

hCG diet

Recipe of the Week

Salad Dressings

If you are having a hard time finding safe salad dressing at the market you may want to make your own.

Lemon Dressing

1/4 cup apple cider vinegar
1 cup water
1 packet of stevia

1 Tbs. fresh lemon juice
25 drops clear stevia

Combine ingredients and store in jar. (refrigerate)

Vinaigrette Dressing

1/4 cup apple cider vinegar
a sprinkle of celery salt
a sprinkle of ground pepper
3 packets stevia

1/2 cup water
a sprinkle of onion salt
20 drops of clear stevia

Combine ingredients and store in jar. (refrigerate)

Grape Vinaigrette Dressing

15 drops grape stevia
6 whole allspice
1 1/2 tsp. water

1 1/2 Tbs. apple cider vinegar
10 anise seeds

Combine ingredients in small sauce pan and bring to a boil, then remove from heat. Remove allspice and serve.