



HCG Diet Maintenance Recipes

**Contributed by our
Fans and Friends**

*Thank you for helping those on this
journey whose day may be saved by finding
something yummy here to prepare!*



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Maintenance Beverages

Strawberries 'n Cream Shake by Tara HCG

I use a Hand Mixer to blend:

8 oz Water
 10 frozen Strawberries (or equivalent of your other favorite frozen berry)
 1 tsp Ground Flax
 2 scoops Vanilla Whey Powder (I use two individual serving size packets of MRM Rich Vanilla Whey)
 1/2 Avocado*
 10-15 drops Vanilla Crème Stevia
 3-6 drops Vanilla Custard Capella
 3-6 drops Boston Crème Capella
 (You could play around with the Stevia to your favorite sweetness & flavors.)

*Storage tip for the other half - keep the seed in/skin on, put in Ziploc in fridge...this keeps it from turning brown.

Frappuccino by Angela Lentz

4 oz. of water
 4 oz. of unsweetened Almond Milk
 2 oz. of brewed espresso (or really strong coffee)
 1 scoop of whey protein
 1 cup of ice
 Stevia to taste
 Add your favorite Capella flavored drop and blend together.

Bloody Salsa Maria by MyHCGPlus

For those who like it hot, here's a deliciously tangy version of a bloody Mary made with salsa and garnished with good-for-you veggies.

6 oz. tomato juice
 Juice of 1/2 lime
 6 drops Stevia Valencia Orange
 Dash Frank's Hot Sauce
 1 Tbsp. prepared salsa, not chunky-style
 Pinch of celery salt
 A skewer of fresh vegetables such as cherry tomatoes, cucumber and carrot rounds, and bell pepper slices for garnish.

Combine the drink ingredients in a tumbler and stir well. Add ice and garnish with the fresh vegetable skewer. Makes one serving. Each serving has 60 calories, 0g fat, 0g protein, 10g carbs.

M1 Caution Modification: Add 1/4 cup orange juice.

M2/Life Modification: Add a shot of jalapeno-flavored vodka

Vanilla Mint Mojito by MyHCGPlus

Here's a wonderfully refreshing mocktail made with the delicious flavors of Capella and Stevia that's easily upgraded to the real thing!

1 Tbsp. packed fresh mint leaves
 1 thin lime slice
 1 Tbsp. lemon juice
 4 to 6 drops each Capella Cool Mint and French Vanilla
 10 to 12 drops Clear Stevia
 Crushed ice
 Splash of club soda
 Mint sprig for garnish

In a heavy-bottomed drinking glass combine the mint leaves, lime slice, lemon juice, and Capella and Stevia drops. Muddle (mash) until crushed and fragrant. Add the ice, pour in the club soda, and stir well. Garnish with the mint sprig and serve. Makes one serving. Each serving has 10 calories.

M1 Caution Modification: Add a splash of orange or grapefruit juice.

M2/Life Modification: Add a shot of rum.

Toasted Marshmallow Cappuccino by MyHCGPlus

4 oz. hot strong coffee or espresso
 3 oz. almond milk
 3 drops Capella Marshmallow
 2 drops Capella Pralines and Cream
 Clear Stevia to taste

Have ready a cup of hot coffee or espresso. In a small saucepan heat just to boiling, the milk and Capella drops, whisking a bit to create foam. Pour immediately into the coffee cup and serve with Clear Stevia drops for sweetening on the side. Makes one serving. Each serving has 20 calories, 1g fat, 1g protein, 1g carbs.

M1 Modification: Replace almond milk with light or heavy cream.

M2/Life Modification: Sweeten with a combination of Stevia and raw sugar.

Melted Peppermint Patty by MyHCGPlus

Chocolate and mint join up for a creamy creation made with soymilk and flavorful Capella drops.

1 cup unsweetened plain almond milk
 1 1/2 Tbsp. unsweetened cocoa powder
 3 to 5 drops Capella Dutch Chocolate Mint
 12 or more drops Clear Stevia
 Mint sprig for garnish

Combine all the ingredients, except for the mint sprig, in a small saucepan and bring just to a boil over medium heat, whisking occasionally. Pour into a mug, garnish with the mint sprig, and serve. Makes one serving. Each serving has 70 calories, 4g fat, 8g protein, 7g carbs.

M1 Caution Modification: Replace the almond milk with whole milk

M2/Life: Top with marshmallows

Maintenance Soups & Salads

Carrot Ginger Soup by AshleyRose Brock

1 tbsp coconut or grapeseed oil
 1 cup diced yellow onions
 1 tbsp minced garlic (approx 3 cloves)
 1 tbsp minced ginger (fresh is best!)
 5 cups sugar free chicken broth
 7 cups 1/2" sliced classic orange carrots (I think I used about 2.5 pounds)
 1 1/2 tsp sea salt, plus more to taste
 One can of organic unsweetened coconut milk (standard sized can)
 A dash of nutmeg or allspice.

In a large soup pot over medium heat, sauté onions in oil until soft. Add ginger and garlic and sauté for 1 minute; garlic will be fragrant.

Add chicken stock, carrots and sea salt. Bring to a boil, reduce to a simmer, cover and simmer for 20 minutes. Turn off heat and remove lid. Allow soup to cool for 10 minutes.

Puree in batches in the blender. Make sure to cover the lid of the blender with a tea towel before turning it on to avoid hot liquid splattering out of the top.

Rinse the soup pot and return liquid to the pot. Stir in coconut milk. Taste and re-season with sea salt, nutmeg, and allspice. Enjoy!

Silky Shrimp Bisque by MyHCGPlus

Smooth as silk and full of flavor, this elegant dish is a terrific start to a light lunch or dinner.

1 Tbsp. olive oil
 1 medium leek, white part only, roughly chopped
 1/2 medium fennel bulb, trimmed and roughly chopped
 1 medium carrot, roughly chopped
 1 bottle (8 oz.) clam juice
 3 cups water
 Juice of 1 orange
 8 drops Stevia Valencia Orange
 2 Tbsp. tomato paste
 1 lb. large, uncooked shrimp, peeled and deveined
 1/2 cup unsweetened plain almond milk
 1 tsp. fresh lemon juice
 Salt and pepper to taste

Heat oil in a soup pot over medium heat and add the leek, fennel, and carrot. Cook over medium-low heat without browning, stirring occasionally, for 5 minutes.

Stir in clam juice, water, orange juice, Stevia, and tomato paste and bring to a simmer. Stir in the shrimp, and cook covered at a low simmer stirring occasionally, for 25 minutes. Stir in almond milk and cook uncovered 2 minutes more.

Working in batches, puree bisque in a blender and return to pot. Add lemon juice, season with salt and pepper, and serve immediately.

Makes four servings. Each serving has 190 calories, 4g fat, 25g protein, 11g carbs.

M1 Caution Modification: Replace the almond milk with light cream.

M2/Life Modification: Add 2 Tbsp. Pernod, or other anise-flavored liqueur before blending.

Sesame Peanut Salad by MyHCGPlus

3 green onions, thinly sliced
 1/2 yellow or orange bell pepper, seeded and thinly sliced
 2/3 cup fresh snow peas, thinly sliced
 1/2 cup shredded carrots
 2 cups fresh bean sprouts
 2 tsp. coconut oil
 1/3 cup Bragg Liquid Amino
 2 Tbsp. unsweetened rice vinegar
 6 drops Capella Peanut Butter
 5 drops Capella Coconut
 1/4 tsp. Clear Stevia drops
 Salt and pepper to taste

In a large bowl toss together the green onions, bell pepper, snow peas, carrots, and bean sprouts.

In a small bowl whisk together the oil, liquid aminos, vinegar, and Capella and Stevia drops. Pour over the vegetable mixture and toss well to coat. Season with salt and pepper; chill for one hour before serving.

Makes four servings. Each serving has 100 calories, 7g fat, 1g protein, 8g carbs.

M1 Caution Modification: Replace the coconut oil with sesame oil and whisk 1/4 cup peanut butter into the dressing before pouring over the vegetables.

M2/Life Modification: Add 4 oz. Chinese egg noodles, cooked according to package directions, and a sprinkling of chopped peanuts.

Maintenance Dressings & Sauces

Ranch Dressing by Lisa Swinson

1 cup mayonnaise
 1/2 cup sour cream
 1/2 tsp dried chives
 1/2 tsp dried parsley
 1/2 tsp dried dill weed
 1/4 tsp garlic powder
 1/4 tsp onion powder
 1/8 tsp salt
 1/8 tsp ground black pepper

In a large bowl, whisk together the mayonnaise, sour cream, chives parsley, dill, garlic powder, onion powder, salt, and pepper. Cover and refrigerate for 30 minutes before serving. NOTE: Contains 2 caution foods and should not be used until M1/Week 2.

Marinara Sauce by Rocky King

2 tablespoons olive oil
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 2 garlic cloves, chopped
 3 cups (about 3 large) peeled, chopped tomatoes
 1 teaspoon basil
 1/2 teaspoon oregano
 1/2 teaspoon sea salt
 1/4 teaspoon fennel seed

Heat olive oil in a large saucepan over medium-high heat. Add onion, green pepper, and garlic. Cook uncovered, 2 to 3 minutes. Add remaining ingredients. Reduce heat to low and simmer, covered, until tomatoes are very tender, about 15 to 20 minutes; stir occasionally. Cool 5 minutes.

Place cooled tomato mixture in blender jar 1 or more cups at a time. Cover and blend at stir about 30 seconds after each addition. Blend at puree about 30 seconds. Return mixture to saucepan. Simmer over low heat about 5 to 10 minutes, stirring occasionally.

Caesar Dressing by Lisa Swinson

1/2 cup low fat mayo (may also substitute for full fat mayo)
 3 tbsp milk
 1-1/2 tbsp lemon juice
 2 tbsp grated parmesan cheese
 garlic powder to taste

In a large bowl combine mayo, milk, lemon juice, and parmesan cheese and garlic powder. NOTE: Contains 2 caution foods and should not be used until M1/Week 2. NOTE: Contains 2 caution foods and should not be used until M1/Week 2.

Guacamole by Tara HCG

1 avocado
 1 tomato (diced)
 Garlic salt to taste

Peel avocado and remove the stone, mash it up. Stir in diced tomato and sprinkle generously with garlic salt.

Alfredo Sauce by Michelle Hess

1/2-3/4 cup heavy cream

1-2 tablespoons butter

3/4 cup grated parmesan. Do yourself a favor, buy a block of this cheese and grate it yourself. It is SO much better than any pre-grated product.

Using a small, heavy bottom saucepan heat the cream and butter over medium heat, stirring often. I usually use a wire whisk and stir constantly. Bring mixture almost to a boil and then slowly add in the cheese, stirring constantly. Once all of the cheese is added reduce heat and continue to stir until all of the cheese has thoroughly melted.

All measurements are approximate. Trust me when I say that a little more or, a little less, will not harm your end results! There are many tweaks you can make to this basic sauce. Garlic, basil, or add a little marinara or chopped sun-dried tomatoes for a "pink" sauce. Get frisky with it!

So rich, so decadent! A great way to pump up your calories! Great over chicken, sauteed veggies, in a spoon *wink*. NOTE: Contains 2 caution foods and should not be used until M1/Week 2.

Romesco Sauce by MyHCGPlus

Smoky and flavorful, this classic Spanish sauce is all you need for everything from grilling vegetables to roasting fish and poultry.

1 large red bell pepper

3 medium tomatoes

2 garlic cloves, minced

1 tsp. each chili powder and paprika

1 Tbsp. chopped fresh parsley

2 Tbsp. sherry vinegar

4 drops Stevia Hazelnut

3 drops Capella Amaretto

1/4 cup olive oil

Salt and pepper to taste

Under a broiler or over an open flame char the bell pepper. Set in a paper bag to cool slightly and remove the blackened skin by scraping. Cut in half, core and roughly chop.

Cut the tomatoes in half and char the skin sides just briefly under the broiler to remove. Cut out the cores and roughly chop.

Place the chopped pepper, tomatoes, and all the remaining ingredients in a food processor and puree until smooth. Transfer to a container and taste for seasoning. Refrigerate until ready to serve.

Makes six servings. Each serving has 110 calories, 9g fat, 0g protein, 6g carbs.

M1 Modification: Add 2 Tbsp. chopped almonds and/or hazelnuts to the processor.

M2/Life Modification: Add a 2-inch slice of toasted Italian bread, roughly cut, to the food processor.

Maintenance Entrées

Fried Chicken by Carmel Baristo

8-10 skinless chicken drumsticks
 1/2 cup coconut flour
 1/2 tsp. salt
 1 tsp. pepper
 1/2 tsp. garlic powder
 1 tbsp. chili powder

Mix everything (except chicken) in Ziploc bag. Add 2-3 chicken drumsticks at a time and shake until coated. Place on baking pan coated with olive oil. Bake at 325 degrees. Be sure to turn over once. Bake for about 30 minutes. NOTE: Contains 1 caution food and should not be used until M1/Week 2.

Lemon Caper Chicken by Pam Wadsworth Artis

2 boneless skinless chicken thighs
 Juice of 1 lemon
 1 TBSP of extra-virgin olive oil
 2 TBSP of chopped shallots
 1 TBSP of capers, drained
 1 tsp of spicy mustard

Add all ingredients together and pour over chicken thighs. Bake at 350 for about 20 minutes. Enjoy :)

Quick Pan-Fried Chicken and Gravy by MyHCGPlus

1 lb. thin sliced chicken breast cutlets
 Salt and pepper to taste
 2/3 cup almond flour
 1 tsp. paprika
 3 Tbsp. coconut or light olive oil
 2/3 cup chicken broth
 1/3 cup unsweetened almond milk
 6 drops Stevia Vanilla Crème

Season the chicken cutlets with salt and pepper. In a shallow bowl, stir together all but 2 tablespoons of the flour with the paprika.

Heat the oil in a large nonstick skillet over medium-high heat. Generously dredge the cutlets in the flour mixture and fry in the hot oil until golden brown, about 4 minutes per side. Transfer to paper towels to drain and pour off all but 2 tablespoons of the remaining oil.

Whisk in the reserved 2 tablespoons of flour to form a paste, cooking over medium heat. Slowly add the chicken broth, whisking constantly, to prevent lumps. Add the almond milk and Stevia and cook over low, stirring constantly until thickened, about 2 minutes more.

Place cooked cutlets on serving plates. Taste the gravy for seasoning and serve immediately spooned over the chicken. Makes 4 servings. Each serving has 320 calories, 18g fat, 27g protein, 2g carbs.

NOTE: Contains 1 caution food and should not be used until M1/Week 2.

Beef Teriyaki by Carmel Baristo

4 six ounce sirloin steaks
 1/3 cup low sodium soy sauce (or Bragg's Amino Acids for VLCD)
 2 packets of Stevia (to taste)
 1 garlic clove (minced)
 1 Tbsp. ginger
 ½ tsp. crushed red pepper
 2 Tbsp. vinegar
 Salt and pepper (to taste)

In a small saucepan, over medium heat, combining all ingredients except steaks. Bring to a boil and cook for 5 minutes. Remove from heat and cool completely, about 15 minutes. Transfer marinade to a large bowl. Add steaks and marinade for 30 minutes, turning after 15 minutes. Grill steaks to personal preference for doneness.

Hearty Beef Stroganoff by MyHCGPlus

A delicious and creamy sauce engulfs tender strips of steak in this wonderful version of an old favorite.

1 Tbsp. olive oil
 1 lb. beef round steak, trimmed and cut into 1/2-inch strips
 Salt and pepper to taste
 1 medium onion, diced
 1 package (10 oz) white mushrooms, wiped clean, stemmed, and halved
 1 cup tomato sauce
 8 drops Stevia Grape
 1 cup beef broth
 1/2 cup unsweetened plain almond milk

Heat the oil in a large non-stick skillet over medium-high heat. Add the beef, season with salt and pepper, and cook, stirring occasionally, until lightly browned, about 5 minutes. Remove beef with a slotted spoon and set aside.

Add the onion to the skillet and cook, stirring often, until softened, about 3 minutes. Add the mushrooms to the skillet and cook 2 minutes more.

Stir in the tomato sauce, Stevia, and broth, bring to a boil, add the browned beef, and reduce the heat to low. Cook covered until beef is fork tender, about 1 hour. Occasionally stir to prevent sticking.

Use a slotted spoon to transfer the meat and mushrooms to a warm serving bowl. Add the almond milk to the skillet and whisk to combine. Allow to simmer and thicken for 2 minutes. Taste the sauce for seasoning and pour over the beef and mushrooms. Serve immediately.

Makes four servings. Each serving has 270 calories, 13g fat, 29g protein, 8g carbs.

M1 Caution Modification: Replace the almond milk with light or regular sour cream.

M2/Life Modification: Serve with 1/2 cup cooked egg noodles per serving.

Loin Lamb Chops with Apricot Mustard Glaze by MyHCGPlus

Sweet and tangy is the name of the game in this easy entrée that's made in the skillet for a quick and delicious dinner.

For the glaze:

2 fresh apricots, pitted and roughly chopped
 1/4 cup water
 10 drops Stevia Apricot Nectar
 2 Tbsp. hot prepared mustard

1 Tbsp. olive oil
 Four medium-size loin lamb chops
 Salt and pepper to taste
 1 Tbsp. roughly chopped parsley leaves

1. Prepare the glaze by combining the ingredients in a blender or mini chopper and processing until smooth. Transfer to a bowl and set aside.

2. Heat the oil in a large nonstick skillet over medium-high heat. Season the chops with salt and pepper and brown well, about 2 minutes per side. Reduce the heat to low and cover. Every minute or so, brush the chops with the glaze and turn them over until desired doneness is reached, about 5 minutes for medium.

3. Transfer to a platter and top with the remaining glaze, if any, and the chopped parsley before serving.

Makes two servings. Each serving has 320 calories, 17g fat, 30g protein, 4g carbs.

M1 Caution Modification: Replace the apricots with diced mango.

M2/Life Modification: Replace the water with apricot or mango nectar.

Pork Tenderloin with Blueberry Sauce by MyHCGPlus

Pork always pairs well with fruit and here it teams up with luscious blueberries for a wonderful entrée that simple and satisfying.

1 Tbsp. coconut or olive oil
 1 unseasoned pork tenderloin (about 1 to 1 1/2 lbs.)
 Salt and pepper to taste
 Dash ground coriander
 2 cups fresh or frozen blueberries
 Juice of 1/2 lemon
 1/2 cup water
 6 drops Capella Blueberry
 8 drops Clear Stevia or more to taste
 1 tsp. each chopped fresh parsley, thyme, and sage

Preheat the oven to 400° F. Heat the oil in a large nonstick skillet over medium-high heat. Season the tenderloin with salt and pepper, and the coriander, and brown in the skillet on all sides. Transfer to a medium roasting pan and place in the oven to finish cooking for 20 to 25 minutes or until an internal read thermometer reaches 140° F.

Meanwhile combine the remaining ingredients, except for the chopped herbs, in the same skillet and cook over medium-low heat, stirring often, until the berries begin to break down and create a sauce-like consistency. Stir in the herbs, set aside and keep warm.

When the tenderloin is done, allow to rest on a cutting board for 10 minutes before slicing and serving with the sauce. Makes four servings. Each serving has 250 calories 6g fat, 28g protein, 12g carbs.

M1 Caution Modification: Replace the water with orange juice and/or swirl in a tsp. of unsalted butter before serving the sauce.

M2/Life Modification: Replace the water with blueberry/pomegranate juice.

Mexican Fish Tacos

Easy to make and fun to eat, this rendition of a popular Tex-Mex entrée is made with lettuce wraps to hold the filling and later upgraded to include corn tacos.

1 Tbsp. coconut or olive oil
 8 oz. firm flesh fish fillets, such as haddock, cut into bite-size chunks
 Salt and pepper to taste
 1 medium onion, sliced
 1 red bell pepper, seeded and sliced
 1 jalapeno pepper, seeded and chopped
 1 tsp. chili powder
 1 tsp. ground cumin
 Juice of 1/2 lime
 3 or 4 drops Capella Coconut
 1 Tbsp. chopped fresh cilantro
 4 large lettuce leaves, to serve

Heat oil in a large nonstick skillet over medium- high heat. Add fish chunks, season with salt and pepper, and cook, stirring often but carefully, until pieces are cooked through, about 3 minutes. Transfer to a bowl with a slotted spoon and set aside.

Add onion, bell pepper, and jalapeno pepper to skillet and cook over medium-high heat until somewhat softened, about 5 minutes. Return fish to skillet, sprinkle with chili powder and cumin, and cook, stirring often, just until heated through.

Remove from the heat. Combine the lime juice and Capella and sprinkle over the fish. Top with the cilantro.

To serve, spoon the fish mixture into the lettuce leaves and fold over taco-style. Makes two servings. Each serving has 200 calories, 7g fat, 21g protein, 8g carbs.

M1 Caution Modification: Top each "taco" with a dollop of sour cream.

M2/Life Modification: Replace the lettuce leaves with crisp corn taco shells.

Salmon & Mushroom Quiche by Relinda Lindgren

4 large eggs
 1 cup of unsweetened almond milk
 6 oz. salmon
 1 large onion
 1 small red pepper; chopped small
 4 oz. raw mushrooms; diced
 3/4 c. shredded cheddar
 1 tsp. dry mustard
 1/2 tsp. thyme (opt.)
 Pinch of cayenne pepper (or a dash of hot sauce) paprika, salt & pepper

Preheat oven to 375. Sauté onion in a little olive oil, when softened, add mushrooms. After a minute or two, add peppers. Add a little salt and cook for 3-4 min.

Meanwhile, crumble salmon in pie plate. Cover with vegetables, and then sprinkle with cheese. Beat eggs, milk, mustard, cayenne, salt & pepper. Pour egg mixture over salmon and veggies and sprinkle with paprika.

Bake for 30-50 minutes at 375. Start checking after 1/2 an hour. If too dark on edges, cover w/foil. Center will be loose; remove and let continue to cook for 5 min. NOTE: Contains 1 caution food and should not be used until M1/Week 2.

Pan-Seared Scallops with Orange Glaze by MyHCGPlus

Large, soft and sweet scallops pair beautifully with the flavor of orange and ginger in this easy to prepare main dish.

1 Tbsp. olive oil
 8 oz. sea scallops, rinsed and patted dry
 Salt and pepper to taste
 1 Tbsp. minced fresh ginger
 6 green onions, cut into 2-inch pieces
 1/2 cup sliced water chestnuts
 Juice of 1 orange
 8 drops Stevia Valencia Orange

Heat oil in a large nonstick skillet over medium-high heat. Season scallops with salt and pepper and quickly sear them in the hot skillet until lightly browned, about 2 minutes per side. Remove with tongs and set on a warm plate.

Add ginger and green onions to skillet and cook, stirring, over medium-high heat, until slightly softened, about 3 minutes. Add water chestnuts and stir a further minute.

Stir in orange juice and Stevia drops and bring to a simmer. Return scallops to skillet and stir well to coat. Cook a further minute over low heat and serve immediately. Makes two servings. Each serving has 240 calories, 7g fat, 21g protein, 16g carbs.

M1 Caution Modification: Just before serving swirl in 2 tsp. softened unsalted butter.

M2/Life Modification: Serve over 1/2 cup brown rice.

Tuna Patty by Julie Freeman

1 small can tuna
1 TBSP of ground flax
1/2 medium onion, chopped
1 egg
Sea salt to taste
Mix ingredients, form into patties. Pan-fry in 1 tsp coconut oil

Plum Simple Flounder with Snow Peas by MyHCGPlus

Any other type of quick cooking white fish such as sole or tilapia will work equally well and taste equally good in this Asian inspired dish that's surprisingly big on flavor.

1/2 cup water
10 drops Capella Plum
12 to 15 drops plain Stevia
1 Tablespoon rice wine vinegar
1 Tablespoon tamari soy sauce
1/2 pound flounder fillet
2 teaspoons olive or coconut oil
1/2 cup shredded carrots
1 cup snow peas
1 garlic clove, minced
1 teaspoon finely chopped fresh ginger
Salt and pepper to taste
1 small firm red plum, pitted and sliced

In a small bowl whisk together the water, Capella and Stevia drops, vinegar, and soy sauce. Place the fillets in a single layer in a shallow bowl and drizzle the whisked mixture over them. Set aside.

Heat a large nonstick skillet over medium high heat. Add oil and then carrots and snow peas. Stir fry for 30 seconds, add garlic, ginger, salt, and pepper, and stir fry 30 seconds.

Place the marinated fillets on top of the vegetables in the skillet with any remaining sauce in a single layer and sprinkle with salt and pepper if desired. Cover, reduce the heat to low, and allow the fish to cook until opaque, 3 to 5 minutes. Carefully transfer the cooked fillets with a spatula to a serving plate along with the vegetables. Garnish each serving with the sliced plum and serve immediately.

Makes two servings. Each serving has 195 calories, 26 g protein, 13 g carb.

Maintenance Vegetables, Vegetarian, Breakfast & Sides

Spinach Cheese Quiche by Relinda Justice Lindgren

1 onion
 1 pkg. frozen spinach; thawed
 6 eggs
 1 T. olive oil
 2-3 c. cheddar cheese; grated
 Salt & Pepper

Saute onion in oil; add spinach and cook until tender. In a medium bowl, beat eggs, then add cheese, salt & pepper. Add onions and spinach to eggs and mix well. Pour into lightly greased pie dish and BAKE AT 350 for 30 min.

Crustless Quiche with Sun Dried Tomatoes by MyHCGPlus

No crust – no problem – in this great tasting dish that's easy to upgrade and always meatless for vegetarian eaters.

1 tsp. olive oil
 1/2 cup whipped cottage cheese
 4 large eggs
 2/3 cup unsweetened plain almond milk
 6 drops Stevia Vanilla Crème
 Salt and pepper to taste
 Dash of nutmeg
 1/2 tsp. Herbs de Provence
 1/4 cup sun-dried tomatoes (not marinated) minced

Preheat the oven to 350° F. Lightly coat an 8 or 9-inch round cake pan with the oil. In a medium bowl whisk together the remaining ingredients and pour into the prepared cake pan. bake until the quiche is set and lightly browned on top, 25 to 30 minutes. Cut into quarters and serve.

Makes four servings. Each serving has 230 calories, 10g fat, 10g protein, 5g carbs.

M1 Caution Modification: Add 1/2 cup shredded Jarlsberg or Swiss cheese to the mixture.

M2/Life Modification: Replace the cottage cheese with soft plain tofu.

Veggie Casserole by Kimmie Kay Deru

5 cups raw grated zucchini
 5 cups cooked and grated cauliflower
 2 cups raw chopped spinach
 1 cup chopped green onions
 4 cloves of garlic
 1 cup celery
 6 eggs
 1 cup ranch (made with packet (watch out for added sugars!) and plain Greek yogurt)
 5 cups mozzarella

Mix it all together in a big bowl. Spray glass baking dish with cooking spray. Add mixture. Bake at 350 for 45-60 min. NOTE: Contains 1 caution food and should not be used until M1/Week 2.

German Cabbage and Apple Casserole by MyHCGPlus

Both sweet and savory, this baked dish will make a delightful meal on its own and a terrific side for pork or chicken.

2 Tbsp. olive oil
 4 cups shredded cabbage
 1 large sweet onion, sliced thin
 Salt and pepper to taste
 1 tsp. caraway seeds
 1 large apple, cored and cut into chunks
 Juice of 1/2 lemon
 4 drops Capella Apple Pie
 8 drops clear Stevia
 One 15-oz. can sauerkraut, drained
 1 cup unsweetened applesauce

Preheat the oven to 375° F. Heat the oil in a large nonstick skillet and add the cabbage and onion. Season with salt and pepper and cook, stirring often, until vegetables begin to soften and brown, about 20 minutes. Stir in the caraway seeds and apple. Transfer to a 9 x 13-inch casserole. Set aside.

In a medium mixing bowl combine the remaining ingredients and stir well. Pour into the casserole and mix well. Cover with foil and bake for 20 minutes. Remove the foil, stir well, and continue to bake until the casserole begins to brown, about 25 minutes more. Serve immediately.

Makes four servings. Each serving has 185 calories, 7g fat, 2.5g protein, 28g carbs.

M1 Caution Modification: In the last 10 minutes, sprinkle casserole with 1/2 cup crumbled bleu cheese.

M2/Life Modification: Before baking stir in 2 cups cooked egg noodles.

Cinnamon Danish Pancakes by MyHCGPlus

2 Tablespoons MRM vanilla whey protein powder
 3/4 teaspoon baking powder
 1/2 teaspoon ground cinnamon
 Dash each ground nutmeg and ginger
 1 large egg, slightly beaten
 1 teaspoon coconut or light olive oil
 6 drops Capella Cinnamon Danish Swirl flavor drops
 12-15 drops clear Stevia, to taste
 1 Tablespoon water or soy milk

In a small bowl stir together the protein powder, baking powder, and spices. In another small bowl stir together the remaining ingredients. Combine the wet and dry ingredients together, stirring with a fork, and set aside.

Heat a nonstick pan or griddle and lightly oil to prevent sticking. Divide the mixture into 2 pancake mounds and cook until golden on both sides, turning when bubbles appear around the edges. Serve immediately.

Roasted Vegetable Feast by Julie Freeman

Place in a large casserole pan:

Fresh mushrooms
 Chopped turnips (chunky sized)
 Fresh green beans
 Chopped onions (chunky sized)
 Chunky sized carrots chopped
 and on top lay fresh asparagus

Drizzle with olive oil and coconut oil. Season generously with sea salt and fresh ground pepper. Bake 375-425 degrees till fork tender (about 1 hr or so), depending on how much time you have, can cover half way through with foil if it looks like it needs it....then enjoy!

Almond Dry Cereal by Amy HCG

2 tbsp sliced almonds + 2 tbsp ground almonds
 2 tbsp organic golden flax meal
 1 tbsp vanilla whey protein
 Pinch No Salt
 Pepper sprinkle
 2 tbsp water

In small cereal bowl, combine sliced almonds, ground almonds, flax meal, vanilla whey protein, salt and pepper. Stir in water. Spray dinner plate with nonstick cooking spray. Spread mixture out in large circle on plate.

Microwave 3 min on high. Break into small pieces. Serve with almond milk or alternative and stevia to taste. Add frozen blueberries, if desired, or chopped pecans, etc. Great served atop yogurt - good for adding fiber and Omega-3's to the diet, not to mention keeping Candida at bay with the yogurt. It's an easy recipe to play with. Yield: 1 serving, 214.0 calories; 12.0 g protein; 16.6 g fat, 2.1 g carbs. NOTE: Contains 1 caution food and should not be used until M1/Week 2.

Prosciutto and Apricot Wraps with Poached Eggs by MyHCGPlus

This savory breakfast treat is perfect with a poached egg or served chilled as a snack or appetizer.

1/4 cup cottage cheese
 4 to 6 drops Stevia Apricot Nectar
 Fresh ground pepper
 4 apricot halves
 1 oz. prosciutto ham
 2 large eggs, poached

In a small bowl stir together the cottage cheese, Stevia, and pepper. Place 1 Tbsp. of the mixture in each of the apricot halves and securely wrap each with a piece of prosciutto.

Heat an oven broiler to low. Place the wrapped apricots on a baking sheet and broil just until warmed through, 1 to 2 minutes. Serve on a warmed plate surrounding the poached eggs. Makes one serving. Each serving has 295 calories, 17g fat, 27g protein, 10g carbs.

M1 Caution Modification: Substitute cream cheese for cottage cheese and/or melon for apricots.

M2/Life Modification: Serve with whole grain bruschetta toasts.

Maintenance Desserts

Snow Pudding by Rocky King

1 T plain gelatin powder
 1/4 cup cold water
 1 cup boiling water
 stevia
 1/4 cup lemon juice
 3 egg whites

Mix gelatin and cold water let stand 2 minutes. Add boiling water. Add stevia...the recipe I found called for the equivalent of one cup of sugar, but I just added stevia packets to taste. Add lemon juice, place uncovered in fridge to cool. Stir every 10 minutes for an hour.

With whisk attachment on your mixer, beat the gelatin mixture on high until fluffy and frothy. 1 to 2 minutes. Add egg whites and beat until stiff.

Refrigerate, serve with sweetened with stevia raspberries.

Fruit Roll Ups by Julie Freeman

Spread unsweetened applesauce (not too thin) on a plastic dehydrator screen and dehydrate for approx. 10 hours at 105 degrees. Be sure to lightly coat tray with coconut oil first.

Chocolate Mousse by Susie HCG

Mash up an avocado with a fork.
 Add 1/4 c. cocoa powder
 Add stevia to taste
 Stir well.
 Yum!

Macaroons by Kyla Coult

2 large eggs
 A few drops of stevia
 1/8 tsp of salt
 3 cups unsweetened shredded coconut
 1 tsp of Vanilla Extract
 1/4 cup of ground flax seeds

Preheat oven to 350 degrees and line two cookie sheets with parchment paper.

In a large stainless steel bowl whisk the eggs until well beaten. Stir in the Stevia, Vanilla and salt. Add the Coconut and Flax stir until all the coconut is moist.

Drop in mounds on Parchment paper (I used a spoon to press the coconut to the side of the bowl to make it stick together a bit then dropped onto the paper.) It made two cookie sheets full. Place the cookies an inch or so apart. They do not spread.

Bake for 10-12 minutes until golden. They cool almost instantly pop in mouth and enjoy. 9 of them came to around 300 calories or so.

Lemon Meringue Cookies by MyHCGPlus

Tangy and sweet, these wonderful morsels will definitely delight your taste buds! Try different flavors such as Valencia Orange, Apricot Nectar, or even Chocolate Raspberry!

3 large egg whites
 1/4 tsp. cream of tartar
 1/8 tsp. Clear Stevia drops
 10 drops Stevia Lemon Drop

Preheat the oven to 200° F. Line a baking sheet with parchment paper.

In a medium bowl using an electric mixer, beat the egg whites until frothy. Add the cream of tartar and Stevia and continue to beat until firm peaks form.

Spoon 12 mounds of the meringue mixture onto the prepared sheets and bake, rotating the baking sheet from front to back half way through, for about 40 minutes until they are firm to the touch.

Turn off the oven, open the door a crack, and leave the meringues in the oven to finish drying until crisp. Makes four servings. Each serving has 12 calories. 0g fat, 3g protein, 0g carbs.

M1 Caution Modification: Make meringue cookie sandwiches by securing 2 cookies together with a dollop of whipped heavy cream flavored with Stevia.

M2/Life Modification: Replace Stevia Lemon Drop with Vanilla Crème and secure 2 cookies together with melted milk, dark, or white chocolate.

Chocolate Fudge Brownie Sorbet by MyHCGPlus

Naturally dairy-free, sorbets are great choices for satisfying desserts. In this version, Capella adds its unique flavor for a super delicious result.

3/4 cup unsweetened cocoa powder
 2 1/3 cups water
 1/2 tsp. Clear Stevia, or more to taste
 6 drops Capella Chocolate Fudge Brownie

Place the cocoa powder in a medium bowl and slowly whisk in the water to form a smooth mixture. Whisk in the Stevia and Capella and taste for sweetness.

Pour into an ice cream maker, following manufacturer's directions, and process until smooth and thick. Alternatively, pour the mixture into a 9 x 13-inch metal pan, place in the freezer, and whisk or stir, every 15 minutes, until thick and creamy.

Transfer to an airtight container and keep frozen for up to 1 week. Makes eight servings. Each serving has 20 calories, 1g fat, 1g protein, 5g carbs.

M1 Caution Modification: Stir in 1/4 cup chopped walnuts or pecans during last 5 minutes.

M2/Life Modification: Stir in 1/4 cup crumbled brownie after churning.