

hCG diet

Recipe of the Week

Lemon Pepper Fish

3.5 oz. White Fish
1-3 cloves minced garlic
1/4 tsp. salt
1/8 tsp. Turmeric

Juice of 1/2 Lemon
1/2 tsp. Black Pepper
1/4 tsp. Cumin Powder

Place fish in small bowl and add spices. Coat both sides and cover to marinate for a least one hour in refrigerator.

Preheat oven to 400 degrees.

Place fish in a non-stick baking dish and cover with the marinade. Bake 10-20 minutes until fish easily flakes. Squeeze with lemon juice.

Lemon Lettuce Dressing

1/4 cup apple cider vinegar	1 cup of water
1 Tbs. fresh lemon juice	15 drops of clear stevia
10 drops Apricot Nectar stevia	1 packet of stevia
1/4 tsp. Chinese Style Five Spice (Option)	1/4 tsp. garlic salt (Option)

Combine all ingredients and store in container in the refrigerator.