

SAMPLE FOUR WEEK MENU*

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>		
Day 1	Coffee with 1 Tbsp milk and stevia	Orange Roughy Asparagus Bake*, large handful of strawberries and Cinnamon Melba Toast^	Slow Roasted Beef Brisket^, Apple Cookies^ and Melba Toast		
	1 Tbsp milk	1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 2	Flavored Hot Tea with stevia	Shrimp Cocktail^ Orange, Grissini breadstick* with Cucumber Lemonade*	Boneless Hot Wings*, Strawberry Sorbet^, Celery and Ranch Dressing* and Melba Toast		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 3	Frappaccino*	Ginger Shrimp Wraps^ (minus the wraps), Cole Slaw/Apple Slaw^ and Melba Toast	Fajitas/Carne Asada^, large handful of Strawberries and Melba Toast		
	1 Tbsp milk	1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 4	Green tea.	Cream of Celery Soup*, Crab cakes and 1/2 Grapefruit	Chicken Gumbo*, Fruit with Warm Vanilla Sauce^ and Grissini Breadstick*		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 5	Coffee with toffee and chocolate capella drops and stevia.	Chicken Strawberry Salad* with 1 Grissini Breadstick*	Mustard Steak*, Indian Style Cabbage^, 1 orange and Melba Toast		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 6	Sparkling water with kiwi strawberry capella flavor drops	Taco Salad^ with Salsa*, Melba Toast and Lemon Sparkling Water	Cajun Baked Fish*, Lettuce with French Dressing*, Strawberry Smoothie^ and Melba Toast		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 7	Mint Chocolate Coffee Smoothie^	Grilled Chicken*, Radish Hash*, Baked Apple* and Melba Toast	Shrimp Cabbage Soup*, Iced and Spiced Orange Slices^ and Grissini Breadstick*		
	1 Tbsp milk	1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>		
Day 8	Pumpkin Mocha*	Breaded Chicken Tenders* with Sugar-Free Ketchup or BBQ sauce*, Chilled Garlic Pickles^, and Orange	Chili*, Strawberry Lemonade^ and Grissini Breadstick*		
	1 Tbsp milk	1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 9	Hot Tea with raspberry capella drops and stevia	French Onion Soup*, Poached Halibut^, Apple and Grissini Breadstick*	Lobster Medallions in Tomato Sauce^, Apple Chips^, Melba Toast		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 10	Coffee brewed with cinnamon, 1 Tbsp half and half and stevia	Chili Chicken*, Salad with French Dressing*, Warm Spiced Oranges^ and Grissini Breadstick*	Grilled Hamburgers^ with Sugar-Free Ketchup* wrapped in a lettuce leaf or topped with caramelized onion and Melba Toast		
	1 Tbsp milk	1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 11	Black Coffee blended with ice	Spicy Crab Salad^, Orange and Melba Toast	Sloppy Joes/Barbequed Beef^, Strawberry Sorbet* and Melba Toast		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 12	Sparkling water with lemon and stevia	Comforting Chicken Noodle Soup* and Apple Crisp*	Kung Pao Chicken*, Spicy Thai Cucumber Salad^, Orange and Melba Toast		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 13	Chocolate Flavored Coffee with white chocolate sugar-free syrup and 1 Tbsp half and half	Orange Cabbage Salad with Chicken^ with Grissini Breadstick*	Mexican Chicken Soup*, Melba Toast with Strawberry Jam^		
	1 Tbsp milk	1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		
Day 14	Green tea.	Orange Ginger Chicken* and Melba Toast with Spicy Cucumber^	Chicken, Steak or Shrimp Fajitas* over a bed of Cabbage, Baked Apples* and Grissini Breadstick*		
		1 Protein, Vegetable, 1 Fruit and 1 Starch	1 Protein, Vegetable, 1 Fruit and 1 Starch		

	<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>	<u>Snack</u>
Day 15	Pumpkin Mocha*, handful of strawberries and Grissini Breadstick*	Mexican Chicken Soup*, Iced Tea with Lemon	Cucumbers dipped in Cucumber Salad Dressing*	Sauteed Snapper with Lemon Pepper Sauce^	Apple Crisp*
	1 Fruit and 1 Starch	1 Protein and Vegetable	Vegetable	1 Protein	1 Fruit and 1 Starch
Day 16	Strawberry Smoothie^ and Melba Toast	Creamy Tomato Bisque Soup*	Cold Asparagus Salad^	Chicken with BBQ sauce* and Grissini Breadstick*	Sparkling Virgin Apple Martini^
	1 Fruit and 1 Starch	1 Protein and Vegetable	Vegetable	1 Protein, Vegetable and 1 Starch	1 Fruit
Day 17	Cucumber and Strawberry Salad^, Sparkling water with Peach Capella Flavor drops	Baked Italian Meatballs^	Melba Toast with Spicy Cucumber^	Orange or Lemon Glazed Orange Roughy BBQ Wrap^	Celery with Ranch Dressing*
	1 Fruit and Vegetable	1 Protein, 1 Starch	Vegetable, 1 Starch	1 Protein, 1 Fruit	Vegetable
Day 18	Apple Green Tea Sparkler^ and Melba Toast	Baked White Fish with Asparagus^	Cucumber Orange Salad^	Chicken Cacciatore*	Melba Toast and Virgin Sparkling Mojito^
	1 Fruit and 1 Starch	1 Protein and Vegetable	1 Fruit and Vegetable	1 Protein and Vegetable	1 Starch
Day 19	Frappuccino*, 1/2 Grapefruit	Chinese Chicken Salad* with Oriental Dressing*	Strawberry Lemonade^ and Grissini Breakstick*	Chili^ and Melba Toast	Cucumbers dipped in Sweet Wasabi Dipping Sauce^
	1 Fruit	1 Protein and Vegetable	1 Fruit and 1 Starch	1 Protein, Vegetable and 1 Starch	Vegetable
Day 20	Coffee brewed with cinnamon, 1 Tbsp half and half, stevia and one Apple	Cream of Chicken Soup*	Celery with Hot Cajun Dipping Sauce^	Jen's Hot and Sour Soup* and Grissini Breadstick*	Melba Toast with Strawberry Jam^
	1 Fruit	1 Protein and Vegetable	Vegetable	1 Protein, 1 Starch	1 Fruit and 1 Starch
Day 21	Mint Chocolate Coffee Smoothie^ and handful of Strawberries	Baked Stuffed Lobster^ over a bed of Spinach	Asparagus and Apple Salad^	Southwest Chicken* with Asparagus	Grissini Breadstick* and Sparkling Water with Banana Split Capella Flavor Drops
	1 Tbsp milk, 1 Fruit	1 Protein, Vegetable, 1 Starch	1 Fruit and Vegetable	1 Protein, Vegetable	1 Starch

	<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>	<u>Snack</u>
Day 22	Hot Apple Cider^ and Grissini Breadstick*	French Onion Soup*, Grissini Breadstick* with Grilled Chicken*	Curried Celery Salad^	Mustard Steak* and Spinach Salad with Oriental Dressing*	Water with Lemon or Strawberry Ice Cubes^
	1 Fruit, 1 Starch	1 Protein, Vegetable, 1 Starch	Vegetable	1 Protein, Vegetable	1 Fruit
Day 23	Coffee with 1 Tbsp milk and stevia and Baked Apple*	Crunchy Sweet Apple Chicken Salad^	Melba Toast and Sparkling Water with Hot Cinnamon Candy Capella Flavor Drops	Shrimp or Lobster Fra Diavolo*	Grissini Breadstick* and Cucumbers dipped in Cucumber Salad Dressing*
	1 Tbsp milk, 1 Fruit	1 Protein, Vegetable, 1 Fruit	1 Starch	1 Protein, Vegetable	Vegetable, 1 Starch
Day 24	Green Tea and Apple Slices with Cinnamon Sauce^	Baked Lobster with Spicy Lemon Sauce^ on a bed of Arugula	Raddish Hash without the protein* and Garlic Melba Toast^	Arugula Salad with Chicken and Fruit^	Chocolate Toffee Coffee Smoothie^
	1 Fruit	1 Protein, 1 Starch, Vegetable	Vegetable, 1 Starch	1 Protein, Vegetable, 1 Fruit	1 Tbsp milk
Day 25	Sparkling water with lemon and stevia and Grissini Breadstick*	Breaded Chicken Tenders* with Sugar-Free BBQ Sauce or Sugar-Free Ketchup*	Cucumbers dipped in Cucumber Salad Dressing*	Crunchy Sweet Apple Chicken Salad^	Cucumber Orange Salad^
	1 Starch	1 Protein, 1 Starch, Vegetable	Vegetable	1 Protein, Vegetable, 1 Fruit	1 Fruit and Vegetable
Day 26	Refreshing Grapefruit Virgin Martini^	Chicken Salad with Celery Sticks^	Apple Cookies^ with Melba Toast	Chicken Fajitas* with Caramelized Onion Garnish^ and Grissini Breadstick*	Mint Chocolate Coffee Smoothie^
	1 Fruit	1 Protein, Vegetable	1 Fruit, 1 Starch	1 Protein, Vegetable, 1 Starch	1 Tbsp milk
Day 27	Black Coffee blended with ice and Apple Crisp*	Mahi Mahi with Oranges^	Grissini Breadstick and Chilled Garlic Pickles^	Chicken Gumbo*	Spicy Thai Cucumber Salad^
	1 Fruit, 1 Starch	1 Protein, 1 Fruit	1 Starch, Vegetable	1 Protein, Vegetable	Vegetable
Day 28	Chocolate Flavored Coffee with white chocolate sugar-free syrup and 1 Tbsp half and half and Cinnamon Melba Toast^	Chicken Strawberry Salad*	Asparagus and Apple Salad^	Stuffed Chicken Rolls^	Sparkling Water with Cola Capella Flavor Drops and Grissini Breadstick*
	1 Tbsp milk, 1 Starch	1 Fruit, 1 Protein, Vegetable	1 Fruit and Vegetable	1 Protein, Vegetable	1 Starch
* This menu plan is just to show you how you can put the menu planner to work. It is in no way a recommendation for you to follow strictly. Please note that some of these recipes are from Tammy's cookbook and some will have recipes attached that others have posted in the group. Week one and two is lunch and dinner and in week three and four we show you how you can break your meals up. This menu planner does not take into account each individual needs, if you have trouble with any food please omit it.					
*Recipe to follow. ^Recipe from Tammy's Cookbook, www.hcgreipes.com					

RECIPES

Note- Some of these recipes call for certain items that you might consider off protocol such as canned tomatoes or broth. If you are uncomfortable using such items please omit, use fresh or homemade or adjust the recipe to fit your needs. These recipes do not take into account each individual's needs so omit or substitute any items you need. Use whichever allows you to make the most of this protocol. Remember, we are all different and some recipes might work for you and some might not. Use good judgment and do what is best for your body.

Salad Dressings and Condiments:

Strawberry Dressing:

Strawberries
2 Tbsp. Apple Cider Vinegar
3 to 4 Tbsp. Lemon Juice
1 Packet Stevia (powdered kind)
1 Tbsp Milk (optional)
(If you think it needs a bit of water, add some)

Blend until smooth.

-From Janet H

French Dressing:

¼ Cup Beef Broth
2 Tbsp Apple Cider Vinegar
2 Tbsp Lemon Juice
1 Clove Garlic, crushed and minced
¼ tsp. Horseradish or to taste
½ tsp. Paprika
1/8 tsp. Mustard Powder
Cayenne Pepper to taste
Stevia to taste

1. Dissolve spices in broth, vinegar and lemon juice.
2. Mix well and heat slightly in small saucepan.
3. Chill and serve over mixed greens or vegetables.

(Try adding cottage cheese to make it creamy French. I added Kroger's horseradish mustard and it really made this better! Some glucomannan fiber powder or guar gum might help make it thicker, too)

-From Marci

Oriental Dressing:

- 1 Clove Garlic, cut in several pieces
- 1 Cup Apple Cider Vinegar
- 1 tsp. Bragg's Amino Acids
- 1 Slice Fresh Ginger, cut in several pieces

1. Combine all ingredients, stirring well to combine.
2. Let stand for 45 minutes.
3. Strain dressing. Discard ginger & garlic (or use in stir fry later).
4. Blend in blender or food processor until smooth.

-From Marci

Ranch Dressing:

- 1/4 Cup Buttermilk, dried
- 3 Tbsp Dehydrated Onion Flakes
- 3 Tbsp Parsley, freeze-dried
- 1 Tbsp Chives, freeze-dried
- 1 tsp. Salt
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Celery Seed, ground
- 1/2 tsp. Ground Black Pepper

1. Combine all ingredients; blend well.
2. Store in an airtight container.

Variations: Use 4 1/2 teaspoons of this mix to 1/2 cup cottage cheese and 1/2 cup milk.

This recipe will make about 8 batches of dressing.

-From Marci

Cucumber Salad Dressing:

- 1 English Cucumber
- Cilantro to taste

1/2 tsp. Dry Mustard
1/2 tsp. Cumin
Juice of One Lemon
2-4 Tbsp Apple Cider Vinegar
1 Packet Stevia

Puree in a blender until well mixed, enjoy on veggies or salads.

-From Tonya

Vinaigrette:

1 Cup Apple Cider Vinegar
1/2 tsp. Mustard Powder or Yellow Mustard (Sugar –Free)
1/4 cup Shallot, Minced
1/4 tsp. Black Pepper
Dash Salt
Water as needed
(If you like milder vinaigrette, reduce amount of vinegar and replace with water keeping total volume at 1 cup liquid.)

Blend together.

-From Annie

Sugar Free Ketchup:

18oz Tomato Paste
12oz Water
6oz Apple Cider Vinegar
1-2 tsp. Sweetener of choice
1 tsp. Onion Powder
1 tsp. Salt

Mix all well.

-From Marci

Sugar Free BBQ Sauce:

(Makes 32 oz)

32oz Tomato Sauce

2 tsp. Sweetener of choice
4 Tbsp Apple Cider Vinegar
2 Tbsp Chili Powder
2 Tbsp Paprika
1 tsp. Cayenne Pepper
4 tsp. Liquid Smoke Flavoring
3 Tbsp Sugar-Free Maple Syrup
2 Tbsp Dehydrated Onion Flakes

Bring all to a slow simmer in a small sauce pan and reduce by about a third if you want to use it as a brush-on sauce.

-From Marci

Salsa:

1 Can of petite diced tomatoes (Preferably Fresh)
Diced Onions
Jalapeños
Pinch of Chili Piqué
Garlic Salt
Salt and Pepper to taste
(You will have to be creative with this recipe, the poster didn't give measurements)

Mix all together in a blender and chill before serving.

-From Shari

Dry Rub

1/2 Cup Minced Dehydrated Onions
1/4 tsp. Coriander
1 tsp. Thyme
1/2 tsp. Red Pepper Flakes
1/8 tsp. Oregano
1 tsp. Paprika
1/2 tsp. Black Pepper
1/4 tsp. Salt

1. Grind to a powder.
2. Store in air-tight container.

Note -This works great as a coating for beef, fish, chicken, shrimp, scallops ...use your imagination.
If your meat is dry dampen before coating. This makes quite a few portions.
-From Cherish

Mock Shake 'n Bake

½ Cup Minced Dehydrated Onions
¼ tsp. Coriander
¼ tsp. Thyme
¼ tsp. Red Pepper Flakes
1/8 tsp. Oregano
1/8 tsp. Paprika
1/8 tsp. Black Pepper
1/8 tsp. Salt

1. Place all ingredients in food processor or coffee grinder.
2. Grind to a powder.
3. Store in air-tight container.

TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, even steak burgers.

This yields several portions.
-From Cherish

Salads:

Chicken Strawberry Salad

100g Chilled Cooked Cubed Chicken
Shredded Lettuces of choice (I used romaine and iceberg)
1/4 to 1/3 Cup Chopped Fresh Parsley

Strawberry Dressing

Strawberries
2 Tbsp. Apple Cider Vinegar
3 to 4 Tbsp. Lemon Juice
1 Packet Stevia (powdered kind)

1 Tbsp Milk (optional)

(If you think it needs a bit of water, add some)

1. Blend until smooth.
2. Assemble: mix lettuce and parsley on a plate.
3. Top with the chilled chicken cubes.
4. Pour the strawberry dressing over all.
5. Top with Parsley and you can sprinkle a bit of sea salt over all if you desire.

-From Janet H

Chinese Chicken Salad

2 Cups Shredded Cabbage

100g Chicken Breast

2Tbsp Apple Cider Vinegar

Stevia to taste

Salt & Pepper.

The cabbage really fills you up....Sometimes I use cucumber instead.

-From Jill

Variation: Top with Oriental Dressing.

Soups:

Shrimp Cabbage Soup

(one serving)

1 to 1-1/2 Cups Chopped Cabbage

2 Cups Water (can use less if you prefer)

1 tsp. Sea Salt

1/4 tsp. Pepper

Seasonings of your choice: such as lemon pepper, spike, oregano, thyme, parsley, etc.

2 Tbsp Chopped Onions

1 Clove Garlic, minced

100g Cooked Shrimp

1 Thin Slice of Fresh Lemon

1. In a saucepan: bring cabbage and water to boiling.

2. Add salt, pepper, seasonings, onions, garlic.
3. Cover, cook on medium until cabbage is tender.
4. Remove pan from heat; add cooked shrimp and lemon slice; cover; let sit 2 minutes.
5. Ready to serve.

-From Janet H

Cream of Celery Soup

(2 Servings)

1 Large Bunch of Celery, washed & chopped into 1-2" pieces

7oz Chicken Breasts, diced

1 Cup Chicken Broth or Stock (low-sodium)

1 Cup Hot Water

1/2 to 1 tsp. Garlic Powder

1/2 to 1 tsp. Onion Powder

1/2 to 1 tsp. Basil

Pepper

(I didn't add any salt because celery is already so high in sodium.)

1. In a large skillet, cook celery and chicken in broth until chicken is white and cooked through.
2. Pour into blender or food processor; add water and spices. Blend until creamy.

-From Moogie

Effortless Cream of Chicken Soup

100g Cooked Chicken

Celery

1-2 Cups Broth

3 Cloves Garlic

1 Tbsp Dehydrated Minced Onion

1/2 tsp. Parsley

1/2 tsp. Basil

Ground White Pepper (to taste)

Salt (optional)

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

TIP: For the cooked chicken in this dish, I use the chicken I boiled to make the broth.

I usually start out by adding 1 cup broth to the food processor, and then gradually add more broth until it's the soup consistency I prefer.

-Unknown

Chicken Gumbo

(4 Servings)

4- 3.5 oz of Boneless, Skinless Chicken Breast
3 Cups Reduced-Sodium, Reduced-Fat Chicken Broth, divided
3 Cups Water
½ tsp. Cajun Seasoning
¼ tsp. Cayenne Pepper
1 Cup Chopped Onion (¼ cup dried onion)
1 Clove Garlic, minced
1 tsp. Sea Salt
1/2 tsp. Pepper
1 Bay Leaf
1/8 tsp. Sage
1/4 tsp. Red Pepper Flakes
1/4 tsp. Thyme
1 Cup Chopped Fresh Tomatoes
2 Cups Cooked Cabbage

1. On medium high heat, grill the chicken in ¼ cup chicken broth with Cajun seasoning until broth is dissolved let brown for a moment then turn over add another ¼ cup broth and do the same.
2. In a medium pot, add the additional broth, water, onion, garlic, sea salt (omit this if you need to reduce total sodium), pepper, bay leaf, sage, red pepper flakes, and thyme and simmer for 20 minutes.
3. Add the tomatoes and simmer for 30 minutes.
5. Stir in the cabbage the last minute of cooking.

-Unknown

Creamy Tomato Bisque

100g. Fat-Free Cottage Cheese
1 Cup Canned Fire Roasted Tomatoes
Italian Spices
Garlic
Broth or Water
Red and Black pepper
Vinegar
Stevia

(You will have to experiment with this recipe, the poster didn't give any measurements)

1. Add to blender or food processor and blend well.
2. Simmer over medium heat until heated through.

-Unknown

Jen's Hot and Sour Soup

100 g. Lean Beef (can use diced steak or 96% lean ground beef), cooked and drained of any grease that may cook off.

1/2 Head Green Cabbage, cut into either small dice or shreds

1/2 Carton Beef Stock (fat, sugar and msg carb free) or Water

1-2 Cups Water, if needed

1 Tbsp Bragg's Liquid Aminos

Juice of 1/4 Lemon

1-2 Tbsp Apple Cider Vinegar

1-2 tsp. Onion Powder

1/2-1 tsp. Garlic Powder

1-2 tsp. Sea Salt

1/2 tsp. Black Pepper*

1/2 tsp. Crushed Red Pepper*

*add as much or as little depending on your heat tolerance-- I like mine HOT, HOT, HOT!

Combine all ingredients in a large pot and simmer until cabbage is done to your liking (about 30-45 min)

-From Jackie

Grilled Chicken Soup

100g. Grilled Chicken Breast (see Grilled Chicken recipe below)

3 Cups Water

1/2 Cup Onion, minced

1/2 Cup Celery, diced

1 Tbsp Basil Flakes or Fresh Basil

Dash Garlic Powder

Salt to taste

Cook on low/medium until onion and celery are soft 10-20 minutes.

Note -I leave my veggies in the broth and sometimes just blend it up for a thicker broth.

It is easy to just make chicken soup out of it but if you just want broth it is easy just remove chicken from pan strain vegetables and enjoy your broth.

-Unknown

Mexican Chicken Soup

100g. Cooked Chicken, shredded into bite size pieces

3-4 Cloves Garlic, minced

1 tsp. Cumin
½ tsp. Onion Powder
½ tsp. Chili Powder
½ tsp. Cayenne
Diced Tomato
2-3 Cups Chicken Broth or Water
¼ Cup Fresh Cilantro or dried.

1. Preheat pot over medium-high heat.
 2. Add garlic, cook for 3-5 minutes. If necessary, use a bit of broth to keep garlic from sticking.
 3. Add tomatoes, broth, onion powder, cumin, chili powder and cayenne. Bring to a boil.
 4. Reduce heat to a simmer, add chicken. Simmer for 20 minutes.
 5. Stir in cilantro and simmer for 5 minutes more
 6. Serve
- Unknown

Chili

7oz Tomatoes, chopped
100g. Beef (extra lean ground beef no less than 96% or ground chicken would also work well)
1 Tbsp + 1 tsp. Chili Powder
1 tsp. Paprika
½ tsp. Cumin
1 tsp. Onion Powder
2 tsp. Chopped Garlic
Salt to taste
Pepper to taste
Cayenne to taste

1. Brown beef in fry pan with 1 tsp. chili powder (If using steak mince then brown with a bit of water or stock and the 1 tsp. chili powder)
2. Put all ingredients in a saucepan and cover cook over low heat adding liquid when necessary until cooked, stir often.
3. Add water or chicken broth if you like to bring to your desired consistency

-From Cherish

Comforting Chicken Noodle Soup

100g Chicken Breast, raw
2 Cans (4 cups) Fat-Free Chicken Broth
2 tsp. Chicken Broth Powder

1 tsp. Bragg's Liquid Aminos (optional)
1 tsp. Basil Leaf
2 tsp. Italian Seasoning
1 tsp. Lemon Juice
2 Shakes (maybe 1/3 tsp. or 1/4 tsp.) Red Pepper Flakes
2 Pinches of Onion Powder
2 Pinches of Garlic Powder
3 Tbsp Dried Onion
Celery or Cabbage, chopped
1/4 tsp. Xanthan gum or other gum thickener (optional)
1 bag of white Shiritaki noodles/miracle noodles(NOT the Tofu type) –optional*
Salt and Pepper to taste

1. In a medium sauce pan, add the broth, broth powder, aminos and lemon juice and cook on medium-low heat.
2. Whisk in the xanthan gum if using. Then add basil, red pepper, onion and garlic powder to taste.
3. Open shiritaki/miracle noodles package and drain/rinse for 5 min.
4. With kitchen shears, cut the noodles into small bite size pieces, about 1-2 in. (just hold over the pot and start from the bottom snipping your way up.) Do not boil this type of noodle. Add after pot has set to simmer on lower heat. Add vegetable of choice.
5. Let simmer on lowest heat setting covered on for 30 minutes.
6. Meanwhile, take your chicken filet and season with onion and garlic powder, a little black pepper. When time is almost up on the soup, cook the chicken in chicken broth. Remove and cut into small chunks.
7. Add chicken to your serving bowl of soup. You can save the leftover soup for another day to add your chicken.

*Note -Use your best judgment on how much noodles to use. Some can stall on too many of them although they are calorie, carb, sugar free made from plant fibers.

Also, feel free to add cabbage or celery to the soup.

-From Cherish

French Onion Soup

1 Onion, thinly sliced
2 Cups Beef Broth
3-4 Cloves Garlic, minced
1/2 tsp. Granulated Sugar Substitute
1/4 tsp. Black Pepper

1. Preheat non-stick saucepan over medium heat.

2. Place onions and garlic in pan and cook uncovered 5-10 minutes.
3. Stir in granulated sugar substitute
4. Cook 10-15 minutes until onions are caramelized.
5. Add beef broth & bring to boil.
6. Reduce heat to simmer, cover, and cook 20 minutes.
7. Add black pepper.
8. Serve.

TIP: This dish makes quite a bit of soup so I'll usually split it into two servings. Then I will eat one with lunch, and another as a late-afternoon/evening snack.

-From Cherish

Main Entrees:

Orange Roughy Asparagus Bake

(Enough for 2 meals)

1. Wash 1 bunch of fresh asparagus (you may want to use more than that), break into pieces.
2. Put in a saucepan with about 1 inch water, bring to boiling, turn heat to medium, cover; cook 10 minutes.

Preheat oven to 375.

In a square pan:

- 1/2 Cup Water (can be the liquids from pre-cooking asparagus)
- 2 Tbsp Onion, chopped
- 1 Clove Garlic, minced

1. Add all of the pre-cooked asparagus.
2. Top with pieces of orange roughy that equal 7 ounces.
3. Squeeze juice from 1/2 of a lemon over all, especially the fish.
4. Sprinkle with a bit of dried herb, such as basil or tarragon.
5. Then cut the squeezed lemon 1/2 into several small pieces and put on top of the fish.
6. Use sea salt and pepper, sprinkle over all.
7. Seal with foil tightly, bake about 15minutes.
8. Remove from oven, cool for 5 minutes with foil on.
9. Remove foil. Fish is done if it easily flakes with a fork....do not overcook as this makes the fish go tough.

-From Janet H

Chili Lemon Shrimp and Asparagus Salad

100g. Shrimp
6 Asparagus Spears
2 Tbsp Lemon Juice
Pinch of Lemon Zest
1/2 tsp. Chili Powder
1 Clove Garlic, crushed and minced
1 Tbsp Onion
Salt and Pepper to taste
Stevia to taste

1. Lightly steam asparagus until crisp tender. Cut into 1 inch pieces.
2. Lightly steam shrimp until cooked. Allow to cool.
3. Combine lemon juice, garlic, zest, and chili. Mix well and.
4. Allow to marinate and chill for 30 minutes in refrigerator then serve.

-From Tammy

Boneless Hot Wings

100g. Chicken Breast Tenders
¼ Cup Apple Cider Vinegar
¼ Cup Water
1-2 Tbsp Cayenne Pepper
1-2 Tbsp Chili Powder (adjust as needed)

1. In small bowl, mix vinegar, water, and cayenne pepper.
2. Add chicken to marinade and refrigerate for 1-2 hours.
3. Preheat oven to 350.
4. Add chili powder to a small dish and dip chicken in chili powder.
5. Place on rack in baking pan.
6. Bake 15-20 minutes turning halfway through.
7. Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.

-From Cherish

Chicken Cacciatore

(makes 6 servings)

6- 100g Chicken Breasts
2 tsp. Salt, plus more to taste
1 tsp. Freshly Ground Black Pepper, plus more to taste
2 Grissini, crushed, for dredging
3 Tbsp Chicken Broth

1 Onion, chopped
3 Garlic Cloves, finely chopped
1-1/2 Cup Chicken Broth
1 (28-ounce) Can Diced Tomatoes with juice
3 Tbsp Drained Capers
1-1/2 tsp. Dried Oregano Leaves
1/4 Cup Basil Leaves, coarsely chopped

1. Sprinkle the chicken pieces with 1 tsp. of each salt and pepper. Dredge the chicken pieces in the crushed grissini to coat lightly.
2. In a large heavy sauté pan, heat the 3 Tbsp broth over a medium-high flame. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. Add more broth as it evaporates. If all the chicken does not fit in the pan, sauté it in 2 batches.
3. Transfer the chicken to a plate and set aside. Add the onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes.
4. Season with salt and pepper. Add the remaining broth and simmer until reduced by half, about 3 minutes.
5. Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through.
6. Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce.
7. Spoon the sauce over the chicken, then sprinkle with the basil and serve.

This recipe is also excellent in a slow cooker on low.

-From Cherish

Shrimp or Lobster Fra Diavolo

(makes about 4 servings)

1 Pound Large Shrimp, peeled and deveined, or Lobster
1 tsp Salt, plus additional as needed
1 tsp Dried Crushed Red Pepper Flakes
1 Medium Onion, sliced
1 (14 1/2-ounce) Can Diced Tomatoes
1 Cup & 3 Tbsp Chicken Broth
3 Garlic Cloves, chopped
1/4 tsp. Dried Oregano Leaves
3 Tbsp Fresh Italian Parsley Leaves, chopped
3 Tbsp Fresh Basil Leaves, chopped

1. Toss the shrimp in a medium bowl with 1 tsp. of salt and red pepper flakes.
2. Heat the 3 tablespoons broth in a heavy large skillet over medium-high heat.
3. Add the shrimp and sauté for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes.
4. Transfer the shrimp to a large plate; set aside.

5. Add the onion to the same skillet and sauté with chicken broth until translucent, about 5 minutes. Add the tomatoes with their juices, remaining broth, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes.

6. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together.

7. Stir in the parsley and basil. Season with more salt, to taste, and serve.

-From Cherish

Mustard Steak

100 g (3.5 oz) Steak

1 Cup Beef Broth (approx)

1-2 Tbsp Sugar-Free Mustard

1/2 tsp. Ground Mustard Powder

2 Tbsp Chopped Onion

1. Pour 1/4 cup of beef broth and both mustards in a bowl. Mix until smooth.

2. Pour into sauté pan and add steak and onions, coating both with sauce.

3. Cook until desired doneness and add just enough broth to keep the sauce a gravy type consistency. The sauce will thicken a bit more once it cools.

4. Steam asparagus or broccoli and put this over the top!

-From Cherish

Grilled Chicken

1-1/2 Cup Apple Cider Vinegar

1/4 Cup Bragg's Liquid Aminos

1Tbsp Garlic Powder

1Tbsp Onion Powder

1Tbsp Dehydrated Onion

1tsp. Pepper

1tsp. Old Bay Seasoning or any Poultry Seasoning

1. Combine all ingredients and marinate chicken and let sit in fridge for 4-6 hours to absorb seasonings

2. Grill chicken slowly on grill until done.

Note- I then freeze them individually so I can pull them out to make broth or soup or any type of meal.

-Unknown

Breaded Chicken Tenders

100g. (3.5 oz) Raw Chicken, sliced into "tenders"

1 Grissini Breadstick or Melba Toast, ground well

1-1/2 Tbsp Parsley, very finely minced (1 Tbsp dried)

Couple Pinches of Poultry Seasoning
Couple Pinches Cayenne Pepper
Couple Dashes of Oregano
Large Pinch of Thyme
Large Pinch Garlic Powder
Large Pinch of Onion Powder
Couple Pinches of Rosemary

1. Dampen chicken tenders with water
2. Season with fresh ground pepper and sea salt
3. Dredge tenders in spice/grissini mixture
4. Place on cookie sheet
5. Bake at 350 until done.

Note -Serve this chicken with fresh tomatoes, diced and seasoned with sea salt, fresh ground pepper, fresh minced parsley and Italian seasoning.

Or you could serve with a nice Italian lettuce and tomato salad using the lettuce as your vegetable and the tomato as your fruit.

-From Cherish

Balsamic Mustard Crusted Steak

100 g. (3.5 oz) Flank/Sirloin or Low-Fat Steak
1 tsp. Mustard Powder
2 tsp. Balsamic (not on protocol so might use Apple Cider Vinegar instead)
¼ tsp. Salt
½ tsp. Freshly Ground Black Pepper
2 Garlic Cloves, minced

1. Mix all seasoning in a mixing bowl.
2. Line a broiler pan with foil and place steak on top.
3. Coat evenly with mustard mixture and let stand 10 minutes.
4. Broil steak to desired doneness, 3 to 4 minutes per side for medium-rare.
5. Let stand 5 minutes before slicing and serving.

-From Cherish

Chile Chicken

100g. Chicken
1 Tbsp Red Chile Paste
1 Tbsp Apple Cider Vinegar
3 Cloves Garlic, minced
1 tsp. Oregano
½ tsp. Cumin
½ tsp. Granulated Sugar Substitute

Salt

Crushed Red Pepper (optional)

1. In a Ziploc bag, add all ingredients except chicken, mix.
2. Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat.
3. Place in refrigerator to marinate at least 1 hour.
4. Cook chicken on George Foreman or under broiler until done.
5. Top with crushed red pepper (optional) and serve.

-From Cherish

Orange Ginger Chicken

100g. Chicken - cut into chunks

Black Pepper

Orange - cut in ¼ segments

2-3 Cloves Garlic, minced

1 Tbsp Fresh Ginger Root (about 1/2"-1" long piece, peeled & minced)

½ tsp. Basil

Juice of half lemon

1. Preheat pan over medium heat.
2. Sprinkle chicken with pepper.
3. Add chicken to pan and stir fry until brown on all sides, about 5-10 minutes.
4. Add garlic and cook for 1 minute.
5. Squeeze juice of orange quarters over chicken.
6. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well.
7. Cover and simmer for about 20-30 minutes.

-From Cherish

Kung Pao Chicken

100g. Chicken - cut into chunks

Chopped Onion

1-2 tsp. Chili Paste

Red Pepper Flakes (optional)

Marinade:

1 Part Bragg's Liquid Aminos

1 Part Apple Cider Vinegar

Seasoning:

3 Cloves Garlic, minced

1-2 tsp. Fresh Ginger Root, minced

Mash together in small bowl

Sauce:

½ Cup Broth

1-2 tsp. Bragg's Liquid Aminos

1 tsp. Apple Cider Vinegar

Stir together in small bowl

1. In small dish, combine marinade & chicken.
2. Refrigerate 30 minutes to 1 hour.
3. Preheat non-stick pan over medium-high heat.
4. Cook chicken 5-7 minutes, browning on all sides.
5. Add chili paste. Cook 1-3 additional minutes.
6. Remove chicken from pan and set aside.
7. Add onion to pan and cook until tender.
8. Stir seasoning mixture in with onions. Cook 1-3 minutes.
9. Add sauce mixture to pan. Cook 1-3 minutes.
10. Re-add chicken to pan, stir. Cook 1-3 minutes.
11. Top with a few dashes of red pepper flakes (optional).
12. Serve.

TIP: This dish is also delicious with shrimp.

-From Cherish

Chicken, Steak or Shrimp Fajitas

(makes 2 servings)

200g. Chicken, Beef or Shrimp, sliced in strips

1 Onion, sliced into rings

2 Cloves Garlic

Taco/Mexican seasoning*

½ Cup Chicken Broth

Salt and Pepper

1. Add broth and onion to a non stick skillet and begin cooking on medium heat. When they start to wilt slightly, add salt and pepper.
2. After cooking about 5-7 minutes, add chicken strips, beef strips or shrimp and garlic. Cook 5 minutes more or until the meat is almost cooked through.
3. Add Mexican/taco seasoning and cook until liquid is almost gone. Taste and add salt and pepper as needed.

*My taco/Mexican seasoning mix- 1-1/2 Tbsp chili powder, 1 tsp. cumin, 1 tsp. oregano, 1 tsp. smoky paprika (or regular paprika), 1/2 tsp. garlic powder or 1 tsp. garlic salt and a pinch of cayenne.

-From Cherish

Southwest Chicken

4 Boneless Skinless Chicken Breasts, cut into 100g portions

4 oz Canned Green Chilies, chopped

2 tsp. Oregano

2 Garlic Cloves, minced
2 tsp Ground Cumin
4 Tbsp Apple Cider Vinegar
1 Cup Chicken Broth

1. In blender container, place chilies, oregano, garlic, cumin and vinegar, puree until smooth.
2. Marinate chicken in mixture 4-24 hours, refrigerated.
3. Heat ½ cup broth.
4. Remove chicken from marinade and cook 7-8 minutes on each side, adding more broth as needed when broth dissolves

Note -Adjust the amount of chilies to suit your family's tastes
-From Cherish

Chicken Hariyali Tikka

1 Cup Fresh Cilantro, finely chopped
½ Cup Fresh Mint Leaves, finely chopped
3 Cloves Garlic
1 Tbsp ginger, minced
1 Tbsp Lemon Juice
2 Small Cans Chopped Green Chilies
1 Tbsp Salt
1 lb. Skinless, Boneless Chicken Breast, cut into 100g portions

1. In a large bowl, grind together the cilantro, mint leaves, ginger garlic, lemon juice, green chilies, and salt.
 2. Place the chicken in the bowl, and rub with the mixture. Cover, and refrigerate 2 to 3 hours.
 3. Preheat the oven broiler.
 4. Place the chicken in the baking dish, and broil 20 minutes, or until chicken juices run clear.
- From Cherish

Desserts and Beverages:

Apple Crisp

Filling:

1 Apple
1/2 Small Lemon
1 Tbsp Water
2 tsp. Zsweet/Granulated Sugar Substitute (adjust amount if not using Zsweet)
Cinnamon

1. Preheat oven to 400.
2. Peel, core, and slice/chop apple.
3. Place apples in small baking dish.
4. Cover with juice of 1/2 small lemon, zsweet/sugar sub., water, and few dashes of cinnamon. Toss.

Topping:

- 1 Grissini or Melba Toast
- 1 tsp. Milk
- 1/2 tsp. Cinnamon
- 1/4 tsp. Nutmeg
- 1/4 tsp. Pumpkin Pie Spice

1. Grind grissini or Melba toast into a powder using food processor or coffee grinder.
2. Add milk in 1/4 tsp. increments. Slowly stir until mixture forms a slightly moist crumbly topping.
3. Sprinkle on top of apple filling.

Bake:

1. Cover dish and bake 20 minutes.
2. Remove cover and broil 1-2 minutes to crisp topping.
3. Serve immediately.

Note -This includes 1 tsp. of your allowed 1 Tbsp milk for the day. Also includes your grissini/Melba and fruit portion for one meal.

You can also omit the topping if you don't want to use a grissini/Melba portion

Baked Apple

- 1 Apple (sliced and peeled)
- 1 Stevia Powder Packet
- 1/8 Cup Water
- Cinnamon to taste
- 1 Tbsp Milk (optional)

1. Put all ingredients into a pot and heat on the stove until the apples are tender.
2. Let it cool a little then pore 1 Tbsp of milk over the cooked apples.

It was so good. Like apple pie and ice cream. This is sure to help my cravings. Hope it helps you too!

-From Janadean

Strawberry Sorbet

- Frozen Strawberries or Freeze Fresh Strawberries for at least 1 hour
- Juice of 1 Lemon
- Sugar Substitute of choice
- Water

1. Blend strawberries, lemon juice and sugar substitute until very well blended in a blender or food processor.
2. Serve immediately or freeze to allow it to firm up.

Note- You will have to be creative with this recipe since the author did not give any measurements.

-Unknown

Cucumber Lemonade

1 Cucumber, peeled and cubed
1 Lemon
5 Cups Water
Sweetener to taste

Add cucumber and water to a blender and puree, strain. Add juice of lemon and sweetener to taste. Serve over ice.

Simply Frappuccino

Coffee
Flavored Stevia of Choice
1 Tbsp Milk

1. Put coffee in freeze until mostly frozen
2. Take coffee out of freezer and add to blender with the flavored stevia and milk. Blend until frothy.

Variations –Can also use Capella Flavor Drops or flavored coffee.

-Unknown

Pumpkin Mocha

Coffee
1 Tbsp Milk
½ tsp. Pumpkin Spice
Dark or Milk Chocolate Stevia to taste
Crushed Ice

Place all ingredients in a blender and blend until frothy.

-Unknown

Sides:

Radish Hash

A bag and a half of radishes

1/2 Onion, chopped
100g of protein, cooked and chopped

1. Shred the radishes using a cheese grater, being careful to watch your fingers.
2. Combine all ingredients and fry it in chicken broth, just a little and adding just enough as it cooks to keep it from burning but letting it brown, flipping it until the radishes and onions 'caramelize'.
3. Season with salt, pepper and garlic or any other preferred seasoning.

-Vicky

Grissini Dough

2 tsp. Instant Yeast
2 tsp. Sugar
1-1/4 tsp. Salt
1 Tbsp Pizza Flavor Seasoning (optional, but tasty)
1 Tbsp Non-Fat Dry Milk
3 Cups (11 ounces) King Arthur Italian-Style Flour*
3/4 Cup (6 ounces) Lukewarm Water
2 Tbsp (7/8 ounce) Olive Oil

Topping

1 egg white beaten with 1 tablespoon cold water

*Substitute King Arthur 100% Organic White Whole Wheat Flour for half of the Italian flour, if desired.

1. Mix and knead the dough ingredients—by hand, mixer, or bread machine set on the dough cycle—to make a soft, supple dough.
2. Cover with lightly greased plastic wrap, and let it rest and relax for 15 minutes (or for up to an hour or so; work it into your schedule as you see fit).
3. Divide the dough in half. Working with one half at a time, pat or roll it into a 9" x 13" rectangle. Brush the dough lightly with the egg white and water.
4. Roll the dough lightly with a rolling pin.
5. Use a pizza wheel or sharp knife to cut the dough (the short way) into strips about 3/8" wide. Twist the ends of each strip in opposite directions (as though you were wringing out a washcloth) to make a "twist," and place them on lightly greased or parchment-lined baking sheets.
6. Cover the breadsticks and let them rest and rise for 30 to 60 minutes, till they've puffed noticeably. Towards the end of the rising time, preheat the oven to 425°F.
7. Bake the breadsticks for 12 to 14 minutes, or until they're golden brown.
8. Remove them from the oven, and cool on a rack.

Yield: about 3 dozen breadsticks.

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