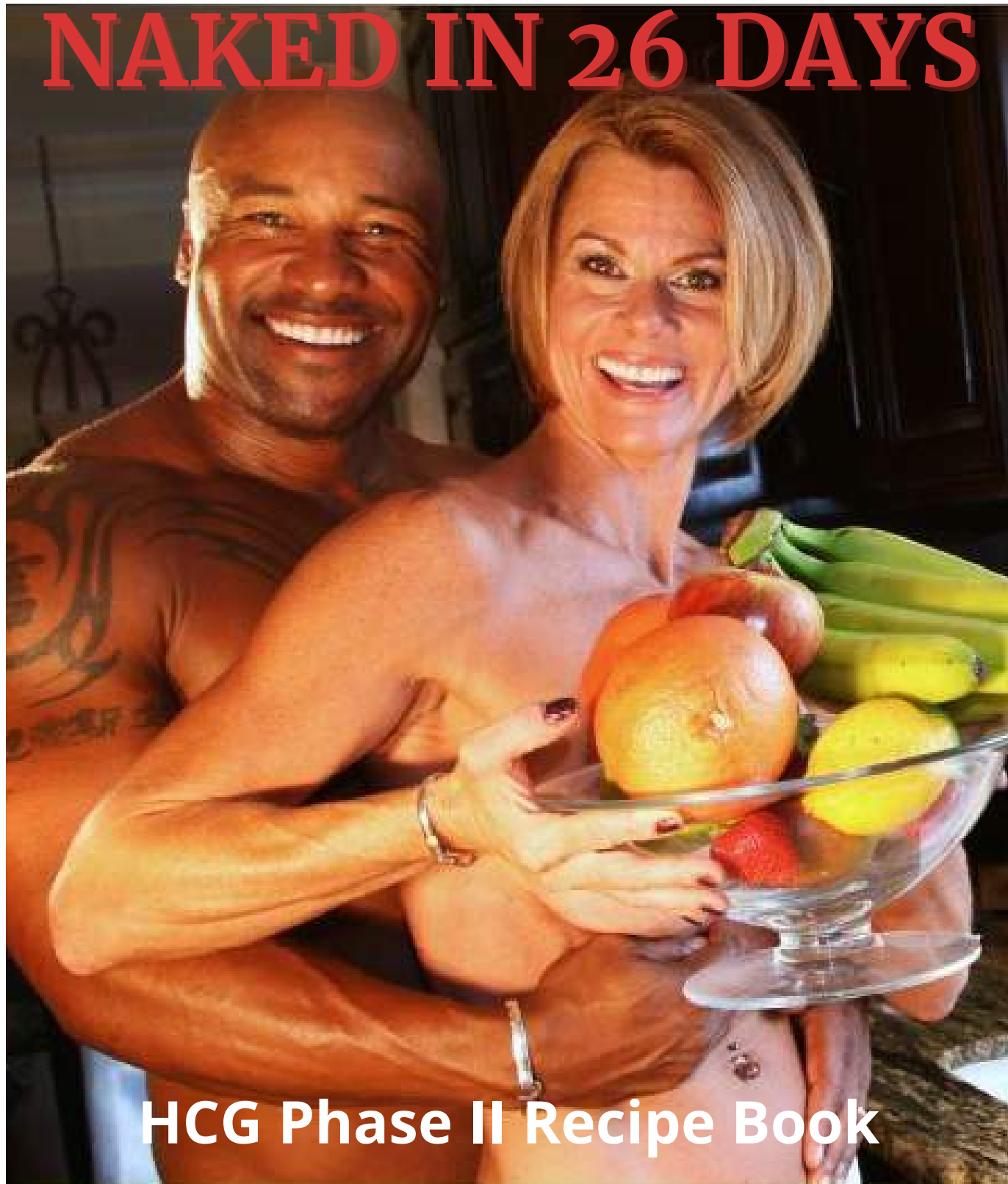


# HOW TO FEEL GOOD NAKED IN 26 DAYS



HCG Phase II Recipe Book



COLIN F. WATSON

A MESSAGE FROM

# THE AUTHORS

---

Hello!

Colin and I would like to thank you for loving yourself enough to begin or continue on a journey of great health and well-being.

We see the greatness in you.

"Choose to be in Close Proximity to People who are empowering ... Who See the Greatness in You!" ~Wayne Dyer

Being lovers of food, we knew there was a more enjoyable way to prepare the limited foods on this protocol. Our prayer is that you enjoy this recipe book as much as we enjoyed making it.

God Bless and Namaste,

Colin and Jayne

**Delicious-simple and easy to follow recipes prepared in under 15 minutes to enhance your HCG Body for Life experience!**

By Jayne Watson

[www.colinfwatson.com](http://www.colinfwatson.com)



# Contents

---

## 04

### HCG ESSENTIALS

Understand the basic principles of food, seasonings, beverages and more.

## 09

### BEVERAGES

Tantalize your tastebuds with tasty HCG approved drinks you can make at home.

## 12

### EGG RECIPE

Make the most of your morning with protien rich foods that will kick start your metabolism and energy.

## 16

### SOUP RECIPES

Cozy up with these savory and filling comfort soups all HCG approved.

## 20

### SALADS & VEGGIES

Give your body the nutrients it needs with flavor-packed dishes.

## 26

### CHICKEN RECIPES

A variety of ways to cook the most popular protien.

## 30

### SEAFOOD FAVORITES

Keep meal time interesting with flavored finds from the sea.

## 35

### TURKEY & BEEF RECIPES

All-American classics reworked for the HCG diet

## 40

### DESSERT RECIPES

Tasty and healthy ways to keep cravings at bay



A top-down view of various fresh ingredients. In the top left is a large piece of salmon with a sprig of rosemary. To its right is a halved avocado. In the top right is a small bowl of almonds. In the center right is a large piece of beef with a sprig of rosemary. In the center is a wooden cutting board with several pieces of raw chicken breast, some with basil leaves. In the bottom right are several brown eggs and a glass of milk. In the bottom left is a bowl of almonds and a glass of olive oil.

Phase II

# HCG ESSENTIALS

COLIN F WATSON - HCG BODY FOR LIFE

- Meditation for Manifestation Download Dr. Wayne Dyer
- Food Scale
- Garlic & Pepper Grinder
- George Forman Grill
- Organic Extra Virgin Olive Oil
- Cooking Spray
- Oil Free Lotion
- Mineral Oil – Baby Oil
- Accurate Weight Scale
- Tape Measure
- Daily Weight Journal

### Seasonings

- Apple Cider Vinegar
- All-Natural Liquid Aminos
- Stevia Natural Sweetener
- Sea Salt
- Paprika
- Ginger Root
- Black Pepper
- Cinnamon
- Parsley
- Cayenne Pepper
- Oregano
- Rosemary
- Celery Seed
- Thyme
- Tomato Paste
- Cilantro
- Basil
- Garlic Powder or Paste
- Mustard Powder
- Turmeric
- Red Pepper
- Onion Powder
- Worcestershire Sauce
- Horseradish Sauce
- Turmeric



# PROTEINS

---

- Boneless Chicken Breast
- Filet Mignon
- Sirloin
- Extra Lean Ground Beef
- Veal
- Organic Grass Fed Beef
- Buffalo
- Tilapia
- Grouper
- Cod
- Halibut
- Flounder
- Sole
- Sea Bass
- Shellfish
- Shrimp
- Lobster
- Crab
- Scallops

\*Tip\* Purchase all proteins raw and in bulk. Weigh and cut into (oz). (See Food Chart) individual portions. Cover with plastic wrap and place poultry, meat and fish in separate containers and store in freezer.

# VEGETABLES

---

- ☐ Asparagus
- ☐ Broccoli
- ☐ Cabbage
- ☐ Green Bell Pepper
- ☐ Brussels Sprouts
- ☐ Spinach
- ☐ Celery
- ☐ Cucumber
- ☐ Tomato
- ☐ White and Green Onions
- ☐ Green Leaf Lettuce

Note- Fresh or frozen vegetables only, canned is prohibited (may contain added salt and preservatives).

# FRUIT

---

- ☐ Strawberries
- ☐ Oranges
- ☐ Grapefruit
- ☐ Green Apples
- ☐ Lemons

Note- Fresh or frozen fruit only, canned is prohibited (may contain added sugar and preservatives).

# BEVERAGES

---

- ☐ Bottled or Filtered Water
- ☐ Sparkling Mineral Water
- ☐ Herbal Teas (any tea bag assortment)
- ☐ Unsweetened Green Tea
- ☐ Unsweetened Black Tea
- ☐ Unsweetened Wu-Long Tea
- ☐ Coffee
- ☐ Non Dairy Unsweetened Soy Milk
- ☐ Fat Free Sugar Free Lucerne Coffee Creamer





Phase II

# BEVERAGE RECIPE

COLIN F WATSON - HCG BODY FOR LIFE

# FROZEN MOCHA CAPPUCCINO

---

1 C Crushed Ice  
5 Drops of Chocolate Stevia  
5 Drops of Valencia Orange  
1 C of Black Coffee  
1 Tbsp Lucerne Sugar Free Fat Free  
Coffee Creamer (2 tbsp per 24 hrs)

**Directions:** Mix in blender until smooth. Pour into glass and serve!



# SPARKLING LEMONADE

---

1 ½ Lemons (Juice)  
2 Packages Stevia  
Sparkling Mineral Water

**Directions:** Pour lemon juice over ice, add stevia and serve!

## STRAWBERRY SLURPEE

---

1 ½ Lemons (Juice)  
1 Hand Full Strawberries  
2 Packages Stevia  
1 Sparkling Mineral Water

**Directions:** Pour lemon juice, strawberries and ice in blender pour into 8 oz. glass and serve with straw!

## ORANGE JULIUS

---

1 Orange  
5-10 Drops Vanilla Crème Liquid Stevia  
Crushed Ice  
Bottled or Filtered Water (as needed)

**Directions:** Peel orange and place orange sections in blender. Mix and serve.

## V-8 TOMATO JUICE

---

3 Large Tomatoes	1/4 tsp Cumin
Juice of Half a Lemon	1/2 tsp Braggs Pure Amino Acid
1 tsp Cilantro	1/8 tsp Celery Seed
1/2 tsp Stevia	Pinch of Sea Salt/Black Pepper
1/2 tsp Garlic Paste	

**Directions:** In blender, combine all ingredients and puree until desired consistency. Place in refrigerator until chilled or serve over ice.





Phase II

# EGG RECIPE

COLIN F WATSON - HCG BODY FOR LIFE



# OMELET

---

1 Whole Egg  
4 Egg Whites  
1 to 2 tsp Coconut Oil  
1 to 2 Garlic Cloves  
1/3 of an Onion  
1/2 of a Red, Yellow, Orange  
or Green Pepper

1/2 C Broccoli  
2 to 3 Mushrooms Sliced  
1/4 C Water  
Salt (to taste)  
Black Pepper (to taste)  
Cayenne Pepper (to taste)  
Paprika (to taste)

## Directions:

Saute minced onions and garlic with coconut oil in skillet. Add all veggies and water, stir, cover and let steam until broccoli is dark green and slightly crunchy. Remove from pan and set aside.

Put the heat on low to medium heat; add 1 tsp of coconut oil. Tilt pan until oil has reached sides and bottom. Let oil heat for a minute or two. Pour on the eggs, spreading them evenly with a spatula. Tilt egg mixture until the liquid is no longer running onto sides. Cover and let set until there is no liquid left in the eggs. Remove eggs onto a plate. Place vegetables on top along with cheese. Cover vegetables with eggs, like a sandwich. Add hot sauce or salsa for flavor.



# SPANISH OMELET

---

1 Whole Egg  
4 Egg Whites  
1 to 2 tsp. Coconut Oil  
1 to 2 Garlic Cloves (crushed)  
1/3 Onion  
1/2 C Red, Yellow, Orange or Green Bell Pepper  
2 Mushrooms sliced  
1/2 Jalapeno Pepper sliced and remove seeds (optional)  
Green Chilies to taste  
1 C Turkey Chili (see recipe)  
1 to 2 oz. Any Cheese  
Salt (to taste)  
Black Pepper (to taste)  
Cayenne Pepper (to taste)  
Paprika (to taste)

## **Directions:**

Sauté onion and garlic in 1t coconut oil. Add bell pepper, mushrooms, jalapeno pepper, chilies and 1/4 cup of water. Cover and let steam until vegetables are slightly crunchy. Remove from pan and set aside.

Put the heat on low to medium heat, add 1t of coconut oil. Tilt pan until oil has reached sides and bottom. Let oil heat for a minute or two. Pour on the eggs, spreading them evenly with a spatula. Tilt egg mixture until the liquid is no longer running onto sides. Cover and let set until there is no liquid left in the eggs. Remove eggs onto a plate. Place vegetables on top along with turkey chili and cheese. Cover vegetables with eggs, like a sandwich.

**Calories: 528**

# EGGS FLORENTINE

---

1 Whole Egg  
4 Egg Whites  
1 to 2 tsp. Coconut Oil  
1 to 2 Garlic Cloves (crushed)  
1/3 Onion  
2 Handfuls of Spinach  
2 Mushrooms sliced  
1 to 2 oz. White Cheese  
Salt (to taste)  
Black Pepper (to taste)  
Cayenne Pepper (to taste)  
Paprika (to taste)

## **Directions:**

Sauté onion and garlic in 1t coconut oil. Add spinach and mushrooms. Stir until spinach cooks down. Add egg and seasonings. Scramble all ingredients until eggs are done.



A close-up photograph of a white ceramic bowl filled with a thick, orange-brown soup. The soup is garnished with sliced carrots, green leafy vegetables, and small pieces of fresh herbs. The bowl sits on a vibrant red napkin. In the background, several whole yellow potatoes and green onions are visible, suggesting a hearty, vegetable-based recipe. A silver spoon is partially visible on the left side of the bowl.

Phase II

# SOUP RECIPES

COLIN F WATSON - HCG BODY FOR LIFE



# CHICKEN BROTH

---

4.85 oz. Chicken Breast  
Parsley  
Onion Powder  
Garlic  
Thyme  
Rosemary  
Oregano  
Basil  
Bay Leaf  
Sea Salt  
Black Pepper

**Directions:** Fill saucepan 3/4 full with water. Bring to a boil. Add chicken and seasonings. Boil for 20 minutes. Remove boiled chicken and save for later. Strain out bay leaf & seasonings. Serve!



# GREEN ONION SOUP

---

Green Onions as Desired  
2 C Bottled Water  
2 tsp Liquid Aminos  
1 tsp Parsley  
½ tsp Paprika  
½ tsp Sea Salt  
½ tsp Dill  
½ tsp Thyme  
1/8 tsp Cayenne Pepper  
1/8 tsp Celery Seed

**Directions:** Briefly steam the green onions until tender. Preheat saucepan over MED heat. Chop steamed green onions. Sauté green onions in saucepan with parsley, paprika, sea salt, dill, thyme, celery seed, liquid aminos and cayenne pepper. Add water and simmer 20-30 minutes and serve.

# TURKEY MEATBALL SOUP

---

3.66 oz 93% Lean Ground Turkey or 5 oz. of 99% Lean Ground Turkey  
1 tsp Coconut Oil  
1 tsp Onion Powder  
1 tsp Garlic Power  
1 tbsp Cumin  
1 tsp Cayenne Pepper (Optional)  
1 tsp Paprika  
1 Clove of Garlic  
1 C Vegetable or Chicken Broth (zero calories)  
1/2 C Water  
1/3 White Onion  
1 Italian Tomato  
1 Tbsp Tomato Paste  
Salt and Pepper to taste  
Braggs to taste

Directions: Mix all seasonings with ground turkey. Form into little balls. Heat coconut oil in frying pan. Brown turkey balls (just on the outside, the middle should remain a little pink.) Remove turkey balls from frying pan and place in a sauce pan. Add broth, water, onion, tomato, tomato paste, Braggs and all the seasonings again. Bring to a boil. Cover and simmer for 30 minutes or longer. Turn heat off and let stand. Enjoy!

\* You can use hamburger. Remember to reduce the ounces of hamburger.





Phase II

# SALADS & VEGGIES

COLIN F WATSON - HCG BODY FOR LIFE



## CUCUMBER SALAD

1 Cucumber  
1 Tomato  
1 Onion  
1/2 C Apple Cider Vinegar  
Salt and Black Pepper to taste

**Directions:** Slice and quarter all ingredients. Combine and add salt, pepper and or cayenne pepper. The longer this salad marinates the better. I re-use the liquid as the vegetables are eaten and if necessary add more apple cider vinegar to taste.



## GREEN SALAD

3 or 4 Leaves of Romaine  
Handful of Mixed lettuce  
1/3 Onion  
1 Tomato  
1/2 Cucumber

**Directions:** Cut and combine.

# CUCUMBER, TOMATO & ONION SALAD

---

200 grams Thinly Sliced Cucumber (or allowed amount)  
1 Medium Tomato  
½ Chopped Onion  
1 tsp Apple Cider Vinegar (to taste)  
1 tsp Dill  
2 tsp Melted Coconut Oil  
Braggs Liquid Aminos (as needed)  
Black Pepper  
Sea Salt

**Directions:** Combine all ingredients -cucumber, tomatoes, and Onion & mix well. Toss in cucumbers. Cover & refrigerate. This tastes best if you wait at least one hour before serving.

# APPLE CHICKEN SALAD

---

4.85 oz. Diced Chicken Breast  
4 diced Celery Stalks  
4 Tbsp Lemon Juice  
Pinch of Cinnamon  
1 package Stevia  
Squeeze of Lemon  
1 Diced Green Apple

**Directions:** Mix ingredients together and serve!

# TACO SALAD

---

3.66 oz 93% Lean Ground Turkey or  
5 oz. of 99% Lean Ground Turkey

1 tsp. Onion Powder

1 tsp. Garlic Powder

1 tbsp Cumin

1/2 tsp. Oregano

1 tbsp Cilantro

1 tsp. Cayenne Pepper

1 tsp. Paprika

1/2 tbsp Chipotle Chili Pepper

1 tsp. Jalapeno Pepper

Braggs to taste

1 C Vegetable or Chicken Broth

1/3 White Onion

1 Glove Garlic

1 tbsp Cumin

1/2 tsp. Oregano

1 tbsp Cilantro

1 tsp. Cayenne Pepper

1 tsp. Paprika

1/2 tbsp Chipotle Chili Pepper

1 tsp. Jalapeno Pepper

Braggs to taste ( I use Braggs in place of Salt)

## Directions:

Brown Turkey and spices. Spray Braggs for moisture and to taste. You may add more of any spices you like for your taste. Add ingredients below in order listed half way through browning process.

Add other remaining ingredients and bring to a boil. Simmer for 15 minutes. I like my taco meat very spicy so I add a lot more of the spices above. Season to your personal taste.

## Extras:

1 Handful of Lettuce

1 Handful of Tomato

1 Handful of Onion (optional)

Dressing - Cholula Hot Sauce or Tapatío

(There are no calories in either so use as much as you want)

## Directions:

Cut all ingredients and place on a plate. Make a bowl in the middle and place taco meat on top of salad. Enjoy!



# SHREDDED CHICKEN TACO SALAD

---

4 Chicken Breast (boiled, then shredded)  
1 tsp. Onion Powder  
1 tsp. Garlic Powder  
1 C Vegetable or Chicken Broth (zero calories)  
1/3 White Onion  
1 Glove Garlic  
1 tbsp Cumin  
1/2 tsp. Oregano  
1 tbsp Cilantro  
1 tsp. Cayenne Pepper  
1 tsp. Paprika  
1/2 tsp Chipotle Chili Pepper  
1 tsp. Jalapeno Pepper  
Braggs to taste ( I use Braggs in place of Salt)

## **Directions:**

Bring to boil. Simmer for 15 minutes. I like my taco meat very spicy so I add a lot more of the spices above. Season to your personal taste.

1 Handful of Lettuce  
1 Handful of Tomato  
1 Handful of Onion (optional)

## **Dressing:**

Cholula Hot Sauce or Tapatio (There are no calories in either so use as much as you want)

## **Directions:**

Cut all ingredients and place on a plate. Make a bowl in the middle and place taco meat on top of salad. Enjoy!

# VEGGIE MEDLEY SAUTE

---

1 to 3 Cloves of Garlic  
1/3 of Onion (Sliced)  
1 tsp Coconut Oil  
Handful of Broccoli

Sauté coconut oil, garlic and onion. When onion is clear add 1/8 or 1/4 water (any organic broth may be used as long as it has NO calories). Cover and let steam until broccoli is dark green. I like my vegetables crunchy. Steam longer if you want your vegetables soft.

\*YOU MAY USE ANY VEGETABLE OTHER THAN BROCCOLI AS LONG AS IT'S ON THE LIST OF FOODS ON PHASE II.



Phase II

# CHICKEN RECIPES

COLIN F WATSON - HCG BODY FOR LIFE



# CHICKEN "N" BROCCOLI

---

4.85 oz Chicken Breast  
1 cup Broccoli  
2 Tbsp Braggs Liquid Amino  
Sea Salt & Black Pepper  
2 Cloves of Garlic  
½ Chopped Onion  
Cayenne Pepper  
Chili Powder  
2 tsp Organic Coconut Oil  
Juice from ½ Lemon

# CROCK POT CHICKEN

---

6 Boneless Skinless Chicken Breasts  
4 Onions cut into 1 inch pieces  
1 Celery bunch, cut into 1 inch pieces  
1 Head of garlic separated and peeled  
2-3 cups of Water • Allowable Spices

**Directions:** In crock-pot, layer 1/2 celery, 1/2 onion, garlic pieces and chicken breasts. Sprinkle chicken with a layer of spices. Top with remaining celery and onion and another layer of spices. Add water almost to top. Cook on low for 8-9 hours. Weigh chicken and enjoy!



# THAI CHICKEN WRAP

---

1 Extra Large Iceberg Lettuce Leaf  
4.85 oz. Boneless Skinless Chicken Breast  
1/4 cup White Onions, Diced  
1/4 cup Green Peppers, Diced  
3 Cherry Tomatoes, Diced  
Pinch of Black Pepper  
Pinch of Sea Salt

**Directions:** Chop chicken breast into small square pieces. Cook chicken, onions and green peppers in pan. Place on top of lettuce leaf. Add diced tomatoes and season with black pepper and sea salt. Fold leaf lettuce in half and serve!

# GINGER CHICKEN

---

3 1/2 oz. Chicken Breast  
3 Stalks Celery  
3 Tbsp Blue Agave  
2 Tbsp Liquid Amino Marinade  
2 tsp Ground Ginger

**Directions:** Chop celery and sauté in pan. Cook half way through then add chicken, adding just enough water through-out cooking to maintain food so it will not burn. When finished, add all ingredients and let it caramelize slowly over low heat.

# CURRY CHICKEN

---

4.85 oz. Chicken Breasts  
1 C Vegetable or Chicken Broth (Organic no calories)  
1 tsp Coconut Oil  
1/3 White Onion  
1 to 2 Cloves of Garlic  
2 Tbsp Curry Powder  
1/2 tsp Turmeric  
1/4 tsp Black Pepper  
1/2 tsp Paprika  
1 tsp Cumin  
1/2 tsp Ginger  
1/2 tsp Cayenne pepper (optional)  
Braggs to taste

**Directions:** Cut chicken breasts into small squares. Put coconut oil in a frying pan and brown outside of chicken only (should be real pink inside) Add vegetable broth, water, onion, garlic and spices. Bring to boil. Simmer on low for 20 to 30 minutes. Then cover and let set for another 20 to 30 minutes. You may add more spices if desired.







Phase II

# SEAFOOD RECIPES

COLIN F WATSON - HCG BODY FOR LIFE



# SHRIMP COCKTAIL

---

5 oz. Shrimp (Peeled and De-veined)  
6 oz. Tomato Paste  
1 Tbsp Braggs Pure Amino Acids  
1 Tbsp Lemon Juice  
½ tsp Celery Seed  
2 Tbsp Chopped Parsley  
Pinch of Cayenne Pepper  
Pinch of Black Pepper  
Pinch of Sea Salt  
Pinch of Cumin

**Directions:** Mix ingredients together, add shrimp, chill and serve!



# SCALLOPS

---

6 oz. Scallops  
1 to 2 Cloves of Garlic (Minced)  
1 slice of Onion  
1/2 tsp Cayenne pepper  
1 tsp Cumin  
1/4 tsp Black Pepper  
1/2 tsp Turmeric  
1/2 tsp Paprika  
Braggs to taste ( I use Braggs in place of Salt)  
1 Handful of Broccoli or Green Beans  
1 tsp Coconut Oil

**Directions:** Heat 1 tsp of coconut oil in pan. Sauté garlic and onion. When onion is clear add scallops and all seasonings. You may add or subtract any of the seasonings as you wish. Sear the scallops on all sides.

There should be juices from the scallops, then add your broccoli or green beans and spray with Braggs. If you wish you may add more seasonings at this time. Mix all ingredients and cover for 3 to 5 minutes.

Serve with Cucumber Salad or Green Salad.



# HALIBUT WRAPPED

---

4.85 oz. of Halibut  
1 tsp Onion Powder  
1 tsp Garlic Powder  
1 Tbsp Cumin  
1 tsp Cayenne Pepper (Optional)  
1 tsp Paprika  
1 tsp Coconut Oil  
1 to 3 Cloves of Garlic  
1/3 of Onion (sliced)  
Handful of any one or two vegetables  
Aluminum Foil to wrap all Ingredients

**Directions:** Preheat oven to 400 degrees. Sprinkle seasonings on fish. Place seasoned fish, garlic, onion, and vegetables in foil. Melt coconut oil and dribble on top. Wrap tightly then place on cookie sheet or casserole pan. Bake for 30 to 40 minutes or until fish is flaky. You might want to check fish every 15 minutes. Serve with cucumber salad or green salad.

\*YOU CAN USE ANY FISH ON THE LIST IN PLACE OF HALIBUT.  
OUNCES WILL VARY.

## GRILLED CHILEAN SEA BASS

---

5.8 oz. Chilean Sea Bass  
1 tsp Onion Powder  
1 tsp Garlic Powder  
1 tbsp Cumin  
1 tsp Cayenne Pepper (Optional)  
1 tsp Paprika  
1/4 of Green Cabbage  
1/4 to 1/2 C Salsa (Make sure the salsa has only the ingredients allowed. I use one from Whole Foods)

**Directions:** Season Chilean sea bass with onion, garlic powder, cumin, cayenne pepper and paprika. Grill on BBQ or George Foreman Grill. You will know it's done when the fish is white in the middle. This fish is VERY hard to burn. Steam green cabbage. Place cabbage on plate and top with salsa. Serve with Cucumber Salad or Green Salad.



A close-up photograph of a white ceramic bowl filled with a hearty meal. The dish consists of ground turkey and beef, diced carrots, green bell peppers, and browned sausage links, all coated in a rich, reddish-orange sauce. The bowl is set against a dark, textured background.

Phase II

# TURKEY & BEEF RECIPES

COLIN F WATSON - HCG BODY FOR LIFE



# TURKEY BURGER

---

□ 3.66 oz 93% Lean Ground Turkey  
or 5 oz. of 99% Lean Ground Turkey

1 tsp Onion Powder  
1 tsp Garlic Powder  
1 Tbsp Cumin  
1 tsp Cayenne Pepper (Optional)  
1 tsp Paprika  
1 Clove of Garlic  
Salt and Pepper to taste



**Directions:** Roll turkey into balls then flatten slightly. Grill on BBQ or George Foreman Grill.

□ 2 to 3 Large Romaine Lettuce Leaves  
□ 1/2 Italian Tomato Sliced  
□ 1/4 Thick Onion Slice  
□ Mustard (Zero Calorie)  
□ Ketchup (see recipe)

**Directions:** Cut the turkey burger in half then lay on one leaf of romaine. Add your tomato, onion, mustard and ketchup. Cover with other leaf, like a long hamburger bun :) Serve with Cucumber Salad or Green Salad.

# TURKEY BURGER

---

□ 3.66 oz 93% Lean Ground Turkey  
or 5 oz. of 99% Lean Ground Turkey

1 tsp Onion Powder  
1 tsp Garlic Powder  
1 Tbsp Cumin  
1 tsp Cayenne Pepper (Optional)  
1 tsp Paprika  
1 Clove of Garlic  
Salt and Pepper to taste



**Directions:** Roll turkey into balls then flatten slightly. Grill on BBQ or George Foreman Grill.

□ 2 to 3 Large Romaine Lettuce Leaves  
□ 1/2 Italian Tomato Sliced  
□ 1/4 Thick Onion Slice  
□ Mustard (Zero Calorie)  
□ Ketchup (see recipe)

**Directions:** Cut the turkey burger in half then lay on one leaf of romaine. Add your tomato, onion, mustard and ketchup. Cover with other leaf, like a long hamburger bun :) Serve with Cucumber Salad or Green Salad.

# TURKEY CHILI

---



3.66 oz 93% Lean Ground Turkey or 5 oz. of 99% Lean Ground Turkey

1 tsp Onion Powder  
1 tsp Garlic Powder  
1 to 2 Tbsp Chili Pepper  
1 Tbsp Cumin  
1 Tbsp Cilantro  
1 Tbsp Cayenne Pepper  
1 tsp Paprika  
1/2 Tbsp Chipotle Chili Pepper  
1 tsp Jalapeno Pepper  
Braggs to taste

## Directions:

Brown Turkey and spices. Spray Braggs for moisture and to taste. You may add more of any spices you like for your taste. Half way through browning process add ingredients listed below in order.

1 C Organic Vegetable or Chicken Broth (zero calories)  
1 Italian Tomato Diced  
1/3 White Onion  
1 Glove Garlic  
1 Tbsp Cumin  
1 Tbsp Chili Pepper  
1/2 tsp Oregano  
1 Tbsp Cilantro  
1 tsp Cayenne Pepper  
1 tsp Paprika  
1/2 Tbsp Chipotle Chili Pepper (Optional)  
1 tsp Jalapeno Pepper (Optional)  
Braggs to taste ( I use Braggs in place of Salt)

Directions: Bring to boil. Cover and simmer for 30 minutes to 1 hour. I like my chili very spicy so I add a lot more of the spices above. Season to your taste.



# HAMBURGER

---

3.95 oz of 95% Lean Hamburger  
1 tsp. Onion Powder  
1 tsp. Garlic Powder  
1 tbsp Cumin  
1 tsp. Cayenne Pepper (Optional)  
1 tsp. Paprika  
1 Clove of Garlic  
Salt and Pepper to taste

**Directions:**

Roll hamburger into balls then flatten slightly. Grill on BBQ or George Forman Grill.

2 to 3 Large Romaine Lettuce Leaves  
1/2 Italian Tomato Sliced  
1/4 Thick Onion Slice  
Mustard (Zero Calorie)

**Directions:**

I cut the hamburger burger in half then lay on one leaf of romaine. Add your tomato, onion mustard and ketchup. Cover with other leaf, like a long hamburger bun :)

Serve with Cucumber Salad or Green Salad.



Phase II

# DESSERTS

COLIN F WATSON - HCG BODY FOR LIFE

## LEMONADE

1 Lemon (Juice)  
2 Vanilla Stevia's  
8 oz. Sparkling Water

**Directions:** Squeeze juice from one lemon. Add stevia, water and ice.

## LEMONADE, STRAWBERRY SLUSHY

Lemon (Juice)  
2 Vanilla Stevia's  
5 Strawberry's  
8 oz. Sparkling Water  
Ice

**Directions:** Use blender to mix all ingredient.

## HOT APPLE PIE

1 Apple  
1 Vanilla Stevia  
Cinnamon to Taste

**Directions:** Cut apple in bit size pieces. Add vanilla stevia and cinnamon. Microwave for 30 seconds; If you want your apples softer and hotter, microwave longer. I like my apples crunchy.



## APPLE PIE

1 Apple  
1 Vanilla Stevia  
Cinnamon to Taste

**Directions:** Cut apple in bit size pieces. Add vanilla stevia and cinnamon.

## STRAWBERRY & APPLE SWEETNESS

Handful of Strawberry's  
1 Apple  
1 to 2 packets of Vanilla Stevia

**Directions:** Cut apple and strawberries into bite size pieces. Sprinkle vanilla stevia on top and mix.

\* This will count as 2 fruits