

NAME: _____

START DATE: _____

START WEIGHT: _____

START MEASUREMENTS:

Thighs: _____

Hips: _____

Waist: _____

Upper Arm: _____

FINISH DATE: _____

FINISH WEIGHT: _____

FINISH MEASUREMENTS:

Thighs: _____

Hips: _____

Waist: _____

Upper Arm: _____

Welcome!

Congratulations on your decision to do the HCG Hormone Free Diet, and to take charge of becoming a better and new you. First and foremost to get the best results from diet you can't cheat yourself. Be sure to read this instruction manual. Follow the guidelines of the diet and you will see results. People often want to know what's the catch? Well it's discipline and consistency, but don't worry, you can do it just like many others. This manual will give you instructions, tips, recipes, and be your guide for success on your weight-loss journey.

Here at HCGDiet.com we want to give you the confidence you need to be successful with your weight-loss goals. Most of our customers join us on facebook for free daily support, answers to questions, and inspiring experiences. Take a moment to join the HCG facebook fan page.

Website: HCGDiet.com

Email: contact@hcgdiet.com

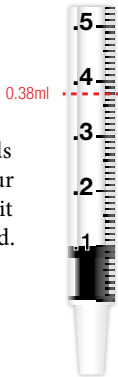
Facebook: facebook.com/hcgdietcom

Support: 1-877-485-1030

| Table of Contents | Page |
|--|-------------|
| Instructions | 3 |
| Tips and Frequently Asked Questions | 10 |
| Shopping List | 15 |
| Recipes | |
| Marinades and Spices | 16 |
| Drinks and Desserts | 21 |
| Vegetables..... | 25 |
| Main Dishes..... | 28 |
| Diet Tracker | 40 |

HCG Hormone Free Diet Instructions

Drops are taken 3 times per day, typically preceding breakfast, lunch and dinner. Do not eat or drink anything 15 minutes before or after taking drops. Using the oral syringe provided, drop **0.38 ml** under your tongue and hold for at least 15 seconds before swallowing. Keep syringe very clean. You can carry your HcgTriumph with you throughout the day but it's best to keep it in a cool dry place. If you're at home the fridge is best if opened. Note: taking more than the recommended dosage could result in the depletion of drops before the diet is finished.



DIET PROTOCOL

Days 1-2: FAT LOADING + HCG Hormone Free Drops

For the first two days, begin taking the HCG Hormone Free drops (as explained above). Eat full portion servings of high fat foods. This may include: Eggs, avocados, butter, yogurt, dairy, nuts, seeds, etc. (high fat foods) Do NOT skip this step. This step is crucial, because the loading phase stocks normal fat cells and prepares the body to burn abnormal fat,

resulting in fast weight-loss.

Days 3-23 (26 Day kit), Days 3-37 (40 Day kit) or Days 3-10 (Trial Kit): 500 Calorie Diet + HCG Hormone Free Drops

Beginning the third day of the diet, you will continue taking the HCG Hormone Free drops three times per day, and you will begin the 500 calorie diet explained below. (The included B-Vitamin supplement is taken once a day or as needed. Dosage not to exceed 1 full dropper per day. B-Vitamin contains Niacine)

Example Day

Breakfast

- Tea or coffee in any quantity without sugar. (One tablespoon of milk is allowed per day. The all-natural sweetener Stevia is great to use! You can purchase HCG Hormone Free approved Trulicious at our online store.)

Lunch

- 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the ***meat must be weighed raw***. It must be boiled or grilled without

additional fat. Salmon, eel, herring, dried or pickled fish are not allowed. (See vegetarian options in the “Tips” section of this book.)

- Choose one type of vegetable from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, or cabbage. (***Any reasonable portion of vegetables is allowed***)
- One Grissino breadstick, wasa bread or one Melba toast.
- An apple, orange, 6-9 strawberries, *or* 1/2 grapefruit.

Dinner

- The same four choices as lunch (above).
Do not eat the same meat for both meals.
- Breaking up the two meals is allowed. For instance, having a breadstick and an apple for breakfast or an orange before going to bed, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item be saved from the previous day be added on the following day. This would result in more than 500cal for that day.

Most condiments contain fat and sugar and are not allowed during the HCG Hormone Free Diet. **No oils, butter, or dressings.** In the recipes

section of this book you will find tasty recipes for dressings, marinades, and sauces that are approved for the Diet.

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning. Read all spice labels to make sure there is no sugar. Salsa or Pico de Gallo with **No** sugar in moderation.

Salt is to be used in moderation. Too much sodium can cause a stall.

Tea, coffee, plain water, soda water or mineral water are the only drinks allowed, but they may be taken in any quantity, and at all times. *See Recipes section of this book for HCG Hormone Free approved lemonade!

Drink 1/2 to 1 gallon of water per day. The body is more inclined to retain water when the intake falls below its normal requirements.

It is not recommended to observe this diet without the support of our drops. Doing so may be a risk to your health.

Days 24-26 (26 Day kit), Days 38-40 (40 Day kit) or Days 11-13 (Trial Kit): 500 Calorie Diet, no more Drops

The last three days of the diet, you will continue with the 500 calorie diet, but stop taking the drops. It will take up to three days for the HCG

Hormone Free to be out of your system. The next step, Maintenance Phase, is a very important step to maintaining your new weight!

After Drops for Three Weeks: Maintenance Phase

It takes about 3 weeks for the body to stabilize your new weight. During this maintenance phase you are training your body to remain at it's new weight consistently in preparation for adding starches back into your diet. Calories should be a maximum of 1500/day.

You will typically eat breakfast, lunch, dinner, and 2-3 snacks throughout the day. During this period ***you must realize that sugars and carbohydrates are by far the most detrimental to your diet. No breads, potatoes, rice, pasta, sweets, etc.*** Eat healthy meals of meats, fruits, and vegetables adding in good fats like olive oil, nuts, dairy, eggs, and avocados. This must be observed very carefully during the first 3 weeks after the 500cal portion of the diet has ended to properly reset the hypothalamis. ***This is the perfect time to add regular exercise back into your life!***

Continue to weigh yourself every day. If you find that you have gained 5 or more pounds from your finishing weight, we recommend you perform a Steak Day. Drink only water or tea for breakfast and lunch and have a large steak and an apple or tomato for dinner that night. Remember to drink

lots of water. This combination will bring your weight back down the following day.

Example Maintenance Day

Breakfast

- Egg white omelet with onions, swiss cheese and spinach

Morning Snack

- Celery with peanut butter

Lunch

- Green salad with grilled chicken, vegetables and light Italian dressing

Afternoon Snack

- Plain yogurt with berries

Dinner

- Salmon with steamed broccoli

Evening Snack

- Almonds and string cheese

What's Next?

Now that you have completed the Diet and a three-week maintenance phase, you have two options. If you still have more weight to lose, you may start the diet over from the beginning. (Start with day one, fat loading). Or you can begin to slowly reintroduce healthy carbs like oatmeal, whole wheat bread, brown rice, sweet potatoes, etc. back into your diet. Remember portion control.

If you were on the HCG Hormone Free Diet for 40 days, wait 30 days before starting another round. The goal of the maintenance phase is to maintain your weight. During the maintenance phase, 1500 maximum calories and exercise are recommended. If needed, after 30 days you may start on another round of the HCG Hormone Free Diet.

Congratulations on your accomplishment! You can now enjoy your new healthy look and lifestyle!

Tips and Frequently Asked Questions

Additional Vegetables

- Broccoli, cauliflower, and peppers seem to pose no problem to the diet. If losing slows or stops, stick to the vegetables on the original protocol.

Substitutions

- Occasionally eggs may be eaten in place of meat. Add three egg whites to one whole egg. Boil, poach or cook with no oil.
- 100 grams of cottage cheese made from skimmed milk may occasionally be used instead of the meat.

Beef

- American beef has more calories and is marbled with fat. Therefore, low-grade veal should be used.

Supplements

- A good multi-vitamin is highly recommended.
- B vitamin complex with high level of B12 and B6 is recommended.
- Our Slim Protein shake is a perfect supplement for your protein serving.

No candy or mints

Chewing gum

- Only HCG Hormone Free Diet protocol approved chewing gum is recommended. Visit our site for Xilo Gum.

Exercise

- Light exercise, like walking or yoga, is recommended. Avoid more demanding exercise like aerobics and running.

Cosmetics

- Most makeups and lotions are made with fatty materials that are absorbed by the body just as if they had been eaten and will disrupt fat loss while on the diet. Here are a few ideas and approved products.

| | |
|-------------|---|
| Face Lotion | Neutrogena Oil-free Moisture Face lotion |
| Body Lotion | Aloe Vera gel or mineral oil |
| Makeup | Mineral makeup |
| Lips/Eyes | There is no restriction on the use of lip or eye makeup |
| Hair | Any shampoo or conditioner is okay if you rinse thoroughly after each use. Leave in conditioner is discouraged. |

Trulicious

- Stevia is a sugar substitute that is 100% allowed on the Diet. It is all natural and has 0 calories. Other artificial sweeteners like Splenda, Sweet n Low, Nutrasweet and Equal contain ingredients like saccharin, sucralose and aspartame, should not be used on the Diet.

Headache

- HCG Hormone Free is a detox and everyone responds differently to detoxing. A headache, fatigue or light-headedness are common on days the first week. Take it easy these days and if needed take Acetaminophen or Ibuprofen. This is your body detoxing and should pass quickly.

Digestion

- Owing to the restricted diet it is perfectly normal to have a bowel movement only once every three to four days. Drink plenty of water to stay regular! If discomfort persists, try Smooth Move Tea, available at most grocery stores and health food stores.

Vegetarians

- Vegetarians can have great success on the HCG Hormone Free Diet! Good meat substitutes are tofu, Boca burgers, 500 cc of skim milk/day,

100 grams of cottage cheese made from skim milk, or egg whites (see substitutions). Having extra portions of vegetables is a great method. Look for meat substitutes with high protein, low-carb, and no sugar.

Plateau Breakers

Daily weight loss interruptions can happen for a variety of reasons. For instance, variations in the retention and elimination of water, or a woman's menstrual cycle. Most people will eventually hit a plateau while on the HCG Hormone Free diet (3-4 days with no weight-loss). Dr. Simeons explains that a plateau will always correct itself, however it is permissible to break it up with an "apple day" (explained below). Other mild plateau breakers or weight loss aids are listed here for your benefit. Lower sodium intake any time you notice a delay in weight loss.

Apple Day

An apple day begins at lunch and continues until just before lunch the next day. Eat at least 6 large apples throughout the day and only drink enough water to quench your thirst.

Apple Cider Vinegar Drink

Stir 2 Tbsp of apple cider vinegar in one large glass of water, then add stevia to taste. Drink with a straw. Can be taken in any quantity.

HELPFUL TIPS

- Increase your water intake.
- Add a glass or two of green tea daily.
- Don't eat more than one apple a day, cut down apple size, or cut apples all together.
- Cut beef down or out.
- Check all condiments for sugar.
- Don't mix vegetables.
- Leave out one or both breadsticks or melba toasts.
- Don't eat out.
- No diet drinks or cheats!
- Evaluate your beauty products usage.
- Only use protocol approved foods.
- Stay positive!

Shopping List*

Grocery or Health Food Store

| | |
|--------------------------------|----------------------------|
| Multi Vitamin | Cucumbers |
| B-Vitamin | Celery |
| Flavored Stevia | Green Onions |
| Liquid and Powdered Stevia | Spinach |
| Green Tea | Tomatoes |
| Sea Salt | Chicken Breast |
| Unfiltered Apple Cider Vinegar | Lean Ground Beef |
| Bragg Liquid Aminos | Shrimp, Lobster, Crab |
| Tuna (Packed in water only) | Tilapia, Cod, Halibut |
| Lemons | Lean Roast |
| Oranges | Lean Steak |
| Strawberries | Melba Toast |
| Apples | Grissino Breadsticks |
| Red Grapefruit | Fresh Salsa (no sugar) |
| Lettuce | Spice Blends with no sugar |
| Asparagus | (Tony Cachere's) |

**this is just a sample list of approved items.*

Recipes

MARINADES AND SPICES

Strawberry White Balsamic Vinaigrette

2-3 large strawberries

1/2 Tbsp minced garlic

1/2 cup white balsamic/wine vinegar

1 packet Stevia

Puree in a blender. This dressing is great on salads, cucumbers, strawberries and even some meat.

Sea Food Seasoning

1 Tbsp ground bay leaves

1/2 tsp ground ginger

2 1/2 tsp celery seed

1/2 tsp paprika

1 1/2 tsp dry mustard

1/2 tsp red pepper

1 1/2 tsp black pepper

1/4 tsp ground cardamom

3/4 tsp ground nutmeg

1/4 tsp ground mace

1/2 tsp ground cloves

Mix all ingredients & store in an air-tight container.

Chicken “Gravy”

1/2 cup home made broth (see pg 18) 1 melba toast

1. Add 1/4 c broth to small saucepan and bring to boil.
2. While broth is heating, grind melba in food processor until it is a powder. (I use my coffee grinder)
3. Add the powdered melba to the pan, whisking constantly until dissolved.
4. Still whisking, add remaining 1/4 cup broth.
5. Reduce heat to MED and whisk for 3-4 min, until thickened.
6. I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavor. Feel free to add any spices you like.

Cajun Seasoning

| | |
|--------------------------|-------------------------------|
| 1 Tbsp chili powder | 1/2 tsp dried thyme |
| 1 Tbsp Hungarian paprika | 1/2 tsp cayenne pepper |
| 1 tsp garlic powder | 1/2 tsp freshly ground pepper |
| 1 tsp onion powder | |
| 1/2 tsp dried oregano | |

Combine and store in an air-tight container.

Easy Homemade Broth

100 g chicken or beef (you can add more chicken you just need to track your portions)

ADD THESE TO TASTE

parsley

thyme

basil

salt

onion powder

rosemary

bay leaf

black pepper

garlic

oregano

1. Fill saucepan 3/4 full with water.
2. Bring to boil.
3. Add chicken and seasonings.
4. Boil for 20 min
5. Remove boiled chicken and serve or refrigerate to save for later.
6. Strain out bay leaf and seasonings.
7. Let broth cool to room temperature.
8. Skim fat off surface (if any).
9. Refrigerate broth.
10. Once cold, skim the rest of the fat from the top (if any).

11. Store in refrigerator or freeze for later use.

Taco Seasoning

| | |
|----------------------|----------------------|
| 21 Tbsp chili powder | 1 tsp garlic powder |
| 2 tsp onion powder | 1 tsp paprika |
| 1 tsp ground cumin | 1 tsp ground oregano |

Mix all ingredients & store in an air-tight container.

Onion Soup Mix

| | |
|---------------------------------|---------------------|
| 1/2 cup dehydrated minced onion | 1/2 tsp celery seed |
| 1 Tbsp onion powder | |

Combine all ingrediants. Store in air-tight container.

Marinade

| | |
|----------------------|-----------------------|
| 2 tsp lemon juice | 1 1/2 tsp spice blend |
| 1 tsp fresh cilantro | 3/4 tsp chili powder |

Rub into meat.

Salad Dressing

2/3 cup apple cider vinegar 1 tsp water
1 tsp lemon juice

Add to taste: salt, pepper, dried shallots, garlic powder, onion salt, chives, dried cilantro, parsley, basil, and Stevia (start with one dropper full and add to taste).

Mock Shake 'n Bake

1/2 cup minced dehydrated onions 1/8 tsp oregano
1/4 tsp coriander 1/8 tsp paprika
1/4 tsp thyme 1/8 tsp black pepper
1/4 tsp red pepper flakes 1/8 tsp salt

Place all ingredients in food processor or coffee grinder.

1. Grind to a powder.
2. Store in airtight container.

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

DRINKS AND DESSERTS

burgers. This yields several portions.

Strawberries and Cream

fresh strawberries

2-4 drops vanilla cream stevia

1 Tbsp milk

1 packet stevia

Slice strawberries and toss with remaining ingredients.

Orange Julius

1 Orange

water (as needed)

5-10 drop vanilla cream stevia

1 handful ice

1. Peel orange and place orange sections in blender.
2. Add about a handful of ice.
3. Blend.
4. Add vanilla creme stevia
5. Blend to desired consistency. Add water as needed.

TIP: Place in the freezer and in about an hour you have orange sorbet!

Baked Apple

1 apple
cinnamon

ground cloves
ground nutmeg

water

1. Preheat oven to 350
2. Core apple leaving about 1" in bottom. Do NOT core all the way through.
3. Place apple in baking dish.
4. Fill apple with 1/4 tsp cinnamon, 1/8 tsp ground cloves, dash nutmeg, and 2 tsp water (water should almost reach top of apple adjust as needed)
5. Pour 1/2 cup water, 1/2 tsp cinnamon, 1/4 tsp ground cloves, and 1/2 tsp nutmeg around apple in the baking dish.
6. Bake for 45 min - 1 hour
7. Serve immediately.

Frozen Fruit Slushy

1 serving fruit
stevia to taste
water (small amount)

1 handful ice

Blend in a blender.

Lemonade (Favorite)

1 cup water

10 drops plain stevia

2 Tbsp fresh squeezed lemon juice

10 drops lemon stevia

Mix and enjoy.

Strawberry Sorbet

allotted amount of strawberries
juice from 1 lemon

stevia to taste
water (as needed)

1. Freeze fresh strawberries about 1 hour.
2. Blend fresh frozen strawberries, lemon juice & sugar substitute in blender until very well blended.
3. Serve immediately or put in the freezer to firm up and be a strawberry sorbet!

Frozen Strawberry Lemonade

1 cup frozen strawberries

10 drops plain stevia

1/4 cup lemon juice

1 cup ice

10 drops lemon stevia

Blend in blender until smooth.

Strawberries/Orange Smoothie

1 cup frozen or fresh strawberries

1/2 orange OR 1/3 cup real orange juice (not from concentrate)

3/4 cup crushed ice

1/2 dropper or 1 packet stevia

1 handful frozen spinach leaves (optional) *you won't be able to taste them!



VEGETABLES

Blend in blender until smooth.

Sautéed Baby Spinach

1/2 bag baby spinach
1 clove minced garlic

4 Tbsp chicken bouillon base

Saute garlic in 1 Tbsp of chicken base or water. Add remaining base and spinach and toss until it starts to get soft. Remove before it turns to mush.

Cucumber Salad

1 large cucumber
4 Tbsp apple cider vinegar
1/4 tsp garlic powder
dash of pepper

1/2 tsp onion salt
1 Tbsp dried parsley
1 packet stevia

Combine vinegar, spices and stevia. Toss with cucumbers and marinate for 1 hour in refrigerator.

Radish Salad

| | |
|-----------------------------------|-----------------------|
| radishes, sliced (allowed amount) | 1-2 tsp liquid aminos |
| 1 Tbsp dehydrated minced onion | to taste salt/pepper |
| 1 Tbsp parsley | lemon juice |

Combine all ingredients in bowl and refrigerate 30 min to 1 hour before serving.

Lemon Ginger Asparagus

| | |
|-----------------------------------|------------------------|
| allowed amount asparagus | 3 cloves minced garlic |
| 1/2 cup water | lemon zest |
| 1/2 Tbsp fresh minced ginger root | black pepper |

1. Preheat pan over MED heat.
2. Snap off woody ends of asparagus spears and discard.
3. Snap spears into 2-3 pieces.
4. Add garlic and ginger to the pan and cook for 2-3 min.
5. Add asparagus and water. Bring to a boil for 5 min.
6. Remove asparagus and top with lemon rind and pepper.
7. Serve.

Steamed Cabbage

allowed amount of cabbage
juice from lemon half

1/2 tsp spicy mustard
salt/pepper to taste

1. Place cabbage in steamer. Cover and steam 5-10 min, until slightly tender.
2. In small bowl, combine spicy mustard and lemon juice.
3. Place cabbage in bowl. Add lemon/mustard mix and toss.
4. Sprinkle with salt/pepper.
5. Serve immediately.



MAIN DISHES

Asian Salad

2 cups chopped romaine lettuce
1/2 cup orange
100 g cooked chicken breast
1/4 tsp garlic salt

1 packet stevia
2 melba toast rounds
dressing

Toss and sprinkle with crushed melba toast.

Boiled Shrimp

100 g shrimp
2-3 cups water (cover shrimp in pan)

1/4 cup apple cider vinegar
2 Tbsp seafood seasoning

1. Add water, apple cider vinegar, seafood seasoning and shrimp to saucepan over MED-HI heat.
2. Let water come to slow boil. When shrimp start floating, remove from heat and drain.
3. Immediately place shrimp in ice water for 1 min.
4. Drain and serve immediately or chill in refrigerator

Chili

| | |
|-------------------------|--------------------------|
| 1 lb lean ground beef | 1 tsp onion powder |
| 3 cups chopped tomatoes | 1 tsp chili powder |
| 1 1/2 cups water | 1/2 tsp oregano |
| 1/2 cup chopped onion | cayenne pepper to taste |
| 4 cloves minced garlic | salt and pepper to taste |
| 1 tsp garlic powder | |

1. Brown beef with onions and garlic.
2. Stir tomatoes and water.
3. Add spices and simmer.
4. Top with chopped green onion. (makes 3 servings)

Oregano Whitefish

| | |
|----------------------|--------------------------|
| 100 g whitefish | 1 tsp oregano |
| juice from one lemon | salt and pepper to taste |

1. Preheat the oven to 400.
2. Tear off a large sheet of non-stick aluminum foil.
3. In small bowl, combine lemon juice and oregano, and pour over fish.
4. Fold up edges and completely seal packet on all sides.
5. Bake 10-20 min, until fish flakes.
6. Serve.

Curry Shrimp

100 g shrimp

1 onion chopped (allowed amount)

1 tsp garlic paste (3-4 cloves minced)

1/8 cup water

1/2 tsp curry powder

1/4 tsp cumin

salt and pepper to taste

1. Preheat pan over MED heat.
2. Add onion and garlic. Cook until translucent. 5-10 min.
3. Add shrimp, seasonings, and water. Mix and stir fry until cooked through.
4. Serve.

Rosemary Garlic Steak

100 g steak

1 Tbsp rice vinegar

1 Tbsp rosemary

1 tsp garlic paste (3-5 cloves minced)

1/2 tsp crushed red pepper

1. In small dish, add rice vinegar. Add steak and coat.
2. In small bowl, combine rosemary, garlic, red pepper. Rub on both sides of steak.
3. Place steak in small dish, cover, and refrigerate 4 hours overnight.
4. Grill to preference.

Spicy Crab Cucumber Salad

| | |
|------------------------------|--|
| 100 g shredded crab | 1/2-1 tsp wasabi powder |
| 1 Tbsp Bragg's liquid aminos | 1 melba (coarsely grounded) |
| 1/2 Tbsp rice vinegar | cucumber peeled, seeded, and julienned |
| 1/2-1 Tbsp spicy mustard | (allowed amount) |

1. Combine liquid aminos, rice vinegar, spicy mustard, and wasabi powder. Stir.
2. Add remaining ingredients, toss and serve.

Lemon Chicken Soup

| | |
|--|------------------------------|
| 100 g cooked chicken breast (diced and shredded) | juice from one lemon |
| chopped spinach (allowed amount) | 1 tsp thyme |
| 2-3 cups homemade broth (see pg 18) | sea salt to taste |
| | ground white pepper to taste |

1. Preheat saucepan over MED heat
2. Combine all ingredients
3. Bring to a boil, then simmer 20 min.
4. Serve.

Wasabi Whitefish

100 g whitefish

1/2-1 tsp wasabi powder

1 Tbsp spicy mustard

1/2 tsp ginger

1. In small dish, combine spicy mustard and wasabi powder. Mix in ginger.
2. Add fish to dish and coat.
3. Let stand for 15-30 min

Grill 4-5 min on a George Foreman Grill until fish begins to flake. Or you can broil for 5-10 min depending on thickness of fish.

Lemon Mustard Broiled Chicken

100 g chicken

1/2 tsp black pepper

juice from lemon half

1/2 tsp oregano

1 Tbsp spicy mustard

1/4 tsp cayenne pepper

1. Preheat broiler.
2. Broil one side of chicken 5-10 min until slightly browned.
3. In small bowl, add the rest of the ingredients and mix well.
4. Spoon mixture onto chicken. Flip over and coat other side.
5. Broil uncooked side 5-10 min or until no longer pink.

Garlic Chicken

100 g chicken (one serving)

400 g chicken (four servings)

diced onion

3-5 cloves of garlic (unpeeled and left

whole)

juice from lemon half

black pepper to taste

1. Preheat oven to 350.
2. Heat non-stick saucepan over MED heat.
3. Add the onion. Stir constantly until tender. (Approx. 5-10 min)
4. Transfer onions to a glass baking dish.
5. Place chicken on top of onions.
6. Squeeze on lemon juice and 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 min or until chicken is no longer pink.

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

Lemon Pepper Fish

100 g whitefish

juice from lemon half

1-3 cloves minced garlic

1/2 tsp black pepper

1/4 tsp salt

1/4 tsp cumin powder

1/8 tsp turmeric

1. Place fish in small bowl. Add garlic, black pepper, salt, cumin, and turmeric. Ensure to coat both sides.
2. Cover and marinate at least 1 hour in refrigerator.
3. Preheat oven to 400.
4. Place the fish in a non-stick baking dish, and cover with the marinade.
5. Bake 10-20 minutes depending on thickness, until fish easily flakes.
6. Squeeze with lemon juice.

Baked Cajun Chicken

100 g chicken

1/2 Tbsp milk

1/2 tsp cajun seasoning

1. Preheat oven to 350.
2. In small dish, coat both sides of chicken with milk.
3. Place chicken in glass baking dish.
4. Sprinkle top with cajun seasoning.
5. Bake uncovered 20-30 min until chicken is no longer pink.

NOTE: This includes 1/2 tsp of your daily allowance of milk.

Blackened Chicken Salad

100 g chicken tenders

1/4 tsp thyme

1 tsp paprika

1/4 tsp white pepper

1/2 tsp onion powder

1/4 tsp black pepper

1/2 tsp garlic powder

1/4 tsp ground red pepper

1/4 tsp oregano

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.

French Onion Soup

- | | |
|--------------------------------|----------------------|
| 1 onion (thinly sliced) | stevia to taste |
| 2 cup beef broth (see page 18) | 1/4 tsp black pepper |
| 3-4 cloves minced garlic | |

1. Preheat non-stick saucepan over MED heat.
2. Place onions and garlic in pan and cook uncovered 5-10 min.
3. Stir in granulated sugar substitute.
4. Cook 10-15 min until onions are caramelized.
5. Add beef broth and bring to boil.
6. Reduce heat to simmer, cover, and cook 20 min.
7. Add black pepper and serve.

Taco Salad

- | | |
|--------------------------------|-------------------------|
| 2 cups chopped Romaine lettuce | 1/4 tsp chili seasoning |
| 100 g lean ground beef | crushed up melba toast |
| 1/2 tsp garlic salt | |

Saute ground beef and spices. Sprinkle on top of lettuce and top with crumble melba toast.

Meatballs

100 g steak (ground into hamburger)
1 Tbsp melba (ground into powder)
1 Tbsp milk

parsley, onion powder, basil, oregano,
garlic, salt, pepper
(all spices to taste)

1. Preheat oven to 425.
2. Combine all ingredients in bowl.
3. Form into 1" meatballs (makes about 6-7).
4. Place in baking dish or non-stick baking sheet and cook for 10 min turning halfway through cooking time.
5. Top with marinara sauce.

Lemon Rosemary Chicken

100 g chicken
1/2 lemon
1/2 tsp rosemary

1/4 tsp pepper
1-2 cloves minced garlic

1. Heat non-stick pan over MED-HI heat.
2. In small bowl, grate lemon peel.
3. Add lemon juice, rosemary, pepper, and garlic.
4. Toss in chicken.
5. Place chicken in skillet. Cook for 5 min or until juices run clear.

Orange Ginger Chicken

100 g chicken (cut into chunks)

black pepper

1 orange (cut in quarters)

2-3 cloves minced garlic

1/2 tsp basil

juice from lemon half

1 Tbsp fresh ginger root (about 1/2 to 1" long piece, peeled and minced)

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

SPECIAL OFFER

hcgtriumph

For a **FREE** product
and special Discount
Call Now!

1-877-485-1030



*coupon code cannot be combined with any other offer or promotion.

Diet Tracker

Daily tracking will help you see where you can improve and allow you to track your success! The following page is a daily diet tracker sample. Use the Diet Tracker to record your daily intake. Monitor HCG Hormone Free drops, supplement schedule, food types, and quantities.

| DAY | WEIGHT | HCG 1st | Bkfst Tea | Multi Vit | HCG 2nd | Vit B | LUNCH | |
|-----|--------|------------|--------------|--------------|------------|----------|--------------|-----------|
| | | | | | | | Meat | Veggie |
| 1 | 182 | x | x | x | x | x | 100g Chicken | asparagus |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Download printable Daily Tracker Sheets at:
www.hcgdiet.com/diettracker.html

| Fruit | Melba Toast | HCG 3rd | DINNER | | | Melba Toast | Total Water |
|------------------|----------------|------------|-------------------|----------------------|-----------------------|----------------|-----------------|
| | | | Meat | Veggie | Fruit | | |
| <i>1/2 apple</i> | X | X | <i>100g steak</i> | <i>spinach salad</i> | <i>6 strawberries</i> | X | <i>1 gallon</i> |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

