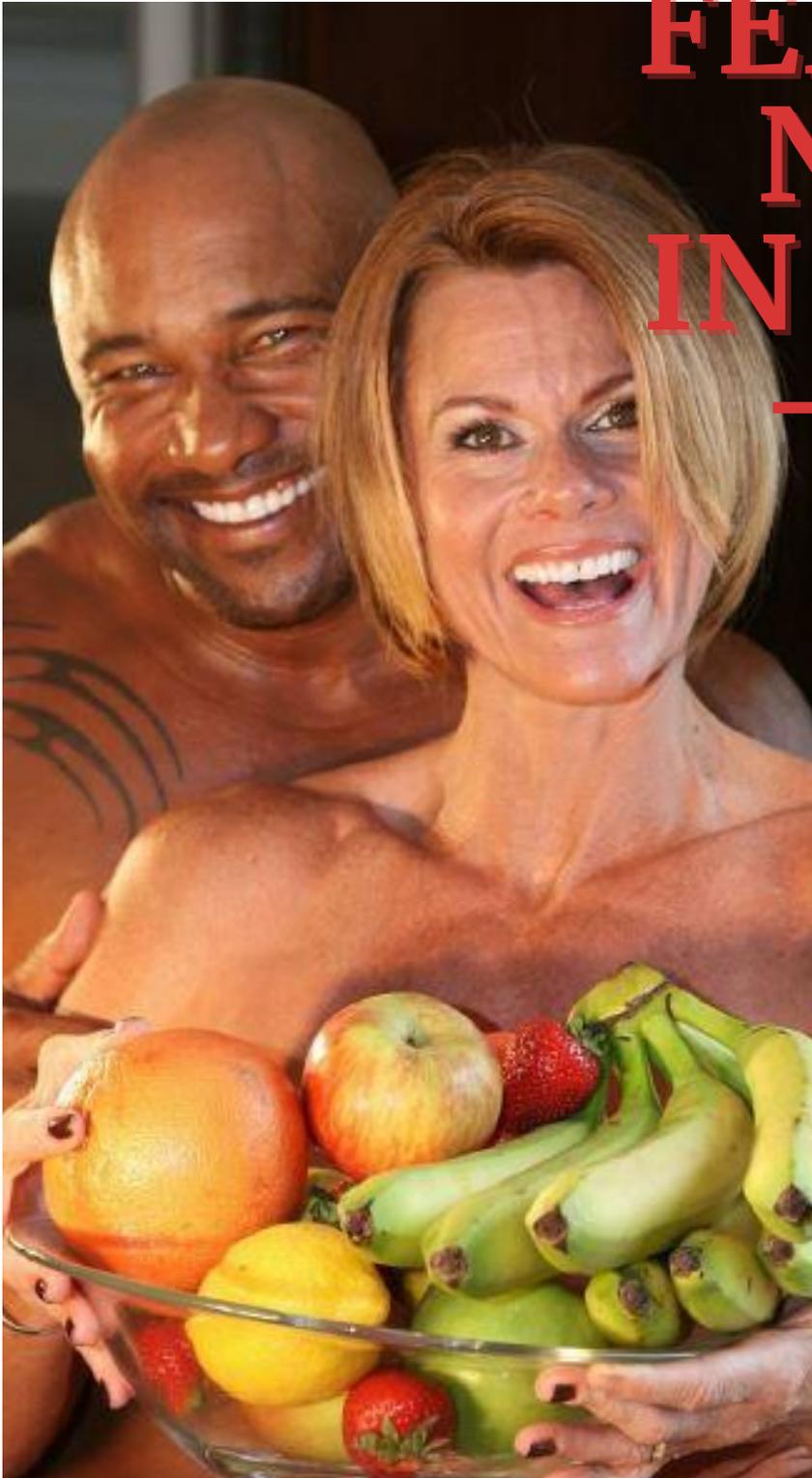


# HOW TO FEEL GOOD NAKED IN 26 DAYS

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**HCG Phase III  
Recipe Book**



**COLIN F. WATSON**

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A MESSAGE FROM

## THE AUTHORS

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“One of the fastest ways to get what you want is to help other people get what THEY want.” - Author unknown

**T**hat is one of the MANY reasons Colin and I wrote this recipe book for Phase III. I have to say this was the most fun to write. I have enjoyed all the experiments with different foods, seasonings, and herbs with no sugar or starches. One might think it would be difficult, but I’m here to tell you it’s NOT!!!!

Several of our recipes are desserts. My down fall has always been treats, sugary, rich treats....Well I didn’t let phase III stop me :) As you will see, chocolate is one of the many key ingredients to our most popular dessert recipes.

Hope you like chocolate.

In phase 2 my creativity was restricted and limited when it came to creating new and different recipes. As you may have noticed, the food choices are very limited. However, in Phase III the most of the limitation are lifted therefore, I was able to be more creative and so will the recipes to follow.

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice; and most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

- Steve Jobs



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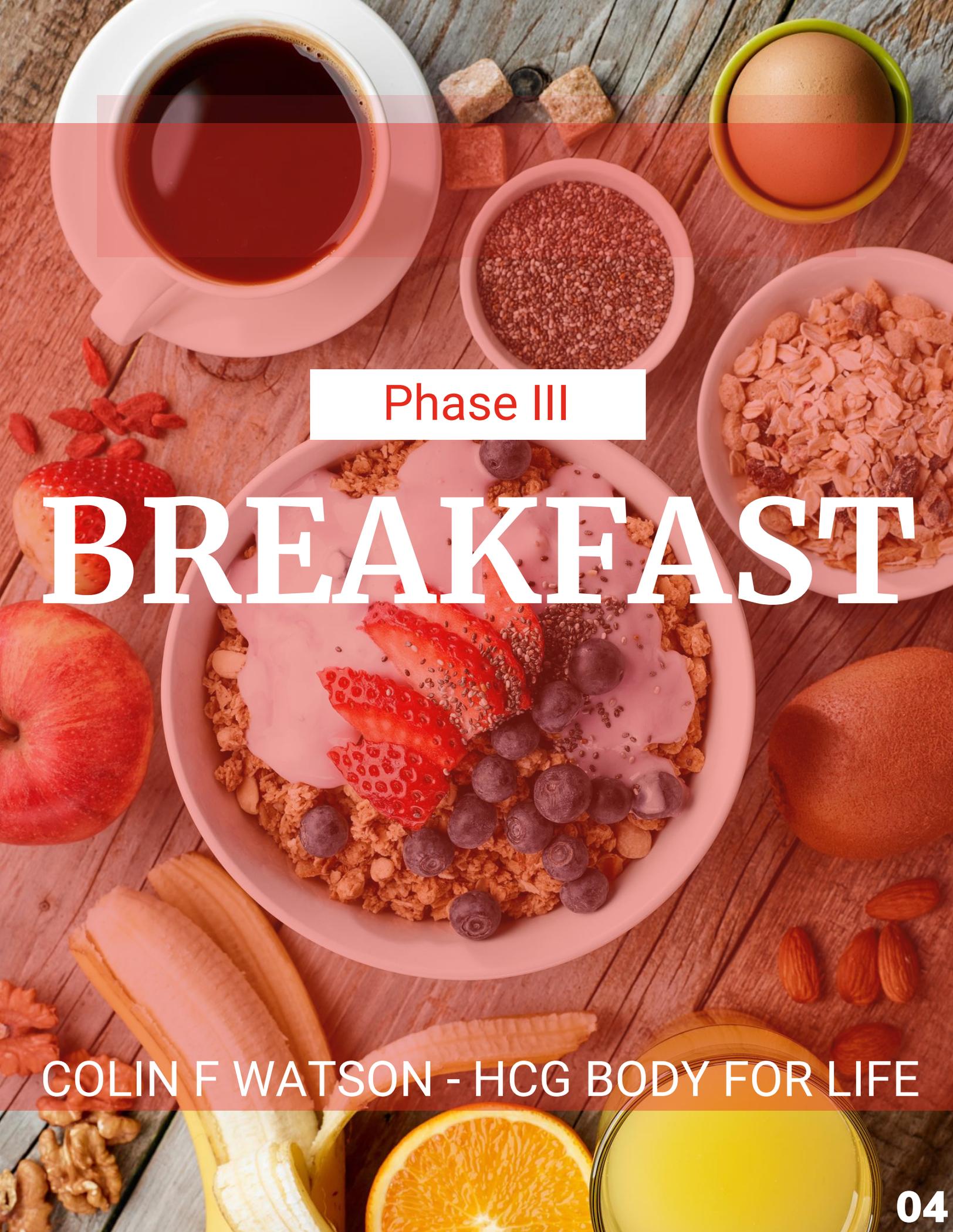
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Phase III

# BREAKFAST

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## GREEK YOGURT WITH PEANUT BUTTER & BANANA

1/2 C Greek Yogurt  
1/2 Banana  
1 tsp Peanut Butter  
2 Packs of Vanilla Stevia  
Mix and Enjoy! **Calories: 275**

## GREEK YOGURT WITH FRUIT

1/2 C Greek Yogurt  
Fruit of Choice  
2 Packs of Vanilla Stevia  
Mix and Enjoy! **Calories: 180**

## CHOCOLATE GREEK YOGURT WITH BANANA & PB

1/2 C Greek Yogurt  
1/2 Banana  
1 tsp Peanut Butter  
1 to 2 tsp Chocolate Pudding (mixed according recipe in Desserts)  
2 Packets of Vanilla Stevia  
Mix and Enjoy! **Calories: 354**

## LEMON GREEN YOGURT WITH BLUEBERRIES

1/2 C Greek Yogurt  
1 to 2 tsp Lemon Pudding (mixed according to recipe in Desserts)  
1/2 C Blueberries  
2 Packets of Vanilla Stevia  
Mix and Enjoy! **Calories: 104**

## EGG SKILLET

---

3 Eggs  
5 Egg Whites  
1 T Coconut Oil  
3 to 4 Strips of Prepared Bacon  
1/2 C Broccoli  
1/2 Zucchini  
1/3 of an Onion  
2 to 3 Cloves of Garlic  
1/2 of a Red, Yellow, Orange or Green Pepper  
2 to 3 Mushrooms  
1/4 C Water  
1/2 C Cheese of Choice  
Salt (to taste)  
Black Pepper (to taste)  
Cayenne Pepper (to taste)  
Paprika (to taste)

### **Directions:**

Heat oven to 425 degrees.

Prepare bacon and set aside. Saute minced onions and garlic with coconut oil in skillet. Add all veggies and water, stir, cover and let steam for 2 to 3 minutes. Add beaten eggs and scramble all ingredients for 2 to 3 minutes. The egg mixture should be a little wet. Sprinkle cheese on top and place entire skillet into oven. Bake 10-15 minutes until eggs are white and cheese is melted.

You can choose any vegetables, seasonings or herbs.

**Calories: 266 per serving / 4 servings**

# 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  
1/2 C Broccoli  
2 to 3 Mushrooms Sliced  
1 to 2 oz Cheese of Choice  
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.

**Calories: 444**



# 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. Top with cheese and enjoy.

**Calories: 356 (1 oz cheese)**

A top-down view of a white plate on a rustic, weathered wooden table. The plate contains two golden-brown, round fried rice cakes on the left side. The rest of the plate is filled with a fresh salad consisting of sliced radishes, leafy greens, and other vegetables. A silver fork is placed on the right side of the plate. A semi-transparent pinkish-red rectangular overlay is positioned at the top of the image, containing the text 'Phase III'.

Phase III

# MAIN COURSE

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# TURKEY CHILI

---



1 lb Lean Turkey  
1 tbsp Onion Powder  
2 tsp. Garlic Powder  
1 tbsp Chili Powder  
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. Add ingredients below half way through browning process (In the order listed).

1 15 oz. Tomato Sauce (organic no sugar added)  
1 to 2 tbsp Tomato Paste (organic no sugar added)  
2 - 3 Chipotle Peppers in Adobo Sauce  
1 tbsp Adobo Sauce  
1 C Vegetable Broth  
1 C Water  
1/2 to 1 Whole White Onion  
1/2 Red Pepper  
1/2 Yellow Pepper  
5 Cloves Garlic  
2 to 4 Tomatoes  
1 tbsp Chili Powder  
1 tsp. Cayenne pepper  
2 tsp. Cumin  
1/4 tsp. Black Pepper  
1 tsp. Turmeric  
1 tsp. Paprika  
Braggs to taste ( I use Braggs in place of Salt)

## Directions:

Bring to a boil. Cover and simmer for 30 to 60 minutes. Add more spices to taste.

**Calories: 107 per serving / 10 servings**

# BBQ SLOW COOKER CHICKEN

---

13 oz. BBQ Sauce (Organic Ville from Whole Foods or BBQ sauce without sugar)

1/2 C Italian Dressing (365 Organic from Whole Foods or no sugar)

Braggs to taste

Liquid Smoke to taste

3 Chipotle Chilies

1 tbsp Adobo Sauce from Chipotle Chili's

6 Chicken Breast no skin

## **Directions:**

Combine all ingredients in slow cooker and allow cooking on high for 8 or more hours.

**Calories: 392**

# CURRY CHICKEN

---

2 Skinless Chicken Breasts  
1 C Vegetable Broth (Organic)  
1 C Coconut Milk (Organic)  
1 tsp. Coconut Oil  
1 White Onion  
5 Cloves of Garlic  
2 tbsp Curry Powder  
1 tsp. Turmeric  
1 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, coconut milk, 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.

**Calories: 129 per serving (10 servings)**

# SALMON WRAPS

---

6 oz. Canned Salmon  
1 to 2 T Organic Mayonnaise  
1/4 C Salsa or Hot Sauce to taste  
1 1/4 inch slice Onion  
Salt to taste or Braggs  
Black Pepper to taste  
Cayenne Pepper (optional)  
4 small Romaine Lettuce Leaves  
1 oz. Monterey Jack Cheese

## Directions:

Combine salmon, Braggs, mayonnaise, salt, pepper, cayenne pepper, salsa or hot sauce or both :) and onion. Place a little in each lettuce leaf. Garnish with tomato and Monterey jack cheese...Eat up :)

**Calories: 405**



# ZERO PASTA LASAGNA

---

1 pound Spicy Chicken Sausage	1 tsp. Italian Seasoning
1 pound Ground Turkey	1 TBS Celtic Sea Salt
½ Cup Minced Onion	¼ tsp. Ground Black Pepper
5 Cloves Garlic, Crushed	4 TBS Chopped Fresh Parsley
1 (32 oz.) Can Tomato Sauce	1/2 Head of Cabbage
1/2 (6 oz.) Can Tomato Paste	16 oz. Ricotta Cheese
3 Cups Chicken Broth	1 Egg
1/2 Onion	½ tsp. Salt
1 Red Bell Pepper	¾ lb. Mozzarella Cheese Grated
1 ½ tsp. dried basil leaves	¾ Cup Parmesan Cheese

## Directions:

Boil water in a large pot. Clean cabbage and gently peel leaves. Place in water, boil for 5 minutes or until soft and tender...they won't soften when you cook the lasagna. Remove from water and drain.

Preheat oven to 425 degrees. In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato sauce. Season with stevia, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 TBS parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 tsp. salt.

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange cabbage noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices.

Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese. Bake for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

**Calories: 275 per serving (12 servings)**

# ENCHILADAS

---

1 Pound Chicken Sausage  
 1 Pound Ground Turkey  
 1 to 2 TBS Cumin (to taste)  
 1 to 2 TBS Chili Pepper (to taste)  
 Salt to taste  
 1 tsp. Cheyenne Pepper  
 1 C Cheddar Cheese (Grated)  
 1 C Pepper Jack (Optional)  
 1/2 Onion (Diced)  
 1 (32 oz.) Can Enchilada Sauce  
 Tooth Picks

## Directions:

Boil water in a large pot. Clean cabbage and gently peel leaves. Place in water, boil for 5 minutes or until soft and tender...they won't soften when you cook the lasagna. Remove from water and drain.

Preheat oven to 375 degrees. Cook sausage, ground turkey and all seasonings, over medium heat until well browned. Place grated cheeses, onion and enchilada sauce in separate containers creating an assembly line. Dip cabbage leaf into enchilada sauce, then stuff chicken sausage, turkey, cheese and onion into cabbage leaf. Roll and secure with tooth pick. Stuff each cabbage leaf until your ingredients are gone. Pour remaining enchilada sauce on top of enchilada's and top with cheese. Spray aluminum foil with Pam. Cover enchiladas and bake for 30 minutes. Remove foil, bake until cheese is brown and sauce is bubbling.

**Calories: 181 per serving (16 servings)**



# STUFFED GREEN CHICKEN

---

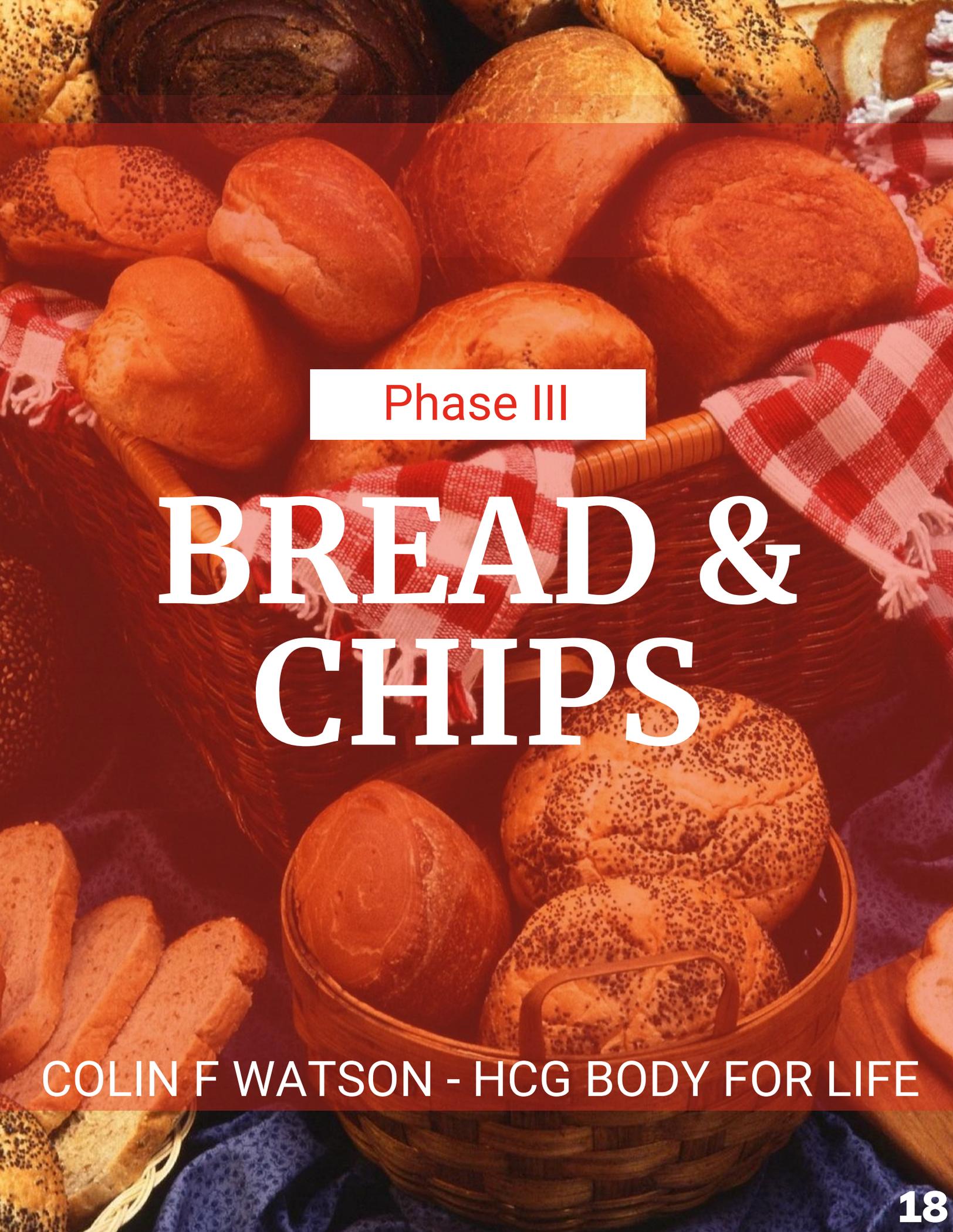
4 skinless, boneless chicken breasts  
Small Package of Feta Cheese  
Package of Fresh Basil  
8 to 10 Sun Dried Tomatoes  
3 Cloves Garlic  
1/4 C. Chopped Onion  
2 to 3 C. Chicken Broth  
2 TBS Italian Seasoning  
1/4 C. Braggs Amino Acid  
1 to 2 TBS Olive Oil

## **Directions:**

Sprinkle chicken with Italian seasoning. Using a small sharp knife, cut in half horizontally through the center of each chicken breast half, creating a pocket. Fill each pocket with 2 sun dried tomatoes, 2 to 3 fresh basil leaves and 1 TBS of feta cheese. Roll and close with a tooth pick.

In a large skillet sauté garlic and onion in olive oil over medium heat. Add filled, chicken breast halves to skillet and sauté until outsides are golden brown. Insides should be pink. Add chicken broth and Braggs. Simmer chicken until fully cooked. Juices should run clear. Approximately 5 minutes.

**Calories: 287 per serving (4 servings)**



Phase III

# BREAD & CHIPS

COLIN F WATSON - HCG BODY FOR LIFE

# LOW CARB FLAX BREAD

---

1/3 C Flax Seed Oil or Coconut Oil  
1/2 C Water  
1 tsp. Salt  
1 Packet Stevia  
1 tbsp Baking Powder  
2 Eggs  
4 Egg Whites  
2 C Flax Seed Meal (You can find this at most grocery stores or grind whole flax seeds into a meal)

## Directions:

Preheat the oven to 350 degrees. In large bowl, mix flax seed meal, stevia, salt and baking powder. Whisk oil, water and eggs (In a separate bowl). Combine all ingredients and let set for 2 to 3 minutes until thick.

Place oiled parchment paper on baking sheet. Pour batter onto the baking sheet. Once you have it all there, you can spread this out on your baking sheet to whatever thickness you desire, but it should be at least 1/2 inch thick.

Place into preheated oven for about 25 minutes. You want to push on the bread and if it bounces back a bit it is done. Let cool for about 25 minutes.

NOTE: This is the basic bread recipe. You can add any ingredient you like. I add sun dried tomatoes and basil. Also, I add 1 banana and substitute 1 cup of apple sauce for oil. PLAY! :)

**Calories: 118 per serving (12 Servings)**

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# FLAX SEED CHIPS

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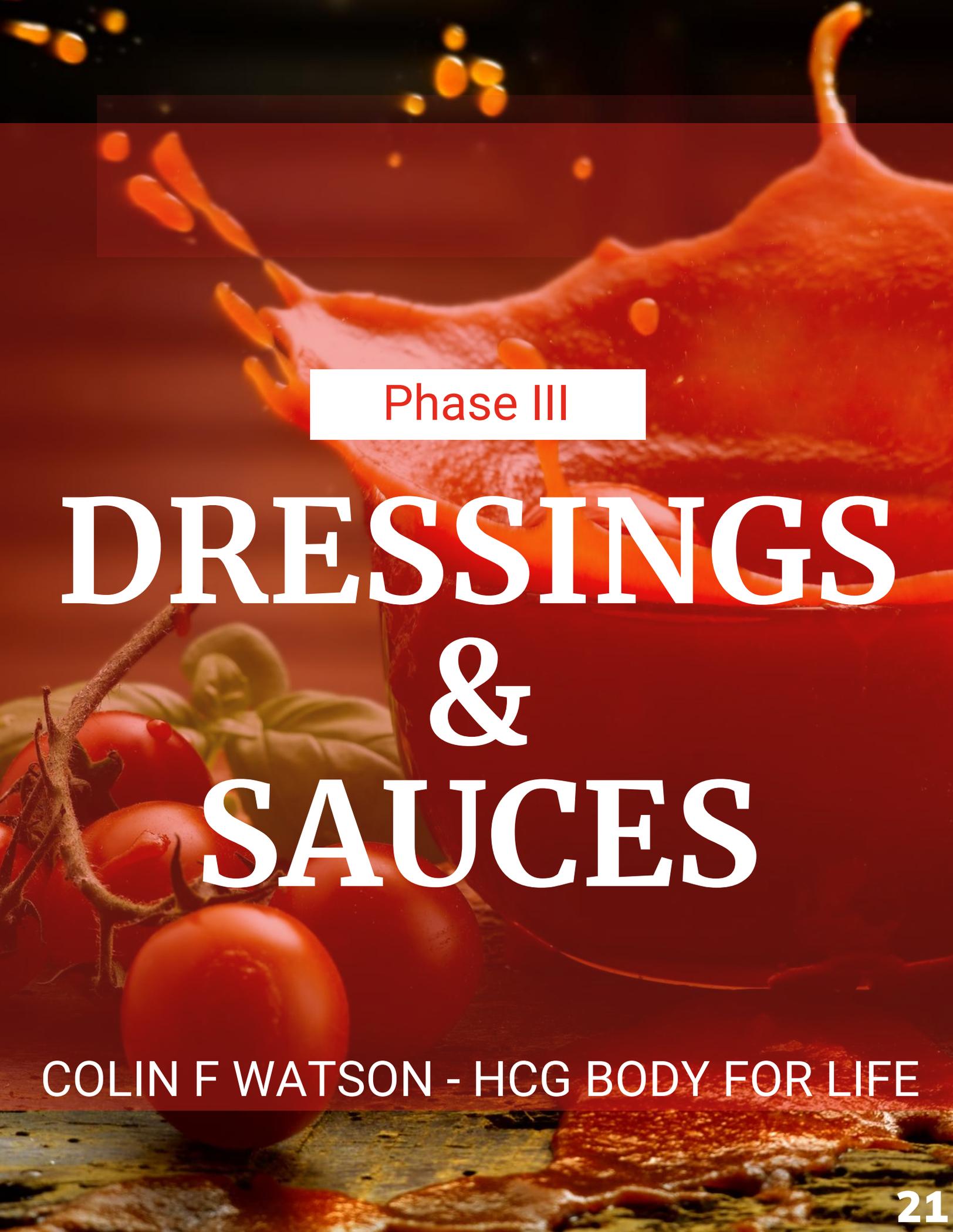
1/2 C Flax Seeds  
1/2 C Flax Meal  
6 Medium Tomatoes  
1 C Sun-Dried Tomatoes  
1 tbsp Lemon Juice  
1/4 C Fresh Basil  
3 Medium Onions  
1 Clove Garlic  
1 tbsp Braggs

## **Directions:**

Grind all ingredients in a food processor. Spread evenly and thinly over 2 Para flex dehydrator trays, right to the edges. Dehydrate at 105 degrees for 3 hours then invert onto another mesh dehydrator tray to finish drying in the dehydrator for a further 10 – 18 hours.

\* If you like it spicy, add a habanera and cayenne pepper to taste.

**Calories: 42 per chip (20 chips)**



Phase III

# DRESSINGS & SAUCES

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## PESTO

---

2/3 C Walnuts or Pine Nuts  
6 Sun Dried Tomatoes  
20 Basil Leaves  
1 tbsp Olive Oil or Flax Seed Oil  
2 Garlic Cloves  
Braggs to taste

**Directions:** Combine all ingredients into food processor. Add any one or all ingredients to taste. I like to add a habanera pepper.

**Calories: 61 per tablespoon (16 tablespoons)**

## CILANTRO PESTO

---

2/3 C Walnuts or Pine Nuts  
1 Bunch of Cilantro  
1 tbsp Olive Oil or Flax Seed Oil  
3 Garlic Cloves  
1 Tomato  
5 Sun dried Tomatoes  
Braggs to Taste  
1 Hot Pepper (Optional)

**Directions:** Combine all ingredients into food processor. Add a little water if too thick. Add one or all of the above ingredients to taste.

**Calories: 61 per tablespoon (16 tablespoons)**

## DRESSING OPTIONS

---

Braggs

Lemon Juice of one Lemon

Apple Cider Vinegar

Braggs and 1 tsp Coconut Oil

Braggs and 1 Tbsp MTC Oil with 1 Tbsp of Dijon Mustard

## KETCHUP

---

1/4 C Tomato Sauce (Organic no sugar added)

1/8 C Tomato Paste (Organic no sugar added)

1/2 tsp. Distilled White Vinegar

1/4 tsp. Sea Salt

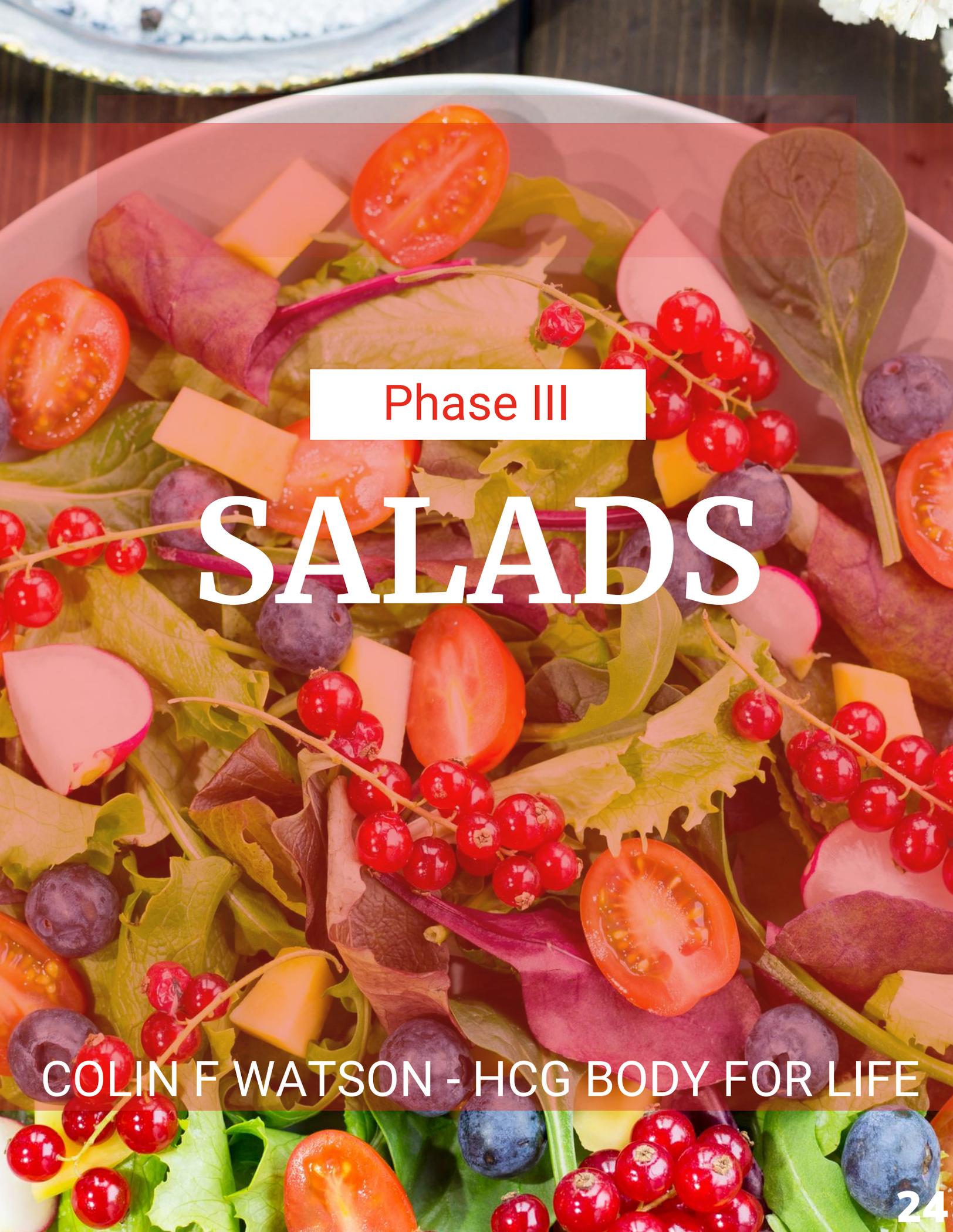
1/2 tsp. Paprika

1/2 tsp. Onion Powder

1/2 tsp. Stevia

**Directions:** Combine all ingredients and enjoy. Mix well.

\* You may add or take away from seasoning to your liking. Also, I add garlic powder and Cheyenne pepper...but you know me :)



Phase III

# SALADS

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## MOZZARELLA ITALIAN SALAD

2 Sticks String Cheese  
1/2 Cucumber Cubed  
1/2 Red Bell Pepper  
1 Large Tomato Sliced  
3 large Slices of Onion  
2 tablespoons Boursin Garlic Herb Cheese  
8 tablespoons Balsamic Vinegar  
1 tablespoon Olive Oil  
Mix all ingredients together and let marinate for an hour or two.  
**Calories 112 (4 servings)**

## MUSTARD BRUSSEL SPROUTS

16 Brussels sprouts  
2 cloves garlic, crushed  
½ tablespoons Cayenne Pepper  
2 tablespoons Dijon Mustard  
1 tablespoon Lemon Juice  
Salt and Ground Black pepper to taste

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the Brussels sprouts, and season with garlic and cayenne pepper. Recover, and steam to your desired degree of tenderness, about 30 minutes for very tender.

Remove the Brussels sprouts from the steamer and place into a bowl. Add the mustard, and lemon juice.  
Season to taste with salt and pepper toss until evenly coated.

**Calories: 128 per serving (2 serving)**

## 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.

# 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!

## SHRIMP SCAMPI

5 oz. Peeled Shrimp  
2 Cloves Garlic (crushed)  
1/3 Onion, sliced  
Salt to taste  
Black Pepper to taste  
1/4 tsp. Parsley  
1/8 tsp. Red Pepper Flakes  
Handful of Broccoli  
Lemon Juice from half a Lemon. Just one squeeze

### Directions:

In a heavy-bottomed pan, melt coconut oil over medium-low heat. Add the garlic and onion. Sauté for 1 minute; be careful, the garlic burns easily! Add the shrimp, salt, pepper, parsley, red pepper flakes and paprika. Sauté until the shrimp have just turned pink, about 3 to 4 minutes, stirring often. You may want to add a little water. Add broccoli and lemon juice. Cover and let steam for 3 to 4 minutes. Broccoli should be dark green and moderately crispy.

## 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  
¼ to ½ 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. 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.

## TURKEY BURGER 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 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)

I 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.

# HAMBURGER SALAD

---

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:**

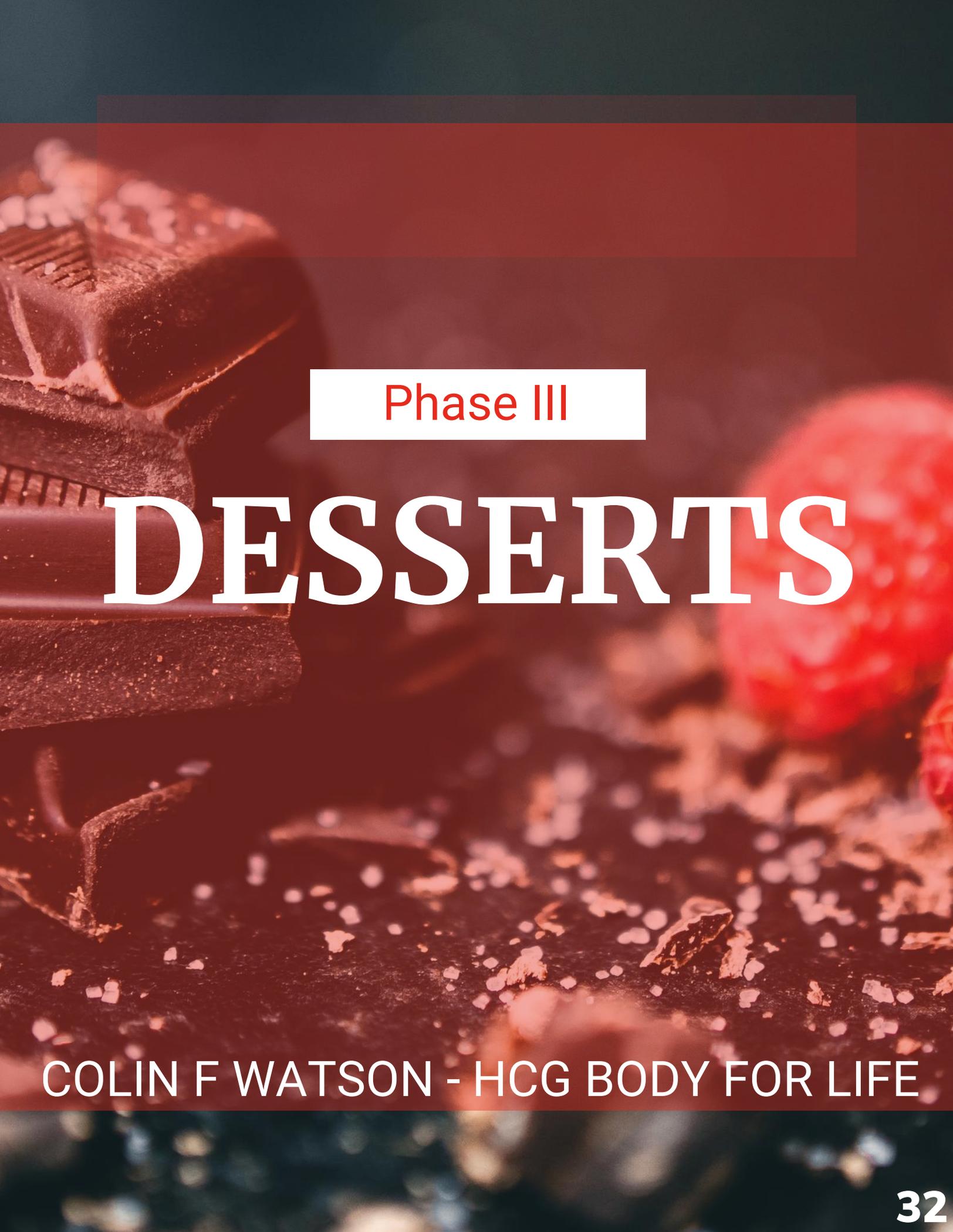
Roll hamburger into balls then flatten slightly. Grill on BBQ or George Forman Grill.

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

**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 III

# DESSERTS

COLIN F WATSON - HCG BODY FOR LIFE

## CHOCOLATE PUDDING

10 oz. Soft Tofu  
1/2 C Cocoa  
1/2 to 3/4 Banana  
4-6 package of Vanilla Stevia 4-6 to taste  
1/2 C Soy Milk  
Vanilla to taste

**Directions:** Mix together in a food processor (adding ingredients to taste) Refrigerate 8-12 hours **Calories: 1 Tbsp 62 calories**

## CHOCOLATE PEANUT BUTTER PUDDING

19 oz. Soft Tofu  
1/4 C Cocoa  
1 tbsp. Peanut Butter  
2/3 to 1 Banana  
4 packets of Vanilla Stevia  
Vanilla to taste

**Directions:** Mix together in a food processor (adding any ingredient to taste) Refrigerate 8 to 12 hours. **Calories: 1/2 C = 98**

# CAROB WALNUT COOKIES

4 to 6 Medjool Dates (Pitted) or 1 C. Raisins  
3/4 C raw walnuts  
1/4 C raw carob powder  
1/8 tsp. sea salt  
Vanilla to taste

## Directions:

Combine the dates (or raisins), walnuts, carob powder, salt and vanilla in the food processor. Process until the dough begins sticking together.

Press the dough into 2-inch cookie cutters placed on a sheet tray lined with parchment paper. Shoot for a thickness of 1/3- to 1/2-inch. Or, make 1- to 1 1/2-inch balls and flatten.

Place the cookies in the freezer to chill and firm up for 30 minutes or more before serving or transferring to the fridge for serving later.

Will keep for many weeks in the fridge or freezer. Thaw 5 minutes before eating. \*I also form the cookies into a small bowl (press together in a ball and press your finger in the middle to create a bowl) then fill with 1/2 t peanut butter. YUMMMM!

**Calories 98 (12 cookies)**

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## CHOCOLATE BAR

1/2 C Coconut Oil  
 1/2 C Cacao Powder  
 1/4 C Maple syrup  
 2 package Vanilla Stevia  
 1 tsp. Vanilla extract  
 1/2 C Chopped or Whole Almonds

Blend liquid ingredients until super smooth. You can add more sweeteners or more chocolate to suit your tastes. Transfer mixture to separate bowl and stir in almonds. (Feel free to add other goodies...coconut, berries, etc). Spread on a plastic wrap lined plate or dish and place in freezer to cool.

**Calories: 39 per piece (35 pieces)**

## CHOCOLATE PEANUT BUTTER CUPS

1/2 C Coconut Oil  
 1/2 C Cacao Powder  
 1/4 C Maple syrup  
 2 packets Vanilla Stevia  
 1 tsp. Vanilla extract  
 \*Peanut butter amount will vary  
 \*Plastic Egg Tray

Blend liquid ingredients until super smooth. You can add more sweetener or more chocolate to suit your tastes. Line each egg slot with plastic wrap. Fill each slot with 1 teaspoon of chocolate. Immediately place 1 teaspoon of peanut butter on chocolate. If you wish pour more chocolate on peanut butter, then place in freezer for 15 to 30 minutes.

\* I would fill one egg holder at a time with chocolate and peanut butter to ensure a complete peanut butter cup.

**Calories: 121 per cup (12 cups)**

## LEMON PUDDING

10 oz. Soft Tofu  
Lemon Juice 2 to 3 lemons  
Lemon Zest - 1 1/2 lemons  
1 Lime - Juice and zest  
10 oz. Soft Tofu  
4 package Vanilla Stevia  
1 Banana  
Vanilla to taste

### Directions:

Mix together in a food processor (adding or taking away any ingredient to taste)  
*Optional:* Blueberries on top if desire Calories: 176 (1/2 cup)

## CRUST

1/2 C Almonds  
1/2 C Walnuts  
6 to 9 Medjool Dates  
1/4 to 1/2 C Shredded Coconut  
1 tsp. Vanilla

### Directions:

Combine nuts in food processor. Add dates (no seed) coconut and vanilla. Press in a 9x13 baking dish. Place in the freezer for 20 minutes minimum. (You can add more of any ingredient depending on the texture you desire. Also any nut may be used. Preferable one hard nut ex. macadamia and or one soft nut ex. pecan)

**Calories: 103 (12 servings)**

## FRUIT TART

- 1 C. Peanut Butter
- 2 1/2 Bananas (sliced)
- 1 C Blueberry's
- 2 C Strawberry's (quarter sliced)
- 2 packets Stevia
- 1 Nut Crust (See Recipe)

### Directions:

Prepare your crust. After crust has set in freezer for 20 minutes or more spread peanut butter on top. Slice bananas and layer on top of peanut butter. Combine blueberry, strawberry and stevia in a bowl and combine. Layer fruit mixture on top of bananas. Refrigerate for an hour and enjoy. \* You can use any fruit mixture you like.

**Approx 317 calories per square (12 squares)**

## LEMON TART

- Nut Crust (See Recipe)
- Lemon Pudding (See Recipe)
- 1/4 C Blueberry's

### Directions:

Prepare Crust and place 1/4 Cup in custard or tart dishes. Freeze for 20 minutes, minimum. Spoon lemon pudding in prepared dishes. Top with blueberries.

**Approx 276 Calories per dish**



## CHOCOLATE, PEANUT BUTTER, BANANA TART

Nut Crust (See Recipe)  
1/2 C Peanut Butter (sliced)  
2 Bananas  
Chocolate, Peanut Butter, Banana Pudding (See Recipe)  
Cocoa Nips

### **Directions:**

Prepare Crust and place 1/4 Cup in custard or tart dishes. Freeze for 20 minutes, minimum. Spread 1 Tablespoon of peanut butter on top of crust in each tart dish. Layer sliced bananas on top of peanut butter. Spoon chocolate and peanut butter pudding on bananas, sprinkle cocoa nips for decoration.

**Calories: 125 a piece (12 pieces)**

## CHOCOLATE, PEANUT BUTTER MOUSSE

Chocolate, Peanut Butter Pudding (Recipe)  
1/2 C. Greek Yogurt (or to taste)

**Directions:** Combine chocolate, peanut butter pudding with Greek yogurt.

**Calories: 52 per 1/2 C**



## CHOCOLATE PEANUT BUTTER MOUSSE PIE

### **Crust:**

1/2 C Almonds  
1/2 C Walnuts  
6 to 9 Medjool Dates  
1/4 to 1/2 C Shredded Coconut  
1 t Vanilla

Combine nuts in processor. Add dates (no seed) coconut and vanilla. Press in a 9x13 baking dish. Place in the freezer for 20 minutes minimum.

(You can add more of any ingredient depending on the texture you desire. Also any nut may be used. Preferable one hard nut ex. macadamia and or one soft nut ex. pecan)

### **1st Layer:**

Chocolate  
1/2 C Coconut Oil  
1/2 C Cacao Powder  
1/4 C Maple Syrup  
2 packets Vanilla Stevia  
1 t Vanilla Extract

Blend liquid ingredients until super smooth. You can add more sweeteners or more chocolate to suit your tastes. Pour onto crust. Place in the freezer for 15 minutes or until chocolate is hard.

### **2nd Layer:**

Peanut Butter  
Spread Peanut Butter on top of chocolate. Place in freezer for 15 minutes.

*Continued to next page*

## CHOCOLATE PEANUT BUTTER MOUSSE PIE

### 3rd Layer:

Chocolate Pudding

10 oz. Soft Tofu

1/2 C Cocoa

1/2 to 1 Banana

4-6 pkts of Vanilla Stevia 4-6 to taste

1/2 C Soy Milk

Vanilla to taste

Mix together in a food processor (adding any ingredient to taste). Pour pudding on top of peanut butter. Place in the freezer for 15 to 30 minutes then transfer into the refrigerator.

**Calories 636 per serving (6 servings)**



## FLOUR-LESS PEANUT BUTTER COOKIES



- 1 cup smooth peanut butter
- 1 cup Stevia
- 2 whole egg
- 1 tsp baking soda
- 1 tsp vanilla

**Directions:** In a medium bowl with a wooden spoon, beat peanut butter until it becomes slightly creamier. Add sugar and mix well. Finally, add the whole egg and mix. When well blended, drop by spoonfuls onto a greased cookie sheet or spray with cooking spray to prevent from sticking. Bake at 350°F degrees for about 12-15 minutes or until you see them golden brown at the bottom; makes about 12 to 19 cookies. You can double the recipe.

**Calories: 92 per cookie**

# Disclaimer

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The Recipes in The HCG Body for Life Recipe Book – Phase III are only for people that are currently moving into Phase III or in Phase III (Maintenance) or simply just want to use these recipes to maintain a healthier diet or lifestyle.

Hope you enjoy!



**COLIN F. WATSON**

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