

Some of our favorite HCG recipes by Bob & LaRainne Robeson When Health Matters

Chicken Wraps

This is perfect for take along lunches.

- BBQ and season (using only approved seasonings) a boneless, skinless chicken breast.
- Leaf a correctly weighed portion of lettuce, (roman or Iceberg)
- If severing hot, use the freshly bbq'ed chicken, slice into about 8-9 slices, and rollup inside a leaf of lettuce. I like to add a little sea salt.
- To serve cold, just refrigerate the chicken and then slice and serve as hot.

This is one portion of protein and one portion of veggie.

Hamburgers

What a treat!

- Get your 100 grams of Hamburger meat (93% fat free or better), and make 2 patties.
- BBQ or pan grill them.
- Season to your liking with approved seasonings. I use sea salt and pepper.
- Get and weight your full tomato so you know how many calories you are getting, then cut 2 nice slices out of the middle of the tomato.
- Take one of your Melba toast and break in ½. Or if you have the kind that have the small round crackers, use two of them. Count your calories.
- Take one patty and set on top of the melba toast
- Then set one slice of tomato on top of that, eat open face. But hey, you get 2 of them, they are so good.

This counts as one portion of protein, one portion of veggie, and one bread.

Shrimp Scampi

I love this, wish I could have more than 100grams.

- I like to use the bigger shrimps, usually I get about 4 or 5 for my 100 grams, precooked.
- Cook in steam or pan with cover until pink.
- Sprinkle with Mollie McButter
- Season with Garlic salt.

This counts as one portion protein.

Chicken and cabbage soup

The hunger eater!

This one is a little tricky, but works real good if you are hungry a lot.

- Use 2 portions of chicken (200 grams)

- Weigh out 2 portions of cabbage,) green or red or mix)
- Get a large pot of water (good clean filtered water If you can) and fill with about 2 quarts of water.
- Precook your chicken on the rare side (I like to BBQ it with lots of seasonings.
- Slice the chicken into small but long pieces, you should get about 18-20 slices. I said they were small)
- Put all the chicken and all the cabbage into the water and season, then season some more.
- Bring to a boil for about 5 minutes. Let cool to room temp then remove the cabbage and chicken and refrigerate
- The Chicken and cabbage is 2 serving, so eat one serving, once a day.
- Meanwhile you can drink the broth all day long. Boy is it good, stops the hungers too.

This counts for 2 servings of veggie and 2 serving of protein. Eat one serving a day!

PS: Some people like to **not use the chicken** and just use the cabbage for cabbage soup.

Grilled swordfish and Slow Roasted Tomatoes

If you want something other than Tilapia!

Get one full serving of tomato and 100 grams of a nice swordfish steak.

- Fire up the BBQ or oven on low heat.
- Use Cherry, grape or small Roma tomatoes
- Whole gloves of garlic, unpeeled.
- Herbs such as thyme or rosemary (optional)
- Halve each cherry or grape tomato crosswise, or Roma tomato lengthwise and arrange on a parchment-lined baking sheet along with the cloves of garlic. Sprinkle herbs on and salt and pepper, though go easily on these because the finished product will be so flavorful you'll need very little to help it along.
- Bake the tomatoes in the Covered BBQ or oven on low heat (about 220-230) for about three hours. You want the tomatoes to be shriveled and dry, but with a little juice left inside–this could take more or less time depending on the size of your tomatoes.
- Check the tomatoes often and when they are getting close, put the sword fish steak on the Bar-by. About 10minutes per inch. So it about 5 minutes a side.

This is well worth the time and effort.

This counts as one portion protein and one veggie