



The HCG DIET GUIDE

THE FREE STEP BY STEP
GUIDE TO THE HCG DIET
PLAN.

Introduction

Welcome to the Ultimate Fat burning diet

Imagine going on a diet and losing weight within the first week, imagine going on a diet and losing weight from those stubborn areas first. Imagine living a lifestyle with energy and vitality.

HCG Homeopathic Drops suppress your appetite and help you lose weight rapidly while following Dr Simeon's protocol. It is a medically proven method where you lose only abnormal fat not muscle or good fat, and you don't get that haggard after diet-look. Turn your excess fat into energy.

Our HCG is homeopathic drops that are placed under the tongue to be rapidly absorbed. It is believed to allow a person to use and live on more of their stored fat than on what they eat. It is used to trigger the body to provide a constant flow of food received from the abnormal fat that your body is breaking down and using when on the HCG diet. That means burning 3500 to 4000 calories of stored abnormal fat and losing 1/2 to 2 pounds (1/4-1 kilo) a day. Your weight loss is guaranteed if you follow the protocol. HCG drops are suitable for both women and men.



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The HCG Program for 7kg and 15kg weight loss

Phases	Dosage	Calories	Days
Phase 1: Loading	10 HCG drops 3 times daily.	1500-2500 calories	2 days
Phase 2: Very Low Calorie Diet Lose 7kg Lose 15kg	10 HCG drops 3 times daily	500 calories	21 days 38 days
Phase 3A: Stabilization	No HCG drops. Maintenance drops	500 calories	3 days
Phase 3B: Stabilization	No HCG drops. Maintenance drops	1500 per day. Avoid sugar and starch	21 days
Lifestyle/Maintenance	No HCG drops. Maintenance drops	Calories are added back to the diet and you sustain this 1500 -2500 cal	Ongoing

Very important: Educate yourself and read Dr Simeons Pounds and Inches on the SlimNTrim website so you understand how the diet works and what you will experience.

The HCG Program 20KG weight loss

Phases	Dosage	Calories	Days
Phase 1:Loading	10 HCG drops 3 times daily.	1500-2500 calories	2 days
Phase 2: Very Low Calorie Diet	10 HCG drops 3 times daily	500 calories	38 days
Phase 3A: Stabilization	No HCG drops. Maintenance drops	500 calories	3 days
Phase 3B: Stabilization	No HCG drops. Maintenance drops	1500 per day. Avoid sugar and starch	10 days
Repeat Phase 2: Very low Calorie Diet	10 HCG drops 3 times daily	500 Calories	30 days
Repeat Phase 3A:Stabilization	No HCG drops. Maintenance drops	500 Calories	3 days
Repeat 3B:Stabilization	No HCG drops. Maintenance drops	1500 per day. Avoid sugar and starch	21 days
Lifestyle/Maintenance	No HCG drops. Maintenance drops	Calories are added back to the diet and you sustain this 1500 -2500 cal	Ongoing

Phase 1: Loading Phase 2 days

The loading phase is meant to prime your body for what's to come ahead once you start up on the low calorie HCG program, so it's crucial to the success of your weight loss that you do not skip this phase. This phase is just two days. During these first two days of the diet you eat a high calorie and fat diet. Sounds like fun doesn't it, really, eat whatever you want to build up fat stores. Take the HCG drops as directed. This fat loading is tapped into when you start the 500 calories and stops you feeling hungry, until the HCG really kicks in. It is a good idea to eat high fat, high protein foods during these first two days.

This includes items such as

- Steak
- Hamburger
- Sausages/Bacon
- Full fat cheese
- Eggs
- Avocados
- Nuts/Oil



Phase 2: Low Calorie Diet + our HCG drops 3-6 weeks

This phase lasts for 21- 90 days. During this phase, you will need to commit to eating a strict diet as outlined by Dr. Simeons himself. Foods allowed are in this manual and free recipes are available. Continue to take your HCG drops as directed.

During this phase you can expect to lose ½ -2 pounds (¼ -1 kilo) of abnormal fat daily. That is 30 lb (13 ½ kilos) per month or two. You will see the weight loss daily and this will inspire you to keep at it. You may want more food (purely because you can't have it) but you won't be hungry.

Phase 3A: Stabilization

Continue to follow the same 500 calorie diet as described in phase two without the aid of HCG drops for 3 DAYS. Start your maintenance drops if you have them to support your body and curb your cravings. This allows HCG to completely leave your system prior to re-introducing normal foods back into your diet. This phase also makes your weight loss stable and sets the hypothalamus.

Phase 3b: Maintenance Phase 3 weeks.

The fun part. For the next three weeks you will gradually re-introduce healthy foods that weren't allowed in the previous phases back into your diet, until you reach a normal calorie intake level. You won't be taking the drops. Take the maintenance drops if you have them, remember they are designed to support the body, suppress hunger and curb cravings whilst you are in the maintenance phase.

Note you need to keep your diet high in protein and low in carbohydrates for three weeks. This means no starches or sugars.

EAT High protein foods including: meat, poultry, sea foods, game, nuts, beans, eggs, cheese, butter, cream, cottage cheese, some fruit, vegetables, real yogurt. Small amount of milk.

DO NOT EAT bad carbohydrates including: white bread, white sugar, sugar, candy, pasta, white flour, commercial cereals, soda, fake sugar, sweets, ice cream, all takeaway foods etc. Carbohydrates stimulate insulin and insulin puts blood sugar into fat storage. The secret to keeping slim is to mainly eat low good-carbohydrates for life.

CHEATING

It is so not worth it. It takes away precious losing time. You may not see the effects of cheating the scale immediately however you will see it within a few days. You could waste a week of dieting and weight loss for one cheat episode. Keep reminding yourself it's a short time to be on a diet. Keep celebrating what you have lost. Take more drops if necessary.

CARE OF YOUR DROPS

Important note: When you take the HCG drops don't eat or drink anything before or after for 10 to 15 minutes. Because homeopathics are sensitive the vibration can be nullified if strong odours are in the mouth at the time of absorption. E.g. Toothpaste, coffee, garlic etc. Always keep the bottle away from heat and light. Store left over HCG in a cupboard away from light and strong odours.

THE ACTUAL 500 CAL DIET

After a few days of adjusting to this diet you will feel fantastic, calm, well and will sleep deeply. You will also feel happy, successful and motivated as you see the daily weight loss on the scales as well as in your clothing. Our homeopathic drops can be used multiple times a day to keep you mobilizing fat and losing weight.

If you think you can make changes to it and still lose weight you will be sadly disappointed. Remember, you are only eating 500 calories a day, but you are still getting the normal amount of calories a day you need to be healthy and active, because the rest of your calories needs comes from your own abnormal fat – that is why you can lose up to ½ -2 pounds (1/4 -1 kilo) per day.

Don't panic you won't be hungry using the SlimNTrim HCG Drops. Also the HCG drops stimulate your body to use the abnormal and unwanted fat stores as food so you don't get run down.. Take the B12 Complex daily to give you an energy boost, help you to cope with the changes going on inside your body and support the liver as it processes the toxins previously locked in the released fat cells.

BREAKFAST:

- Any amount of coffee, tea, herbal teas. You can also make a soda with mineral water and flavoured stevia. You can use one of your fruits here. eg: 1 cup strawberries or 1 cup stewed apple.



LUNCH AND DINNER:

- 4 ounces / 115gms of meat, chicken or fish with a small salad using the vegetables listed on the next page. Coffee, tea, herb tea or stevia flavoured soda.

- Choose only lean meats and free range chicken. All visible fat must be removed before cooking as well as skin and the portion should be weighed raw. Cook all meat, chicken or fish on a grill, baking paper or non-stick pan so no fat.
- Veal or Steak - free-range only because they are estrogen hormone free. Estrogen given to cattle promotes fattening them up. Do not use fat-marbled steak.
- Fresh White Fish Halibut Swordfish Bass
 • Flounder Pike Brooke trout
 Jew fish John dory Snapper Crab meat
 Lobster Shrimp



Foods can be seasoned with:

- Sea or rock salt Pepper Vinegar Mustard Powder Garlic Sweet-Basil Parsley Thyme Marjoram Chilli powder Juice of 1 Lemon daily Bragg Liquid Aminos (like soy sauce but no fat or sugar)
- A small salad made with only the following fresh vegetables. Two cups total. These vegetables are low in carbs - but that doesn't mean you can over-eat them. Carbs will stimulate insulin and thus fat storage. Use spices and seasonings that are listed above to add flavour.

- Spinach Chard Chicory
 Beet-greens Green
 Salad Tomatoes 1 only,
 Celery Fennel Onions
 Red Radishes
 Cucumbers Asparagus
 Cabbage Broccoli
 Cauliflower Zucchini



FRUIT TREATS BETWEEN MEALS or at breakfast -TOTAL 2 A DAY.

Keep the sizes small. Again, fruit is a carb and carbs stimulate insulin and thus fat storage:

- Apple large
- Strawberries (1 cup)
- Orange large
- 1/2 large Grapefruit or 1 small grapefruit

BREAD- 2 cruskets, Melba toasts or grissini bread sticks per day.

EGGS- 1 free range, for vegetarians only who don't use the meat, chicken or fish.

LIQUIDS- Only drink tea, coffee, herbal teas, plain water or mineral water in any quantity. Try to drink 2+ litres of water a day. Water is essential. Fill two bottles with purified or filtered water each morning add a pinch of sea or rock salt to help your body absorb it.

MILK -Only 1/4 cup of skim milk allowed per day, don't go over this or you will not lose weight.

FLAVOURED SWEET DRINKS Add a few drops of flavoured stevia to mineral water or plain water to make many flavours of sodas. e.g.: chocolate, orange, mint, vanilla cream, berry, lemon, hazelnut, peppermint, cinnamon, toffee. Or freeze into ice blocks.

VEGETARIAN DIET PLAN

For vegetarians, there are alternatives for the daily ration of meat. Dr. Simeons substitutes 500ml of skim milk; split to 250ml per meal. Other alternatives for the daily meat ration include 100 grams of non-fat cottage cheese or one protein portion from eggs. This would be one whole egg, boiled or poached, plus the whites of 3 more eggs. These substitutes work inside the diet, yet Dr. Simeons found that you will lose weight half as fast as non-vegetarians. However, you need to be comfortable with this program and you need the protein or else you will lose muscle instead of fat.

Food Chart

Proteins (100grams)	Calories	Vegetable (1 cup)	Calories
Extra lean mince	185	Lettuce	8
Veal Steak	190	Asparagus	6
Lean Pork	132	Spinach	7
Chicken Breast	120	Cucumber	14
Sea Bass	123	Mushrooms	22
Salmon	141	Beans	34
Fresh white Fish	104	Capsicum	30
Tuna steak	140	Cabbage	21
Fruit	Calories	Fruit	Calories
Strawberries 1 cup	53	Apple 1	95
Orange 1	100	Tomato 1	16

Additional Information

IF YOU HAVE A LOT OF WEIGH TO LOSE:

With our HCG drops, we have found that you can go as long as you wish since it is hormone free with just the HCG frequency signature triggering the fat release. We've had clients go 90 days and lose 100 pounds/ 45kgs. But obviously you need to be sensible and take a break from the diet if you feel run down. You can always start again after a one month break.

You must take adult responsibility for your own health and wellbeing.

DRINK PLENTY OF WATER

Your body hides toxins in your fat cells. When you burn them for calories, you dump those toxins into the blood stream. Water will help flush them out. If you don't drink water when you detox, as you will certainly do when dieting - you will have headaches and aches and pains as the toxins are not being released from the body.

Fill several bottles of water each day and have them around your home, car, and work place etc, sip water continually all day. If you don't like water you can add one of the many flavours of stevia drops which makes them like a sugar free soda.

SOME EXERCISE

We highly recommend a 10-30 minute walk each day. This stimulates your metabolism, helps burn fat and tones your body. Start slow if not used to exercise and then build up. You will notice an increase in energy and a sense of well being when on the HCG drops which will be very helpful and empowering. Also as you lose weight you will feel lighter and it won't be so hard to move.

Note as Dr Simeons says, do not start any strenuous exercise while on this diet protocol. Read Dr Simeons full report (pounds and inches) on



the website.

MORNING WEIGH IN

Each morning weigh yourself naked. Keep a diary of your weight loss. This will help you stick to the diet and also reward you for your effort the day before. Also have some clothes that are too small now, try them on every few days and they will soon be too big. This incentive will empower you and make you feel excited and stimulated to continue. Some days you won't lose weight on the scales but you are still losing weight, you can't not lose weight on 500 calories a day.

Note: If on the same day in the morning you are one weight and at night you are say 1kg heavier this shows that you are carrying 1kg of excess fluid, so it's not weight you have put on as such. The next morning you will have lost weight again.

TAKING ENOUGH OF THE HCG DROPS

Taking the drops obviously is very important. They contain the unique frequency signatures of HCG, thyroid, adrenals, pituitary and liver. Along with fat metabolizes that trigger the hypothalamus [signal centre in the brain] to release fat and help optimize the other glands to function normally, in helping you lose weight.

Take the 10 HCG drops three times per day. Take extra any time you feel hunger coming on. Hunger means your blood sugar is dropping and taking the drops will help release fat and bring up your blood sugar. Some people will take the drops up to 8 times a day. Everyone's needs are different.

However be aware that generally you will not really feel hunger, it is just that you want food because you can't have it.

CONSTIPATION

We strongly recommend if you have had years of constipation to do a bowel cleanse or detox, or a series of colonics before you start this program.

If you find you are constipated while on the program eat 6 apples in a day. Nothing else for that day. This should get you moving and create a good cleanse. You must drink plenty of water every day to keep regular. You will go to the bathroom much less on this diet as you are eating so small and no real fibre. So every 3rd day is reasonable. But if you don't have regular bowel function, you might not show proper weight loss. Help your body to work correctly and to be in a healthy balance.

ALSO IMPORTANT

Don't use or eat anything not on the diet. No salad dressings even if they say DIET.

No lotions or skin creams that contain food based oil, read the labels. Use a glycerine, or non-food-oil based moisturizer such as baby oil. Take the B vitamin & mineral supplement.

SUPPORT

Read everything on our website, also read Dr Simeons manuscript (pounds and inches) in full so you are well informed and taking responsibility for your weight loss.

www.slimntrim.com.au

DISCLAIMER

The information contained in this Slim N Trim booklet and Slim N Trim website is no way intended to be medical advice. The HCG diet drops are not to be taken while pregnant, breastfeeding or if under 18. Do not exceed the recommended dosage. Always consult your doctor before undertaking any diet or exercise program.

These statements have not been evaluated by the food and drug administration. HCG diet drops are not intended to diagnose, treat, cure or prevent any disease.

Use of Slim N Trim drops is entirely at your own risk and it is your responsibility to research this product in full.

[Re order your HCG drops from SlimNTrim today](#)

And lose 30lb (13.5 kilos) in one month in a healthy way:

Homeopathic remedies last indefinitely. There is no shelf life/expiry date, because they do not spoil or lose their potency if stored correctly. As in stored with lid on tight, away from light, heat, moisture, strong odours and micro waves.

Recipes

Drinks

- Add flavoured stevia and ice to purified or filtered water or mineral water to make yummy sodas.
- Iced Fruity Green Tea

Boil 1 cup of water soak 5 green tea bags for 3-5 minutes, add stevia - E.g: pomegranate, raspberry, mango or mix and match. Pour into 2 litre jug and fill with water. Add juice of 1 lemon. Add 4-5 droppers full of stevia

- Ice blocks Add flavoured stevia to purified or filtered water to make yummy ice blocks. You can have as many a day as you wish. Flavours available - chocolate, orange, mint, vanilla cream, berry, lemon, hazelnut, peppermint, cinnamon, toffee plus more.
- Herbal teas (tea bags are easiest) can be brewed and frozen into iceblocks.

Seasoning

- Taco Seasoning - 1 t chilli powder. 2 t onion powder. 1 t ground cumin. 1 t garlic powder 1 t paprika. 1 t ground oregano.
- Sauces, Gravy & Dressings
- Tomato and/or Chilli Sauce

Unsweetened tomato sauce available in health foods section. Read the label must be zero sugar. You can also add chilli powder.

- Cocktail Sauce for shrimp

2 tbsp sugar free tomato sauce. 2 tablespoons onion powder. salt & pepper and stevia to taste. 1 teaspoon Paprika. 1 tablespoon apple cider vinegar to taste

- Sweet and Sour Vinaigrette Salad Dressing

1-3 tbsp of apple cider vinegar salt, pepper. Stevia to taste Mix ingredients then drizzle over salad, spinach, vegetables, or stir fry.

- Chicken Gravy

1/2 c homemade broth and 1 grissini bread stick Add 1/4 c broth to small saucepan and bring to boil. While broth is heating, grind grissini 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 minutes, until thickened. Add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavor. Add any spices you like.

- Smoky BBQ Sauce

2 tbsp sugar free tomato sauce. 2-3 tbsp water. 1/2 tbsp dehydrated minced onion. 1/2 tsp red wine vinegar or apple cider vinegar. 1/4 tbsp sugar free liquid smoke. 1/4 tsp paprika. 1/4 tsp chili powder. 1/8 tsp cinnamon. 1/8 tsp cloves. 1/4-1/2 tsp sugar substitute (if needed). Salt/pepper. In small non-stick pan, combine all ingredients and bring to boil. Reduce heat and simmer 20 minutes.

- Spicy Mustard Dressing

2 cups organic apple cider vinegar. 1/4 bottle of amino liquids. 2 tsp of wasabi powder 2 tsp of dry mustard powder. Shake well and keep refrigerated.

Dressing (can use as marinade too for meat and vegetables and for all salads)

2/3 cups apple cider vinegar. 1/3 cup of lemon juice. 1 Tbsp. of water Add to taste: salt & pepper, dried shallots, garlic powder, onion salt, chives, dried cilantro, parsley, basil. Add stevia (plain or Valencia orange) start with 1 dropper full and add to taste.

Broth & Soups

- Chicken or Fish Broth (Cook large amount to freeze and use for other recipes)

4oz or 100 gram pieces of chicken or fish

4 cups water 1 tsp of each: garlic powder, onion salt, celery salt, poultry seasoning, salt, pepper You can also add diced whole onion, cabbage etc as per your vegetable allowance

Combine ingredients in pot and cook until chicken is done. About 35 minutes.

You can also freeze some in ice cube trays without the whole vegetables and chicken for sautéing vegetables etc.

- Cream of Chicken Soup

4 oz Cooked chicken

3 cloves garlic.

1-2 cups broth as above

recipe. 1/2 cup celery.

1 tbsp dehydrated minced

onion. 1/2 tsp parsley

1/2 tsp basil.

Ground white pepper & sea salt

Preheat saucepan med to high heat. In food processor, combine all ingredients and pulse until reaches desired consistency. Pour into saucepan and bring to boil. Reduce heat to simmer, cover, and heat 20-30 minutes.

- Chicken vegetable Soup

6 cups of Chicken Broth Base (see recipe)

4 oz cooked chopped chicken

3 stalks of chopped celery

1 whole sweet onion chopped

2 handfuls of chopped cabbage

2 medium sized chopped tomatoes (optional)

Combine all ingredients and bring to a boil. Turn heat to low and simmer for 30 minutes or until vegetables are tender adding cabbage for the last 10 minutes.

- French Onion Soup

Saute 1 large onion thinly sliced with 3 garlic cloves minced for 10 minutes

Stir in 1 tsp powdered stevia, cook 10 minutes
Add 2 cups of beef broth and bring to a boil.
Reduce heat to simmer, cover and cook 20 minutes. Add salt & pepper to taste.

Salads and Cold Vegetables

- Cucumber Apple Salad

- 1/2 or 1 chopped apple
 - 1 sliced cucumber
 - 2 T. apple cider vinegar
 - 1 T. Water. garlic salt and pepper Stevia (optional)

Chop apple and thinly slice cucumber. Combine vinegar and water. Season with garlic salt, pepper and stevia to taste.

- Turkey Salad

- 4 oz of turkey breast
 - 1/2 sliced peeled cucumber
 - 1/2 chopped fresh grapefruit
 - 1/4 cup sliced celery
 - sliced onion
 - 1/2 lemon
 - Salt, pepper and cumin to taste

Grill Turkey breast with seasoning until no longer pink and juices run clear. Remove from grill and cool. Cut turkey into bite-size pieces. Toss together all other ingredients and add turkey.

Radish Salad

Radishes, sliced (allowed amount) lemon juice. 1 minced onion 1 T parsley. 1-2 t liquid aminos. Salt/pepper (to taste) In bowl, combine all ingredients and refrigerate 30 mins to 1 hr before serving.

- Strawberry Chicken Salad

- 1/2 cup lettuce

4 oz Chicken

1/2 cup Strawberries, sliced

Sweet N Sour Vinaigrette Dressing [see recipe in sauces]

Grill, bake or steam fry chicken. Slice into bite sized pieces. Put lettuce in bowl with sliced strawberries, put chicken in and toss. Drizzle with Sweet N Sour Vinaigrette, salt, pepper and herbs as desired. Toss till lettuce is coated.

- Coleslaw

2 cups shredded cabbage. Dressing to taste. Toss and chill.

- Chopped Salad

Chop up cabbage, apple, cucumber, onion, celery, and cooked asparagus (optional) Add Dressing and toss.

Dressing: 2/3 cups apple cider vinegar. 1/3 cup of lemon juice. 1 Tbsp. of water Add to taste: salt & pepper, dried shallots, garlic powder, onion salt, chives, dried cilantro, parsley, basil. Add stevia (plain or Valencia orange) start with 1 dropper full and add to taste.

- Citrus Tomato Salsa

1 large chopped tomato. 1 tbsp. fresh lemon juice. 1/8 tsp celery salt 1/8 tsp chili powder. 3 drops of clear stevia. 1 tsp of fresh cilantro 1/8 cup of dressing (see recipe). Combine and refrigerate.

Hot Vegetables

- Grilled Onions

1 whole sweet onion. Sea salt Slice sweet onion and place on preheated grill. Sprinkle with sea salt. Grill 4-5 min. until tender and juicy. You can grill with your meat first to flavor the onion.

- Lemon Zest Asparagus

1 cup asparagus

Fresh lemon juice

Sea salt and ground pepper

Rinse asparagus and break off any tough, white bottoms, peel if desired. Cut into 1-2 inch sections place in boiling water and simmer for 2 minutes. Drain. While asparagus is still hot, toss them in bowl with lemon juice. Salt and pepper to taste. Serve warm or room temp.

- Steamed Cabbage

Head of cabbage cleaned and

drained Sea salt to taste

Juice of 1/2 lemon

Steam cabbage for until tender (10-15 minutes). Toss with lemon juice and add salt and cracked pepper.

- Steamed Asparagus

1 cup asparagus - 1-2 cloves of minced garlic

1/2 tsp of parsley - 1/4 tsp of oregano - salt & pepper to

taste Juice of 1/2 lemon

Preheat oven to 400 deg. Trim asparagus and lay on non-stick aluminum foil. Add seasonings. Wrap all end of foil making a sealed pocket. Roast for 15-20 minutes.

Seafood

- Fillet of Sole

4oz or 100 grams of sole. 1/4 teaspoon of lime

juice dash of tarragon. 1/2 teaspoon of garlic

dash of chopped chives. Sea salt to taste

Lines a pot with baking paper, place on hot element, and sprinkle with all ingredients then add fish. Turn fish after a few minutes. Heat till cooked inside.

- Grilled Marinated Shrimp

1/4 cup chopped fresh onion. 1 lemon juiced. 1 tbsp chopped

Coriander 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

In a zip lock plastic bag, combine the shrimp with all other ingredients. Seal, and marinate in the refrigerator for 15 min to 1 hour. Preheat grill for medium-low heat. Cook shrimp for 5 minutes per side, or until opaque.

Steak

- Steak Fajitas

- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- Salt 4oz round steak
- Onions cut into strips
- 2 tablespoons fresh lime juice

Place all ingredients into zip lock bag, knead and mix gently to coat. Refrigerate for 15 minutes.

Heat a large non-stick pan. Empty the contents of the bag into the pan and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the steak is cooked through, about 6 minutes.

- Spicy Minced Steak Patty Add

- 1 T chili powder 2 t
- onion powder
- 1 t ground cumin
- 1 t garlic powder
- 1 t paprika
- 1 t ground oregano to 4 oz minced
- steak Fry on baking paper in hot pan

- Taco Salad

- 2 cups chopped romaine lettuce
- 4oz of lean ground beef garlic
- salt 1/4 tsp of chili seasoning
- 1 Crunched up melba toast or crusket

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

Chicken

- Chicken Fajitas

- 1/2 teaspoon ground cumin
 - 1/2 teaspoon onion powder
 - 1/4 teaspoon garlic powder
 - 1/4 cup water
 - Salt 4oz round steak
 - Onions cut into strips
 - 2 tablespoons fresh lime juice

Place all ingredients into zip lock bag, knead and mix gently to coat. Refrigerate for 15 minutes.

Heat a large non-stick pan. Empty the contents of the bag into the pan and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the steak is cooked through, about 6 minutes.

Deserts

- Candied Apples (note this can be made ahead for 2 days of fruit allowance)

- 4 apples - 4 packets of stevia
 - 1 tsp. of cinnamon
 - 2 cups of water
 - 1 tsp of vanilla stevia

Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350 degrees for an hour. Take out of oven and add vanilla to the liquid and stir. Take apples out and pour sweetened water mixture over apple.

Stewed apple with Cinnamon

Peel apple, stew with a little water. Mash, add cinnamon stevia or powdered cinnamon, and eat hot or cold.

- Strawberry & orange smoothie

- 1 cup of frozen or fresh strawberries

- 1 orange juiced

- 3/4 cup of crushed ice

- Stevia flavor of choice (1/2 dropper full or 1 packet)

(optional)

1 handful of frozen spinach leaves (you won't even be able to taste these) Blend in blender till smooth

- Baked Apples

Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350 degrees for an hour. Take out of oven and add vanilla to the liquid and stir. Take apples out and pour sweetened water mixture over apple.



