



Protocol Recipes

‘ A Place of Clarity’

Tips for food

- Grow yourself a fresh herb garden. You can easily grow herbs on a window sill in the kitchen. It makes your food so tasty .Have a good selection of spices, garlic, fresh ginger, Braggs amino acid seasoning, mustards, Worcestershire sauce.
- Buy your chicken beef and seafood in bulk. Divide them into 100gm portions all trimmed and ready to go. They are easy to grab from the freezer and quick to thaw.
- Have one or two completely prepared meals in the freezer for the days you are less motivated to cook, travelling or busy.
- Cook tomorrow's lunch protein as you prepare dinner so a packed lunch for work or travel is easy.
- Never run out of fresh vegetables. Greens keep well, washed and in air tight containers in the fridge so you can buy a week supply with no waste.(for those of you that do not have a garden)

Tips to assist fluid intake- Good hydration is essential)

- Add a dash of apple or lemon juice to each large glass of water. Adding the sugar molecule to water assists with hydration by allowing water into the intracellular space where it is needed. The body will then release the fluid retention from the tissues.
- Juice 10 apples which gives you about 1 litre of juice. Divide it into 100ml lots and freeze. Add one frozen parcel of juice to 2 litres of water each night ready for the next day.
- Make a pot of Jasmine Green tea which holds about 800mls. Add ginger root or lemon if desired. Sip steadily from a small china cup.

Fruit soda / Lemonade

Add flavoured stevia to sparkling mineral water or plain stevia and a little lemon, orange or apple juice to mineral water or soda water. Do not over use carbonated drinks. Put in a nice wine glass with a slice of lemon as a pre dinner drink.

Iced Fruity Green Tea

Boil 1 cup of water. Soak 6 green tea bags for 3-5 minutes (pomegranate-raspberry, mango, lime- mix and match) Pour into a 2 litre jug and fill with water. Add juice of 2 lemons, 10 drops of stevia to taste plain or flavoured- apricot nectar, valencia orange) Serve Cold.

It may be hard to purchase flavoured stevia in N.Z but it is available on line.



Protocol Recipes

‘ A Place of Clarity’

Hot Apple Cider

4 sliced apples, 5 cups water, 10 drops of Stevia or more to taste, 1 tsp cinnamon, mixed spice and/or ground cloves, ½ tsp vanilla essence or a vanilla pod.

Place all ingredients in a sauce pan and cover with water. Simmer over a medium heat for 30-40 minutes, or until apples are soft. Remove apples, divide into 4 for a fruit snack. Drink up to 1 cup of cider a day. Store in fridge.

HCG Protocol dressings, sauces, seasonings

(Your long term success depends on tasty meals that you can continue to enjoy with larger portion size after completion of The Protocol)

Essential dressing (Make up a large bottle to keep on the fridge door)

Combine: ½ cup apple cider vinegar, ½ cup balsamic vinegar, ½ cup lemon juice, ½ cup apple juice, ½ cup orange juice, 2 Tbsp Bragg seasoning, 2 tsp garlic powder or fresh crushed garlic, 2 tsp hot mustard, 10 drops of Stevia if prefer sweet..

Add ingredients or subtract as desire.

Use for salads, vegetables or marinade.

Seasoning Powder

1 Tbsp chilli powder, 2 tsp onion powder, 1 tsp ground cumin, 1 tsp garlic powder, 1 tsp paprika, 1 tsp ground oregano or herb of choice.

Home made stock

One whole chicken, beef bones or fish heads and spines.

Place in large stock pot ¾ full of water. Add 2 onions cut into quarters, garlic cloves if desire, two celery sticks whole or roughly chopped, bay leaf, 1 Tbsp Salt, ground pepper, fresh sprig of thyme or 2 tsp dried herbs.

Bring to the boil and simmer for about 30 minutes. Remove cooked chicken breasts and fat free meat off the fish heads or beef to use in soups or salad. Remove any other chicken meat for family members and return all bones to the stock pot.

Boil on medium until ½ the volume.

Freeze for easy use in soups, ‘gravy’ and casseroles. Make some into ice cube trays and bag when frozen for stir fry’s.

All purpose spicy marinade

Put into a food processor:

2 tsp ground Allspice, 2 tsp ginger, 2 tsp cayenne pepper, 2 tsp cinnamon, 2 tsp nutmeg, 2 cloves whole garlic, 2 tsp thyme, 1 whole chilli, 2 chunks of cut peeled raw ginger, 1 Tbsp soya sauce or Bragg seasoning, 125 mls apple cider vinegar, 1 onion peeled and quartered, 1 Tbsp of water.

Blend into thick Marinade and spread over chicken, beef or fish. Marinate for at least 2 hours.



Protocol Recipes

‘ A Place of Clarity’

"Gravy"

Bring ¼ cup of homemade stock to the boil. Add a ground slice of double baked bread. Whisk constantly until dissolved and add a further ¼ cup of stock. Reduce heat to MED and whisk until thickened. Add salt, pepper, thyme, sage, or spice.

Smoky BBQ Sauce

½ cup tomato puree, 1 cup water, 2 tsp dehydrated minced onion, 2 tsp red wine vinegar, 2 tsp sugar free liquid smoke, 1 tsp paprika, 1 tsp chilli powder, ½ tsp cinnamon, 1/2 tsp ground cloves , 8 drops of stevia, salt/pepper.

In small non-stick saucepan, combine all ingredients and bring to boil. Reduce heat and simmer 20 mins. Use hot with meat and store balance in fridge.

Quick Steak Rub

1tsp of lemon juice, 1 tsp of fresh coriander or herb of choice, 1 ½ tsp of spice blend, ¾ tsp of chilli powder. Mix and rub into steak. Marinate 1 hour minimum.

Citrus Tomato Salsa

1 large chopped tomato, 1 Tbsp fresh lemon juice . 1/8 tsp celery salt, 1/8 tsp chille powder, 3 drops of clear stevia, 1 tsp of fresh coriander, 2 Tbsp of Dressing (see recipe) combine and refrigerate.

Nice with fish and cold meat.

Meryl's Sweet Chilli jam

1 medium red onion, Juice and zest 1 orange, 1 Tbsp balsamic vinegar, 1 whole chilli seeded and chopped finely, one tin of diced tomato, 8 drops of stevia, ¼ tsp salt.

Finely cut red onion and cook in a small saucepan with the orange juice, orange zest, Balsamic Vinegar, stevia, chilli and salt . Simmer until thickens. Add tin of tomato and simmer on low heat with lid off until thick consistency. Approx 30 minutes. Stir occasionally.

Serve with cold meat or use as a snack with double baked bread and cucumber.

HCG PROTOCOL BEEF RECIPES

Beef Casserole

400 grams of casserole beef or venison (4 servings)

Sauté onions roughly chopped onions in a little beef stock in the bottom of a casserole dish. Add 2 stems of chopped celery, chopped leeks, 1 tin of diced tomato (sugar free) or 4 fresh tomato, ¼ cauliflower in small pieces, 8 pieces of beef (100gram pieces cut in two), crushed garlic or ginger, salt, pepper, herbs and spices as desire. Add another ½-1 cup of beef stock, cover and slow bake at 150C for about 1 hour. Add more stock if required. Also good in a slow cooker



Protocol Recipes

‘ A Place of Clarity’

Beef Boil up

The tastiest meat for this dish is brisket. Remove as much obvious fat as possible. Don't worry if you do not remove every piece of fat especially around the bone, as it will add to the flavour and will be skimmed off later - my puppies love the day I cook this) Use lean beef if you prefer.

Put 2-3 large pieces of brisket (bone in) into 2-3 litres of water or better still, pre-prepared beef stock. Season with salt and pepper. Low steady boil with pot lid on for about 1 hr or until meat falls away from the bone.

Remove meat from pot and take off any further visible fat. Store meat in the fridge.

Put liquid in fridge until any fat sets and skim off the surface. Be meticulous.

Add ½ cabbage in quite large sections and watercress if desired. Slow boil for about 30 minutes. Add 100gram portions of beef and serve when heated through.

Have the liquid as a delicious broth on the side or use for soup the following day.

Chinese Beef Cabbage

(2 servings) Sear 200grams quality steak in hot pan with a little water or beef stock to temper pan. Use chicken or prawns if you prefer. Put to one side

Sautee 2 cloves minced garlic in 2 Tbsp of stock. Add 4 more Tbsp stock, onion salt, Chinese 5 spice, salt and pepper and 12 drops of Stevia.

Cube steak and coat in mixture and add very finely shredded cabbage. Stir to heat and eat whilst still crunchy being careful not to over cook the meat.

Beef Chili

400 grams of lean ground beef (4 servings) Ideally mince your own fat free steak or pulse in the food processor.

Brown 2 chopped onions and 4 minced garlic cloves in a non stick pan and add meat to brown on high heat. Add 3 cups of chopped tomatoes, 1 ½ cups of water , 2 tsp of garlic powder, 2tsp of onion powder, 1 tsp of chilli powder, cayenne pepper to taste, ½ tsp of oregano or a few chopped fresh leaves, salt and pepper. Simmer. Top with chopped green onion.

Serve with vegetables, eat with double baked bread or make lettuce wraps.

Meat Kebabs

200 grams of steak, chicken or prawn (2 servings) 1 sweet onion, combine spices as desire and ½ cup of dressing (see recipe)

Cut meat into cubes and onion into small wedges. Marinate in dressing mix for 4 hours. Place on metal skewers and grill or barbecue.



Protocol Recipes

‘ A Place of Clarity’

Bun less Burgers

200 grams meat (2 servings) Make your own meat patties by mincing meat or pulse in a food processor. Add seasoning and spices of choice, powdered double baked bread and bind with a little raw egg.

Grill. Place between 2 lettuce leaves with tomato and onions cooked in a little balsamic vinegar.

Breaded Beef Schnitzel, Chicken or Fish

Rub meat with lemon juice or dip in milk. ‘Wizz’ double baked bread and mix with seasonings and herbs of choice. Coat meat with mixture and bake or use a George Forman Grill

HCG Protocol Chicken Breast Recipes **(use beef or sea food where desired)**

Rolled stuffed chicken wrap - Enjoy hot or cold sliced.

100gms of chicken breast sliced thin the beaten with the flat of a fry pan.

It is up to your imagination as to what you use to stuff it. Examples:

1.) Whizz 1 grissini stick (available in the international section of Countdown) or slice of double baked bread, spring onion and cabbage spinach mix with fresh herbs.

Add a splash of lemon juice and apple cider vinegar and lemon zest.

2.) Asparagus spears (lightly blanch first) with a little onion, parsley and Italian spices.

3.) Sprinkle chicken with a little cayenne pepper and chilli. Lay raw spinach leaves on top. Wizz double baked bread, steamed cauliflower and fresh herbs to make a moist stuffing and lay on top of spinach.

Roll chicken tightly in cooking paper and screw the ends tight then roll in a second covering of cooking paper.

Steam for about 15min then turn heat off and leave for further 5 min to finish cooking.

This is long enough to cook the chicken through without making it too dry.

Serve sliced over steamed vegetables or slice cold with salad.

Apple Cider Chicken Wraps

100 grams chicken breast, 2 medium green cabbage leaves, 2 medium red cabbage leaves, 1 garlic clove, 3 Tbsp apple cider vinegar, 1/4 tsp onion powder, 1/2 tsp sea salt 1/2 tsp pepper, 1/2 tsp fresh ginger.

Mix together finely grated ginger, garlic, onion powder, apple cider vinegar, salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly and then add the Napa cabbage and cook until cabbage is slightly cooked. Place the chicken mix in the 2 green cabbage leaves and roll into wraps. Wrap in two layers of baking paper and steam for about 15 minutes.

Salsa Chicken



Protocol Recipes

‘ A Place of Clarity’

200 grams chicken breast (2 serves) Put 1 cup salsa into a large saucepan. Check it has no added sugar. Add chicken breasts to salsa sauce and bring to a steady boil. Boil gently for 15 to 20 minutes or until the chicken is cooked.

Cajun Chicken

Mix Cajun spice, salt, pepper, onion and garlic powder with 2 tsps of water and rub into chicken breast. Marinate for at least 1 hour. Grill

Basil Chicken

100grams chicken breast cooked and cubed, 1/2 cup finely chopped onion, 1 clove garlic, 2 1/2 cups chopped tomatoes, 1/4 cup chopped fresh basil, 1/2 tsp. salt, 1/8 tsp hot pepper sauce.

Warm a large skillet to medium-high heat. Sauté the onions and garlic in a little chicken stock or water. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium, and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.

Blackened Chicken

200 grams chicken breast (two servings) ,1/2 tsp. paprika, 1/8 tsp salt, 1/4 tsp cayenne pepper, 1/4 tsp ground cumin, 1/4 tsp dried thyme, 1/8 tsp ground white pepper, 1/8 tsp onion powder.

Preheat oven to 175 degrees C. Heat a non stick pan over high heat for 5 minutes until it is smoking hot.(Temper the pan with a little water if you are concerned about sticking) Mix together the paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder. Coat the chicken breasts evenly with the spice mixture. Place the chicken in the hot pan, and cook for 1 minute. Turn, and cook 1 minute on other side. Place the breasts on the baking sheet. Bake in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes.

Braised Balsamic Chicken

600 grams chicken breast. - approx 2 large chicken breasts divided into 3 portions each.(6 servings) Ground black pepper to taste, 1 tsp garlic salt, 1 onion thinly sliced, 1/4 cup balsamic vinegar, 1/4 cup apple cider vinegar, 1 can diced tomatoes, 1 tsp dried basil, 1 tsp dried oregano, 1 tsp. dried rosemary, 1/2 tsp. dried thyme.

Season chicken breasts with ground black pepper and garlic salt. Brown the onion and seasoned chicken breasts in a non stick pan. Pour tomatoes and both vinegars over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.



Protocol Recipes

‘ A Place of Clarity’

Chicken Chilli Shredded cabbage

100 grams chicken breast pre-cooked in a medium saucepan, 2 cups chicken broth, 1 tsp cayenne pepper, 1 tsp black pepper, 1 tsp chilli powder, 1 tsp cumin, 3 pinches of dried chopped onions.

Heat 2 cups chicken broth until boiling. Add spices, cabbage and cooked chicken. Stir constantly. The broth will begin to dissolve, so it will become less soupy. Let simmer for about 10 minutes or so, until the cabbage is to your preference.

Curry Chicken and Spinach

100 grams chicken, 2 cups spinach, 2 tsp onion powder, 1 garlic clove (minced), 1/2 cup chicken broth, 1/4 tsp salt, 1/4 tsp. pepper, 1 lime, 1 Tbsp curry powder.

Mix chicken and all seasonings and 1/2 the lime and cook chicken through. Throw the spinach in for 1 minute and serve in a bowl. Sprinkle with the other 1/2 of the lime/Lemon.

Parsley Chicken

400 grams of chicken breast (4 servings), 1/2 cup lemon juice, 1/2 teaspoon onion powder, 1/8 teaspoon ground cayenne pepper, ground black pepper to taste, 3 teaspoons dried or fresh parsley.

Preheat grill for medium to high heat. Dip chicken in lemon juice and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Cook on the grill 10 to 15 minutes per side, or until no longer pink and juices run clear.

Spicy Chicken Breasts

400 grams chicken breast (4 servings), 2 1/2 tsp paprika, 2 tsp garlic powder, 1 tsp salt, 1 tsp onion powder, 1 tsp dried thyme, 1 tsp ground cayenne pepper, 1 tsp. ground black pepper.

In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, cayenne pepper, and ground black pepper. Set aside about 3 Tbsp of this seasoning mixture for the chicken; store the remainder in an airtight container for later use (for seasoning fish, meats, or vegetables) Rub some of the reserved 3 Tbsp of seasoning onto both sides of the chicken breasts. Place chicken in hot pan (temper with a little water) and cook for 6 to 8 minutes on each side or alternatively grill.

Garlic Chicken Casserole

400 grams chicken breast (4 servings). Preheat oven to 175C.

Cook until tender, 4 medium diced onions in a non stick pan with a little chicken stock. Season with salt and add herbs or spices of your choice (eg: cayenne or chilli for heat). Place in small casserole dish and put 4 100gram chicken portions on top of the onions. Squeeze on lemon juice and sprinkle with ground pepper. Add unpeeled cloves of garlic and add a little more chicken stock. Bake for 20-30 minutes.



Protocol Recipes

‘ A Place of Clarity’

Chicken or Shrimp Cabbage Roll

100 grams of Chicken breast or shrimp, 2-3 big cabbage leaves, 1 cup shredded cabbage, 1/8 tsp onion salt, 1/8 tsp garlic powder, 1/8 tsp Asian spices, 4 drops or 1 packet of Stevia. (natural no calorie herbal sweetener available at health shop)

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage and steam for further 5 minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in a big cabbage leaf.

Tomato Basil Chicken

100 grams cubed chicken breast, 1 cup chopped tomato, 1/4 cup water or chicken broth, 2 Tbsp lemon juice, 2 Tbsp chopped onion, 1-2 cloves garlic sliced, a few basil leaves sliced, 1/8 tsp oregano fresh or dried, 1/4 tsp garlic powder, 1/4 tsp onion powder, Cayenne pepper, salt and pepper to taste.

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

Midwest American Chicken

400 grams chicken breast (4 servings), 1 tsp ground ginger, 2 Tbsp crushed garlic, 2 tsp ground turmeric, 4 Tbsp fat free unsweetened yogurt, 400 grams.

In a large bowl, combine ginger, garlic, turmeric, salt, and yogurt. Marinate the chicken pieces in the mixture for 3 hours. Preheat an outdoor grill for medium-high heat and very lightly oil grate. Grill chicken until juices run clear. This counts for your daily serving of dairy

Herb Smoked Chicken

400 grams chicken breast. Two whole smaller breasts are ideal. Use a smoker of your choice A small stainless steel smoker with Manuka chips is good.

Cut chicken breasts to create a pocket and stuff with fresh herbs of your choice. Rub outside liberally with pepper.

Orange Ginger Chicken

200g chicken breast cut into chunks (2 servings) black pepper, 2 oranges, 4- 6 cloves minced garlic, 1 tsp basil, 2 tsp fresh ginger root, juice of 1 lemon.

Preheat pan over MED heat. Sprinkle chicken with pepper and stir fry until brown on all sides, about 5 minutes. Add garlic and cook for 1 min. Squeeze juice of 1 orange over chicken. Peel & separate 2nd orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 15 mins.



Protocol Recipes

‘ A Place of Clarity’

Caper Chicken

400 grams of chicken breast approx, 1/2 tsp salt, 1/4 tsp. black pepper, 1/4 cup wine vinegar, 2 Tbsp capers drained, 1/4 cup fresh lemon juice, 3 Tbsp chopped fresh parsley, thin slices of lemon and lime for garnish.

Take each 100 gram piece of chicken breast and place between sheets of plastic wrap. With flat side of mallet, pound to about 1/4 inch thickness and double the diameter. Sprinkle with salt and black pepper. Brown quickly on both sides in a hot pan using a little caper juice or water and cook for about 1 minute, sufficient time to cook meat through. Remove onto warm platter. Add vinegar, capers and lemon juice to pan. (wine if on Stabilisation Phase) Heat to a boil, scraping bottom of pan. When about 4 tablespoons liquid remains, pour it over chicken on platter. Sprinkle with parsley. Garnish with lemon and lime slices. Serve immediately.

Cut meat into cubes and onion into small wedges. Marinate in dressing mix for 4 hours. Place on metal skewers and grill or barbecue.

Fried Chicken Tenders

200g chicken breast (2 servings), 2 Tbsp milk, 2 slices of double baked bread or bread sticks. Pre heat oven to 175C.

Add salt, ground pepper, paprika, garlic powder or whatever you prefer to the milk) Slice chicken breast into 6 tenders. Grind grissini in food processor until it is a powder. Add chicken to milk mixture and one at a time coat chicken tenders in grissini powder. Place chicken in open baking dish and bake 20- 30 minutes turning over halfway through.

HCG Protocol Fish and Seafood Recipes

2 minute Prawns

100grams of frozen raw prawns (buy by the packet and keep in the freezer), 1 clove sliced garlic, ¼ onion sliced, ½ tsp chilli paste, 1 Tbsp of lemon juice salad dressing.

Stir fry all ingredients together (no oil) and add large slices of asparagus. Delicious as is or add to salad.

Fish Cakes.

200gms white fish (2 servings), 1/2 onion, parsley. 2 cloves garlic, small piece of red capsicum, onion salt, splash of cider vinegar and lemon juice, 1 slice of double baked bread or bread stick, 1-2 Tbsp capers.

Pace all ingredient except the capers into a small ‘whizz’. Blend. Add cappers. Make into small balls, flatten and Dry fry 30seconds each side. (I use the George Forman grill for 1 min) Serve hot with steamed vegetables or cold with salad.



Protocol Recipes

‘ A Place of Clarity’

Cajun Scallops

100 grams scallops or shrimp, 1 lemon, 1/2 tsp dry mustard, 2 garlic cloves minced, 1/4 tsp salt, 1/4 tsp. pepper, 1/4 tsp. ground cayenne pepper, 1/2 cup water,

Mix together lemon juice, dry mustard, cayenne, garlic, salt, pepper and scallops. Cook in a hot non stick pan for a minute or two or alternatively place on a plate within a steamer and steam for about 5 minutes.

Baked white fish

Preheat oven to 180C. Place 100 gram fillet(s) of your choice of white fish on cooking paper. Avoid oily fish like Hapuka/Groper. Sprinkle with salt, pepper, cajun seasoning and thin slices of lemon. Bake for 15 minutes.

Alternatively: Preheat oven to 200C. Place fish in tinfoil or baking paper if you do not wish to cook in aluminium.

Add 2 cloves of minced garlic, juice of half a lemon, 1/2 tsp lemon pepper, 1/2 tsp salt, 2 Tbsp chopped coriander, 1/2 tsp of Paprika.

Cover with foil or paper and crimp the edges to seal. Bake 15-20 minutes

Citrus fish

Bake as above.

Mix 2 Tbsp of lemon juice, zest of orange and lemon to taste (skin) and a few drops of stevia. Baste fish with mixture, add salt, pepper, lemon and orange slices.

Serve with lemon and top with finely chopped parsley.

Chinese Steamed Fish

400 grams snapper fillets, 1/2 tsp. salt, 1/2 tsp ground black pepper, 2 tsp grated fresh ginger, 1 tsp soy sauce or Bragg seasoning (natural low salt), 1 tomato thinly sliced, 1/2 a fresh red chilli pepper seeded and chopped, some finely chopped coriander.

Season snapper with salt and pepper, and place in a steamer basket large enough for it to lie flat. Top fish with ginger, tomato, and red chilli pepper. Steam fish 15 minutes, or until easily flaked with a fork. Sprinkle with coriander and Bragg seasoning.

Citrus Tarakihi

100 gram fillet(s) Tarakihi, 1 Tbsp fresh lemon juice , 1 Tbsp fresh lime juice, 1 garlic clove minced, 1/2 tsp dried thyme or use fresh, 1/2 tsp dried dill, 1/4 tsp pepper, 1/4 tsp salt

Mix together lemon juice, lime juice, garlic, thyme, dill, salt and pepper to taste. Place fish in a shallow dish, and marinate at room temperature for 10 minutes. Heat grill or pan and cook for 3 to 4 minutes each side.



Protocol Recipes

‘ A Place of Clarity’

Tomato shrimp and scallops

100 grams shrimp and 100grams of scallops (2 servings), 3 cloves garlic, 1 1/2 cups chopped tomatoes with liquid, 1 tsp salt, 2 tsp chopped fresh parsley.

Sauté garlic over medium heat in non stick skillet. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes to reduce liquid. Cook the shrimp and scallops for about 2 minutes in a hot pan, stirring frequently, or until the shrimp turn pink. Add shrimp and scallops to the tomato mixture, and stir in the parsley.

Garlic Lemon Scallops

Pre heat oven to 175C. 200 grams Scallops rinsed and drained. (2 servings), 1/4 cup lemon juice, 2 cloves minced garlic, lemon pepper (to taste)

Pat scallops dry with paper towels and place in a casserole dish. Bake scallops for 5 minutes.

In a small bowl, combine lemon juice and garlic. Remove scallops from oven. Spoon lemon/garlic mixture over scallops and sprinkle generously with lemon pepper. Return scallops to oven and bake until firm, about 10 minutes. Serve warm.

Lemon Dill Tuna

200 grams fresh tuna steaks (2 servings) 2 Tbsp lemon juice, 1 Tbsp lemon pepper, 1 Tbsp dried dill.

Preheat outdoor grill. Wet with a little fish stock or water to avoid sticking just before cooking. Place Tuna steaks in a medium bowl, brush with lemon juice and coat each side with lemon pepper and dill. Barbecue for 6 minutes on each side until flakes.

Lemon Pepper Fish

200g whitefish (serves 2), juice of half lemon, 3 cloves minced garlic, 1/2 tsp black pepper, 1/2 tsp salt, 1/2 tsp cumin powder, 1/4 tsp turmeric.

Coat fish in above ingredients and marinate at least 1 hour in refrigerator. Preheat oven to 200C. Place the fish in a non-stick baking dish, & cover with the marinade. Bake 10-20 minutes depending on thickness, until fish easily flakes. Squeeze with lemon juice and serve.

Lemon Zest Crab Cakes

200 grams crab (2 servings), 2 garlic cloves minced, 2 Tbsp onion powder, 1 tsp lemon zest (rind), 1/2 tsp salt, 1/2 tsp pepper, 2 tsp dry mustard, 2 Tbsp parsley.

Mix everything together and put into 4 small patties. Place in a baking dish and bake for 15 minutes at 180C. Serve with lemon wedges.



Protocol Recipes

‘ A Place of Clarity’

Rosemary steamed Fish

200 grams of white fish (2 servings) 2 tsp chopped fresh Rosemary, 2tsp of herbs of choice fresh or dried, ground pepper, 4 drops Stevia, 2 tsp Sea Salt, 1 tsp garlic salt, 2 tsp of fresh lemon juice, 4 cups asparagus.

Lay fresh asparagus in pan with 1/3 cup of water and lemon juice. Sprinkle both sides of fish with herbs and seasonings and lay on top. Place a lid on the pan to keep the steam within the pan. Cook for 4 to 5 min or when asparagus is tender.

Marinated shrimp salsa

Thaw shrimp if frozen. Bring a pot of water to boil and cook the shrimp for a minute or two until it turns pink. Do not overcook. Rinse shrimp under cold water.

Combine juices of 1 large lemon and 2 limes if you have them and marinate the shrimp for 30 minutes in the fridge.

Combine 1 Tbsp fresh minced garlic, ½ a finely chopped red onion and 1 Tbsp Tabasco or hot sauce. Add to shrimp and toss/mix evenly. Return to refrigerator for another 30 minutes to let the flavours infuse the shrimp.

Before serving, toss in a bowl the marinated shrimp mixture, coriander, parsley, 2 large tomatoes, 1 cucumber peeled and diced, sea salt and freshly ground pepper.

Steamed Ginger Snapper

200 grams snapper (2 servings), 1 Tbsp fresh grated ginger, ¼ cup balsamic vinegar. 1/4 cup distilled white vinegar, 6 drops liquid stevia, 1/2 tsp salt, 1/2 tsp. pepper, juice of ½ lemon, lemon zest.

Marinate fish in above ingredients then place in a steamer to cook for 5-10 minutes. Use marinade to drizzle over fish.

Seafood gumbo

Sauté with 2 cloves crushed garlic, 200grams of scallops, prawns, shrimp or squid- or combination (2 servings)

Add 2 large tomato, ½ tsp onion salt, ½ tsp creole seasoning, a little garlic powder, celery salt, cayenne pepper and stevia.

Simmer on low for 10 minutes

HCG Protocol Soup Recipes

Tomato Beef soup

4 servings. 12+ cups of beef stock. 400grams of lean beef (each 100 grams cut into 2 pieces) 1-2 stalks of celery finely chopped, 2 onions chopped, 1 tin of chopped tomato, extra greens of choice, 1 Tbsp of Bragg seasoning, salt and pepper to taste.

Combine all ingredients including pieces of beef. Bring to the boil and simmer for about 30 minutes or until vegetables and meat are tender.



Protocol Recipes

‘ A Place of Clarity’

Spiced Chicken vegetable Soup

4 servings. 12+ cups of chicken stock (see recipe) 400 grams of chicken breast (each 100grams cut into 4) 2 stalks of chopped celery, 2 onions chopped, 3 medium sized chopped tomatoes, 2 cups chopped greens of choice (cabbage, bok choy) ¼ cup lemon juice, 1 Tbsp Apple Cider Vinegar, 1 Tbsp Bragg seasoning, 1 tsp cayenne pepper, 2 tsp garlic salt. Chilli to taste.

(if you don't like hot spice or you have a skin condition leave out and use herbs of choice instead)

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

Creamed Cauliflower / Broccoli

Cook plenty of your vegetable of choice in 2 cups of chicken stock, 1 onion, 2 cloves of garlic, 3 slices of ginger, a little chilli, salt, pepper and fresh herbs of choice.

When vegetables soft blend everything in food processor. Return to pot to simmer for flavour and add more stock for desired consistency. No limit on how much you eat if eaten without protein.

Hot and Sour fish soup –(personal favourite)

2 servings. 6 cups of rich fish stock made from small sweet snapper heads, 1 onion finely chopped, 1 celery stem finely chopped, ¼ cup of apple cider vinegar, ¼ cup of lemon juice, 1/4 tsp cayenne pepper, 1/4 tsp chilli powder, ¼ tsp ginger powder, ¼ tsp paprika.

Simmer soup until vegetables are soft. Poach 200grams of white fish, squid, scallops, shrimp, prawn or combination, for a few minutes only. Add a large handful of chopped parsley just before serving. (N/B parsley assists kidney function)

French Onion Soup

Sauté 1 onion thinly sliced with 3 minced garlic cloves for 10 minutes in a little beef stock. Stir in 8 drops of stevia (optional). Simmer 10 minutes. Add 2 cups of beef broth and bring to a boil. Reduce heat, cover and simmer for further 20 minutes. Salt & pepper to taste.

Chicken Soup

200g just cooked moist chicken breast (2 servings), 3 cups of chicken stock, ½ stem celery 4 cloves garlic, 2 Tbsp dehydrated minced onion, 1 tsp dried parsley, 1 tsp dried basil (can use fresh herbs if you have them) ground white pepper, salt.

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



Protocol Recipes

‘ A Place of Clarity’

Tangy Tomato Soup

3 cups of Chicken stock, 2 large tomato, 2 cloves minced garlic, 1 tsp onion salt, 6 drops stevia, fresh chopped basil or 2 tsp of dried basil, salt and pepper to taste.

Sauté garlic in 1 Tbsp of stock and set aside. Puree tomatoes in blender and then cook over medium heat to a boil. Turn heat to low. Add remaining stock, garlic and spices. Cover and simmer for 10 minutes.

Asparagus Soup

500 grams asparagus, 4 whole garlic cloves, onion salt, ½ lemon juice, little red pepper, 1 Tbsp milk (optional)

Cover asparagus with water and boil with garlic and onion salt. When soft, put in food processor with garlic, 1 ½ cups of asparagus water (or add some chicken stock for extra flavour), red pepper, lemon and milk. Serve.

HCG Protocol Vegetable dishes and salads

Mixed Salad

Be adventurous with fresh mixed salads. Lettuce, baby spinach and beetroot leaves, watercress, sprouts, tomato, cucumber, fresh or tinned asparagus, red onion, chives, mint, fresh parsley, basil, marjoram, oregano, or thyme. (See dressing recipe)

Enjoy with Tuna, egg, cottage cheese, steak etc

Sushi cucumber rolls

Use a fat cucumber, peel and core out the middle.

Stuff with cooked sea food.

Slice and serve with wasabi and Bragg seasoning or diluted soya sauce.

Alternatively, cover with dressing of apple cider vinegar, stevia and wasabi

Cucumber Apple Salad

1/2 chopped apple, 1 sliced cucumber, 2 Tbsp apple cider vinegar, 1 Tbsp water, garlic salt, pepper, Stevia (optional)

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



Protocol Recipes

‘ A Place of Clarity’

Cucumber Salad

Thinly sliced cucumber, 1 Tbsp white wine vinegar, 1 tsp dill, 6 drops stevia, black pepper.

Combine all ingredients except cucumber & mix well. Toss cucumbers in mixture, cover and refrigerate. This tastes best if you wait at least one hour before serving.

Alternatively, use apple cider vinegar, ¼ tsp garlic powder, ½ tsp onion salt, pepper, stevia, 1 Tbsp dried parsley

Cole Slaw

3 cups finely shredded cabbage.

Dressing: Blend 100 grams cottage cheese, juice of 1 lemon and one orange, zest of citrus, 2 Tbsp apple cider vinegar, 8 drops stevia, 1 tsp hot mustard powder.

Toss dressing through cabbage and chill. (Counts as one protein)

Creole Cucumbers

2 cups of sliced cucumbers , ¼ tsp of Creole Seasoning, salt. Add chopped cooked chicken

Roasted Asparagus

Preheat oven to 200C. Asparagus, 1-2 cloves of minced garlic, ½ tsp of parsley, ¼ tsp of oregano, salt & pepper to taste.

Trim asparagus and lay on baking paper or aluminium foil. Add seasonings. Make a sealed pocket. Roast for 15-20 minutes.

Sauté Baby Spinach in 4 Tbsp chicken stock with 1 clove minced garlic in the bottom of pan. Toss till soft.

Onion Rings

Preheat oven to 220C. Sliced onion rings, 2 finely crushed melba toast, 2 Tbsp of skim milk, 1/2 tsp cayenne pepper salt & pepper.

In small bowl add milk, cayenne pepper, salt, pepper. Place onion rings in mix for a couple of minutes and then coat in crushed Melba toast. Place on baking paper on oven tray. Cook for 7 minutes, then flip and cook 7 more minutes.



Protocol Recipes

‘ A Place of Clarity’

HCG Protocol Deserts

Strawberry Sorbet

Freeze whole strawberries in zip lock bag and lemon juice in small ice trays.

Blend fresh frozen strawberries, lemon juice and 6+ drops of stevia in food processor. Do not over blend and serve immediately.

Alternatively add 1 cup of ice, water, extra lemon juice and stevia for a refreshing frozen drink.

Candied Apples

4 apples peeled and cored, stevia to taste, 1 tsp cinnamon, 2 cups of water, 1 tsp of vanilla.

Place 4 apples in a baking dish. Pour the water over top. Sprinkle stevia and cinnamon over apples. Bake at 175C for an hour. Take out of oven and add vanilla to the liquid and stir. Take apples out and pour sweetened water mixture over apple.

Strawberry/orange ‘smoothie’

1 cup of frozen or fresh strawberries , ½ orange or 1/3 cup of real orange juice, ¾ cup of crushed ice, 6 drops Stevia (optional), 1 handful of frozen spinach leaves (you won’t be able to taste these) Blend until smooth.

Orange Julius

1 orange frozen segments, ice, 5 drops stevia (to taste), 1 tsp vanilla essence, water as needed.

Place orange sections in blender with stevia and vanilla. Add about a handful of ice. Blend to desired consistency. Add water as needed.



Protocol Recipes

‘ A Place of Clarity’

Finally, a recipe to look forward to when off The Protocol and Stabilisation is complete.

Asian brown rice salad

You need:

- 2 cups short grain brown rice
- 1/2 cup brown skin almonds (roasted in oven at 180C for 10 mins, then cooled)
- 1/2 cup currants
- 1/2 cup red onion, diced
- 1/2 cup red capsicum, diced
- 1 cup chopped parsley

Dressing

- 1/2 cup soy sauce
- 1/4 cup sesame oil
- 1/2 cup sweet chilli sauce
- 1/2 cup ketsap manis
- 1 tablespoon fish sauce (optional)

Method:

Cook rice in salted water for 20 minutes until cooked but firm. When cooked, drain in colander and run through plenty of cold water to rinse away any residue starch. Drain thoroughly and cool.

Whisk together all the dressing ingredient and set aside.

Combine cooled rice with almonds, currants, red onion, red capsicum and parsley pour over dressing and toss through.



‘ A Place of Clarity’

Protocol Recipes