

hCG diet

Recipe of the Week

Quick Strawberries and Cream

Place 1/2 cup (or hand full of strawberries) in bowl. Add 1 Tbsp. of milk containing 3 drops of Stevia Vanilla Cream. Mix and coat the strawberries with the milk mixture. Enjoy!

(for cleansing phase - 500/calories)

Quick and Easy Soups

1 cup Organic Broth (*chicken or beef*)
1 cup water
Seasonings of choice
3.5 oz. of meat (*chicken or beef*)
1 Garlic clove

Chop and pre-cook meat in fry pan with chopped garlic clove and onion salt. *Use organic coconut spray for a non-stick surface.*

Bring broth and water to a boil and then simmer with additional desired spices. Add meat and seasonings. Continue to simmer for 5 minutes. Serve

Option: Add your vegetable to the broth or eat separately.
(for cleansing phase - 500/calories)