

Book 1

The

HCG Cookbook

By Marie McAulay



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Introduction...

A BIT ABOUT ME (Marie McAulay)

Hi there, thought I would introduce myself and give you some background information about me. I was asked to put together this HCG recipe e-book as part of the Bio-Body HCG Protocol programme by Leigh Spencer who brought HCG to New Zealand and created a unique HCG formula to maximize the potential weight loss that HCG can deliver.

Leigh and I formed a group in 2009 with a few friends and colleagues from our Emotional Freedom Technique (EFT) training group to specifically address the emotional reasons surrounding our weight issue and our 'blocks' around being 'lighter'.

During this time I watched Leigh work with clients and develop her business around the use of HCG for successful and permanent weight loss.

I was a bit skeptical at first – I don't think I believed HCG was as good as everyone said it was. As I watched Leigh during her first round on HCG, it was only a week before I started to notice her dramatic results. I was impressed and it certainly convinced me to give it a go!

My background is both in hospitality and therapy-counseling. I am a qualified EFT practitioner, hypnotherapist and councillor.

I owned and operated an award winning Café here in Napier, New Zealand for seven years and enjoyed it immensely... I've always worked around food professionally, whilst overseas and here in New Zealand.

I have a passion for global flavours and different cuisines from around the world.

I never imagined I would be writing a cookery book for weight loss... but here I am!

For me weight loss has been very empowering... on many levels, physically, emotionally, and dare I say it spiritually.

It's as a good friend said to me recently... "I've got my old friend back... the one that used to laugh a lot... and didn't take life soooo seriously."

The HCG programme has been a journey of self-discovery and for me, some challenges as well. There were moments when I was on The Protocol when I definitely needed my friend Leigh to meet for that precious mid morning coffee treat at our favourite cafe, especially earlier on in the programme. Both of us acknowledged how support definitely helped us in the early phase, but I soon got a handle on it and it was fantastic to see my weight peel off in such a short time.

To date I've managed to keep all 16 kilos off (after 2 rounds of HCG) and surprisingly easily! I continue to eat healthily and still enjoy the odd treat. I love wearing smaller clothes, feeling healthier, lighter, having fewer aches and pains, etc. I'm going to be doing another round shortly... and believe me I don't say that lightly! The reason... I love how much better I feel.

Good luck and may you all be as successful as I've been with this wonderful programme. After years of struggle with my weight, this has been a 'mini miracle' for me.

Remember that as the seasons change, try adding the new flavors each season brings - new fresh plump, luscious strawberries of the Summer, the gorgeous Spring asparagus in salads or steamed with a squeeze of lemon juice - just divine.

I hope that these recipes serve to inspire you. Have a 'play', get creative, do your thing... Let it be the beginning of a whole new world!

PS. I'm currently working on my next e-book to support you on your journey: 'The HGC 3 week maintenance cook book', and I have a HCG vegetarian cookbook in the pipeline... plus more, so watch this space...

Cheers

Marie

Hot Tips and Shopping Lists

Every day condiments – including dry herbs

- Apple cider (organic) or Bragg's apple cider
- Asian spice mix
- Chilli flakes
- Fresh orange juice
- Curry powder
- Cracked pepper
- Ginger root, dried and fresh
- Garlic flakes[^]
- Herbs – e.g. dried basil, rosemary, oregano, thyme etc
- Lemon/Lime juice (lemons by the bucketful if you can get them!)
- Tamari (wheat free) or Bragg's soy sauce
- Middle Eastern spice mix
- Mustard powder
- Sea salt
- Spices – e.g. cumin, coriander, turmeric, paprika, ginger etc
- Stevia granules

- Tomato paste^{*}
- Tomato puree^{*}
- Thai fish sauce^{*}

[^] Use dry garlic rather than fresh – this is to ensure it doesn't interfere with the homeopathic HCG. HCG needs to be taken in a "clean mouth" – which is one where you can't taste anything in it.

^{*} These products I recommend using sparingly – check side panel for ingredients – many contain sugar and starches.

Hot Tips and Shopping Lists

Vegetables and Fresh Herbs

Please see the allowable vegetables, a list of which can be found via the downloads on the Bio-body website:

www.hcgweightloss.co.nz

I can't stress enough how important it is to stick to the original list of Dr Simeons allowed vegetables and meats for The HCG Protocol, as listed on the website www.hcgweightloss.co.nz. There are many variants of The Protocol on other HCG websites, but it is strongly advised not to deviate from the foods of Dr.Simeons original Protocol. It isn't necessarily the calorie content of the different foods, it is their chemical composition that facilitates successful weight loss.

Ensure you are fully prepared and you shop for all you need before you begin.

Meats

Please see allowable meats and seafood list on the Bio-Body website.

Cooking Equipment and Utensils

- Vegetable steamer
- Non-stick frying pan and/or wok
- George Foreman Grill

Hot Tips and Shopping Lists

Marie's HOT TIPS and HINTS

- 1 Check the meat list on the website and be extremely careful of hidden fat content, i.e. if using chicken mince ensure it's made with breast meat only.
- 2 The same applies for beef mince - ensure it's labeled 'lean beef' mince. Legally any meats can be sold as 'mince', if not stipulated as beef. Better yet, mince your own lean cuts in your food processor.
- 3 Make several copies of the food lists and carry them with you when shopping.
- 4 Bulk buy where you see chicken breast, lean mince, etc on sale, then portion off into 100g parcels and freeze.
- 5 Please ensure you have a non-stick pan - a new one preferably that hasn't previously had any fats in it.
- 6 Please note Stevia is 100 times sweeter than sugar, so use it very sparingly.
- 7 Keep all your food 'toolkit' together in a separate area and in a special container... these are your ingredients that are going to create the 'magic', in your body's transformation.
- 8 I personally use lashings of lemon juice in my cooking, so hunt the neighborhood for a lemon tree and ask your neighbours nicely if you can raid their tree.
- 9 Eat your red meat option at lunch, and your chicken or fish meal at night. Many HCG clients report a greater weight loss is achieved when this rule is followed.

Hot Tips and Shopping Lists

Marie's HOT TIPS and HINTS continued...

- 10 I recommend you make up the vinaigrette for a few days for your salads.
– store in an airtight container in the fridge.
- 11 Buy pots of fresh herbs from your farmers market or supermarket. If time allows, take pleasure from planting a small herb box containing a few of your favourite herbs.
- 12 Double-up (or treble) your portions of meals and freeze portions for the week if busy at work... less stress is best! 😊
- 13 Using a George Foreman Grill is a fabulous way of ensuring that as much fat as possible is eliminated during the cooking process... buy one if you can afford it. Watch though – because you're cooking leaner cuts of meat, the reduced fat can mean the meat can cook a little dry, so regularly baste with a simple marinade while cooking.
- 14 Attention garlic lovers! The reason I don't use fresh garlic and prefer to use garlic flakes is because I 'err' on the side of caution, because of the effect fresh garlic might have on the effectiveness of homeopathics. I'm a big garlic fan myself but this is something you need to be mindful of, even though the garlic will be cooked.
- 15 A little chilli flakes added to soups and other dishes speeds our metabolism and gives us 'oomph' for winter chills.
- 16 If you are lucky enough to have a 'hunter-gatherer' in the family or a local butcher who sells wild game, try wild venison as it is lower in fat and it is in my opinion, far superior in flavour and nutrition, as compared to farm-raised.

Hot Tips and Shopping Lists

Marie's HOT TIPS and HINTS continued...

- 17 Because we don't have the usual longer cooking time with these HCG recipes, please ensure you use the finest quality steak that you can buy from your butcher.
- 18 Keep it juicy! Ensure the fish is not overcooked, best to err on 'slightly undercooked', because the cooking process will continue even while the fish is resting... fish is a delicate and beautiful thing. 😊
- 19 On this programme, we aren't getting many calories, so we need lots of flavour and crunch which you won't get with the supermarket bags of mesclun mix. 😊 It's worth going to your local farmers market to get your mesclun or salad mix or alternatively as I do, grow your own fresh herbs, rocket, lettuces, parsley etc. Set it up, even in pots, a month before you begin The HCG Protocol.
- 20 Ensure canned tomatoes are completely free of added carbohydrates and all sugars. I use a 400g can of tomatoes and divide by 4.
- 21 Stevia - If you cannot find stevia at your local health store please note that it is not a necessary ingredient in the HCG recipes, as I use it mainly as a flavour enhancer only.
- 22 Fish - You may notice that when I use WHITE FISH in the recipes I use the average value of 90 calories. However please be aware and check the calories of the fish you do choose.

See the Bio-Body website

www.hcgweightloss.co.nz

for further hints and tips

Loading up! - Days 1 and 2

Welcome... Happy loading days to you... the journey begins!

Below are a list of items of 'fabulous fill your face', 'stuff yourself full' and 'take no prisoners' foods, that are definitely able to satisfy the necessary requirements for your fat intake. You will need it and if you don't believe me, you will wish you had! The first few days of the 500 calorie phase are not always a walk in the park! The more you fill up on days 1 and 2 the better your results...and the easier it will be.

Good fats are ideal of course. Here are a few suggestions:

- Butter, lard, ghee, dripping, duck fat
- Coconut cream
- Good quality olive oil
- Cream - whipped, double, clotted, etc
- Eggs
- Oodles of good quality chocolate
- Full fat milk
- Avocados
- Oily fish e.g. salmon steaks
- Rich full cream cheeses
- Full cream Greek yoghurt
- Protein shakes e.g. full milk, Greek yoghurt, bananas etc
- Nuts
- Paté
- Good quality salami
- Good quality ice cream
- Dressings and mayonnaise (the real McCoy with eggs and oil) and Aioli
- Saucy sauces, cheese sauce, béchamel, satay, alfredo, beurre blanc etc.

Meats: if possible all meats should be free range and organic, but it's not necessary.

- New Zealand Angus Beef
- New Zealand Pork
- New Zealand Lamb
- Duck
- Bacon
- Good quality sausages

Loading up!

Just go for it. Enjoy all the pleasures of rich luscious food while you can, knowing it's completely 'legal' (and essential) for the first two days of The Protocol.

You may notice that you're not so hungry during the second loading day, mainly because the HCG is starting to work in your body and because the fat content of the foods you are eating is high you become satisfied more quickly.

Many of us have stopped eating quality fats to such a degree that our bodies are often deficient in some essential fats vital for optimum health e.g. Omega 3.

I personally love salads, so I also have lots of fresh crunchy salads with lots of oil-rich dressings...😊

Even though you're 'loading' and there are essentially no restrictions, you may want to load up with only good quality fats during these days. Try eating plenty of nuts, avocados, quality olive oil, oily fish, etc.

REMEMBER it is ESSENTIAL to stuff yourself with every available fat you can get your hands on during the two 'loading' days of The HCG Protocol. The more you saturate your system with fat, the more fat reserves you will release and the less hunger you will experience in the days that follow.

Think of it as saving for a rainy day... the rainy day being when you start on the 500 calorie eating program.

Some recipe ideas for loading days:

- Crispy potatoes in duck fat
- Rich gooey chocolate puddings, ice cream, dollops of double cream
- Creamy bacon carbonara
- Salmon steaks with potato layered with cream, onion and garlic
- Pork roast with roasted vegetables
- Eggs benedict with lashings of hollandaise
- Rich layers of cheese sauce, minced beef and tomato e.g. lasagne
- Big juicy porterhouse steak pan fried with creamy mushrooms and chips
- Cheesy omelettes
- Pizza with lashings of cheese and salami

Day 3 onwards

Please Note:

This recipe book is designed to make sure you have plenty of new recipes available to make your journey with HCG interesting, tasty and fun. Get into swapping and mixing as much as you like. By doing so you will discover some new interesting taste sensations and hopefully some new favourites as well. Your tastes will be enhanced during this time, so savour and enjoy all the wonderful flavours of the foods you will be eating at this time.

Just be vigilant on the calorie count, particularly when you substitute one meat for another. Typically red meat has a higher calorie value to fish or chicken, so keep an eye out for it and really count those calories. Those who enjoy the greatest weight loss are those who eat the closest to 500 calories without going over. Our bodies need at least that many calories for HCG and The Protocol to work its magic.

The recipes have been created to enable you to substitute different meats to add variety for your lunches and dinners.

For example, substituting chicken for the beef in the Beef Laab Cups recipe, you can create quite a different taste sensation and this can make an equally delicious meal option.

Doubling up a recipe is great if you're in a hurry and makes lunch the next day a no-brainer.

While on The Protocol, most won't get physically hungry. But everyone is different. Some don't even have hunger pangs and find it difficult to eat all of the 500 calories allowed. We're all wired differently and each of us has our own metabolisms.

Day 3 onwards

Personally I could have eaten the dining table leg with hollandaise on it if I could have! No, I'm kidding. Even though the first 2-3 days may be a challenge, it quickly comes right, so hang in there and eat up on those loading days and just enjoy your guilt free banquets before the real work begins! 😊

***IMPORTANT NOTE BEFORE YOU BEGIN USING THE FOLLOWING RECIPES**

Before you begin using the recipes, PLEASE NOTE that the * Meat options, at the bottom of the recipe pages, are the total calorie count for the recipe with the optional choices.

I know that may be obvious to most, but I'm just making sure you are all very clear about that.

I've swapped meats in the recipes to give you more variety, but I know that most of you will find your favourites and stick with them. I know I did.

Essentially you now have (with the optional meats) more than 50 different meal options and recipes to choose from.

Lots of luck and love

Marie

Side Dishes

- Salsas 15
- Salads & Dressings 16
- Vegetables 22



Mexican Tomato Salsa

Total Calories 49

- 1 medium tomato, finely diced 22cals
- 1 spring onion, finely chopped 7cals
- 1 tsp garlic flakes 5cals
- 1/4 cup fresh coriander, finely chopped 5cals
- 1 tsp lime juice 2cals
- Tiny pinch of stevia
- Pinch of chilli flakes 2cals
- 1/4 medium cucumber, diced finely 6cals

Method:

Combine well and let rest for 10 minutes for flavours to develop

Tomato, Cucumber and Mint Salsa

Total Calories 54

- 8 cherry tomatoes, cut in half 24cals
- 1/4 medium telegraph cucumber, very finely diced 6cals
- 1 spring onion, finely sliced 7cals
- 2 tbsp chives 2cals
- 1 tbsp lemon juice 5cals
- 1 tsp garlic flakes, chopped 5cals
- 1/4 cup fresh mint, finely chopped 5cals
- Sea salt and cracked pepper

Method:

Combine well and let rest for 10 minutes for flavours to develop

Tomato and Cucumber Salad

Total Calories 52

- 1/2 medium telegraph cucumber (don't need to peel telegraph cucumbers... and the green colour adds to the visual deliciousness), diced 12cals
- 1/4 red onion, finely sliced 11cals
- 2 tbsp Bragg's apple cider vinegar 5cals
- 1 medium tomato, finely diced 22cals
- Pinch oregano or 1 tsp finely chopped mint 2cals

Method:

Combine and let salad sit for 5 minutes.

Red Slaw

Total Calories 32

- 1 cup red cabbage, finely sliced 10cals
- 2 radishes, finely sliced 2cals
- 1 medium stalk of celery, finely diced 3cals
- 1 spring onion, finely sliced 7cals
- 1/4 cup of parsley, chopped 5cals
- 1 tbsp lemon juice 5cals

Method:

Combine and let salad sit for 5 minutes.

Tomato and Spinach Salad

Total Calories 55

- 1 cup baby spinach leaves, washed 7cals
- Pinch cumin seeds 2cals
- 1/4 red onion, finely sliced 10cals
- 1 tsp fresh ginger, grated 5cals
- 1 tsp garlic flakes 5cals
- 2 tbsp lemon juice 10cals
- 1/2 medium tomato, diced 11cals
- 1/4 cup fresh mint and coriander, finely chopped 5cals
- Sea salt and cracked pepper

Method:

Toast cumin seeds in dry pan, then mix with garlic, ginger, lemon juice, stevia, salt and pepper. Whisk together to form dressing. Toss all other salad ingredients together and pour dressing over salad.

.....enjoy 

Middle Eastern Salad

Total Calories 32

- 1 cup salad greens 5cals
- 1/2 medium tomato, diced 11cals
- 1/4 medium cucumber, diced 6cals
- 1/4 cup fresh mint leaves, finely sliced 5cals
- 1 tbsp of lemon juice 5cals

Method:

Combine together and serve.

Orange, Red Onion and Celery Salad

Total Calories 48

- 1/2 orange, peeled with all pith removed finely sliced 25cals
- 1/4 red onion, finely sliced lengthways 10cals
- 1 medium stalk of celery, finely diced 3cals
- 1/4 cup fresh basil, shredded 5cals
- 1 tbsp orange juice 5cals

Method:

Combine together and serve

Asian Salad

Total Calories 46

- 1 cup green cabbage, finely sliced 17cals
- 1 spring onion, finely sliced 7cals
- 2 radishes, finely sliced 2cals
- 1 tbsp lemon juice 5cals
- 1 tsp mustard seeds 5cals
- 1/4 cup fresh coriander (or mint) 5cals
- 1 tsp fresh ginger, finely grated 5cals
- Tiny pinch of stevia

Method:

Whisk lemon juice, mustard seeds, stevia, ginger, coriander, salt and pepper to form a salad dressing. Prepare salad vegetables and combine with dressing.

Wild Weed Salad (I use this often) 😊

Total Calories 10

- 2 cups of **wild weed salad greens**. These can consist of anything edible out of your vegie garden, pottager or local farmers market.

Method:

I use mustard leaves, large and small, rocket, mizuna, cos, various red and green lettuces, fresh cress, mesclun mixes and basically anything exotic and interesting that's edible.

I use borage flowers, calendula petals, heart tease flowers etc. for colour and toss it all together.

It's both pretty and tasty... and with a juicy citrus dressing... delicious.

(I count the cup of greens as I would lettuce.)



SALAD DRESSINGS: (Each makes 3-4 serves)

Lemon Vinaigrette

Total Calories 25

- Juice of whole lemon 20cals
- Tiny pinch of stevia
- Pinch of mustard powder 2.5cals
- Pinch of garlic flakes 2.5cals
- Sea salt and cracked pepper

Method:

Blend in your blender till completely emulsified or put in a screw top jar and shake, shake, shake.

Green Goddess Dressing

Total Calories 32.5

- 1/4 cup of your favourite green herbs e.g. basil, flat leaf parsley, chives, etc 5cals
- Juice of 1 large orange 25cals
- 2 tbsp organic apple cider vinegar 5cals
- Pinch mustard powder 2.5cals
- Sea salt and cracked pepper

Method:

Blend in your blender till completely emulsified or put in a screw top jar and shake, shake, shake.

Asian Dressing

Total Calories 32.5

- Juice of one large lime (or lemon) 20cals
- 2 tbsp soy sauce 10cals
- Tiny pinch of stevia
- Pinch of mustard 2.5cals
- Sea salt and cracked pepper

Method:

Blend in your blender till completely emulsified or using a screw top jar and shake, shake, shake.

Stuffed Tomato

Total Calories 43

- 1 medium tomato 22cals
- 1/4 red onion, finely diced 11cals
- 1 cup spinach, washed, chopped finely and quickly steamed 7cals
- 6 fresh basil leaves, finely chopped 3cals
- Tiny pinch of stevia
- Sea salt and cracked pepper

Method:

Cut the top off the tomato, scoop out the pulp and dice finely. Mix together tomato pulp, steamed spinach, basil, stevia and salt and pepper . Fill tomato case with mixture and bake for 10 minutes at 200 degrees Celcius.

Grilled Tomatoes

Total Calories 25

- 1 medium Beefsteak tomato 22cals
- Tiny pinch of stevia
- Pinch of thyme or oregano 3cals
- Sea salt and cracked pepper

Method:

Cut the tomato in half across, sprinkle stevia, herbs, salt and pepper on 2 halves and grill in George Foreman or under oven grill for 5 minutes on high.

Sauteed Bok Choy with Ginger

Total Calories 34.5

- 2 baby bok choy 10cals
- Pinch of garlic flakes 5cals
- 1 tsp fresh ginger, grated 5cals
- Pinch of chilli flakes 2cals
- 1 tbsp lemon juice 5cals
- 1 tbsp soy sauce 7.5cals

Method:

Wash and cut bok choy into quarters lengthwise. Saute garlic, chilli in lemon juice for a few seconds just to soften and then add bok choy and soy sauce. Place lid on pan so the bok choy can steam. Cook for 5 minutes till softened but still crunchy.

Gutsy Silverbeet

Total Calories 30

- 1 tsp fresh rosemary, finely chopped 5cals
- 1 tsp garlic flakes 5cals
- 3 cups of washed silverbeet (aka swiss chard) 20cals
chopped and stalks removed
- Sea salt and cracked pepper

Method:

In saucepan put garlic, rosemary and 2 tbsp of water, cook for 1 minute. Add washed silverbeet and salt and pepper. Cook further 5 minutes till tender.

Sauteed Asparagus

Total Calories 36

- 8 asparagus spears 24cals
- 1 tbsp soy sauce 7cals
- 1 tbsp lemon juice 5cals
- Tiny pinch of stevia
- Sea salt and cracked pepper

Method:

Steam asparagus for 3-5 minutes in pan big enough for asparagus to lie flat. Add asparagus and all other ingredients. Turn up to medium high and sauté for 2-3 minutes, till all liquid has evaporated. They should be tender but with a little crunch.

Main Dishes

- Soups 26
- Egg 29
- Salads 31
- Fish 34
- Chicken 41
- Beef 48
- Other 55



Tom Yum Soup

Total Calories 186

- 50g chicken breast, finely sliced 43cals
- 50g shrimp or prawns, peeled 55cals
- 2 spring onions, finely sliced 14cals
- 2 cups water
- 1 medium tomato, diced 22cals
- 2 tbsp tamari or Bragg's soy sauce 15cals
- 1 tsp fresh ginger, grated 5cals
- 1 tsp garlic flakes 5 cals
- Tiny pinch of stevia
- 2 tbsp lemon or lime juice 10cals
- Pinch of chilli flakes 2cals
- 1/4 cup fresh coriander or fresh basil, chopped 5cals
- 1 cup either green cabbage, spinach or bok choy 10cals

Method:

Place all in a saucepan and simmer till meat is tender and vegetables cooked 10-15 minutes.

Basically you can add or delete preferred vegetables and meat and make a larger quantity if required.

Meat options: (All fat removed)

- Beef schnitzel 100g total calories 206
- Porterhouse 100g total calories 185
- Chicken Breast 100g total calories 175

*Very filling...
good sweet and sour flavour...
to hit all those taste buds!*



Korean Meat Ball Broth

Total Calories 160

- 100g chicken breast, minced 87cals
- 1 tsp garlic flakes 5cals
- 2 spring onions, finely sliced 14cals
- 1 cup spinach, washed and chopped 7cals
- 1 medium stalk of celery, finely sliced 3cals
- 1/4 cup parsley, finely chopped 5cals
- 2 cups water
- 2 tbsp soy sauce 15cals
- 1 medium tomato, finely diced 22cals
- Pinch of chilli flakes 2cals
- Sea salt and cracked pepper

Method:

Using a blender mince together the chicken breast, 1 spring onion, garlic and parsley, salt and pepper.

Wet your hands and form into walnut sized balls.

Place into water with soy sauce, spinach, celery, 1 spring onion, diced tomato and pinch of chilli, salt and pepper. Bring to the boil, reduce to simmer, cook for further 10 minutes.

Meat options: (All fat removed)

- Porterhouse 100g total calories 170


Chunky Chicken, Tomato and Basil Soup

Total Calories 159

- 100g chicken breast, cut into strips 87cals
- 1/2 brown onion, finely diced 20cals
- 1 tsp garlic flakes 5cals
- 100g canned tomatoes, chopped (no additives) 37cals
- 1 cup water
- 1/4 cup fresh basil, shredded 5cals
- 1/4 cup fresh parsley, chopped 5cals
- Tiny pinch of stevia
- Sea salt and cracked pepper

Method:

Saute chicken strips, onion and garlic with 2 tsp of water on medium heat in non stick pan for 2 minutes with lid on. Add the rest of the water and the remaining ingredients and simmer for 10-20 minutes. Puree in blender.

Sprinkle with parsley if desired. For those cold days add a pinch of chilli flakes..... 

Meat options: (All fat removed)

- Porterhouse steak 100g total calories 169
- Schnitzel steak 100g total calories 190

Singaporean Egg Roll

Total calories 176

- 2 egg whites 40cals
- 1 whole egg 76cals
- 4 medium asparagus (if not available use half cup broccoli) 12cals
- 2 spring onions, finely sliced 14cals
- 1 cup spinach, finely chopped 7cals
- 1 tsp garlic flakes 5cals
- Pinch of chilli flakes 2cals
- 2 tbsp tamari or Braggs soy sauce 15cals
- 1/4 cup fresh basil, shredded 5cals

Method:

Blanch asparagus for 2 minutes in salted water and drain well. Whisk eggs with salt, pepper and fresh herbs.

Heat non stick pan, add spring onions, garlic, washed, chopped spinach and soy sauce, cook for 2 minute. Add egg mixture and cook further 2-3 minutes till egg is set.

Gently remove omelette from pan on to plate. Place asparagus or blanched broccoli into centre of omelette and roll up.

I remember eating a similar version on the streets of Singapore on my travels... a simple but deeply satisfying meal.

Ooh La La French Omelette

Total Calories 166

- 2 free-range egg whites 40cals
- 1 free-range whole egg 76cals
- 1 spring onion, finely sliced 7cals
- 1/4 cup green herbs, chopped 5cals
- 1 cup spinach, washed and chopped 7cals
- 1 medium tomato, diced 22cals
- Sea salt and cracked pepper

Method:

Beat eggs, add salt, pepper and green herbs. Sauté onion and spinach in 1 tbsp of water for 5 minutes to soften. Remove from non stick pan and set aside.

Pour egg mixture into pan.

The secret to a good omelette is the gentle handling. Once you see the eggs start to set in the pan, quickly using a wooden spoon or spatula gently push the egg mixture to one side while tipping pan. Repeat this two or three times.

Don't overcook egg, keep it soft, 3 minutes should do it.

At this point place filling back onto omelette and gently fold omelette in half.

Serve this with a cup of salad leaves.

5cals

*Ooh La La egggy Heaven!
The egg meal is a welcome
change of texture,
is surprisingly filling and
supreme comfort food
if having a
challenging day!*



Crab Salad

Total calories 158

- 100g canned, water-packed crab 100cals
- 1/4 cup parsley, roughly chopped,
or half and half basil and parsley 5cals
- 1 spring onion, finely sliced 7cals
- 2 tbsp lemon juice 10cals
- 1 medium tomato, finely diced 22cals
- 1/4 medium cucumber, finely diced 6cals
- 1 medium stalk celery 3cals
- Sea salt and cracked pepper
- 2 iceberg lettuce leaves or 1 cup wild salad leaves 5cals

Method:

Mix thoroughly and serve in iceberg lettuce cups or a bed of tasty ‘wild weed’ salad leaves from your garden.

Meat options: (All fat removed)

- Tuna (canned, water packed only) 100g Total calories 215
- Chicken Breast 100g Total calories 132

*Get into the flow of Mother Nature...
Give it a go!*

Warm Thai Beef with tomato and cucumber salad

Total calories 190

- 100g of prime porterhouse steak (cut into strips) 97cals

Marinade:

- 2 tbsp tamari soy sauce 15cals
- Pinch of chilli flakes 2cals
- 1 tsp garlic flakes 5cals
- Tiny pinch of stevia
- 2 tbsp lemon juice 10cals
- 2 tbsp water

Salad:

- 1 cup salad leaves, include rocket if possible 5cals
- 1/4 red onion, sliced finely 10cals
- 1/4 cup fresh coriander and fresh basil, roughly chopped 6cals
- 1 medium tomato, dice 22cals
- 1/4 cucumber, diced 6cals
- 1 grissini stick, crumbled 12cals

Method:

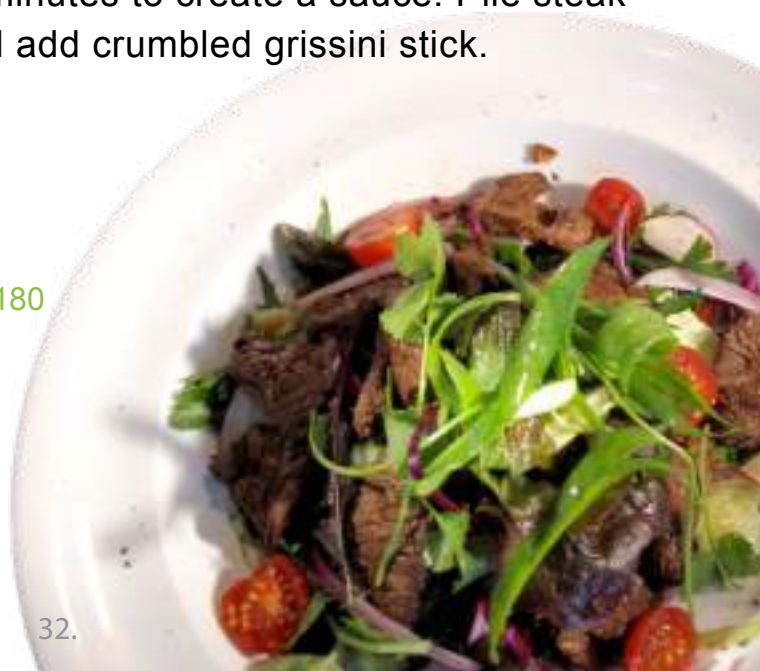
Marinate steak in soy sauce, chilli, garlic, stevia, lemon juice and water for 10 minutes while preparing salad bed.

Heat non stick pan to medium heat and sear steak for two minutes. Add back the marinade and heat through for two minutes to create a sauce. Pile steak and marinade sauce onto salad bed and add crumbled grissini stick.

Meat options: (All fat removed)

- Chicken breast 100g Total Calories 180

An oldie but a goodie!



Chicken, Rocket and Strawberry Salad

Total Calories 182

- 100g chicken breast, sliced 87cals
- 1 tbsp Bragg's or tamari soy sauce 7cals
- 2 cups salad, rocket leaves or similar 10cals
- 1/4 red onion, sliced 11cals
- 1/2 cup fresh basil, shredded 5cals
- 1/4 medium cucumber, diced 6cals
- 1 medium tomato, sliced 22cals
- 4 strawberries, quartered 24cals

Lemon vinaigrette;

- 2 tbsp lemon juice 10cals
- Pinch stevia
- Cracked pepper

Method:

Sauté sliced chicken breast in pan with soy sauce, in non stick pan till cooked through, 5 minutes approx.

Assemble salad:

Place salad rocket on plate, pile on cooked chicken and remaining salad ingredients and pour over lemon vinaigrette.

Meat option: (All fat removed)

- Porterhouse steak 100g Total calories: 192
- Schnitzel steak 100g Total calories: 213

This is a favorite of mine. This salad was the most popular dish when I ran my Café here in Napier...with the addition of rocket or basil pesto slathered all over it... sorry!... but this HGC version is delicious all the same... Enjoy ☺



Baked John Dory Parcel *with lemon, thyme and asparagus*

Total Calories 139

- 100g John Dory fish fillet 85cals
- 1/2 lemon, thinly sliced 14cals
- 2 sprigs of fresh thyme 5cals
- 1/2 tsp mustard powder 11cals
- 2 tbsp organic cider vinegar 4cals
- 2 tbsp fresh tarragon or flat leaf parsley 2cals
- Sea salt and cracked pepper
- Tiny pinch of stevia
- 6 medium asparagus spears 18cals
- Baking paper

Method:

Heat oven to 220 degrees Celsius; lay a square of baking paper on a baking tray. Place John Dory fillet on paper, top with lemon slices and sprig of thyme, salt and cracked pepper. Fold edges of paper to form edges. Bake for 15 minutes. Meanwhile, whisk the mustard, vinegar, stevia and fresh herbs. Set dressing aside.

Blanch asparagus in salted water for 4 minutes. Drain well. Remove fish from parcel. Arrange fish and asparagus and drizzle over the herb dressing.

Athenes Special Fish *with Tomato, Cucumber and Mint Salsa*

Total Calories 180

- 100g gurnard fish fillets 111cals
- Sea salt and cracked pepper
- 1/2 tsp of dried oregano 5cals

Salsa:

Tomato, cucumber and mint salsa - see recipe page 15 54cals

Method:

First prepare the salsa, combine and let sit for 15 minutes.

Pat the fish fillet with the salt, pepper and oregano, let it sit for 5 minutes.

Pan fry the fish adding 1 tbsp water. Cover pan and cook for approximately 5-10 minutes depending on thickness of fish.

Don't overcook the fish, let it be juicy! Cook in pan with the lid on.

Serve this with the "wild weed" salad. (see page 19) 10cals

Meat options: (All fat removed)

- Chicken breast 100g Total calories: 156



'Fab' Grilled Fish Kebabs

Total Calories 145

- 100g firm white fish, red or blue cod is ideal 100cals
- 1/4 red onion, cut into pieces to thread onto skewers 11cals
- 8 cherry tomatoes 24cals
- 1 tbsp lemon juice 5cals
- 1 tsp dried oregano 5cals
- Sea salt and cracked pepper
- Bamboo skewers

Method:

Soak bamboo skewers in water, cut fish into 2 cm cubes and marinate in lemon juice, oregano, salt and pepper for 10 minutes.

Prepare salad and set aside while cooking kebabs. Thread marinated fish onto skewers alternating with the cherry tomatoes, and red onion pieces.

Heat grill; cook for 10-15 minutes, turning over to ensure both sides are cooked

Serve this meal with a side of your choice - see recipe index

Meat Options: (All fat removed)

- Porterhouse steak 100g Total calories: 142
- Chicken breast 100g Total calories: 132

Great to take to a barbecue... delicious 😊

Pedro's Fried Fish with Mexican Tomato Salsa

Total Calories 157

- 100g white fish of choice 90cals
- 2 tbsp lemon juice 10cals
- Sea salt and cracked pepper
- Pinch of Mexican spices (gluten free) or pinch of cumin 3cals

Salsa;

Mexican tomato salsa - see recipe page 15 49cals

Method:

Prepare salsa and combine together, let it sit for ten minutes.

Heat non stick frying pan to medium heat, sprinkle fish with the spices, salt and pepper. Cook fish in pan for one minute each side. Squeeze lemon juice over fish and cook with lid on pan to retain moisture for further 3 minutes.

Serve with 1 cup of salad greens 5cals

Enjoy 😊

Meat options: (All fat removed)

- Chicken breast 100g Total calories 146

South Sea's Special-Marinated Fish

Total Calories 155

- 100g white fish, diced 90cals
- 2 tbsp lemon juice 10cals
- 1/4 red onion, sliced 10cals
- Pinch of chilli flakes 2cals
- Tiny pinch of stevia
- 1 medium stalk of celery, diced 3cals
- 2 tbsp fresh chives, finely chopped 2cals
- 1/4 cup parsley, finely chopped 5cals
- Sea salt and cracked pepper
- 1/4 cucumber, finely diced 6cals
- 1 medium tomato, finely diced 22cals
- 1 cup salad greens 5cals

Method:

Mix all of the above ingredients (except for the tomato, cucumber and salad greens) and marinate for half an hour till fish is opaque. Add tomato and cucumber and serve on bed of salad greens.

*A very 'retro'... but luscious thing.
If you're wondering,
the lemon juice 'cooks' the fish 😊*

'Snappy Snapper' Parcel

Total Calories 134

- 100g snapper or similar fish 110cals
- 2 cups spinach, washed and finely chopped 14cals
- 1 tbsp lemon juice 5cals
- Pinch of chilli flakes and ground cumin 5cals
- Sea salt and cracked pepper
- Baking paper

Method:

Prepare a square of baking paper, lay flat and place fish. Pile spinach mixed with spices and lemon juice on top of fish. Fold up parcel and cook in George Foreman grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index

Hope you're getting the hang of it all by now...feel free to swap salads and vegetable favorites. These recipes are the good basics but once you're into the swing of it, you will start getting creative with the recipes yourselves... just keep an eye on the 500 calorie total for the day though. Cheers 😊

Thai Fish Cakes

Total Calories 116*

- 100g white fish 90cals
- 1/4 cup fresh coriander, chopped 5cals
- Pinch of chilli flakes 2cals
- Cracked pepper
- 1 tbsp Bragg's or tamari soy sauce 7cals
- 1 tsp Thai fish sauce 2cals
- 1 tsp lemon or lime juice 3cals
- 1 spring onion, finely sliced 5cals

Method:

Blend the first seven ingredients in blender, then remove from blender, wet your hands and fold in finely chopped spring onion.

Shape into walnut size flattened balls.

Cook in a non stick frying pan with a little water.

Serve this meal with a side of your choice - see recipe index.

* Fish varieties vary so check each fish type to ensure your don't eat too many (or too few) calories.

Meat options: (All fat removed)

- Minced chicken breast 100g Total calories: 167

Tasty Tasty!

Braised Chicken with tomato and fennel

Total Calories 157

- 100g chicken breast, sliced 87cals
- 1/4 red onion, finely chopped 10cals
- Pinch of chilli flakes 2cals
- 1 tsp garlic flakes 5cals
- 1/4 fennel bulb, with outer leaves removed, finely sliced 5cals
- 100g canned tomatoes, chopped (no additives) 37cals
- 1 tsp orange zest 3cals
- Tiny pinch of stevia
- Pinch of thyme 3cals
- 1/2 cup water
- 1/4 cup fresh parsley, chopped 5cals

Method:

Heat non stick pan, add onion, thyme, chilli flakes, garlic and 2 tbsp of water. Place lid on pan and sauté for 2 minutes till onion is softened. Add sliced fennel and cook further 5 minutes. Add chicken and cook further 2 minutes. Add tomatoes, zest, stevia, salt and pepper then add the rest of the water and cook for further 5 minutes till chicken cooked through. Sprinkle with parsley.

Serve this meal with a side of your choice - see recipe index

Fennel... you either, love it or hate it... you can substitute for asparagus if you prefer, check calorie content though. 😊
(Approximately 3 calories per asparagus spear)

Meat options: (All fat removed)

- Porterhouse steak sliced 100g Total calories: 167

Chicken Kofte

Total Calories 107

- 100g chicken breast mince 87cals
- Pinch ground cumin, cinnamon and ground coriander
or alternatively a good pinch of middle eastern spice mix 5cals
- 1/4 red onion, finely diced 11cals
- 1 tbsp parsley, finely chopped 2cals
- 1 tbsp mint, finely chopped 2cals
- Sea salt and cracked pepper
- 3-4 bamboo skewers, soaked in water

Method:

Mix all ingredients together in a food processor except the onions. Add onions last and pulse a few times only.

Using wet clean hands form 3-4 sausage shapes and push skewers through skewers through each. Let them sit in fridge for 10 minutes to set.

Cook under grill turning once or twice, or on George Foreman Grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index



Meat options: (All fat removed)

- Lean beef mince 100g Total calories: 170

'Sweet-Chick' Kebabs

Total Calories 141

- 100g chicken breast 87cals
- 1/4 red onion, diced into 2 cm pieces 11cals
- 6 cherry tomatoes 18cals
- 2 tbsp Braggs or tamari soy sauce 15cals
- Tiny pinch of stevia
- Pinch of chilli flakes 2cals
- A good pinch of Chinese five spice 3cals
- 1 tbsp orange juice 5cals
- 3 bamboo skewers

Method:

Soak three skewers in water. Cut chicken into 2cm pieces and marinate in soy sauce, stevia, chilli flakes, Chinese five spice and lemon juice for 10-20 minutes.

Thread chicken alternatively with tomatoes and onion onto skewers. Heat George Foreman Grill or grill in oven turning once or twice ensuring chicken is cooked thoroughly for 15-20 minutes.

Serve this meal with a side of your choice - see recipe index

Another one for the summer Barbecue.

Meat options: (All fat removed)

- Porterhouse steak 100g Total calories 151

'Flash' Chicken and Asparagus Stir Fry

Total Calories 181

- 100g chicken breast, sliced 87cals
- 2 tbsp Braggs or tamari soy sauce 15cals
- 1/2 small brown onion, finely sliced lengthways 20cals
- 1 tsp garlic flakes 5cals
- 1 tsp fresh ginger, grated 5cals
- 1/2 tsp Chinese five spice 5cals
- Tiny pinch of stevia
- 1 tbsp lemon or lime juice 5cals
- 2 cups bok choy, washed and chopped 20cals
- 3 asparagus spears, diced into 2 cm lengths 9cals
- 1 medium stalk of celery, diced diagonally 5cals
- 1/2 cup hot water
- 1/4 cup fresh coriander, chopped 5cals

Method:

Marinate chicken in 1 tbsp soy sauce, garlic, ginger, five spice and lemon juice for 10 minutes. Meanwhile turn on non stick wok or pan to medium heat, sauté chicken for 2 minutes, remove from pan.

Place onions, celery, asparagus in the pan and cook 1 minute. Add bok choy, and 1 tbsp tamari then cook a further minute.

Turn pan up to medium high heat. Add back all of chicken with the marinade to form the sauce then sauté for 1 minute, adding hot water. Scrape all the tasty morsels off the bottom of the pan.

Sprinkle with chopped herbs and serve... yum yum!

Meat options: (All fat removed)

- Porterhouse steak 100g Total calories: 191

Moroccan Chicken

Total Calories 169

- 100g chicken breast, sliced 87cals
- Pinch of cumin, turmeric, paprika and cinnamon.
Or Moroccan spice (half a tsp) 5cals
- 2 tbsp orange juice 10cals
- Tiny pinch of stevia
- 1 tsp garlic flakes 5cals
- 1/2 red onion, finely diced 20cals
- 1/2 cup hot water
- 100g canned tomatoes, chopped (no additives) 37cals
- Sea salt and cracked pepper
- 1/4 cup flat leaf parsley, chopped 5cals

Method:

Marinate sliced chicken in spices, orange juice, stevia and garlic for half hour. Heat non stick pan, sauté onions in a little of the hot water to soften, with lid on. Add rest of the ingredients and simmer for 10 minutes till cooked. Sprinkle with chopped flat leaf parsley.

Serve this meal with a side of your choice - see recipe index



Meat options: (All fat removed)

- Porterhouse steak 100g Total calories: 179

Maria's Chicken Balls in tomato and basil sauce

Total Calories 174

Meatballs:

- 100g chicken breast mince 87cals
- 1 spring onion, finely sliced 7cals
- Pinch oregano and sage or an Italian herb mix 5cals
- 1 tsp garlic flakes, finely chopped 5cals
- Sea salt and cracked pepper

Tomato and Basil Sauce:

- 1/4 onion, finely diced 11cals
- Pinch of garlic flakes 3cals
- 100g canned tomatoes, chopped (no additives) 37cals
- 1 tsp of organic tomato paste 3cals
- 1/2 cup water
- 3 tbsp fresh basil, shredded 3cals
- Sea salt and cracked pepper
- Tiny pinch of stevia
- 3 tbsp flat leaf parsley, chopped 3cals

Method:

To prepare the meat balls first wet your hands and mix all the meatball ingredients into small round balls. Set aside in fridge.

Heat non stick frying pan to medium heat, add onions, garlic and 2 tbsp of water and saute for 2 minutes till softened and simmer 5-10 minutes. Add rest of the sauce ingredients, except parsley and simmer for another 5-10 minutes.

Add a little more water if too dry, and then place in meat balls and simmer till cooked through, for further 5 minutes.

Top with flat leaf parsley.

Serve with a 'Wild Weed' salad - see recipe page 19 10cals

Meat options: (All fat removed)

- Minced lean Beef 100g Total calories: 237

NB. This is a higher calorie content meal so adjust by having a lower calorie meal in the same day.

Chicken 'Aroha'

Total calories 105

- 100g chicken breast 87cals
- Pinch of smoked paprika 3cals
- 1/2 tsp of fresh rosemary, finely chopped 5cals
- 2 tbsp orange juice 10cals
- Tiny pinch of stevia
- Sea salt and cracked pepper

Method:

Now we begin with a tricky little manoeuvre! Place chicken breast flat on the chopping board i.e. (half a heart shape)... and you are going to slice it NOT QUITE through so that it opens out half the thickness, but double the size. Flatten with a mallet or use the heel of your hand.

Rub paprika and rosemary into the flattened chicken breast, let it rest for 10 minutes. Add orange juice, stevia, salt and pepper and marinate for half hour if possible (or 5 minutes if you are in a hurry!!!)

Place in George Foreman Grill and cook through for about 10 minutes.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

- Porterhouse steak 100g Total calories 115

'Luscious Laos'- Beef Laab Cups

Total Calories 196

- 100g minced lean beef 150cals
- 1 spring onion, very finely diced 7cals
- Pinch of garlic flakes 2cals
- 2 tbsp of lime or lemon juice 10cals
- 1/4 cup fresh coriander, chopped 5cals
- Pinch of chilli flakes 2cals
- 2 tbsp of Bragg's or tamari soy sauce 15cals
- Tiny pinch of stevia
- 2 washed iceberg lettuce leaf cups 5cals

Method:

Using a non stick frying pan, add onion, garlic, chilli, 1 tbsp of water and sauté for 1 minute with lid on pan. Add minced beef, soy sauce, stevia and 2 tbsp of lime or lemon juice and cook till browned. Add fresh coriander at last minute.

Pile beef mixture onto 2 prepared lettuce leaf cups, form into parcels and eat.

Meat options: (All fat removed)

- Minced chicken breast 100g Total calories: 133

*Wrap your taste buds
around that one...
Your taste buds are enhanced
on HCG, so enjoy 😊*

Beef Kibbeh

Total Calories 165

- 100g lean beef mince 150cals
- 1/4 cup fresh parsley and chives, finely chopped 5cals
- A good pinch of Middle Eastern kibbeh spice.
Or a pinch of cinnamon and cumin 5cals
- 1 tsp garlic flakes, finely chopped 5cals
- Sea salt and cracked pepper
- Bamboo sticks

Method:

Soak sticks in water; combine ingredients, then using clean wet hands roll meat mixture into cigar shapes.

Push skewers through meat and form the meat around skewers.

Cook in hot George Foreman Grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

- Chicken breast minced 100g Total calories: 102

*I love Middle Eastern food;
this satisfies my soul....
enjoy*



Big Country Steak with stuffed tomato

Total Calories 177.5

- The best 100g piece of porterhouse steak you can get 100cals
- 1/2 tsp oregano 5cals
- Cracked pepper
- 1 tsp garlic flakes 5cals
- Pinch of chilli flakes 2cals
- 1/2 tsp mustard powder 10cals
- 1 tbsp Braggs or tamari soy sauce 7.5cals

Stuffed tomato - see recipe page 22 43cals

Serve with a handful of rocket salad leaves. 5cals

Method:

Heat oven to fan bake at 200 degrees Celsius,

Marinate steak in oregano, garlic powder, chilli flakes, mustard, cracked pepper and 1 tbsp soy sauce for 20 minutes.

Place beef and tomato in hot oven. Bake for 10 mins.

*Packed full of flavour...
for those red meat lovers...
enjoy 😊*



Bad Boy Beef Burger Stack *with Grilled Tomatoes*

Total Calories 214

Patties:

- 100g lean ground beef 150cals
- 1/4 red onion, finely diced 11cals
- Pinch of garlic flakes 3cals
- Pinch of thyme 3cals
- 1tsp Braggs or tamari soy sauce 2cals
- 1 tbsp tomato paste 5cals
- 1/4 tsp mustard powder 5cals
- 1/4 cup parsley, finely chopped 5cals

Grilled Tomatoes - see recipe page 22) 25cals

Method:

Using clean, wet hands mix all ingredients thoroughly and let sit for half an hour. Divide meat into two hamburger patties. Cook patties and tomatoes in hot George Foreman Grill for 10 minutes.

Serve with a handful of salad greens 5cals

Serve and devour

'Bangalore' Beef and Vegetable Curry

Total Calories 198

- 100g prime rump steak 130cals
- 1/4 small brown onion, finely chopped 10cals
- 1 tsp of garlic flakes 5cals
- 1 tsp good quality tasty curry powder 7cals
- 1 medium tomato, finely diced 22cals
- 1 cup spinach, chopped 7cals
- 1/2 cup cauliflower, finely sliced 15cals
- Pinch of chilli flakes 2cals
- 1/4 cup water
- Sea salt and cracked pepper.

Method:

Cut steak into small cubes, heat non stick pan to low heat, add onion, garlic and curry, chilli, salt and cracked pepper, and cook for 2 minutes to soften the onion.

Bring heat up to medium and add steak, tomato, all remaining vegetables and water. Cook with lid on for 5 minutes to form sauce.

Meat options: (All fat removed)

- Chicken breast 100g Total calories: 155

Asian Cabbage Rolls

Total Calories 196

- 100g lean minced beef 150cals
- Pinch of Chinese five spice 3cals
- 2 savoy cabbage leaves 5cals
- 1 spring onion, finely chopped 7cals
- 1 tsp garlic flakes 5cals
- 1 tsp grated fresh ginger 5cals
- 2 tbsp Braggs or tamari soy sauce 15cals
- Pinch of chilli flakes 3cals
- Cracked pepper
- 3 tbsp fresh coriander, finely chopped 3cals

Method:

Steam two inner cabbage leaves for approx 5 minutes and set aside.

To make filling: Sauté onion, garlic flakes, ginger, chilli and a little water for 2 minutes, add minced beef, soy sauce, Chinese five spice and coriander. Cook for further five minutes.

Lay cabbage leaves out flat, divide filling in half, roll both leaves into a parcel with ends tucked in.

Place in George Foreman Grill (or pan fry with a plate sitting on top of rolls to help seal them). Cook the rolls for 2-3 minutes.

These are for those spring rolls lovers.. tasty tasty. 😊

Meat options: (All fat removed)

- Chicken breast 100g Total calories 133



Asian Beef with Bok Choy and Ginger

Total Calories 188

- 100g good quality porterhouse steak 97cals
- 2 tbsp Bragg's or tamari soy sauce 15cals
- 1 tsp ginger, grated 5cals
- 1 tsp garlic flakes 5cals
- Pinch of chilli flakes 2cals
- 2 tbsp lime or lemon juice 10cals
- 1/4 cup coriander or basil, chopped 5cals
- 2 spring onions, finely sliced 14cals
- 2 cups bok choy (or equivalent in spinach), chopped 20cals
- 1/2 cup broccoli, finely sliced 15cals

Method:

Cut beef into small strips, then marinate beef in soy sauce, ginger, garlic, chilli and lime or lemon juice for 10 minutes. Meanwhile prepare vegetables.

Sauté beef strips and marinade for 5 minutes.

Add spring onion, herbs and vegetables.

Cook on medium heat for a further 3 minutes till vegetables are just cooked through but still crunchy. 😊

Meat options: (All fat removed)

- Chicken breast 100g Total calories: 168

'Saucy' Venison

Total Calories 183

- 100g venison, cut into strips 140cals
- 1/2 medium tomato, finely diced 11cals
- 1 tsp tomato paste 5cals
- 1/2 tsp smoked paprika 5cals
- 1/4 brown onion, finely diced 10cals
- Pinch of dried thyme 2cals
- 1/2 cup water
- 1 tsp garlic flakes 5cals
- 1/4 cup fresh parsley, chopped 5cals
- Sea salt and cracked pepper

Method:

In non stick pan, sauté the onion, garlic and smoked paprika for 2 minutes with 1 tbsp of water. Add venison, and sear quickly for 1 minute adding thyme, diced tomato, tomato paste, salt, pepper and half a cup of water.

Simmer for 5-10 minutes till a little sauce has formed. Sprinkle with roughly chopped parsley.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

- Porterhouse steak 100g Total calories: 138
- Chicken breast 100g Total calories: 128

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