

hCG diet



Recipe of the Week

Worcester Sauce

1/2 cup apple cider vinegar
2 T soy sauce
2 T water
3 drops toffee Stevia
1/4 t ground ginger

1/4 t dry mustard
1/4 t onion powder
1/4 t parlic powder
1/8 t cinnamon
1/8 t pepper

Combine all ingredients in a sauce pan and bring to a boil stirring constantly. Simmer for 1 minute on low with sauce pan lid on. Cool and store in the refrigerator.

(cleansing phase, maintenance phase, and life phase)

Ketchup

1T tomato paste
1 package of Stevia
1 T apple cider vinegar

1 t Worcester Sauce
1 T water
Dash of salt and pepper

Mix ingredients. Add more vinegar if it is too sweet.

(maintenance phase - 1500/calories, and life phase)

Quick Garlic Butter

1 clove fresh garlic, minced
1 t butter buds
3 t water

Mix butter buds and water. Add minced garlic and set aside for 10 minutes. Store excess in the refrigerator.

(maintenance phase - 1500/calories, and life phase)