

Recipe Book



www.NulmageMedical.com

1-888-520-DIET (3438)

HCG Diet Phase 2 Cookbook

A note to our patients:

At Nu Image Medical, we want you to succeed with your weight loss program. That's why we provide our patients with multiple support options, including Live Support and [the HCG Diet Forum](#), in addition to [email](#) and toll-free phone support at 888-520-3438.

It's because your success is important to us that we also provide valuable resources like this HCG Diet Recipe Book. It contains 77 tasty recipes that will help to ensure you are eating right during your HCG weight loss program.

We are happy to answer any questions you may have. All support requests are responded to within 24 hours, 7 days a week.

To your Nu Image!

-Nu Image Medical Team

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What To Buy



HCG DIET SUCCESS: ESSENTIAL ITEMS

Before getting starting, here is a shopping list of essentials:

- ✓ Food Scale
- ✓ Accurate body weight scale
- ✓ George Foreman Grill
- ✓ Oil free Lotions, Shampoo , Conditioners
- ✓ Tape Measure
- ✓ Daily Weight Journal

*SUCCESS TIP

Prior to starting the diet, be sure to get accurate starting weight and measurements

GROCERY SHOPPING LIST

- ✓ Apple Cider Vinegar
- ✓ Braggs Liquid Aminos
- ✓ Stevia (many flavors available including vanilla, chocolate, hazelnut, toffee, lemon, and root beer)
- ✓ Sea Salt
- ✓ Spices: Make *sure spices and spice blends do not contain sugar, or starches*. Otherwise all spices are allowed (garlic, paprika, black pepper, red pepper, parsley cinnamon, oregano, cilantro, basil, curry, onion powder, turmeric, etc.)
- ✓ Tomato Paste (not pasta sauce they contain oils)
- ✓ Worcestershire sauce without sugar
- ✓ Beverages: Bottled or filtered water, Mineral water, Herbal teas, Unsweetened Tea, Coffee, Non Dairy Unsweetened Soy Milk, Skim Milk (1tbs per day)
- ✓ Grissini Plain breadsticks, Wassa Crackers or Melba toast (1 per day)

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PROTEINS

- ✓ Boneless skinless Chicken Breast
 - ✓ Red meat: Filet Mignon, Top Sirloin, Extra lean ground beef, Veal, Bison, Cube Steak, Top Round, Tri-Tip
 - ✓ Fish: Tilapia, Grouper, Snapper, Cod, Halibut, Flounder, Sole, Haddock
 - ✓ Shell Fish: Shrimp, Lobster, Crab, Scallops
- * **Not allowed:** Salmon, Eel, Tuna, Herring, Dried or Pickled Fish

*SUCCESS TIP

It is preferable to get organic chicken and beef and wild caught fish.

All proteins should be purchased raw and in bulk. Weigh and cut into 4 oz. individual portions, then place in freezer bags and store in the freezer until they are ready to use.

VEGETABLES

- | | |
|---------------|--------------------------|
| ✓ Asparagus | ✓ Fennel |
| ✓ Beet Greens | ✓ Spinach |
| ✓ Cabbage | ✓ Red Radishes |
| ✓ Celery | ✓ Tomato |
| ✓ Chicory | ✓ White and green onions |
| ✓ Cucumber | |



Use only fresh or frozen vegetables

FRUITS

- | | |
|------------------|-------------------|
| ✓ 6 strawberries | ✓ Grapefruit |
| ✓ Oranges | ✓ Green Apples |
| | ✓ 1 lemon per day |

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ORANGE SLUSHY

- 3/4c crushed ice
- 1 orange
- 5 drops of Valencia orange flavored stevia



Mix in the blender until smooth



1 fruit

ORANGE JULIUS

- 3/4 c crushed ice
- 1 orange
- 5 drops of orange stevia
- 5 drops of Vanilla crème flavored stevia



Blend until smooth



Equal to 1 fruit serving

LEMONADE

- 1c water or mineral water
- 1tbs lemon juice
- 5 drops clear stevia
- 15 drops lemon stevia



Stir and add ice



Equal to 0 servings of fruit

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FROZEN CAPPUCCINO

- 1 cup of brewed coffee
- 1c crushed ice
- 1tbsp milk
- 5drops Vanilla crème stevia
- 5drops English toffee stevia
- 5 drops chocolate stevia



Mix in the blender until smooth



Equals 1 milk serving

V-8

- 3lg tomatoes
- Juice of half a lemon
- 1tsp cilantro
- 10 drops of stevia
- Garlic to taste
- 1/4tsp cumin
- 1/4tsp Worcestershire
- 1/8tsp celery seed
- Pinch of sea salt and black pepper



Blend all ingredients to desired consistency



chill and serve over ice

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ROOT BEER

- 8oz carbonated water
- 15 drops root Beer stevia

7UP

- 8oz carbonated water
- 10 drops Valencia Orange Stevia
- 5 drops Lemon Stevia



Be creative make your own blends with different flavors of stevia

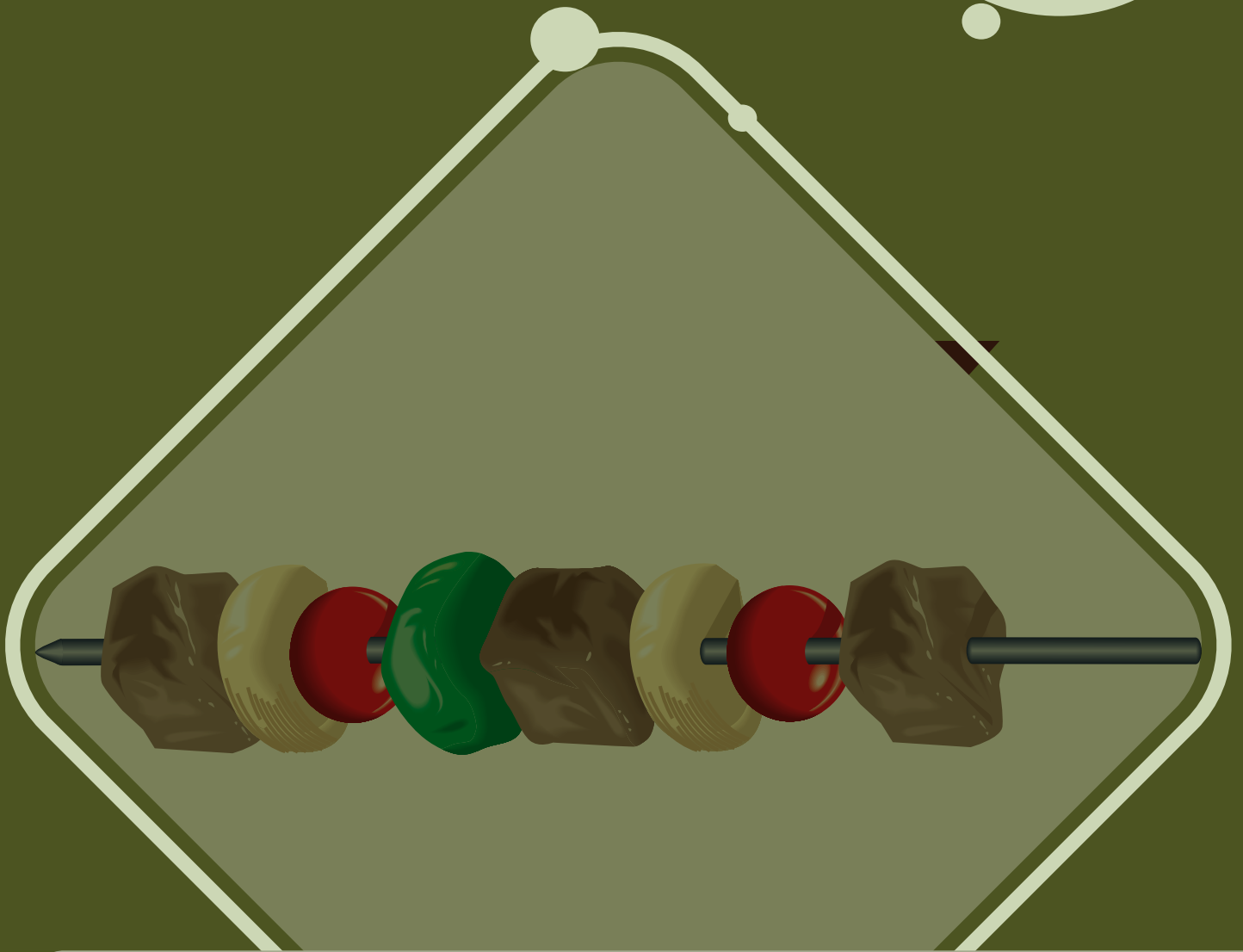
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Salad Dressings

VINAIGRETTE

- 1/4c apple cider vinegar
- 1/2c water
- 1tbs lemon juice
- Celery salt
- Onion salt
- Ground pepper
- 20 drops of clear stevia
- 1 packet of stevia



Combine all ingredients and refrigerate

LEMON DRESSING

- 1/4c apple cider vinegar
- 1c water
- juice of 1/2 lemon
- 25 drops clear stevia

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CITRUS DRESSING

- 1/4 cup apple cider vinegar
- 1c water
- 1tbsp lemon juice
- 12 drops clear stevia
- 10 drops Apricot Nectar stevia
- 1 packet of stevia
- 1/4tsp chinese five spice
- 1/4tsp garlic salt

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Salad

CHICKEN APPLE SALAD

- 2c raw spinach or romaine lettuce
- 1/2 cup chopped apple
- 3.5 oz. chicken breast (cooked)



Toss with Vinaigrette or citrus dressing



1 protein, 1 vegetable, 1/2 fruit

STRAWBERRY CHICKEN SALAD

- 2c Raw spinach
- 3-5 slices strawberries
- 3.5oz. cooked sliced chicken breast



Toss with vinaigrette



1 protein, 1 vegetable, 1/2 fruit



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ASIAN SALAD

- 1c Chinese cabbage
- 1c romaine lettuce
- 1/2 chopped orange
- 3.5 oz. chicken breast
- 1/4tsp Chinese five spice seasoning
- 1/8tsp garlic
- 1 packet stevia
- 1 sesame flavored Melba toast



Toss salad and chicken with Citrus Dressing and sprinkle with crumbled melba toast



1 protein, 1 vegetable,
1/2 fruit, 1 starch



CRUNCHY CHICKEN SALAD

- 3.5oz. chicken breast
- 1/2 chopped apple
- 1 or 2 stalks chopped celery



Toss with Lemon vinaigrette



1 protein, 1 vegetable, 1/2 fruit

TACO SALAD

- 2c Romaine lettuce
- 3.5 oz. 93%fat free ground beef or bison
- Garlic
- 1/4tsp chili seasoning
- 1 onion flavored Melba Toast
- 1/4c onion



Sautee onion on a pan add ground meat garlic chili seasoning salt and pepper to taste, cool and put on top of lettuce, dress with vinaigrette dressing, crumble the melba toast on top



1 protein, 1 vegetable, 1 starch



CRAB SALAD

- 3.5oz. crab meat
- 1stalk chopped celery
- 2tbsp vinaigrette dressing



Do not use imitation crab!



1 protein, 1 vegetable

SHRIMP - SPINACH SALAD

- 2c spinach
- 3.5 oz. grilled shrimp
- Vinaigrette dressing



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Soups

CHICKEN STOCK BASE

- 6 3.5oz. pieces of chicken breast
- 8c water
- 1/4tsp garlic powder
- 1/4tsp onion powder
- 1/4tsp celery seed
- 1/4tsp pepper
- 1/4 tsp. Sea salt
- 1/4tsp thyme
- 1/4tsp marjoram
- 1tsp fresh parsley



Combine all the ingredients together in a stock pot, cook until the chicken is done



Remove chicken and refrigerate (6 servings of chicken). Refrigerate or freeze stock for future recipes



CHICKEN SOUP

- 2c Chicken stock Base
- 3 stalks of celery
- 3.5oz chicken breast



Cook ingredients until celery is tender add additional garlic cloves and seasoning to taste



1 protein, 1 vegetable

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ONION SOUP

- 2 c chicken broth base
- 1 whole sliced sweet onion



Simmer on low heat for
45 min to an hour



1 vegetable

TOMATO SOUP

- 2c chicken stock base
- 1 large tomato
- 1 clove of garlic minced
- 1/2tsp onion salt
- 1tsp basil
- Ground pepper to taste
- 1/2 pct. of stevia



Puree tomato in blender and
cook over medium heat to a boil,
turn the heat down to low add
the remainder of the ingredients,
cover and simmer for 10 min add
basil and pepper to taste



1 vegetable



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ONION AND BEEF

- 2c chicken stock base
- 1 whole sweet onion sliced
- 3.5 oz. ground beef or other cut of lean beef



Grill the meat and simmer all the ingredients on low for 1 hour



1 protein, 1 vegetable



CHICKEN ASPARAGUS SOUP

- 3.5 oz. chicken breast
- 2c Chicken stock base
- 6-8oz fresh asparagus
- 2tsp fresh ginger
- 1/2tsp onion powder
- 1/2tsp sea salt



Combine Chicken stock, seasonings and asparagus, bring to a boil then reduce heat to low and simmer for 1 hr



1 protein, 1 vegetable

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BEEF CABBAGE SOUP

- 2c Chicken Stock
- 3.5 oz. Chopped Grilled beef
- 2c Chopped Cabbage
- Sea Salt to taste
- 1tsp tomato paste
- 1 garlic clove
- 1/4tsp onion powder
- 1tsp fresh parsley



Combine ingredients cook on medium until cabbage is tender, top with fresh parsley and serve



1 Protein, 1 vegetable

FISH SOUP

- 3.5oz. fresh cod cubed
- 1-2 cloves garlic
- Oregano
- Thyme
- 1lg tomato
- 2c Chicken stock
- Salt and pepper to taste



Sautee Garlic and puree tomato in 2 tbsp. of chicken stock, add the rest of the stock. Add fresh thyme oregano, salt pepper and fish cook for 5-8 min until fish is cooked through



1 Protein, 1 vegetable

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Fruit

APPLE COBBLER

- 1 sliced apple
- 1/4tsp cinnamon
- 1 packet of stevia



Toss together place on microwave safe dish top with 2 classic melba toast rounds cinnamon and stevia

Heat in microwave for 2 minutes



Equals 1 fruit, 1 starch



JAMAICAN GRAPEFRUIT

- 1/2 grapefruit
- Cinnamon
- 1-2 packets of stevia



Heat in microwave for 2 min



Equals 1 fruit serving

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APPLESAUCE

- 5 apples (cored, peeled, and chopped)
- 1tbsp lemon juice
- 1/2c water
- 1 packet stevia
- 1/2 tsp cinnamon



Cook apples and water in a crockpot on low for 2 hrs. Cool and puree in blender with stevia and cinnamon. Divide into 5 equal portions about 1/2c each



5 fruit servings

STRAWBERRIES AND CRÈME

- 4-6 small strawberries
- 1tbsp milk
- 5 drops Vanilla crème stevia
- 1/2 to full pack stevia



Slice strawberries. Mix with one pack of stevia, measure milk into a separate bowl with liquid stevia and pour over strawberries



1 fruit, 1 milk



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Vegetables

CUCUMBER SALAD

- 1 Lg cucumber
- 4-5 tbsp Apple cider vinegar
- 1/4tsp garlic powder
- Pepper to taste
- 1tbsp fresh parsley
- 1tbsp fresh dill
- 1 pct stevia



Combine vinegar stevia and herb toss with chopped cucumbers and refrigerate for 1 hr



1 vegetable



CREAM SPINACH

- 4 tbsp chicken stock
- 3c spinach
- 1-2 cloves of garlic



Sautee garlic in chicken stock add spinach season with salt and pepper



1 vegetable

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BEEF GREENS WITH APPLES AND CINNAMON

- 6tbsp water
- 1/4tsp cinnamon
- Pinch of nutmeg, allspice and salt
- Pepper
- 2 c beet greens
- 1/2 apple sliced



Add spices to heated water. Add chard and apples to the mixture and fold in gently, cook on medium heat until beet greens are tender but not overcooked



1 vegetable, 1/2 fruit



LEMON GARLIC CHARD

- 2 c chopped chard
- 2 sliced garlic cloves
- Fresh Lemon juice
- Salt and pepper to taste



Lightly stem chard, sautee garlic in 2 tbsp of chicken stock, salt pepper and squeeze juice of half lemon before serving.



1 vegetable

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MINT CUCUMBER SALAD

- 1 lg cucumber
- 1 minced garlic clove
- Lemon juice
- 2tbsp fresh chopped mint
- Pepper and salt to taste



Chop cucumbers (remove seeds) mix with garlic and juice or half of lemon salt and pepper to taste refrigerate for 1 hr



1 vegetable

CUCUMBER APPLE SALAD

- 1/2 chopped apple
- 1 sliced cucumber
- 2tbs apple cider vinegar
- 1tbsp water
- Garlic
- Pepper



Chop apples and cucumber. Combine vinegar water and seasonings. Refrigerate



1 vegetable, 1/2 fruit



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BEET GREENS

- 4tbsp chicken stock
- 2c chopped beet greens
- Onion or garlic salt to taste



Heat chicken stock on medium, add beet greens and sauté until tender add seasonings and serve



1 vegetable

GRILLED ONION

- 1 whole sweet onion
- Sea salt



Slice onions into rounds sprinkle with sea salt place on a pre heated George Forman grill for 4-5 minutes until the onions are tender. As an alternative add either 3.5 oz. of chicken breast or beef tenderloin



1 vegetable (with an addition of meat 1 vegetable, 1 protein)



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ASPARAGUS WITH LEMON ZEST

- 1/3 lb asparagus
- 1tbsp fresh lemon juice
- Sea salt
- Pepper



Clean and cut asparagus into 2 inch sections, parboil for 2 min. Drain water , while the asparagus is still hot toss with lemon juice ,sea salt , pepper, top with a tea spoon of lemon zest.



1 vegetable

SLAW

- 2 c shredded cabbage
- Vinaigrette dressing



Toss cabbage with dressing



1 vegetable



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CABBAGE NOODLES

MEXICAN STYLE

- 1/2 head of cabbage
- 3tbsp tomatoe paste
- 2tbsp minced onion
- 1clove garlic
- 1/4tsp cayenne
- Pinch of oregano
- Pinch of cumin
- 2tbsp fresh chopped cilantro
- Salt and pepper to taste

ITALIAN STYLE

- 3tbsp tomato paste
- 1/8 tsp oregano
- 1tsp fresh basil
- 1tbsp minced onion
- 1 clove minced garlic
- Pinch of marjoram, salt and pepper to taste

ORIENTAL STYLE

- 1/4 tsp fresh ginger
- 3 tbsp Braggs liquid Aminos
- 2tbsp lemon juice
- 2tbs chopped onion
- 1 minced garlic clove

INDIAN STYLE

- 1/8tsp curry
- 2tbsp minced onion
- 1 clove minced garlic
- 1/8tsp cumin
- Salt and pepper to taste



For any of the above in a large frying pan sauté cabbage with a few tablespoons of chicken stock until cabbage is tender adding water when necessary, then add all the spices for the particular type of flavor and let simmer for an additional 3-5 min



1-2 vegetables



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PICKLED ASPARAGUS

- 1 bunch fresh asparagus
- 1c water
- 1c Apple Cider Vinegar
- 4 cloves of garlic, crushed
- 4 sprigs of fresh thyme
- 2 bay leaves
- 1 tsp sea salt
- 6 whole peppercorns

COLESLAW

- Grated Cabbage
- Fresh mint
- Fresh parsley
- AppleCider Vinegar
- Onion powder
- Garlic powder
- Sea salt and pepper to taste



Trim the bottoms off the asparagus and pack loosely into a 1 qt jar. Combine water, vinegar, thyme, bay leaves, salt, and whole peppercorns in a saucepan. Bring to a hard boil for one minute. Pour the hot liquid over the asparagus, filling to cover the tips. Cover and cool to room temperature. Refrigerate for 24 hrs



Combine vinegar and dry spices, add to cabbage parsley mint and mix



1-2 vegetables



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Seafood

CRAB CAKES

- 3.5 oz. real Crab
- 4 oz. of either onion or celery
- 1 portion melba toast ground into powder
- Sea salt
- Pepper
- Dash of old bay seasoning
- Any other fresh herbs to taste



Mix all the ingredients together form into patty and fry without oil on a non stick pan until browned



1 melba, 1 vegetable, 1 protein

FILET OF COD WITH FRIED TOMATOES

- 3.5 oz. fillet of Cod
- 1 tomato
- Lemon juice
- Sea salt
- Ground pepper



Sprinkle 2 tbsp lemon juice on the cod add a pinch of salt and pepper. Wrap fish in foil or parchment paper, let it cook in the oven for 30 min. Slice the tomato and fry on a non-stick pan without oil, seasoning with salt and pepper. Serve on top of cooked cod



1 protein, 1 vegetable

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GRILLED MAHI MAHI

- 3.5 oz. Mahi Mahi
- 2tbsp lemon juice
- 1 clove garlic minced sea salt and pepper to taste



Marinate fish in lemon juice and garli for 5 min place on George Forman Grill



1 protein



SHRIMP SCAMPI

- 6 Jumbo Shrimp
- 1c Tomato
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- Juice of 1/2 lemon



Fry shrimp on a non-stick pan with the lemon juice. Add tomatoes and spices, cook until shrimp is opaque



1 protein, 1 vegetable



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SHRIMP/FISH WITH ASPARAGUS

- 3.5 oz either shrimp or any white fish
- 1c Asparagus
- 1-2 cloves of garlic minced
- 2tbsp fresh lemon juice
- 2tbs cilantro
- 2tbs parsley
- Salt and pepper to taste



Grill shrimp/fish with asparagus after marinading in garlic and lemon juive, once cooked add herbs , salt and pepper to taste



1 protein

CAJUN SHRIMP

- 3.5 oz. fresh shrimp
- 1 whole onion sliced
- 1 clove of garlic minced
- 1/4tsp cayenne pepper
- Pepper
- 1/4tsp paprika
- Sea salt to taste
- 2tbs lemon juice



Sautee all the ingredients together until shrimp is opaque. Serve over salad or a vegetable



1 vegetable, 1 protein



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SHRIMP/FISH CEVICHE

- 1-2 lbs. Shrimp or fish
- Juice of 2 lemons
- Juice of 2 limes
- 4-5 garlic cloves minced
- 1 red onion finely chopped
- 1-3 tbsp. Tabasco
- 4 large tomatoes (chopped)
- 2 cucumbers, peeled and diced
- 1/2c fresh cilantro
- 1/2 c fresh parsley
- Sea salt and pepper to taste



Chop fish/shrimp into small 1 inch pieces add lemon and lime juice, tobasco, let sit for 1-2 hours, before serving add tomatoes cucumbers, cilantro and parsley, salt and pepper to taste



1 protein

WHITE FISH

- 3.5 oz. any white fish
- Fresh lemon juice
- 1 tbsp chopped fresh basil
- 1 clove garlic minced
- Oregano



Marinate fish in lemon juice garlic, salt pepper and oregano for 10 min. Pan fry on a non-stick pan



1 protein

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SEABASS WITH GARLIC AND TOMATOES

- 3.5oz. Seabass
- 1 Tomato diced
- 2 cloves of garlic minced
- Sea salt
- Pepper



Brown both sides of the seabass, then add tomatoes, garlic and salt , pepper to taste let stew for 10 min



1 protein, 1 vegetable



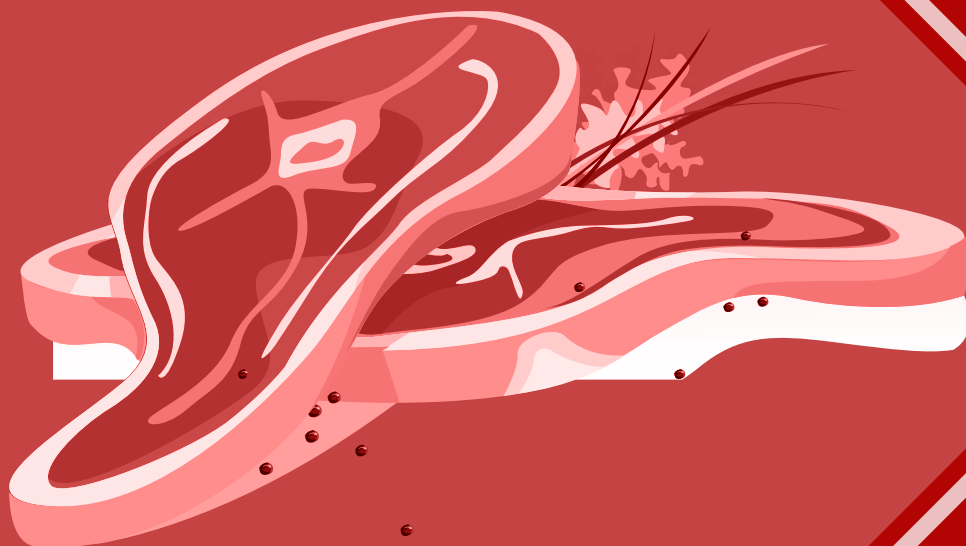
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Beef

ROAST BEEF AND COLESLAW WRAP

- 3.5 oz roast beef (extra lean sliced)
- 1c shredded cabbage
- Apple Cider vinegar
- Braggs Liquid Aminos
- 1/4tsp mustard powder
- 1 clove garlic minced
- Celery salt
- 5 drops orange flavored stevia
- Pepper to taste



Combine all the ingredients except beef. Roll up the beef with coleslaw inside and eat cold. You may also chop beef finer and mix with the coleslaw and wrap in a large romaine lettuce leaf



1 protein , 1 vegetable



ROAST BEEF WITH CUCUMBER

- 3.5 oz grilled lean beef or bison
- 1 cucumber grated coarsely
- 1tbsp. lemon juice
- Sea salt
- Ground pepper



Roll up slices of grilled beef arrange on a plate. Put the grated cucumber in a sieve and add a pinch of salt, let drain for 10 minutes. Mix cucumber with lemon juice. Serve cucumber



1 protein , 1 vegetable

BEEF BURGER

- 3.5oz 95% lean ground beef
- 1-2 cloves garlic minced
- Sea salt
- Pepper to taste
- 1tsp tomato paste
- 1/4tsp dry chili pepper
- Pinch of onion powder



Mix ingredients together, form into patties and grill on a George Foreman grill, Serve on lettuce with tomato slices



1 protein , 1 vegetable



BEEF WITH SPINACH / ONIONS AND GARLIC

- 3.5 oz. Lean beef sliced
- 2c fresh Spinach or one whole onion
- 2 cloves garlic minced
- Sea salt and pepper to taste



If using Spinach; Sautee with garlic salt and pepper in 2 tbsp. chicken stock, sauté beef on a nonstick pan and serve over spinach.

If using onions, slice in rounds. Then add salt, pepper, and garlic. Grill with the beef on a George Foreman grill. Serve onions once tender over the beef



1 protein, 1 vegetable

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CHILI

- 3.5 oz. lean ground beef
- 1 cup diced tomato
- 1/2 tsp. chili powder
- 1/4 tsp. onion powder
- 1 garlic clove minced
- Pepper, salt
- Cayenne or dry chili flakes



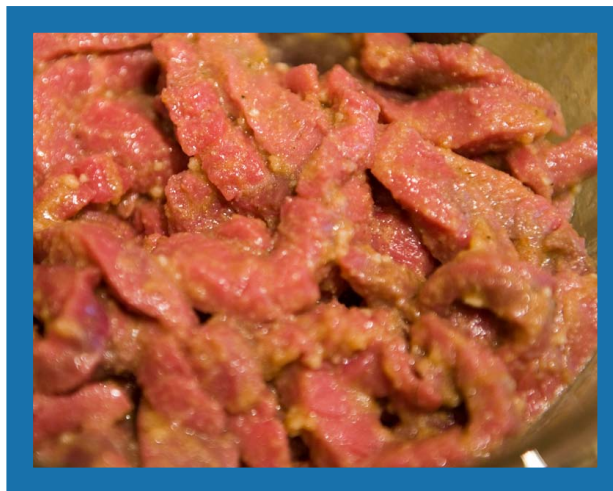
In a small pan combine all the ingredient and simmer together until meat is cooked through



1 protein , 1 vegetable

BEEF FAJITAS

- 3.5 oz. lean top sirloin beef or bison
- 1 onion cut into rounds and grilled
- 1/2 tsp. msg and sugar free fajita seasoning



Sauté beef strips that have been drenched in fajita seasoning in 2tbsp of chicken stock. Clean several leaves of romaine lettuce. Serve grilled onions, sauté beef on lettuce leaves



1 protein , 1 vegetable

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CURRIED BEEF

- 3.5oz top sirloin steak all fat removed
- 1 onion sliced
- 1 clove minced garlic
- 1/2 tsp fresh minced ginger
- 1/4 tsp. coriander
- Pinch of cumin
- Pinch of turmeric
- Pepper and salt to taste
- 2-4 tbsp of chicken stock
- 2 tbsp. chopped fresh cilantro



In a non-stick frying pan add chicken stock and onions and cook until they are translucent, add ginger and garlic stirring occasionally. In a separate bowl combine all the dry ingredients with an additional tbsp. of chicken stock until it forms into a paste add to the onion garlic and ginger mixture and cook to incorporate all the flavors for 1-2 min. Add meat cut into cubes to the mixture and sauté 3-5 min. Add cilantro when done



1 protein, 1 vegetable

BEEF KABOBS

- 3.5 oz. cubed top sirloin beef or bison
- 1 garlic clove minced
- Cayenne pepper to taste
- Pinch of paprika
- Salt and pepper to taste
- Apple cider vinegar
- 12 inch wooden skewers
- Cherry tomatoes



Combine all the spices and vinegar add meat and mix well so it is well coated cover and let rest in the refrigerator for 2-4 hrs , Wet the skewers, then alternate the marinated meat with cherry tomatoes

Grill for 10-12 minutes turning the kabobs every few minutes to insure the meat cooking all the way through.



1 protein, 1 vegetable

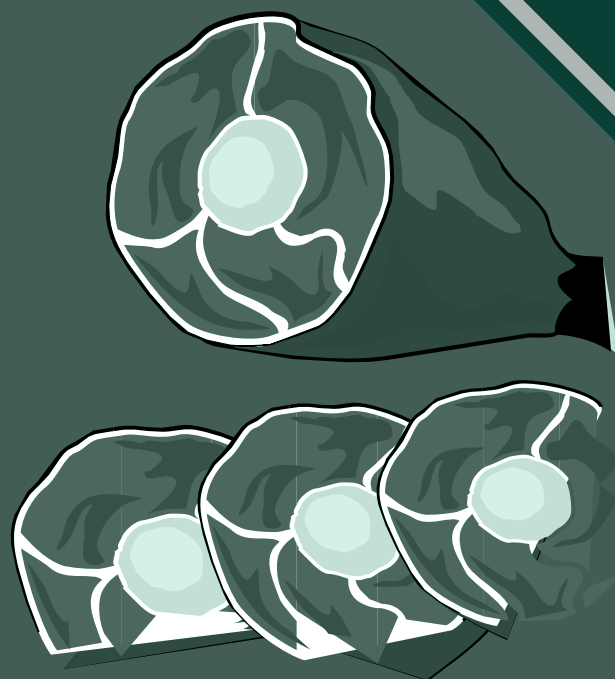
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Chicken

LEMON CHICKEN SOUP

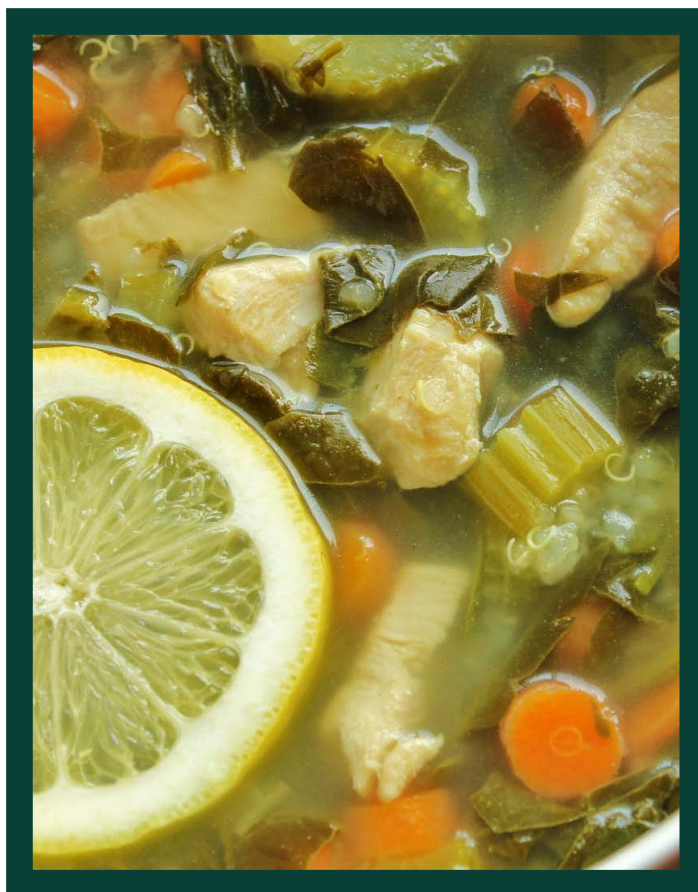
- 3.5oz. cooked chicken breast (diced or shredded)
- 3c chopped spinach (allowed amount)
- 2-3 c broth
- Juice of 1 lemon
- 1 tsp thyme
- sea salt to taste
- ground white pepper to taste
- chopped spinach (allowed amount)
- 2-3 c broth
- Juice of 1 lemon
- sea salt to taste
- ground white pepper to taste



Preheat saucepan over MED heat. Combine all ingredients. Bring to a boil, and then simmer 20 mins



1 protein, 1 vegetable



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ORANGE GINGER CHICKEN

- 3.5oz. Chicken - cut into chunks
- black pepper
- orange - cut in 1/4s
- 2-3 cloves minced garlic
- 1T fresh ginger root (about 1/2"-1" long piece, peeled & minced)
- 1/2 t basil
- juice of half lemon



Preheat pan over MED heat. Sprinkle chicken with pepper.

Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.

Add garlic and cook for 1 min.

Squeeze juice of orange quarters over chicken.

Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 minutes.



1/2 fruit, 1 protein

CHICKEN FAJITAS

- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 6 oz boneless chicken breast cut into 1/2-inch strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice.



In a zip plastic bag, combine the chili powder with the salt, cumin, onion powder, garlic powder, water. Add the chicken and onion, seal and knead gently to coat. Refrigerate for 15 minutes.

Heat a large nonstick skillet. Empty the contents of the bag into the skillet and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the chicken is cooked through, about 6 minutes. Remove from the heat



2 protein

CINNAMON CURRY CHICKEN SOUP

- 3.5 oz. chicken - cubed
- 1 diced onion (allowed amount)
- 2 c broth
- 3 cloves minced garlic
- 1/2 t curry powder
- 1/4 t cinnamon
- 1/4 t pumpkin pie spice
- salt/black pepper to taste



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



1 protein, 1 vegetable

LEMON CHICKEN SOUP

- 3.5 cooked chicken breast (diced or shredded)
- 1c chopped spinach
- 2-3 c broth
- Juice of 1 lemon
- 1 t thyme
- sea salt to taste
- ground white pepper to taste



Preheat saucepan over MED heat. Combine all ingredients.

Bring to a boil, and then simmer 20 mins.



1 protein, 1 vegetable

KUNG PAO CHICKEN

- 3.5 chicken - cut into chunks
- 1 chopped onion (allowed amount)
- 1-2 t sambal oelek
- red pepper flakes (optional)

MARINADE

- 1 part liquid aminos
- 1 apple cider vinegar

SEASONING

- Mash together in small bowl:
- 3 cloves minced garlic
- 1-2 t fresh minced ginger root

SAUCE

- Stir together in small bowl:
- 1/2 c broth
- 1-2 t liquid aminos
- 1t vinegar



In small dish, combine marinade & chicken.

Refrigerate 30 mins - 1 hour.

Preheat non-stick pan over MED-HI heat.

Cook chicken 5-7 mins, browning on all sides.

Add sambal oelek. Cook 1-3 additional mins.

Remove chicken from pan and set aside.

Add onion to pan and cook until tender.

Stir seasoning mixture in with onions. Cook 1-3 mins.

Add sauce mixture to pan. Cook 1-3 mins.

Re-add chicken to pan. Stir. Cook 1-3 mins.

Top with a few dashes of red pepper flakes (optional).



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LEMON MUSTARD BROILED CHICKEN

- 3.5 oz. chicken
- juice of 1/2 lemon
- 1 T spicy mustard
- 1/2 t black pepper
- 1/2 t oregano
- 1/4 t cayenne pepper



Preheat broiler.

Broil 1 side of chicken 5-10 mins until slightly browned.

In small bowl, add the rest of the ingredients and mix well.

Spoon mixture onto chicken. Flip over and coat other side.

Broil uncooked side 5-10 mins or until no longer pink.



1 protein

SPICY WHITE CHILI

- 3.5 oz. cooked chicken breast, shredded
- 1-4 c broth (depending on how soupy you want it)
- 4 cloves minced garlic
- 1/2 t cumin
- 1/4 t oregano
- 1/4 t red pepper flakes
- 1/8 t ground cloves
- tabasco or hot sauce to taste



Preheat pot over MED-HI heat.

Add all ingredients except for tabasco/ hot sauce.

Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.

Add tabasco or hot sauce right before serving



1 protein

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BAKED CAJUN CHICKEN

- 3.5 oz. chicken
- 1/2 T milk
- 1/2 t cajun seasoning



Preheat oven to 350. In small dish, coat both sides of chicken with milk.

Place chicken in glass baking dish. Sprinkle top with cajun seasoning.

Bake uncovered 20-30 mins until chicken is no longer pink.



1 protein

1/2 of your milk portion for the day

MOCK SHAKE 'N BAKE

- 1/2 c minced dehydrated onions
- 1/4 t coriander
- 1/4 t thyme
- 1/4 t red pepper flakes
- 1/8 t oregano
- 1/8 t paprika
- 1/8 t black pepper
- 1/8 t salt



Place all ingredients in food processor or coffee grinder.

Grind to a powder.

Store in air-tight container.



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

This yields several portions

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BREADED CHICKEN CUTLETS

- 3.5 oz. chicken
- 1 grissini
(ground into powder)
- 1/2 c homemade
chicken broth
- 1/4 t garlic powder
- 1/4 t paprika
- 1/4 t poultry seasoning
(optional)
- 1/4 t cayenne (use less if
you want them less spicy)
- salt/pepper to taste



Preheat pan over MED heat.

In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use ziplock bag.)

Add chicken to seasonings and fully coat.

Add half of broth and chicken to pan.

Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off.



Serve immediately

1 protein



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FRIED CHICKEN TENDERS

- 3.5 oz. chicken
- 1T milk
- 1 grissini
- Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)



Preheat oven to 350.

Slice chicken breast into 3 tenders.

In small bowl, mix milk and any seasonings you prefer.

Grind grissini in food processor until it is a powder. (I use my coffee grinder.)

Put grissini powder in a separate small bowl.

Add chicken to milk mixture and toss to coat well.

Then one at a time, place chicken in grissini powder and coat both sides of chicken.

Place chicken in glass baking dish and bake 30-40 mins, turning over halfway through.

In last 5 mins, turn on broiler and broil 2-3 mins each side



Serve immediately

1 milk, 1 protein, 1 grossini/melba toast



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CHICKEN "GRAVY"

- 1/2 c homemade broth
- 1 grissini



Add 1/4 c broth to small saucepan and bring to boil.

While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.)

Add the powdered grissini to the pan, whisking constantly until dissolved.

Still whisking, add remaining 1/4 c broth.

Reduce heat to MED and whisk for 3-4 mins, until thickened.

I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavor. Feel free to add any spices you like.



Pour this over boiled chicken that and use to make broth. This gives it a lot more flavor as boiled chicken is usually pretty bland



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MEXICAN CHICKEN SOUP

- 3.5 oz. cooked chicken, shredded into bite-sized pieces
- 3-4 cloves minced garlic
- 1 t cumin
- 1/2 t onion powder
- 1/2 t chili powder
- 1/2 t cayenne (use less if you don't want it as spicy)
- diced tomato
- 2-3 c homemade chicken broth
- 1/4 c fresh chopped cilantro (optional)



Preheat pot over medium-high heat.

Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.)

Use a bit of your broth to keep garlic from sticking to the pot, if necessary.

Add tomatoes, chicken broth, and onion powder, cumin, chili powder, cayenne.

Bring to a boil.

Reduce heat to a simmer, and add chicken.

Simmer for 20 minutes.

Stir in cilantro, and simmer for 5 minutes more.



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STEAK (OR CHICKEN) PIZZAIOLA

- 3.5 oz. steak (or chicken)
- 1 tomato (diced)
- 2-3 cloves minced garlic
- 1 t oregano
- 1 t basil
- 1/4 t chili powder
- black pepper



Preheat oven to 350.

Place 1/2 of the diced tomato in casserole dish.

Add meat on top of tomato and top with minced garlic.

In small bowl, toss the rest of tomato with the oregano, basil, chili powder, and black pepper. Place on top of steak.

Cover tightly with aluminum foil or with lid.

Bake 45-60 mins.



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GARLIC CHICKEN

- 100g chicken 400g chicken - 4 servings
- diced onion
- 3-5 cloves garlic - unpeeled & left whole
- juice of half lemon
- black pepper to taste



1. Preheat oven to 350.
2. Heat non-stick saucepan over MED.
3. Add the onion. Stir constantly until tender. 5-10 mins.
4. Transfer onions to glass baking dish.
5. Place chicken atop onions.
6. Squeeze on lemon juice & sprinkle with pepper.
7. Place garlic around and on the chicken.
8. Cover tightly either with lid or aluminum foil.
9. Cook for 30-45 mins or until chicken is no longer pink.



You don't have to eat the onions as your veggie (it's primarily for flavor). Just eat the chicken and add veggie of your choice



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BLACKENED CHICKEN SALAD

- 100g chicken tenders
- 1 t paprika
- 1/2 t onion powder
- 1/2 t garlic powder
- 1/4 t oregano
- 1/4 t thyme
- 1/4 t white pepper
- 1/4 t black pepper
- 1/4 t ground red pepper
- spinach or salad greens (as allowed)



1. Combine all spices and rub on chicken.
2. Grill until no longer pink.
3. Serve over spinach or salad greens.



BONELESS HOT WINGS

- 100g chicken breast tenders
- 1/4 c vinegar
- 1/4 c water
- 1-2 T cayenne pepper
- 1-2 T 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 hrs.
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 mins turning halfway through.
7. Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.

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