

500 Calorie Diet Menus

One of the building blocks behind the concept of the HCG Diet is the 500-calorie diet restriction. The basic idea is that the body requires more calories than 500 calories per day to sustain its activity level. The extra calories are made up from breaking down the body’s natural resources, carbohydrates, protein, and fats. This break down of these tissues results in weight loss. This diet alone is unsafe and is essentially a starvation diet where the body will lose it healthy tissues as well as the fats. Theoretically, the HCG allows the body to mobilize more fat than what would normally be released during dieting. This allows the body to use this fat as a fuel source and preserve some of the bodies needed carbohydrates and proteins. This way the body is not completely stripped of all of it natural reserves. The following menus are collections of menus that we have collected from various sources and patients who have shared their menus with us to share with the World. We hope that you serve you well. Please send us some other recipes if you have others and we will post them here. These Menus are simplified and not absolute. They are just basic estimates of the calories in certain food groups and meals and individual results will vary. This diet page is somewhat long so take your time and enjoy the read. This list will start with basic calorie estimates, then go to recipes such as appetizers, soups and salads, entrees, desserts and treats.

Calorie Intake List

Serving Size 3.5 oz

**Vegetables and Fruits**Calories **Meats, Oil and Starch**Calories  
Asparagus (frozen) 19  Beef (ground-raw) 136  
Asparagus (canned) 19 Beef (ground-cooked) 170  
Asparagus (raw) 22 Beef (1 frozen patty- 3oz) 240  
Celery 14 Chicken Breast (raw no skin) 89  
Cabbage 24 Chicken Breast (baked/grilled no skin) 128  
Chicory (raw) 23 Lobster (raw) 89  
Chicory (green) 17 Lobster (cooked) 97  
Cucumber (peeled) 12 Shrimp (raw) 105  
Cucumber (w/skin) 15 Shrimp (cooked) 98  
Fennel 31 Crab (raw) 83  
Lettuce (Iceberg) 14 Crab (cooked) 96  
Lettuce (Greenleaf) 1 7 Bass Fish (raw) 113  
Onions (raw) 42 Bass Fish (cooked) 145  
Onions (boiled) 44 Cod Fish (raw) 113  
Parsley 3 Cod Fish (cooked) 145  
Peppers (jalapeno) 40 Perch (raw) 90  
Red Radishes 16 Perch (cooked) 116  
Salsa 27 Tilapia Fish (raw) 95  
Spinach (raw) 23 Tilapia Fish (cooked) 110  
Spinach (canned) 23 Trout Fish (raw) 147  
Spinach (frozen/leaf) 70 Trout (cooked) 168  
Tomato 18 Whiting Fish (raw) 98  
Tomato Paste 82 Whiting (cooked) 168  
Apple (small) 55 Orange Roughly (cooked) 104  
Apple (medium) 72 Melba Toast (1 piece) 12  
Grapefruit (small-3.5 oz) 32 Melba Toast (3 pieces) 35  
Grapefruit (Medium-4.5 oz) 41 Melba Toast (3 pieces) 39  
Grapefruit (large-5.9 oz) 53  
Strawberries (3.5 oz) 32  
Strawberries (1 cup) 46

Recipes Calories per Serving

**Appetizers:**  
Spicy Celery Dippers 16  
Lemony Cabbage Slaw w/ Curry 28  
Sauteed Fennel and Chard 56  
Melba Delight 75  
Melba Toast Bruschetta 70

**Soups and Salads:**  
Chicken Bouillon Base 30  
French Onion Soup 60  
Tangy Tomato Soup 75  
Garlic Fish Soup 175  
Savory Chicken Soup 86  
Gazpacho Salad 42  
Lemon-Tarragon Asparagus Salad 100  
Cucumber Salad 15  
Grapefruit Salad 125  
Crunchy Sweet Apple Chicken Salad 160  
Taco Salad 210

**Entrees:**  
Chili 200  
Ginger Beef Kabobs 133  
Bunless Burgers 200  
Beef with Tomato Sauce 173  
Grilled Grouper w/ Tomato Sauce 189  
Citrus Fish 115  
Lemon-Tarragon Fish 125  
Chicken Chili 175  
Tomato Basil Chicken 145  
Glazed Herb Chicken w/ Asparagus 200  
Mint-Marinated Chicken Breast 202  
Cabbage Chicken Stir Fry 160  
Grilled Onions, Grapefruit and Chicken Stir Fry 220  
Breaded Chicken Tenders 180  
Boneless Hot Wings 140  
Egg Rolls 180  
Shrimp Ceviche 110  
Mexican Lettuce Wraps 150

**Desserts and Treats:**  
Lemon Berry Ice 76  
Easy Fruit Pie 91  
Apple Cobbler 56  
Homemade Applesauce 60  
Strawberries and Creme 40

**Do not substitute items for anything off of the list you have been given. You may, however, substitute any item for something that is on the list.**

Appetizers

**May be used for a snack or light meal**

**Spicy Celery Dippers**  
1 (14 oz) can of Mexican-Style stewed tomatoes with jalapeno peppers and spices, undrained  
1 (10 oz) can diced tomatoes and green chilies, undrained  
1/2 teaspoon black pepper  
1/2 teaspoon of garlic powder  
1) Place all ingredients in a blender  
2) Process for 15 seconds or to desired texture  
3) Transfer mixture to a bowl  
4) Serve immediately or cover and chill  
5) Use celery sticks or cucumber sticks to dip  
Makes 12 servings  
1 vegetable  
Nutrients per serving:  
Calories 16  
Total Fat 0  
Carbohydrates 3.7 g  
Sodium 203 mg

**Lemony Cabbage Slaw w/ Curry**  
4 cups shredded green or white cabbage  
1 cup white onion, thinly sliced  
2 tablespoons apple cider vinegar  
1 tablespoon lemon juice  
1 teaspoon curry powder  
1/2 teaspoon salt  
1/2 teaspoon celery seeds  
1 tablespoon Stevia  
1) Mix cabbage and green onion in large bowl  
2) Combine vinegar, lemon juice, Stevia, curry powder, salt and celery seeds in small bowl. Pour over cabbage mixture; mix well  
3) Refrigerate, covered at least 4 hours or overnight, stirring occasionally  
Makes 6 servings  
1 vegetable  
Nutrients per serving:  
Calories 28  
Total Fat 1 g  
Carbohydrates 7 g  
Sodium 189 mg

**Sauteed Fennel and Chard**  
1 large fennel bulb  
1/2 teaspoon coconut oil  
1/2 cup dry white wine  
1/2 cup water  
1 teaspoon Stevia  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
2 cups chopped chard  
1) Cut a slice off fennel bulb base. Trim stalk to within 1 inch of bulb. Discard stalks. Cut bulb vertically into thin slices and cut slices into thin strips  
2) Heat oil in a large skillet coated with cooking spray over medium-high heat. Add fennel and chard, and saute 8 minutes or until lightly browned  
3) Add wine and remaining ingredients  
4) Bring to a boil; cover, reduce heat and simmer 4 minutes  
5) Uncover and cook 3 minutes or until almost all liquid evaporates  
Makes 4 servings  
1 vegetable  
Nutrients per serving:  
Calories 56  
Total Fat 1.3 g  
Carbohydrates 11 g  
Sodium 130 mg

**Baked Vidalia Onion**  
1 Vidalia onion (or any sweet onion)  
Sea Salt  
Pepper

1) Preheat oven to 350  
2) Remove the outer layers and roots from the onion  
3) Wrap the onion in foil and bake for at least 1 hour  
4) Remove from foil and season with salt and pepper

Makes 1 serving  
1 vegetable  
Roughly 70 Calories

**Melba Delight**  
1-2 Melba Toast/ 4-5 Melba Snacks  
1-2 Slices of chicken breast (deli style)  
1 slice tomato  
Add oregano and a pinch of salt

1 protein, 1 fruit/vegetable, 1 Melba  
Roughly 75 Calories

**Melba Toast Bruschetta**  
1 tomato – diced Onion and cilantro to taste  
2 tablespoons balsamic vinegar Salt

1) Mix all ingredients in a small bowl.  
2) Adjust spices and vinegar to taste  
3) Put onto of Melba toast and enjoy!

1 fruit/vegetable, 1 Melba  
Roughly 70 Calories

Soups and Salads

**Chicken Bouillon Base**  
(Used in many recipes instead of chicken broth)  
6 (3.5 oz) pieces of chicken breast  
8 cups of water  
1/2 teaspoon garlic powder  
1/2 teaspoon onion salt  
1/2 teaspoon poultry seasoning  
1/2 teaspoon black pepper  
1 1/2 teaspoon sea salt

1) Combine ingredients in soup pot and cook until chicken is done  
2) Remove chicken and refrigerate or freeze to use at a later time.  
3) 2 cups in a medium size pot for soup or 4 tablespoons on a small pan to saute vegetables

Makes 5 servings  
Roughly 30 Calories

**French Onion Soup**  
2 cups Chicken Bouillon Base  
1 whole sliced sweet onion

1) Simmer on low for 1 hour

Makes 1 serving  
1 protein, 1 vegetable  
Roughly 60 Calories

**Tangy Tomato Soup**  
1 cup chicken bouillon base  
1 large or 2 small tomatoes  
1 clove minced garlic  
1/2 teaspoon onion salt  
1/2 packet Stevia  
1/2 teaspoon basil  
Ground pepper

1) Sautee garlic in 1 tablespoon of bouillon base and set aside  
2) Puree tomatoes in a blender and then cook over medium heat to a boil. Stir frequently  
3) Turn heat to low. Add remaining bouillon base, garlic, onion salt and Stevia to tomatoes  
4) Cover and simmer for 10 minutes  
5) Stir in basil and pour soup in bowl  
6) Sprinkle with ground pepper and serve

Makes 1 serving  
1 vegetable  
Roughly 75 Calories

**Garlic Fish Soup**  
3.5 oz of cod cut into 1 inch cubes  
1 minced garlic clove  
1/2 teaspoon oregano  
1/2 teaspoon thyme  
1 large or 2 small tomatoes  
2 cups chicken bouillon base  
Sea salt  
Pepper

1) Sautee garlic in 2 tablespoon of bouillon base.  
2) Add rest of bouillon and chopped tomatoes to the mixture  
3) After coming to a boil, reduce heat to simmer  
4) Add fresh herbs and salt and pepper to taste  
5) Add fish cubes and cook for 7 minutes or until fish is cooked  
6) Serve

Makes 1 serving  
1 protein, 1 vegetable  
Roughly 175 Calories

**Savory Chicken Soup**  
3.5 oz chicken breast cubed  
Chopped celery, cabbage or tomatoes  
2 cups chicken bouillon base  
1/2 chopped onion  
2 cloves garlic sliced and crushed  
1/2 teaspoon poultry spice  
Cayenne pepper to taste  
Salt and pepper to taste

1) Bring chicken broth to a boil  
2) Add onion, garlic and spices  
3) Add chicken and vegetables  
4) Simmer on low heat for 20 minutes or until chicken and cabbage are tender  
5) Serve hot  
6) Sprinkle with chives or parsley if desired

Makes 1 serving  
1 protein, 1 vegetable  
Roughly 186 Calories

**Cajun Gumbo**  
3.5 oz of shrimp  
2 cup chicken broth  
1 chopped tomato  
3 tablespoons organic tomato paste  
1/8 cup chopped onion  
2 cloves pressed/chopped garlic  
1/8 cup Bragg’s apple cider vinegar  
2 teaspoons organic Worcestershire sauce  
Cayenne pepper or chopped fresh hot peppers to taste  
Salt and pepper to taste

1) Saute the onions and spices in a bit of chicken broth. When caramelized, add shrimp.  
2) Saute only two or three minutes then add tomato paste, tomatoes and the rest of the chicken broth and vinegar  
3) Let liquids reduce down until thickened to a sauce consistency  
4) Pour over bowl full of leafy greens

Makes 1 serving  
1 protein, 1 fruit/vegetable  
Roughly 125 Calories

**Marinated Asparagus Salad**  
2 lbs asparagus spears, trimmed and cut in half  
2 tablespoons apple cider vinegar  
1 teaspoon dry mustard  
1/2 teaspoon dried tarragon  
1/2 teaspoon salt  
1/8 teaspoon black pepper

1) Cook asparagus in boiling water 4 minutes or until crisp-tender. Drain; rinse with cold water  
2) While asparagus cooks, combine vinegar and next 5 ingredients in a medium bowl. Add asparagus and toss well  
3) Cover and refrigerate 3 hours or until well chilled

Makes 6 servings  
1 vegetable  
Nutrients per serving:  
Calories 79  
Total fat 4.7 g  
Carbohydrates 6.1 g  
Sodium 122 mg

**Gazpacho Salad**  
1 pint grape tomatoes, halved  
1 cup coarsely chopped cucumber  
1/2 cup coarsely chopped red onion  
2 garlic cloves  
1/2 cup fat free zesty Italian dressing  
1/2 teaspoon salt  
1/4 teaspoon freshly group black pepper

1) Combine all ingredients in a medium bowl, stirring well  
2) Serve immediately or cover and chill

Makes 4 servings  
1 vegetable  
Nutrients per serving:  
Calories 42  
Total Fat 0.4 g  
Carbohydrates 9.3 g  
Sodium 311 mg

**Lemon-Tarragon Asparagus Salad**  
1 1/2 lb asparagus spears  
1 cup sliced radishes  
1 tablespoon thinly sliced white onion  
2 teaspoons snipped fresh tarragon or 1/2 teaspoon dried tarragon crushed  
1 teaspoon finely shredded lemon peel  
1/2 teaspoon salt  
2 tablespoons apple cider vinegar

1) Snap off and discard woody bases from asparagus. Cut asparagus into 1 1/2 inch pieces  
2) In covered large saucepan, cook asparagus in small amount of boiling, lightly salted water for 2 minutes; drain. Rinse with cold water; drain again. Transfer asparagus to salad bowl.  
3) Add radishes, green onions, tarragon, lemon peel, and salt; toss gently to combine. Cover and chill for 2 to 3 hours  
4) Before serving, stir almonds and vinegar into asparagus mixture

Makes 6 to 8 servings  
1 vegetable  
Nutrients per serving:  
Calories 100  
Total Fat 6 g  
Carbohydrates 6 g  
Sodium 92 mg

**Cucumber Salad**  
I large cucumber  
4 tablespoons apple cider vinegar  
1/2 teaspoon garlic powder  
1/8 teaspoon pepper  
1/2 teaspoon onion salt  
1 tablespoon dried parsley  
1 packet Stevia

1) Combine vinegar with spices and Stevia  
2) Toss cucumbers in mixture and refrigerate for at least 1 hour

Makes 2 servings  
1 vegetable  
Roughly 15 Calories

**Grapefruit Salad**  
2 small grapefruits (one red, one white)  
2 tablespoons coconut oil  
1/2 teaspoon dry mustard  
1 1/2 teaspoons tarragon  
Pepper to taste  
10 oz mixed baby greens  
1/2 small red or white onion, thinly sliced (about 1/2 cup)

1) Peel grapefruits. Separate each segment. Break into small bite size sections using bowl to catch juice  
2) Place grapefruit sections, greens and onions in a separate bowl, mixing well until blended.  
3) Add olive oil, tarragon, mustard and pepper to reserved juice and whisk until well combined  
4) Pour over fruit and chill for 30 minutes.

Makes 4 servings  
I fruit, 1 vegetable  
Nutrients per serving:  
Calories 125  
Total Fat 1 g  
Carbohydrates 10 g  
Sodium 142 mg

**Crunchy Sweet Apple Chicken Salad**  
3.5 oz chicken cooked and diced  
1 apple diced  
3 stalks celery diced  
3 tablespoons lemon juice  
1/8 teaspoon cinnamon  
Dash of nutmeg  
Dash of cardamom  
Dash of salt  
Stevia to taste  
Wedge of lemon

1) Mix ingredients together, sprinkling it with Stevia and cinnamon  
2) Chill for 20 minutes  
3) Serve with a wedge of lemon and enjoy

Makes 1 serving  
1 protein, 1 fruit and 1 vegetable  
Roughly 190 Calories

**Strawberry Chicken Salad**  
Large bed of lettuce  
3.5 oz chicken  
6-8 strawberries, sliced  
Vinaigrette Dressing

1) Cook chicken breast and slice into bite size pieces  
2) Place lettuce in bowl with sliced strawberries  
3) Put chicken in and toss  
4) Drizzle with dressing, salt, pepper and herbs as desired  
5) Toss until lettuce is coated using as much dressing as you would like

1 fruit, 1 vegetable, 1 protein  
Roughly 160 Calories

**Tasty Chicken Apple Salad**  
2 cups raw spinach  
1/2 chopped apple  
3.5 oz chicken breast

1) Cook and chop chicken  
2) Arrange spinach on a plate. Sprinkle with chopped apples and chicken  
3) Choose dressing from recipes and put atop your salad

Make 1 serving  
1 protein, 1 vegetable, 1 fruit  
Roughly 170 Calories

**Taco Salad**  
3.5 oz extra lean ground beef or buffalo  
1 packet of taco seasoning  
3 Romaine lettuce leafs  
Onion and Tomato to liking  
Salsa

1) Brown ground beef with taco seasoning and onions in a pan  
2) Arrange lettuce at bottom of bowl  
3) Add ground beef  
4) Top with tomatoes and salsa

1 vegetable, 1 protein  
Roughly 210 Calories

**Sweet & Sour Vinaigrette Salad Dressing**  
2 tablespoons of apple cider vinegar  
Salt Pepper  
1/2 pack Stevia

1) Mix ingredients in a small bowl  
2) Use on salad, spinach, vegetables or stir fry

**Strawberry Vinaigrette**  
1 cup strawberries  
1 tablespoon apple cider vinegar  
1 tablespoon lemon juice  
Stevia to taste  
Dash of salt  
Dash of cayenne (optional)  
Fresh ground black pepper to taste

1) Combine all ingredients in food processor. Puree until smooth.  
2) Pour over fresh arugula or green salad.  
3) Garnish with sliced strawberries and freshly ground black pepper.  
4) Variations: use as a marinade or sauce for chicken.

**Dijon Chicken Salad Dressing**  
Squeeze of lemon  
1 tablespoon of vinegar  
1/2 teaspoon garlic powder  
1/2 teaspoon dry mustard  
Pepper  
Stevia

1) Add all ingredients to a covered jar and shake  
2) Use on anything  
3) Refrigerate

Entrees

**Remember: Limit Beef, or Buffalo to 2-3 serving per week**  
**Limit Fish/Seafood to 3 times a week**  
**Chicken maybe eaten at any time**

**Chili**  
3.5 oz lean ground beef (less than 7% fat)  
1 cup chopped tomatoes  
1/2 cup water  
2 tablespoons minced onion  
2 cloves garlic crushed and minced  
Pinch of garlic powder  
Pinch of onion powder  
1/2 teaspoon chili powder  
Pinch of oregano  
Cayenne pepper to taste (optional)  
Salt and pepper to taste

1) Brown ground beef in a small frying pan  
2) Stir in onions, garlic, tomatoes and water  
3) Add spices and simmer slowly until liquid is reduced. The longer it cooks the more flavorful.  
4) Add a little water as needed to prevent burning.  
5) Serve with chopped green onion or tomato garnish; salt and pepper to taste

Makes 1 serving  
1 protein, 1 vegetable or fruit  
Roughly 200 Calories per serving

**Ginger Beef Kabobs**  
1/4 lbs bones beef top sirloin steak (cut 1 inch cubes)  
1 tablespoon water  
1/2 teaspoon ground ginger  
1/2 teaspoon ground all spice  
1/8 teaspoon ground red pepper  
1 clove garlic, minced  
4 green onions, trimmed to 4 inch pieces

1) Place beef in large resealable food storage bag. Combine ginger, allspice, red pepper and garlic in a small bowl  
2) Pour over meat in bag and marinate in refrigerator 4 to 16 hours turning occasionally  
3) Prepare grill for direct cooking. Thread meat onto 4 soaked wooden skewers adding green onion pieces to the end  
4) Grill kabobs over medium coals for 11 to 14 minutes or until meat is tender, turning once during grilling.

Makes 4 servings  
1 protein, 1 vegetable  
Nutrients per serving:  
Calories 133  
Total Fat 4g  
Carbohydrates 2g  
Sodium 69mg

**Hamburgers**  
3.5 oz extra lean ground beef  
Garlic Powder to taste  
Romaine lettuce leafs  
Tomato and onion to liking

1) Mix garlic powder into the ground beef  
2) Cook your patties  
3) Top with tomatoes and onion and wrap them in the lettuce

1 protein, 1 vegetable  
Roughly 200 Calories

**Beef with Tomato Sauce**  
4 (3.5 oz) beef eye round steaks, cut 1 inch thick  
1/8 teaspoon ground black pepper  
1/2 cup sliced green onion  
1 teaspoon minced garlic  
2/3 cup tomato paste  
1/2 teaspoon instant beef bouillon granules

1) Trim fat from steaks. Sprinkle pepper over both sides of steak and rub in  
2) Place steaks on rack of uncovered grill directly over medium coals. Grill for 10 to 12 minutes for medium rare (145 degrees) or 12 to 15 minutes for medium (160 degrees). Turn once  
3) Meanwhile, for sauce: In small saucepan cook green onions and garlic cooking spray until tender. Serve steaks topped with sauce

Makes 4 servings  
1 protein, 1 fruit/vegetable  
Nutrients per serving:  
Calories 173  
Total Fat 4 g  
Carbohydrates 5 g  
Sodium 172 mg

**Grilled Grouper w/ Tomato Sauce**  
1 cup chopped tomatoes  
3 tablespoons finely chopped red onion  
2 tablespoons chopped fresh cilantro or parsley  
1 tablespoon lime juice  
4 (4 oz) grouper fillets  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

1) Prepare grill  
2) Combine first 4 ingredients, tossing gently; set aside  
3) Brush fish with olive oil, sprinkle with salt and pepper. Place fish on grill rack coated with cooking spray. Cover and grill 4 to 5 minutes on each side or until fish flakes easily when teased with a fork  
4) Place fish on serving plates. Top each serving with tomato salsa

Makes 4 servings  
1 protein, 1 vegetable  
Nutrients per serving:  
Calories 189  
Total Fat 4.1 g  
Carbohydrates 2.9 g  
Sodium 388 mg

**Citrus Fish**  
3.5 oz white fish  
1 tablespoon minced onion  
2 tablespoons lemon juice  
Lemon and orange zest to taste  
Lemon slices  
Chopped parsley  
Salt and pepper to taste  
Stevia to taste  
1) Mix lemon juice with zest and a little Stevia  
2) Baste fish with mixture and top with salt, pepper and lemon slices  
3) Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees  
4) Cook fish for 5-10 minutes or until fish is thoroughly cooked  
5) Serve with lemon and top with parsley

Makes 1 serving  
1 protein and 1 fruit  
Roughly 115 Calories

**Lemon Tarragon Fish**  
4 teaspoons lemon juice  
1/2 teaspoon grated lemon peel  
1/2 teaspoon prepared mustard  
1/2 teaspoon dried tarragon  
1/8 teaspoon salt  
2 (3.5 oz) lean white fish rinsed and patted dry  
1/2 teaspoon paprika

1) Combine 2 teaspoons lemon juice, lemon peel, mustard, tarragon and salt in small bowl. Blend well with fork; set aside  
2) Coat 12 inch non stick skillet with cooking spray. Heat over medium until hot  
3) Drizzle fillets with remaining 2 teaspoons lemon juice. Sprinkle one side of each fillet with paprika. Place in skillet, paprika side down; cook 3 minutes. Gently turn and cook 3 minutes longer or until opaque in center and flakes easily when tested with fork  
4) Place fillets on serving plates, top with Tarragon mixture

Makes 2 servings  
1 protein  
Nutrients per serving:  
Calories 125  
Total Fat 3 g  
Carbohydrates 1 g  
Sodium 191 mg

**Chicken Chili**  
1 cup shredded cabbage  
2 cups chicken broth  
3.5 oz chicken breast  
1 teaspoon of cayenne pepper  
1 teaspoon of black pepper  
1 tablespoon of chili powder  
1 tablespoon of cumin  
Couple of pinches of dried chopped onions.

1) Cook chicken and cut into small chunks. Set aside  
2) In a medium saucepan add 2 cups chicken broth  
3) Add spices  
4) Add cabbage  
5) Add pre-cooked chicken  
6) Stir constantly.  
7) Let simmer for about 10 minutes or until cabbage is to your liking

1 protein, 1 vegetable  
Roughly 175 Calories

**Shish Kabobs**  
3.5 oz of either chicken or shrimp  
Chunks of tomato and onion  
Lemon Juice to taste  
Seasoning Salt to taste

1) Prepare chicken/shrimp and vegetables in seasoning and place on skewer  
2) Grill until done

1 protein, 1 vegetable  
Roughly 160 Calories

**Tomato Basil Chicken**  
3.5 oz cubed chicken  
1 cup chopped tomato  
1/2 cup water or chicken broth  
2 tablespoons lemon juice  
2 tablespoons chopped onion  
1-2 cloves garlic sliced  
3 leaves basil rolled and sliced  
1/8 teaspoon oregano fresh or dried  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
Cayenne to taste  
Salt and pepper to taste

1) Lightly brown the chicken in small saucepan with lemon juice  
2) Add garlic, onion, spices and water  
3) After chicken is cooked, add fresh tomatoes and basil  
4) Continue cooking for 5-10 minutes  
5) Salt and pepper to taste; garnish with fresh basil

Makes 1 serving  
1 protein and 1 fruit or vegetable  
Roughly 145 Calories

**Glazed Herb Chicken**  
1 teaspoon hot pepper sauce  
4 (3.5 oz) boneless, skinless chicken breast  
1 pound fresh asparagus, trimmed  
2 tablespoons jerk seasoning

1) Preheat grill to medium-high  
2) Rub chicken with jerk seasoning  
3) Grill breasts about 6 minutes per side or until cooked through and no longer pink inside, brushing every few minutes with pepper sauce  
4) Meanwhile, grill asparagus about six minutes, turning occasionally. Remove chicken and asparagus from grill and arrange on platter to serve

Makes 4 servings  
1 protein, 1 vegetable  
Nutrients per serving:  
Calories 200  
Total Fat 2.5 g  
Carbohydrates 11 g  
Sodium 550 mg

**Mint-Marinated Chicken Breasts**  
4 (3.5 oz) boneless, skinless chicken breasts  
1/2 cup fresh mint leaves  
1 tablespoon lemon juice  
2 teaspoons minced garlic  
1 teaspoon chili powder  
1/2 teaspoon ground black pepper  
Grilled whole green onions (optional)

1) Place chicken breast in a resealable plastic bag and set in shallow dish  
2) For marinade: In blender, combine mint, lemon juice, garlic chili powder and pepper. Cover and blend until smooth. Pour over chicken; seal bag. Marinate in refrigerator for 4 to 24 hours, turning bag occasionally  
3) To serve: drain chicken, discarding marinade. Place chicken on rack of uncovered grill directly over medium heat. Grill for 12 to 15 minutes or until chicken is no longer pink, turning once

Makes 4 servings  
1 protein  
Nutrients per serving:  
Calories 202  
Total Fat 6 g  
Carbohydrates 2 g  
Sodium 229 mg

**Cabbage Chicken Stir Fry**  
3 leafs of cabbage  
3.5 oz of chicken  
Seasoning to taste

1) Boil your cabbage until done. Set aside  
2) Cut chicken into cubes. Cook in pan with coconut oil and seasoning of choice  
3) Mix in cabbage and cook until done

1 protein, 1 vegetable  
Roughly 160 calories

**Grilled Onion, Grapefruit and Chicken Stir Fry**  
3.5 oz chicken breast  
3.5 oz white onion  
1/2 grapefruit peeled and cut into small pieces

1) Place salt, pepper, herbs and spices of your choice in the bottom of a skillet  
2) Add onions and 3 tablespoons of water  
3) Stir fry until tender and transparent. Remove from pan and set aside  
4) Add chicken pieces, salt and pepper to pan and water if needed for steaming  
5) Simmer on medium heat until chicken is well cooked  
6) Place onions, grapefruit and chicken with juice from pan in a bowl  
7) Toss with salt, pepper, herbs and spices

May substitute chicken for beef or fish as well  
1 protein, 1 vegetable, 1 fruit  
Roughly 220 Calories

**Breaded Chicken Tenders**  
3.5 oz raw chicken breast tenders  
1 grissini breadstick or Melba toast crushed  
1 1/2 tablespoon very finely minced parsley1 large pinch of thyme

1 large pinch of garlic powder

1 large pinch of onion powder  
1) Preheat oven to 350  
2) Soak raw chicken in water  
3) Meanwhile, mix crushed grissini breadstick/melba toast in a small bowl with all other seasonings and spices  
4) Place wet chicken tenders on a small cookie sheet  
5) Season with fresh ground pepper and sea salt  
6) Pat spice mixture on moist tenders  
7) Bake at 350 until done  
8) Serve chicken with diced tomatoes. Season to liking

Makes 1 serving  
1 protein, 1 Melba  
Roughly 180 Calories

**Boneless Hot Wings**  
400 grams/14 oz chicken breast tenders  
1/2 cup apple cider vinegar  
1/2 cup water  
3 tablespoons cayenne pepper  
1/2 cup to 1 cup chili powder

1) Preheat oven to 350  
2) Mix vinegar, water and cayenne pepper  
3) Add chicken to marinade and let refrigerate at least 2 hours  
4) Put chili powder on a plate and dip each tender in  
5) Place on rack in baking pan  
6) Bake for 15-20 min or until chicken is no longer pink

Makes 4 servings  
1 protein  
Roughly 140 Calories

**Egg Rolls**  
2-3 Big Cabbage leaves  
1 cup shredded cabbage  
1/8 teaspoon garlic powder  
1/8 teaspoon Chinese Five Spice  
1/2 packet Stevia  
2 Sesame flavored Melba Toast rounds  
3.5 oz chicken or shrimp

1) Cook chicken or shrimp. Cut into small pieces and set aside  
2) Steam big cabbage leaves for 5 minutes. Set aside  
3) Steam shredded cabbage for 5 minutes  
4) Add shredded cabbage to bowl along with chopped chicken or shrimp and spices  
5) Mix and then wrap in big cabbage leaves  
6) Garnish with melba toast rounds  
Makes 1 serving  
1 protein, 1 vegetable  
Roughly 180

**Shrimp Ceviche**  
1 lb shrimp  
2 large lemons  
1 tablespoon fresh garlic, minced  
1 cubanel, finely chopped  
1 cup finely chopped red onion  
Tabasco to taste  
2 cups chopped tomatoes  
1 1/2 cup chopped cucumbers  
1/2 cup chopped fresh cilantro  
1/2 cup chopped fresh parsley  
Sea salt and fresh ground black pepper to taste

1) Cook shrimp if raw. Rinse under cold water  
2) Combine lemon juice and shrimp in a plastic bag  
3) Refrigerate for 30 minutes  
4) Add Tabasco, garlic, onion and pepper. Mix until evenly covered  
5) Refrigerate another 30 minutes for flavors to infuse  
6) Toss in bowl and add remaining ingredients  
7) Serve by itself or with melba toast

Serving Size 5  
1 protein, 1 vegetable  
Roughly 110 Calories

**Mexican Chicken Lettuce Wraps**  
3.5 oz chicken breast  
1/2 cup organic chicken broth  
1/2 cup finely diced white onion  
1 garlic clove chopped or pressed  
Fresh herbs to taste (cilantro, oregano, parsley, etc)  
Dried spiced to taste (cumin, chili powder, real salt, pepper)  
2 large lettuce leafs

1) In a small pan, saute onions, garlic and spices (not herbs) in the chicken broth  
2) When onions start to caramelize, add chicken. Cook completely  
3) Spoon out mixture into large leaves and garnish with fresh herbs  
4) May add fresh salsa, if desired

Makes 1 serving  
1 protein, 1 vegetable  
Roughly 150 Calories

Desserts and Treats

**May be used as 1 fruit serving per day**

**Lemon Berry Ice**  
4 cups strawberries, chopped  
1 cup water  
3 tablespoons Stevia  
3 tablespoons lemon juice

1) Place chopped strawberries in a blender and process until smooth, stopping once to scrape down the sides  
2) Add remaining ingredients  
3) Process until combined, stopping once to scrape down the sides  
4) Pour mixtures into an 8-inch square pan  
5) Cover and freeze at least 3 hours or until mixture is almost frozen, stirring 2 or 3 times during freezing process  
6) Scoop into dessert dishes

Makes 8 servings  
1 fruit  
Nutrients per serving:  
Calories 50  
Total Fat 0.3 g  
Carbohydrates 25.5 g  
Sodium 3 mg

**Easy Fruit Pie**  
1 tablespoon Stevia  
1/2 teaspoon grated fresh orange rind  
1 cup strawberries  
1 cup peeled chopped green apples  
4 tablespoons of milk  
Additional grated fresh orange rind (optional)

1) Combine Stevia, orange rind and milk in a medium bowl, stirring until sugar is evenly distributed  
2) Add strawberries and apples  
3) Spoon mixture into dessert dishes  
4) Sprinkle with additional grated orange rind if desired

Makes 4 servings  
1 fruit, 1 milk  
Nutrients per serving:  
Calories 91  
Total Fat 0.3 g  
Carbohydrates 19.6 g  
Sodium 6 mg

**Apple Cobbler**  
1 Gala Apple – sliced  
1/8 teaspoon cinnamon  
1  packet Stevia  
2 classic flavored Melba toast

1) Toss apples, 1 packet of Stevia and 1/8 teaspoon Cinnamon in a bag. Arrange on microwave safe plate  
2) Mix crumbled melba toast, 1 pack Stevia and a pinch of cinnamon together  
3) Pour mixture on top of Apples  
4) Microwave for 45 seconds

Makes 1 serving  
1 fruit, 1 starch  
Roughly 56 calories

**Homemade Applesauce**  
5 gala apples  
1 teaspoon lemon juice  
1/2 cup water  
1 packet Stevia  
1/2 teaspoon cinnamon

1) Peel, core and chop apples  
2) Cook apples and water in a crock pot on low for 2 hours  
3) When cooled, puree apples in blender while adding Stevia and cinnamon  
4) Divide into 5 equal portions (about 1/2 cup per serving)

Makes 5 servings  
1 fruit  
Roughly 60 Calories

**Strawberries and Creme**  
7 to 10 small-medium strawberries  
1 tablespoon of milk  
1 packet Stevia

1) Slice strawberries and toss with pack of Stevia to taste  
2) Measure milk in separate bowl and pour over strawberries

Makes 1 serving  
1 fruit, 1 milk  
Roughly 40 Calories