

HCG Diet Recipes

How to Get the Maximum Flavor and Enjoyment

Out of Your HCG Diet Program

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Introduction

This book grew out my personal experience with the HCG protocol and from the need that I saw for a simple, cost-effective book that shows HCG dieters how to get the most enjoyment from the allowable food for this weight loss strategy.

The HCG protocol is based on the original 1954 book by Dr. A.T.W. Simeons, titled “Pounds and Inches.” Although this book is an excellent source of information about the possible causes of overweight and obesity, why the HCG protocol works, and precisely how to follow it, the the diet itself is basically bland.

My purpose, therefore, is to guide you to find real flavor among the limited foods from which you can take consume 500 calories each day.

My goal in this book is to be concise and practical, to offer a few easy recipes, and not to overwhelm you with a huge number of recipes that you will never use.

It is not all that important for you to know my personal story ... maybe just the relevant facts: I dropped 30 lbs and 8% body fat on the HCG protocol. I also do not believe it to be important to recap the basics of the protocol. If you haven't already found a guide to the HCG diet, then use the one that I provide for subscribers to my newsletter at BestHCGWeightLoss.com. Just subscribe and you will receive a link to download it, if you have not done so already.

That guide also provides my perspective on the causes of gaining abnormal fat and on how the HCG probably works to get rid of it. Scientific research on this topic has led to new discoveries that are very interesting to me as a scientist. Some folks are like me, maybe including you, in having a driving need to know how things work.

You may already know that HCG is not approved by the FDA for weight loss. This means that nothing I say in this book or anywhere else can be taken as medical advice, weight loss advice, or for diagnosing or treating any kind of medical problem. Of course, the FDA is a heavy-handed rogue

government agency whose purpose is to be the enforcement arm of the pharmaceutical industry. This agency is not in the business of helping people get healthy. Indeed, when I see that something has been approved by the FDA is when I am especially wary of whatever that drug or treatment really is.

Other HCG Diet Cookbooks

Several other HCG cookbooks are available, either electronically (i.e., for immediate download) or in hard copy. The best bargains are hardcopy books through online stores such as Amazon, because you can always find sellers who offer used books at lower prices. The only disadvantages are that you have to pay shipping and that you have to wait days or weeks for it to arrive. If you are like me, being old-school, having a real book in hand is much more satisfying reading one on a computer screen.

Electronic books (ebooks) like this one are convenient because of their instant downloadability. Unfortunately, ebooks are routinely highly overpriced. My favorite HCG cookbook, for example, is \$39.95. It consists of 177 pages that include a lot of extraneous information about the author and about the HCG protocol, plus an extravagant amount of wasted space that is not directly related to HCG diet recipes. The reason that ebooks are so costly is that they almost always offer commissions for affiliates who sell them for their authors, which drives up the price. It is just a marketing cost that gets passed along to the buyer. Even the best cookbooks at my favorite local bookstore don't cost that much. In fact, Amazon offers Julia Child's famous 2-volume set, "Mastering the Art of French Cooking," in paperback for about \$40.

One of my main criticisms of diet books in general is that they contain way too many recipes for me to ever use. That's just my personal view. This book, therefore, is something that I would have benefitted from because I include what I think is the right number of recipes to be practical. These are the ones I have used or recommended to others for getting through a 30-day or 43-day protocol with ease, convenience ... AND WITH FLAVOR!

HCG Food Basics

Just to make sure that we are on the same page here, the diet is called a Very Low Calorie Diet because it restricts you to 500 calories per day. This, of course, would be a starvation diet in the absence of HCG. The hormone enables your body to recoup 2,000 or more calories per day from abnormal fat to make up the difference in what your body requires for basic metabolism.

The food restrictions on this diet were determined experimentally in the 1950s, from trial and error with thousands of patients at Dr. Simeons' clinic in Rome. The basic premise is to restrict the intake of fats and oils and of carbohydrates. The logic behind which foods are allowed and which are not allowed is sometimes clear and sometimes not. For example, allowing cod or other whitefish makes sense because they are nearly oil-free. On the other hand, prohibiting salmon and tuna also makes sense because these are oily fish. On the other hand, allowing cabbage and not broccoli is not so clear, since these are varieties of the same species of plant.

Nevertheless, the basics of the diet are simple in concept. Each of two meals per day is to include:

- 100 grams (3.5 ounces) of protein
- a vegetable
- a portion of fruit
- Melba toast or grissini breadsticks

Sources of Protein

These are supposed to be weight before cooking, although I have found this requirement to be not as important as making the right food choice. These include the following:

Chicken breast
Lean beef (e.g., hamburger, 93% fat-free)
Veal
White fish (cod, tilapia, etc.)

Lobster
Crab
Shrimp

Approved Vegetables

One vegetable is to be consumed at each meal. No mixing of vegetables is allowed according to the original diet plan. However, I have found that you can have an unlimited amount of green leafy lettuce at each meal, together with any amount of one of the vegetables below:

Spinach
Chicory
Beet greens
Celery
Tomato (restricted to 1 tomato per meal, any size)
Red radishes
Onion
Cucumber
Asparagus
Cabbage

Approved Fruit

Apples are your most important fruit for a variety of reasons, so including one at one or both of your meals is going to be very helpful. You may choose any one of each of the following approved fruits per meal:

Apple (1 per meal maximum, any size)
Orange (1 per meal)
Grapefruit (½ per meal)
Strawberries (1 handful per meal, no matter what size your hand is!)

Approved Starchy Foods

This is VERY restrictive and important to stick to:

One serving of Melba Toast or Melba Crackers at each meal

or

4 grissini sticks at each meal (Italian breadsticks, probably only available online)

When I say one serving of Melba Toast, this refers to 2 of the regular, rectangular Melba Toasts or 4 of the cracker shapes. You could probably do a blind taste test between cardboard and Melba toast and not be able to tell the difference. Fortunately, Melba Toast, Crackers, and Snacks often come in different flavors.



There is not much else to say about the starchy foods. None of the recipes do anything to modify Melba toast, so that is all I will have to say about this component of the diet.

Important Note About Artificial Sweeteners

All carbohydrate-based sweeteners are prohibited. These include table sugar (sucrose), all the sugar alcohols (sorbitol, xylitol, maltitol, etc.) and all other forms of sugar regardless of whether they are sweet. The most common sugars as food additives are dextrose, glucose, invertose, and all syrups (corn, rice, maple, etc.).

It is especially important for you to keep an eye on ingredient labels. Balsamic vinegar, for example, contains way too much sugar to be acceptable on this diet. If you are not sure about the ingredients, then take a look at the Nutrition Facts portion of the label, where the amount of carbohydrate and sugar per serving must be clearly stated.



Avoid all artificial sweeteners! Nutrasweet (aspartame) is the most toxic additive that people consume on a regular basis. It is to be avoided at all costs regardless of whether you are on the HCG diet. There are so many things wrong with this artificial sweetener that a book length explanation would not be enough.

Artificial sweeteners tend to trick your body into expecting something with calories, so your metabolism may respond with an insulin spike as if you were taking in sugar anyway. Insulin spikes will make you fat and they will disrupt the HCG from directing your body from burning abnormal fat.

This means that diet sodas and diet drinks in general will undermine your progress on the diet.

Dr. Simeons allowed his patients to use saccharin, which was the major (and maybe only) artificial sweetener that was on the market in the 1950s. Of all the artificial sweeteners, saccharin is one of two that are semi-okay. The other is Splenda (sucralose). The most common adverse effect of Splenda is diarrhea. The long terms effects are yet to be determined. Splenda contains chlorine, which may become a problem. We just don't know for sure.

The notion that artificial sweeteners are calorie-free is not quite true. Some of them, especially the sugar alcohols, are not digested by human metabolism. However, when they pass into the colon, the native bacteria in our GI tract break them down and release a minimal number of calories. Although this is not a large source of calories, the metabolic by-products of a bacterial bloom (acid, gas) are the cause behind the laxative effects of these sweeteners.

Stevia to the Rescue

The best all around sweetener is derived from a Brazilian plant by the name of Stevia. The leaves of this plant are very sweet, and their main sweet ingredient is more than 200 times sweeter than table sugar.

The main drawback to Stevia is that it leaves an odd aftertaste for some people. I am one of those people, so I had to develop a new Stevia habit to replace sugar in my coffee.

Fortunately, Stevia is available in flavored liquids that are remarkably good for doctoring up water, coffee, teas, and desserts. The best products are by Sweetleaf Stevia. My favorite is English Toffee, just four drops in a cup of coffee and my sugar addiction goes away!

The other flavors are Apricot Nectar, Chocolate Raspberry, Cinnamon, Chocolate, Grape, Lemon, Peppermint, Root Beer, Valencia Orange, and Vanilla Creme.

If you are ever craving a cold, refreshing soda, the best that you can do for your health and for your taste buds is to add your favorite flavor of liquid Stevia to club soda and - *voila!* - your own healthful and satisfying soda.

Basic Beverages

This is a very short list: coffee, tea, water. You may also have the juice from 1 lemon each day, which will make your tea taste better and offer more antioxidant power. And you are allowed 1 tablespoon of milk or cream each day.

By the way, powdered or liquid creamers that are non-dairy are taboo. First off, they contain casein (a dairy product!). Secondly, they almost always contain trans fats, which should never be in your diet - and I mean for a lifetime, not just on HCG.



About Flavorings!

Ah, this is where you turn those bland HCG foods into gourmet delights. Or, just something that tastes good enough to enjoy and to help you stay on the protocol all the way to the end.



Before I go too far, let me call to your attention the most versatile flavor mix that I came across during my HCG protocol. It is simply Italian salad dressing mix. Normally this mix calls for the addition of water, vinegar, and oil to make the full dressing. However, I mixed only water, or water and vinegar, and used it for flavoring everything from my salads to my vegetables and even the chicken, hamburger, and fish.

Before discovering how to use this mix, the HCG diet foods were more like a concoction of cardboard and rabbit food - yech!

The good news about herbs and spices during the HCG protocol is that almost everything is acceptable. Just pay attention to labels, as always. You will find, for example, that some mustard products contain added oil (avoid these) and some don't - such as ordinary spicy brown mustard.

Note also that common food sauces often contain sugar (mayonnaise, ketchup, salad dressings), corn starch or other carbohydrate, or oil. Just don't use these. If you get desperate, maybe 1-2 tablespoons of such sauces per meal could work for you. Watch your scale carefully to see whether these things slow down your weight loss.

WARNING! One of the nastiest kinds of food additives that you will encounter is MSG (monosodium glutamate). It causes numerous negative effects on human health, *including weight gain*. Unfortunately, our government is in cahoots with the food industry on this topic, which means that MSG is hidden on food labels in numerous guises.

There are over 40 food ingredients besides "monosodium glutamate" that contain processed free glutamic acid (MSG). Each, according to the FDA, must be called by its own, unique, "common or usual name." "Autolyzed

yeast," "sodium caseinate," and "soy sauce" are the common or usual names of some ingredients that contain MSG. Unlike the ingredient called "monosodium glutamate," they give the consumer no clue that there is MSG in the ingredient.

MSG-containing products may even have "No MSG" in big, bold letters on the product label! When you are doing your best to avoid MSG, misleading labels can drive you crazy.

Recommended Herbs, Spices, and Flavorings

Again, just be sensible when choosing anything that is not on this list. The idea is to use ingredients that contain no sugar, no other carbohydrate, and no oil. (By the way, even though spices may contain some oils, this is inconsequential because of the low amounts that you will use in different in recipes.)

Cinnamon	Curry/Turmeric	Tarragon
Basil	Saffron	Cayenne pepper
Black pepper	Cumin	Parsley
Cilantro	Salt	Garlic
Mustard	Sage	Rosemary
Onion	Thyme	Peppermint
Ginger	Oregano	Rosemary
Marjoram	Stevia	Liquid Smoke
Hot sauce (made from cayenne pepper, not jalapeño pepper)		

Chicken Dishes



The most convenient way to stick with this diet is to prepare the protein dishes ahead of time, because they require more time for preparation. In so doing, you can cook up several days worth of chicken or other protein dish at one time. I found that I could get away with weighing out the 100 gram portions after they were cooked, instead of beforehand as directed in Dr. Simeons' original protocol. In general my clients have done so, too.

One important step in preparing any dish with chicken breast is to beat up on it a little bit with one of those meat-tenderizer hammers (or equivalent). A good buddy of mine who is a chef taught me that. The reason is that it breaks up some of the protein cross-links in the meat, which makes it more tender and more able to absorb flavors from a marinade or when it is being cooked. Otherwise, chicken breast meat cooks too dry and becomes too chewy.

Making Chicken Broth

I absolutely do not advocate using a commercial chicken broth from any major supermarket. This is because it is almost impossible to find one without MSG. It is very easy, however, to make all the chicken broth that you will for the entire protocol. Here's how:

Boil a whole chicken until done. Pour off all off the liquid and remove loose meat or bone with a cheesecloth or screen. Let cool, then refrigerate overnight. Remove all of the fat that solidifies at the surface - **KEEP IT COLD WHILE DOING THIS SO FAT WILL NOT MELT BACK INTO THE BROTH.** There's your chicken broth. If you want to make sure that you have removed as much of the fat as possible, you can refrigerate it overnight again, then remove fat a second time. It is very important that you get as much fat out of the broth as possible.

Use broth as you wish in all recipes that call for water. Much tastier!

Broiled Chicken Italiano

(my name for this dish)

Ingredients

100 grams of whole chicken breast per serving
Italian salad dressing mix in water and apple cider
vinegar (equal parts)
Cayenne pepper if you want more hot-spiciness

Directions

Lay out chicken breasts in broiler pan. Smother in
salad dressing. Sprinkle pepper if desired. Broil on
each side until done.

This recipe is so easy, fast, and good-tasting that I
probably made it more than half the time for my
chicken dishes. Indeed, you will notice that it is
almost the same recipe as my “Broiled Fish Italiano”
(below), which I used almost every time that I
cooked fish.

Chicken Pesto

Ingredients

100 grams of whole chicken breast per serving
Juice squeezed from 1 lemon
1 clove garlic
4-5 fresh basil leaves
3 tbsp. of apple cider vinegar (other pure undistilled vinegars will do)
Ground black pepper

Directions

Marinate chicken in lemon juice with black pepper sprinkled into it, for at least ½ hour. Pour off and save the marinade. Slow cook in shallow frying pan until done. While the chicken is cooking, make the sauce as follows: Add the peeled garlic clove and the basil leaves to the marinade and puree them in a food processor. Add water or chicken broth if necessary for consistency. Pour pureed sauce onto chicken and simmer for about 10 minutes at low temperature. Add salt to taste. Delicious!

The keys for using these ingredients are to consume no more than your daily allowance of lemon juice and to adjust or estimate the proportion of garlic, basil leaves, pepper, and salt to how you like it. There is no way to botch up the ingredients.

Chicken Tacos

Ingredients

100 grams of ground or finely chopped chicken breast (must grind it or chop it yourself! - store bought ground chicken is too fatty)
1-2 tbsp. of chopped white or yellow onion
1-2 cloves of garlic
cayenne pepper
sprig of cilantro
large-leaf lettuce

Directions

Fry chicken slowly, adding broth for consistency (i.e., not so much as to make boiled chicken). Add in chopped onions and finely chopped garlic and cilantro and simmer for a few minutes. Serve on folded lettuce leaf to mimic a tortilla. Great tacos with no carbs!

WHAT ABOUT SALSA? Yup, those of us here in the desert southwest know that tacos would not be the same without salsa or hot sauce. Here is what you can probably get away with (just keep close tabs on your weight the next day!): Add a dash of hot sauce or up to a tbsp. of picante sauce or salsa to each taco. If you can find a picante sauce or salsa that has no added sugar (it will be listed as an ingredient, maybe in the form of corn syrup), then that is your best choice. The tomato alone will give you plenty of sugar. *This is an immense help for adding flavor to this meal.* Just pay attention to how much salsa or hot sauce that you use so that you don't overdo it and slow down your weight loss.

In addition, as long as you keep the use of salsa or picante sauce to a minimum, any jalapeño pepper in the ingredients will have no noticeable effect on your weight loss.

Barbecued Chicken

Ingredients

100 grams of whole chicken breast
1 tomato
cup apple cider vinegar
1 lemon
minced onion
2-3 cloves garlic
chili powder
hickory flavored liquid smoke
Worcestershire sauce
parsley
cayenne pepper
chicken broth

Directions

The key to excellent barbecued chicken is the same for any barbecue: The Sauce. Start by making the BBQ sauce as follows: In your food processor, puree together the tomato, $\frac{1}{4}$ of the apple cider vinegar, the juice of the lemon, 1 tbsp. of minced onion, 1-2 cloves of minced garlic, $\frac{1}{4}$ tsp. of chili powder, a few drops of liquid smoke, $\frac{1}{2}$ tsp. of Worcestershire sauce, 1 tsp. of chopped parsley, cayenne pepper to taste, and broth as needed for consistency. Place this mix in a saucepan and bring to a boil, then simmer at low temperature for at least 5 minutes. Add more broth as needed as the volume decreases. Note that most BBQ sauces are sweetened with sugar. If you feel that something is missing (sugar?), then add Stevia to the sauce to taste. Smear chicken with the BBQ sauce and cook on grill or in frying pan until done, making sure that the meat doesn't burn.

Garlic Chicken

Ingredients

100 grams of sliced chicken breast
chicken broth
lemon
1-2 cloves of garlic
garlic powder
fresh ginger root

Directions

Mix together ca. $\frac{1}{4}$ cup of chicken broth, the juice of $\frac{1}{2}$ lemon, minced garlic, 4-5 slices of ginger root, and maybe a dash of salt. Marinate the chicken slices in this mixture for at least an hour (even better overnight in the refrigerator!).

Pour marinade into saucepan, place chicken in it, sprinkle with garlic powder, salt and pepper to taste, then cover and let simmer 20-30 minutes until done.

Chicken Marinara

Ingredients

100 grams of whole chicken breast
1 tomato
1-2 cloves of garlic
1 tsp. oregano
2-3 basil leaves
½ tsp. chili powder
black pepper
garlic powder

Directions

Dice the tomato and place half of it into a casserole dish. Sprinkle garlic powder and pepper onto both sides of the chicken, then briefly sear each side in a frying pan. Place the seared chicken on top of the tomatoes in the casserole dish. Finely chop or mince the garlic and add it to the chicken. Mix the remaining diced tomatoes with the basil leaves (chopped), oregano, and chili powder and place this mix on top of the chicken. Cover the dish and bake at 350 degrees for 45-60 minutes.

Fish and Seafood Dishes



Keep in mind that oily fish (tuna, salmon, catfish) are not allowable. All whitefish are ideal because they are such great sources of lowfat protein.



The pleasant surprise for me on this diet is that shellfish, which are some of my favorite foods, are also great sources of lowfat protein. Indeed, many of my clients felt to need to confirm these foods for the diet because it just seemed too good to be true. At least, if you love lobster, shrimp, and crab it seems so.



I suppose that landlubbers like me were raised with the notion that shellfish are a luxury. In addition, I have seen this weird notion that these foods are too rich to be good for your health and should be eaten sparingly. All of this is, of course, hogwash. I enjoyed many a lobster tail and a lot of shrimp when I went through the HCG protocol.

By the way, in case I don't mention it for each recipe, all of these dishes can also be cooked on a gas grill outside.

Just wrap them in heavy duty foil or place them in a baking dish with a cover. This approach is important for domestic tranquility for those of you who, like me, live in a household whose other members do not like fish or even the odor of cooked fish. Cooking fish of any kind indoors has a way of creating a long-lasting fishiness that permeates the entire household. This is where my gas grill comes to the rescue! (Any outdoors grill will do.)

Regarding shrimp, the size designations at the supermarket are so arbitrary that "extra large" really has no meaning. The best size that I found is labeled 16-20 count per pound. It is a size range more than a uniform size. Once you peel them, about 6-7 shrimp of this size range will be close to 100 grams.

Broiled White Fish Italiano

(also my name for this dish)

Ingredients

100 grams of white fish
Italian salad dressing mix in water and apple cider
vinegar (equal parts)
Cayenne pepper if you want more hot-spiciness
Juice from ½ lemon

Directions

Lay out fish in broiler pan (may need foil to keep fish from falling apart and down through broiler grating). Smother in salad dressing. Sprinkle pepper if desired. Broil on each side until done. Serve with lemon juice poured over it.

Note that those of you who live with folks who do not appreciate the odor of fish in the house, you can easily take this dish to the grill. The only modification is that I wrap the fish in aluminum foil, put it on the grill, close the lid, and let it cook for 15-20 minutes.

Garlic Shrimp

Ingredients

100 grams of shrimp
¼ water
lemon
1-2 cloves of garlic
garlic powder

Directions

Sauté the shrimp in a frying pan until done, in about ¼ cup of water together with minced garlic. Sprinkle with a liberal amount of garlic powder. Squeeze lemon and use juice for dipping if desired.

If you get really, really desperate for flavor with this dish, like I did, then you can dip the shrimp “sparingly” into cocktail sauce. I say sparingly because cocktail sauce contains sugar, so keep your meal to fewer than 2 grams (probably 1 tbsp. of sauce). That should be plenty for enhancing your meal to the max!

Curried Shrimp

Ingredients

100 grams of shrimp
¼ water
1 tomato
minced onion
1-2 cloves garlic
curry powder
onion powder
garlic powder
allspice

Directions

Sauté the shrimp for about 3 minutes in a frying pan with ¼ cup water, minced garlic, a chopped tomato, and about 1 tbsp. of finely chopped onion. Add a dash of curry to taste (ca. ⅛ tsp.), a pinch of allspice, and sprinkle with onion powder and garlic powder. Cover and simmer for 10 minutes on low heat until done.

The flavor of this recipe may benefit from a bit of sweetening with Stevia. If you feel that something is missing for your taste buds, add a tiny bit of unflavored liquid Stevia or of Stevia powder to taste. This can transform any sauce into being more flavorful, especially if you are used to those sugar-sweetened sauces that seem to be unavoidable at the supermarket.

Note that this dish incorporates a whole tomato, so it includes your vegetable for this meal. In other words, do not add another vegetable to your meal with this dish.

Spicy Jambalaya!

Ingredients

100 grams of shrimp
1 tomato
1 celery stick
1-2 cloves garlic
lemon
onion
liquid smoke
Worcestershire sauce
cayenne pepper
thyme
hot sauce
garlic powder
onion powder

Directions

Chop tomato and celery, mix together with minced garlic, 1 tbsp. chopped onion, the juice from $\frac{1}{2}$ lemon, and $\frac{1}{4}$ cup of water. Add to shrimp and sauté in a frying pan 2-3 minutes. Add dash of cayenne pepper, hot sauce, Worcestershire sauce, garlic powder, and onion powder. Simmer on low heat for 15-20 minutes.

Note that this dish incorporates a whole tomato, so it includes your vegetable for this meal. In other words, do not add another vegetable to your meal with this dish. By the way, the celery in this dish doesn't really count for anything against your calories or side dishes.

Mediterranean Shrimp

Ingredients

100 grams of shrimp
1 tomato
lemon
basil
1-2 cloves of garlic
red pepper
oregano

Directions

Sautè shrimp 2-3 minutes in $\frac{1}{4}$ cup water mixed with juice from $\frac{1}{2}$ lemon, minced garlic, $\frac{1}{4}$ tsp. of chopped basil, $\frac{1}{4}$ tsp. of chopped oregano, and a pinch of red pepper. Add tomato, cover and simmer on low heat for 15 minutes.

Baked White Fish Surprise

Ingredients

100 grams of white fish
Melba toast
1-2 cloves garlic
dill
tarragon
water
capers
lemon
onion

Directions

Mix ½ cup water with 1 tbsp. capers (with extra juice if you wish), minced garlic, 1 tbsp. of minced onion, 2-3 pinches of dill, pinch of tarragon, and the juice from ½ lemon. Pour over fish in a baking dish. Crumble Melba toast (1 serving) and sprinkle over fish. (Garlic-flavored Melba crackers are especially good with this recipe.) Cover dish and bake at 350 degrees for 20 minutes.

The Surprise: This dish is really spectacular when you bake asparagus with it. Just arrange the asparagus with the fish as desired, cover with water, spices, and Melba toast crumbs; bake as above. By the way, I like the more tender upper half of the asparagus, the part that is closer to the growing tips, so much better than the fibrous lower half that I will throw the latter away entirely. I guess I'm just spoiled that way.

Mediterranean Lobster

Ingredients

100 grams of lobster tail
1 tomato
lemon
basil
1-2 cloves of garlic
red pepper
oregano

Directions

Sautè lobster 2-3 minutes in $\frac{1}{4}$ cup water mixed with juice from $\frac{1}{2}$ lemon, minced garlic, $\frac{1}{4}$ tsp. of chopped basil, $\frac{1}{4}$ tsp. of chopped oregano, and a pinch of red pepper. Add tomato, cover and simmer on low heat for 15 minutes.

Note that the similarity of lobster and shrimp means that all of the shrimp recipes can be used for lobster, too.

The main difference is that a lobster tail, or a portion of one, can be prepared as a single piece. This makes lobster tail more amenable to stuffing and baking, as in the next recipe.

Stuffed Lobster

Ingredients

100 grams lobster tail
Melba toast
1-2 cloves garlic
onion
water
paprika
garlic powder
onion powder
lemon

Directions

Slice lobster tail lengthwise sufficiently to spread the halves apart without cutting them into two separate pieces. Crumble 1 serving of Melba toast and mix together with minced garlic, 1 tbsp. minced onion, pinch of garlic powder, pinch of onion powder, and a dash of paprika. Stuff lobster tail with this mixture and place in baking dish with the stuffing side up. Pour water over the lobster, just enough to get the stuffing mix wet, then sprinkle with paprika. Cover dish and bake at 350 degrees for 20 minutes. Dip each bite in lemon juice as desired.

Cajun White Fish

Ingredients

100 grams of white fish
garlic powder
onion powder
cayenne pepper
thyme
Melba toast
lemon

Directions

Crumble Melba toast (1 serving) and combine with dash of garlic powder, dash of onion powder, cayenne pepper to taste (spicy!), and ¼ tsp. of thyme. Coat fish with juice from the lemon, then layer Melba toast spice mix onto fish. Cover dish and bake at 350 degrees for 20 minutes.

Crab Cakes

Ingredients

100 grams of crab meat
Melba toast
onion
lemon
1-2 cloves garlic
apple cider vinegar
thyme
cayenne pepper
onion powder
garlic powder

Directions

Crumble Melba toast (1 serving) and combine with pinch of thyme, dash of cayenne pepper to taste, $\frac{1}{8}$ tsp. each of onion and garlic powder, minced garlic, 1 tbsp. minced onion, and 1 tsp. of apple cider vinegar. Mix spice mix with crab meat for a “cake” consistency. Press crab/spice mix into cupcake or muffin tins at desirable cake size. Bake at 350 degrees for 15 minutes, which should brown them slightly.

WARNING! Avoid imitation crab meat. A quick glance at the *long* list of ingredients on imitation crab shows that it is adulterated with so many chemicals as to be just plain unappetizing. One or more of these chemicals is almost always sugar or other simple carbohydrate. You will probably also find MSG, either listed outright or in one of its myriad disguises. When you get back to eating sushi, you will also find this junk food in crab rolls, etc. Yech!

What About Scallops?



The wide variety of animals that are called as shellfish is huge. Lobster and crab are crustaceans, for example, whereas scallops, clams, oysters, and abalones are bivalves. I am not sure why bivalves are not on the list of approved seafoods. They are routinely the purest low-fat kind of protein that is commonly available.

This is why I want to recommend and comment on scallops as entrees for the HCG protocol. They are easy to find, easy to cook, and they don't fall apart like the flesh of cooked white fish. The only drawback is that scallops sometimes come with a little grit because they are wild-harvested from sandy ocean bottoms. They also don't broil as well as whitefish. However, baking and grilling scallops is very simple.

My experience with scallops leads me to advise you to get the largest ones that you can find, usually called giant sea scallops. At the time of writing this recipe book, they cost about \$11.99 per pound when not on sale. Sale prices can be a little more than half of that. Regardless, scallops are a bargain because they are such a great source of protein.

Scallop Recipes

All of the fish and seafood recipes that are included here for white fish, shrimp, and lobster are equally good for scallops. The easiest recipes, and the ones that I use the most, entail wrapping scallops in aluminum foil and cooking them on my outdoors grill for about 20 minutes. Just be careful to keep the heat from getting so high that it scorches and ruins the bottom of the scallops. Oh, the reason that I grill them outside is that they leave a long-lasting and potent odor in the house when I cook them indoors. This always draws complaints from the "non-fish" people in the house. Scallops will shrink quite a bit, maybe to half their weight, when you cook them. If you really want to get your full 100 grams (3.5 ounces) of protein, then you will be more accurate to weight out your meal's worth after cooking instead of before. I hope you enjoy this marine super-protein as much as I do!

Beef Dishes



Beef can be a great source of protein under certain conditions. The main condition is that it be as low in fat as possible. Dr. Simeons recommended against beef, except for veal, because it is generally too fatty.

Veal, on the other hand, is not always available, at least for a reasonable price at your neighborhood supermarket, it is available at all. So that leaves two options: 1) don't eat beef during the HCG protocol; 2) get only the kind of beef that will not undermine your progress.

The leanest and healthiest beef is always going to be from grass-fed cows. This means cows that are raised on grass all the way until the day of slaughter. Unfortunately, even grass-fed cows are often fattened up on grains for a couple of months before going to market. This does two things to the quality of meat, both of which are negative. First, it alters the fat composition of the meat, specifically by reducing the content of one of the best dietary fats that you can ever eat. These are called CLAs. They are so valuable in your diet that they are now widely available as supplements in every nutrition store. The second negative is simply that grain-fed cows are fattened up to make them just plain fatter!

This trend for fattening cows on grains started in the 1960s, so Dr. Simeons' stand against beef was established even before the quality of commercial beef got to be as bad as it is now. There is one type of beef that you can eat on the HCG protocol if you don't eat too much of it.

The "acceptable" beef is ground beef that has the lowest amount of fat that is routinely available at your supermarket: i.e. 7% fat (or it may be labeled "93% lean" instead). Most of my clients had no problems having a hamburger dish each day, sometimes even two per day like I sometimes did, without slowing down weight loss. You will know if this pattern works for you because your scale will tell you every morning whether you did something the previous day that slowed down your progress. You have to experiment to see what your tolerance for 7%-fat hamburger might be.

One discovery that I made about hamburger probably won't surprise you. It will lose a LOT of weight when you cook it, so be sure to use only the pre-cooking weight as your 100 grams per serving.

If you can put up with not having steak, roast, or another whole-slab beef dishes during your HCG protocol, then I recommend you do so. Some recipe books and HCG websites offer beef dishes with these cuts. However, the fat content of "whole beef" is usually too high for me to recommend these recipes. If you can, just look forward to that first real juicy steak on Day 1 of your maintenance phase after you complete the 500-calorie per day period. It will be that much better when you finally get to it!

The bottom line on beef dishes is, therefore, about hamburger.

Making Beef Broth

Just as with my comments about chicken broth (p. 10), I absolutely do not advocate using a commercial beef broth from any major supermarket. This is because it is almost impossible to find one without MSG. It is very easy, however, to make all the beef broth that you will for the entire protocol. Here's how:

Boil any cut of beef (preferably with bone in) until done. Pour off all off the liquid and remove loose meat and bone. Let cool, then refrigerate overnight. Remove all of the fat that solidifies at the surface - KEEP IT COLD WHILE DOING THIS SO FAT WILL NOT MELT BACK INTO THE BROTH.

There's your beef broth. If you want to make sure that you have removed as much of the fat as possible, you can refrigerate it overnight again, then remove fat a second time. It is very important that you get as much fat out of the broth as possible.

Use broth as you wish in all recipes that call for water. Much tastier!

Beef Tacos

Ingredients

100 grams of 93% lean ground beef
1-2 tbsp. of chopped white or yellow onion
1-2 cloves of garlic
cayenne pepper
sprig of cilantro
large-leaf lettuce

Directions

Fry ground beef slowly, adding broth for consistency (i.e., not so much as to make boiled beef). Add in chopped onions and finely chopped garlic and cilantro and simmer for a few minutes. Serve on folded lettuce leaf to mimic a tortilla. Great tacos with no carbs!

WHAT ABOUT SALSA? Tacos would not be the same without salsa or hot sauce. Here is what you can probably get away with (just keep close tabs on your weight the next day!): Add a dash of hot sauce or up to a tbsp. of picante sauce or salsa to each taco. If you can find a picante sauce or salsa that has no added sugar (it will be listed as an ingredient, maybe in the form of corn syrup), then that is your best choice. The tomato alone will give you plenty of sugar. *This is an immense help for adding flavor to this meal.* Just pay attention to how much salsa or hot sauce that you use so that you don't overdo it and slow down your weight loss.

As long as you keep the use of salsa to a minimum, any jalapeño pepper in the ingredients will have no noticeable effect on your weight loss.

Meatloaf

Ingredients

100 grams 93% lean ground beef
Melba toast
1-2 cloves garlic
onion
tomato paste
apple cider vinegar
lemon
onion powder
garlic powder
cayenne pepper
paprika

Directions

Crumble Melba toast (1 serving) into fine crumbs. Mix with ground beef, 1 tbsp. chopped onion, minced garlic, pinch of onion powder, pinch of garlic powder, juice from ½ lemon, dash of cayenne pepper to taste, 1 tbsp. apple cider vinegar, and dash of paprika. Bake at 350 degrees for 20 minutes.

Beef Salad

Ingredients

100 grams 93% lean ground beef
1 clove of garlic
onion
tomato
garlic powder
lettuce
Italian salad dressing mix

Directions

Fry beef together with minced garlic, 1 tbsp. chopped onion, and a healthy dash of garlic powder. Spoon onto bed of lettuce, as much as you want to eat. Top with sliced tomato. Flavor with Italian salad dressing mixed without oil.

This is one of the simplest and most satisfying meals that I enjoyed on a regular basis. When I really wanted to change it up, I added a couple of healthy squirts of spicy brown mustard on top. Delicious!

Beef With Cabbage

Ingredients

100 grams 93% lean ground beef
cabbage
1-2 cloves garlic
water
apple cider vinegar
onion
green onion
lemon
chili powder

Directions

Fry ground beef together with as much cabbage as you want (cut into strips), $\frac{1}{2}$ cup water, juice from $\frac{1}{2}$ lemon, minced garlic, chopped white and green onions (1 tbsp. each), 1 tbsp. apple cider vinegar, and dash of chili powder.

Spaghetti

Ingredients

100 grams 93% lean ground beef
tomato
tomato sauce
1-2 cloves garlic
onion
basil flakes
oregano flakes
cayenne pepper

Directions

Fry ground beef together with minced garlic, 1 tbsp. chopped onion, ½ tsp. basil flakes, ¼ tsp. basil flakes, dash of cayenne pepper to taste. Add 1 chopped tomato and 2 tbsp. tomato sauce, simmer on low heat for 10 minutes. Serve over cabbage noodles.

Hamburgers

Ingredients

100 grams of 93% lean ground beef
garlic powder
onion powder

Directions

Form ground beef into a patty. Sprinkle liberally with garlic powder and onion powder. Grill or broil until done. Serve with sliced tomato and sliced purple onion (if desired), and even with lettuce. That's it!

All that food together makes for a very filling and satisfying meal. I usually doctored my burger with a special sauce that consists of 1 tbsp. each of spicy brown mustard, mayonnaise, and ketchup. This probably added a couple of grams of sugar to my meal, without slowing down my weight loss one bit. And, boy! was it worth it!

Cabbage Rolls

Ingredients

100 grams 93% lean ground beef
cabbage
water
1-2 cloves garlic
onion
onion powder
garlic powder

Directions

Soften cabbage leaves slightly by submersing them in nearly boiling water for 1-2 minutes. Fry ground beef together with $\frac{1}{2}$ cup water, minced garlic, 1 tbsp. chopped onion, dash of onion powder, and dash of garlic powder. Spoon this fried ground beef mixture onto 1 or more cabbage leaves, roll and tuck each leaf into tight unit. Place cabbage rolls into baking dish with $\frac{1}{2}$ cup water, cover the dish, and bake at 375 degrees for 20-30 minutes.

Vegetables



Mother Nature's Best Recipes

The absolutely ***BEST*** way to eat any of the allowable vegetables on the HCG diet is to eat them ***raw***. Onions, cucumber, asparagus...the whole lot of it. When you have your vegetable as a separate dish (i.e., not as part of one of the main dish recipes), it is good as Mother Nature intended it. A dash of Italian salad dressing mix in water and apple cider vinegar or rice vinegar can add new flavor to whatever veggie you are having, though.

The one exception to my comment about Mother Nature is the tomato. Mass produced tomatoes no longer have any flavor to speak of. They are picked green, stored until shipped, then gassed with ethylene to make them look ripe. This doesn't fool anyone. A good-looking tomato treated this way has no flavor because it did not develop through its connection to the parent plant, from whence comes all the nutrition and flavor as it matures naturally. Ah, too bad. A sun-warmed, naturally-ripened tomato, freshly picked off the vine has no match for being tasty and nutritious.

Mixing Vegetables

The original instructions by Dr. Simeons specifically required that each meal have only one of the allowable vegetables at a time. However, I questioned that requirement and experimented with mixtures. What I discovered is that a bunch of leafy greens (lettuce, spinach, or both) could be mixed with sliced purple onion and sliced tomato or cucumber without any adverse consequences. Can you imagine eating just an onion as your lone vegetable?

Regarding the other vegetables, I never did have a taste for a plate of only radishes or of a pile of cabbage by itself. Also, I did not mix additional vegetables with asparagus. And I didn't really have a hankering for beet greens, chicory, chard, or celery. My wife, Eve, is the celery fan, and she pretty much had celery any time during the day, without even counting it against her vegetables, with no slow down in her results on the HCG protocol.

My favorite way to get through a day on 500 calories plus HCG was to simply make a gigantic salad with my favorite veggies (Romaine lettuce, spinach, purple onion, tomato). I almost never finished the whole bowl because it was so filling. Filling up the corners of my tummy with a protein dish, the fruit, and the Melba toast made for a meal that lasted until I could eat again, even if it was from dinner one evening until lunch the next day. No problem. Very satisfying.

Why Prohibited Vegetables?

This is a puzzle for me, so I wanted to call your attention to my view as a scientist: I have no idea why certain vegetables were not on Dr. Simeons' original approved list. It is especially curious to me that plants of the same species have one allowable vegetable (cabbage) and not the other varieties (broccoli, cauliflower, Brussels sprouts, kale, and other so-called cole crops). Yes, these are all varieties of the same species (Latin name: *Brassica oleracea*). They obviously have different chemistry, as reflected in their different flavors. However, they are basically the same plant. Maybe the plant part has something to do with it. I don't know. What I will recommend is that you experiment with your favorite cole crop veggies during the protocol and see what happens. How else are you going to get your favorite - broccoli - on a regular basis?

One caution that I will call to your attention is that when you cook onions, they release more stored sugar. Onions are a storage organ for the plant. When the storage cells are destroyed by cooking, they release free sugar. Your digestive system would not otherwise be able to extract sugar efficiently from intact cells, even if chewed, because plant cells are protected by cell walls - i.e., 'fiber'. If you eat a whole, cooked onion every day and your weight loss hits a plateau, the onion is probably the culprit.

Although I advocate having vegetables raw as much as possible, one veggie is much more enjoyable after cooking: asparagus.

The reason is probably more to do with the quality of commercial asparagus. Raw, chilled asparagus tips dipped in lemon juice are great. However, you don't have to eat too far down the spear before you hit the unpleasantly chewy fibrous part when you eat it raw.

Cooking simply softens more of the spear, thereby giving you a bigger palatability bang for your buck than does raw asparagus. However, even though cooking helps, I still find myself cutting the spears in half and throwing out the white, chewy bottoms. In my opinion, in the U.S. asparagus is harvested too late to be soft from top to bottom, even after cooking.

Sidenote: If you are a real asparagus connoisseur, you would be in heaven during asparagus season in Germany. Everyone there seems to take great pride in talking about their personal gardens and their asparagus crop. The best asparagus that I ever had was homegrown in Germany. Maybe this just means that you could do a lot better, without too much trouble, by growing your own asparagus. Actually, that goes for **ALL** fruits and vegetables in the U.S. for that matter!

So, without further ado, here are my favorite asparagus recipes for the HCG protocol.

Garlic Asparagus

Ingredients

All the asparagus that you can eat
water or chicken broth
lemon
1-2 cloves of garlic
onion
Italian salad dressing mix

Directions

Sauté together the minced garlic, 1 tbsp. chopped onion, ½ cup of water or broth, and the juice of ½ lemon. Add upper halves of asparagus spears, sprinkle liberally with Italian salad dressing mix, stir, cover and simmer on low heat for 5-10 minutes. The best asparagus is cooked until it just starts to turn bright green. It stills has a little crunch to it. If you cook it too long, it will darken and start to get mushy. Nothing wrong with that, if you prefer it that way.

This dish is especially good when you use the juice from another ½ lemon dripped over the final product.

Steamed Asparagus

Ingredients

All the asparagus that you can eat
water
any and all herbs or spices that you really like

Directions

The key is to bring a small amount of water ($\frac{1}{2}$ cup) to a boil then turn the heat to low, add the asparagus, cover, and let steam until bright green (5 minutes or so). The asparagus does not have to be submerged. If you have steamer, so much the better. Serve topped with herbs and spices of your choosing. All flavors can be enhanced by squeezing lemon juice onto the veggie.

Desserts



Fruits



Now Mother Nature has even more goodies that are, like the vegetables, better in every way when eaten raw. However, fruits suffer from the same dropoff in quality in mass-production as the veggies do. They are often picked unripe, put into cold storage, then gassed with ethylene to make them look ripe. Results are fruits without much flavor or nutrition.

Nevertheless, when you can get naturally-ripened apples, oranges, strawberries, or grapefruits, you will be in heaven. Regardless of how good they are, though, you can use the following recipes to make them better in many ways, tastier, and more interesting.

By the way, any less than ripe or flavorful fruit that you have can be vastly improved with a little liquid Stevia. I know, for example, that I like to pull the trigger a little early on strawberries by buying them early in the season. That's when I get the benefit of paying higher prices (!) and getting strawberries that are tart. The latter problem goes away by just dropping 1-2 drops of liquid Stevia on a strawberry (my favorite flavor for strawberries is Vanilla Creme). This makes the strawberries supersweet, which almost makes up for the lower 'strawberry' flavor.

During my HCG protocol I really only made one dessert dish on a regular basis, which is the first one below. I've included a few additional ones here just for those readers less culinary-challenged than I am and have more time to spend in the kitchen.

Applesauce

Ingredients

1 apple per serving
cinnamon
nutmeg
allspice
water
liquid Stevia

Directions

Core and slice apple. Prepare several servings ahead of time for convenience. Place apple slice in baking dish, sprinkle with cinnamon, nutmeg, and allspice. Add $\frac{1}{4}$ cup water for each apple. Cover dish and bake at 350 degrees for 30 minutes. Let stand until cool. Puree in blender or food processor, with Stevia to taste (needs more for tart apples than for sweet ones). Pour into individual serving dishes and enjoy! Cover and refrigerate extra servings for later meals.

This is a recipe that I encountered on YouTube. If you want to see the creator of this wonderful applesauce dish show you how to do it 'in person' then take a look at it here: [Applesauce Recipe Video](#).

Apple Cookies

Ingredients

1 apple
cinnamon
nutmeg
liquid Stevia
lemon

Directions

Core and slice the apple. Juice it if you have a juicer. Otherwise soften it uncovered in the oven (15 minutes at 350 degrees) or microwave (7 minutes). Puree the pulp in a blender. Mix pulp with 3-4 drops liquid Stevia (Vanilla Creme), juice from ½ lemon, and a healthy pinch of cinnamon and nutmeg. Form into cookies, place on baking sheet and bake at 350 degrees for 20 minutes.

Note that the pulp should be as dry as you can make it so the 'cookies' won't be mushy when you bake them. Using a juicer makes this easier to do.

Vanilla Strawberries

Ingredients

1 serving of strawberries
lemon
liquid Stevia (Vanilla Creme)
apple cider vinegar

Directions

Mix juice from ½ lemon, 4-5 drops of liquid Stevia, and 2 tbsp. apple cider vinegar into small bowl or saucepan. Add more Stevia if necessary when strawberries are not ripe enough. For cold dessert, use mix directly for pouring over or dipping chilled strawberries. Also great warm. Heat in saucepan or in microwave and enjoy!

Spiced Oranges

Ingredients

1 orange
cinnamon
cloves
nutmeg
liquid Stevia (Vanilla Creme)
lemon

Directions

In a small saucepan mix together juice from $\frac{1}{2}$ lemon, healthy pinch of cinnamon, nutmeg, and cloves, and 4-5 drops liquid Stevia. Add orange slices, stir, and heat for 2-3 minutes (don't cook it!). Serve warm or cold.

Chocolate Strawberries

Ingredients

1 serving strawberries orange
cocoa powder
water
liquid Stevia (Vanilla Creme or Dark Chocolate)

Directions

Mix 2 tbsp. cocoa powder and enough water to make a thick liquid. Add 4-5 drops liquid Stevia. Lay out sliced strawberries on small serving dish and pour cocoa mix over them, then freeze until firm.

Note that individual taste will determine how much Stevia to add. Cocoa powder is very bitter, so some folks may want to add 10 or more drops of liquid Stevia. There is no limit. Just make it as sweet as you want!

Dining Out During the HCG Protocol



You will inevitably find yourself away from home, traveling or just having a dinner out. Maybe you have already noticed that restaurant menus have almost nothing this approved for the HCG protocol. Restaurant menus are like processed foods in that way. They contain way too much fat, sometimes even trans fat, way too much refined carbohydrate, and way too much salt and MSG. Even the available artificial sweeteners on

every table are poor choices. Stevia has not yet become widely available at restaurants.

If you have a little time to get some items together before you dine out, you can make your meal more enjoyable. This is not necessary, however, because you can still find foods and flavorings if you know what to look for and what to avoid. Here are some of the more successful strategies that I used for having a nice meal out, without undermining my weight loss at all.

Fruits

The fruits are the easiest options to fulfill in a restaurant. You can generally get orange slices, a grapefruit, and strawberries when they are available. A whole apple is almost always going to be only by special request.

Watch out for unwanted sauces or other processing. Restaurant fruits are most appropriate for the HCG protocol only when they are whole and completely unadulterated.

Vegetables

The same advice goes for vegetables: ask dishes that offer only fresh and unadulterated vegetables. This means uncooked or steamed.

You can easily get a plate of cucumber slices, tomato slices, steamed asparagus, all the lettuce and/or spinach that you can eat, and maybe steamed cabbage. Just make sure that you absolutely avoid all of the dressings - **AVOID ALL OF THE DRESSINGS!** - that are available in every restaurant. That is the only way to avoid the all-too-common overload of oil and sugar that they contain. Remember, these are enemies of the HCG protocol. If you insist on adding flavor with a restaurant dressing, then just keep it to no more than 2 tbsp.

By the way if you are served croutons, push them aside and don't eat them. Empty calories from processed carbs!

Starchy Foods

This means Melba toast. If Melba toast is not available, just skip this portion of your usual meal and have it when you get home or when you get a chance to pick up a box at the supermarket after dinner. Keep to your HCG diet allowance. It is much better to skip the starchy portion of a meal than to substitute it with bread or other starchy foods that restaurants offer.

Protein Dishes

This may seem to be the most challenging HCG-allowed food type to find on a restaurant menu. Too many dishes are fried or are smothered in sauces or coated in breading. And the hamburger meat has very little chance of being 93% lean ground beef.

The best choices are routinely going to be grilled or baked white fish, chicken breast, or shellfish. Just be sure to ask that they be prepared without any kind of sauce.

By the way, a curious thing about chicken breast is that the lower end restaurants offer pressed meat instead of whole breast. You can tell whether you have pressed meat because it cuts easily with a fork and has no fiber or natural structure to it. If you are not sure what this means, then get a chicken sandwich at any fast-food restaurant (don't eat it!). This is the bottom of the heap as far as low-end restaurants go, so you will always get pressed meat instead of whole breast.

Pressed meat is not a bad concept. However, it has an unknown amount of fat and other ingredients mixed into it. This can include too much salt, MSG, and even sugar. If you happen to be served pressed meat, go ahead and eat it and don't feel guilty. Just don't have this kind of a dish on a regular basis.

If you find yourself craving a hamburger or other fatty source of protein (e.g., salmon or tuna) at a restaurant, then go ahead and enjoy your meal. Be sure to keep the portion size to no more than 100 grams (3.5 ounces), which should be about the size of a deck of cards. If you find that your scale the next morning shows no change, then pay attention to whether you might have got yourself onto a new plateau. If you want to be proactive in getting back on track, then have an apple day that same day.

What to Bring

Apples are a miracle fruit for your metabolism. If you can carry one around with you, then it is consistently going to be the easiest and best choice to make for your fruit while dining out. If you have never before seen a restaurant patron eating a whole apple, then you can start a new trend!

Your protein is probably going to be the biggest challenge for getting a flavorful dish. You can overcome this by bringing along a container of Italian salad dressing already mixed in water and apple cider vinegar. Use it liberally on salad, on other vegetables, and on all protein dishes. It may seem like a hassle to carry around salad dressing. However, it can make all the difference in the world for making your meal enjoyable.

One more thing. In a pinch, I could always get mayonnaise and ketchup at any restaurant. Mixing 1 tbsp. of each, together with some lemon juice, makes a 'special sauce' that helps any dish. It is a lot better to have this on the side than to face a piece of bland chicken breast! This sauce will most likely not slow down your weight loss, either.