish or pork chops.

*Vegenaise*

Spray Coconut or Olive oil

*McCormick's Salad Supreme*

Shredded parmesan Cheese

Directions:

Lay whatever meat choice in pan sprayed with oil. In small bowl, combine equal amounts of *Vegenaise* (a fabulous, all natural mayonnaise made from Grapeseed oil), shredded (NOT grated) Parmesan cheese. Exact amounts will depend on how much meat you have. Mixture will be quite thick-if anything use more cheese than *Vegenaise*. Spread mixture about 1/4 in. thick (or more) on top of meat. Top with *McCormick's "Salad Supreme"* seasoning (in spice aisle at most grocery stores). It's made for pasta salads but it's REALLY good in this recipe. Use a lot or a little-up to you! The great thing is, it has paprika in it so you get a nice, red topping. Bake until done. Temperature and time depends on your meat choice. For boneless chicken and pork chops, I do 350 degrees for about 30-40 min. Fish is a bit tricky. Maybe 325 until it flakes nicely. When done, there will be nice brown spots on top.

**Cauliflower "Mashed Potatoes"**

Ingredients

3lbs. fresh cauliflower (1 large head)

1 medium garlic clove

1 fresh leek, white only, split in 4 pieces

2 Tbsps. unsalted butter or olive oil

Fresh, cracked black pepper (to taste)

Pinch salt, to taste (optional)

1/2 cup cold water

Directions:

Cut cauliflower into small segments. In large saucepan over medium heat, add water. Place cauliflower, garlic and sliced leek into steamer basket and steam until completely tender, approximately 20 - 30 minutes. In food processor, puree mixture, while still hot, to consistency of mashed potatoes. Stir in butter and/or olive oil (for a smoother texture, blender can be used after butter is added). Add hot water as needed if mixture seems dry. Season with salt (if desired) and pepper to taste.

## Low Fat Baked Artichoke Dip

### Ingredients

(1) 5 oz. can artichokes hearts, drained, rinsed	4 oz. low fat cream cheese, softened
½ cup reduced fat, grated parmesan cheese	½ cup <i>Vegenaise</i>
½ cup low fat sour cream	1 tsp. fresh lemon juice
1 bunch fresh green onions, thinly sliced	2 tsp. minced garlic
1 pinch hot pepper sauce, 2-3 drops	1 pinch salt, to taste
1 pinch ground cayenne (red pepper), to taste	1 cup baby carrots
1 cup snow peas	1 cup sweet pepper strips

### Directions:

In a food processor, add artichoke hearts, cream cheese, parmesan cheese, *Vegenaise*, sour cream and lemon juice and process until smooth. Stir in green onions, garlic and red pepper sauce; season to taste with salt and cayenne pepper. Bake in small casserole dish, uncovered at 350 degrees until lightly browned, approximately 20 to 25 minutes. Serve warm with vegetable dippers.

## SAUCES

### Alfredo Sauce

#### Ingredients

½ cup butter, melted	2 tsps. garlic powder
Salt/pepper to taste	1-8oz. pkg. cream cheese
2 cups heavy whipping cream	6 oz. parmesan cheese, grated

#### Directions:

Stir butter, garlic powder, salt and pepper and cream cheese together with a whisk until melted (very low heat). Then add parmesan cheese, whisk together and add heavy cream a bit at a time while stirring with whisk. Pour over shrimp, chicken, broccoli or whatever you want.

### Mustard Sauce

#### Ingredients

1/4 cup mayonnaise	1/4 cup Dijon mustard
1/4 tsp. fresh lemon juice	Dash white pepper & dill (optional)

#### Directions:

Mix all ingredients together in an airtight container with lid. Refrigerate until ready to use. Makes 3/4 cup.

## Herbed Butter

### Ingredient

1 cup butter of choice, softened	1 cup coconut oil
1 Tbsp. dried dill weed	1 Tbsp. deli mustard
1/2 Tbsp. garlic powder	1/2 Tbsp. fresh ginger root
1 tsp. tarragon	1 Tbsp. fresh chives

### Directions:

Put all ingredients in a blender and blend well. Transfer to plastic container. Freeze when not using! You can use a combination of oils: sunflower, walnut, etc.

## DESSERTS

### Maintenance Fudge

#### Ingredients

1/8th cup <i>NuStevia</i> powder	1 (5 oz. can) Vitamin D evaporated milk
1/2 cup butter (not margarine)	1 cup chopped dark chocolate (unsweetened)
1/2 cup chopped nuts	1 tsp. pure vanilla extract

#### Directions:

Line a cake pan (8 x 8 x 2 in) with wax paper or foil and butter the lining. Set aside. Butter the sides of a 2 quart heavy saucepan. With wooden spoon, combine in a saucepan the evaporated milk, butter & stevia. Cook and stir over medium high heat until mixture boils. Reduce heat to medium; continue cooking, stirring constantly for 6 minutes. Remove saucepan from heat. Stir in chocolate, nuts & vanilla until all is melted and combined. Beat by hand with your wooden spoon a couple minutes. Spread fudge evenly into prepared pan. Cover & chill for 2-3 hours or until firm. When the fudge is firm, lift out of the pan and cut into squares. Store tightly, covered in fridge for up to 1 month.

### Cranberry Walnut Chocolate Chip Cookies

#### Ingredients

2 ½ cups blanched almond flour	½ tsp. Celtic sea salt
½ tsp. baking soda	1/3 cup grapeseed oil (or canola oil)
2 large eggs, whisked	4 Tbsps. melted butter
2 tsp. <i>NuStevia</i> powder	1 Tbsp. pure vanilla extract
½ cup dried, fruit juice sweetened cranberries	1 cup walnuts, toasted
½ cup unsweetened dark chocolate	

### Directions:

In a large bowl, combine almond flour, salt and baking soda. In a smaller bowl, combine oil, eggs, butter, *NuStevia* and vanilla (add a dash of cinnamon if you like). Stir wet ingredients into dry ingredients. Stir in cranberries, walnuts and chocolate chips. Form dough into ½ inch balls and press onto a parchment paper lined baking sheet. Bake at 350° for 7-10 minutes. Cool and serve. Makes 36 cookies.

## **Chocolate Cream Pie w/ Gluten Free Pie Crust**

### Ingredients

1½ cups blanched almond flour	¼ tsp. Celtic sea salt
¼ tsp. baking soda	¼ cup grapeseed oil (or butter, melted)
2 tsps. <i>NuStevia</i>	1 tsp. pure vanilla extract

### Directions:

In a medium bowl, combine almond flour, salt and baking soda. In a small bowl, combine grapeseed oil or butter, *NuStevia* and vanilla. Stir wet ingredients into dry. Pat dough into a 9.5 inch glass pie dish. Bake at 325° for 10 to 15 minutes, until golden brown.

## **Chocolate Cream Filling**

### Ingredients

2 (13.5) oz. cans unsweetened coconut milk	Pinch Celtic sea salt
¼ cup arrowroot powder	1/4 cup <i>Zsweet</i> & 3-4 droppers liquid <i>NuStevia</i>
2 Tbsps. vanilla extract	2 cups dark chocolate pieces (unsweetened)
1 Tbsp. cocoa powder	

### Directions:

Bring coconut milk and salt to a boil in a medium pot. Sift arrowroot powder into the pot, whisk vigorously by hand or with a hand blender for 2 minutes. Whisk in *Stevia* and vanilla. Remove from heat and let stand for 1 minute. Add chocolate, stirring vigorously until completely melted. Chill in refrigerator for ½ hour until cool. Place in cooled pie crust. Serve. \*Serves 12

## **Chocolate Chip Banana Bread**

### Ingredients

3 cups blanched almond flour	½ tsp. Celtic sea salt
1 tsp. baking soda	¼ cup <i>Zsweet</i> , 2 droppers liquid <i>NuStevia</i>
¼ cup grapeseed oil (or canola, or melted butter)	3 eggs, whisked (extra large)
1 Tbsp. vanilla extract	3 bananas (one cup) mashed

Some toasted pecans, optional

2 sugar free chopped, dark chocolate bars

Directions:

In a large bowl, mix together almond flour, salt and baking soda. In a smaller bowl, combine Stevia, oil or butter, eggs and vanilla, then stir in bananas. Mix wet ingredients into dry, toss in nuts & chocolate. Place batter in either a cake pan or two small 7.5" x 3.5" loaf pans (I use 1 big loaf pan). Bake at 350° for 40 minutes. Remove from oven and allow to cool. \*Serves 12

## **Pumpkin Bars**

Ingredients

½ cup pumpkin/squash puree

1/8 cup *NuStevia* powder

2 eggs (extra large)

1 cup plus 1/3 cup blanched almond flour

¼ tsp. Celtic sea salt

½ tsp. baking soda

¼ tsp. cinnamon

¼ tsp. nutmeg

¼ tsp. cloves

1 tsp. vanilla

Directions:

In a food processor, combine pumpkin, Stevia, vanilla and eggs and pulse for 2 minutes. Pulse dry ingredients into wet for a full minute, until well combined. Pour batter into a greased 8x8" baking dish. Bake at 350° for 30-35 minutes. Serve "naked" or with whipped cream. You may add some pumpkin pie spice in dry ingredients and toss some toasted nuts on top.

## **Gluten Free Candy Bars**

Ingredients

2 Tbsps. grapeseed oil or canola

2 tsps. Celtic sea salt

2 cups pecans, chopped, toasted

1 cup creamy, roasted almond butter, no sugar

2 tsps. *NuStevia*

1 Tbsp. pure vanilla extract

2 cups sugar free dark chocolate bars, chopped

Directions:

Preheat oven to 500°. Warm oil and 1 teaspoon salt in a large sauté pan over high heat. Add pecans to pan and cook for 3 minutes. Remove pecans from pan and immediately transfer to a baking sheet. Place pecans in 500° oven for 3 minutes, remove and cool. Warm almond butter, stevia, vanilla and ½ teaspoon salt in a saucepan over medium heat. Remove from heat and stir pecans into almond butter mixture. Spread batter into an 8 x 8 inch Pyrex dish and freeze for at least 1 hour. Remove from freezer, cut into 1 x 3 inch bars; place on small (parchment paper lined) baking sheet. Melt chocolate in saucepan over lowest heat possible. Drizzle chocolate over each bar; sprinkle bars with remaining ½ teaspoon salt. Freeze and serve. \*Makes 18 candy bars\*

## Mounds Candy Bars

### Ingredients

1 unsweetened Ghirardelli chocolate baking bar	2 Simply Lite SF dark chocolate bars
½ cup unsweetened shredded coconut	¼ cup coconut oil
1/4 tsp. pure vanilla extract	1 tsp. <i>NuStevia</i> powder
2 droppers liquid <i>NuStevia</i>	1/8 tsp. coconut/almond extract (optional)

### Directions:

Melt chocolate in a small pan over very low heat with some oil of your choice; Add liquid Stevia. You can use a double boiler if you wish. Using a small paint brush, coat the bottom and sides of a mounds candy mold. Place mold in freezer for 10 minutes to allow chocolate to harden. In a small bowl, combine shredded coconut, coconut oil and Stevia. Remove mold from freezer. Fill chocolate lined molds with coconut mixture. "Paint" chocolate over coconut mixture to cover bars. Place in freezer for 10 minutes to harden. Remove from freezer, turn mold upside down and pop mounds out of mold. Serve.

\*Makes 9 mounds bars (depending on your candy mold).

## Cinnamon Pecan Brittle

### Ingredients

1 egg white	1 tsp. <i>NuStevia</i> powder or 2 droppers liquid
1 tsp. Celtic Sea salt	1 tsp. cinnamon
2 cups pecans	1-2 Tbsps. Melted coconut oil or butter

### Directions:

In large bowl, whisk egg white, Stevia, salt & cinnamon. Toss nuts in mixture to coat. Pour nut mixture on parchment lined baking sheets. Bake at 300 degrees for 30 min. until nuts are browned. Allow nuts to cool for 5 min., break apart & serve. Store in airtight container!

## Cinnamon Bun Muffins & Cinnamon Topping

### Ingredients for Cinnamon Topping

1/2 tsp. <i>NuStevia</i> powder	1 Tbsp. cinnamon
1 Tbsp. grapeseed oil (melted butter, coconut or canola oil)	Toasted, finely chopped nuts

### Directions:

Combine Stevia, cinnamon, oil and nuts in a small bowl. Set mixture aside.

## Muffin Mixture

### Ingredients

1 cup blanched almond flour

2 Tbsps. coconut flour

½ tsp baking soda

¼ tsp Celtic sea salt

¼ cup grapeseed oil (or melted butter or canola)

1 Tbsp. *NuStevia* powder

3 eggs

1 Tbsp. pure vanilla extract

Directions:

Combine almond flour, coconut flour, baking soda and salt in a medium bowl. In a large bowl, blend together oil, Stevia, eggs and vanilla. Blend dry ingredients into wet and scoop ¼ cup at a time into lined muffin cups; spoon topping onto muffins. Bake muffins for 8-12 minutes at 350°. Cool muffins for 2 hours then frost with Creamy Cream Cheese Frosting. \*Makes 9 muffins\*

### **Creamy Cream Cheese Frosting**

Ingredients

4 oz. cream cheese, softened

2 droppers liquid *NuStevia*

3 Tbsps. heavy cream

½ tsp. pure vanilla extract

Directions:

Combine cream cheese, Stevia and vanilla in a medium bowl until well blended. Whip in heavy cream until frosting is nice and thick. Spread over Cinnamon Bun Muffins. Option: Add Cinnamon!

### **Gluten Free Carrot Banana Muffins**

Ingredients

2 cups blanched almond flour

2 tsps. baking soda

1 tsp. Celtic sea salt

1 Tbsp. cinnamon

1 cup dates, pitted

3 ripe bananas

3 eggs

1 tsp. apple cider vinegar

¼ cup coconut oil, melted

1½ cups carrots, shredded

¾ cup walnuts, finely chopped

Directions:

(You may substitute shredded apples instead of carrots). Use 1 1/2 cups almond flour & 1/2 cup flax meal. In a small bowl, combine almond flour, baking soda, salt and cinnamon. In a food processor, combine dates, bananas, eggs, vinegar and oil. Transfer mixture to a large bowl. Blend dry mixture into wet until thoroughly combined. Fold in carrots and walnuts. Spoon mixture into paper lined muffin tins. Bake at 350° for 25 minutes. \*Makes 18 muffins\*

### **Pumpkin Apple Spice Pancakes**

### Ingredients

1 1/2 cups almond flour	1/2 tsp. nutmeg
1/4 tsp. allspice	1 tsp. cinnamon
2 eggs	1 cup unsweetened coconut milk
1/2 tsp. baking soda	1/2 tsp. Celtic sea salt
1/2 cup pumpkin puree	1/4 cup unsweetened apple sauce
1 Tbsp. pure vanilla extract	1 tsp. <i>NuNaturals NuStevia</i>

### Directions:

Vigorously whisk eggs, vanilla, Stevia, milk, allspice & nutmeg. Add pumpkin & applesauce. Combine the rest of the dry ingredients together in separate bowl and mix with a fork. Add the wet ingredients to the dry. Ladle pancakes onto a 350 degrees skillet in small size. Flip when bubbles form on top. Serve with no sugar syrup (I like *Joseph's Sugar Free Maple Syrup* or *Walden's Farms Sugar Free Maple Syrup*).

## **"To Die For" Chocolate Mousse**

### Ingredients

1 pint to 1 quart organic heavy whipping cream	Pure vanilla extract
1 heaping Tbsp. cocoa (unsweetened)	1 dropper <i>NuNaturals NuStevia</i>

### Directions:

Pour into short cup of a *Magic Bullet*, using the flat blade. In 10 seconds, you have chocolate Mousse! Top with toasted nuts, toasted coconut, sugar free dark chocolate pieces or dip fresh strawberries in it! Experiment with almond extract, brandy extract, butter rum, etc.

## **Sweetened Cinnamon Pecans**

### Ingredients

1 oz. pecans	Butter/Coconut Oil
<i>NuNaturals NuStevia</i>	Cinnamon
Pure Vanilla Extract	

Take 1 ounce of Pecans and mix with butter and/or coconut oil and extract. Stir Fry in the pan and sprinkle with *NuStevia* and cinnamon. Let cool on wire rack and store in an airtight container.

## **Amazing, HCG Phase 3 (Maintenance/Gluten Free) Pancakes**

### Ingredients

2 eggs	1 tsp. NuStevia
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1/4-1/2 tsp. cinnamon	(Almond/Coconut milk as needed)
1 Tbsp. vanilla extract	1 ½ cups blanched almond flour
½ tsp. Celtic sea salt	½ tsp. baking soda

Grapeseed oil or butter for sautéing

Directions:

In a *Vita-Mix* (or other high powered blender), combine eggs, NuStevia, cinnamon and vanilla and blend on high until smooth (add milk as needed). Add almond flour, salt and baking soda and blend again to incorporate dry ingredients into batter. Let batter sit for 15-20 minutes to thicken up. Warm grapeseed oil (or butter) in a large skillet over medium heat. Ladle pancake batter onto skillet (keep small, silver dollar size). Pancakes will form little bubbles. When bubbles open, flip pancakes over and cook other side (let batter “set up” for a few minutes). Remove from heat to a plate. Repeat process with remaining batter, adding more oil to skillet as needed. Experiment with adding blueberries, diced strawberries, toasted pecans, etc. Serve with sugar free syrup.

## Gluten Free Pumpkin Pie Muffins

Ingredients

1 ½ cups blanched almond flour	¼ tsp. Celtic sea salt
½ tsp. baking soda	1 tsp. ground cinnamon
½ tsp. ground nutmeg	¼ tsp. ground ginger
1 pinch ground cloves	2 Tbsps. grapeseed oil, coconut oil or butter
½ cup agave nectar	Substitute <i>NuStevia</i> or Xylitol (use less)
2 large eggs	1 cup fresh baked pumpkin (or canned organic)

Directions:

In a large bowl, combine almond flour, salt, baking soda, cinnamon, nutmeg, ginger and cloves. In a *Vitamix* (or other high powered blender) puree oil, sugar substitute, eggs and pumpkin until smooth. Stir wet ingredients into dry. Place paper liners in cupcake pan. Scoop batter into paper liners! Bake at 350° for 40-45 minutes. Cool for 2-3 hours. Serve. \*Makes 8 muffins\*

## Rich Hot Chocolate w/ Whipped Cream, Chocolate Shavings & Smokey Salt

Ingredients

1 Cup Almond milk or Coconut milk	1 Tbsp. <i>Wonderslim Wondercocoa</i>
½ tsp. Pure Vanilla Extract	
Heavy Whipping Cream, Smokey Salt, SF Chocolate	

Directions:

Add *Wondercocoa* to very hot milk. Add *NuStevia* to taste and the vanilla extract.

If desired, top with whipped cream, couple shakes of smokey salt and a few sprinkles of chopped SF chocolate pieces.

## **Vegan Hot Cocoa**

### Ingredients

¼ cup (raw) cashews	1 cup water (room temperature)
1Tbsp. cocoa powder	1-2 full droppers liquid <i>NuStevia</i>
1 tsp. vanilla extract	1 cup boiling water

### Directions:

Place cashews and (room temperature) water in a *Vitamix* or blender; puree on high until completely smooth and no lumps of cashews remain. Blend in cocoa, *NuStevia* and vanilla. Divide cocoa mixture evenly between 2 mugs. Top off each mug with ½ cup boiling water. Stir in some organic half-n-half if desired and top with whipped cream-*Divine!*

**The Weight Loss Journal** can be used to track you progress during your Weight Loss Program.

See the next page; print 30 days (or more) for your Weight Loss Program.

## Weight Loss Journey JOURNAL

Date	Day #	Weight	Waist	Hip
	1			
	15			
	30			

<b>DAY #:</b>	Weight:	hCG Injection: am ____
Date:		hCG Sublingual: am ____
Exercise:	Type:	How Long:
Water:		
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Journal Thoughts:		
_____		
_____		
_____		

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