



The Homeopathic

eHCG^mBook

Your path to Health and Wellness

Welcome to the AnuMed world

Leading the industry with science:

In collaboration with the American Medical College of Homeopathy, AnuMed conducted a homeopathic proving on HCG. It is believed that this is the only homeopathic proving conducted anywhere in the world on HCG and is representative of AnuMed's seriousness in meeting the very highest standards in science and product development.



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You're heading for the pinnacle of healthy success and we support you!

At Anumed-International we pride ourselves on a strong union between Mother Nature and superior manufacturing practices. We aim to be the global leader when it comes to trust, education and superiority in Nutraceuticals. With a passion for each and every one of our customer's health and success, we supply the most innovative homeopathic and organic blends to the World. It is our goal to transform every individual we touch and to change the face of the health industry as we know it.

HCG and Homeopathy

Human Chorionic Gonadotropin (HCG)

HCG is a natural glycoprotein that the body naturally produces. In the early 1960s Dr. Simeon discovered with his patients that one of the functions of this glycoprotein was that it seemed to stimulate the body to metabolize and burn unwanted fat stores for energy. It is believed to reset the hypothalamic "satiety center" and thus change the "set point" of one's metabolism.

On a very low calorie diet (VLCD), HCG is known to "open" only the contents of the excess fat cells, thus allowing it to be used for the daily calories needed. Supplementing with HCG may result in reshaping the body by losing inches as well as pounds.

Is HCG Safe?

Yes. In the tradition of product safety, which the medical field of homeopathy offers, as well as thousands of elated customers, our homeopathic version of HCG is confirmed to be not only safe, but also effective. A 'Proving' which we commissioned to be done by a the American Medical College of Homeopathy, scientifically confirms its safety.

Women, please note: do not take our e-HCG if you are pregnant, lactating, or on your menstrual cycle. While on your menstrual cycle, continue with the VLCD, but start taking the e-HCG drops again once your cycle is complete.

Our Homeopathic e-HCG

Not all homeopathic formulations are the same. Our formula was designed to help you avoid the chance for headaches, hunger pains, weakness or irritability that may results from only being on a very low calorie diet (VLCD).

AnuMed International's e-HCG

AnuMed International manufactures from certified human USP grade HCG and distributes a homeopathic version from an FDA registered facility. In addition to HCG, our formula includes three amino acids which are proportioned using our proprietary algorithm to fully synergize all of the ingredients together. This ensures that the raw materials and the finished product meet the highest quality standards.

What is the "e" in e-HCG?

We focus on the science of homeopathy and inputting the correct bioelectrically-charged "energy" into our homeopathic preparations. Using our Active Water™ as a liquid base for every bottle, you will feel the energy as well as the effectiveness of our products.

The Basis of Our Special Formula

In addition to HCG, our formula includes a homeopathic version of three amino acids using our proprietary process to fully sunergize the ingredients.

ACETYL -L CARNITINE

L-Carnitine is a naturally occurring amino acid which plays a vital role in the metabolism of fat. We have chosen Acetyl-L-Carnitine instead of L-Carnitine to help the mitochondria deal with the incoming "onslaught" of excess fat from the heightened HCG effect on fat metabolism. Acetyl-L-Carnitine is the more bioavailable form and it functions as a transporter of fatty acids to the mitochondria, the mitochondria are the metabolic furnaces of the cell. Overall health and energy levels are maintained during dieting by preserving mitochondrial functions. Acetyl-L-Carnitine is also known to cross the blood brain barrier where it acts as a powerful antioxidant and increases blood circulation to support a healthy memory.

L-ARGININE

L-Arginine is a semi essential amino acid that aids in regulating hormones and blood sugar, and is needed to trigger the body into making protein and has been studied (www.mayoclinic.com/health/larginine/N5-patient-arginine) for preventing tissue wasting in people with critical illness. Another beneficial effect of Arginine is that it acts as a precursor to Nitric Oxide (NO), a vasadilator that increases the intensity and duration of blood flow to the muscles, removing toxins and replacing supplies of fuel and oxygen. Nitric Oxide has been called the miracle molecule. The discovery of its signaling properties earned a Nobel Prize in 1998.

L-ORNITHINE

L-Ornithine is most commonly used in combination with L-Arginine to enhance its effectiveness. L-Ornithine is associated with the body's production of human growth hormone. Human growth hormone is well known for its anabolic and fat-burning properties. L-Ornithine is one of a handful of amino acids that cause the pituitary gland to release more growth hormone. What this means for anti-aging enthusiasts and athletes is less body fat accrual, more muscle growth and retention. This has many other youthful benefits, including; healthier skin, increased energy levels, improved brain function and elevated libido.

Dr. Simeons

Dr. Simeons spent 30 years researching HCG and there are countless examples pointing to the success of HCG in weight management. He advises that when HCG is used in conjunction with a very low calorie diet (500 calories), the hypothalamus (located in the diencephalic area of the brain) regulates the disposal of the abnormal fat.



He concluded that through the hypothalamus the metabolic mechanism is reset and prevents the usual rebounding weight gain problem that follows most other diet programs. As a result, clients using this program lose their fat from adipose tissue accumulations. The client's body is literally reshaped naturally causing visible contouring of the body with minimal effort. To date, thousands of people have found that our simple HCG fat release system works for them.

Is the homeopathic fat release system a 500 calorie diet?

No! The 500 calories in this fat loss protocol provide only the starting point. The additional calories 1500 to 2000 calories of energy needed each day, come from the increased level of fat metabolized at the mitochondrial level. So when the 500 calories from food intake is combined with an average of 1500-2000 additional calories, you can see that the e-HCG fat release system is not a starvation diet!

Three Kinds of fat

Dr. Simeons documented three kinds of fat:

The First is the structural fat that fills the gaps between various organs. It provides the cushioning that beds the kidneys in soft elastic tissue and it protects the coronary artery. Without this type of support fat we could not walk as it provides the springy cushion under the bones of the feet.

The Second kind of fat packs the highest caloric value into the smallest space. Normal reserves of fuel for muscular activity and maintenance of body temperature are conveniently stored in this form. The body can draw upon these reserves of fuel when the nutritional resources from the intestinal tract are insufficient to meet the demand. These fat reserves are localized all over the body.

The Third type of fat is entirely abnormal and the kind from which the overweight person suffers. If it is not used as a potential fuel reserve then it is locked away in a fixed deposit. Unlike the second kind of fat it is not available to the body in a nutritional emergency.

Dr. Simeons has concluded that obesity is caused by a disorder of the diencephalic center of the brain. e-HCG works on this part of the brain to improve the metabolism of the third kind of fat.



DEAR CLIENT,

We at AnuMed-International™ are aware of the tragic consequences that result from engaging in the long-standing cycle of abuse to our digestive system. It is imperative that you understand the effect that indiscriminate eating and drinking habits can have on the colon. The colon is the last section of the digestive system and is the section of the large intestine that extends from the caecum to the rectum. The colon is the main organ of the body that manages waste production and disposal. The colon is a veritable human elimination system that needs to be cleansed regularly.

Too many of our foods are full of processed, refined ingredients such as sugar, and are tainted with harmful pesticides, hormones and antibiotics. Our bodies are constantly bombarded by environmental pollutants, toxins and stress. All of these factors take a heavy toll on our digestive system. These invaders collect in the bloodstream and tissues causing us to feel tired, function ineffectively and often times gain weight. Research has shown you can rid your body of these invaders by regularly cleansing the colon. Supplementing AnuMed's e-HCG program with products that are designed to detox and cleanse your system will optimize your results, leading you into a healthy living regimen.

We aim to educate our clients on the importance of adopting healthy eating habits that will positively affect your entire body and quality of life. It is in this spirit that we introduce the following pictorials and explain some lifestyle changes that are an essential starting point to a healthy life and a successful protocol.



Dr. Simeons discovered that using small amounts of HCG could reset and adjust the hypothalamus to operate at normal levels again. The importance of this ability lies in the fact that the hypothalamus is the functioning center for four of the brains most powerful hormones (neurotransmitters) that affect the mind. The

Hypothalamus directs a plethora of vital functions in the body such as endocrine, autonomic, and motor function control, food and water intake regulations, sleep-wake cycle regulation, and homeostasis.

HCG and the Hypothalamus

Homeostasis (maintenance of internal stability) in the body is achieved through a proper functioning hypothalamus. Important factors such as body weight, body temperature, blood pressure, electrolyte balance are all held at a specific value called the "set point". Although over time this point may change, it is stable on a day to day basis.

The hypothalamus plays an intricate and vital role in weight management. When the hypothalamus is not functioning correctly our brain cannot comprehend the feeling of "full" as well. Food becomes more unfulfilling, gradually causing you to eat more and more to feel satisfied. The hypothalamus directs our motivation to eat by stimulating hunger and appetite brain impulses. According to an article on hypothalamic dysfunction by the University of Maryland Medical Center, "The hypothalamus influences the pituitary, which in turn influences the thyroid gland." The Mayo Clinic depicts the thyroid as having a critical effect on metabolic processes. This is why it is crucial to maintain healthy hypothalamic function!

Our bodies are constantly bombarded by environmental pollutants, toxins, poor quality food and stress, which take a heavy toll on our digestive system.



WHY HCG Protocol?

Our e-HCG fat release system has helped thousands of people lose these "stubborn" pounds. In addition to weight loss, patients who have completed the e-HCG protocol typically experience many other health benefits, including an increase in energy and a drop in cholesterol, trialycerides, blood pressure and blood sugar.

With care, AnuMed International™ Phoenix AZ

Introduction

e-HCG Homeopathic Fat Release Protocol

- The e-HCG protocol is a great way to reduce those stubborn fatty areas and detoxify the body naturally.
- e-HCG homeopathic drops can be taken anywhere, anytime.
- There are no known side effects from homeopathic HCG.
- e-HCG contains 3 added amino acids which improve blood flow, increase fat burning, supports muscle growth and help suppress appetite.
- e-HCG spares the good fat which is needed to cushion bones and organs while helping to reduce the bad fat deposits.
- The e-HCG Plan is a great first step towards a healthy lifestyle.

Three Phases to the HCG weight loss cycle:

Phase I: Taking the HCG drops

Phase II: Maintenance; helping the body become comfortable with the new lower weight

Phase III: Final Transition; enjoying the new you!

Getting started...

- Purchase e-HCG[™] Homeopathic Fat Release System with menu book.
- Use a good food scale, a cloth tape measure and an accurate bathroom scale.
- Take pictures of yourself, weigh, measure, set your goals and plan for success.

You are now ready to become a new, trimmer, slimmer you!

Caution: While there are no known negative effects from homeopathic HCG, if you have any health concerns, consult with your physician before you begin, especially if you have any blood sugar disorders. Do not take e-HCG if you are pregnant, trying to become pregnant or nursing.

Shopping List

 □ Proteins □ Vegetables □ Fruits □ Melba Toast □ Breadsticks □ Fat Free Beef Broth □ Fat Free Chicken Broth □ Oil Free D3 Cream □ Oil Free Conditioner 		□ Simply Stevia □ Apple Cider Vinegar □ Herbs and Spices □ Food Scale □ Cloth Measuring Tape □ Braggs Amino Acids □ Sparkling Water □ Oil Free Soap □ Oil Free Lotions		□ Lemon Juice □ Inulin □ B-12 □ Multivitamin □ Lipotropic □ B-Complex □ Minerals □ Oil Free Shampoo □ Oil Fee Cosmetics	
		Calorie	e List		
Protein (all fat trim	med) Calories per	100 grams (raw)	Vegetable	Grams Per Cup	Calories (raw
Veal Flank Steak Strip Steak (grass Bison Sirloin Chicken Breasts Tilapia Cod Mahi Mahi Flounder/Sole Polluck Halibut Lobster Crab Shrimp Cottage Cheese (f. Egg (1) Large Whot Egg (1) Large Whit	110 110 96 82 85 91 92 110 112 90 106 at free) 72 le 71 (50gr)		Asparagus Beet Greens Cabbage Celery Chard Chicory/Endive Cucumber Fennel (sliced bulb) Onion (chopped) Radish Spinach Tomato (chopped)	134 38 89 101 36 90 104 87 160 116 30 180	27 8 22 16 7 16 16 27 64 19 7 32
			Notes		
Fruit Apple Grapefruit (1/2) Orange Strawberries Melba Toast Grissini	Size 3" / 186 grams 4.5" / 166 grams 3" / 184 grams 1 cup / 166 grams 1 round / 30 grams 1 sick / about 5 gram	Calories (raw) 95 53 86 53 12 s 12-23			

Phase I "Taking the e-HCG drops"

Your first 2 days are "Loading days"

- Begin by taking the drops as directed and then indulging yourself with every fatty food you have always wanted to eat for 2 days. Loading days are very important energy building days to help you transition into the 500 calorie eating days. Weigh daily.
- Place 5 drops under your tongue first thing in the morning and before lunch, dinner and in the evening before bed. take less drops more frequently.
 Experiment to see what dosage and frequency works best. Some find it easier to take fewer drops more often.

Days 3 through 23 to 40, "500 calorie eating days"

- Continue taking the drops 3 or more times a day and begin your 500 calorie daily intake (VLCD).
- Do not be concerned about 500 calories per day. The HCG drops allow you to get additional calories from your abnormal fat. Dr. Simeons, the developer of this fat release protocol reminds us: "Under the effect of HCG the body is always able to obtain all the calories it needs from the abnormal fat deposits, regardless of whether it uses 1,500 or 4,000 per day. The participant is living to a far greater extent on the fat which he is losing than on what he eats."
- If you are active and hard-working don't adjust your food intake, just be sure
 that you are taking sufficient drops. If you feel hungry, increase your dosage of
 drops by one or two each time. Some people may need to cut back their
 physical activity if they begin to have difficulties. Make sure you are getting 500
 calories per day.
- Take the drops and eat 500 calories each day for at least 21 days to help your body transition to a lower weight.
- If you reach your weight loss goal before day 23 on the diet, keep taking the drops and increase your daily calorie intake 300 to 500 calories through day 23 and continue your transition into Phase II.
- If you have not accomplished your goal by day 23, keep taking the drops and continue eating the 500 calories daily. Once you have reached your goal, stop taking the drops and begin Phase II in three days. Do not take the drops beyond 40 days or stay on the 500 calorie daily meal plan beyond 43 days, because you should start the final phase no later than day 44...
- The day after you stop taking the drops is the day that you have a new body "set point" which is your new comfortable body weight.
- Stop taking the drops 3 days prior to the next phase to clear the HCG out of your system (stay on the 500 calories for the 3 days)
- If you did not hit your goal during phase I, you must complete phases II and III before starting another cycle of HCG drops. Do not try to lose weight

Recommendations

The Phase I Plateau

If you experience a "plateau," 3 consecutive days of no pounds or inches lost, do not b discouraged, as this could be your body signaling overload at the mitochondrial level due to the extra amount of fat your body is processing. To quote from Dr. Simeons, he suggests including an "apple day" whereby you only eat up to 6 apples take the HCG drops and cut back on your fluid intake. This should help release stored water in the body. Resume the VLCD the following day.

Phase II 21 days, "Maintenance"

Slowly introduce (150-300 calories per day) additional foods into your diet. Continue eating the same fruits, breadsticks/melba, protieins, and vegetables as in Phase I. Most people will need a minimum of 1,500 calories to maintain their new set weight. You can also add healthy fats in moderation into your diet (nuts, seeds, coconut oil, avocados, and salmon). With Phase II you can begin preparing the LCD recipes in the back of the manual. You may also introduce new proteins such as tuna, turkey, duck, and pork.

If you gain more than 2 pounds, have a "steak day." Eat only a large lean steak for dinner with either a tomato or apple. You should be back on track the next day. This 21 day phase is very important to help your body become comfortable with its new weight. Continue to weigh daily.

Phase III 21 days, "Final Transition"

This is the final 21 day transition for this cycle. You can now gradually begin introducing complex carbohydrates into your diet (oatmeal, brown rice, sweet potatoes, corn tortillas, honey). Do not introduce more than 1-2 new carbohydrates per week. You can also eat any variation of low glycemic fresh fruit and vegetables that you would like. Recommended calories per day is between 1500-2000 for women and 2000-2250 for men. Incorporate 3 days per week, of at least 30 minutes of physical activity into your new healthy lifestyle.

Gradually introduce sugars and starches into your diet. Weigh daily.

If you have attained your weight and size goal, congratulations!

If you have not met your goal, start a new cycle. It is up to you how many cycles you go through. For each new cycle you start, it is critical to always complete the two gorge days.

Enjoy and maintain!

Long Day

Vitamin **D3**

Also Available in: OIL FREE Vitamin D3



Long Night

RELAXATION cream



24 Hours a Day We've got You Covered.

Look for these products in our convenient 1.2 oz travel size container.

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THE ORIGINAL HCG DIET

by DR. A.T.W. Simeons

EXCERPT FROM DR. SIMEONS' MANUSCRIPTS,
"POUNDS AND INCHES" SHOWING THE ORIGINAL
500 VLCD (VERY LOW CALORIE DIET)

ALL DAY:

Increase water consumption to 64 ounces (2 quarts) a day. This is crucial to assist with proper detoxification and fat loss. Only one tablespoonful of fat free milk allowed in 24 hours. Do not mix vegetables. Eliminate sugar and artificial sweeteners, and avoid food with artificial colors.

Drink all the water, tea and coffee you desire but stay away from all soda and drinks with sugar or artificial sweeteners in them.

It is very important to carefully watch your diet until it becomes a normal routine for you. It is encouraging to monitor your progress, so remember to weigh and measure yourself every morning. You may start a moderate exercise regimen as you transition into your new diet. Exercise is not mandatory and it is not necessary for this weight loss program to be successful. No excessive or heavy exercising.

THE 500 CALORIE DAILY

BREAKFAST:

Consume any quantity of tea or coffee without sugar or artificial sweeteners that you desire. Simply Stevia by Stevia International $^{\text{TM}}$ may be used in place of sugar. Stevia is 300 times sweeter than sugar! The natural herb contains zero carbohydrates, zero calories and does not affect the glycemic index level.

LUNCH & DINNER:

- 3.5 oz (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 prepared without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. No dark meat or rotisserie chicken, the breast meat must be removed from the bird before cooking.
- 2. One type of vegetable only (per day) to be chosen from the following: spinach, chard, chicory, beet-greens, salad greens, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus and cabbage.
- 3. One breadstick (grissini) or one round Melba toast.
- 4. An apple, orange, a handful of strawberries or one-half grapefruit.

Other items for consumption: The juice of 1 lemon daily, salt, pepper, mustard powder, garlic, sweet basil, parsley, thyme and marjoram may be used for seasoning. Avoid all oils, butter, margarine, dressings etc...

Recommendations

We highly suggest you begin taking vitamins and minerals. Particularly, trace minerals, calcium, vitamin D, magnesium and most importantly the B group of vitamins. Tea, coffee, plain water or mineral water (2 quarts of water per day) are the only drinks allowed. We suggest raw apple cider vinegar instead of balsamic vinegar. Less expensive forms of balsamic vinegar usually contain higher sugar content. Braggs Liquid Aminos, with its soy sauce flavor, can add variety to many the recipes.

- The juice of one lemon daily is allowed for all purposes.
- Fruit or a breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner maybe eaten at one meal.
- No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission.
- To assist with digestion or constipation supplement with AnuMed-Intl's Inulin Prebiotic Fiber.
- Personal Care and Beauty Products on the e-HCG Protocol: We permit the use of lipstick, powder and such lotions as are entirely free of fatty substances. We recommend AnuMed-Inti's *Vitamin D3 Oil Free* cream to preserve skin moisture. Sun-tan oils are prohibited, so only use oil-free lotions and sunscreens.
- Aspirin and birth control are allowed on the Simeon HCG protocol.
- Abstain from use of body oil or oil based massage.
- 2 small apples are not an acceptable exchange for 1 "bigger apple".

Substitution

"In many countries specially prepared unsweetened and low calorie foods are freely available, and some of these can be tentatively used...The total daily intake must not exceed 500 calories if the best possible results are to be obtained. The daily ration should contain 7 oz (200 grams) of fat-free protein and a very small amount of starch." Dr. Simeon

Use Simply Stevia by Stevia International™ instead of white or raw sugar or artificial sweeteners. You may use the liquid and powder forms of Simply Stevia by Stevia International™ in foods and drinks. Stevia has 0 calories, 0 carbohydrates and 0 effect on the glycemic index.

As a substitution for meat, have the white of three eggs and one whole egg. You may prepare the eggs poached, boiled or raw.

You may also eat 4 oz (115gm) of fat-free cottage cheese instead of meat.

Recommendations

Start the HCG Homeopathic Fat Release Protocol with the intention to stay with it; it is easier than you might think... remember, the HCG helps release energy from stored fat. providing calories needed in addition to the 500

- DRINK PLENTY OF WATER: at least two liters each day.
- Store drops at room temperature away from direct sunlight and electronic devices. Refrigeration is not required.
- Get a friend to go on the HCG Homeopathic Fat Release Protocol with vou: the buddy system works.
- Supplements are ok (minerals, B complex) but no soft gels or oils
- Portion and pre-cook meats then freeze in individual bags
- Stick to one type of veggie per day but eat different fruits and protein (chicken, apple, spinach/lunch...fish, strawberries, spinach/dinner) Try the many VLCD recipes in the menu book to avoid boredom.
- Don't start the HCG plan unless you are at least 10 days from your menses; discontinue HCG drops during your menses but stay on the 500 calories, restart drops when menses cease. Slight weight gains during menses are normal and could be due to water retention.
- Use mineral based cosmetics and oil-free skin and hair products. Any oil applied to the skin will hinder your results
- Take before and after pictures: the comparison is inspiring!
- Avoid oil based and deep massages during the HCG protocol.
- Diet soda is not allowed, try Simply Stevia's Creamy Vanilla flavor in sparkling water for a delicious cream soda experience!

On the HCG Homeopathic Fat Release Protocol you should not be tired. look tired or run down or experience energy loss. Thos who follow the protocol should experienc positive life changing results and enjoy it in the process.

Other Helpful Hints:

Eating a variety of foods each day is the best way to enjoy the 500 daily calories. Each meal should include only one protein, one breadstick, one fruit and one vegetable. If you have chicken for the mid-day meal, then eat a different protein that evening but have the same vegetable. Fruit or a breadstick/melba toast may be eaten between meals instead of with lunch or dinner but no more than 4 items listed for lunch and dinner may be eaten at one meal.

Be sure to drink plenty of water throughout the day.

Remember: Do not eat or drink anything within 15 minutes of placing the HCG drops under your tongue!

Introducing

The Most Complete HCG KIT for Fat Release!

PERFECT

Science Driven Products for Wellness



- Fat Release e-HCG
- Stevia Sweet & Natural
- Methylcobalamin B-12
- Oil Free Vitamin D3 Cream
- Bonus Inulin Prebiotic Fiber



Fat Release System
e-HCG

- Fat Release
- · May Reset Satiety Center
- · May help Thyroid function
- May improve cholesterol levels
- May help elevate mood
- Protects lean muscle



- ZERO Calories
- ZERO Carbs
- · Free of Petrochemicals
- No Bitter After Taste
- Diabetic Friendly
- No Impact on the Glycemic Index
- Gluten Free



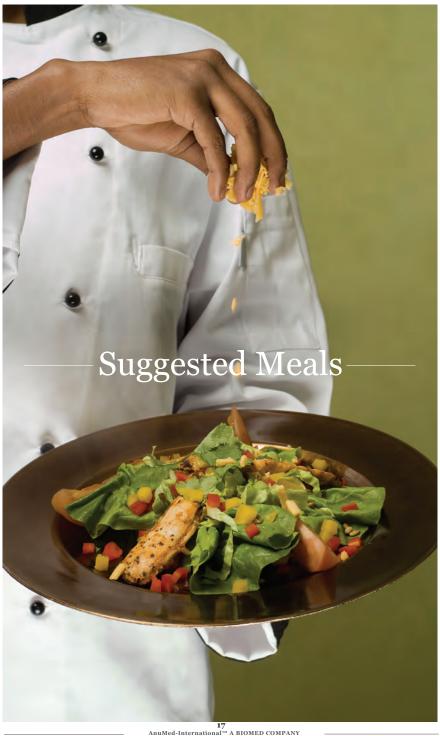
- Sublingual
- Gluten Free
- Healthy Energy BoostNaturally Flavored
- Naturally Flavore
- Diabetic Friendly
- Supports Healthy
 Homocysteine Levels



- Alleviates Dry Skin
- 2,500 IU per pump
- · May help Weight Loss
- Convenient Travel
 Size Container



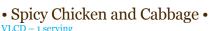
www.AnuMed-Intl.com



The following recipes are based on the experiences of people on the HCG diet and their successful variations from the original **Dr. Simeons' Diet Protocol.**

WE OFFER RECIPES THAT ARE IN 1 TO 2 SERVING PORTIONS.





100 grams (3.50z) Ground Chicken Breast 2 Tbsp. Powdered Onion Powdered Garlic to Taste Powdered Ginger 1/2-1 Minced Serrano or Jalapeño Peppers (Substitute an Anaheim pepper for a non-spicy flavor) 2 Tbsp. Minced Celery 1 cup Savoy Cabbage 1/4-1/2 cup Fat Free Low Sodium Chicken Broth Juice of 1/2 /Lemon or Lime

DIRECTIONS:

Cilantro to Taste

Brown the meat first, then add onion, garlic, ginger and celery. Cook for 2-5 minutes. Add pepper, cabbage and broth. Cook until cabbage has slightly wilted. Add cilantro and lemon juice. Cook another 2 minutes or so. Serve over savory cabbage leaves.



Lettuce Wraps

VLCD - 1 serving

100 grams (3.50z) Minced Chicken Breast Minced Fresh Ginger...about a 1/2 inch Piece Minced Fresh Garlic Minced Green Onion Fat Free Low Sodium Chicken Broth

Braise (medium heat) ginger, garlic and onion till soft then add chicken, cook until no longer pink.

Add: 1 tsp. Asian Red Chile Sauce 1/2 - 1 tsp. Chinese 5 Spice 1 Tbsp. Rice Wine Vinegar 1 Tbsp. wheat free Tamari sauce or Braggs Liquid Aminos

DIRECTIONS:

Cook for additional 5 minutes, as you keep stirring over low heat to reduce liquid. Remove from heat, spoon onto whole lettuce leafs and roll; Bibb lettuce, Boston lettuce or Iceberg works really well.

Moo Shoo Chicken

VLCD - 1 serving

100 grams (3.5oz) Chicken breast 2 cups of Green Cabbage, Roughly Chopped Braggs Amino Acid in the Spray Bottle Fat Free Low Sodium Chicken Broth

DIRECTIONS:

Wilt green cabbage in some chicken broth sprayed with Braggs Amino Acid in a pan with the lid on. After it is wilted and soft add in chicken that has been julienne sliced, (easier to cut when frozen) and sprayed with Braggs Amino Acid. Then proceed to sauté' until chicken is cooked.



Spicy Chicken

VLCD - 1 serving

100 grams (3.50z) Chicken Breast Chopped Lemon Juice Cayenne/Salt/Paprika/Garlic Onion Powder 1 Tomato

DIRECTIONS:

Chop 100 g 3.5 oz. of chicken into small pieces and season to taste (cayenne, salt, paprika, garlic, etc.). In frying pan (bottom covered with water and lemon juice) cook chicken with powdered onion. Chop one tomato into small pieces and add to mostly cooked chicken and continue cooking until chicken is cooked through and tomatoes are to desired consistency.



• Tarragon Chicken • VLCD - 1 serving

100g (3.5oz) Chicken Breast 1 tsp. (to taste) Tarragon, Chopped 1 tsp. (to taste) Tarragon Vinegar 1/4 cup Fat Free Low Sodium Chicken Broth 4 Thinly Sliced Onions Salt and Pepper

DIRECTIONS:

Preheat oven to 350. Salt and pepper both sides of chicken. In a square baking pan put slices of onion down. Lay chicken on top of onions Gently pour tarragon vinegar over chicken. Pour broth in pan but not on chicken. Sprinkle top of chicken with tarragon leaves. Let Marinate for 20-30 minutes. Bake in oven for 20-30 minutes until done.

• Oriental or Taco Lettuce Wraps • VLCD – 1 serving

100g (3.50z) Ground Chicken Breast 2 Celery Stalks Minced Fine ½ tsp. Onion Powder 1 Clove Garlic, Minced Lettuce Leaves for Wrapping the Meat

DIRECTIONS:

Sauté ingredients together (except lettuce)...you will not need any liquid as the celery will release enough while cooking. For the Oriental version add minced ginger and Braggs Liquid Aminos to taste. For the Taco version - add chili powder or cayenne pepper to taste. Wrap in lettuce leaves, taco-style and enjoy.





• Crockpot Chicken or Beef • VLCD – 9 servings

You can cook several pounds of chicken/beef ahead and freeze for convenience.

2 Pounds Chicken Breast or Lean Beef With all of the Fat Trimmed

4 Cloves Fresh Garlic, Minced

1/2 Onion, Chopped

1 tsp. Garlic Powder

1 tsp. Onion Powder

1 tsp. Paprika

1 tsp. Salt

1 tsp. Pepper

Water

DIRECTIONS:

Place all ingredients in a crockpot and add just enough water to cover.

Cook for 8-9 hours on low until chicken/beef is very tender. Remove meat from crockpot and shred. Divide into 9 individual servings and place in small containers. Add 1-2 Tbsp. broth to each serving to keep moist. Seal and freeze.

Hint: Chill beef broth and skim off fat before using. Save remainder of broth for use in other recipes.



Mock Fried Chicken

VLCD – 1 serving

100g (3.5 oz) Chicken Breast 1 Grissini Crumbled into a Fine Powder **Seasoning of choice-** Like Paprika *(or smoky paprika)*, Poultry Seasoning, cayenne, Garlic Powder

Herbs of choice- Dried Thyme, Oregano, Poultry Seasoning, Dry Mustard, Salt and Pepper.

DIRECTIONS:

For baking: 1Tbsp. milk, 1-2 Tbsp broth as needed. For frying: Preheat nonstick skillet to med. high or oven to 350 degrees. Salt and pepper both sides of chicken. Put grissini, seasonings and herbs into a bowl or on a plate. I use a shallow bowl. If baking, coat chicken with broth mixture and then roll in grissini mixture. Bake for 20-30 minutes. Finish under broiler about 5 minutes. If you get a small spray bottle and fill it with chicken broth, you can spray chicken broth on your chicken as well to baste as it bakes.

If frying, just coat the chicken in grissini mixture. Put enough broth in bottom of a nonstick frying pan to cover slightly. Pan should be hot enough to let off steam when you add the broth. Add chicken. Cook on both sides until golden and done, adding more broth as it cooks off.

• Braised Cabbage with Mustard Chicken •

VLCD - 2 servings

Red cabbage- 1 Small Head Sliced 1/4 cup Apple Cider Vinegar 1/2 Fat Free Low Sodium Chicken Broth 2-3 Cloves Garlic 2-3 Tbsp. Minced Onions In a large skillet, put 1/4 cup of chicken stock

In a large skillet, put 1/4 cup of chicken stock and bring to a boil. Add garlic and onions. Cook for 2-3 minutes. Add apple cider vinegar and rest of the chicken broth. Bring back to boil. Add cabbage. Cook for a few minutes and then turn to coat cabbage. Add some salt and pepper. Cover, add broth as needed and let it cook until most of the liquid is gone, turning cabbage occasionally.

200 grams (70z) of Chicken Breast Diced 1/4Fat Free Low Sodium Chicken Broth 2-3 tsp. Stone Ground Mustard- no sugar added (check ingredients) Stevia instead of sugar substitute Mustard Powder Paprika- or Smoky Paprika Salt and Pepper

DIRECTIONS:

Salt and pepper chicken. In a large skillet, add ¼ cup chicken broth and bring to a boil. Add stone ground mustard and Stevia. Stir to combine into the broth. Add chicken and cook until chicken is done and most of the liquid is getting thick. Right at the end, add a little mustard powder and paprika to thicken sauce a little more. Cook until really thick and liquid is mostly gone. Serve on top of the braised cabbage.



Chicken Cacciatore

LCD - 6 servings

6 Chicken Breasts

2 tsp. Salt, plus more to taste

1 tsp. Freshly Ground Black Pepper,

-plus more to taste

6 Grissini, Crushed, for Dredging

3 Tbsp. Fat Free Low Sodium Chicken Broth

1 Large Red Bell Pepper, Chopped

1 Onion, Chopped

3 Garlic Cloves, Finely Chopped

1 ½ Cups Fat Free Low Sodium Chicken Broth

1 (28-ounce) Can Diced Tomatoes With Juice

3 Tbsp. Drained Capers

1 1/2 tsps. Dried Oregano Leaves

1/4 Cup Coarsely Chopped Fresh Basil Leaves

DIRECTIONS:

Sprinkle the chicken pieces with 1 tsp each of salt and pepper. Dredge the chicken pieces in the crushed grissini to coat lightly.

In a large heavy sauté pan, heat the 3 Tbsp broth over a medium-high flame. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. Add more broth as it evaporates. In the case that all of the chicken does not fit in the pan, sauté it in 2 batches. Transfer the chicken to a plate and set aside.

Add the bell pepper, onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the remaining broth and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Take a spoon and skim any excess fat from atop the sauce. Spoon the sauce over the chicken, then sprinkle with the basil and serve.



• Chicken or Steak Fajitas •

200 grams (70z) Chicken or Beef, Sliced in Strips

- 1 Onion, Sliced into Strips 1 Bell Pepper Sliced
- 2 Cloves Garlic

Taco/Mexican Seasoning

1/2 Fat Free Low Sodium Chicken or Beef Broth

Salt and Pepper Lettuce Leaves

DIRECTIONS:

Add broth, onion and pepper to a non stick skillet and begin cooking on medium heat. When they start to wilt slightly, add salt, pepper and lettuce leaves.

After cooking about 5-7 minutes, add chicken or beef strips and garlic. Cook 5 minutes more or until the meat is almost cooked through.

Add Taco/Mexican seasoning, and cook until liquid is almost gone. Taste and add salt and pepper as needed. (Discard peppers before serving if desired).

You can make your own Taco/Mexican seasoning mix by adding together: 1 1/2 Tbsp chili powder, 1 tsp cumin, 1 tsp oregano, 1 tsp smoky paprika (or regular paprika), 1/2 tsp garlic powder or 1 tsp garlic salt and a pinch of cayenne.

Miso Glazed Chicken LCD 2 servings

3 Tbsps. White Miso

2 Tbsps. Mirin

2 Tbsps. Rice Wine Vinegar, Seasoned

1 tsp. Minced Fresh Ginger

1 tsp. Minced Garlic

14 oz. Chicken

1 cup Sliced Scallions/Green Onions

Pinch of Toasted Sesame Seeds

2 Tbsps. Fat Free Low Sodium Chicken Broth

DIRECTIONS:

Combine all the ingredients except scallions in a quart or gallon sized bag. Mix well by squashing around. Add meat of your choice. Marinate for at least 30 minutes to about an hour.

Preheat broiler. In an oven friendly pan, add enough of the broth to just cover the bottom of the pan. Over medium/medium high heat, cook meat until just about done. Allow a few additional minutes for the chicken. Brush top of the meat with reserved marinade from the bag. Broil until tops turn golden. This will happen pretty fast. Remove meat to a dish. Turn off broiler and put plate with meat into oven on bottom rack as you finish. Be fast or your meat will dry out. Alternatively, you can put the meat back into the pan right before you finish in either of the steps below.

Put rest of marinade into the pan used to cook the meat. You can either boil it down and use it like a glaze over your meat or use it to stir fry veggies for the meal. If using to stir fry veggies, have chopped bok- choy or chard ready to place into pan as soon as you have removed the meat.

Keep turning veggies until well coated by the marinade. Keep cooking until most of the liquid has been absorbed. Add veggies to plate with meat. If any liquid remains pour over the top of meat. Sprinkle with green onions and pinch of sesame seeds.



• Beef or Chicken Chili • VLCD - 4 servings

140z Ground chicken Breast or Lean Beef

- 1 15 oz. Can of Organic Diced Tomatoes
- 1 tsp. Onion Powder
- 1 1/2 tsp. Organic Chili Powder
- 1 tsp. Garlic Powder
- 1 tsp. Dried Cumin
- 1/2 Cup Water

DIRECTIONS:

Sauté meat until done. After meat is cooked, rinse the meat under hot water to remove the fat. Then return the meat to the pan and add all tomatoes, seasonings and water and simmer uncovered for 20-30 min. Serve with fresh tomato wedges.



Meatballs

LCD 4 servings

- 2 lbs Extra Lean Ground Beef (organic/grass fed is best)
- 2 Egg Whites
- 1 Small Onion, Diced
- 1 Package Onion Soup Mix

(or favorite seasoning)

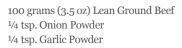
- 2-3 tspd. Ground Sage
- 1/4 Cup Finely Crushed Grissini or Melba Toast

DIRECTIONS:

Mix all together. Weigh entire mass on digital scale. Divide that weight into 8 equal portions. You can make about 8 small meatballs out of each portion and bake, then freeze in baggies or just freeze each portion for cooking later. Serve with fat free and sugar free spaghetti sauce.



VLCD - 1 serving



DIRECTIONS:

Cook 3.5oz ground beef patties, then rinse the meat well to get rid of the fat. Do not use bread. Season with salt and pepper.





• Garlic Ginger Beef • VLCD - 1 serving

100g (3.50z) Lean Beef with all Visible Fat Trimmed

1 Clove of Garlic, Minced

1 inch Piece of Ginger, Minced or cut into Thin Slices (will make it hot, so use less if you're sensitive!)

Onions, Cabbage, or Celery, (your choice)

DIRECTIONS:

Place a bit of water or low sodium fat free beef broth into pan. Add garlic, ginger, and veggie and stir fry until soft. Add beef and cook until beef is thoroughly cooked.



• Veal Piccata •

VLCD - 1 serving

This recipe breaks from tradition in that the veal is not dredged in flour prior to cooking. Chicken breasts that have been thinly pounded would also work well for this recipe.

100g (3.50z) Veal Scallops 1Large Garlic Clove, Pressed 1/4 cup Low Sodium Fat Free Beef Broth 1 1/2 Tbsps Capers, Drained Juice of 1 Lemon Parsley for Garnish

DIRECTIONS:

Season veal with salt and pepper.

In a non-stick pan, add veal and cook until tender, about 30 seconds per side. Transfer veal to platter and keep warm.

Add half the broth to deglaze pan. Add garlic to skillet and sauté 30 seconds. Boil until broth is reduced to glaze, about 2 minutes.

Stir in remaining broth, lemon juice and capers. Simmer until mixture is reduced to 1/4 cup, about 2 minutes. Pour over veal. Garnish with parsley.

Serve with wilted cabbage, wilted beet greens or sautéed fennel bulbs.



Filet-tenderloin with braised Chard •

VLCD - 1 serving

100 g (3.5 oz) Filet with all Visible Fat Trimmed Steak Seasoning

Chard

Fat Fee Low Sodium Beef Broth Apple Cider Vinegar Green Onions

Garlic

Cilantro

DIRECTIONS:

Preheat cast iron skillet on medium. Rub steak season on both sides of meat. Sear steak to preferred doneness. Remove to plate. Add 2 Tbsp of beef broth to deglaze pan. Add chard and cook until almost wilted. Add garlic, green onion and cilantro. Add dash but no more than 1 Tbsp of apple cider vinegar. Cook until chard is wilted and the liquid is cooked mostly off. Add to plate with steak. Enjoy.

• Flank Steak •

VLCD - 1 serving

100 g (3.5 oz) Flank Steak Spinach Garlic

Parslev

Fat Free Low Sodium Beef Broth

Nutmeg

Salt and Pepper

DIRECTIONS:

Preheat oven to 350. Pound flank steak until it is about a 1/4-1/2" thick. Salt and pepper both sides.

In a food processor, puree spinach, garlic and parsley with enough chicken broth to create a paste.

Spread paste on one side of the flank steak and sprinkle nutmeg sparingly.

Roll up flank steak and either tie with string or use toothpicks to secure. Make sure that when you roll it up the fibers are lengthwise so that when you cut into it, it will be against the grain.

Bake 30 minutes or until desired doneness is reached.







• Beef with Spicy Parsley Tomato Sauce •

VLCD - 1 serving

100 g (3.5 oz) Lean Beef or Veal Spicy Parsley Tomato Sauce:

2-4 Tomatoes Depending on Size, Quartered

11/2 cups Fresh Flat-Leaf Parsley

2 Garlic Cloves

1/2 tsp. Red Pepper Flakes

3/4 tsp. Kosher Salt

3/4 tsp. Freshly Ground Black Pepper

Herbs de Provence

2 Tbsp. Apple Cider Vinegar

1/2 cup of Low Sodium Fat Free Beef Broth

DIRECTIONS:

Preheat the oven to 375 degrees F. Season the beef with salt and pepper. Season the tomatoes with salt, pepper, and Herbs de Provence. Place a medium, heavy roasting pan or Dutch oven over high heat. Heat the broth. Sear the beef over high heat on all sides. Turn off heat.

Remove beef. Place the seasoned tomatoes into pan and place the pan in the oven. Roast about 30 to 40 minutes. During last 5 minutes, put beef into pan with the tomatoes. Take the pan out of the oven, tent loosely with foil or cover, and let rest for 10 to 15 minutes.

To make the sauce, place the parsley and garlic in a food processor and pulse until the parsley is finely chopped. Add the red pepper flakes, salt, red wine vinegar and the roasted tomatoes from the beef pan and process until pureed. Add the broth in a steady stream until smooth.

• Steak with Mustard Sauce • VLCD - 1 serving

100 g (3.5 oz) Lean Steak 1 cup Fat Free Low Sodium Beef Broth 1-2 Tbsp. Sugar Free Mustard 1/2 tsp. Ground Mustard Powder 2 Tbsp. Chopped Onion

DIRECTIONS:

Pour 1/4 cup of beef broth and both mustards in a bowl. Mix until smooth. Pour into sauté pan and add steak and onions, coating both with sauce. Cook until steak is desired doneness and add just enough broth to keep the sauce a gravy type consistency. The sauce will thicken a bit more once it cools



• Maddie's Chili • VLCD - 2 serving

Chopped Garlic Cloves

Salt, Pepper, Cayenne

3.5 ounces of extra lean ground beef 7 ounces (or more) tomatoes chopped (96% lean, 4% fat beef has only 123 calories in 3.5 ounces) Chili Powder Onion Powder

DIRECTIONS:

Sauté meat until done. After meat is cooked, rinse the meat under hot water to remove the fat. Then return the meat to the pan and add all tomatoes, seasonings and water and simmer uncovered for 20-30 min. Serve with fresh tomato wedges.



• Taco Soup • LCD - 4 servings

1 lb. Ground Buffalo or Lean Beef 1 med. Yellow Onion, Chopped

5 med. Tomatoes, Coarsely Chopped
2 cups Filtered Water
4 Cloves Garlic, Minced
Sea salt - To Taste
Fresh Ground Black Pepper - To taste
3 tsp. or to taste - Taco Seasoning or Mexican
Seasoning

(You can find organic Taco and Mexican seasoning in the spice aisle at Whole Foods. Silva Taco Seasoning, if your grocery carries it, contains no MSG and is only pure taco seasoning)

DIRECTIONS:

Over medium heat in sauce pot cook chopped onion and buffalo until onion is soft and meat is no longer pink. Rinse in colander under running water. Return to sauce pot, add water and bring to a boil. Add chopped tomatoes, salt and black pepper (I didn't measure the pepper – just did half a dozen grinds of the pepper mill) Add taco seasoning and minced garlic, return to a boil. Reduce heat and simmer covered, for 10 minutes. Taste. Adjust taco seasonings to suit your taste. Can serve with a crumbled bread stick on top.

Tip: This is also delicious with shredded chicken.



Kung Pao Chicken VLCD - 1 serving

100 grams (3.5 oz.) Chicken -Cut into Chunks 1/2 Chopped Onion (allowed amount) 1-2 tsp. Sambal Oelek Red Pepper Flakes (optional)

Marinade

1 part liquid aminos

1 part rice vinegar

Seasoning

Mash together in small bowl:

3 Coves Minced Farlic

1-2 tsps. Fresh minced Ginger Root

Sauce

Stir together in small bowl:

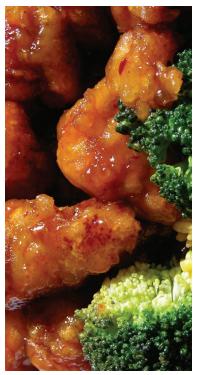
1/2 c Fat Free Low Sodium Chicken Broth

1-2 tsp. Liquid Aminos

1 tsp. Rice Vinegar

- 1. In small dish, combine marinade & chicken.
- 2. Refrigerate 30 mins 1 hour.
- 3. Preheat non-stick pan over MED-HI heat.
- 4. Cook chicken 5-7 mins, browning on all sides.
- 5. Add sambal oelek. Cook 1-3 additional mins.
- 6. Remove chicken from pan and set aside.
- 7. Add onion to pan and cook until tender.
- 8. Stir seasoning mixture in with onions. Cook 1-3 mins.
- 9. Add sauce mixture to pan. Cook 1-3 mins.
- 10. Re-add chicken to pan. Stir. Cook 1-3 mins.
- 11. Top with a few dashes of red pepper flakes (optional).
- 12. Serve.

TIP: This dish is also delicious with shrimp.



Orange Spiced Chicken and Broccoli. VLCD - 1 serving

100 grams (3.5 oz.) Chicken Breast 3.5 oz Broccoli (cooked) 1 Orange Peeled and Cut Into Small pieces 1 cup Chai Tea

DIRECTIONS:

Pour spiced chai tea into pan, add chicken pieces, simmer on medium heat till chicken is well cooked. (This works well with frozen chicken tenders, just put frozen meat in pan with tea and simmer until done). Place broccoli, oranges and chicken and juice from pan in a bowl. Toss with salt, pepper, herbs and spices. Eniov!

Please Note:

This recipe has been used by many on Phase I with success, however, broccoli is not an approved Phase I vegetable so use at your own discretion.

• Lemon Shrimp • VLCD - 1 serving

100 grams (3.5 oz.) Shrimp Juice of 1/2 a Lemon 1 T. water 1/2 tsp. Finely Chopped Dill 1/2 tsp. Minced Garlic 1/4 tsp. Onion Powder 1/2 tsp. Chopped Chives 1/4 tsp. Freshly Ground Black Pepper 1/8 tsp. Salt (or to taste)

DIRECTIONS:

Put all ingredients in a zip-lock sandwich bag and shake to blend well.

Add shrimp and marinate for a few minutes.

Heat small skillet on medium heat. Add contents of sandwich bag. Stir often until shrimp is cooked through and opaque.

Can be added to the top of a green salad or serve shrimp with grilled or steamed asparagus.

Also good on top of a bed of chopped fresh tomatoes.

• Spicy Lemon Cod • VLCD - 1 serving

100 grams (3.5 oz.) Cod Filet 1/4 Cup Low Sodium Vegetable Broth

(real amount unknown... just cook and if it evaporates before the cod is done, add more to keep it from sticking to the bottom of the pan)

DIRECTIONS:

Sauté cod in stock until cod is opaque. Add: 1/4 - 1/2 cup more chicken stock, 1 Tbsp fresh lemon juice. ¼ tsp cayenne pepper, add salt and pepper to taste; then, heat and serve with a bit of lemon zest over the fish.





• Cioppino • VLCD - 1 serving

100 grams (3.5 oz.) White Fish or Shrimp 1 Celery Stalk Clove of Garlic, Minced Sun Dried Tomatoes 2 Halves, Minced Cilantro, Chopped 1 cup Fat Free Low Sodium Vegetable Broth

DIRECTIONS:

Place broth and veggies in a medium saucepan and simmer for 10 minutes or until almost tender. Add fish or shrimp and cook for 5-7 minutes until it is opaque. Season with salt and pepper.



• White Fish in Parchment • VLCD - 1 serving

100 grams (3.5 oz.) WhiteFish Lemon or Orange Slices Dill Weed 1 Onion Sliced Salt and Pepper

DIRECTIONS:

Preheat oven to 350. Salt and pepper the fish on both sides.

Place onion on bottom of parchment paper. Aluminum foil can be used. Then place fish on top of onions.

Place lemon or orange slices on top of fish and then top off with fresh dill.

Fold parchment paper so that the ends and top are securely closed to allow the fish to steam. Place in pan and bake for 20-30 min depending on size of fish.

If another veggie is to be eaten- say asparagus with lemon pepper, then discard onions along with the lemon slices, orange slices and dill. If not, then enjoy with the onions.

Fennel bulbs sliced thinly instead of onions will give fish a slight anise flavor. If choosing fennel bulbs then substitute thyme, oregano, rosemary or other herb for the dill.

Halibut Tacos with Strawberry - Cucumber Salsa • VLCD - 1 serving

100 grams (3.5 oz.) Halibut Fillet

2 Tbsps. Fresh Lemon Juice

1 Tbsp. Fat Free Low Sodium Vegetable Broth

1 Clove Garlic, Minced

1/4 tsp. Sea Salt

1/4 tsp. Black Pepper

Strawberry-Cucumber Salsa: 1 serving

2 fresh strawberries

1 cup peeled, seeded, and chopped cucumber

1 tsp. of Minced Shallot or Green Onion (optional)

1 Tbsp. chopped fresh cilantro

2 Tbsps. fresh lime juice/lemon juice

1/2 tsp. sea salt

Jalapeño pepper seeded

Lettuce Leaves

Cilantro sprigs, for garnish

DIRECTIONS:

Combine lemon juice, broth, garlic, salt, and pepper in shallow glass baking dish or zip-top bag. Add fish, skin side up. Marinate in refrigerator for at least 30 minutes, but no longer than 3 hours. Toss all salsa ingredients together in a medium bowl.

Preheat grill. Remove fish from marinade and grill over medium-high heat for about 10 minutes, turning once, until opaque throughout. Slice fish into large pieces. Fill each lettuce leaf with fish and salsa. Garnish with additional cilantro, if desired. Serve with additional strawberries and cucumbers to complete your fruit and veggie serving.



• Shrimp with Garlic and Lemon • VLCD - 1 serving

100 grams (3.5 oz.) Shrimp, Peeled & Deveined 2 Tbsp. Fat Free Low Sodium Vegetable Broth

1 Garlic Clove, Minced

1/2 Grissini, Crumbled

3 Tbsp. Chopped Parsley

1/2 Lemon

Salt and Pepper

DIRECTIONS:

Preheat oven to 450 degrees. In a medium bowl combine broth, garlic, grissini and parsley. Lay shrimp down on a baking dish. Top with grissini mixture. Add salt and pepper for seasoning. Bake uncovered for 10 minutes. Remove and squeeze lemon juice over shrimp before serving.



Shrimp or Lobster Fra Diavolo •

VLCD - 4 servings

396 grams (14 oz.) Large Shrimp, Peeled and Deveined, or Lobster

1 tsp. Salt, Plus Additional as Needed

1 tsp. Dried Crushed Red Pepper Flakes

1 Tbsp. Minced Onion

1 (14 1/2-ounce) Can Diced Tomatoes

1 cup & 3 Tbsp Low Sodium Vegetable Broth

3 Garlic Cloves, Chopped

1/4 tsp. Dried Oregano Leaves

3 Tbsp. Chopped Fresh Italian Parsley Leaves

3 Tbsp. Chopped Fresh Basil Leaves

Add some tomato wedges

DIRECTIONS:

Toss the shrimp in a medium bowl with 1 tsp of salt and red pepper flakes. Heat the 3 Tbsp. broth in a heavy large skillet over medium-high heat. Add the shrimp and sauté for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes.

Transfer the shrimp to a large plate; set aside. Add the onion to the same skillet, adding 1 Tbsp vegetable broth to the pan, if necessary, and sauté until translucent, about 5 minutes. Add the tomatoes with their juices, remaining broth, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes.

Return the shrimp and any accumulated juices to the tomato mixture: toss to coat, and cook for about a minute so the flavors meld together. Stir in the parsley and basil. Add salt to taste, and serve. Serve with additional tomato wedges to complete the veggie requirement.

• Thai Scallops •

LCD - 2 servings

6-7 Sea Scallops (the big ones not the small bay scallops)

Chicken or Fish Broth (fat free/low sodium) Salt and Pepper for Seasoning

Sauce:

2 Tbsp. Broth

1 Tbsp. Fish Sauce (or a little more to taste) - available in very tall bottles at Asian/Chinese food stores,

Juice of 1/2 lime

(about 1 Tbsp.), handful of fresh cilantro, chopped 1-2 fresh red chilies, de-seeded and minced (or substitute 1/4 to 1/2 tsp. cayenne powder, to taste)

1 Clove Garlic, Minced

To serve:

Make a bed of mixed lettuces & Thai herbs (such as fresh basil and cilantro) and decorate with the wedges of fresh cut lime.

DIRECTIONS:

Place all sauce ingredients in a small frying pan or sauce pan. Stir, and set aside until later. (Note: the cilantro will soften down into the sauce later when you warm it up.) Rinse off the scallops, and be sure to pat them dry. Place on a cutting board or other clean, dry surface. Warm a wok (or large frying pan) over medium-high heat (allow pan to warm up at least 1 minute). While the pan is warming up, use a paper towel or clean tea towel to gently dab any remaining moisture from the scallops. You want to make sure the scallops are very dry before frying them in order to achieve a good sear on both sides. Now add 2 Tbsp. broth to the wok (or frying pan). Use a

spatula to distribute the broth just barely across the frying surface. Gently place the scallops in the pan, leaving enough space between them so you'll have room to turn them.

TIP: Do not attempt to move them once you've placed them in the hot pan. Allow the scallops to cook undisturbed for at least 2 minutes before attempting to turn them. Larger scallops may take as long as 3-4 minutes per side. While scallops are cooking, season them with a pinch of salt and black pepper. After 2-4 minutes, use a sharp egg-turner or spatula to gently lift the scallops from the bottom of the pan and turn. Now re-season once more with salt and pepper.

Continue cooking 2-4 more minutes. Scallops are done when both sides are firm (no longer "squishy") to the touch. Also, when scallops are done, you will see them "open" slightly, as though they are going to flake. Remove cooked scallops from the wok/pan and place on an absorbent towel or paper while you prepare the sauce. Place the sauce over medium heat-high. Stir continuously for 30 seconds to 1 minute only - just long enough to lightly cook the garlic and turn the fresh chili (if using) bright red. Make sure you do not overcook it, or you will lose the flavor of the fresh cilantro (coriander) and the nutrients (think of "warming" the sauce rather than cooking it). Remove from heat. Taste-test the sauce, adding a little more fish sauce if not salty enough (1tsp) or a little more lime juice if too salty. Place the seared scallops directly in the pan with the sauce. Gently turn the scallops to cover with sauce.

To serve, gently lift the scallops out of the pan and place on a serving plate (on or beside a bed of lettuce & fresh herbs). Now pour the rest of the sauce from the pan over the scallops, or spoon some over both scallops and salad. Another option is to gently poach the scallops in the sauce. If using this option, reserve half of the cilantro. Place scallops into sauce for 4-5 minutes. When scallops are almost done, turn over and then follow step #2 above.





• Shrimp Ceviche • LCD

- 1 to 2 lbs. shrimp, fresh or frozen, raw or cooked, peeled and deveined, tail-on or off
- 2 large lemons, freshly squeezed, about 3/4 cup to 1 cup
- 2-3 large limes, freshly squeezed, about 3/4 cup to 1 cup
- 1 Tbsp. fresh garlic, minced
- 1 Cuban or other mild to medium pepper, ribs and seeds removed, 1 cup of chopped red onion
- 1-3 Tbsps. Tabasco or hot sauce (more or less to taste)
- 4 large tomatoes, chopped (about 2-3 cups)
- 2 cucumbers, peeled and diced into 1/2 inch pieces (about 1.5 cups)

Fresh cilantro, chopped (about 1/2 cup)

Fresh parsley, chopped (about 1/2 cup)

Sea salt and fresh ground black pepper to taste

DIRECTIONS:

Thaw shrimp if frozen. If using raw shrimp, bring a pot of water to boil and cook the shrimp for a minute or two until it turns opaque white and reddish-do not overcook the shrimp as it will be too rubbery in texture. Rinse shrimp under cold water. Combine juices of lemons and limes in a large bowl (not metal) or large sandwich baggie and add shrimp. Cover bowl or zip baggie and refrigerate for 30 minutes to marinade. Large shrimp could be cut into smaller chunks (remove tails if doing this) to speed up marinate time. Add the Tabasco, garlic, onion and pepper and toss/mix evenly. Return to refrigerator for maybe another 30 minutes to let the flavors infuse the shrimp. Before serving, toss in bowl the marinated shrimp mixture, cilantro, parsley, tomatoes and cucumbers and if needed, add sea salt and black pepper to taste.



• Tempeh Curry •

100 grams (3.5 oz.) Cubed Tempeh
1/4 Fat Free Low Sodium Vegetable Broth
1/4 tsp. Curry Powder or to taste
Pinch of Turmeric
Dash of Garlic Powder
Dash of Onion Powder
1 tbsp.. Minced Onion
Salt and Pepper to taste
Stevia to Taste

DIRECTIONS:

Cayenne to Taste

Dissolve spices in Vegetable broth in a small saucepan. Add chopped onion, garlic and tempeh. Add Stevia to taste for a sweeter curry. Saute tempeh in liquid until done and liquid is reduced half. Additional water may be added to achieve desired consistency. Serve hot or cold.



Scrambled Eggs

VLCD - 1 serving

1 Egg

3 Egg Whites

1 Tbsp. of Chopped Onions

Garlic or Garlic Salt

1 Tbsp. Fat Free/Low Fat Milk (very optional)

Sauté Onion & Garlic in a little water or fat free broth.

DIRECTIONS:

Preheat a non stick skillet and saute garlic and onions in a small amount of fat free low sodium chicken broth and then set aside. Whisk together whole egg, whites and milk in a bowl and then mix in onion and garlic. Add mixture to pre heated non stick skillet and scramble using additional broth as needed.



 Roasted Fennel VLCD - 1-2 servings

Fennel Bulb, Sliced Raw Apple Cider Vinegar Fat Free Low Sodium Vegetable Broth

DIRECTIONS:

Preheat oven to 350. Toss fennel slices with broth and vinegar. Roast in oven for 40 minutes, tossing occasionally to get all sides evenly roasted.

Seared Red Chard VLCD - 2 or more servings

10 to 12 Cups RedChard (2 bunches trimmed and coarsely chopped)

2 Tbsps Fat Free Low Sodium Vegetable Broth Grated Nutmeg, to your taste

Coarse Salt and Pepper

2 Tbsps Raw Apple Cider Vinegar

DIRECTIONS:

Make sure your greens are very dry before preparing recipe. Also, wash and chop them when you come in from the market, so they are ready for you to cook up even guicker. Heat the broth in a large nonstick skillet over medium-high heat. Then add chard in bunches and keep it moving as it wilts up a bit - you are just searing it. The greens should remain crisp and crunchy. Wilting them all and searing them should take no more than 3 to 4 minutes. Season the greens with nutmeg and salt and pepper, to taste. Douse the pan with a little vinegar and remove from heat. Toss to cook off vinegar and serve allotted amount of greens hot. Save rest for another day.

· Brussels Sprouts with Lemon-Mustard Sauce • VLCD

Do not overcook Brussels Sprouts as then they have an unpleasant odor and taste. Properly roasted, they should be nutty.

1 pound Brussels Sprouts Salt (optional) Freshly ground pepper

2/3 cup + 2 Tbsp. vegetable or chicken broth Juice of half a lemon (about 2 Tbsps)

1 tsp. prepared mustard

1 tsp. Simply Stevia-liquid is preferred

DIRECTIONS:

The trick to great Brussels Sprouts is in the precooking stage. Trimming off about 1/8-1/4-inch of the stem end and removing any discolored or shriveled leaves will make them tender. Then cut the sprouts in half, from top to bottom (through the stem end), to make them cook quickly.

Spray a non-stick skillet lightly with oil and heat it on medium-high, or if you prefer use a bit of broth. When it's hot, toss in the sprouts and sprinkle them lightly with salt (optional). Stir and cook for about 1 to 2 minutes, just until they brown slightly on the cut side. Add the pepper and broth and cover. Throughout cooking process, stir every minute or so, for about 3-5 minutes, just until they are barely tender but still bright green. (I always grab one and taste it to check.) They should taste cooked, but not over-cooked, and the broth may have mostly evaporated. Mix the remaining Tbsps of broth, lemon juice, mustard, and Stevia Sweet & Natural. pour it over the sprouts, and heat just until warm throughout. Serve immediately for best color and taste.

Note: Brussel Sprouts are about 20 calories each.





• Brussels Sprouts in Balsamic • LCD

- 1 lb. Brussels Sprouts, trimmed and cut into quarters
- 2 Tbsp of Fat Free Low Sodium Vegetable Broth
- 1 Tbsp Balsamic Vinegar
- 1 Tbsp Parmesan Cheese (preferably fresh grated)

DIRECTIONS:

Preheat oven to 450 F. Trim Brussels Sprouts, remove any discolored leaves, and cut into quarters (or halves if they are small). Put sprouts in mixing bowl and toss with vegetable broth and balsamic vinegar.

Cover roasting pan with foil if desired. Arrange sprouts in a single layer on roasting pan, and roast 20 minutes, turning occasionally, or until sprouts are slightly crisp and golden brown on the edges. Put cooked sprouts into mixing bowl and toss with Parmesan cheese and serve hot.

Cabbage Rice/Noodle Alternative

VLCD Makes 2 or more servings (1 vegetable)

1/2 - 1 head of cabbage finely chopped into rice sized or noodle size pieces

Your choice of spices

1 cup chicken, vegetable broth or water

Mexican rice style

1 cup Fat Free Low Sodium Vegetable Broth

2 tblsps. Minced Onion

1 Clove of Garlic Crushed and Minced

1/4 tsp. Mexican Oregano

1/4 tsp. cayenne pepper or to taste

Dash of Cumin to Taste Fresh Chopped Cilantro

Salt and Pepper to taste

Indian style

1/2 tsp. curry

2 tblsp. minced onion

1 clove garlic crushed and minced

1/4 tsp. cumin

Salt and pepper to taste

Italian style

1 cup Fat Free Low Sodium vegetable Broth

1/4 tsp. Fresh or Dried Oregano

1/4 tsp. Dried Basil or 5 Leaves

Fresh Basil Rolled and Sliced

2 tblsp. Minced Onion

1 Clove Garlic Crushed and Minced

Salt and Pepper to taste

Oriental style

1/2 tsp. Ginger

3 tblsp. Bragg's Liquid Aminos

2 tblsp. Lemon Juice

3 tblsp. Orange Juice (optional)

2 tblsp. Chopped onion

1 Clove Garlic Crushed and Minced

DIRECTIONS:

In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients. Add spices and cook until cabbage is tender, adding water as necessary. Add ground beef or chicken to the spiced cabbage if desired.



• Herbed Asparagus • VLCD Makes 1 or more servings (1 vegetable)

Generous serving of Asparagus

1/2 cup Fat Free Low Sodium Vegetable Broth

2 tbsps. Lemon Juice

1 Clove of Garlic Crushed and Minced

1 tbstp. Minced Onion

1 tsp. Organic Italian Herb Mix

Water as Needed

DIRECTIONS:

Lightly sauté chopped onion, garlic and herbs in the broth for about one minute.

Add the asparagus and cook until tender. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce).

Garnish with parsley and lemon wedges.

Phase 3 modifications:

Add a splash of white wine. Stir in cold cubes of butter whisking gently to create a butter sauce or omit the lemon juice and stir in 1/4 cup cream or half and half. Add a few capers and top with fresh herbs.

Sweet Japanese Cucumber Salad •

VLCD Makes 1 serving (1 vegetable)

- 1 Cucumber Sliced/Diced
- 2 tbsps. Apple Cider Vinegar
- 1 tbsp. Fresh Lemon Juice
- 1 tbsp. Bragg's Liquid Aminos
- 1 tsp. Finely Minced Onion

Cayenne Pepper to Taste Simply Stevia to Taste

DIRECTIONS:

Mix ingredients together, marinate for 15 minutes or more and serve chilled.

Variations: Marinate cucumbers in sweet wasabi marinade.



• Curried Celery Salad • VLCD Makes 1 serving (1 vegetable)

Celery Stalks Diced

- 2 tbsps. Bragg's Liquid Aminos
- 3 tbsps. Lemon Juice
- 1 tbsp. Apple Cider Vinegar
- 1 tbsp. Chopped Green Onions

Curry to Taste

Simply Stevia to Taste



Add spices to liquid ingredients and mix thoroughly. Coat celery thoroughly and allow flavors to marinate for 20-30 minutes and serve.









· Arugula Salad with Chicken and Fruit •

VLCD Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

100 grams (3.5 oz.) Chicken Breast 2+cups Arugala Greens

Your choice of apple, orange, strawberry or grapefruit slices

Dressing made from your choice of compatible fruit (see page 49)

1 tbsp. Chopped Red Onion Salt and Pepper to Taste

DIRECTIONS:

Cook chicken with a little lemon juice and water until slightly browned. Prepare and wash arugala. Lay chicken slices on top of arugula salad and top with fruit and a dressing made from your fruit of choice. Examples: Strawberry vinaigrette, grapefruit vinaigrette, spicy orange dressing etc. See recipes for dressings, sauces, and marinades.

• Oriental Chicken Salad •

VLCD - Makes 1 Serving (1 protein, 1 veg, 1 fruit)

3.5 oz Chicken Breast 1 Grissini Breadstick Large Bed of Lettuce or Shredded Cabbage Orange Slices

DIRECTIONS:

Grill, bake, or steam chicken then slice into bite sized pieces. Place lettuce in bowl with orange slices, put chicken in and toss. Drizzle with dressing, salt, pepper, and herbs as desired. Toss until lettuce is coated.

• Oriental Dressing •

2 Garlic Cloves Finely Minced 1 piece of Fresh Minced Ginger 3 ounces Braggs Liquid Aminos 11/2 ounces Rice Wine Vinegar 1/2 ounce Water Add Simply Stevia to Taste

DIRECTIONS:

Combine all ingredients and whisk until combined.

You can easily double this recipe, just keep 2 to 1 ratio for the garlic, ginger, braggs, and vinegar.



Cajun Chicken Salad VLCD - 1 serving

100 g (3.5oz.) sliced chicken breast Cajun seasoning Lettuce Salt Pepper

Lemon juice DIRECTIONS:

Baste sliced chicken breast with Cajun seasoning and grill. Place on bed of lettuce and sprinkle with salt, pepper and lemon juice.



• Lettuce Wraps •

Lettuce leaves Lean ground beef

Fajita seasoning

Bell peppers (red, green, yellow and orange) Onion

DIRECTIONS:

Brown lean ground beef. Mix with (low fat, sugar free) fajita seasoning, sauté various bell peppersred, green, yellow, and orange- with onion. Wrap in lettuce leaves.

Orange Fennel Salad

VLCD - 1 serving vegetable, 1 serving fruit

1 bulb fennel, trimmed and sliced (I like matchstick size)

1 orange with the rind removed sliced into rounds

2 Tbsp. apple cider vinegar

1/2 tsp. poppy seeds

Salt to taste

Add Simply Stevia to taste

DIRECTIONS:

Place the fennel and orange in a large bowl. Drizzle with a mixture of Simply Stevia and vinegar, sprinkle with poppy seeds and salt. Chill and serve.



• Savory Chicken Soup • VLCD - 1 serving

100 grams (3.5 oz.) Chicken Breast, Cubed 1cup Chopped Celery

(may use tomatoes instead)

2 cups Fat Free Low Sodium Chicken Broth (may substitute 1 cup water for 1 cup broth)

1 Tbsp Minced Onion

2 Cloves Garlic, Crushed and Sliced

1 Bay Leaf

1/2 tsp. Poultry Spice Blend

Cayenne Pepper to Taste

Salt and Black Pepper to Taste

DIRECTIONS:

Bring chicken broth to a boil. Add onion, garlic and spices. Add chicken and vegetables and simmer on low heat for 20 minutes or more until chicken and celery are tender and fully cooked. Serve hot. Sprinkle with chives or parsley if desired.

• Tomato Soup •

VLCD - 1 serving

Tomato, in an allowed amount Fat Free Low Sodium Broth Roasted garlic Salt and pepper 1 Tbsp Fat Free Milk, Optional

DIRECTIONS:

Either broil the allotted tomatoes for 5-10 minutes until the skin blackens or use Muir Glen fire roasted tomatoes. Put tomatoes into a sauce pan with enough broth to cover.

When the tomatoes and broth boil, add the roasted garlic. Puree this mixture with an immersion blender or regular blender. Add salt and pepper to taste.

Once soup is off heat, add optional fat free milk.

Try substituting non fat low sodium beef broth and the meatballs from page 25. You usually get 8 very small meatballs from 100g of meat. It's helpful to pre-cook more than 1 serving of meatballs and freeze them to use as needed.



French Onion Soup

VLCD - 1 serving

100g (3.5 oz.) beef, Thinly Sliced Whole Onion, Thinly Sliced Fat Free Low Sodium Broth Roasted Garlic 1/2 Grissini Crumbled Salt and Pepper

DIRECTIONS:

Put onions into an oven-proof saucepan. Add enough broth to cover half the onions. Cook until onions are tender. Add salt and pepper to taste. Preheat broiler. Add thinly sliced beef to the onions. Top with mashed roasted garlic and grissini. Broil for 5 minutes until grissini/garlic mixture starts to brown.

• Beef and Cabbage Soup •

VLCD - 1 serving

100 grams (3.50z) lean ground beef Handful organic cabbage-chopped into chunks or grated.

1 tsp. Diced or Minced Onions 1/2 tsp. Garlic Powder Salt and Pepper to Taste

DIRECTIONS:

Brown beef and rinse out fat. Add onion and enough water to cover all. Simmer until cabbage is done: add salt and spices: sea salt, celery salt, garlic powder or garlic salt, dash of pepper.

Italian Wedding Soup LCD - 2 servings

Meatballs (recipe under Beef p.25) Chopped spinach- allowed amount Minced garlic- to taste Diced onions- as a flavor enhancer 1 tsp each of thyme, oregano, basil and any other Italian spice that you like Salt and pepper 2-3 cups Fat Free Low Sodium Beef Broth

DIRECTIONS:

Add onions, garlic and about 3 Tbsp. 1/4 cup of broth to a small soup pot. Cook until onions start to wilt. Add spinach and stir until spinach start to wilt. Add spices and herbs. Stir until liquid is almost cooked off. Add meatballs and rest of broth. Bring to a boil. Boil for a few minutes. Add salt and pepper to taste. This can be served with a small helping of "gremolata". It can be made with chopped parsley, lemon rind and minced garlic.



• Mexican Tomato Chicken Soup • LCD - 2 servings

1 Small Can Tomatillo - Blended

1 Small Can Petite Diced Tomatoes

1 Small Can Chicken or Beef Broth

7 oz Diced Cooked Chicken Breast

4 oz Diced onion

4 oz diced celery

Cilantro - Chopped to taste

Cayenne Pepper to Taste

Cumin to Taste

Chili Powder to Taste. Salt and Pepper to Taste

DIRECTIONS:

Add all ingredients and let simmer until veggies are tender. Beef can be substituted for the chicken if desired



• Mexican Green Sauce/Salsa • VLCD.

Green Tomatillos Garlic Cilantro Salt

DIRECTIONS:

Peel off outer layer of tomatillos, boil 15-20 minutes. cilantro, water. Absolutely excellent on tacos, eggs, and any Mexican dish.

• Melba Toast Bruschetta • VLCD

Chopped tomatoes Onion powder Cilantro Apple Cider Vinegar Salt Melba Toast

DIRECTIONS:

Cut everything up, stir in vinegar and salt to taste. Place on top of the Melba toast.



• Tomato Salsa •

VLCD - 2 servings

1 Clove Finely Minced Garlic

1/3 Cup very finely chopped fresh flat-leaf parsley

1/4 Cup Finely Chopped Celery Leaves 2 tbsp. Packed, Finely Chopped Fresh Basil

1 tbsp. Apple cider Vinegar

1 cup Seeded Tomatoes, cut up

1/4 tsp. Kosher Salt

Freshly Ground Pepper to Taste

DIRECTIONS:

Put everything in a bowl and stir gently to mix well. May need to add more tomatoes to fit your personal taste or the calories you need for the day. Very Throw in blender: green tomatillos, salt, garlic, good if you let it sit and get really cold in the refrigerator and let the flavors meld together.

> Can also be used as a bed to bake your chicken on. or use as a topping for chicken or fish.





• Egg Casserole •

1 Tbsp. Coconut Oil

1/4 Cup Red Bell Pepper Diced 1 Garlic Clove, Minced 10 Slices of Melba Toast, Whole Wheat 1/4 cup Cottage Cheese, Low Fat 3 Eggs 3/4 cup fat free evaporated milk 1 Tbsp. Basil, Fresh, Minced 1 Tbsp. rosemary, fresh, minced 2 Tsps. Chives, Fresh, Minced 1 Tbsp. Parsley, Fresh, Minced

DIRECTIONS:

Preheat the oven to 350 degrees. Heat the coconut oil in a skillet over medium high heat.

Sauté the pepper and scallions for 6 minutes. Add the garlic and sauté for 3 more minutes.

Place the toast slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the toast. Add the cooked vegetables. Bake for about 25-40 minutes until the omelet is slightly puffed and set.



• Mexican Salsa • Red tomatoes

1 chili pepper Salt

DIRECTIONS:

Boil red tomatoes and one chili pepper. When tomatoes are soft, pull the skin off. tomatoes and chili pepper in blender with plenty of water and lots of salt. Vary the flavor using any of the following - garlic, Stevia, cilantro, onion, thyme, oregano. There are literally hundreds of variations for this and every Mexican Salsa starts here.



• Shrimp Cocktail Sauce • VLCD - 2 servings

Ketchup (see p.50) Horseradish Garlic

DIRECTIONS:

Use in quantities to taste.



• Cucumber Salad Dressing • VLCD - 2 servings

1 English Cucumber
Cilantro to Taste
1/2 tsp Dry Mustard
2 Thin Slices of the Orange and Cut in Half
Juice of one Lemon
2-4 tbsps. Apple Cider Vinegar
1 packet Simply Stevia

DIRECTIONS:

Put it in blender and puree, enjoy on veggies or salads.



• Applesauce • VLCD - 1 serving

1 large Red delicious Apple, Peeled (opt.) and Chopped

1/4 Cup Water

Dash of Cinnamon

1 packet of Stevia

(Also, try the new cinnamon falvor by Simply Stevia, liquid 1 oz or 2 oz)

DIRECTIONS:

Place apples, water and cinnamon in a small saucepan. Cook until apples come to a boil. Add the Simply Stevia and turn heat to a simmer. Cook covered until most of the water is gone, stirring every few minutes. Remove from heat, puree, adding additional water as necessary.



• Cucumber Salsa • Good with lettuce wraps. VLCD

1 Med. Diced Seeded Cucumber 1/4 Cup Chopped Cilantro 1 small Serrano Pepper Diced 1 Organic Lime Juiced

DIRECTIONS:

Mix all together and serve with ground chicken/beef in a lettuce leaf.



• Orange Ginger Dressing • VLCD

1/2 -1 cup Champagne Vinegar 2 Tbsp Minced or Grated Ginger 1 tbsp. Garlic Juice of one Orange

DIRECTIONS:

Put all into a mason jar and let sit for at least 8 hours before using so that the flavors can meld. Sometimes, I slice off 2 thin slices of the orange cut in half to put into the jar as well and then juice the rest.



• Strawberry White Balsamic Vinegar • VLCD

Puree 2-3 large strawberries 1/2 cup of Apple Cider Vinegar (or any other white vinegar-like white wine or champagne) 1/2 tbsp. Minced Garlic 1 packet Simply Stevia

DIRECTIONS:

Put all ingredients together and shake vigorously.





• Sugarless Ketchup •

3 ounces Tomato Paste 3 Tbsps. Apple Cider Vinegar 1 Tbsp. Lemon Juice 1/4 tsp. Celery Salt 1/2 tsp. Paprika 1/4 tsp. Mustard Powder Pinch of Nutmeg and Clove Pinch of Black Pepper 1/4 tsp. Onion Powder 1/4 tsp. Garlic Powder Simply Stevia to Taste

DIRECTIONS:

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

• Mustard Vinaigrette • VLCD

1/4 cup Organic Apple Cider Vinegar 1 Tbsp. of Water 2 tsp. of Prepared Mustard 2 Tbsp. of Lemon Juice (original recipe calls for orange juice)

DIRECTIONS:

Combine.

• Balsamic Vinaigrette •

1/4 cup Dark Balsamic Vinegar 1/2-3/4 cup White Balsamic Vinegar 2 Cloves Roasted Garlic

DIRECTIONS:

Mash the roasted garlic into a paste. Put in Mason jar with the dark and white balsamic vinegars. This can be served immediately.



- Mojo •
- 4 Garlic Cloves, Minced
- 1 Jalapeño, Minced
- 1 large Handful Fresh Cilantro Leaves, finely chopped

Kosher Salt and Freshly Ground Black Pepper

- 2 Limes, Juiced
- 1 Orange, Juiced
- 2 Tbsps. White Vinegar
- 1/2 cup Non Fat Low Sodium Broth

DIRECTIONS:

In a mortar and pestle or bowl, mash together the garlic, jalapeño, cilantro, salt, and pepper to make a paste. Put the paste in a glass jar or plastic container. Add the lime juice, orange juice and vinegar. Shake it up really well to combine. Use as a marinade for chicken or beef or as a table condiment.

Yield: approximately 1 1/4 cups.





- Pico De Gallo •
- 4 Vine-Ripe Tomatoes, Chopped
- 1/2 medium Red Onion, Chopped
- 2 Green Onions, White and Green Parts, Sliced
- 1 Serrano Chili, Minced
- 1 handful Fresh Cilantro Leaves, Chopped
- 3 Garlic Cloves, Minced
- 2 Lime, Juiced
- 1 tsp. Kosher Salt

DIRECTIONS:

In a mixing bowl, combine all ingredients together. Toss thoroughly. Let it sit for 15 minutes to an hour to allow the flavors to meld.

• Teriyaki Sauce •

1/2 cup of Fat Free Low Sodium Beef or Chicken Broth

1/4 cup Bragg's Liquid Aminos

2 Tbsp. Apple Cider Vinegar

Orange Juice (from 3 orange wedges)

1/4 cup of Lemon Juice

1 Tbsp. Finely Minced Onion

1 tsp. Garlic Powder

1 tsp. Onion

1/2 tsp. Grated Ginger (or powdered)

1 Clove Finely Minced Garlic

Lemon or Orange Zest to Taste

Simply Stevia to Taste

DIRECTIONS:

Combine all ingredients in a small sauce pan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. Enjoy as a glaze or sauce with chicken or beef, depending on broth.



• (12 ounce) BBQ sauce recipe • LCD

3 ounces Tomato Paste

1/4 cup Apple Cider Vinegar

3 Tbsp. Lemon Juice

1 Tbsp. Hot Sauce

1 Tbsp. Minced Onion

3 Cloves Garlic Crushed and Minced

1/4 tsp. Chili Powder

Liquid Smoke Hickory Flavoring to Taste

1/2 tsp. Braggs Liquid Aminos

1/2 tsp. Garlic Powder

1/2 tsp. Onion Powder

1 tsp. Chopped Parsley

Stevia to taste (recommended: Try a touch of the chocolate flavored liquid Simply Stevia for added flavor.)

Cayenne Pepper to taste Salt and Pepper to taste Water as needed to achieve desired consistency

DIRECTIONS:

In a small saucepan, combine all ingredients. Mix well and bring to a boil. Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn't burn. Use as a barbeque sauce for chicken or beef.

Makes 1-2 servings (1 vegetable)

• Jerk • LCD

1 tsp. Distilled White Vinegar

2 cups Finely Chopped Green Onions (about 2 bunches)

2 Jalapeños, Seeded and Minced

2 Tbsps. Braggs Liquid Aminos

2 Tbsps. Browning and seasoning sauce (recommended: Kitchen Bouquet - may use smoky paprika as a substitute)

4 Tbsps. Fresh Lime Juice

5 tsps. Ground Allspice

2 Bay Leaves

6 Cloves Garlic, Minced

1 Tbsp. Salt

Simply Stevia to Taste

1 1/2 tsps. Dried Thyme, Crumbled

1 tsp. Ground Cinnamon

DIRECTIONS:

In the bowl of a food processor, combine the remaining tsp of vinegar, the green onions, jalapeños, soy sauce, browning and seasoning sauce, lime juice, allspice, bay leaves, garlic, salt, sugar, thyme and cinnamon. Mix it until smooth, stopping to scrape down the sides with a rubber spatula as needed. Put chicken or other meat into a plastic bag, add jerk sauce to bag. Make sure chicken is coated. Put into a pan and then into the refrigerator and marinate overnight or about 8 hours.





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Toffee



Stevia is a natural herbal product extracted from Stevia leaves, a plant indigenous to South America. About 300 times sweeter than sugar, it is calorie free, has zero carbs, and does not affect the glycemic index. Best of all, it is diabetic friendly! Japan has used Stevia for many years, however it is the World Health Organization's recent endorsement of Stevia that has led many countries to open their doors to Stevia.



• Sparkling Apple Pie • VLCD - 1 serving

One apple Cinnamon Simply Stevia Dash of ground nutmeg

Mineral water or seltzer

DIRECTIONS:

Put in blender and voila, apple pie in sparkling delight!

• Orange Julius • VLCD - 1 serving

1 orange 4-6 drops of Valencia Orange Simply Stevia Handful of ice Some seltzer

DIRECTIONS:

If you use the Bullet Blender, it makes just one serving. After blending it up, you can add more ice and seltzer so it would be nice and full. Try it with the grapefruit too!

• Frozen Dessert • VLCD 1 serving

Apple Grapefruit Strawberries Orange

Simply Stevia

DIRECTIONS:

Here is a quick recipe that is almost like ice cream...blend up either an apple, grapefruit, strawberries or orange...add desired stevia ...some water (the more water, the more volume). Once blended switch to whip for a bit...once all done put it in the freezer. Take out next day what you need and add other fruit for a slushy. You could use cinnamon with the apple if you wish.



• Lemonade • VLCD 1 serving

1 liter water Juice of 1 lemon Simply Stevia to taste.

• Strawberry Lemonade •

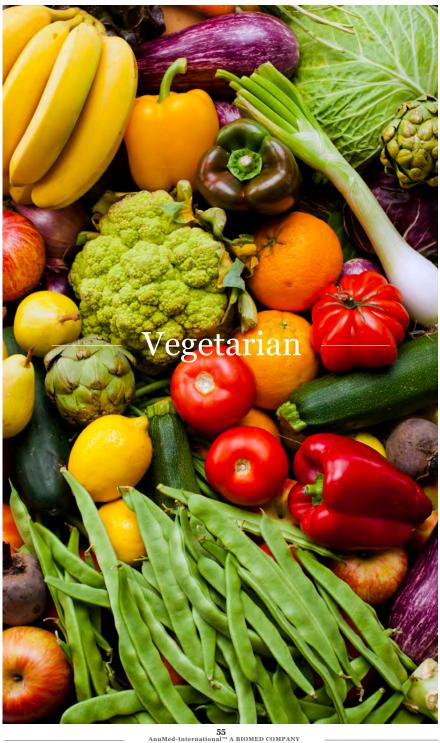
VLCD - 1 serving

2-3 strawberries, mashed Juice of ½ lemon 8 oz. water Stevia to taste

DIRECTIONS:

Mix together and enjoy!

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• Tomato Basil Salad •

LCD

4 oz of Firm Tofu, or Tempeh Cube

- 1 large Tomato, Cut up
- 1 Yellow Onion, sliced
- 1/4 cup Basil
- 1/4 cup Vinegar
- 1 tsp. Simply Stevia to Taste

Pinch of Sea Salt and Pepper

DIRECTIONS:

Mix all of the ingredients together and allow to marinate in the refridgerator for a few hours. Great on a hot day!

• Grilled Tofu Spinache •

LCD

4 oz of Firm Tofu or Tempeh marinated in homemade ketchup (See pg. 50 for recipe) 1 package of Fresh or Frozen Organic Spinache 1 Clove of Minced Garlic

DIRECTIONS:

Preheat the oven at 350 degrees. Saute the garlic and spinach until the spinach is grilled. Place spinach in the baking dish as the bottom layer and top with tempeh or tofu. Bake for 10 minutes.



Stuffed Egg Salad•

VLCD - 1 serving

1 Whole Hard Boiled Egg

3 Hardboiled Egg Whites

1 Large Heirloom Tomato Pinch of Sea Salt and Pepper

1/4 cup Apple Cider Vinegar

Simply Stevia to Taste

1 tsp. Mustard (optional)

1 tsp. Chives

DIRECTIONS:

Chop the eggs and chives and combine with vinegar, spices, and mustard. Slice the tomato in half and take out seeds. Stuff the mixture into the tomato half.

• Sushi •

3 tsp. Ground Chai Seeds in 2 Tbsp. water to make a paste.

1 Tbst. Roasted Sesame Seeds 3/4 cup Hemp Seeds 1/4 cup Cut Raw Red Peppers Nori Seaweed Seeds Bragg's Liquid Aminos

DIRECTIONS:

Mix together first 3 ingredients and add a little "All Natural Braggs Liquid Aminos" all purpose seasoning to taste. Spread the hemp seed mixture over the seaweed leaving the bottom row without. Put the peppers on the bottom of the roll and roll the sushi together.

• Phase 3 Pizza •

2 cups of Almond Flour 1 tsp. Celtic Sea Salt 1 tsp. Baking Soda 1/2 cup Parmasean cheese 1/2 cup Low Fat Grated Cheese 1 Organic Egg Vegetable Toppings of your Choice

DIRECTIONS:

Preheat oven to 375. In a large bowl combine almond flour, parmesean cheese, salt, and baking soda. In a small bowl whisk the egg. Mix egg into powder mixture and blend well and then knead dough. Roll dough into ball and bake in oven for 9-10 mintues. Take dough out and place on tomatos, cheese, and toppings. Place in broiler to melt cheese.



Broiled Cinnamon Grapefruit

VLCD - 1 servings

1 Grapefruit

Cinnamon, to Taste (optional) Simply Stevia, to Taste (Also try the NEW Cinnamon flavor by Simply Stevia in liquid 1 oz. or 2 oz.)

DIRECTIONS:

Peel grapefruit & remove skin from each section. Toss the sections of grapefruit with cinnamon and Stevia, Broil until cinnamon & stevia caramelize.

Reminder - this makes 2 fruit servings.









• Pumpkin Pie •

LCD - Phase Ill

1 150z Can Pumpkin

3/4 tsp. Ground Cinnamon

1/2 tsp. Ground Nutmeg

1/4 tsp. Ground Ginger

1/4 tsp. Ground Ginger

1/4 tsp. Groudn Cloves

1/2 tsp. Sea Salt

11/4 cups Cream

2 Eggs, Slightly Beaten

(Try substituting 1 small can of unsweetened evaporated milk for cream and eggs)

1 tsp. of liquid Simply Stevia to taste.

1 Pie Shell

DIRECTIONS:

Mix pumpkin and spices together. Add remaining ingredients. Mix slowly until all ingredients are evently mixed. Pour into pie shell. Bake at 425 degrees for 15 minutes, then reduce temperature and cook until done.

• Chocolate Pudding •

LCD

3 Extra Large Eggs

1/2 cup of Powdered Organic Dark Choc.

1/2 cup of Simply Stevia, to Taste

1 tsp. Vanilla Extract

1/2 cup of Almond Milk or Soy Creamer

1/4 cup Coconut Oil or Butter

1/2 cup Almond Flour

DIRECTIONS:

Put all of the ingredients in a sauce pan on low to medium heat and stir constantly until it thickens like custard. Remove from heat and pour into a pan with almond flour and a little coconut oil and bake for a few mintues. Put in the refridgerator to cool.

• Melba Toast with Strawberry Jam •

VLCD - Makes 1 serving (1 Melba toast, 1 fruit)

1 Melba toastStrawberriesSimply Stevia to taste

DIRECTIONS:

Puree fresh strawberries with Simply Stevia and serve on top of allowed Melba toast or sprinkle crushed Melba toast over strawberry puree for a wonderful crunchy texture. Variations: add a little vanilla powder or cinnamon to the crushed Melba toast for additional flavor.







-BEFORE



-AFTER



It wasn't until after I had my daughter at the age of 27, that I really began to notice how overweight I was and how bad I felt about myself. It was never that apparent to me before, but looking at myself in pictures I was disgusted and fed up. I knew then it was time to make a change. Even though I had tried other diets with marginal success, I still felt like my body was desperately hanging on to that last 10-15 lbs that's always so hard to lose.

I finally came across another diet, through AnuMed. I was introduced to AnuMed through a friend. I really wanted to get the rest of the weight off and decided it was time for a change. I figured it was worth a try, so I worked with an AnuMed representative and began the program. I must admit, the first few days of loading was like no other. I had never heard of a diet where you could eat what you wanted and as much as you wanted! I actually found that I had to force myself to get everything down. Once I began the VLCD on the 3rd day, I'll admit, I was a bit skeptical about the "Pound-a-Day" claim, but after the first day, I had actually dropped two pounds!! Thinking it was too good to be true, I continued on and averaged about 0.8 - 1.2 lbs a day for the first week! I was amazed! As worried as I was about being hungry, the AnuMed drops actually helped to curb my hunger. As my appetite decreased, so did my waistline! Not only were the recipes easy to prepare, I genuinely felt satisfied after each meal.

In addition to hearing other success stories about this program, I also used words as my biggest motivator when trying to stay focused and on the right track. Two words that seemed to help me the most were "Sacrifice" & "Commitment". In order for me to reach the end goal, I really have to sacrifice and commit to staying on track because at the end of the day, when I really think about it, no food tastes as good as being thin feels. Here I am today over 30 lbs thinner and maintaining my weight!! I would definitely recommend AnuMed to a friend or colleague—in fact, I already have!

Thank you AnuMed!! DELILAH

EXPERIENCES ON e-HCG PROTOCOL

-BEFORE -



AFTER



I started my first protocol May 9, 2011 for 40 days/took off about 34 pounds.....

The next protocol I started on Sept. 17, 2011 for 20 days took off about 18 more pounds bringing my total wight loss to 52 pounds! I also took off a total of 39 inches (10 inches off my waist alone). Not a lot of time to get the results I have been looking for my whole life.

The experience has been life changing and I enjoyed the journey. I believe by downloading the PDF 'Pounds and Inches' and reading that, then reading 'The promise of HCG', my weight has remained right around my 'set point' so I am extremely happy with the HCG protocol! NOTHING has ever worked for me like this and lasted, but I am proof it WORKS! And I now do not crave the bad foods, so no relapse like other diets!

Thank You! Thank you! Thank you!

I am thankful for my weight loss success using the e-HCG Fat Release (drops under the tongue and 500 calories per day diet). It hasn't been easy, but the results were well worth the sacrifice of giving up my favorite foods. Before starting the program, I desired to lose weight because there were a couple of people in my family who had Diabetes and I determined within myself that I didn't want live with a sickness such as that(not if i could help it). I tried Slim Fast, cutting calories, etc, and I would lose a few pounds here and there but certainly my results were nothing compared to what I experienced while using AnuMed-International's e-HCG.

Upon starting e-HCG I was hungry (even while taking the drops that others said suppressed their appetite) but I was determined to complete the program that I just dealt with the hunger in order to see the results that I was looking for. I realized that when it came to my health, only I could do something about it (you have to be consistent in order to see results).

Towards the end of phase one I began to feel satisfied (hunger was beginning to be suppressed)with only eating 500 calories per day. I have lost a total of 28 pounds(23 lbs during ph #1 and 5 lbs during ph #2) and several inches(I dont have the exact measurements) and I have decided to make it a lifestyle of being more conscious of the foods that I consume as I know that my body is the temple of the holy ghost (I have children and a husband who depend on me, therefore I want to be alive and capable to function as I should). I pray that my testimonial will encourage the people who read it to take control of their health for "self" first(thats what I did.....I didnt do it to impress anyone, although compliments are nice and appreciated:)

Sincerely, MICHELLE E. PETERSON

EXPERIENCES ON e-HCG PROTOCOL

"I tried HCG injections 20 years ago with success, but, over the years, gained the weight back. I recently brought homeopathic HCG into my store to sell, not really considering trying it myself since it wasn't an injection. But then one of my customers called me and told me how much she LOVES Anumed's e-Hcg, and that it works BETTER than the injections. So I tried e-Hcg. The result: I feel FABULOUS! I have so much energy and I'm more productive than I have been in a long time. I am focused! I have put a competing brand on clearance sale to get rid of them because Anumed's e-Hcg works so much better. Thank you, Anumed!"

EUNICE. A NUTRITION STORE MANAGER

"I'm Rhonda Bone, owner of Rhonda's Nature's Way in San Antonio, TX. I've been in the industry for 38 years, and have tried many weight-loss products. In January of 2010. I started a low calorie, raw foods diet. I lost about ten pounds, but was surprised at how slowly the weight came off, even on such a low calorie diet.

In June I visited Theresa at Anumed's booth at the national ow. We spoke at length, and I decided I would try Anumed's e-Hcg. That is when my low calorie diet produced results! I lost weight all over from head to toe and went down four sizes! A ladv who hadn't seen me in eight months or so asked if I had had lap band done! I now have a lot of customers on e-Hcg, and ALL have had success and are very happy."

RHONDA BONE

BEFORE -



AFTER









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In order to continue Healthy Cellular Balance



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