

FREE hCG DIET RECIPES



Ultimate hCG Diet Recipes

- *Maintain a variety and delicious recipes to help lose weight during the 21 days on the hCG weight loss program.*
- *Maintain the 500 calories diet suggested by Dr. Simeons and lose weight without exercising*

*START LOSING 1-3 POUNDS PER DAY WITH
ORAL HCG WEIGHLOSS DIET PROGRAM.*

hCG DIET REQUIREMENTS

For the hCG weight loss diet, you need to keep your meals up to 500 calories. Here there are some delicious hCG recipes for you! To succeed on the hCG diet you need to keep your menu attractive for 21 days...

MEAT hCG RECIPES

Steak Fajitas

Ingredients

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- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 3 1/2 flat iron steak or top round steak.
- 1 green bell pepper – cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice.

Directions

1. In a zip plastic bag, combine the chile powder with the salt, cumin, onion powder, garlic powder, water. Add the steak, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
2. 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 steak is cooked through, about 6 minutes. Remove from the heat. Serve immediately.



SALAD hCG RECIPES

Jerk Turkey Salad

Ingredients

- 3 ½ oz of turkey breast
- 1 tablespoon Caribbean jerk seasoning
- ½ sliced peeled cucumber
- 2 oz chopped fresh pineapple (do not use can pineapple)
- 2 oz strawberries or raspberries
- ¼ cup sliced celery
- 2 slices of green onion
- ¼ cup lime juice
- Salt and cumin to taste.

Directions

1. Grill Turkey breast with jerk seasoning until turkey is no longer pink and juices run clear. Remove from grill and cool.
2. Cut turkey into bite-size pieces. Toss together greens, turkey, cucumber, pineapple, strawberries, and green onion.
3. Combine lime juice; add salt and cumin to taste.

CHICKEN hCG RECIPES

Chicken Fajitas

Ingredients

- 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 green bell pepper – cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice.

Directions

1. In a zip plastic bag, combine the chile powder with the salt, cumin, onion powder, garlic powder, water. Add the chicken, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
1. 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.

SEAFOOD hCG RECIPES

Grilled Marinated Shrimp

Ingredients

- 1/4 cup chopped fresh cilantro
- 1 lemon, juiced
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper or cumin
- 6 oz large medium cooked shrimp, peeled and deveined with tails attached

Directions

1. In a zip plastic bag, combine the shrimp with the salt, cumin or pepper, garlic, lemon, cilantro. Seal, and marinate in the refrigerator for 15 min to 1 hour.
2. Preheat grill for medium-low heat. Cook shrimp for 5 minutes per side, or until opaque.

Add side of vegetables or salad as desire.





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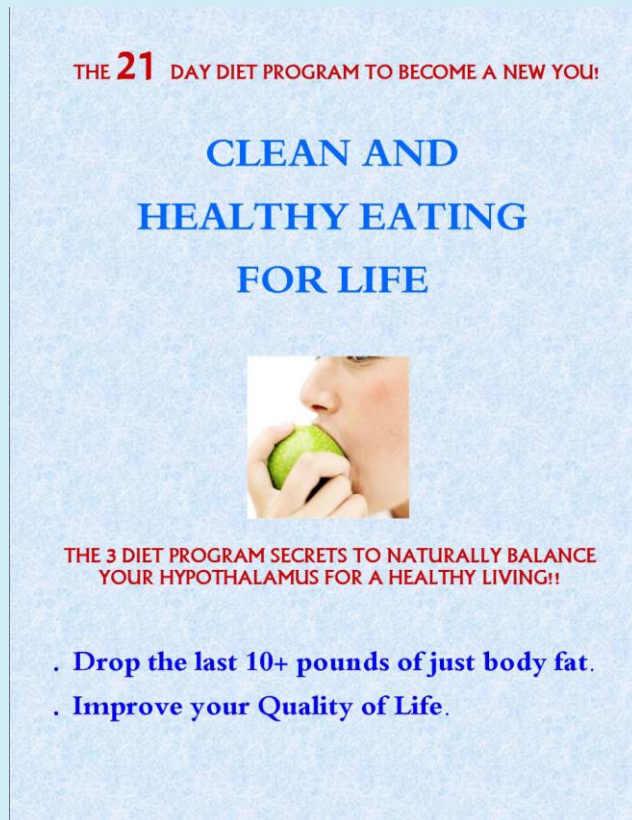
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