

VLCD Foods/Portions/Calories

Here is a list of the foods allowed during the VLCD portion of the HCG Protocol, along with the calorie count and the appropriate serving of each type of vegetable. The calorie data was compiled from a variety of calorie-counter websites. Up to 500 calories per day are allowed.

Breakfast: Tea or coffee in any quantity. **One tablespoon of milk** (11 calories) allowed per day. Stevia (0 calories) is the only sweetener that will not slow weight loss; we recommend Sweetleaf and KAL brands because there are no additives. Truvia, Purevia, and Stevia in the Raw are NOT pure and can slow weight loss.

Lunch & Dinner: Choose ONE item from each section, preferably different choices for lunch and dinner.

(1) Protein: 100 grams (3.5 oz.) of one lean meat or white fish. All meat should be weighed raw, no bone, and trimmed of all visible fat. Meat can be grilled, baked, broiled, or pan "fried" without oil or fat.

Beef, Chicken, Other Protein

Steak (trimmed to 0% fat) – 192 calories
Ground Beef (95% Lean) – 137 calories
Roast Beef (lean, trimmed) – 140 calories
Beef Kidney – 99 calories
Buffalo – 100 calories
Veal – 120 calories
Chicken breast – 110 calories
Egg* (1 whole + 3 whites) – 138 calories
Cottage cheese* (1/2 cup no fat) – 75 calories
Whey Protein Shake* (0-5 carbs) – 80-100 calories

* This group of foods allowed up to 3 times per week.

Fish

Cod – 95 calories
Wild Chilean sea bass – 97 calories
Wild flounder – 91 calories
Wild sole – 91 calories
Wild Halibut – 110 calories

Seafood

Lobster - 90 calories
Crab – 84 calories
Shrimp or Prawns – 105 calories
Crawfish – 74 calories

(2) Vegetables: Choose **ONLY ONE** vegetable per meal – **NO MIXING**. Eat vegetables until you're satisfied or until you've reached 500 calories for the day, including at least both portions of protein. The most common serving sizes are listed below. You will also find the calories per ounce if you prefer to weigh your vegetables.

Lettuce – any (2 cups raw = 15 cal or 4 cal/oz)
Spinach (3 cups raw = 21 cal or 6 cal/oz)
Asparagus (2 cups raw = 54 cal or 6 cal/oz)
Cabbage (2 cups raw = 44 cal or 7 cal/oz)
Tomatoes (1 cup cherry = 18 cal or 5 cal/oz)
Tomato (1 med = 22 cal or 5 cal/oz)
Cucumbers (2 cups = 32 cal or 3 cal/oz)

Chard (2 cups raw = 14 cal or 5 cal/oz)
Onions (1 cup raw = 64 cal or 11 cal/oz)
Beet Greens (2 cups raw = 16 cal or 6 cal/oz)
Radishes (2 cups raw = 40 cal or 4 cal/oz)
Celery (2 cups raw = 32 cal or 4 cal/oz)
Fennel (1.5 cups raw = 40 cal or 9 cal/oz)
Chicory (2 cups raw = 15 cal or 6 cal/oz)

(3) Fruit: Two servings allowed per day, not at the same meal, 4-6 hours apart.

Apple (1 medium/3" diameter) – 95 calories
Orange (1 medium/3" diameter) – 70 calories
Grapefruit (1/2 medium) – 52 calories
Strawberries (10 1½-inch) – 40 calories

(4) Breadstick (grissini) or Melba toast: Two servings per day, not at the same meal, 4-6 hours apart.

Grissini Breadstick (1 regular or 2 thin) OR Melba toast (1 rectangular or 2 rounds) – 20-25 calories

Beverages: Plain spring water, mineral water, tea and coffee in any quantity at any time. Chicken, beef, fish, or vegetable broth (about 20 calories per cup) must be homemade w/VLCD veggies OR a sugar-free canned variety, but watch your sodium and check ingredients. **Drink 75 to 100 ounces of water per day.**

The **juice of one lemon** (12 calories) is allowed per day. **Seasonings** are allowed except pre-mixed spices as they often contain sugar. You can have **Bragg's Liquid Amino Acids, mustard** (water, mustard seed, vinegar, turmeric), **Frank's Original Hot sauce**, and **Spry Xylitol gum or mints** (1.2 calories each).

No substitutions for ANY of the foods. Per Dr. Simeons, any food may be eliminated due to lack of hunger. If you aren't able to eat all 500 calories in a day, first cut out the melba toast/grissini and/or one or more servings of fruit. **It is important to eat your two 3.5-ounce servings of protein daily.**

VLCD Recipes

<p style="text-align: center;">All Natural Root Beer</p> <p>Add 4 to 6 drops Capella Root Beer flavor drops to 8 oz (1 cup) sparkling water, such as Perrier. Sweeten to taste with clear Stevia. Stir, add ice, and enjoy.</p> <p>Variation: Root Beer Float: Add 4 to 6 Sweetleaf Stevia Vanilla Crème drops</p>	<p style="text-align: center;">Blueberry Iced Green Tea</p> <p>Add 3 drops Capella Blueberry flavor drops to 8 oz (1 cup) plain green tea. Sweeten to taste with clear Stevia drops, pour over ice, and enjoy.</p>
<p style="text-align: center;">Milk Chocolate Toffee Hazelnut Latte</p> <p>Add 3 drops Capella Milk Chocolate Toffee flavor drops and 8 to 10 Sweetleaf Stevia Hazelnut flavor drops to 8 oz (1 cup) hot coffee. Stir in 1 tablespoon milk, sweeten to taste with clear Stevia, and enjoy.</p>	<p style="text-align: center;">Hot Spiced Apple Cider</p> <p>Add 3 drops Capella Hot Cinnamon Candy flavor drops to 8 oz (1 cup) hot brewed apple-flavored herbal tea. Sweeten to taste with clear Stevia drops, stir well, and garnish with an apple slice.</p>
<p style="text-align: center;">Quick Chocolate Caramel Shake</p> <p>3/4 cup purified water, well chilled 1 level scoop (28g) whey protein powder 10 to 12 drops Sweetleaf Stevia Chocolate drops 4 drops Capella Caramel drops Plain Stevia drops to taste.</p> <p>In a small bowl whisk together the water and protein powder. Stir in the Chocolate and Caramel drops. Sweeten to taste with plain Stevia drops, pour into an 8 oz drinking glass, and enjoy.</p>	<p style="text-align: center;">Cinnamon French Toast Super Shake</p> <p>3/4 cup purified water, well chilled 1 level scoop (28g) whey protein powder 4 drops Capella French Toast flavor drops 8 drops Sweetleaf Stevia Cinnamon flavor drops 3 or 4 drops plain Stevia, or more to taste</p> <p>Combine the water, whey, and flavor drops in a small bowl or combine in a shaker until smooth. Sweeten to taste with plain Stevia, pour over ice, and enjoy.</p>
<p style="text-align: center;">Vanilla Caramel Custard Super Shake</p> <p>3/4 cup purified water, well chilled 1 level scoop (28g) whey protein powder 4 drops Capella Caramel flavor drops 4 drops Capella Vanilla Custard flavor drops 8 drops plain Stevia, or more to taste</p> <p>Combine the water, whey, and flavor drops in a small bowl or combine in a shaker until smooth. Sweeten to taste with plain Stevia, pour over ice, and enjoy.</p>	<p style="text-align: center;">Iced Chocolate Hazelnut Cappuccino</p> <p>3 to 4 oz. purified water 1 packet (25.5g) MRM Dutch Chocolate Whey Protein 3 drops Capella Hazelnut flavor drops 3 drops Capella Cappuccino flavor drops 5 to 6 drops plain Stevia</p> <p>Whisk together the water, whey, and flavor drops in a small bowl or combine in a shaker until smooth. Add Stevia to taste, pour over ice, and enjoy.</p>

<p style="text-align: center;">Basic Chicken Broth</p>	<p style="text-align: center;">Basic Beef Broth</p>
<p>Using pre-weighed boneless, skinless chicken breasts will eliminate any need for straining fat.</p> <p>Four 3.5 ounce boneless, skinless chicken breasts 1/2 large onion, roughly chopped 1 large celery stalk with leaves, roughly chopped 1 garlic clove, roughly chopped Small handful parsley sprigs 1 thyme sprig 1 bay leaf 8 cups water Salt and pepper to taste</p> <ol style="list-style-type: none"> 1. Place all ingredients in a large soup pot and bring just to a boil over high heat. 2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours. 3. Remove chicken breasts with tongs and set aside. 4. Strain broth, discard vegetables and sprigs and keep refrigerated or frozen. Makes about 4 cups. 	<p>Look for beef round cubes and trim off visible fat.</p> <p>14 oz. bottom round roast or beef round cubes 1/2 large onion, roughly chopped 1 large celery stalk with leaves, roughly chopped 1 medium tomato, roughly chopped 2 garlic cloves, roughly chopped 1 3-inch sprig rosemary 4 sprigs parsley 1 sprig thyme 1 bay leaf 8 cups water 1 Tablespoon Braggs liquid amino acids Salt and pepper to taste</p> <ol style="list-style-type: none"> 1. Place all ingredients in a large soup pot and bring just to a boil over high heat. 2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours. 3. Remove beef pieces with tongs and set aside. 4. Strain broth, discard vegetables and keep refrigerated or frozen. Makes about 4 cups.
<p style="text-align: center;">Basic Vegetable Broth</p>	<p style="text-align: center;">Lemon Egg Drop Soup</p>
<p>One of the best ways to make a flavorful vegetable broth is with saved vegetable trimmings from your cooking, adding enough water to cover. If trimmings are not on hand, follow this easy recipe.</p> <p>1 large onion, roughly chopped 2 large celery stalks with leaves, roughly chopped 1 large tomato, roughly chopped 1 cup sliced white cabbage 1 cup roughly chopped greens such as chard, beet tops or spinach 4 garlic cloves, roughly chopped Large handful parsley sprigs 2 sprigs thyme 2 bay leaves 1 teaspoon each dried basil and marjoram 1/2 teaspoon paprika 8 cups water Salt and pepper to taste</p> <ol style="list-style-type: none"> 1. Place all ingredients in a large soup pot and bring just to a boil over high heat. 2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours. 3. Strain broth, discard vegetables and sprigs and keep refrigerated or frozen. Makes about 4 cups. 	<p>This tangy Greek inspired soup uses eggs as your protein resulting in a light and soothing soup that's perfect for lunch. If you choose to add the spinach, it will count towards one vegetable per serving.</p> <p>4 cups Basic Chicken Broth 4 large eggs (use 1 whole egg and 3 egg whites) Juice of 1 lemon 4 drops Stevia Lemon Drop flavor drops 4 cups baby spinach (optional) Salt and pepper to taste 1 Tablespoon finely chopped parsley leaves</p> <ol style="list-style-type: none"> 1. Place broth in a medium saucepan and bring to a simmer over medium heat. 2. In a small bowl whisk together the eggs, lemon juice, and Stevia drops. Slowly whisk in 1 cup of hot broth and transfer bowl contents to the saucepan. 3. Add spinach, if using, and continue cooking over low heat for 5 to 8 minutes, stirring often. 4. Just before serving, season to taste with salt and pepper, and stir in the parsley. <p>Makes 2 servings. Each serving has 125 calories (1/2 protein, 1/2 vegetable, 1 lemon)</p>

<p style="text-align: center;">Crunchy Curried Chicken Salad</p> <p>Mild curry flavors and sweet apple bring out the best in this delicious main course chicken salad that's sure to delight.</p> <p>3.5 oz (100 g) cooked chicken breast, diced 2 Tablespoons Basic Chicken Broth 1 Tablespoon milk 1/4 teaspoon mild curry powder 4 drops Capella Amaretto flavor drops 4 drops KAL Pure Stevia Salt and pepper to taste 1 cup diced celery 1 medium apple, cored and diced</p> <p>1. Place the chicken in a medium bowl. In a small bowl whisk together the broth, milk, curry powder, Capella and Stevia drops, salt, and pepper. Pour over the chicken, toss to coat, and set aside for 20 minutes. 2. Fold in the celery and apple, and serve immediately.</p> <p>Makes one serving. Each serving has 225 calories (1 protein, 1/2 vegetable, 1 fruit, 1 milk)</p>	<p style="text-align: center;">Spicy Coconut Ceviche</p> <p>Any type of firm white-fleshed fish will work nicely in this delicious popular Spanish cold fish salad.</p> <p>3.5 oz (100 g) Chilean sea bass, lightly steamed and cooled 1 cup thinly sliced onion Juice of 1 lemon Dash of Frank's Hot Sauce, or more to taste 6 drops Capella Coconut flavor drops 5 drops KAL Pure Stevia 1/4 teaspoon dried oregano Salt and pepper to taste 2 teaspoons chopped parsley leaves 1 teaspoon chopped cilantro leaves</p> <p>1. Carefully break the steamed fish into bite-size pieces and place in a glass bowl. Add the sliced onions and gently toss together. 2. In a small bowl whisk together the lemon juice, hot sauce, Capella and Stevia drops, oregano, salt, and pepper. Pour over the fish mixture, use spatula to gently coat, and refrigerate for 1 to 2 hours. 3. Just before serving, stir in parsley and cilantro</p> <p>Makes one serving. Each serving has 180 calories (1 protein, 1 vegetable, 1 lemon)</p>
<p style="text-align: center;">Japanese Ginger Soy Dressing</p> <p>Delicious Asian flavors combine in this terrific recipe that's great as a salad dressing, marinade, or sauce.</p> <p>2 garlic cloves, minced 2 teaspoons minced fresh ginger 1/4 teaspoon powdered mustard Juice of 1/2 lemon 2 Tablespoons apple cider vinegar 6 drops Stevia Apricot Nectar flavor drops 8 drops KAL Pure Stevia 1/2 cup broth or water 1/3 cup Braggs liquid aminos Salt and pepper to taste</p> <p>In a small bowl whisk together the garlic, ginger, mustard and lemon juice. In another bowl combine remaining ingredients and slowly whisk into garlic mixture. Taste for seasoning and store in an airtight container in the refrigerator for up to 1 week.</p> <p>Makes about 1 cup</p>	<p style="text-align: center;">Zesty Steak Sauce</p> <p>When a juicy, lean steak is on the menu, dazzle your taste buds with this perfect dipping sauce on the side. Great with grilled chicken too.</p> <p>2 tomatoes, cored, seeded, and chopped 2 Tablespoons apple cider vinegar 2 Tablespoons Braggs liquid aminos 8 drops Capella Raspberry flavor drops 15 drops KAL Pure Stevia 1/2 teaspoon each garlic and onion powder Frank's Hot Sauce to taste Salt and pepper to taste</p> <p>1. Combine all ingredients in medium saucepan and cook over medium-low heat, stirring until thick. 2. Using a handheld immersion blender or a regular blender, puree sauce until smooth. Set aside to cool. 3. Taste for the addition of salt or Stevia, transfer to an airtight container, and refrigerate up to 1 week.</p> <p>Makes four servings. Each serving has 35 calories (1/2 vegetable)</p>

Chicken and Spinach Meatloaf

Moist and delicious this terrific meatloaf is hearty and satisfying with a touch of garlic and a hint of sweet apricot.

6 cups baby spinach leaves
2 garlic cloves, minced
Salt and pepper to taste
14 oz (400 g) ground chicken breast
1/2 teaspoon dry mustard
1 teaspoon onion flakes
2 breadsticks, crushed into crumbs
1/4 cup Basic Chicken Broth (see recipe above)
1 Tablespoon Braggs liquid aminos
10 drops Stevia Apricot Nectar flavor drops

1. In a nonstick skillet over medium high heat, cook the spinach and garlic with a little water until wilted. Season with salt and pepper and set aside to cool.
2. Preheat the oven to 350 degrees F.
3. Transfer the spinach mixture to a cutting board and chop coarsely. Place in a large mixing bowl with the ground chicken, mustard, onion flakes, and breadstick crumbs and mix well with your hands. In a small bowl combine the broth, liquid aminos and Stevia, add to the chicken mixture, stirring well to combine.
4. Transfer to a nonstick loaf pan and pat down firmly and evenly. Cover with foil and bake until the internal temperature is 165 degrees F, about 40 minutes. Remove from the oven and rest for 5 minutes before slicing and serving.

Makes 4 servings. Each serving has 130 calories (1 protein, 1/2 vegetable, 1/2 breadstick)

Greek Cinnamon Chicken

Fabulous flavors abound in this quickly prepared chicken stew with aromatic hints of the Mediterranean.

7 oz (200 g) boneless chicken breast, cut into bite-size pieces
Salt and pepper to taste
2 medium tomatoes, cored, seeded and diced
2 garlic cloves, minced
1 cup Basic Chicken Broth (see recipe above)
5 drops Capella Hot Cinnamon Candy
Dash ground cinnamon
1/4 teaspoon turmeric

1. Heat a nonstick skillet over medium-high heat. Season the chicken pieces with salt and pepper and lightly fry in the skillet until no longer pink on the outside, about 2 minutes. Add the tomatoes and garlic, stir to combine, and continue cooking for 2 minutes more.
2. Add the remaining ingredients, bring to a simmer, reduce to low and cook covered until the chicken is cooked through and the sauce has thickened, about 15 minutes.
3. Taste for seasoning and serve immediately.

Makes two servings. Each serving has 150 calories (1 protein, 1 vegetable)

Quick Chinese Orange Beef

Fast and easy to make, this tasty beef dish gets a double dose of intense orange from Stevia and orange zest and a delightful zing from red pepper flakes.

3.5 oz (100g) lean beef, such as tenderloin, sliced thin

1/2 teaspoon onion flakes

2 cups thinly sliced Napa (Chinese) cabbage

1/2 cup Basic Beef Broth (see page xx)

1 Tablespoons Braggs liquid aminos

Juice of 1/2 orange

1/2 teaspoon orange zest

8 drops Stevia Valencia Orange flavor drops

Dash red pepper flakes

Salt and pepper to taste (sparingly)

Segments from 1/2 orange, for garnish

1. Heat a nonstick skillet over medium-high heat. Season the beef with salt, pepper, and onion flakes, add to the skillet, and cook, stirring often, until slightly browned but not cooked through. Transfer to a clean plate.

2. Add the cabbage to the skillet, season with salt and pepper, and cook, stirring, for 3 minutes.

3. Combine the remaining ingredients except the orange segments in a small bowl and pour into the skillet with the cabbage. Return the beef to the skillet, stir well, reduce heat to low, cover and cook until vegetables are crisp tender and beef is cooked to desired doneness, about 3 minutes.

4. Taste for the addition of salt and pepper, transfer to a serving dish, and garnish with the orange segments.

Makes one serving. Each serving has 300 calories (1 protein, 1 vegetable, 1 fruit)

Veal Scaloppini with Mock Marsala Sauce

This simply prepared take on a popular veal entrée will delight your taste buds with its heavenly sauce.

3.5 oz (100g) veal scaloppini, pounded thin

Salt and pepper to taste

1/2 cup Basic Beef Broth (see page xx)

1 Tablespoon milk

6 drops Capella Vanilla Custard flavor drops

4 drops Stevia Lemon Drop flavor drops

1 teaspoon chopped fresh parsley

1. Heat a nonstick skillet over medium-high heat. Season the veal with salt and pepper and cook quickly without browning, about 1 minute per side. Transfer to a plate.

2. Add the remaining ingredients except the parsley to the skillet and bring to a simmer. Return the veal with its juices to the pan and cook at a simmer, occasionally turning the scaloppini over to absorb the sauce, until no longer pink, 2 to 3 minutes.

3. Transfer the veal with the sauce to a clean plate, sprinkle with the parsley, and serve immediately.

Makes one serving. Each serving has 145 calories (1 protein, 1 milk)

Amaretto Baked Fish with Orange Zest

Any firm white-fleshed fish fillet will do in this delicious amaretto flavored entrée with “mock” almonds and a hint of orange.

3.5 oz (100 g) firm white-fleshed fish
Juice of 1/2 orange
1 Tablespoon milk
5 drops Capella Amaretto drops
3 drops KAL Pure Stevia
Salt and pepper to taste

For the topping:

1 Melba toast, broken into small pieces
1/2 teaspoon grated orange zest
1/2 orange, peeled, seeded and roughly chopped
3 drops Capella Amaretto drops
Pinch of salt
1 teaspoon finely chopped parsley for garnish

1. Preheat the oven to 375 degrees F. Line a rimmed baking sheet with foil. Place the fish in the middle of the pan.
2. In a small bowl combine the orange juice, milk, Capella drops and Stevia drops and pour over the fish. Season with salt and pepper.
3. In another small bowl combine the topping ingredients and sprinkle over the fish. Bake until the fish flakes with a fork and the topping is lightly golden, about 15 minutes. Sprinkle with the parsley and serve immediately.

Makes one serving. Each serving has 195 calories (1 protein, 1 fruit, 1 Melba, 1 milk)

Apricot Soy Glazed Shrimp

Sweet apricot flavored Stevia is just the ticket for this super flavorful skewered shrimp dish that's sure to satisfy.

For the Glaze:

1/2 cup strongly brewed apricot-flavored herbal tea
10 drops Stevia Apricot Nectar drops
5 drops KAL Pure Stevia, or more to taste
1/3 cup Braggs liquid amino acids
1 garlic clove, minced
1 Tablespoon finely chopped fresh ginger

3.5 oz (100g) large shrimp, shelled and deveined

1. Make the glaze by combining all the ingredients in a small saucepan and simmering until slightly reduced and thickened, about 5 minutes. Set aside.
2. Thread the shrimp on bamboo or metal skewers. Prepare an indoor or outdoor grill with a nonstick rack.
3. Grill the shrimp, while brushing frequently with the glaze, until pink, about 2 minutes per side. Transfer skewers to a serving plate. Boil remaining glaze for 1 minute and pour over cooked shrimp. Serve immediately.

Makes one serving. Each serving has 120 calories (1 protein)

Oven Roasted Fennel with Fresh Herbs

Fennel is just as delicious if not more so when cooked rather than raw, and here it gets extra flavor from roasting and finishing with herbs and citrus.

1 medium fennel bulb, tough stems removed, fronds reserved
1/2 to 1 cup Basic Chicken Broth (see recipe above)
Salt and pepper to taste
Juice of 1/2 lemon
Juice of 1/2 orange
4 drops each Stevia Lemon Drop and Valencia Orange flavor drops
1 teaspoon each finely chopped fresh mint, parsley, and basil

1. Preheat the oven to 375 degrees F.
2. Slice the fennel bulb into 1/4-inch thick pieces, cutting downward from the top. Cut out the tough stem area, but keep the slices intact.
3. Place the fennel in a single layer on a nonstick baking sheet with a rim. Pour 1/2 cup of the broth over, season with salt and pepper, and roast in the oven, turning occasionally, until the fennel is crisp tender and slightly golden around the edges, 25 to 30 minutes. Add a bit more broth if needed to prevent sticking.
4. Meanwhile, in a small bowl combine the lemon and orange juice, Stevia drops, and chopped herbs. When the fennel is cooked, transfer with a spatula to a serving dish and pour the prepared citrus herb dressing over. Serve immediately.

Makes one serving. Each serving has 100 calories (1 vegetable, 1/2 fruit, 1/2 lemon)

Italian Herbed Stewed Tomatoes

Delicious as a side for beef, chicken, or fish, this classic vegetable dish is livened up with the fresh flavor of herbs and garlic.

2 medium tomatoes, cored and diced
1/4 cup Basic Chicken Broth (see recipe above)
6 drops Stevia Grape flavor drops
3 drops Stevia Lemon Drop flavor drops
2 garlic cloves, minced
1/4 teaspoon minced onion flakes
Salt and pepper to taste
Pinch dried oregano
1 teaspoon each finely chopped fresh parsley, basil, and marjoram

1. Place the tomatoes in a medium saucepan. In a small bowl combine the broth and Stevia drops, and pour over the tomatoes. Add the garlic, onion, flakes, salt, pepper, and oregano, bring to a simmer, and allow to cook, stirring often, until the tomatoes begin to break down but still hold their shape, 10 to 12 minutes.
2. Add the chopped fresh herbs, stir well to combine, and cook a further 2 minutes on low. Serve immediately.

Makes two servings. Each serving has 40 calories (1 vegetable)

Warm Caramel Apple with Vanilla Sauce

Apples and caramel are always make for a winning team and here, a touch of delicious vanilla sauce really takes this treat over the top.

1 firm apple, such as Gala or Golden Delicious
1/4 cup purified water
5 drops Capella Caramel flavor drops
4 drops plain Stevia or more to taste
Dash of ground cinnamon
Dash of ground nutmeg
1 tablespoon milk
5 drops Stevia Vanilla Crème flavor drops

1. Stem, core, and dice the apple into 1/2-inch cubes and place in a small saucepan.
2. Combine the water, Caramel and plain Stevia drops in a measuring cup and pour over the apples. Stir in the cinnamon and nutmeg.
3. Cook over medium heat, stirring often, until apples are softened, but still firm. Meanwhile combine the milk with the Stevia Vanilla drops.
4. Remove apples from heat, cool slightly, then transfer to a dish and serve warm with the vanilla sauce spooned over.

Makes one serving. Each serving has 100 calories
(1 fruit, 1 milk)

Strawberry Fudge Brownie

Two great flavors come together thanks to Capella and Stevia in this tasty treat that's almost as good as the real thing.

5 strawberries, stemmed and roughly chopped
2 Melba toast, finely crumbled
8 drops Capella Chocolate Fudge Brownie flavor drops
4-6 drops clear Stevia, or more to taste

1. In a small bowl, stir together all the ingredients and taste for flavor and sweetness.
2. Press the mixture into a small dish and cover with plastic wrap. Allow to chill in the refrigerator for at least 2 hours. Cut into pieces and serve.

Makes two servings. Each serving has 35 calories.
(1/4 fruit, 1 Melba)