

THE ULTIMATE
HCG Diet
COOKBOOK

Make Every Bite Count with 500 Scrumptious Recipes Bursting with Flavor

There are other cookbooks that offer recipes suitable for the HCG diet plan. What makes this cookbook unique is that it gives you the opportunity to add FLAVOR and CREATIVITY to your food!

Enjoy food and full flavors and lose weight permanently by pairing this cookbook with the proven success of the HCG Protocol.

Janet Wilson & Terrie McDonald

Total Health Is Natural, Inc./ThinNow

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Introduction

FOR MANY PEOPLE, the restrictive list of foods on the HCG Protocol can be challenging to follow. It's not easy to create enough variety and flavor to be satisfying for the duration of the diet. Let's face it—on a low-calorie diet you have to make every bite count!

Luckily, you have thousands of delicious flavor options with Stevia and Capella flavor drops. These drops contain no fat, calories, carbs, or sweeteners, yet add a world of flavor to any food. With flavors such as Cinnamon Danish Swirl, Banana Split, Chocolate Fudge Brownie, and Vanilla Crème, your HCG diet food choices are lifted to an entirely new level.

Add savory flavors such as Butter and Sizzlin' Bacon, and there is no end to what you can create in the kitchen. You'll hardly know you're on a diet!

Both the Capella and Stevia drops add pizzazz to a morning protein shake or a touch of zing to an otherwise bland protein serving. Whether you need a touch of sweet or the taste of nuts, berries, baked goods, and more, these drops will wake up your diet-dulled taste buds!

Enjoy the Vanilla Crème Stevia in Caramel Baked Pears or Poached Lobster with Strawberry Vanilla Cream Sauce. Create a tantalizing Classic Chili Mole with Chocolate Fudge Brownie drops. Have a Peanut Butter Banana Frittata for breakfast, and mix up shakes with flavors like Hazelnut or Peaches & Cream.

Capella and Stevia flavor drops allow you to luxuriate in mouth-watering flavor while you lose weight!

Inside this cookbook you will find more than 500 recipes and modifications that incorporate Capella and Stevia flavor drops to ramp up the flavor from bland to enticing. You will find not only flavorful recipes, but tips, resources, and coaching to help you succeed on your journey to lose weight.

The HCG Protocol does not have to be a struggle, or simply a means to an end. By using this cookbook as a partner in your journey, from VLCD through the end of Maintenance and beyond, you can look forward to trying new recipe creations and actually enjoying your meals.

We invite you to move beyond the limited food lists of the HCG Protocol by making beverages, dishes, and entire meals that will keep you motivated to continue and successfully complete your weight-loss journey.

SAMPLE

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SAMPLE

CHICKEN ENTRÉES

ALTHOUGH CHICKEN IS ONE of the most versatile protein choices during this phase, finding new and interesting ways of cooking it, especially with the short list of vegetables and fruits, can be challenging. In this chapter, however, the challenge is met with delicious and tantalizing results with the help of Capella and Stevia.

From Asian to Italian, to some more unusual ethnic cuisines, all bases are covered with recipes that are also fast and easy to prepare. When you're using ground chicken, remember to buy ground chicken *breast*. If unsure whether your ground chicken is exclusively from the breast, ask your butcher department to grind some fresh for you.



Chicken and Asparagus with Peanut Sauce
(Recipe on page 57)

Chicken and Asparagus with Peanut Sauce

Here's a favorite sauce flavor made possible with delicious Capella Peanut Butter drops and a dash of creativity.

3.5 oz. boneless chicken breast, cut into thin strips	1 Tbsp. milk
Salt and pepper to taste	8 drops Capella Peanut Butter
½ tsp. fresh ginger, finely chopped	4 drops Capella Coconut
⅓ cup Basic Chicken Broth (see page 21)	8 drops Clear Stevia
2 tsp. Bragg Liquid Aminos	1 cup asparagus pieces, cooked to crisp tender

1. Heat a nonstick skillet over medium-high heat. Season the chicken with salt and pepper and add to the skillet, stirring constantly, until chicken is no longer pink, about 2 minutes. Stir in the ginger and cook 1 minute.
2. In a small bowl, combine the broth, Bragg Liquid Aminos, milk, Capella, and Stevia and pour over the chicken, stirring well to coat. Add the asparagus, reduce the heat to low, and cook covered, until the chicken is cooked through and the asparagus is hot, about 2 minutes.
3. Just before serving, sprinkle with sesame seeds (Maintenance Phase only).

Makes 1 serving (165 calories, 1 protein, ½ vegetable, 1 milk)

VLOCD HOT DRINKS

DELIGHTFULLY FRAGRANT AND FLAVORFUL, hot beverages can be just the ticket for starting the day as an afternoon pick-me-up or ending the night on a soothing note. Coffees, teas, and hot infusions get a real burst of flavor from the wide variety of Capella and Stevia drops. From chocolate creations to fruity and exotic quaffs, you'll find a hot beverage in this chapter that's guaranteed to hit the spot on its own or with a meal.

When creating coffees and teas, be sure to use as many organic versions as possible, preferably using purified water to brew and steep. Drinks that call for milk count as your daily milk allowance. For additional sweetness in any selection, add a few extra drops of Clear Stevia to taste.



Pumpkin Spice Latte
(Recipe on page 10)

Coffee House Favorites

Milk Chocolate Toffee Hazelnut Latte

Add 3 drops each Capella Milk Chocolate Toffee and Capella Hazelnut to 8 oz. (1 cup) hot coffee. Stir in 1 Tbsp. milk, sweeten to taste with Clear Stevia, and enjoy.

Coconut Fudge Latte

Add 4 or 5 drops Capella Coconut and 2 or 3 drops Capella Chocolate Fudge Brownie to 8 oz. (1 cup) hot coffee. Stir in 1 Tbsp. milk and sweeten to taste with Clear Stevia, and enjoy.

Caramel Cream Latte

Add 4 or 5 drops Capella Caramel and 10 drops Sweetleaf Stevia Vanilla Crème to 8 oz. (1 cup) hot coffee. Stir in 1 Tbsp. milk and sweeten to taste with Clear Stevia, and enjoy.

Chocolate Éclair Latte

Add 4 drops each Capella Chocolate Fudge Brownie and Capella Vanilla Custard to 8 oz. (1 cup) hot coffee. Stir in 1 Tbsp. milk and sweeten to taste with 6 to 8 drops Clear Stevia, and enjoy.

English Toffee Coffee

Add 4 drops Capella Caramel, 2 drops Capella Milk Chocolate Toffee, and 8 drops Clear Stevia to 8 oz. (1 cup) hot coffee. Stir in 1 Tbsp. milk and enjoy.

Chocolate Raspberry Café

Add 4 drops each Capella Chocolate Fudge Brownie and Capella Raspberry and 8 drops Clear Stevia to 8 oz. (1 cup) hot coffee. Stir and enjoy.

Sweet Dark Mocha

Add 5 drops Capella Chocolate Fudge Brownie and 8 drops Clear Stevia to 8 oz. (1 cup) hot coffee. Stir and enjoy.

Minty Irish Cream Coffee

Add 3 drops Capella Spearmint and 3 drops Capella Irish Cream to 8 oz. (1 cup) hot coffee. Stir in 1 Tbsp. milk, sweeten to taste with Clear Stevia, and enjoy.

BEEF AND VEAL ENTRÉES

DELICIOUSLY PREPARED BEEF AND VEAL dishes can be particularly satisfying during this stage of the diet. But creating variety and interest can be a real challenge. In this chapter, the challenge is met with an assortment of tender, succulent preparations that will make your mouth water.

Flavor enhancers such as herbs and spices go a long way in creating the delicious results you are after. The flavors of Capella and Stevia add their own twist, too, in easy-to-make dishes such as stuffed cabbage and sautéed veal that will satisfy your cravings for hearty entrées. Some recipes are complete on their own with vegetables included, while others pair nicely with the wide selection of side and salad recipes presented in this book.



Nonna's Garlic Meatballs in Marinara Sauce
(Recipe on page 77)

Nonna's Garlic Meatballs in Marinara Sauce

These Italian-style meatballs would make any grandmother proud with their zesty garlic flavor cooked in a sweet marinara sauce.

For the Marinara Sauce:

2 medium tomatoes, cored, seeded, and diced	¼ tsp. dried basil
2 garlic cloves, minced	¼ tsp. dried parsley
½ tsp. onion flakes	½ cup Basic Beef Broth (see page 21)
Salt and pepper to taste	8 drops Sweetleaf Stevia Grape
¼ tsp. dried oregano	1 bay leaf

For the Meatballs:

7 oz. lean ground beef	1 breadstick, made into crumbs
2 garlic cloves, minced	1 Tbsp. milk
Salt and pepper to taste	

1. In a medium saucepan, combine the tomatoes, garlic, onion flakes, salt, pepper, and dried herbs, and cook over medium heat for 2 minutes, stirring often.
2. In a small bowl, combine the broth and Stevia and add to the saucepan. Bring to a low simmer and cook, stirring occasionally, until the tomatoes have broken down, about 15 minutes, adding a little broth if necessary to prevent sticking.
3. Remove the bay leaf and transfer sauce to a blender (or use a hand-held immersion blender) to puree until smooth, returning it to the pot.
4. In a medium bowl, combine the ground beef, garlic, salt, pepper, crumbs, and milk and mix well. Form into meatballs the size of walnuts and place in the saucepan with the sauce. Cook over very low heat, covered, occasionally moving the meatballs around in the sauce to coat, until cooked through, 20 to 25 minutes. Add a touch of broth or water to thin if desired. Serve immediately.

Makes 2 servings (190 calories; 1 protein, 1 vegetable, ½ breadstick, ½ milk)

FISH AND SEAFOOD ENTRÉES

WITH THE TERRIFIC SELECTION of allowable fish and seafood in the low calorie phase, it will be hard to decide which delectable dish to make next! From flounder to lobster, you'll find numerous tantalizing and mouth-watering recipes that will both satisfy and delight the senses.

Package your fish in 3.5 ounce serving sizes to make your preparation quick and easy. Keep frozen filets and shellfish in the freezer until ready to use. Defrost in the refrigerator overnight for the best results. Use fresh fish the day of purchase to ensure optimal flavor and freshness.

For the fish filet recipes, you can use flounder, halibut, Chilean sea bass, and sole. Lobster, crab, crawfish, and shrimp are the allowed shellfish.



Sole with Strawberry Mint Salsa
(Recipe on page 90)

Buttery Skillet Shrimp Scampi

With all the buttery flavor and none of the guilt, you'll be making these scampi delights on a regular basis.

3.5 oz. uncooked jumbo shrimp, shelled and deveined	5 drops Capella Butter, or to taste
Salt and pepper to taste	Dash paprika
¼ cup Basic Fish or Vegetable Broth (see page 22)	1 tsp. fresh parsley, finely chopped
2 garlic cloves, minced	

1. Season the shrimp with salt and pepper and set aside.
2. Heat the broth in a medium nonstick skillet over medium heat. Stir in the garlic and Capella and cook for 1 minute.
3. Add the seasoned shrimp, reduce the heat to low, and cover. Cook until the shrimp is firm and pink, 2 to 3 minutes. Transfer the mixture to a serving plate, add a dash of paprika, sprinkle with the parsley, and serve immediately.

Makes 1 serving (115 calories; 1 protein)

Sole with Strawberry Mint Salsa

This unusual combination that's also fast and easy will become a favorite entrée in no time. Perfect when served with a side of steamed asparagus or green salad.

3.5 oz. sole filet or other white-fleshed fish	2 Tbsp. apple cider vinegar
Salt and pepper to taste	4 drops Capella Cool Mint
1 Tbsp. fresh mint, finely chopped	8 drops Sweetleaf Stevia Berry
Juice of ½ a lemon	10 medium strawberries, stemmed and diced

1. Preheat an oven broiler to high. Line a baking sheet with foil and place fish in middle. Season with salt and pepper.
2. In a small bowl, combine the chopped mint, lemon juice, vinegar, Capella, and Stevia. Add the strawberries, toss to coat, and set aside.
3. Broil the fish until cooked and just flaking, about 5 minutes.
4. Transfer to a plate, spoon the strawberry mint salsa over the fish, and serve immediately.

Makes 1 serving (130 calories; 1 protein, 1 fruit, ½ lemon)

MAINTENANCE BREAKFAST

AFTER STICKING TO THE STRICT protocol in VLCD, these terrific ideas for the first meal of the day in Maintenance will no doubt tickle your taste buds. From delicious omelets to creative fruit treats, you'll delight in the variety of options, thanks to the flavors of Capella and Stevia. You'll also find some griddle favorites that will make you think twice about ever eating bread again!

Be sure to monitor both your "Caution" selections and calorie counts as you progress each week. Only introduce sugars and starches when allowed. Although the calorie counts given are as accurate as possible, please consult the nutritional labels of the specific products used to be sure.



Sweet Strawberry Pancakes
(Recipe on page 175)

Eggs Galore

Peaches and Cream Omelet

Peaches, cream, and almonds are classic companions and here they come together for a delicious sweet omelet that's sure to start your day off right.

½ medium peach, diced	8 to 10 drops Clear Stevia
2 Tbsp. whipped cottage cheese	2 large eggs
1 Tbsp. unsweetened almond milk	1 Tbsp. water
3 or 4 drops Capella Peaches & Cream	Pinch salt
2 or 3 drops Capella Amaretto	1 tsp. olive or coconut oil

1. In a small bowl, combine the peach, cottage cheese, almond milk, Capella, and Stevia and stir well to combine. Set aside.
2. In another bowl, whisk together the eggs, water, and salt.
3. Heat the oil in a medium-sized nonstick skillet and pour in the egg mixture. Spread evenly in pan, cover, reduce heat to very low, and cook until just set, about 2 minutes.
4. Spread the peach mixture over one side of the omelet and carefully flip over. Cook another minute, then transfer to a plate and serve.

Makes 1 serving (225 calories; 14 grams fat, 8 grams protein, 7 grams carbohydrates)

M1 Caution Modification: Replace the cottage cheese with goat cheese and the almond milk with light cream.

M2/Life Modification: Top with a dollop of Stevia-sweetened whipped cream and some toasted sliced almonds.

Breakfast Soufflé with Apples and Cinnamon

Light, airy, and delicious, this easy-to-make dish is irresistible with the sweet fragrance of warm apples and cinnamon.

¾ cup unsweetened applesauce	1 large egg, separated
4 to 6 drops Sweetleaf Stevia Cinnamon	2 Tbsp. whipped cottage cheese
½ small apple, peeled, cored, and diced	3 drops Capella Apple Pie
	6 drops Clear Stevia
	2 large egg whites

1. Preheat the oven to 350° F. Spread 2 Tbsp. of the applesauce over the bottom of each of two 12-oz. ramekins or baking dishes and set aside.
2. In a small bowl, combine the remaining applesauce, Stevia Cinnamon drops, and diced apple. In a large bowl, whisk together the egg yolk, cottage cheese, Capella drops, and Stevia. Add the diced apple mixture to the egg yolk mixture and stir well to combine.
3. In a medium bowl, beat the 3 egg whites until stiff peaks form. Mix half the beaten egg whites into the apple mixture, then gently fold the remaining beaten egg whites into the mixture, maintaining as much volume as possible.
4. Divide the mixture between the 2 ramekins and smooth the top over with the back of a spoon. Bake on a cookie sheet until puffed and browned, 15 to 20 minutes, and serve immediately.

Makes 2 servings (125 calories; 3 grams fat, 8 grams protein, 15 grams carbohydrates)

M1 Caution Modification: Add 1 Tbsp. golden raisins to the bottom of each soufflé before adding the egg mixture.

M2/Life Modification: Lightly butter the bottom of the ramekins and replace the applesauce on the bottom with graham cracker crumbs.

DRESSINGS, SAUCES, AND CONDIMENTS

ALTHOUGH THE OPTIONS for choosing accompanying dressings and sauces are greater during the Maintenance phase, many of the prepackaged selections have preservatives, sweeteners, and unwanted sugar or starch. Here you'll find some versatile recipes for common accompaniments that will enhance your eating pleasure during this time and provide the taste you are after without the doubt or worry of processed foods.

As with all Maintenance recipes, monitor both your "Caution" selections and calorie counts as you progress each week. Be sure to only introduce your allotted sugars and starches when allowed. Although the calorie counts given are as accurate as possible, please consult the nutritional labels of the specific products used to be sure.



Cucumber Raita with Crudités
(Recipe on page 191)

House Italian Dressing

Bold garlic and herbs are featured in this easy and flavorful dressing alternative to commercial brands that may contain sugar or additives.

1 large garlic clove, minced	4 drops Sweetleaf Stevia Lemon Drop
1 tsp. prepared mustard	3 drops Clear Stevia
1 Tbsp. Italian dried herb blend	$\frac{2}{3}$ cup olive oil
$\frac{1}{3}$ cup white or red wine vinegar	Salt and pepper to taste

1. In a medium mixing bowl, whisk together the garlic, mustard, herb blend, vinegar, and Stevia.
2. Slowly add the olive oil while whisking until dressing is thick and satiny. Season to taste with salt and pepper. Keep refrigerated for up to 1 week.

Makes 16 servings. (80 calories; 144 grams fat)

M1 Caution Modification: Whisk in 2 Tbsp. grated Parmesan or Romano cheese.

M2/Life Modification: Replace half the olive oil with $\frac{1}{3}$ cup plain low-fat yogurt, sour cream, or soft tofu for a creamy Italian version.

Cucumber Raita with Crudités

A wonderfully cooling accompaniment for spicy dishes such as curries, this tasty sauce is also great with grilled meats, chicken, and fish, as well as a dip for raw vegetables.

$\frac{1}{2}$ cups whipped cottage cheese	3 or 4 drops Capella Cool Mint
2 Tbsp. unsweetened plain almond milk	6 drops Clear Stevia
1 cup cucumber, diced	1 Tbsp. chopped fresh mint
1 tsp. lime juice	1 Tbsp. chopped fresh coriander
	Salt and pepper to taste

1. Whisk together the cottage cheese and almond milk in a medium bowl. Stir in the remaining ingredients, tasting for the addition of salt and/or Stevia.
2. Refrigerate for at least 1 hour before serving. Keep refrigerated for up to 3 days.

Makes 6 servings (50 calories; 1.5 grams fat, 7 grams protein, 2 grams carbohydrates)

M1 Caution Modification: Replace the cottage cheese with nonfat Greek yogurt.

M2/Life Modification: Eliminate the Clear Stevia and stir in 1 tsp. honey.

VEGETARIAN AND SIDE DISHES

FOR VEGETARIANS AND VEGANS, the HCG Protocol can pose challenges, but none that are impossible to conquer. During M1, most vegetarian protein selections are restricted to eggs, protein powder-based recipes, and cottage cheese, but moving into M2/Life phase, a terrific array of high-protein beans, grains, and vegetables are gradually allowed. You'll enjoy many of them in the recipes in this chapter, as well as a selection of great-tasting side dishes, all full of fabulous flavor with the aid of Capella and Stevia.

When vegetable broth is called for, feel free to use the broth recipe included in the VLCD soup section, or you may use a purchased version as well, provided it is low in sodium and carbs and has zero sugars.

As with all Maintenance recipes, monitor both your "Caution" selections and calorie counts as you progress each week. Be sure to only introduce your allotted sugars and starches when allowed. Although the calorie counts given are as accurate as possible, please consult the nutritional labels of the specific products used to be sure.



Ratatouille Casserole
(Recipe on page 242)

Indonesian Vegetable Stew

Exotic flavors highlight this medley of nutritious vegetables that has a good amount of heat for spicy food lovers.

1 Tbsp. coconut or olive oil	¼ tsp. coriander
½ medium onion, chopped	2 cups Basic Vegetable Broth (see page 22)
½ medium red bell pepper, cored, seeded, and diced	½ cup unsweetened plain almond milk
Salt and pepper to taste	6 drops Capella Coconut
1 Tbsp. minced fresh ginger	8 drops Clear Stevia
2 garlic cloves, minced	1 cup cauliflower florets
½ small jalapeno pepper (or more to taste), seeded and minced	½ cup carrots, sliced
1 Tbsp. curry powder	½ cup snap peas
½ tsp. ground turmeric	

1. Heat the oil in a large pot over medium-high heat. Add the onion, bell pepper, salt, and pepper and cook, stirring often, until softened, about 3 minutes.
2. Add the ginger, garlic, and jalapeno and cook, stirring, another minute. Add the curry powder, turmeric, and coriander and stir well to coat the vegetables.
3. Stir in the broth, almond milk, Capella, and Stevia and bring to a low boil. Add the cauliflower, carrots, and snap peas, reduce the heat to low, cover, and simmer until the vegetables are tender, 12 to 15 minutes.
4. When the vegetables are cooked, remove them with a slotted spoon to a serving bowl. Taste the sauce for seasoning and adjust if necessary. Simmer to reduce slightly, then pour over the vegetables and serve.

Makes 2 servings (215 calories; 7 grams protein, 8 grams fat, 12 grams carbohydrates)

M1 Caution Modification: Add ½ cup edamame (fresh soybeans) with the cauliflower and other vegetables and/or whisk in ¼ cup plain yogurt into the sauce before serving.

M2/Life Modification: Serve over ½ cup brown basmati rice.

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