

# Main Dish- Seafood



## Ingredients:

3.5 oz of whitefish  
1-3 garlic cloves, minced  
Juice from 1/2 a lemon  
1/4 tsp turmeric  
1/4 tsp cumin powder  
1/4 tsp salt  
1/2 tsp black pepper

## Lemon Pepper Fish

Phase 1-4

BestChoiceChanges

In a bowl mix together the minced garlic, black pepper, salt, cumin, and turmeric. Dip the fish in the mixture, coating both sides. Cover and refrigerate to allow spices to marinate for 1 hour. Preheat the oven to 400 degrees. Bake fish on non-stick pan/dish and cover with remaining marinade. Bake for about 15-20 minutes depending on the size of the fish. When the fish meat is flaking off remove from oven. Serve with lemon juice.



## Ingredients:

3.5 oz Whitefish (tilapia, cod, orange roughy, etc.)  
1/8 tsp paprika  
1/8 tsp chili powder  
1/8 tsp garlic salt  
Dash of cayenne pepper (optional)

## Spicy Cajun Whitefish

Phase 1-4

BestChoiceChanges

Mix spices together in a small bowl and coat the top of the fish until it is almost fully covered. Place the fish on a George Foreman grill or in a pan sprayed with PAM over medium heat. Cook thoroughly. Season to taste.



## Ingredients:

3.5 oz whitefish  
Juice of 1 lemon  
1 Tbs oregano  
Asparagus  
Salt and pepper

## Lemon Oregano Whitefish with Asparagus Packet

Phase 1-4

BestChoiceChanges

Preheat the oven to 400F. Snap off the woody ends of asparagus and discard. Tear off a large sheet of non-stick aluminum foil. In the center of this sheet, place asparagus spears and sprinkle with salt/pepper. Place whitefish on top of asparagus. In small bowl, combine lemon juice and oregano, and pour over fish. Fold up edges and completely seal packet on all sides. Bake 10-20 minutes or until fish flakes. Serve.

## Main Dish- Seafood



### Ingredients:

3.5 oz cod  
1/4 cup fat-free chicken  
broth (or homemade)  
1 Tbs lemon juice  
1/4 tsp cayenne pepper  
1/4-1/2 cup additional  
broth  
Salt and pepper to taste

### Lemon Cod with a Kick

Phase 1-4

BestChoiceChanges

Cook the cod in 1/4 cup of fat-free chicken broth until it is opaque. Stir in the rest of the chicken broth, lemon juice, salt and peppers and serve warm.



### Ingredients:

3.5 oz whitefish  
1 Tbs lemon juice  
1/4 tsp salt  
1/8 tsp black pepper  
1/2 tsp dill weed

### Foil Baked Whitefish

Phase 1-4

BestChoiceChanges

Preheat oven 350 degrees. Place whitefish (cod, tilapia, orange roughy, etc) on a foil sheet and sprinkle fish with lemon juice, salt, pepper and dill weed. Wrap tightly with the foil and back at 350 degrees for 20-25 minutes until done.



### Ingredients:

2 Alessi breadsticks,  
crushed  
1/2 tsp Italian seasonings  
1/8 tsp garlic powder  
1/8 tsp pepper  
3.5 oz whitefish  
1 Tbs lemon juice  
1/2 lemon, cut in 4 slices  
PAM

### Baked Whitefish with Italian Crumb Topping

Phase 1-4

BestChoiceChanges

Preheat oven to 450 degrees. In small bowl, stir together crushed breadsticks, Italian seasonings, garlic powder, and pepper; set aside. Coat a baking dish with PAM and place fish in the pan. Drizzle filet with lemon juice, then spoon the crumb mixture evenly over the top of fish. Bake for 10-12 minutes or until fish flakes easily and is opaque. Serve with lemon slices.

## Main Dish- Seafood



### Ingredients:

3.5 oz whitefish  
Dill  
Onion  
Lemon juice  
Orange slices  
Salt and pepper

### Citrus Steamed Fish

Phase 1-4

BestChoiceChanges

Preheat the oven to 350 degrees. Sprinkle some salt and pepper on both sides of the fish. Slice up the onions and spread out on one half of a large piece of parchment or aluminum foil. Lay the fish over top of the onions and the orange slices on top of fish. Squeeze lemon juice over top and garnish with fresh dill. Enclose the fish in a "pocket" by folding the other half of parchment/aluminum foil over top. Put in a baking dish to steam in the oven for about 20-30 minutes.



### Ingredients:

3.5 oz shrimp, deveined  
1 Tbs lemon juice  
1 Tbs lime juice  
1/8 tsp ground cinnamon  
1/8 paprika  
1 Tbs fresh cilantro,  
chopped  
1 clove garlic, minced  
Lemon wedge  
Wooden skewers

### Citrus Grilled Shrimp

Phase 1-4

BestChoiceChanges

Heat grill to high heat. Combine all ingredients in a small bowl and marinate shrimp for about 10 minutes. Do not over marinate. Place shrimp on wooden skewers that have been soaked in water. Spray shrimp with Pam before placing on grill. Grill until shrimp turns pink, about 2 minutes per side. Serve with lemon wedges.



### Ingredients:

3/4 cup cilantro  
3/4 cup parsley  
1/2 cup basil  
3 Tbs extra-virgin olive oil  
3 Tbs orange juice  
1 Tbs lime juice  
1/2 tsp ground cumin  
1/2 tsp salt  
1/4 tsp black pepper  
2 garlic cloves  
1 1/2 lbs jumbo shrimp

### Herb-Marinated Shrimp Skewers

Phase 1, 3-4

BestChoiceChanges

Combine first 10 ingredients in a food processor; process until smooth. Place in a bowl; peel & devein shrimp then add shrimp, tossing to coat. Marinate in refrigerator 30 minutes, stirring occasionally. Preheat broiler to high. Remove shrimp from marinade; thread 6 shrimp onto each of 4 (8-inch) wooden skewers. Place skewers on a broiler pan coated with cooking spray; top with any remaining marinade. Broil 5 inches from heat for 2 minutes on each side or until shrimp are done. Serve shrimp alongside your favorite salad for a delicious dinner!

# Main Dish- Seafood



## Ingredients:

3.5 oz shrimp, raw  
1 Tbs chili powder  
1 Tbs paprika  
½ tsp dried oregano  
1 tsp onion powder  
1 tsp garlic powder  
½ tsp thyme  
½ tsp ground pepper  
½ tsp cayenne pepper  
2 Stevia packets  
1 lemon wedge

## Cajun Shrimp

Phase 1-4

BestChoiceChanges

Preheat a George Foreman grill or skillet. Combine all of the seasonings together into a small bowl. Peel and devein raw shrimp (or if you prefer, you may also use precooked shrimp). Season the shrimp with some of the cajun seasoning. Cook on the grill or in skillet until done and enjoy.



## Ingredients:

3.5 oz shrimp  
2 med crisp lettuce leaves  
3 Tbs apple cider vinegar  
1 clove garlic  
1 Tbs fresh ginger  
¼ tsp garlic powder  
¼ tsp chili pepper flakes  
Salt and pepper  
Lime juice to taste

## Spicy Shrimp Lettuce Wraps

Phase 1-4

BestChoiceChanges

Place the shrimp, salt, and pepper in a pan and pour water over top until shrimp is covered. Cook until the water is boiling, then reduce heat to a simmer and cook until the shrimp are opaque. Drain the shrimp and cool. Combine the chili pepper flakes, vinegar, and lime juice in a bowl. Mix in the garlic, and Stevia to taste. Serve the shrimp with the sauce on the side.



## Ingredients:

3.5 oz crab meat  
1-2 grissini, ground  
1 tsp parsley  
½ tsp lemon juice  
½ tsp tarragon  
½ tsp paprika  
¼ tsp white pepper  
¼ tsp cayenne pepper  
¼ tsp dry mustard

## Crab Cake Patties

Phase 1-4

BestChoiceChanges

Grind grissini into powder and place into small dish. In a separate bowl, combine crab meat and remaining ingredients. Mix well and form into patties. Coat each side of patty with grissini powder. Brown in non-stick skillet over medium heat for 3 minutes on each side, or cook on a George Foreman grill for 4-5 minutes.

# Main Dish- Beef



## Ingredients:

1-2 tomatoes, large  
3.5 oz lean hamburger (or chicken, shrimp, fish)  
1/4 tsp garlic salt  
1/4 tsp onion powder  
1/4 tsp Italian seasonings (w/o carbs or dextrose)

## Beefy Tomato Sauce

Phase 1-4

BestChoiceChanges

Cut up the tomatoes and cook in a sauce pan over medium heat for about 5 - 10 minutes. Occasionally smash the tomatoes to help soften.

In the mean time, cook the meat on a George Foreman grill or in separate pan. Check to see that the tomatoes have been heated all the way through and have a soft texture (or whatever consistency you prefer). After the meat is properly cooked, combine with the cooked tomato and add in your spices.



## Ingredients:

1 lb. Lean beef roast, cubed  
1 onion, chopped  
2 celery stalks, chopped  
1 pepper, chopped  
Salt & pepper  
1 clove garlic, crushed  
1/4 tsp oregano-Basil  
1/4 tsp thyme  
1/2 tsp caraway seeds  
9 cups fat-free beef broth  
1/2 head cabbage, diced  
3 oz roasted red peppers

## Braised Beef and Cabbage Stew

Phase 1-4

BestChoiceChanges

In a large pot, sprayed with PAM, cook beef over med heat, until browned. Drain any fat and remove from pan. Saute onions, peppers, and celery for 4 minutes until soft. Add beef and raise heat to medium-high, saute for 3 minutes. Add in spices, and stir for 1 minutes. Pour in 8 cups beef broth. Add cabbage and roasted red peppers and bring to a boil. Reduce heat and simmer partially covered for 3 hours stirring occasionally. Add additional seasonings to taste.

TIP: During Phase 3, add in 2 Tbs Worcestershire sauce for additional flavor.



## Ingredients:

1 lb sirloin steak  
2 14.5oz cans fire roasted tomatoes  
2 cups fat-free chicken broth  
5 green onions, sliced  
4-6 garlic cloves, minced  
1 tsp each of chili powder, cumin, oregano, basil, pepper  
2 tsp onion powder

## Fire Roasted Steak or Beef Chili

Phase 1-4

BestChoiceChanges

Brown meat. Toward the end of the browning, add green onions, garlic, and spices. Continue browning meat mixture until onions/garlic is sweated. Add the tomatoes to the meat mixture, continue on low for 3 - 5 minutes. Add the chicken broth (use some to rinse out the can of tomatoes). Bring to a boil, reduce heat to low and simmer uncovered for 1 hour.

Total Servings: 5      Serving size: 1 1/4 to 1 1/2 cups.

TIP: Add optional ingredients- 1/4 tsp cayenne, red pepper flakes and cilantro for topping for extra spice

# Main Dish- Beef



## Ingredients:

3.5 oz flank steak  
Fat-free chicken broth  
1-2 cloves garlic  
Parsley  
Salt and pepper  
Spinach  
Pinch of nutmeg

## Garlic and Spinach Steak

Phase 1-4

BestChoiceChanges

Preheat the oven to 350 degrees. Use a meat mallet to tenderize and flatten the steak until it is about 1/2 - inch thick. Sprinkle salt and pepper on both sides of the meat. Place the garlic, parsley, and spinach in a food processor or blender and puree. Add in just enough chicken broth to produce a paste. Spread paste on one side of the Flank Steak. Add just a touch of nutmeg. Roll up the flank Steak and secure with a string or toothpicks. Bake in the oven until meat is cooked according to your personal preference.



## Ingredients:

3.5 oz ground beef  
1/4 cup water  
1 tsp onion powder  
1 clove garlic  
1/8 tsp oregano  
Cayenne pepper to taste  
Pinch of cumin  
Chopped cilantro  
2-4 lettuce leaves, large

## Beef Tacos

Phase 1-4

BestChoiceChanges

In small pan cook ground beef in broth, add spices. Deglaze the pan with lemon juice or water. Wrap the cooked, seasoned chicken in lettuce leaves and eat with hands like a taco. Top with small amount of salsa if desired.



## Ingredients:

1 lb ground beef  
4 cups spinach, chopped  
4 cups chard, chopped  
2 Wasa crackers, crushed  
1 tsp sage, ground  
1/2 tsp salt & pepper  
1/4 tsp mustard powder  
1/4 tsp nutmeg  
1-2 cups tomato sauce (or use pizza sauce recipe)

## Spinach & Chard Meatloaf

Phase 1-4

BestChoiceChanges

Microwave chopped spinach and chard for 4 minutes, or until limp. Drain excess liquid and set aside to cool. When spinach and chard has cooled, mix in remaining ingredients. Once mixed, lightly press the mixture together in the bottom of a bowl, then slide it out onto a foil lined baking sheet. Reshape into a loaf, top with tomato sauce. Bake at 50 degrees for 50 minutes. Serve in 3.5 oz portions.

# Main Dish- Beef



## Ingredients:

1 lb pot roast, trimmed of all fat  
6 cloves garlic, smashed and peeled  
1-2 onions, chopped  
1/2 red wine vinegar  
kosher salt  
pepper

## Savory Pot Roast

Phase 1-4

BestChoiceChanges

Using a hot skillet over high heat, sear the pot roast on all sides and set aside. Allow the pan to cool slightly and saute a few tablespoons of water, saute the onions until they begin to brown, then toss in garlic and cook until fragrant.

Toss all the ingredients and 2 cups of water into a crock pot set to high. Once the water begins to boil, turn the crock pot down to low and let it simmer until done, approximately 2 1/2 hours.



## Ingredients:

1 lb lean ground beef  
2/3 cup red pepper, chopped  
1/2 cup onion, chopped  
2 garlic cloves, minced  
1 3/4 cup tomatoes, diced  
4 tsp chili powder  
1 tsp cumin  
1/2 tsp oregano  
4 med green peppers  
2 Tbs cheddar cheese  
2 green onions  
4 grape tomatoes

## Southwest Stuffed Peppers

Phase 1, 3-4

BestChoiceChanges

Cook beef, red pepper, onion and garlic over med heat until meat is no longer pink, drain. Stir in tomatoes and seasonings. Bring to boil then reduce heat and simmer for 15 min. Meanwhile cut green peppers in half lengthwise; remove seeds. Place in shallow dish, add a little water to bottom, cover and microwave on high from 8-10 min. until peppers are crisp but tender. Drain the fluid. Fill each pepper with the ground beef mixture. Top with remaining sauce in pan, garnish with lite sour cream or Greek yogurt, cheese, green onion and grape tomatoes. Enjoy. Serve with 2-3 slivers of avocado on a bed of lettuce with drizzled lime juice, salt and pepper.

# Main Dish- Chicken



## Ingredients:

3.5 oz chicken breast  
Spinach  
1 Tbs onion, chopped  
1 clove garlic, minced  
1 Tbs lemon juice  
½ cup chicken broth or water  
1/8 tsp onion powder  
1/8 tsp garlic powder  
Dash of salt

## Spinach Stuffed Chicken

Phase 1-4

BestChoiceChanges

Tenderize chicken by pounding until flat. Mix together lemon juice and all of the spices. Cook spinach lightly in lemon juice and spices. Strain excess liquid then place spinach in the center of flat tenderized chicken. Roll up the spinach mixture inside the chicken breast.

Preheat Oven to 350. Place chicken rolls in a baking dish. Add the broth/water into the pan. Bake chicken rolls for about 15 minutes or until the chicken is completely cooked.

TIP: Crush up Melba Toast or Grissini breadsticks and sprinkle on top of the chicken rolls before baking.



## Ingredients:

3.5 oz chicken  
2-3 cloves garlic, minced  
1 orange, quartered  
1 Tbs fresh ginger root  
(½ of inch-long piece)  
½ tsp basil  
Juice of ½ lemon  
Black pepper

## Orange Ginger Chicken

Phase 1-4

BestChoiceChanges

Preheat pan to medium heat. Sprinkle chicken with pepper and cut up into chunks. Add chicken to pan and stir fry until brown on all sides, about 5-10 min. Add garlic and cook for 1 minute. Squeeze juice of orange quarters over chicken. Peel & separate orange into sections. Peel and mince fresh ginger root and add it to chicken in the pan along with orange sections, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 minutes.



## Ingredients:

3.5 oz chicken breast  
1 cup fat-free chicken broth (or homemade)  
1 Tbs oregano  
2 tsp basil  
Juice of ½ lemon  
5 oz tomato  
Garlic salt  
Stevia

## Oregano Basil Chicken

Phase 1-4

BestChoiceChanges

Using a meat mallet, pound the chicken breast until it is flat. Place the chicken and all of the remaining ingredients in a sauce pan and simmer on low heat for an hour or more. When the chicken gets tender, cut it up. Sprinkle garlic salt and Stevia to taste. Serve.



# Main Dish- Chicken



## Ingredients:

3.5 oz chicken breast  
3 Tbs lemon juice  
¼ cup chicken broth or water  
¼ tsp garlic powder  
½ tsp fresh rosemary  
¼ tsp onion powder  
Melba toast  
Salt and pepper  
Pinch of lemon zest

## Rosemary Baked Chicken

Phase 1-4

BestChoiceChanges

Preheat oven to 350 degrees. Mix together the lemon juice, salt, and rosemary in a bowl. Add the chicken and marinate for at least 1 hour. Mix the remaining spices and Melba toast crumbs together in a separate bowl. Dip the chicken into the spice mixture and coat thoroughly. Put the coated chicken in a baking dish. Pour in the broth and sprinkle remaining spice mixture over top. Bake for approximately 20 minutes, or until fully cooked. Sprinkle chicken with lemon juice, salt, and pepper to taste. Garnish with fresh chopped parsley and lemon slices.



## Ingredients:

3.5 oz chicken breast  
2 cups fat-free chicken broth (or homemade)  
1 tsp cayenne pepper  
1 tsp black pepper  
1 Tbs cumin  
1 Tbs chili powder  
Shredded cabbage

## Chicken Chili

Phase 1-4

BestChoiceChanges

Either use precooked chicken or cook your raw chicken breast in a pan first. Pour the homemade chicken broth into a saucepan and add the spices. When the water is boiling add the cabbage and precooked chicken. Let simmer for about 10 minutes.



## Ingredients:

2 cups spinach  
3.5 oz chicken (warm or cold)  
5-6 strawberries, sliced  
Strawberry vinaigrette  
(See Recipe)

## Chicken Salad with Strawberries

Phase 1-4

BestChoiceChanges

Wash and dry spinach. Slice up the strawberries and cooked chicken breast. Toss salad ingredients in a bowl. Serve with homemade Strawberry vinaigrette. (See recipe)

# Main Dish- Chicken



## Ingredients:

3.5 oz chicken, shredded  
1/4 cup water  
1 tsp onion powder  
1 clove garlic  
1/8 tsp oregano  
Cayenne pepper to taste  
Pinch of cumin  
Chopped cilantro  
2-4 lettuce leaves, large

## Grilled Chicken Tacos

Phase 1-4

BestChoiceChanges

In small pan cook chicken in broth, add spices. Deglaze the pan with lemon juice or water. Wrap the cooked, seasoned chicken in lettuce leaves and eat with hands like a taco. Top with small amount of salsa if desired.



## Ingredients:

3.5 oz chicken breast  
Juice of 1/2 a lime  
Green onions  
Kosher salt  
Pepper

## Lime Chicken

Phase 1-4

BestChoiceChanges

Slice the green onions, on an angle, into two inch pieces, then set aside. Slice chicken breast into strips.

In a skillet over medium-high heat, cook the chicken strips for about 3 minutes, stirring occasionally. Add the green onions, lime juice, and season with salt and pepper and cook until the chicken is cooked through.

# Salads



## Ingredients:

3.5 oz chicken breast,  
cooked and cubed  
6 strawberries, sliced  
1 cup lettuce or spinach  
3 Tbs apple cider vinegar  
1pkg Stevia  
Salt & pepper to taste

## Strawberry Chicken Salad

Phase 1-4

BestChoiceChanges

Top lettuce or spinach with chicken and strawberries. Mix together the remaining ingredients in a small bowl and sprinkle vinaigrette dressing over salad.



## Ingredients:

1/2 grapefruit  
1 thinly sliced cucumber  
1Tbs vinegar  
1 tsp dill  
Stevia  
Black pepper

## Cucumber Grapefruit Salad

Phase 1-4

BestChoiceChanges

In bowl, mix together all ingredients except for the cucumber. Stir in the cucumbers and refrigerate or serve.



## Ingredients:

1 cucumber  
1 tsp garlic powder  
1/4 cup apple cider vinegar  
Stevia, 1 dropper full  
1 Tbs tamarind  
1 1/2 tsp red pepper flakes

## Asian Cucumber Salad

Phase 1-4

BestChoiceChanges

Place all ingredients in a food processor and chop. Serve over spinach leaves or other type of lettuce.

TIP: Serve with 3.5 oz of grilled chicken breast for a full meal.

# Salads



## Ingredients:

3.5 oz chicken  
1 apple, diced  
3 stalks celery, diced  
3 Tbs lemon juice  
1/8 tsp cinnamon  
Dash of nutmeg  
Dash of cardamom  
Dash of salt  
Stevia to taste  
Wedge of lemon

## Crunchy Sweet Apple Chicken Salad

Phase 1-4

BestChoiceChanges

Cook and dice chicken. Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.



## Ingredients:

2 cups red cabbage, shredded  
2 cups green cabbage, shredded  
1 cup red pepper,  
1 cup yellow pepper  
2 tsp chives  
3 Tbs apple cider vinegar  
2 pkgs Stevia  
Salt & pepper to taste

## Confetti Coleslaw

Phase 1-4

BestChoiceChanges

Wash and prepare all vegetables for the coleslaw, slicing peppers thinly. Whisk together vinegar and Stevia to create the dressing and pour over coleslaw. Add salt and pepper to taste. Top with chives if desired. Let marinate in refrigerator for 1-2 hours before serving. Toss immediately before serving.

TIP: Try enjoying as a side for chicken or fish.

# Soups



## Ingredients:

1/2 cup onion, diced  
2 cloves garlic, minced  
3 cups fat-free beef broth  
1-1 1/2 cups cabbage, diced  
1 cup celery, chopped  
1 tomato, diced  
1 tsp basil  
1/2 tsp oregano  
1 cup zucchini, diced  
Salt to taste

## Vegetable Soup

Phase 1-4

BestChoiceChanges

In a large saucepan, sprayed with PAM and saute onion and garlic over heat until soft, about 5 mins. Add broth, cabbage, celery, tomato, basil, oregano and salt; bring to boil. Lower heat and simmer, covered about 15 minutes. Stir in zucchini and heat 3-4 minutes.

TIP: Chicken or vegetable broth can be substituted instead.



## Ingredients:

Fat-free chicken broth (or homemade)  
Tomatoes  
Roasted garlic  
Salt and pepper  
1 Tbs fat-free milk (opt.)

## Tomato Soup

Phase 1-4

BestChoiceChanges

Place the tomatoes under the broiler for 5-10 minutes. Watch carefully so as not burn them. Place the tomatoes into a saucepan and pour enough broth over. Stir in the roasted garlic when the mixture begins to reach boiling point. Pour this into a blender and add salt and pepper to taste. When the mixture has cooled, add milk to make it creamy if you like.



## Ingredients:

Red radishes, sliced or chopped  
1-2 cloves garlic, minced  
1 cup fat-free chicken broth (or homemade)  
Salt and pepper to taste

## Red Radish Soup

Phase 1-4

BestChoiceChanges

Combine all ingredients in a saucepan and bring to a boil. Reduce heat and simmer 10-15 minutes. Serve immediately.

# Soups



## Ingredients:

3.5 oz chicken breast  
2-3 cups fat-free chicken  
broth (or homemade)  
Chopped spinach  
Juice of 1 lemon  
1 tsp thyme  
Salt to taste  
White pepper to taste

## Lemon Chicken Soup

Phase 1-4

BestChoiceChanges

Moisten the bottom of a pan with a small amount of broth and cook your chicken breast until completely done. Remove from pan and dice or shred the cooked chicken breast. Combine chicken and all remaining ingredients in a medium saucepan. Bring to a boil, and then simmer for about 20 minutes. Serve



## Ingredients:

3.5 oz chicken breast  
Celery chopped (to taste)  
1-2 cups fat-free chicken  
broth (or homemade)  
3 cloves garlic  
1/2 tsp parsley  
1/2 tsp basil (or 1 tsp  
cumin)  
White pepper to taste  
Salt to taste

## Creamy Style Chicken Soup

Phase 1-4

BestChoiceChanges

Cook chicken breast in a pan or on a George Forman grill. In food processor, combine all ingredients, including cooked chicken, and chop until adequately mixed. Pour into saucepan and bring to boil. Reduce heat to simmer covered for about 20-30 minutes.

TIP: Add in 1 Tbs of fat-free milk to make soup extra creamy.



## Ingredients:

3.5 oz chicken, cubed  
2 cups fat-free chicken  
broth (or homemade)  
Onion, diced  
3 cloves garlic, minced  
1/2 tsp curry powder  
1/4 tsp cinnamon  
1/4 tsp pumpkin pie spice  
Salt & pepper to taste

## Cinnamon Curry Chicken Soup

Phase 1-4

BestChoiceChanges

In saucepan, lightly brown onion, garlic and chicken. Then add in chicken broth and all remaining ingredients. Bring to a boil. Reduce heat, then cover and simmer for approximately 45 minutes. Serve hot.

# Soups



## Ingredients:

2 stalks celery, chopped  
1 onion, diced  
1/2 cup water  
2 tomatoes, diced  
1 Tbs garlic, minced  
4 tsp curry powder  
6 cups fat-free chicken broth  
1 head cauliflower florets

## Curry Cauliflower Soup

Phase 1-4

BestChoiceChanges

Spray a heavy pot with PAM. Combine celery and onions, cover and cook for 10 minutes until tender, stirring occasionally. Optional: add 1/2 cup water to help wilt vegetables. Add in garlic and cook for 5 minutes. Stir in curry powder over low heat for 1 minute. Add broth, cauliflower and tomato. Cook over med heat till boiling, then simmer for 20 mins until vegetables are very tender. Remove pot from heat and cool slightly. Puree the soup in food processor. Season with salt and pepper if desired.

TIP: Serve soup hot or cold.



## Ingredients:

1 cup fat-free beef broth  
1 med onion, sliced  
Garlic, minced  
Pepper to taste  
Worcestershire to taste  
3 sprays PAM  
Bay leaf  
Thyme

## French Onion Soup

Phase 1-4

BestChoiceChanges

Saute onions and garlic in pan sprayed with PAM until tender and lightly browned. Add beef broth, bay leaf and thyme and bring to boil. Reduce heat. Add Worcestershire and pepper. Simmer over low heat for 5 minutes. Remove bay leaf and serve hot.

TIP: Bake some Gruyere cheese over your melba toast and enjoy with soup.

TIP: To enjoy this recipe during Phase 2, eliminate Worcestershire sauce and cheese.



## Ingredients:

6 3.5 oz pieces of chicken breast  
8 cups water  
1/4 tsp garlic powder  
1/4 tsp onion salt  
1/4 tsp celery salt  
1/4 tsp poultry seasoning  
1/4 tsp black pepper  
1/2 tsp sea salt

## Chicken Soup/Stock

Phase 1-4

BestChoiceChanges

Combine ingredients in a large pot and cook until chicken is done. Remove chicken and refrigerate or freeze to use at a later time (6 servings). Put two cups of broth in a medium size container and add 1 serving of chopped, cooked chicken to make soup.

TIP: Try adding a few tablespoons of chicken soup broth to sauteed veggies for extra flavor.

# Soups



## Ingredients:

2 cups fat-free chicken broth  
(or homemade)  
3.5 oz chicken breast, cubed  
1/2 cup celery, diced  
1/2 cup tomatoes, diced  
1/2 tsp poultry seasoning  
1 bay leaf  
2 cloves garlic, minced  
1/4 cup onion, diced  
Cayenne pepper to taste  
Salt and pepper to taste

## Chicken Soup for 1

Phase 1-4

BestChoiceChanges

Boil the chicken broth in a saucepan with the garlic, onion, and pepper. Mix in the chicken and celery. Cook on low heat for 20 minutes or more until chicken is fully cooked and the celery is tender.



## Ingredients:

1 cup onion – chopped  
2 cloves garlic- minced  
1-2 Poblano Peppers  
1 small can green chili peppers  
1 Tbs Cumin  
1 Tbs Chili powder  
4 cups fat free chicken stock  
6 oz. shredded chicken breast  
3-4 pieces of Cauliflower  
steamed in microwave & drain  
1cup baby spinach

## Chicken Poblano Soup

Phase 1-4

BestChoiceChanges

Cut poblano peppers in thin strips, remove seeds then steam and drain. Steam and drain cauliflower and spinach leaves. Use 1/2 cup of the chicken stock to braise onions, garlic and green chilis until onions are clear. Separate into 2 parts. In blender, add 1/2 of the braised onion mix, add steamed cauliflower and 1/4-1/2 of precooked shredded chicken and 1/4 of steamed peppers. Blend until pureed. Spread the remaining peppers on cookie sheet and broil until roasted with darkened edges. While roasting peppers place stock from blender on stove in kettle or large pan, add remaining chicken, and 1/2 onion, garlic green chili mix. Heat, add salt/ pepper to taste. Once warmed stir in most of the remaining thinly sliced roasted Poblano Peppers and Baby Spinach. Reserve just enough for a garnish, along with dash of paprika and chili powder. *Submitted by: Mikki Funderburke*



## Side Items/ Other



### Ingredients:

3.5 oz asparagus  
1-2 cloves minced garlic  
1/2 tsp parsley  
1/4 tsp oregano  
Black pepper

## Roasted Asparagus

Phase 1-4

BestChoiceChanges

Preheat oven to 400 degrees. Break off the woody ends of the asparagus and place on a sheet of non-stick aluminum foil. Sprinkle the seasonings over top. Wrap all ends of the foil up tightly to make a sealed 'pocket'. Roast 15-20 minutes.



### Ingredients:

1 - 1 1/2 packets of powdered Stevia  
A few dashes of Cajun Seasoning  
1 large cucumber

## Sweet & Spicy Cucumber

Phase 1-4

BestChoiceChanges

Cut up the cucumber into thin slices and lay them out on a plate. Next, shake the HCG Diet Cajun Seasoning from left to right evenly over the cucumber slices. Then, open the packet(s) of powdered Stevia and do the exact same. The cucumbers are now ready to eat.



### Ingredients:

8 oz sliced onion rings  
1 grissini breadstick  
1 Tbs skim milk (as allowed daily)  
1/4 tsp cayenne pepper  
1/4 tsp salt  
1/4 tsp pepper

## Onion Rings

Phase 1-4

BestChoiceChanges

Preheat the oven to 450 degrees. In a bowl combine the milk, cayenne pepper, salt, and pepper. Grind grissini to a powder and put in a separate small bowl. Place onion rings in batter and toss to coat fully. (It's best to use your hands here to ensure you coat each ring.) Let sit in batter 2-3 min then toss again. Dip each ring into the grissini powder by hand. I find it works best to do these one at a time, rolling the ring in the grissini coating instead of tossing or shaking it on. Place on cookie sheet lined with non-stick aluminum foil. Cook 6-7 min. Then flip, cooking an additional 6-7 min. Serve immediately.

## Side Items/ Other



### Ingredients:

8 oz. Mushrooms  
1 Tbs balsamic vinegar  
2 sprays PAM  
2 Tbs water  
1 clove garlic, minced

### Balsamic Mushrooms

Phase 1-4

BestChoiceChanges

Clean mushrooms and cut each in half. Preheat a non stick skillet over medium heat for 3-5 minutes. Spray with PAM. Then, add mushrooms and saute for about 5 minutes or until mushrooms begin to brown. Add vinegar, garlic, and water. Cover and continue cooking for 3-5 minutes until sauce has almost evaporated and the mushrooms are glazed with the vinegar. Enjoy warm.

TIP: Enjoy as a side dish or try eating on top of cooked chicken breast.



### Ingredients:

1 cup green bell pepper  
1 cup red bell pepper  
1 med onion  
1/2 lbs. Mushrooms  
1 zucchini  
4 sprays PAM

### Grilled Veggie Kabobs

Phase 1-4

BestChoiceChanges

Wash and cut vegetables in bite size chunks. Arrange vegetables on barbeque skewers. Spray lightly with PAM and cook over the grill on low heat until tender yet crisp turning frequently.

TIP: Try adding some chicken or lean steak chunks to your skewers marinated in Walden Farms zero-calorie Sesame Ginger salad dressing for an Asian flair.



### Ingredients:

6 Roma tomatoes  
1 clove garlic, minced  
1/2 tsp sweet basil  
1/8 tsp red pepper flakes  
1/8 tsp salt  
1/8 tsp black pepper  
3 sprays PAM

### Roasted Roma Tomatoes

Phase 1-4

BestChoiceChanges

Preheat oven to 400 degrees. Line a baking sheet with foil and lightly spray with PAM. Combine garlic, red pepper, basil, salt and pepper in small bowl. Cut tomatoes in half lengthwise and place cut side up on baking sheet. Sprinkle mixed spices on tomatoes and spray lightly with PAM. Bake for 30-35 minutes or until they are sizzling and slightly charred. Serve hot.

## Side Items/ Other



### Ingredients:

3 zucchini, thinly sliced  
1 onion, thinly sliced  
1 tsp rosemary  
Salt & pepper to taste  
PAM

### Sauteed Zucchini

Phase 1-4

BestChoiceChanges

Heat skillet over medium heat for 2-3 minutes. Spray lightly with PAM, then add onion. Saute covered for 5-10 minutes or until onions are soft. If needed, deglaze pan with 1-2 Tbs water. Add in zucchini and rosemary and continue cooking for 10 minutes until zucchini is tender. Serve warm.



### Ingredients:

2/3 cup celery, sliced  
2 cups cabbage  
1/2 cup bell pepper,  
chopped  
1/3 cup onion, chopped  
1 Tbs soy sauce (no sugar)  
Pepper to taste  
PAM

### Stir-Fried Cabbage

Phase 1-4

BestChoiceChanges

Heat skillet over medium heat. Spray with PAM. Add celery and cook stirring frequently for 1 minute. Add in cabbage, peppers, and onion. Continue to stir fry until vegetables are tender crisp, about 2-4 minutes. Add soy sauce and pepper to taste. Continue cooking for 1 minute. Serve.

# Sauces/Dressings



## Ingredients:

15 oz can tomato sauce  
6 oz can tomato paste  
1 Tbs ground oregano  
1 1/2 tsp dry minced garlic  
1 tsp ground paprika

## Pizza Sauce

Phase 1-4

BestChoiceChanges

In a medium bowl, mix together tomato sauce and tomato paste until smooth. Stir in oregano, garlic and paprika.

TIP: Try spreading some warmed up pizza sauce over 1 toasted slice of Nature's Own 40 calorie bread and top with ground beef and/or mushrooms for a mini pizza like dish.



## Ingredients:

1 tomato, chopped  
1 Tbs lemon juice  
1/4 tsp oregano  
2 cloves garlic, crushed  
1 tsp onion powder  
Fresh chopped cilantro  
Salt and pepper

## Salsa

Phase 1-4

BestChoiceChanges

Chop up all of the ingredients and mix together in a bowl. Add remaining spices and chill in refrigerator overnight.



## Ingredients:

1 apple  
3 Tbs water  
Cinnamon (optional)

## Applesauce

Phase 1-4

BestChoiceChanges

Peel, core, and dice apple. Place diced apple in mini-crockpot and add water. Add cinnamon. Cook at least two hours. If not using a crockpot, cook in a small saucepan, covered on medium heat. When finished cooking, mash apples with spoon or fork, or place in blender to reach desired consistency. Serve warm or refrigerate and serve cold.

## Sauces/Dressings



### Ingredients:

2/3 cup water  
1/3 cup apple cider vinegar  
Stevia drops to taste  
Salt and pepper to taste  
1/4 to 1/2 tsp dried mustard (optional)

### Apple Cider Vinaigrette

Phase 1-4

BestChoiceChanges

Mix together the water and apple cider vinegar. Add in the stevia drops or powder to taste. Shake some salt and pepper in if you like. To create a stronger, more vinegary taste, switch the ratios (2/3 cup vinegar and 1/3 cup water). Drizzle over salad.



### Ingredients:

5 strawberries  
1 Tbs lemon juice  
1 Tbs apple cider vinegar  
1 dropper of Stevia  
Dash of salt

### Strawberry Vinaigrette

Phase 1-4

BestChoiceChanges

Combine 3 strawberries with remaining ingredients in a food processor. Puree until smooth. Cut up the remaining 2 strawberries and mix with spinach leaves. Pour vinaigrette over spinach leaves.

## Desserts



### Ingredients:

1/2 grapefruit  
Cinnamon to taste (opt.)  
Stevia to taste

## Cinnamon Grapefruit

Phase 1-4

BestChoiceChanges

Take a knife around the inside peel of the grapefruit so that it cuts out the grapefruit from the peel. Remove any remaining membrane in the peel and set aside. Separate the sections and place in a bowl. (It's best if the grapefruit is really juicy. If it's not, sprinkle with a bit of water to moisten.) Sprinkle with stevia and cinnamon. Toss, then place back into grapefruit peel. Broil for about 3-5 minutes until caramelized.



### Ingredients:

1 apple  
2 Melba toast, crumbled  
Squeeze of lemon juice  
1/4 tsp cinnamon  
Pinch of nutmeg  
Stevia  
Pinch of vanilla powder (opt.)

## Baked Cinnamon Apples

Phase 1-4

BestChoiceChanges

Core the apple and cut in half. Mix Melba toast crumbs with lemon juice, cinnamon, nutmeg, vanilla powder, and Stevia. Top apple halves with Melba toast mixture and bake for 15-20 minutes at 375 degrees until apples are soft and Melba toast topping is lightly brown. Serve warm.



### Ingredients:

Apples, any you like  
2 Melba toast  
1-2 Stevia packages  
1 1/2 Tbs cinnamon  
2 Tbs water

## Apple Pie Crumble

Phase 1-4

BestChoiceChanges

Core apple and remove seeds if any. Crush Melba toasts and mix with Stevia and 1/2 Tbsp cinnamon to make crust. Add water to half the crust mix--moisten and begin to press crust into soufflé dish. Cut apple into thin slices and toss together Stevia and remaining cinnamon with 1-2 Tbsp water. Place apples into dish and cover with the remaining DRY Melba mix. Bake at 450 degrees for 15 minutes.

Yields: 2 servings

## Beverages / Shakes



### Ingredients:

4 strawberries  
1/2 cup chilled green tea  
1/2 cup sparkling water  
2 Tbs lemon juice  
Stevia to taste

### Strawberry Green Tea

Phase 1-4

BestChoiceChanges

Blend strawberries in a food processor or blender. Strain them and mix in the stevia, lemon juice and green tea. Pour into a tall glass. Add crushed ice and cold sparkling mineral water.



### Ingredients:

1 apple, juiced  
2 Tbs lemon juice  
1 Tbs apple cider vinegar  
1/4 tsp cinnamon  
Dash of allspice  
Dash of nutmeg  
Dash of clove  
Stevia to taste  
Water

### Hot Apple Cider

Phase 1-4

BestChoiceChanges

Combine the apple juice with all the spices and heat in a saucepan with a little extra water. Stir occasionally. Once the cider is hot, serve in a mug.



### Ingredients:

Water  
Juice of 1 lemon  
Stevia powder or drops to taste

### Lemonade

Phase 1-4

BestChoiceChanges

The ratios of these ingredients will vary by personal preference. Stir together all ingredients in a glass.

TIP: Try adding some muddled mint and/or strawberries for a refreshing twist.

## Beverages / Shakes



### Ingredients:

Sparkling water  
Juice of one lime  
1 slice of lime for the rim  
Mint leaves, crushed  
Stevia to taste  
Crushed ice

## Virgin Mojito

Phase 1-4

BestChoiceChanges

Fill an 8 oz glass with sparkling water and crushed ice. Muddle some fresh mint leaves and add to glass. Stir in fresh lime juice and Stevia drops to taste. Enjoy.



### Ingredients:

1 cup ice cubes  
1 cup frozen strawberries  
1 pkg Stevia  
5 drops orange Stevia  
5 drops vanilla cream  
Stevia

## Strawberry Smoothie

Phase 1-4

BestChoiceChanges

Combine all the ingredients in a bullet blender and pulse until smooth. Pour into a glass and enjoy!

TIP: During Phase 3, try adding some milk and/or plain greek yogurt for a richer, creamier texture.



### Ingredients:

1 cup crushed ice  
1 cup of coffee, chilled  
5 drops of english toffee  
Stevia  
5 drops of chocolate  
Stevia

## Frozen Cappuccino

Phase 1-4

BestChoiceChanges

Combine all ingredients in a bullet blender and blend until smooth. Pour into a glass, and enjoy!



## Beverages / Shakes



### Ingredients:

1/2 cucumber (peeled, seeded, chopped)  
1 cup honeydew (cubed)  
8 springs fresh mint  
1 1/2 cups crushed ice w/ water  
2 Tbs Vanilla Shake Mix  
1 stevia packet

### Fresh Mint Smoothie

Phase 1-4

BestChoiceChanges

Blend ingredients in a bullet type blender on high, until smoothie is thick and creamy. Enjoy!

TIP: For a Chocolate Mint Smoothie, substitute Chocolate Shake Mix

Optional: Use watermelon in place of Honeydew



### Ingredients:

2 Tbs Vanilla Shake Mix  
2 tsp instant coffee  
2-3 drops liquid Stevia, chocolate  
2-3 drops liquid Stevia, peppermint  
1/2 cup crushed ice w/ water  
4 oz. skim milk

### Frozen Peppermint Mocha

Phase 1-4

BestChoiceChanges

Dissolve instant coffee in some warm water. Combine all ingredients in a bullet blender and blend until smooth. Pour into a glass, and enjoy!

TIP: Freeze additional coffee into ice cubes for a stronger coffee flavor.

Optional: replace instant coffee with brewed coffee that has been chilled in the refrigerator.



### Ingredients:

2 Tbs Vanilla Shake Mix  
2-3 drops liquid Stevia, English toffee  
2 tsp instant coffee  
1 1/2 cups crushed ice w/ water

### Frozen Caramel Frappe

Phase 1-4

BestChoiceChanges

Dissolve instant coffee in some warm water. Combine all ingredients in a bullet blender and blend until smooth. Pour into a glass, and enjoy!

TIP: Freeze additional coffee into ice cubes for a stronger coffee flavor.

Optional: replace instant coffee with brewed coffee that has been chilled in the refrigerator.

## Beverages / Shakes



### Ingredients:

2 Tbs Chocolate Shake Mix  
2-3 drops liquid Stevia, hazelnut  
2-3 drops liquid Stevia, English Toffee  
1 ½ cups crushed ice w/ water

### *Snickers Frozen Shake*

*Phase 1-4*

*BestChoiceChanges*

Combine all ingredients in a bullet blender and blend until smooth. Pour into a glass, and enjoy!

Optional: add unsweetened cocoa powder to Vanilla Shake Mix



### Ingredients:

2 Tbs Vanilla Shake Mix  
4 medium strawberries, frozen  
Juice of ½ lemon  
Stevia to taste  
1 cup water

### *Frozen Strawberry Lemonade*

*Phase 1-4*

*BestChoiceChanges*

Combine all ingredients in a bullet blender and blend until smooth. Pour into a glass, and enjoy!

TIP: If using fresh strawberries, blend in ice cubes

# Blank Recipe Cards



**Ingredients:**

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*Phase*

*BestChoiceChanges*



**Ingredients:**

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*Phase*

*BestChoiceChanges*



**Ingredients:**

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*Phase*

*BestChoiceChanges*