

## HCG Diet

HCG (Human Chorionic Gonadotropin) is a hormone that is created by the body, and has been used in weight loss with great results for years. HCG is shown to reduce the hard to lose fat around the abdomen, hips, thighs and double chin. Our homeopathic solution offers the same fat burning results without the side effects of hormone therapy. Our patients have found that on average they lose about a pound a day using this method of weight loss. Of course, there are some dietary restrictions, such as; removing carbohydrates, sugars and fats from your diet while using HCG. We recommend that you do not use any artificial sweeteners during this time and avoid carbonated beverages completely.

We do provide the information from Dr Simeons book regarding the 500 calorie diet that he used in his studies, but we find that if a person avoids carbs, sugars, fats and soda they will drop pounds and inches. Weight loss varies in each individual, and will be affected by the foods eaten.

Please keep us updated on your progress! We would love to hear how you are doing!

### The Diet!

**HCG Supplement:** Place 10-15 drops (about 1/2 dropper) under the tongue and hold up to 5 minutes or as long as you can, four times a day. It's best if you do it 1 hour before meals. Do not eat or drink anything for 15 minutes before or after the drops.

Do not receive any massages, drink any soda or diet soft drinks, eat pork or exercise excessively, because these things will cause weight loss to stall.

**Days 1-2** eat anything you want. Start taking your drops now and focus on high fat content foods. The idea is to build up your normal fat stores so that your body has energy and you are not hungry. This also helps with the psychological connections to food.

**Days 3-23 or 3-40** low fat, low carb, no sugar diet. The diet below is the one that is recommended by Dr. Simeon (the one who wrote the book on HCG) it is very restrictive, but we do find that if you follow a reasonable diet you will still lose weight. You must avoid fats, sugars and carbohydrates so that your body will burn its own fat. If fats, sugars and carbohydrates are available it will burn them first, and you will not burn as many of your fat cells.

**After** you complete the protocol for the next 3 days, follow the same diet you were on while using the drops. For the next three weeks avoid sugars and carbohydrates so that your body has time to adjust. After that you may eat a normal diet. Slowly introduce whole grains into your diet.

We hope that this HCG diet will help you change your relationship with food. A healthy diet is very important to our health and cell growth. Eating a healthy diet with lots of fruits and vegetables is important. Processed foods do not provide nutrients, antioxidants or fiber to your diet that are very important to living a healthy life.



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**Breakfast:** Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used.

**Lunch:** 1. **Protein** 3.5 ounces (100 grams) of veal, lean beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, catfish, dried or pickled fish are not allowed.

**One Item from each category.** 2. **Vegetable** One type of vegetable only, to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. (one large handful) These can be eaten raw, steamed, grilled (no oil), or gently boiled.

3. **Carbohydrate** One breadstick (grissini) or one Melba toast. Less than 4 grams of carbohydrates, and 25 calories.

4. **Fruit** An apple, orange, or a handful of strawberries or one-half grapefruit. Do not drink fruit juice. It has too much natural sugar in it and very little of the pectin and fiber.

**Dinner :** The same four choices as lunch (above.)  
No more than four items listed for lunch or dinner may be eaten at one meal. It's best not to eat the exact same meal twice in the same day.

**Drinks:** 2 liters minimum per day. Coffee, tea, water or mineral water in any quantity. Stevia may be used to sweeten tea and coffee. Apple Cider Vinegar can help digestion and hunger and burn fat. Use 1 TBSP in 3-4oz of water with a few drops of Stevia. If you drink this before a meal it helps.

**Snacks:** Fruit or bread stick may be eaten as a snack instead of as part of the meals.

**Chew on this:** Break cinnamon sticks in half and chew on them instead of gum. Anise seeds taste like licorice and help freshen breath. Fresh Parsley also freshens breath and is a natural diuretic.

**Seasonings:** You may season any of the food with the juice of half a lemon, white or black pepper, organic raw apple cider vinegar, sea salt, garlic, basil, parsley, thyme, marjoram, or any other herb. Absolutely no oil, butter, dressings, or anything else!

**You must eat everything as described.** Do not skip meals, and each meal must consist of the protein, the vegetables, and the fruit. Choose organic fruits and vegetables when possible. If you cheat you may not lose weight that day, or for a couple days, but stay on the drops and get back on the correct foods right away and you will find that it does keep working. Do not stop the drops and restart them because it will interrupt the sequence.



## FOODS TO AVOID

Fruits and vegetables with high levels of carbohydrates (starches) are not allowed on the HCG Diet. Foods that are high in sugar and starches should also be avoided in the maintenance phase. Foods to avoid:

Acorn Squash	Bananas	Butternut squash
Carrots	Corn	Dried fruit
Mangos	Parsnips	Peas
Plantains	Potatoes	Root Vegetables
Bagels	Beans	Biscuits
Bread	Breaded foods	Brownies
Buns	Cakes	Candy
Canned fruit	Cereals	Chocolate
Cookies	Cool Whip	Corn chips
Corn meal	Cornstarch	Corn syrup
Crackers	Cupcakes	Donuts
Energy drinks	Fast food	Flour
Frosting	Fruit juice	Grains
Granola	Honey	Hot dogs
Ice cream	Ketchup	Kool-aid
Lentils	Maple syrup	Muffins
Oatmeal	Pancakes	Pasta
Pie	Pita bread	Polenta
Popcorn	Processed	Potato chips
Pretzels	Pudding	Rice
Rolls	Soda drinks	Taco shells
Tortillas	Velveeta	White flour
Yams		

You may also find Stevia sweetener at our office and most health food stores. We recommend it instead of other sweeteners because its 100% natural. It's available in granulated, and liquid. We recommend that you do not use Saccharin (Sweet&Low), Aspartame (Nutra Sweet), or Splenda.

## Three Kinds of Fat

1. Structural Fat: Used to protect body organs and arteries, and to keep skin smooth and taut.
2. Normal Reserve Fat: Used to store energy for immediate use.
3. Abnormal Fat: Burned only after normal fat stores are depleted. It is not available to the body in emergency energy situations. This is the hard to burn fat.

Typically, when you diet to lose pounds the first fat to be used up are the normal reserves, then the structural reserves. Finally, the body resorts to the abnormal fat stores to find the energy it needs. By this point most people have already gotten so tired and weak that they give up on the diet. Instead of losing the largest stores of fat, they have decreased the important fat that protects their bones and makes their skin look taut, so they look older and more wrinkled. The HCG diet burns the abnormal fat around the hips, thighs, potbelly, and double chin. It releases 2000 calories per day to burn as energy from these places.

An obese person requires more calories to function than a leaner person, because it takes more energy to move around, maintain body temperature and simply exist. If you recall the fat types we discussed in the previous paragraph you will notice that these people are burning their normal stores of fat for energy, and then feeling exhausted until they consume more calories.

### Treatment

The standard length of treatment is 23 days for an overweight person. Obese patients may stay on the program for 40 days, and then if needed may wait no less than 6 weeks and do another round. If more rounds of treatment are required each resting period must be progressively longer than the last. Scheduled breaks are 6 weeks, 8 weeks, 12 weeks, 20 weeks and 6 months.

Patients who have been dieting and who may have low normal fat reserves should eat to build up their normal fat reserves when starting this program. For two days they should eat more calories than normal to build up their normal fat stores. These calories should be from high fat foods. Normal fat reserves are required for energy. A small amount of weight gain may occur, but it will come off rather quickly from the abnormal fat stores. After loading your fat reserves, a 500 calorie diet is used during the time that the drops are used to gain the most benefit.

Do not exercise excessively or receive any massages during this phase of treatment. The toxins that are released by the burning of extra fat cells are being processed by the body during this phase. By exercising hard or receiving a massage you release more toxins into the blood.

## **Post Treatment**

The first three days after completing a series of HCG, patients must remain on the 500 calorie diet. This will reset the metabolism. The first three weeks post-treatment are crucial to success of a managed weight loss. Carbohydrates and sugar should be avoided during the first three weeks after treatment. Weight during this time may fluctuate if over consumption occurs. Combining fats and starches will cause weight gain. Patients should weigh themselves each morning to manage their weight. Followed correctly, this plan will train your body to use stored fat for energy when it's needed.

### **HCG Diet - The Loading Phase**

The goal is to eat as many calories as possible, preparing the body for a period of very low calorie intake. These foods should be high in fat. By completely filling all fat stores, the metabolism is convinced that the body is not in a starvation mode. For some it is useful to think this as "bear eating", like a bear preparing for a long winter.

The beginning days are also designed to attack some of the psychological addictions that many have developed over time. By gorging on their favorite foods for several days, patterns and associations are changed while cravings are satisfied. Many find that the first day is almost unbelievable, but find it very difficult to continue to the end of the second day.

#### **Recommended foods:**

Fried foods, hot dogs, hamburgers, french fries, corndogs, onion rings, Mexican food, fried chicken, pork rinds, potato chips, pot pies, pizza, gravy, Macadamia nuts, macaroni and cheese, rich sauces, butter, cheese, ice cream, milk shakes, doughnuts, chocolate, cookies, cakes, candy bars, pies, hot fudge and whipped cream.

### **Rapid Weight Loss Phase**

For many, believing and accepting the rapid weight loss with HCG is perhaps the most difficult part of the diet. This isn't surprising, since we've all been taught to lose 1-2 pounds per week, then suddenly a diet claims to produce that type of weight loss every day!

Those who ignore the skeptics and try the HCG Diet find they rapidly lose weight without excessive hunger. Men tend to average a little over a pound per day, while women can expect to lose about 1/2 to 1 pound per day. The weight loss is more dramatic in the beginning and tends to slow during the last week.

In the weight loss phase, the intake of HCG continues, but a VLCD (Very Low Calorie Diet) of 500 calories replaces the heavy eating. For many, a diet so low in calories seems impossible to achieve; however, because of the HCG, thousands of calories are released for energy as fat is burned from areas all over the body and hunger is eliminated.

The most important concept to understand about this phase is how incredibly reactive the body is to any variance away from the eating plan. It is CRITICAL that every part of the HCG Diet is followed exactly. Even the smallest changes can produce large gains in weight and set back additional weight loss for almost 3 days.

### **Diet Tips**

The meals may be broken up and eaten throughout the day, but the daily ration of 2 carbohydrates or 2 fruits can never be eaten at the same time. HCG should be taken daily. The chicken breast cannot be substituted with turkey or other fowl, nor does it mean a wing or a drumstick of chicken. If you have a stall in loss you may opt. to do an apple day. Eat nothing but apples, applesauce (no sugar) apple juice etc... with no sugar or artificial sweeteners. Venison has been substituted for meat in some occasions.

### **Kitchen Scale**

To accurately weigh portions, you must have a scale that is accurate to one-tenth of an ounce. Using grams is a more accurate method than ounces (28 grams = 1 ounce).

The diet must not exceed 500 calories per day; equally important are the sources of the calories. While there are many fruits and vegetables that are not on the diet that have equal or lower calories, they cannot be substituted for those listed on the diet. Pimiento peppers, okra, artichokes, pears and turkey are examples of this.

Because of its higher fat content, red meat shouldn't be eaten more than once per day. The diet works for the small elderly grandmother, the same way it does for the giant young linebacker. This happens because the pathway is the same - the dieter is living off their fat reserves instead of the fat that is eaten.

### **Leg or Muscle Cramps**

If you are experiencing "Charlie Horse" like muscle spasms, potassium supplementation usually helps. Try our Triamin supplement at 1-2 tablets in the morning and 1-2 tablets before bed.

### **HCG Maintenance Eating Plans:**

Once this phase begins, you may now eat anything you'd like except starch and sugar. After about 3 weeks, the bodyweight should become stable and should not have dramatic swings upward after an occasional intake of excess calories. According to Dr. Simeon, "If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but as soon as fats and starch are combined things are very liable to get out of hand. This has to be observed very carefully during the first 3 weeks after the treatment is ended, otherwise disappointments are almost sure to occur."

It is important to eat an adequate amount of protein and enough food. A good rule of thumb is to double your intake of protein and triple the amount of calories. Instead of 2 servings of 3.5 oz. (100g), you would have 2 servings of 7 oz. (200g), with a daily target of about 1,500 calories. These numbers would then be adjusted based upon your hunger and daily weight to maintain your weight in the 4 pound target range.

If your weight goes up 2 or more pounds, you must immediately have a Steak Day. On steak day you drink water, tea, and coffee when you want and in whatever quantity you want, but you do not eat anything until dinner. Go to the butcher. Buy yourself the biggest, fattest, best marbled cut of meat they have to offer (you don't have to watch the fat now) and if you're not sure which cut is best, ask the meat guy. Take it home and sauté it in oil, butter, garlic, or whatever other seasoning you want. Relish every bite of the steak until you are full. Follow with an apple or tomato. Some have lost as much as 7 pounds of gained weight in just one day using this technique.

### **Read Food Labels!**

Next time you're food shopping, carefully read the labels before purchasing anything. It will amaze you just how many products have sugar added to them. Now they may not come right out and call it sugar, but that's exactly what it is.

## ***Frequently Asked Questions***

### ***HCG FUNCTION***

In a non-pregnant state, HCG as a weight-loss aid helps reduce the craving for food by making stored fat available for metabolism, thus aiding in the ability to adhere to a rigid diet program.

HCG accesses unnecessary fat stored in the body just as it does in early pregnancy. Abnormal fat deposits disappear; the double chin, potbelly and fat around hips and thighs are the first to go. HCG does not deplete subcutaneous or other essential fat. For many, complexion improves, gaining a natural freshness and healthy glow with a noticeable



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205 South Street \* Stockton, MO 65785 \* Phone (417) 276-6306 \* Fax (417) 276-6216

reduction in fine lines and wrinkles. Most HCG Weight-loss participants see a loss in girth (inches) before they see any substantive drop in the scales. When properly supervised, the result is rapid weight loss and improved body shape during and after treatment.

Scientific evidence suggests that HCG promotes lipolytic (mobilizes fat) activity. Reshaping of body contour is quickly noticeable in those patients who struggle with fat located in buttocks and hips area. As the HCG metabolizes stored body fat, about 2000 calories are released into the bloodstream, thus allowing for a low calorie per day diet without experiencing fatigue, weakness or hunger.

### ***What is HCG and how does it work?***

HCG is a hormone naturally produced in the body. It has many functions and is used medically to treat a variety of conditions. It is the pregnancy hormone, but during pregnancy the levels double every two days. This hormone allows the body to mobilize fat and use it as energy for both mother and fetus. This acts as a “fail-safe” mechanism

when energy is needed immediately. For weight loss, we use only a very small amount of HCG to capitalize on this same mechanism. Using HCG in this way does not mimic pregnancy; in fact, it can be safely used by both men and women.

### ***Is HCG safe?***

HCG is extremely safe. All women experience very high levels during the nine months of every pregnancy with no adverse effects. The small amount we use for weight loss has absolutely NO side effects.

### ***If HCG works so well for weight loss, why don't pregnant women lose weight?***

HCG works to mobilize fat for utilization by the body only when there is a significant decrease in calories and fat. A starvation state must exist for HCG to work. For weight loss, we use a very low calorie diet to trigger HCG to help rid the body of fat.

### ***Will my metabolism slow down if I'm on a very low calorie diet?***

Yes, normally when we cut back our calories and fat, our bodies store fat and our metabolisms slow down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the HCG, the hormone signals the body to use stored fat for energy, and eliminates excess fat reserves. It's a natural process, so no ill effects on your metabolism will result.

***Wouldn't I lose the same amount of weight eating a very low calorie diet without HCG?***

You can lose weight by simply eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using HCG with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle.

***The HCG diet is very low calorie, will I get hungry?***

Because HCG mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. After about 2 days, many patients notice a significant decrease in their appetite. Overall, most people have plenty of energy and feel good while on the program.

***What if I stop losing weight?***

Weight stalls are common, but many will find that even if they don't lose weight for a couple days they are still losing inches. If you are on the "rapid weight loss phase" and are concerned about a stall and it lasts more than 4-6 days, you can have an apple day. An apple-day begins at lunch and continues until just before lunch of the following day. Eat a maximum of 6 large apples. You can have one whenever you feel the desire. During an apple-day no other food or liquids except plain water are allowed and of water you may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves you thirsty. This will generally cause a satisfying loss of weight the next day. If the apple day does not cause some weight loss, check your stress levels. High stress, PMS and too much salt can cause you to stall. (If you gain on maintenance phase-see "Steak Day" below.)

***Will HCG interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?***

Homeopathic HCG does not interact with ANY medications, including birth control pills or Depo-Provera, so there are NO side effects.

***Will I experience any changes in my menstrual cycle taking Homeopathic HCG?***

Because the amount of HCG is so small, there are no changes to your menstrual cycle. Likewise, HCG will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant.

### ***Will this affect Breastfeeding?***

We do not recommend that you use any unnecessary drugs or remedies while you are nursing. There are a lot of women who get pregnant shortly after giving birth, and at that time they begin to produce massive amounts of HCG in their bodies. They are never advised not to breast feed, so it seems logical to conclude that HCG in the body will not be a detriment to your baby. I have seen Dr. Belluscio, the man who is carrying on Simeons' work in Argentina; respond in such a way to that question as well.

The biggest difficulty I would anticipate is the ultra-low calories consumed on Phase 2. You want to ensure that you are fully nourished while breastfeeding so that you can be up to all the demands of new motherhood. You could try using HCG during this time primarily to reduce cravings and help to reset the hypothalamus, but you may want to consume more calories than called for by the VLCD. I'd recommend around 800 minimum up to whatever is needed for you to maintain your goal weight.

### ***What happens if you drink alcohol while on the HCG diet?***

The HCG diet is VERY specific about what to eat; people who cut corners will not lose as much weight, if any at all...the chemical composition of everything on the diet is very specific...

When on the HCG diet a user, who has been a drinker, may find that a relatively small amount of alcohol produces the euphoric intoxication feeling. While on the HCG diet, we have had many clients whom have had a small glass of vodka and mineral water with a bit of lemon (or vodka and 8 oz of fresh orange juice, this juice will count as one of your servings of juice) and still lost weight, during the initial weight loss phase. Dr. A.T.W Simeons does allow for a glass (8 oz) of wine with dinner during the maintenance phase of the diet (after you stop taking the drops). During the initial weight loss phase of the HCG diet be sure to check sugar content of alcohol, the less the better.

### ***Why are some people calling HCG the “Weight Loss Cure”?***

HCG is also being called the “Weight Loss Cure” because after taking it for weight loss, it reprograms your body to use stored fat for energy when calories are reduced for a period of time. Or put another way, it helps you maintain your weight and not regain the pounds you’ve lost.

### ***How much weight can I expect to lose on the program?***

On average, our patients lose around 20 lbs. or more per month. Often, people lose 10 to 12 lbs. in the first week.

### ***Does the weight loss slow down after the first month?***

Many times what we see is a large amount of weight loss in the first month, then a plateau or leveling off. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

### ***Why am I not supposed to exercise?***

Because of the amount of fat being deposited into your bloodstream while using HCG, excessive exercise can actually be counterproductive during the program. The body can only process so much fat in a day and excessive exercise can cause too much fat to be released, which can cause the patient to lose no weight. Walking about 20 minutes a day should be acceptable, but each person must monitor their own efforts and determine if it is detrimental or helpful.

### ***What are homeopathics?***

Do homeopathic remedies work? Most people who have used them will tell you “yes, they definitely do!”, but some skeptics have a difficult time agreeing that it is possible for this to happen. I am not going to claim to be smarter than all the scientists who have done studies on homeopathy and how it works, but I will tell you that in my experience I have seen great results in a number of situations.

Homeopathic remedies are created based on the idea that “Like treats Like.” For hundreds of years, people have been treated using this philosophy. Homeopathic physicians learned that if you find a substance that causes a specific symptom in an individual, when you reduce it down to minute particles in water, it can cure those symptoms. The final result of this dilution leaves only a “pattern” of the original substance, but because the body knows how to react to the substance, it also recognizes the pattern of it. This works very well in instances where the substance itself causes side effects, because the homeopathic version will not cause side effects.

### ***What is a steak day?***

If you are on the maintenance phase of the program and you gain more than 2 pounds in a day you should immediately have a steak day. On steak day you drink water, tea, and coffee when you want and in whatever quantity you want, but you don't eat anything until dinner. Go to the butcher. Buy yourself the biggest, fattest, best marbled cut of meat they have to offer (you don't have to watch the fat now) and if you're not sure which cut is best, ask the meat guy. Take it home and sauté it in oil, butter, garlic, or whatever other seasoning you want. Relish every bite of the steak until you are full. Follow with an apple or tomato. Some have lost as much as 7 pounds of gained weight in just one day using this technique.

## HCG Plateau Breakers and Daily Weight Loss Rate Maximizers

- Increase water intake to 2-3 quarts per day.
- Try adding 2-3 cups of green tea to your day.
- Try adding 1,000-1,500mg of L-Carnitine per day.
- Don't eat 2 apples for the two fruits or cut down on the size of the apples.
- Cut American beef down or out.
- Check all condiments for any form of sugar. "Garlic Salt" may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- If mixing vegetables, stop.
- Try leaving out one or both breadsticks.
- Make sure there are no additives in chicken or other protein sources. Many times these are injected with some form of of sugar even in the grocery store. Buy organic meat and chicken that are not injected with bovine growth hormone.
- For women, your cycle may be coming into play.
- Have you changed or started one or more medications? The change may just cause a few days delay as your body adjusts, but you may want to consult with your physician to possibly change again or go back to the previous medication if the plateau continues and all other plateau breaking methods fail.
- Have an "Apple Day". While the HCG protocol reports "apple days" as purely psychological, many participants report a loss of 2 pounds the day after an apple day.
- Consider adding a brisk walk, some yoga, or any type of exercise for 15 minutes a day, a few times a week - anything that elevates your heart rate throughout the day. Any type of activity increases your metabolism and may increase your rate of weight loss.
- Make sure you are getting enough sleep. More than a few participants have reported being up late and getting up early and the scale reflecting little to no weight loss. However, simply weighing an hour or so later (without eating or drinking anything) reveals a drop on the scale of up to 2 pounds. This suggests that routine and adequate sleep can effect what the scale registers. While this probably doesn't actually affect the rate of weight loss, it can cause discouragement and therefore, routine and exceptions such as being "up late and getting up early", should be kept in mind.
- Try taking 2 tablespoons of apple cider vinegar to your daily routine. Some resources recommend that you take the apple cider vinegar diluted with water, but not to spread out throughout the entire day as this has been shown to have negative side effects on teeth enamel. Many resources claim extensive benefits due to apple cider vinegar intake, particularly increased weight loss; however apple cider vinegar may cause discomfort if you digest the vinegar using undiluted spoonfuls only.

Below are some recipes that we have found on the internet. Hope you enjoy them. If you search the internet there are lots of people posting recipes, just make sure to use your best judgment.

### **Recipes for 500 Calorie Diet**

#### **Apple Cider Drink**

Apple Cider Vinegar can help digestion and hunger and burn fat.

Use 1 TBSP in 3-4oz of water with a few drops of Stevia. If you drink this before a meal it helps.

#### **Chew on this**

Break cinnamon sticks in half and chew on them instead of gum

Anise seeds taste like licorice and help freshen breath

Fresh Parsley also freshens breath and is a natural diuretic.

#### **Strawberry vinaigrette**

(Enjoy with Arugula salad)

Ingredients

Strawberries

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

Stevia to taste

Dash of salt

Dash of cayenne (optional)

Fresh ground black pepper to taste

Stevia to taste

1. Combine all ingredients in food processor. Puree until smooth.
2. Pour over fresh arugula or green salad.
3. Garnish with sliced strawberries and freshly ground black pepper.

Variations: use as a marinade or sauce for chicken.

Makes 1 serving (1 fruit)

#### **Chili**

Ingredients

100 grams lean ground beef (less than 7% fat)

1 cup chopped tomatoes

½ cup water

2 tablespoons minced onion

2 cloves garlic crushed and minced

Pinch of garlic powder

Pinch of onion powder  
¼ teaspoon chili powder  
Pinch of oregano  
Cayenne pepper to taste (optional)  
Salt and pepper to taste

1. Brown ground beef in small frying pan, add onions and garlic.
  2. Stir in tomatoes and water.
  3. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful.
  4. Add a little water as needed to prevent burning.
  5. Serve with chopped green onion or tomato garnish and salt and pepper to taste.
- Makes 1 serving (1 protein, 1 vegetable or fruit)  
Phase 3 modifications: Top with cheddar cheese and a dollop of sour cream.

### **Tomato basil chicken**

#### Ingredients

100 grams cubed chicken  
1 cup chopped tomato  
¼ cup water or chicken broth  
2 tablespoons lemon juice  
2 tablespoons chopped onion  
1-2 cloves garlic sliced  
3 leaves basil rolled and sliced  
1/8 teaspoon oregano fresh or dried  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
Cayenne to taste  
Salt and pepper to taste

1. Lightly brown the chicken in small saucepan with lemon juice.
  2. Add garlic, onion, spices and water.
  3. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes.
  4. Salt and pepper to taste, garnish with fresh basil.
- Makes 1 serving (1 protein, 1 fruit or vegetable)

### **Citrus fish**

#### Ingredients

100 grams white fish  
1 tablespoon minced onion  
2 tablespoons lemon juice  
Lemon and orange zest to taste  
Lemon and orange slices  
Chopped parsley

Salt and pepper to taste  
Stevia to taste

1. Mix lemon juice with zest and a little stevia.
  2. Baste fish with mixture and top with salt, pepper, and lemon and orange slices.
  3. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees.
  4. Cook fish for 5-10 minutes or until fish is thoroughly cooked.
  5. Serve with lemon and top with parsley.
- Makes one serving (1 protein, 1 fruit)

### **Crunchy sweet apple chicken salad**

Ingredients

100 grams chicken cooked and diced  
1 apple diced  
3 stalks celery diced  
3 tablespoons lemon juice  
1/8 teaspoon cinnamon  
Dash of nutmeg  
Dash of cardamom  
Dash of salt  
Stevia to taste  
Wedge of lemon

1. Mix ingredients together, sprinkle with stevia and cinnamon.
  2. Chill for 20 minutes.
  3. Serve with a wedge of lemon and enjoy.
- Makes 1 serving (1 protein, 1 vegetable, 1 fruit)  
Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low Sugar, Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

### **Lemon Oregano Whitefish Packet w/ Asparagus**

100g whitefish  
asparagus (allowed amount)  
juice of one lemon  
1 t oregano  
salt/pepper

Preheat the oven to 400F.

1. Snap off woody ends of asparagus and discard.
2. Tear off a large sheet of non-stick aluminum foil.
3. In the center of this sheet, place asparagus spears and sprinkle with salt/pepper.
4. Place whitefish on top of asparagus.
5. In small bowl, combine lemon juice & oregano, and pour over fish.
6. Fold up edges and completely seal packet on all sides.
7. Bake 10-20 mins, until fish flakes.

8. Serve.

### **Green Onion Soup**

green onions (allowed amount)  
2 c vegetable broth  
1-2 t liquid aminos  
1 t parsley  
1 t zsweet  
1/2 t paprika  
1/2 t salt  
1/2 t dill  
1/2 t thyme  
1/8 t cayenne or red pepper flakes  
1/8 t celery seed

1. Briefly steam the green onions until tender.
2. Preheat saucepan over MED heat.
3. Chop steamed green onions.
4. In a saucepan, sauté the green onions in a bit of vegetable broth for a couple of minutes, then add the parsley, zsweet, paprika, salt, dill, thyme, celery seed, and cayenne. Sauté 1-2 mins more.
5. Add remaining vegetable broth, reduce heat, cover and simmer 20-30 mins.

### **I Shouldn't Have A V8**

tomato (allowed amount)  
juice of half lemon  
1 t fresh cilantro, minced  
1/2 t zsweet (to taste)  
1/4-1/2 t garlic paste (to taste) or 1 clove minced  
1/4 t cumin  
1/4 t sugar-free Worcestershire  
1/8 t celery seed  
salt/pepper (to taste)  
Tabasco (to taste)

1. In blender, combine all ingredients and puree until reaches desired consistency.
2. Place in refrigerator until chilled or serve over ice.

TIP: Depending on the amount of tomato used, you may need to vary most of these amounts according to taste.

### **Radish Salad**

radishes, sliced (allowed amount)  
lemon juice  
1 T dehydrated minced onion



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1 T parsley  
1-2 t liquid aminos  
salt/pepper (to taste)

In bowl, combine all ingredients and refrigerate 30 mins to 1 hr before serving.

### **Lemon Ginger Asparagus**

asparagus (allowed amount)  
1/2 c water  
1/2 T fresh minced ginger root  
3 cloves minced garlic  
lemon zest  
black pepper

1. Preheat pan over MED heat.
2. Snap off woody ends of asparagus spears & discard.
3. Snap spears into 2-3 pieces.
4. Add garlic & ginger to the pan & cook for 2-3 mins.
5. Add asparagus & water. Bring to a boil for 5 mins.
6. Remove asparagus and top with lemon rind & pepper.
7. Serve.

### **Steamed Cabbage**

cabbage (allowed amount)  
juice of half lemon  
1/2 t spicy mustard  
salt/pepper (to taste)

1. Place cabbage in steamer. Cover and steam 5-10 mins, until slightly tender.
2. In small bowl, combine spicy mustard and lemon juice.
3. Place cabbage in bowl. Add lemon/mustard mix and toss.
4. Sprinkle with salt/pepper.
5. Serve immediately.

TIP: If you have no steamer available, simply place & cover a strainer/colander over a pot of boiling water.

### **Lemon Pepper Fish**

100g whitefish  
juice of half lemon  
1-3 cloves minced garlic  
1/2 t black pepper  
1/4 t salt  
1/4 t cumin powder  
1/8 t turmeric

1. Place fish in small bowl. Add garlic, black pepper, salt, cumin, and turmeric.
2. Ensure to coat both sides.
3. Cover & marinate at least 1 hour in refrigerator.
4. Preheat oven to 400.
5. Place the fish in a non-stick baking dish, & cover with the marinade.
6. Bake 10-20 minutes depending on thickness, until fish easily flakes.
7. Squeeze with lemon juice.
8. Serve.

### **Greek Seasoning Mix**

2 t oregano  
 1 1/2 t onion powder  
 1 1/2 t garlic powder  
 1 t salt  
 1 t black pepper  
 1 t parsley  
 1 t basil  
 1/2 t cinnamon  
 1/2 t nutmeg  
 1/2 t thyme

Grind spices in food processor or coffee grinder.  
 Store in air-tight container.

### **Effortless Cream of Chicken Soup**

100g cooked chicken  
 celery (allowed amount)  
 1-2 c broth  
 3 cloves garlic  
 1 T dehydrated minced onion  
 1/2 t parsley  
 1/2 t basil  
 ground white pepper (to taste)  
 salt (optional)

1. Preheat saucepan over MED-HI heat.
2. In food processor, combine all ingredients and pulse until reaches desired consistency. Pour into saucepan and bring to boil.
3. Reduce heat to simmer, cover, and heat 20-30 mins.  
 Serve.

TIP: For the cooked chicken in this dish, I use the chicken I boiled to make the broth. I usually start out by adding 1 c broth to the food processor, and then gradually add more broth until it's the soup consistency I prefer.

### **Chile Chicken**

100g chicken  
1 T red chile paste/sambal oelek  
1 T ACV  
3 cloves minced garlic  
1 t oregano  
1/2 t cumin  
1/2 t granulated sugar substitute  
salt  
crushed red pepper (optional)

1. In zip lock bag, add all ingredients except chicken. Mix.
2. Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat.
3. Place in refrigerator to marinate at least 1 hr.
4. Cook chicken on George Foreman or under broiler until done.
5. Top with crushed red pepper (optional) and serve.

TIP: This tastes great served fresh from the grill with a veggie, or even shredded in tomato soup.

### **Cinnamon Curry Chicken Soup**

100g chicken - cubed  
diced onion (allowed amount)  
2 c broth  
3 cloves minced garlic  
1/2 t curry powder  
1/4 t cinnamon  
1/4 t pumpkin pie spice  
salt/black pepper to taste

1. In saucepan, combine all ingredients.
2. Bring to a boil.
3. Reduce heat, cover, and simmer 45 mins.

TIP: The chicken can go straight from the freezer to the saucepan or crockpot on this one. If frozen, I place the breast in whole, and then when the soup is finished, I cube or shred the chicken. Very flavorful!

### **Lemon Chicken Soup**

100g cooked chicken breast (diced or shredded)  
chopped spinach (allowed amount)  
2-3 c broth  
Juice of 1 lemon

1 t thyme  
sea salt to taste  
ground white pepper to taste

1. Preheat saucepan over MED heat.
2. Combine all ingredients.
3. Bring to a boil, then simmer 20 mins.
4. Serve.

TIP: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the crockpot using uncooked or frozen chicken cut into cubes.

### **Orange Ginger Chicken**

100g chicken - cut into chunks  
black pepper  
orange - cut in 1/4s  
2-3 cloves minced garlic  
1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)  
1/2 t basil  
juice of half lemon

1. Preheat pan over MED heat.
2. Sprinkle chicken with pepper.
3. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.
4. Add garlic and cook for 1 min.
5. Squeeze juice of orange quarters over chicken.
6. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well.
7. Cover and simmer for about 20-30 mins.

NOTE: This includes your meat and fruit portion for this meal.

### **Kung Pao Chicken**

100g chicken - cut into chunks  
chopped onion (allowed amount)  
1-2 t sambal oelek  
red pepper flakes (optional)

#### Marinade

1 part liquid aminos  
1 part rice vinegar

#### Seasoning

Mash together in small bowl:  
3 cloves minced garlic  
1-2 t fresh minced ginger root

### Sauce

Stir together in small bowl:

1/2 c broth

1-2 t liquid aminos

1 t rice vinegar

1. In small dish, combine marinade & chicken.
2. Refrigerate 30 mins - 1 hour.
3. Preheat non-stick pan over MED-HI heat.
4. Cook chicken 5-7 mins, browning on all sides.
5. Add sambal oelek. Cook 1-3 additional mins.
6. Remove chicken from pan and set aside.
7. Add onion to pan and cook until tender.
8. Stir seasoning mixture in with onions. Cook 1-3 mins.
9. Add sauce mixture to pan. Cook 1-3 mins.
10. Re-add chicken to pan. Stir. Cook 1-3 mins.
11. Top with a few dashes of red pepper flakes (optional).
12. Serve.

TIP: This dish is also delicious with shrimp.

### **Lemon Mustard Broiled Chicken**

100g chicken

juice of 1/2 lemon

1 T spicy mustard

1/2 t black pepper

1/2 t oregano

1/4 t cayenne pepper

1. Preheat broiler.
2. Broil 1 side of chicken 5-10 mins until slightly browned.
3. In small bowl, add the rest of the ingredients and mix well.
4. Spoon mixture onto chicken. Flip over and coat other side.
5. Broil uncooked side 5-10 mins or until no longer pink.

NOTE: This chicken stays really moist and juicy and full of flavor. Enjoy!

### **Spicy White Chili**

100g cooked chicken breast, shredded

1-4 c broth (depending on how soupy you want it)

4 cloves minced garlic

1/2 t cumin

1/4 t oregano

1/4 t red pepper flakes



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1/8 t ground cloves  
tabasco or hot sauce to taste

1. Preheat pot over MED-HI heat.
2. Add all ingredients except for tabasco/hot sauce.
3. Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.
4. Add tabasco or hot sauce right before serving.

TIP: This is also great fixed in a small crockpot. Toss everything in and put it on while you're out and come back to great tasting dinner! If using the crockpot, you can use cut up uncooked chicken (even frozen!). Feel free to add your allowed vegetable to this as well - I usually add chopped onion.

### **Baked Cajun Chicken**

100g chicken  
1/2 T milk  
1/2 t cajun seasoning

1. Preheat oven to 350.
2. In small dish, coat both sides of chicken with milk.
3. Place chicken in glass baking dish.
4. Sprinkle top with cajun seasoning.
5. Bake uncovered 20-30 mins until chicken is no longer pink.

TIP: If you would like it even more spicy, add a bit of Tabasco or Frank's Red Hot before serving.

This includes 1/2 of your milk portion for the day.

### **Mock Shake 'n Bake**

1/2 c minced dehydrated onions  
1/4 t coriander  
1/4 t thyme  
1/4 t red pepper flakes  
1/8 t oregano  
1/8 t paprika  
1/8 t black pepper  
1/8 t salt

1. Place all ingredients in food processor or coffee grinder.
2. Grind to a powder.
3. Store in air-tight container.

TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, even steak burgers.

### **Breaded Chicken Cutlets**

100g chicken  
1 grissini (ground into powder)  
1/2 c homemade chicken broth  
1/4 t garlic powder  
1/4 t paprika  
1/4 t poultry seasoning (optional)  
1/4 t cayenne (use less if you want them less spicy)  
salt/pepper to taste

1. Preheat pan over MED heat.
2. In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use ziplock bag.)
3. Add chicken to seasonings and fully coat.
4. Add half of broth and chicken to pan.
5. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off.
6. Serve immediately.

### **Fried Chicken Tenders**

100g chicken  
1 T milk  
1 grissini  
Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)

1. Preheat oven to 350.
2. Slice chicken breast into 3 tenders.
3. In small bowl, mix milk and any seasonings you prefer.
4. Grind grissini in food processor until it is a powder. (I use my coffee grinder.)
5. Put grissini powder in a separate small bowl.
6. Add chicken to milk mixture and toss to coat well.
7. Then one at a time, place chicken in grissini powder and coat both sides of chicken.
8. Place chicken in glass baking dish and bake 30-40 mins, turning over halfway through.
9. In last 5 mins, turn on broiler and broil 2-3 mins each side.
10. Serve immediately.

NOTE:Remember that this recipe includes both your meat and grissini portion. As well as your daily allowance of milk.

### **Chicken "Gravy"**

1/2 c homemade broth  
1 grissini

1. Add 1/4 c broth to small saucepan and bring to boil.
2. While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.)
3. Add the powdered grissini to the pan, whisking constantly until dissolved.
4. Still whisking, add remaining 1/4 c broth.
5. Reduce heat to MED and whisk for 3-4 mins, until thickened.
6. I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavor. Feel free to add any spices you like.

TIP: I pour this over my boiled chicken that I use to make my broth. This gives it a lot more flavor as boiled chicken is usually pretty bland.

### **Mexican Chicken Soup**

100g cooked chicken, shredded into bite-sized pieces  
 3-4 cloves minced garlic  
 1 t cumin  
 1/2 t onion powder  
 1/2 t chili powder  
 1/2 t cayenne (use less if you don't want it as spicy)  
 diced tomato  
 2-3 c homemade chicken broth  
 1/4 c fresh chopped cilantro (optional)

1. Preheat pot over medium-high heat.
2. Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.)
3. Use a bit of your broth to keep garlic from sticking to the pot, if necessary.
4. Add tomatoes, chicken broth, and onion powder, cumin, chili powder, cayenne.
5. Bring to a boil.
6. Reduce heat to a simmer, and add chicken.
7. Simmer for 20 minutes.
8. Stir in cilantro, and simmer for 5 minutes more.

TIP: For easy chopping of cilantro and other herbs, use kitchen shears. When using a knife sometimes the leaves of the herbs are difficult to chop. The kitchen shears make this a simple task.

### **Easy Homemade Broth**

100g chicken (you can add more chicken - you just need to track your portions)  
 parsley  
 onion powder  
 garlic  
 thyme  
 rosemary  
 oregano

basil  
bay leaf  
salt  
black pepper

1. Fill saucepan 3/4 full with water.
2. Bring to boil.
3. Add chicken and seasonings.
4. Boil for 20 mins.
5. Remove boiled chicken & serve or refrigerate and save for later.
6. Strain out bay leaf & seasonings.
7. Let broth cool to room temperature.
8. Skim fat off surface (if any).
9. Refrigerate broth.
10. Once cold, skim the rest of the fat from the top (if any).
11. Store in refrigerator or freeze for later use.

TIP: You can add on-protocol veggies such as 3-4 stalks celery (I usually add the trimmings that I don't eat) and 1 onion for more flavor - just be sure to strain them at the end. You can also choose to omit the chicken altogether and just use the celery and onion with the seasonings for a simple veggie broth. OR add your steak trimmings that you've inevitably had to trim from your steaks and add to the broth for a beef broth.

TIP2: I usually freeze the broth in ice cube trays after cooling and skimming all fat. Then after they freeze, I place the cubes of broth in a freezer bag. This makes for easy use when 'frying' up shrimp, chicken, etc. Just toss a broth cube into a pan and let it melt then add your meat, etc. It adds flavor and keeps food from sticking.

### **Steak (or Chicken) Pizzaiola**

100g steak (or chicken)  
tomato (diced)  
2-3 cloves minced garlic  
1 t oregano  
1 t basil  
1/4 t chili powder  
black pepper

1. Preheat oven to 350.
2. Place 1/2 of the diced tomato in casserole dish.
3. Add meat on top of tomato and top with minced garlic.
4. In small bowl, toss the rest of tomato with the oregano, basil, chili powder, and black pepper. Place on top of steak.
5. Cover tightly with aluminum foil or with lid.
6. Bake 45-60 mins.



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TIP: If using chicken, sear each side for a minute or two in a frying pan with a dash of salt/pepper (until just browned). Then follow with same steps as above.

### **Garlic Chicken**

100g chicken  
400g chicken - 4 servings  
diced onion  
3-5 cloves garlic - unpeeled & left whole  
juice of half lemon  
black pepper to taste

1. Preheat oven to 350.
2. Heat non-stick saucepan over MED.
3. Add the onion. Stir constantly until tender. 5-10 mins.
4. Transfer onions to glass baking dish.
5. Place chicken atop onions.
6. Squeeze on lemon juice & sprinkle with pepper.
7. Place garlic around and on the chicken.
8. Cover tightly either with lid or aluminum foil.
9. Cook for 30-45 mins or until chicken is no longer pink.

Note: You don't have to eat the onions as your veggie (it's primarily for flavor). Just eat the chicken and add veggie of your choice.

### **Blackened Chicken Salad**

100g chicken tenders  
1 t paprika  
1/2 t onion powder  
1/2 t garlic powder  
1/4 t oregano  
1/4 t thyme  
1/4 t white pepper  
1/4 t black pepper  
1/4 t ground red pepper  
spinach or salad greens (as allowed)

1. Combine all spices and rub on chicken.
2. Grill until no longer pink.
3. Serve over spinach or salad greens.

### **Boneless Hot Wings**

100g chicken breast tenders  
1/4 c vinegar  
1/4 c water  
1-2 T cayenne pepper  
1-2 T chili powder (adjust as needed)

1. In small bowl, mix vinegar, water, and cayenne pepper. Add chicken to marinade and refrigerate for 1-2 hrs.
2. Preheat oven to 350.
3. Add chili powder to a small dish and dip chicken in chili powder.
4. Place on rack in baking pan.
5. Bake 15-20 mins turning halfway through.
6. Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.

### **Steak Fajitas**

#### Ingredients

- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 3 1/2 flat iron steak or top round steak.
- 1 green bell pepper—cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice.

1. In a zip plastic bag, combine the chile powder with the salt, cumin, onion powder, garlic powder, water. Add the steak, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Heat a large nonstick skillet. Empty the contents of the bag into the skillet and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the steak is cooked through, about 6 minutes. Remove from the heat. Serve immediately.

### **Jerk Turkey Salad**

#### Ingredients

- 3 1/2 oz of turkey breast
- 1 tablespoon Caribbean jerk seasoning
- 1/2 sliced peeled cucumber
- 2 oz chopped fresh pineapple (do not use can pineapple)
- 2 oz strawberries or raspberries
- 1/4 cup sliced celery
- 2 slices of green onion
- 1/4 cup lime juice
- Salt and cumin to taste.

1. Grill Turkey breast with jerk seasoning until turkey is not longer pink and juices run clear. Remove from grill and cool.
2. Cut turkey into bite-size pieces. Toss together greens, turkey, cucumber, pineapple, strawberries, and green onion.
3. Combine lime juice; add salt and cumin to taste.



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## **Chicken Fajitas**

### Ingredients

- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 6 oz boneless chicken breast cut into 1/2-inch strips
- 1 green bell pepper—cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice.

1. In a zip plastic bag, combine the chile powder with the salt, cumin, onion powder, garlic powder, water. Add the chicken, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Heat a large nonstick skillet. Empty the contents of the bag into the skillet and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the chicken is cooked through, about 6 minutes. Remove from the heat.

## **Grilled Marinated Shrimp**

### Ingredients

- 1/4 cup chopped fresh cilantro
- 1 lemon, juiced
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper or cumin
- 6 oz large medium cooked shrimp, peeled and deveined with tails attached

1. In a zip plastic bag, combine the shrimp with the salt, cumin or pepper, garlic, lemon, cilantro. Seal, and marinate in the refrigerator for 15 min to 1 hour.
2. Preheat grill for medium-low heat. Cook shrimp for 5 minutes per side, or until opaque.  
Add side of vegetables or salad as desire.