

A thick pink line starts at the top, zigzags across the page, and ends at the bottom. It forms a series of peaks and valleys, with the largest peak in the middle.

DIET GUIDE
For
Toni Sweeney's
Skinny Drops

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Measurement charts

START DATE: _____

START WEIGHT: _____

START MEASUREMENTS:

Thighs: _____ Hips: _____

Waist: _____ Upper Arm: _____

FINISH DATE: _____

FINISH WEIGHT: _____

FINISH MEASUREMENTS:

Thighs: _____ Hips: _____

Waist: _____ Upper Arm: _____

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Weight Tracker

Pre-load Weight _____

Post Load Weight _____

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Day 15 _____

Day 16 _____

Day 17 _____

Day 18 _____

Day 19 _____

Day 20 _____

Day 21 _____

Last Dose weight _____



Welcome!

Congratulations on your decision to do the Skinny Drop diet, and to take charge of becoming a healthier you!

First and foremost to get the best results from diet you can't cheat yourself. Be sure to read this instruction manual. Follow the guidelines of the diet and you will see results. People often want to know what's the catch?

Well it's discipline and consistency, but don't worry, you can do it just like many others. This manual will give you instructions, tips, recipes, and be your guide for success on your weight-loss journey.

Here at Obsessive Nutrition & Supplements we want to give you the confidence you need to be successful with your weight-loss goals. Following the guidelines in the book will get you there the fastest way possible!

Most of our customers join us on Facebook for free daily support, answers to questions, and inspiring experiences. Take a moment to join the Facebook group so you have access to thousands of people who are there to help right away!

Website: tonisweeney.com email: toni@tonisweeney.com

Facebook: [facebook.com/groups/beextremecommunity/](https://www.facebook.com/groups/beextremecommunity/)

Caution: While there are no known negative effects from homeopathic HCG, if you take medications or have any health concerns please consult with your physician before you begin, especially if you have any blood sugar disorders. Do not take Xtreme Skinny Drops if you are pregnant, trying to become pregnant, if you are nursing or on your menstrual cycle.



HOW ARE TONI'S DROPS DIFFERENT?

IS HCG SAFE?

Yes. In a “proving” which we commissioned, and performed done by the American medical college of homeopathy, scientifically confirmed its safety and effectiveness. The product is made in accordance with the homeopathic Pharmacopeia of the United States 9th edition.

TONI SWEENEY'S SKINNY DROPS

My drops are manufactured using certified USP grade HCG and distributes a homeopathic version from an FDA registered facility. In addition to HCG, our formula includes seven amino acids which are proportioned using our proprietary formula to create synergistic effects. This ensures that the raw materials and the finished product meet the highest quality standards and will produce the expected results.

OUR HOMEOPATHIC DROPS:

Not all homeopathic formulations are the same. Our product is potent. Our formula was designed to help you reduce symptoms such as headache, hunger pangs, weakness or irritability that may result while helping to spare muscle.

WHAT ARE SKINNY DROPS?

HCG is a natural glycoprotein that the body naturally produces. In the early 1960s Dr A.T.W. Simeons discovered with his patients that one of the functions of this compound was that it seemed to stimulate the body to metabolize and burn unwanted fat stores for energy. It is believed to reset the hypothalamic “satiety center” and thus change the “set point” of one’s metabolism.



Phases of the diet

To begin your weight loss journey, you should know exactly how the diet works. There are three phases, each with a specific goal. We'll introduce the basics of each phase here and then explore tips and tricks in later sections.

Phase 1

Days: 1 & 2

Drops: yes 8-10 drops under tongue three times a day

Foods allowed: anything high in fat

Notes: the purpose of this phase is to introduce the formula to new fats. The drops will attach itself to the new fats as they are stored in your body. This means that as you begin to lose weight, the drops are able to target fat storage in the stomach, back, thighs, and arms; problem areas which seem impossible to get rid of with other diets. Skipping these first days usually results in slower progress and fewer inches lost. Take advantage of the "loading" phase!

Phase 2

There are a few options for phase 2 of this diet.

10 day round

21 day round

40 day round.

Drops: yes 8-10 drops three times a day under tongue

Notes: this portion of the diet requires strict adherence to dr. Simeon's protocol. You'll eat 500-800 calories per day of low-fat, low-sugar food. You are allowed two fruit servings, two vegetable servings, two protein servings, and two melba toast or grissini breadsticks per day. These servings can be split up throughout the day, but not eaten all at once.

Transition Days:

2 Days following the low calorie days.

Stay on protocol with foods but take NO DROPS heading into phase 3.



Phase 1 Loading

Dr. Simeons' original protocol involves eating:

A high fat, high calorie diet for at least 2 days, while taking Skinny Drops at the same time. This is just prior to beginning the low calorie diet. In his words, the patients were to "eat to capacity of the most fattening food they can get down until they have had their drops for at least 2 days." Most load for 2 days. Dr. Simeons suggested that those who had been doing a lot of chronic dieting just before starting this protocol load for more days, so if this is you, 1 extra days may be considered.

He suggested highly concentrated foods such as, "milk chocolate, pastries with whipped cream, sugar, fried meats particularly pork, eggs and bacon, mayonnaise, bread with thick butter and jam, etc." So essentially, you can eat whatever you like during this time period with the focus on foods high in fat, however, you may want to see my note below under loading modifications. Usually there is some weight gain during the loading phase, but on occasion a person actually loses. Either result is perfectly fine. In general, most people (including myself) lose all the loading weight within 2 days on the 500-800 calorie diet. Just to give you an example of how many calories you may end up consuming, on my final round of Skinny Drops I ate approximately 2500 calories and about 200 grams of fat each loading day. You will most likely feel pretty full. However, I don't personally think it's necessary to make yourself sick during this process as that just doesn't seem sane or healthy to me. Be balanced.

PHASE 1 Loading Modifications

Without going into too many details, I found through trial and error that when doing this loading phase without the use of sugars and starches I fared better in a few ways.

1. Bingeing on sugar and carbs as some do with traditional loading was too much like my previous binge eating disorder, something I was trying to get away from.
2. If you're currently following a keto diet and would like to remain in the state of ketosis, you do not have to load on sugary carbs. This will help your body remain in ketosis which ketosis is goal during phase 2.

3. Cravings during the first week of the low calorie diet are usually less and hunger goes away more quickly.

4. Detox symptoms like experiencing cravings and feeling flu-ish during first week of Phase 2 are usually minimized. To do this, I ate lots of meat and low carb vegetables slathered in butter and oil, as well nuts, seeds and some dairy products like full fat sour cream and cheese. This is simply an option, not mandatory. I have used this method with good success as the end result.



Phase 2 Approved Foods

Remove all visible fat. Do not cook with skin.

PROTEINS:

Meat serving size
150-225g/5-6 oz.

- Lean Beef
- Chicken breast

Types of White Fish

Veal
White fish
Catfish
Cod
Flounder
Halibut
Sole
Red
Snapper
Sea Bass
Tilapia
Trout

- Lobster
- Crab
- Shrimp

OCCASIONAL replacement

1 egg + 3 egg whites
100g fat free cottage cheese

Off Protocol

PROTEINS

- 99% Fat Free Ham
- Turkey Breast
- Tuna packed in water
- Crave Whey Protein or any other low carb protein powder.

VEGETABLES:

There is no serving size for veggies.
Aim for at least 1 cup.

- Asparagus
- Beet greens
- Broccoli
- Cabbage
- Celery
- Chard
- Chicory
- Cucumber
- Fennel
- Kale
- Lettuce
- Onions
- Radishes
- Spinach
- Tomatoes

Off Protocol VEGGIES

- Bell Pepper
- Cauliflower
- Green beans
- Mushrooms
- Yellow squash
- Zucchini

Please note: I don't necessarily endorse all modifications to the diet. It's your personal choice whether you include them in

Carb:

- 1 Grissini Stick (Not allowed if these contain olive oil- check ingredients.)
- 1 Melba Toast

Small Stuff

- Juice of 1 lemon/day
- 1 tablespoon milk/day
- Stevia* or saccharin
- Salt, spices, herbs, vinegar etc. ok as long as they don't contain sugar, starch, or oil.

Fruits:

- 1 Apple
- ½ Grapefruit
- 1 Orange
- Strawberries (handful)

Off Protocol Fruits

- Blackberries (handful)
- Blueberries (handful)
- Raspberries (handful)

Off Protocol Other

- Miracle Noodles
- Fat Free Greek Yogurt
- Sugar Free Jello



THE CALORIES

ADDITIONAL

INSTRUCTIONS

AT A GLANCE

Do's:

- » Drink 2 liters (about 2 quarts) of water a day.
- » The grams of meat must be weighed raw.
- » Remove all visible fat from the meat. Meat should be as lean as humanly possible. 80/20 ground beef won't do.
- »» Decrease drops to 6-8 drops three times a day during menstruation.

CANS:

- » You can break up the 2 meals as much you like, making multiple snacks out of a meal if you choose, ie. take a fruit from lunch and eat it for breakfast, etc.
- » Sugar free items can be used tentatively. Don't go overboard. » You can eliminate anything you are not hungry for **except the protein servings**

ALL FOOD CHOICES SHOULD BE COMING FROM THE APPROVED FOOD LIST.

BREAKFAST:

COFFEE OR TEA

- (800 CALORIE) 1 PROTEIN

LUNCH:

- 1 protein
- 1 veggie
- 1 fruit
- 1 carb
- 1 side salad

DINNER:

- 1 protein
- 1 veggie
- 1 carb
- 1 fruit

- » If weight loss stalls for a few days in a row, a STALL Day may be done.

CANT'S:

- » Do not combine multiple servings into one meal- ie. eating two fruit servings at once, or two proteins at once.
- » There's no restriction on the size of a single apple, but you can't eat two small apples in place of one large.
- » Massages are not allowed. (bruising easily may occur)
- » Do not eat the same protein twice in one day. Ie. If you have chicken at lunch, eat beef for dinner. You need different amino acids.

PHASE 3 RULES: *stabilizing your new weight*



Enjoy the new you!

Drops: NO

Goal for Phase 3: Stabilize your new weight.

Creating a new "set point" and stabilizing your new weight is the goal through phase 3. You'll slowly add back in vegetables and fats that you've missed during phase 2.

STEP # Continue through phase 3 with no
1 sugars and starches.
 Essentially a low carb diet.

STEP # keep your weight within 2 lbs of your ldw. Your LDW
2 (last dose weight) is your weight recorded the
 morning of your last dose of drops.

STEP # If your weight goes above 2 lbs, do a steak day.
3 A steak day is eating nothing until dinner, drinking
 lots of water throughout the day, then having a
 large steak with apple or tomato for dinner.

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Additional PHASE 3 TIPS

Tip #1: Do not make phase 3 complicated.

If you are having trouble stabilizing your weight with the basic rules, these four additional measures can really help:

- a. Eat to hunger. Do not eat to be overly full.
- b. Introduce calories/amounts of food gradually.
- c. Introduce dairy AND NUTS slowly, or wait till Phase 4 to add one or more of these food groups. **These are common food sensitivities.** You may notice a gain when you eat something you are allergic or sensitive to, and adding these foods slowly helps you keep track of these weight gain triggers.

d. Introduce fats consistently but raise the amount slowly. I wouldn't wait until Phase 4 to add fat back in, but you might not want to start day one of P3 with six slices of bacon either. I find people seem to stabilize better and also feel best when it comes to digestion when they incorporate a small amount of fat at the beginning, and gradually raise this amount over the three week period.

Tip #2: If You Have to Do Steak Days stay in p3 longer.

If your phase 3 has been so rocky that you've done several steak days, it's likely that by the end of the three weeks your weight is still not very stable. Ideally you want to spend a good few weeks really having a fairly stable weight before attempting to incorporate too many higher carb items again.

#3: Remember the point of p3 There are times when you may choose to stabilize at a higher weight than the 2 lbs. the point of this phase is to Become stable at a new lower weight. Whether it's 2 lbs, or 4 lbs higher, in the end doesn't really matter. You might stabilize UNDER 2 lbs. Try to not to get too focused on a specific number so much as the goal of seeing your weight become steady.

Tip #4: Eat real food

It's possible that before this diet you had some less than healthy eating habits. I did. Make this a time to continue the eating of REAL WHOLE FOODS with as little processing as possible. I've been surprised at how much a difference additives, chemicals, and the like, while being "calorie free", can make in our efforts to both stabilize and maintain weight.

Tip #5: Get More detailed info

P3 is just not as reliable or easy to navigate as Phase 2. There are a bunch of "special case" scenarios, depending on how you chose to do Phase 2 of the diet, that will affect where and how to effectively stabilize.

If you need additional help or ideas for phase 3 please reach out to me!

Goal for Phase 4:

Find your new normal:

how you will be able to eat in regular life, separate from the protocol, while still maintaining your weight loss. Discover what carbs your body handles well, and which ones it doesn't.

Phase 4 is what many call the maintenance phase, meaning it's pretty much the way you want to be eating in regular day to day life once you are done losing weight, while still maintaining your weight loss, which ideally will include some carbs. However, when you begin Phase 4 the idea is to adapt your body to carbs again, as well as discover what carbs your body tolerates well and which ones it doesn't.

Phase 4 = Your New Normal

P4 is not static. It's about trying out new foods, in a gradual manner, to achieve your new typical way of eating, derived from a marriage of 3 things:

- » the health factor
- » the "what makes the scale go up" factor
- » the sanity factor

This will help you to look at things in a balanced way and find ways to respect your body's possible negative reaction to some foods while still feeling freedom and not deprivation in your life. I've discovered it's truly how you feel mentally more than the actual freedom or restriction that allows you to feel content, happy, and to continue with a certain way of eating.

Toni's Way to Phase 4: KETO

Keto has shown results over and over again and let's be honest, this is the easiest "way of life" to life while maintaining weight loss. We know carbs and sugar make you store fat whether it's a bag of skittles or brown rice, you'll store that as fat.

My suggestion for maintenance of weight loss is going full on keto for Phase 4 of this diet and beyond. I am a certified keto coach and will be happy to assist you in setting up your macros for total transformation into everyday life after the Skinny Drops.

To get started with the keto way of eating please visit the my site: [How to start a keto diet](https://www.tonisweeney.com). From there you will see everything from what a macro is to how to calculate your own to menu and meal plans and guidelines to stay on track.



Fixing A DIET CHEAT

Cheating on this protocol is one of those things you want to avoid like poison oak. It just ain't pretty. You won't die, but it can lead to inordinate gains and take days to recover from.

Yet sometimes it just happens doesn't it? What then? Is it all over? Is everything ruined? Should you just head over to your local donut shop to drown your sorrows inside a pink box with a baker's dozen? Actually there is something you can do to get yourself back on track, so please don't feel overly discouraged. This is simply a small gopher hole you stepped in on your trail to success.

This is the method I used to recover from a cheat more quickly

Eliminate Phase 2 fruit
the following day or two
and
**EAT MORE PHASE 2
VEGETABLES INSTEAD**

This is a way to clear excess carbs from your system more speedily and get your body back to losing fat. If you are already not eating Phase 2 fruit on the diet anyway, or you just feel really bummed that you screwed up, remind yourself of this:

IT ALREADY HAPPENED.

Will feeling so bummed that you give up help?
It's in the past now. Let it go, and move on. This mistake will only prevent you from succeeding if you allow the cheat to your decisions going forward. If you move on, chin up, everything will be alright.

FAQ'S



Q: MY PERIOD CAME EARLY/ IS LONGER, IS THAT NORMAL?

A: Many women experience this. Fat produces estrogen. Your period comes when your estrogen levels are at their lowest. So if you're losing fat, your estrogen levels are changing. This means that you may experience some irregularities in your cycle. Don't panic!

Q: MY WEIGHT HAS BEEN UP AND DOWN FOR THE LAST 4 DAYS, IS THAT A STALL?

A: Not necessarily. Stalls are being the same weight for 4 or more days, not fluctuating. Most likely your body is adjusting to your new weight, or reacting to a food you ate. Be patient and stay on protocol. Your body will release the weight as long as you are staying on track. Keep in mind that if you're not eliminating through bowel movements frequently this can add some fluctuation to the scale as well

Q: CAN I USE SPLENDA (SUCRALOSE)?

A: no, splenda is not recommended because of the chemicals it contains. When you're on the diet, you're cleansing your body of toxins and preservatives. Eating fat-free, calorie-free, low-carb dressings or jams means you're adding chemicals back into your system. This doesn't necessarily mean that you're going to stall (though some do), it just means you're missing out on detoxing and maximizing your health during the diet. We recommend using stevia sweetener if anything.

Q: IS HAIR LOSS NORMAL?

A: it's not normal for your hair to fall out; usually it's a sign of malnourishment. The best solution is a biotin supplement in addition to your multivitamin. Make sure you are eating all your servings of food, including some of the approved vegetables that are higher in nutrients, such as spinach.

Q: WHAT HAPPENS IF I MISS A DOSE?

A: The drops will stay in your system for 2-3 days. If you miss one dose, continue at your next scheduled dose time. Don't double up. If you miss a whole day of drops, just start when you can. If you miss more than 3 days of drops, you will need to start again from phase 1.

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FAQ'S

Q: I AM FEELING WEAK/TIRED IS THAT NORMAL?

A: this is normal the first week of the diet. Your body is going through withdrawal. You may also know this as "keto flu" or "carb flu". If you continue to feel this way beyond the first week, try spreading your meals out like the below example.

For breakfast: one fruit serving

For lunch: veggie and protein serving

For snack: one melba toast

For dinner: veggie and protein serving

For snack: one fruit serving.

If the fatigue persists, take either a multivitamin or one of the supplements offered with the program such as Slim. You may consider adding electrolytes as well.

Q: WHERE IS THE BEST PLACE TO BUY DROPS?

A: You want quality drops with appetite suppressants and amino acids. Designed to make the diet easier by giving your body the energy and appetite control it needs, Xtreme Skinny drops are guaranteed to have a formula unlike any other on the market. Most people lose 1-2 pounds per day using Toni's Skinny Drops. There are many misleading companies out there. Make sure you ask questions!

Q: WHERE DO I READ MORE ABOUT THE DIET?

A: Before beginning the diet, it is important to read dr. Simeons' pounds and inches book. As the creator of the diet, Dr. Simeons wrote a manuscript containing the diet protocol. The book is available for free download online and is a great resource for any dieter of this protocol. Keep in mind, Toni's protocol offers a little more variety as far as calories and foods goes. It is totally up to you on which you decide to do. The Pounds and Inches Manuscript is available to download for free in the Community.

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EXPECTED Weight Loss

While I am NOT a super sciency buff, I'd like to give you a few pointers that I believe make sense and will give you a sane perspective on expected weight loss with the drops.

40 lbs in 40 days!

WE'VE ALL HEARD IT.

Do some lose this much? Yes. But the majority do not.

First of all, no one can promise you a certain amount of weight loss. Our bodies are far too complex for that. So if someone does promise you a certain amount of pounds in a certain amount of days, my best advice is to just pretend you never heard it.

Over-expectation can cause a lot of problems, none of which will help you get to your goal. It's easy for websites online to state this grand promise because it's so astounding it sells more. There's a very logical, scientific reason that most people don't lose a pound a day that makes perfect sense. I'd like to explain it because unrealistic expectations have led to frustration, unwise choices to try to force more weight loss, and sometimes even giving up entirely when expectations are not being met. None of these things help you arrive at your final destination and actually put you farther away from it.

Okay so lets get to it. There's about 3500 calories in 1 pound of fat right?

Many of us are familiar with this. Okay, after further research, there doesn't appear to be a very solid basis for how this number was derived. However, we can still use this as a general guideline. This means that while on the drops, in order to lose an entire pound of fat on the diet every day, your body's metabolism would have to be utilizing 4000 calories every single day (3500 calories for the pound of fat + the 500-800 calories you are eating each day on the diet). The reality is I don't know too many women who utilize 4000 calories on a daily basis. In fact, I don't think I personally know any. The average woman appears to have a basal metabolic rate of about 1500 calories or so, you can add some calories for your various activities you do each day, and you see it's not likely to be more than 2000-2500 calories or so. That's just my guess.

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EXPECTED Weight Loss

It is said that the hormone may raise metabolic rate a little, but it's highly unlikely that it's doubling it, wouldn't you agree? Now in truth, some weight loss at the start of any diet is water, that doesn't take 3500 calories worth to lose. It's easy to drop 2-4 lbs worth of water overnight just by fasting or eating low carb. For every gram of carb that you eat, it retains 2-3 g of water.

This is one reason the 1st week on the protocol in particular is often so astounding when it comes to pounds lost. So it's not necessarily that weight loss on the drops will equate to 100 percent fat. But this fact about the requirements it takes to lose a whole pound of fat is what helps make it clear that the likelihood of the average person losing 40 lbs in 40 days or what not, is small. Those who do are either men, very large, or both. Men do have faster metabolisms than women and have a larger calorie expenditure on a daily basis. Those who are very heavy with a lot of weight to lose likewise have a larger amount of calories that their body expends and uses to maintain their body mass.

Lastly, the heavier you are and the more poorly you've been eating, the more water weight you are likely carrying. This is another reason for sometimes seeing huge drops in weight during the first week or two of the drops for those starting at a heavier weight, something not seen as much for someone with only say 20-30 lbs to lose.

AVERAGE WEIGHT LOSS FOR WOMEN ON THE DROPS

The average weight loss for most women by the end of a long 40-ish day round is usually about .5 lb/day. If you are heavier, the average may end up being as high as .75-.80 lb per day, and if you don't have that much to lose, your average may be more like .3 lb/day. So you may lose anywhere between 15 and 32 lbs during a 40 day round.

I realize that is a big range!

32 lbs is more than twice as much as the low end of 15 lbs. What factors which number you get and is there anything you can do to make your numbers better? We'll talk about that in just a minute! I want to clarify quickly the pattern of weight loss. When I say average of .5 lb/day, I don't mean you will lose a half pound every day on the diet. This is more how it transpires: Some days you'll lose a lot more.

Ahh those divine 1-3 lb weight loss days.

Revel in those. However, obviously for the overall weight loss to average out to the .3 lb-.75 lb range, there will be some compensatory lower loss days. So you will see plenty of .2's and .4's and even big fat zero days. That is what gives you the average for the whole round, and this is completely normal.

Average Weight Loss for men

You might just want to skim right past this part ladies. It's just going to make you mad. Men simply lose faster. So if you're a man reading this, congrats! It actually is common to have an average 1 lb/day weight loss. I still say you shouldn't expect it, because it certainly can't be counted on for every round for every man, but such results are indeed fairly typical. why men lose more I'm not going to claim to know the exact science behind the reason, because I don't, but a few things I've gleaned in my research are this: More of a man's total weight is muscle than for women. This is significant because the larger amount of muscle equates to a higher metabolism.

5 steps- the basics

Step# 1 Start Taking Your Drops. Load for 2 days on high fat food.

Take your drops.
Phase 1: **LOADING PHASE** You begin taking the drops the morning you start the "Loading Phase" where you spend 2 days eating high fat/high calorie foods. Many often gain weight during this 2 day period, but it comes off quickly when you begin the diet portion. a. what to eat. You can eat whatever you like, however, the emphasis should be on high fat items.

Step# 2 Phase 2. 3-6 weeks. Take drops while on the 500-800 cal diet.

Take your drops. 8-10 drops three times a day.
Phase 2: **500-800 CAL** Time to lose weight folks. The 500-800 calorie diet portion or VLCD (very low calorie diet) is typically referred to as Phase 2 (P2) and lasts 3-6 weeks to complete 1 "round" of the drops diet. You will follow the rules for the 50-800 calorie diet. The food list is very specific, as is how the food is portioned out.

Step# 3 Transition off the drops. 48-72 hours

NO DROPS.
transition: get off the drops
About 72 hours is needed for the drops to get out of your system, during which time your body will still be more sensitive than usual to fats and calories. To transition off it, stop the drops but continue the 500-800 calorie diet for 48-72 hours following your final dose of drops

Step# 4 Phase 3. 3 weeks. No drops. Stabilize.

No drops. **PHASE 3: STABILIZE WEIGHT**
Time to stabilize your new weight. This involves eating no sugars or starches for 3 weeks following Phase 2. During this time you will be attempting to keep your weight within 2 lbs of your LDW (Last Dose Weight - your weight on the scale the morning of your last drop dose).
If your weight goes more than 2 lbs above your LDW: a. a steak day: Eat nothing for the main part of the day, drink lots of water. For dinner: Eat a large steak and tomato or apple.

Step# 5 phase 4. Life.

As a certified Keto Coach it's my duty to educate you on the keto way of eating for life. This life is a very satisfying and sustainable way of eating that will continue to show you weight loss and most importantly overall health. Welcome to the keto life ladies and gents! **Please search out P3tolife manual in the community!**

CURBING YOUR CRAVINGS

The first seven days on the diet are the hardest. The Skinny drops are great because they contain powerful appetite suppressants; but during the first week, your body is still absorbing the formula. Because of this, you may experience intense cravings. Take this simply as a sign that your body is detoxing. These cravings usually don't last long. But if they do, implement the following three steps:

STEP 1: identify the ten foods you crave most.

A sample list may look like this:

1. Cake
2. Milk
3. Cream cheese
4. Nutella
5. Spaghetti os
6. Guacamole
7. Mashed potatoes
8. Ranch
9. Cheese fries
10. Enchiladas

STEP 2: avoid situations where everyone will be eating foods you have on your list, or develop alternatives for staying focused in those situations. These alternatives should be things you think about beforehand that are easy to remember. Obviously you can't avoid every situation that involves food, but try the best you can. Check out these sample alternatives:

---if I know some of my coworkers are going out for lunch, I'll jump into a time consuming project right before they leave so I'm more likely to decline the invitation.

I'll plan my lunches ahead of time so I'm never rushing to grab whatever i can find.

---If there is a family celebration, I'll explain to the host what i can and can't eat. I'll ask them to help me be good.

-I'll avoid sitting by the kitchen

- If a friend wants to hang out, we'll plan what we're doing before we leave (walking, shopping, bowling, watching movies). This will help to avoid our default activity of going out to eat.

These tactics are pretty simple, but they prepare you to tackle even tougher choices and always come out on top.

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CHEATING AND CORRECTIONS

IT IS ABSOLUTELY POSSIBLE TO COMPLETE PHASE 2 WITHOUT CHEATING!

Besides proving to yourself that your willpower is stronger than any fleeting craving you may have, you give yourself a greater chance of reaching your weight loss goal if you practice self-discipline, and never cheat.

We understand, however, that there are instances when you may slip up. This doesn't mean that all your hard work is undone. Slipping up is no excuse to quit. There are two steps to getting back on track. **First, understand what to expect. Second, be patient.**

WHEN YOU GO OFF PROTOCOL ON THE DIET, THE FORMULA ATTACHES TO THE SUGARS AND FATS THAT YOU EAT. YOU WILL MOST LIKELY GAIN WEIGHT. THIS IS ONE OF THE CONSEQUENCES OF CHEATING.

Much like loading weight, cheat weight can come off pretty quickly. Most assume an apple day is the proper correction, but in reality apple days are only for stalls lasting longer than 4 days.

IF YOU GAIN WEIGHT AFTER CHEATING, TRY THIS:

increase your water intake by one liter a day and add 2 tbs. Apple cider vinegar to the extra water you drink. The next day, go back on protocol!

Mentally this will be difficult. Your body will be craving unhealthy food and the number on the scale may seem discouraging. But you can do it! Once you're back on track do not skip servings in an attempt to lose your cheat weight more quickly. Skipping servings won't help. In fact, it may slow you down.

This is where you need patience.

You may lose the extra weight slowly, or it could come off after one day. Ride it out and commit to staying focused so you don't have to go through a similar situation again.

Unfortunately for some, cheating can cause stalls that last a few days. If you experience a stall because of a cheat, you can either wait four days to do an apple day or try one of the following tricks:

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CORRECTIONS & CHEATING

THE DETOX BATH

A detox bath is a way to get your body relaxed and help it reset. There are several types of baths out there. Some are more extreme than others. It's important to find one that's going to give you safe results. The bath below is

A great way to rid your body of water retention and some of the extra toxins

You picked up during your cheat.

EPSOM SALT & GINGER BATH

Stir one cup of epsom salt with 2 tbs. Ginger. Add to a hot bath and soak for

30 minutes. It is incredibly important to stay hydrated during and after your bath. Have

Water available to drink while you soak. Make sure you don't bathe longer than 30 minutes as this may cause dehydration. The bath isn't just for cheats. It can actually be used once a week as a way to detox and relax.

The cali kicker

The second super-efficient stall breaker is called a cali kicker. The cali kicker jump starts your Metabolism and works so well that the results may seem too good to be true.

CALI KICKER* (MY PERSONAL FAV)

8 oz warm water

1 tbs. Lemon juice

1/8 t. Cayenne pepper

1/2 stevia packet

Mix it all up and drink! You can also add a tablespoon of unfiltered apple cider vinegar to improve digestive system function and aid in shedding any water weight you may have gained; but it's not necessary.

While both of these tricks work very well, you can avoid using them altogether by sticking to the protocol. Remember, each day on the diet is an opportunity to lose a pound. Don't let one day go to waste!

Correcting weight gains ON PHASE 3

CORRECTING WEIGHT GAINS ON PHASE 3

Stabilizing on the diet can be incredibly frustrating. One day you're down half a pound and the next day you're up 3/4 of a pound. Sometimes one type of cheese makes you gain and a different type doesn't. Unlike phase 2, where stepping on the scale was rewarding and exciting, weigh-ins for phase 3 can sometimes be unpredictable and stressful. While some fluctuation is to be expected (as mentioned earlier), you should never let a gain of more than two pounds go unchecked.

Here we'll teach you several options for correcting a more than two pound gain for phase 3.

WHAT IS A STEAK DAY?

The same day that you see a gain of more than two pounds from your phase 2 ending weight, you eat nothing for breakfast or lunch. For dinner you have a large steak (no weight is specified, but we recommend 10 oz or more), and either a raw apple or a raw tomato. Water is to be consumed in large quantities throughout the day.

WHAT ARE THE ALTERNATIVES?

Alternatives to steak days are often called correction days.

EGG DAY

You will eat 10 eggs through the day. You can cook them however you please, just avoid adding too many toppings. During an egg day you should also drink a lot of water.

HIGH PROTEIN DAY

This alternative has a little more variety than the egg day. For breakfast, eat two eggs. For lunch, you eat 6 oz of chicken and a green vegetable. For dinner you can either eat 6 oz of steak or fish with a green vegetable. The purpose of this day is to keep things simple, avoid toppings and dairy.

STEAK & CHEESE DAY

This is for people who aren't quite over the 2 pound mark but are headed there. For breakfast you eat two eggs, for lunch you eat a huge steak, for dinner you eat a large helping of cheese.

Going up a couple pounds isn't the end of the world on phase 3. With the right correction techniques,

You will be back to your ending weight in no time!

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WORKING OUT WITH THE DROPS

As people begin to eat better, the next logical step is forming regular exercise habits. Some programs recommend no physical activity while on the VLCD, but that is an inaccurate recommendation.

Working out on phase 2 of the diet has many benefits; it just needs to be done correctly.

With our clients, the diet coaches see 3 different post workout experiences:

1. Working out and experiencing gain the next day
2. Working out and experiencing a gain 2-4 days later
3. Working out and experiencing a normal loss

#1

In the first experience, we see a workout followed by a gain the very next day. Gaining the day after a workout during the VLCD usually means your body burned too many calories. When you are on a low calorie diet your body is using everything you eat as fuel. A difficult workout requires more fuel than what is offered which will ultimately trigger "starvation mode". In this state, your body holds on to any calories it's given as a survival instinct because it believes food is extremely scarce. To avoid this, decrease the intensity of your workout. Make sure your workouts are not burning more than a couple hundred calories per day.

#2

In the second experience, we see a workout followed by a gain a few days later. This type of situation is different than the first. Usually this experience is accompanied by muscle stiffness. When you do a workout that leaves your muscles sore, chances are your body is retaining fluid in your muscles to help repair the small tears incurred during the workout. Doing an unfamiliar workout can result in a gain up to 3-4 pounds. These gains usually don't occur until the third or fourth day. Just because your weight may go up after a workout doesn't mean it's because you burned too many calories. It could just be your body responding to the hard work you did.

WALKING, JOGGING, YOGA, AND LIGHT WEIGHT LIFTING ARE ALL ACCEPTABLE FOR THE HCG DIET. AS LONG AS YOU AREN'T FEELING DIZZY OR LIGHT HEADED, AND YOU AREN'T EXERCISING FOR TOO LONG, THERE'S NO REASON YOU SHOULDN'T BE ACTIVE ON THE DIET.

If you are interested in doing more intense workouts, you may want to consider eating an extra serving of protein before you exercise. We've had some clients do this successfully. It's just about finding the right balance for your body. Because of fluid retention, it may take a few days before you know if you have achieved that balance. *Ease your way into your exercise program but don't be afraid to push yourself once you know what's working for you.*

4 POINTS *To remember*

THERE ARE FOUR FINAL POINTS THE HCG DIET COACHES WANT TO SHARE WITH YOU BEFORE MOVING ON TO PHASE 3.

These pieces of advice are so critical to your success that it's a very good idea to write them down and make sure you remind yourself of them every single day.

- 1. TRACK YOUR PROGRESS.** It is important to track how much you are losing. Write down your starting weight, current weight, and total loss on a sticky note every day. Save these sticky notes in a place where you spend a lot of time, maybe near your work desk or in your car. This is a very tangible way to see your progress. Remember, only weigh once per day and try to keep your weigh-in times consistent. We recommend weighing first thing in the morning after using the restroom.
- 2. DON'T COMPARE.** Follow the success of others, but don't feel pressured to duplicate their Accomplishments. There are hundreds of blogs about losing weight, and plenty of HCG dieters. It's very easy to look at others who are losing weight quickly and get frustrated. Unfortunately, this frustration can build up until it sabotages your progress. While it is great to connect with other people and share success and experiences, don't let someone else's achievements negatively impact your diet. Your body is not their body. Sometimes you will lose weight faster, sometimes you will lose weight more slowly.
- 3. THIS IS NOT A COMPETITION.** Take each day one pound at a time. There may be days when you don't lose any weight, which is very difficult to deal with. As long as you are following the program, your efforts will add up to a fantastic reward. On the days you don't lose, take a deep breath and commit yourself to a day of hard work and determination. Don't throw away all your good days because of one bad day.
- 4. DO IT FOR YOU.** Losing weight to please others never works. When you finally decide that you deserve to be happy and healthy, losing weight becomes a lot easier. Don't think of dieting as torture. You are giving yourself a gift by removing the weight that has caused you so much physical and emotional stress.

We've gone over a lot of information here. Don't forget to refer back to this section any time you have a question or need some encouragement. Applying these tricks to your weight loss journey will ensure you get the most out of the experience. You're changing your way of thinking and your daily habits. As a result, you will be rewarded with a healthier mind and body. After you reach your goal weight, the next step is maintaining.

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WHEN YOU'RE ON A DIET, EATING OUT CAN BE VERY DIFFICULT.

Not only is it difficult to find nutritious food at most restaurants, but all that unhealthy food can be tempting. Because of this, the HCG diet coaches recommend **avoiding** dining out as much as possible. But, **REALISTICALLY**, there are circumstances in which you will have no other option.

DINING OUT IS NO EXCUSE TO LOSE FOCUS.

It is completely possible to enjoy an occasional meal out while still maintaining your new weight.

Decide now what you can and can't eat and which restaurants you feel in control at. If you are making plans to go out with friends or family, offer your suggestions and let them know why you prefer these places. Ask them to help you stay on track while you're there. These are easy ways to focus yourself in situations where unhealthy food is easily accessible.

One of the easiest, phase 3 friendly options served nearly everywhere is salad.

When ordering a salad during phase 3, make sure you skip the croutons and sugary dressings. Get something with protein such as grilled chicken or boiled eggs. Try adding banana peppers, jalapenos, raspberries, blueberries, or cottage cheese to your salad. These are healthy toppings that can be used as dressing alternatives.

Because these options are so packed with flavor, going without dressing doesn't seem like a sacrifice. If you don't want a salad, many restaurants serve fish, chicken, or steak with

Vegetables. When ordering one of these dishes, avoid breaded fish and chicken and ask them to hold all the sauces.

There are generally a lot of carbohydrates in gravies and barbecue sauces. Remember to avoid carrots, potatoes, and peas as all of these are also high in carbohydrates.

HERE'S ANOTHER HELPFUL TIP: try going somewhere where you can sit down and enjoy your food. Sitting down gives you the opportunity to eat slowly. This will help you avoid overeating. Many restaurants serve double the normal serving sizes, which can lead to overindulgence. To avoid this, ask for a box as soon as your food is brought to the table. Put half of your meal

In the box to save for later. Finally, if you do eat out, try to keep track of your calories as best you can. Even though it will be an estimation, calorie-counting apps like myfitnesspal are great for showing the nutritional values for dine out dishes.

The less you eat out the easier it will be to stick to protocol, but we want to remain realistic. You won't always be in the comfort of your own kitchen, but you still have the ability to choose healthy options.



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Our
FAVORITE
Recipes!

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PHASE 2 RECIPES

SAUCES/SALSAS/SOUPS

CIDER VINEGAR DRESSING

2 tablespoons of apple cider vinegar
¼ packet of stevia
Garlic salt
Salt and pepper to taste
Vinaigrette Dressing
½ tablespoon of apple cider vinegar
½ cup of water
2 shakes of celery salt
2 shakes of onion salt
3 packets of Stevia
Pepper to taste
Combine in jar and refrigerate.

FRENCH DRESSING

1 tablespoon of 2% organic cottage cheese
1 tablespoon of sugar free ketchup
¼ tablespoon lemon juice
Garlic powder to taste
Blend in blender until smooth.

PHASE 2 TERIYAKI SAUCE

1/8 Braggs Amino Acids
½ cup water
Ginger powder to taste
Garlic powder to taste
Red pepper flakes can be added for an extra kick!

PHASE 2 TOMATO SAUCE

1 large tomato chopped
¼ cup water
1 teaspoon of chopped onion
Fresh basil finely chopped
Garlic powder
¼ packet of Stevia
Fry onion until tender. Add tomato and water and cook on medium-high heat. Bring to slight boil and reduce heat to low. Simmer while adding basil, garlic, and Stevia. Remove from heat when you have reached your desired consistency.

CREAMY DRESSING

1 tablespoon of 2% organic cottage cheese
1 tablespoon of water
1 teaspoon of lemon juice
Onion powder
Garlic powder
Blend in blender until smooth.

BARBECUE SAUCE

2 tablespoons of sugar-free organic ketchup
1/8 teaspoon of smoked paprika
Hot sauce (read the label to be sure there are no sugars!)
Garlic powder
1/8 teaspoon of vinegar
½ packet of stevia

PHASE 2 SALSA

1 large tomato chopped
½ tablespoon of finely chopped onion
1 teaspoon of finely chopped jalapeños (optional)
Garlic powder to taste
Fresh cilantro finely chopped
Mix all ingredients together. Best if it sits for a few hours for all of the flavors to come out.



Chicken

ORIENTAL STYLE CHICKEN

2 Chicken breasts, skinned;
2 tbsp. BRAGGS liquid aminos
1/2 tsp. ginger
1 sm. clove garlic, mashed
1 tbsp. dry cooking sherry
Directions:

Mix everything together in bowl or zip lock and marinate overnight.

Broil chicken for 10-15 minutes.
(Phase 2 or 3 portion accordingly)

GRILLED CHICKEN BREAST

4 skinless, boneless chicken breast halves
1 tsp. Worcestershire sauce
3 tbsp. Dijon mustard
1 1/2 tsp. fresh lemon juice
1/2 tsp. freshly ground pepper
1 tsp. minced garlic
Directions:

Mix lemon juice, mustard, Worcestershire sauce, garlic and pepper into bowl.

Coat chicken breasts with mustard mixture on both sides.

Grill or broil repeatedly coating each side occasionally with mustard mixture.

Cook chicken for about 10 minutes or until fully cooked.
(Phase 2 or 3 portion accordingly)

APPLE CHICKEN

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

Directions:

Mix all ingredients together, top with stevia and cinnamon.
Refrigerate for 15-20 minutes.

GARLIC CHICKEN BREASTS

Boneless, skinless chicken breasts
Garlic powder
Onion powder
Briggs Amino Acid
Directions:

In zip lock bag add onion powder, garlic powder, soy sauce and chicken. Let stand 25-30 minutes
Brush on marinade on each side and broil for about 15 minutes until no pink is visible on the inside of breast.

Continuously applying as chicken cooks.

ASIAN GINGER CHICKEN

- 100 grams chicken
- 4 tablespoons lemon juice
- 1 teaspoon lemon or orange zest
- 1 teaspoon fresh ginger
- 1 tablespoon chopped onion
- Salt and pepper to taste
- Cayenne pepper to taste

Directions:

Sauté chicken in a pan along with some lemon juice and water until slightly browned.

Add your ginger, salt, lemon and stevia. Add a little water from time to time to deglaze.



Chicken

MOUTH WATERING BAKED CHICKEN

1 melba toast, crushed
1/4teaspoon onion powder
1/4teaspoon garlic powder
1/8teaspoon thyme
1pinch dried rosemary
1dash sea salt
1dash pepper
100g chicken breasts
1/2cup low sodium chicken broth
2tablespoons fresh lemon juice
Directions
Preheat oven to 350.
Combine Melba crumbs with spices. Set aside.
Mix broth and lemon juice in small bowl, dip chicken in this mixture and coat chicken with herb mixture.
Bake for 20 minutes, until chicken is cooked through.
Add remaining liquid, a little at a time, if chicken dries out while baking.

PARMESAN CHICKEN

- 100 g boneless, skinless chicken
- 1 Melba toast, crushed
- 3 garlic cloves
- 2 teaspoons onion, diced
- 1/2 teaspoon oregano
- 1/2 teaspoon dried basil
- Salt & pepper, to taste
- Fresh parsley, chopped

Combine crushed toast, oregano, basil, garlic, onion and salt & pepper. Roll chicken in toast mixture and put in a 8x8 casserole dish. Cover the chicken and cook at 375 degrees for 20-25 minutes or until cooked through. Top with Tomato Marinara sauce and chopped fresh parsley. Counts as: 1 protein serving, 1 vegetable serving, 1 Melba toast serving

GARLIC MARINATED CHICKEN BREASTS

2 boneless, skinless chicken breasts, butterflied and halved 1 tbsp. Whole grain mustard
1 tbsp. Fresh lemon juice
1 tsp. Garlic powder
1 tsp. Onion powder
2 tbsp. Apple cider vinegar
1 tsp. Thyme (fresh or dried)
1 tsp. Oregano (fresh or dried)
1 tsp. Basil (fresh or dried)
directions: mix all spices together in a large plastic bag with vinegar.
Add chicken into plastic bag and shake until coated with marinade.
Refrigerate 1 to 2 hours.
Heat a grill pan or a grill to medium high.
Once grill is hot, cook chicken approximately 6-7 minutes on each side or until fully cooked.

SHREDDED CHICKEN

28 ounces boneless, skinless chicken breasts (organic preferred)
28 ounces canned tomatoes, diced
4 cups chicken broth, low sodium
2 small onions, diced
4 garlic cloves, minced
1 tsp. chili powder
1/4 tsp. cayenne pepper flakes (optional)
1/4 tsp. dried oregano
Salt and pepper to taste
Directions: Add everything but chicken into a slow cooker. Mix well.
Add chicken and use a spoon to cover chicken with sauce.
Cover and cook on low for 6-7 hours or high for 3-4 hours.
Turn off slow cooker, shred chicken breasts thoroughly with a fork, and serve with sauce and vegetables.



BEEF

GARLIC OREGANO BEEF

- 100 g. Lean Beef Roast
- 1/2 Cup Water
- 2 tsp. Oregano
- 2 gloves Garlic
- 1/8 tsp. Salt
- 1/8 tsp. Pepper

Put roast in a Crockpot (of similar) with water. Cover the top with Oregano, Garlic, Salt, and Pepper. Cook on low for approx. 10-12 hours. Shred and serve warm.

LEAN AND JUICY MEATLOAF

- 1lb lean ground beef
- Low cal cooking spray
- 1 large egg
- 3 tbsp. minced onion
- 6 tbsp. sugar free ketchup
- ½ C crumbled melba toast
- 2 tsp parsley
- 1 tsp Worcestershire
- ¾ Tsp dried oregano
- ¼ Tsp salt
- ¼ Tsp pepper

DIRECTIONS:

Preheat oven to 350. Combine all ingredients except 3 tbsp., ketchup. Mix until uniform. Place meat mixture in a baking sheet coated with cooking spray. Brush with 3 tablespoon ketchup. Bake 35-40 minutes. let

HCG TACO SEASONING

- 1 tablespoon chili powder
 - 2 teaspoons onion powder
 - 1 teaspoon cumin
 - 1 teaspoon garlic powder
 - 1 teaspoon ground pepper
 - 1 teaspoon paprika
 - 1 teaspoon oregano
 - 1 teaspoon sea salt
- Combine ingredients and store in airtight container or plastic sealed bag. Great to use when cooking organic grass feed beef or extra lean ground beef.

SPICE SLOPPY JOE

- 2 lbs. ground beef
 - 1 12 oz can tomato paste
 - 1 ¾ c ketchup
 - ¼ c minced onion
 - 3 tlbtp sweet relish
 - 2-3 tlbtp chopped celery
 - 2 tlbtp brown sugar truvia
 - ¾ tsp garlic powder
 - ¼ tsp chili powder
 - ¼ green bell pepper chopped
- Directions: try this without buns for a carb-free meal.
- Brown beef and drain well. Return it to the pot with all the celery, green pepper and onion
- Saute until celery is tender. Add the remaining ingredients and cook for 20 min.



Beef

BAKED ITALIAN MEATBALLS

- 100 grams lean ground beef
- 1 teaspoon basil
- 1/8 teaspoon oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon oregano
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- 1 serving Melba toast crumbs
- 1 recipe marinara sauce

Directions:

Mix thoroughly meat, crumbs and spices.

Create balls.

Put into baking dish and cover with marinara sauce.

Bake for 20-25 minutes at 360 degrees. Serve over hot cabbage noodles.

May combine with basil.

ROASTED STEAK AND ONIONS

10 oz flank steak

1/2 sweet onion

salt & pepper to taste

Directions:

While oven preheats on broil, slice onion into small to medium size pieces.

Season raw steak with salt and pepper then heat a medium skillet on medium-high heat.

Add steak and cook about 3 to 4 minutes, flipping about half way through.

Bake steak on baking sheet in preheated oven until desired doneness.

Add onions and about 1 tbsp of water to skillet and cook until brown.

Stir often and add water as needed to keep moist while cooking.

Combine onions on top steak and serve.

POT ROAST

▪ 1 shoulder roast weighed in 100 gram increments (example 500 grams= 5 servings)

- Tomatoes
- 5 cloves chopped garlic
- 1 chopped onion
- 1 tablespoon paprika
- Cayenne to taste
- Salt and black pepper

Directions:

Mash spices into meat on all sides.

Place in crock pot and fill about halfway.

Add celery to liquid.

Heat on high for 30-40 minutes then take heat to low and cook for 6-8 hours.

Separate into 9 equal servings and enjoy.

Always refrigerate and skim off any excess fat.

Makes multiple servings

STEAK KICKER WITH SALSA

8 ounces steak

1 teaspoon chili powder

1/2 teaspoon kosher salt, divided

1 teaspoon extra-virgin olive oil

2 plum tomatoes, diced

2 teaspoons lime juice

1 tablespoon chopped fresh cilantro

Directions:

Apply chili powder and 1/4 teaspoon salt to both sides of the steak.

Grill or broil steaks until desired doneness is achieved.

In sauce pan add lime juice and 1/4 teaspoon salt and cook until the tomatoes soften.

Remove from heat, stir in cilantro and any excess juice from the steaks.

Top steaks with tomato mixture and serve.

Seafood

LEMON WHITE FISH

3.5oz of any kind of white fish
1/4 cup vegetable broth or water
1 teaspoon apple cider vinegar
1 tablespoon minced onion
3 tablespoons lemon juice
1 teaspoon fresh dill
1 clove garlic crushed and minced
Salt and black pepper to taste

Directions:

Cook fish with lemon juice, broth or water, and vinegar.
Add other spices. Cook for an additional 8 minutes or until fish is completely cooked.
Serve with lemon wedges.

SAUTÉD CRAB SALAD

200 grams crab meat
1 serving green salad
2 teaspoons apple cider vinegar
2 tablespoons lemon juice
2 servings Melba toast crumbs
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
2 clove crushed garlic
2 tablespoons onion (minced fine)
Cayenne pepper, salt and pepper to taste

Directions:

Combine crab, vinegar, melba, garlic, onion, and other spices in a mixing bowl.
Mix well.
Sauté mixture until desired warmth. Place mixture over top of green salad, garnish with lemon juice and top with melba toast crumbs.

SWEET BAKED TILAPIA

1/2 lb tilapia fish
1 tablespoon Bragg's
1 1/2 tablespoons Dijon Mustard
1/2 tablespoon apple cider vinegar
1 tablespoons lemon juice
1/2 tablespoon water
1/4 tsp garlic powder
Salt, pepper and red pepper to taste

Directions:

While oven preheats to 430 degrees, combine Bragg's, mustard, vinegar, lemon juice, water and garlic powder. Mix well.
Place fish in an oven baking dish.
Spread sauce over top of fish and bake for 13-15 minutes. When done fish should flake. Add salt and peppers to taste.

SHRIMP COCKTAIL

- 100 grams raw shrimp
- Cocktail sauce
- 3 ounces tomato paste
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon hot sauce
- 1/8 teaspoon of horseradish or to taste
- Splash of mustard powder
- Salt and pepper
- Water as needed

Directions:

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate. Add additional water as needed.
Steam the shrimp until well cooked.
Refrigerate shrimp for about half an hour and serve with cocktail dipping sauce.



Seafood

SHRIMP SCAMPI

- 100 grams shrimp
- 1 cup vegetable broth or water
- 3 tablespoons lemon juice
- 4 cloves garlic crushed and minced
- Dash of garlic powder
- Dash of onion powder
- Dash of chili or cayenne
- Pepper powder to taste
- Salt and pepper

Directions:

Add garlic to liquid ingredients.

Add shrimp and other spices.

Cook for about 10 minutes until shrimp are pink.

Serve hot or cold with a salad.

SPICED SHRIMP SKILLET

1 lb lg shrimp (Cleansed)

2 tbsp butter

1 tsp minced garlic

1/4 tsp chili powder

1 tbsp lime juice

2 tbsp minced cilantro

1/4 tsp salt

1/4 tsp stevia

Directions:

Over medium heat, melt 1 tablespoon butter in a large nonstick skillet.

Add garlic to pan and cook about 30 seconds.

Add shrimp, salt and chile powder to pan then cook 2.5 minutes.

Stir in lime juice and sugar and cook another 2 minutes or until shrimp are done.

Remove from heat; stir in remaining 1 tablespoon butter and cilantro.

Make sure shrimp are cooked entirely.

SWEET & SOUR SHRIMP

- 100 grams shrimp
- 1 cup water
- 1 lemon with rind
- 1 orange with rind
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- Cayenne to taste
- Salt and pepper to taste

Directions:

Boil 1 cup of water with lemon and orange with rind.

Scrape out remaining pulp and discard the rind.

Add onion, garlic, Bragg's, and spices and discard half of liquid.

Add shrimp to sauce and sauté for 5-7 minutes. Make sure shrimp is fully cooked.

TILAPIA WITH HERBS

- 100 grams of Tilapia fish
- 2 tablespoons lemon juice
- 1 clove garlic crushed and minced
- 1 tablespoon chopped onion
- Pinch of dill
- Fresh parsley
- Salt and black pepper

Directions:

Sauté fish in lemon juice add some water then add onion, garlic and fresh herbs.

May add chopped parsley.

Bake in baking dish with a little water at 350 for 20 minutes.

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More recipes & info:

GOOGLE:

There's a ton of Phase 2 HCG recipes on google. Beware: Not everyone's program is the same. Some encourage cheese on phase 2, some encourage oil on phase 2. We do not. Those are phase 3 foods for us! Just keep a close eye on the ingredients and check on your phase 2 approved list if you're confused.

PINTEREST:

Pinterest is a great source for phase 2 hcg recipes. Follow Bee-Xtreme on Pinterest as we have multiple HCG boards with a ton of recipes.

AMAZON:

Amazon has a lot of great books with a ton of recipes. I Highly recommend the 800 calorie diet by Sonia Russel.

GROUP FILES:

Get it on the Community and check out all the files. There's a ton of recipes. If you find a good one, please share with the group!! We are always looking for new ones!

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Questions or comments?

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