

# Body Solutions<sup>RX</sup>



**Lose weight, gain health and have fun cooking a variety of delicious foods with the HCG Weight Loss and alternative programs!**

- When Doctor Simeons developed his food choice and program he said ...”Over eating is the **CONSEQUENCE**, not the **CAUSE** of obesity. He believed that:
- The hypothalamus is the responsible organ for the beginning of obesity.
- Obesity displays physical signs (other than overweight) characteristic to the disorder.
- In saying this, remember not to stray from the portions listed in this book. Being overweight is a serious problem today and one that needs to be corrected so as to maintain optimal health.

## Sample Cookbook For The Body Solutions Rx HCG Weight Loss Program + Alternative Weight Loss Programs

**Body Solutions Rx** has been guiding clients through our weight loss programs since January 2007. We created this cookbook for **the popular hcg** weight loss protocol. All recipes can be modified to support you after the protocol has finished by simply adding the allowed ingredients. It is fun, easy to use, and broken up into categories that make cooking by recipe quick and easy.

We have listed all the ingredients that help in making the foods you cook delightfully delicious. You can buy these products at most health food stores. Please do not make any substitutes to any of the recipes. They have been tested and researched to work the way it is laid out for you. Any deviations may cause you to not enjoy the same benefits as others have received. You can customize recipes – Call or Email us for free advice and options!

All the listed products and ingredients have been shown to be compatible with Dr. Simeons original HCG weight loss diet. Use no substitutes. Call for FREE advice!

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# The Use of Herbs

Use herbs liberally in the recipes. Besides adding taste and flavor to about any recipe they may even add some health benefit. Use fresh herbs as much as possible.

## Final note:

Notice that some recipes are a complete meal i.e.....

**1 protein, 1 vegetable and 1 fruit.**

Stay aware of servings. Have fun and enjoy this new journey you are undertaking and most of all to you success.

# SPICE GUIDE

Keep spices in tightly covered containers, in a cool dry place. After about a year, spices tend to lose flavor so more may be needed for seasonings. Overheating can cause spices to turn bitter. During lengthy cooking, add spices during the last half hour of cooking time. Usually 1 teaspoon of dried herb equals 1 tablespoon of fresh.

**ALLSPICE:** *Flavor a blend of cinnamon, cloves and nutmeg.* Meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves.

**BASIL:** *Pungent, sweet aroma.* Broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, sauces.

**BAY LEAF:** *Strong flavor.* Stews, soups, vegetables, pickles, gravies, sauces, marinades.

**CAYENNE:** *Red pepper, very hot.* Meats, seafood, egg and cheese dishes, soups, sauces, dips, spreads, French dressing.

**CHILI POWDER:** *Hot, peppery blend of herbs and spices.* Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.

**CINNAMON:** *Sweet, spicy aroma.* Breads, cookies, cakes, desserts, pastries, beverages, sauces, vegetables.

**CLOVES:** *Strong, spicy-sweet aroma.* Pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, desserts.

**CUMIN:** *Strong, slightly bitter, lemon flavor.* Spanish, Mexican and Eastern dishes, stews, pickles, tomato dishes.

**CURRY:** *A blend of many spices; warm and sharp to hot and spicy.* Meat, seafood, egg and cheese dishes, soups, sauces, seafood, salads, dips.

**DILL SEED:** *Mild, slight caraway-like flavor.* Meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, egg dishes.

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IT BEARS REPEATING, IF THE FOOD OR DRINK IS NOT ON THIS PARTICULAR LIST YOU MAY NOT CONSUME IT DURING PHASE 2.

NO EXCEPTIONS OR YOUR WEIGHT LOSS MAY NOT BE SUCCESSFUL

## Useful Information

**100 grams = 3.5 oz** When eating out (not recommended but can't be avoided – measure by the size of your palm)

Stevia is the only sweetener we recommend. It can be purchased online or at most stores. Flavored Stevias make great drinks and desserts.

An indoor grill makes fast work of cooking steaks, burgers and poultry, and most allow fats to easily drain away.

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**GARLIC:** *Strong, spicy aroma. A popular seasoning of all time, garlic is used in almost every type of dish.* Granulated or powdered garlic is useful for flavoring soups, sauces, meats and vegetables or for garlic bread. Good on Italian Dishes, Marinades, Sauces, Soups & Seafood.

**GINGER:** *Pleasant odor, pungent taste.* Oriental dishes, meats, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, desserts.

**MARJORAM:** *Spicy, sweet aroma.* Roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, gravies.

**MUSTARD:** *Pungent taste.* Pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, corned beef.

**NUTMEG:** *Warm, sweet, spicy flavor.* Vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, sauces.

**OREGANO:** *Strong and aromatic.* Italian dishes, pizza and pasta, broiled and roasted meats, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, salad dressings.

**PAPRIKA:** *Varies from mild, slightly sweet to hot; adds color to many dishes.* Meats, poultry, salad dressings, dips, vegetables, soups and salads.

**PARSLEY:** *Mild flavor.* Brings out the flavor of most non-sweet foods.

**ROSEMARY:** *Sweet, spicy, pine-like fragrance.* Roasted meat and poultry, fish, stews, casseroles, stuffing, salads, breads, egg dishes.

**SAGE:** *Strong, slightly bitter.* Roasted meats and poultry, fish, stuffing, vegetables, cheese dishes, salads, gravies, sauces.

# FRUIT OR VEGETABLE?

Is it a fruit or vegetable? Pumpkin, fruit or vegetable? Tomato, fruit or vegetable? To determine the difference between fruit and vegetable (which has troubled minds since there were such terms as vegetable and fruit,) let's examine what makes a fruit a fruit and what makes a vegetable a vegetable.

## Here is the definition of fruit:

*"The term fruit has different meanings depending on context. In botany, a fruit is the ripened ovary—together with seeds—of a flowering plant. In many species, the fruit incorporates the ripened ovary and surrounding tissues. Fruits are the means by which flowering plants disseminate seeds. In cuisine, when discussing fruit as food, the term usually refers to just those plant fruits that are sweet and fleshy, examples of which include plum, apple and orange. However, a great many common vegetables, as well as nuts and grains, are the fruit of the plant species they come from. No one terminology really fits the enormous variety that is found among plant fruits. Botanical terminology for fruits is inexact and will remain so."*  
(Wikipedia.org)

## Mid-Eastern Cold Curried Chicken Salad (This is a complete meal)

### Ingredients

100 grams diced chicken  
1 apple diced (small)  
Celery diced (optional)  
¼ cup water  
2 tablespoons lemon juice  
1 tablespoon finely minced onion  
1 clove of garlic crushed and  
minced  
¼ teaspoon curry powder  
Dash of garlic powder  
Dash of onion powder  
Dash of cayenne pepper  
Dash of cinnamon  
Dash of turmeric  
MCT oil (for sauté)

### Directions

In small saucepan lightly sauté chicken in lemon juice until lightly brown, add ¼ cup water and spices. Stir well and simmer over low heat until liquid reduces to form a sauce and chicken is cooked well. Add water as needed to create the consistency you want. Chill, add chopped apple and celery omit the celery and serve over a green salad. (can't have it twice)

**One serving (1 protein, 1 vegetable, 1 fruit)**

# Salads and Appetizers HCG Weight Loss Program

## Sweet Asian Cucumber Salad

### Ingredients

1 cucumber sliced/diced  
2 tablespoons apple cider vinegar  
1 tablespoon fresh lemon juice  
1 teaspoon finely minced onion  
Cayenne pepper to taste  
Stevia to taste  
1 teaspoon MCT oil

### Directions

Mix ingredients together, marinate for 15 minutes or more and serve chilled.

One serving (1 vegetable)

## Northwest Lobster Salad

(Add your fruit and this is a complete meal)

### Ingredients

100 grams lobster tail diced  
Celery, sliced steamed fennel bulb, or tomatoes (optional)  
1 tablespoon lemon or lime juice  
1 teaspoon apple cider vinegar  
Pinch of chopped green onion  
Pinch of tarragon  
Salt and black pepper to taste  
Stevia (just a dash of powder or 1 drop of liquid)

### Directions

Mix lobster, liquid ingredients and spices together and serve over a salad, greens, or with another vegetable.

**One serving (1 protein, 1 vegetable)**

## French Chilled Garlic Pickles

### Ingredients

One medium cucumber sliced into rounds  
4 cloves of garlic in thin slice  
3 tablespoons lemon juice Sea Salt

### Directions

Mix liquid ingredients together. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers. Pour apple cider vinegar and lemon juice into container until liquid covers the slices.

Refrigerate overnight. Pickles can be refrigerated for up to 4 days. Or marinate cucumber slices in salt, vinegar and garlic then use a pickle press or weighted plate to press out excess liquid.

**One serving (1 vegetable).**  
**Remember only one serving of this per meal.**

# Salads and Appetizers (cont')

## HCG Weight Loss Program

### Spice and Nice Crab Salad

#### Ingredients

100 grams crab  
Celery diced (optional) 1 tablespoon lemon juice  
2 teaspoons apple cider vinegar  
1 tablespoon finely minced red pepper flakes  
Dash of garlic powder; Dash of onion powder  
Cayenne pepper to taste Salt and black pepper (just a dash)

#### Directions

Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.

**One serving (1 protein, 1 vegetable)**

### Traditional Shrimp Cocktail

#### Ingredients

100 grams raw shrimp (approximately 10-12 small to Medium shrimp steamed)  
Cocktail sauce  
2 ounces tomato paste low sodium  
2 tablespoons lemon juice  
1 tablespoon apple cider vinegar  
1 teaspoon hot sauce  
1/8 teaspoon of horseradish  
Dash of mustard powder  
Stevia , Salt and pepper (just a dash)  
Water as needed for desired consistency

#### Directions

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked.(don't mind a tsp of MCT oil) Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce. Can serve on ice and a small leaf of romaine lettuce.

**One serving (1 protein, 1 vegetable)**



**Farmers Delight**  
**Asparagus Apple Salad**  
(Just add Protein)

**Ingredients**

6-8 stalks of asparagus chopped  
1 apple diced  
4 tablespoons lemon juice and water as needed  
¼ teaspoon garam masala or cinnamon  
1 tablespoon finely minced onion  
Salt and pepper just a dash  
1 tablespoon MCT oil  
Stevia to taste

**Directions**

Marinate asparagus in vinaigrette for 10 minutes or so. Lightly sauté asparagus in MCT oil & lemon juice until just lightly cooked. Toss with finely chopped onion, apple, and spices. Add salt, pepper, and stevia to taste. Chill in refrigerator for 10 minutes and serve as a salad or hot as a side dish.

**One serving (vegetable, 1 fruit)**

**Salads and Appetizers (cont')**  
**HCG Weight Loss Program**

**Spicy Thai Cucumber Salad**

(Careful here look at Serving)

**Ingredients**

1 whole cucumber cut julienne style  
2 tablespoons lemon juice  
2 tablespoons vegetable broth (optional)  
1 tablespoon chopped green onion  
1 clove of garlic crushed and minced  
1 basil leaf rolled and sliced  
1 teaspoon cilantro leaves chopped  
1/8 teaspoon red chili flakes  
Salt and pepper (just a dash)  
Stevia

**Directions:**

Chop up cucumber in strips. Mix liquid ingredients with the garlic, onion, fresh herbs and chili flakes. Mix in cucumbers and coat thoroughly with spice mixture. Allow to marinate for 10 minutes or overnight.

**One to two serving (1 vegetable)**

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**Crunchy Alabama Sweet Apple Chicken Salad**

(Complete meal)

**Ingredients**

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

**Directions:**

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.

**One serving (1 protein, 1 vegetable, 1 fruit)**



## Italian Chicken Pesto

### Ingredients

100 grams thinly sliced or whole chicken breast  
3 tablespoons lemon juice  
Salt and pepper (just a dash)  
Pesto  
3 cloves raw garlic  
¼ cup fresh basil leaves  
2 tablespoons apple cider vinegar  
¼ cup low sodium chicken broth or water  
2 tablespoons lemon juice  
¼ teaspoon dried oregano  
Salt and black (just a dash)

### Directions

Marinate chicken in lemon juice, salt and pepper. Fry with MCT oil in a pan until lightly browned and cooked thoroughly. For the pesto sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto mixture. Add salt and pepper to taste and serve hot. Pesto sauce may be made by itself and added to vegetables or other protein options.

### ALWAYS BE AWARE OF SIZE OF SERVING

**One serving (1 protein) 2-3 serving of pesto sauce.**

# Chicken Entrees

## HCG Weight Loss Program

### India Chicken Curry

#### Ingredients

100 grams cubed chicken  
¼ cup chicken broth or water  
¼ teaspoon curry powder or to taste  
Pinch of turmeric  
Dash of garlic powder and onion powder  
1 tablespoon minced onion  
Salt and pepper (just a dash)  
MCT oil (for sauté)  
Cayenne to taste

#### Directions

Dissolve spices in chicken broth in a small saucepan. Add chopped onion, garlic and chicken. Add Stevia to taste for a more sweet curry. Sauté chicken in liquid until fully cooked and liquid is reduced by half. Additional water may be added to achieve desired consistency. Serve hot or cold.

**One serving (1 protein)**

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### Southeast Asian Ginger Chicken

#### Ingredients

100 grams chicken  
¼ cup low sodium chicken broth or water  
4 tablespoons lemon juice  
¼ teaspoon lemon or orange zest  
½ teaspoon fresh ginger  
4 tablespoons 1 tablespoon chopped onion MCT oil (for sauté)  
Salt and pepper (just a dash); Cayenne pepper to taste

#### Directions

In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned. Add spices, ginger, salt, lemon and stevia. Cook thoroughly. Deglaze the pan periodically by adding a little water. Serve hot and garnish with lemon or orange slices.

**One serving (1 protein)**

## Hawaiian Mahi Mahi w/ Oranges

### Ingredients

100 grams mahi mahi fish  
½ orange in segments  
1 teaspoon apple cider vinegar  
1/8 teaspoon fresh or dried  
ginger  
1 tablespoon chopped green  
onion  
1 clove garlic crushed and minced  
Pinch of red pepper flakes  
Stevia to taste  
Cayenne to taste  
MCT oil (for sauté) not much

### Directions

Sauté mahi mahi fish with a little  
water, vinegar and then add  
garlic, spices, and stevia. Add ½  
orange in chunks or segments.  
Cook for 5-10 minutes. Top with  
green onion and serve on a bed  
of steamed spinach or greens.

**One serving (1 protein, 1 fruit)**

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# Fish/Seafood

## HCG Weight Loss Program

### California Citrus Fish

#### Ingredients

100 grams white fish  
1 tablespoon minced onion  
2 tablespoons lemon juice  
Lemon and orange zest to taste  
Lemon and orange slices  
Chopped parsley  
Salt and pepper (just a dash) Stevia to taste

#### Directions

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

**One serving (1 protein, 1 fruit)**

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### Traditional Creole Shrimp

#### Ingredients

100 grams shrimp  
½ cup low sodium vegetable broth or water  
1 clove garlic crushed and minced  
1 tablespoon minced onion  
¼ teaspoon horseradish  
1/8 teaspoon garlic powder  
1/8 teaspoon onion powder  
1-2 teaspoons hot sauce  
2 tablespoons lemon juice  
Pinch of thyme, 1 bay leaf  
Dash of sassafras powder or root beer flavored stevia  
Dash of liquid smoke flavoring (optional)  
Cayenne pepper to taste  
MCT oil (for frying)

#### Directions (1 Serving/ 1 Protein)

Mix liquid ingredients, onion, garlic, and spices. Simmer over low  
heat for 10 minutes in a small frying pan. Add shrimp and cook  
thoroughly for an additional 5 minutes. Add salt and pepper to taste.  
Deglaze the pan periodically with additional water or broth. Serve  
hot or cold over a salad or with fresh asparagus.

# Fish/Seafoods (cont')

## HCG Weight Loss Program

### Spicy White Fish

#### Ingredients

100 grams Tilapia, Halibut or other approved White Fish  
¼ teaspoon Chile powder  
¼ teaspoon Garlic Powder  
White Pepper to taste  
Dash Cumin  
Lemon Juice  
MCT Oil for Frying  
Chicken Broth

#### Directions

Combine spices. Wipe fish lightly with MCT Oil. Rub spice mixture all over both sides of fish. Place in heated pan and brown on both sides, a few minutes each side. Add chicken broth to cover bottom of pain, steam another minute or so. Serve with vegetable of choice.

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## Vegetable Beef Soup

### Ingredients

100 grams lean beef cubed  
Celery, cabbage or Tomato diced  
2 Cups beef or vegetable broth  
(or substitute 1 cup water for 1  
cup broth)  
1 tablespoon onion chopped  
1 clove garlic crushed/minced  
1 bay leaf  
1/8 teaspoon dried basil  
1/8 teaspoon oregano  
fresh/dried  
Pinch of Thyme  
Pinch of Paprika  
Pinch of Chili Powder  
Salt and Pepper to Taste

### Directions

Combine onion, garlic and spices  
with beef broth. Add celery and  
diced beef. Simmer for 20-30  
minutes. Add tomatoes and  
simmer for an additional 5  
minutes.

Makes 1 serving (1 protein/ 1  
vegetable)

# Soups

## HCG Weight Loss Program

### Savory Celery Soup

#### Ingredients

Celery (may use celery from crock pot cooking or 1 baked celery  
recipe)  
2 Cups Chicken Broth or water  
¼ teaspoon thyme  
1 bay leaf  
½ tsp. dried basil  
Salt and pepper to taste

#### Directions

Cook celery until very soft or use crock pot or vegetable broth  
cooked celery. Puree in a food processor or blender with broth and  
spices. Simmer in a saucepan for 20-30 minutes.

Makes 1 serving (1 vegetable)

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# Drinks

## HCG Weight Loss Program

### Root Beer

Mineral Water

Ice as desired

5-8 drops Root Beer Stevia or to taste, stir and drink

### Raspberry Iced Tea

Oolong Tea, brewed and cooled

4-6 drops Raspberry Stevia

Ice

Stir and drink

### Lemonade

Mineral Water

Ice Cubes

2-4 drops Vanilla Stevia

1 teaspoon Lemon Juice Concentrate

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for the kitchen!

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