



HCGtablets®

The real weight loss solution

RECIPES



Apple day and dewatering soup

Follow an apple-day or make a dewatering soup when no weight loss has taken place during more than 3 following days.

Apple-day

Eat, divided over one day, a total of 6 green apples. Hereby, the fat -metabolism is broken through and the weight will continue to decrease.

Dewatering soup

Eat this during lunch and dinner when you feel like you are retaining water.

Ingredients

- 6 onions
- 3 tomatoes
- 2 paprika's
- 6 stalks of blanching celery
- 1 bundle of celery
- 1 white cabbage
- Bean sprouts (possibly)
- Pepper, oregano, thyme, basil, bay leaf and/or other fresh herbs at taste
- **NO** salt

Preparation

Wash the vegetables and cut them into pieces. Bring to a boil in enough water and let it soak for an hour. Season with the herbs. If wanted, the soup can be mashed. The combination of vegetables breaks down the fat as a result of which you can use the soup unlimitedly.



Stuffed paprika's

Ingredients

- 100 grams of meat cuts
- Paprika's
- Half an onion
- Garlic
- Pepper, salt and basil

Preparation

Mash the meat cuts and mix it with the snipped onion, garlic, pepper, salt and basil. Cut the tip of the paprika's and hole them out. Fill the paprika's with the meat mixture.

Cook the gilled paprika's in the oven in about 45 minutes at 180 degrees Celsius.

Grilled steak with blanched cauliflower and broccoli

Ingredients

- 100 grams of steak
- 75 grams of broccoli, only the rosettes
- 75 grams of cauliflower, only the rosettes
- 1 tablespoon of chicken stock (fat-free)
- Pepper, salt and nutmeg

Preparation

Season the steak with a bit of salt and pepper. Grill the steak (or bake in a non-stick pan). Place a row of broccoli and a row of cauliflower rosettes in a micro-wave bowl. Sprinkle the stock on it, cover the plate with plastic foil and pinch some holes in it. Prepare the broccoli and the cauliflower in the micro-wave at full power for 5-6 minutes until al dente. Season with pepper, salt and nutmeg.



Roast beef with spicy cucumber salad

Ingredients

- 100 grams of grilled roast beef
- Half a cucumber
- 1 tablespoon of lemon juice
- Half a teaspoon of sambal (only Conimex sambal oelek is allowed)
- Salt and Pepper
- A few strips of red paprika

Preparation

Roll the slices of roast beef and put them on a plate. Grade the cucumber, put the graded cucumber in a strainer and put a bit of salt on them. Let the bitter moisture from the cucumber drain in about 10 minutes. Mix the cucumber with the lemon juice and the sambal. Garnish the salad with the strips of paprika. Serve the salad with the roast beef.

Stir-fried steak

Ingredients

- 100 grams of steak
- 1 cloth of garlic
- Half a teaspoon of sambal (or fresh Spanish peppers)
- Stir-fry vegetables of choice
- Salt and Pepper

Preparation

Cut the steak in strips and bake them in the wok during about 5 minutes with the garlic, sambal, salt and pepper. Add the vegetables and stir-fry until all is done.

Several stir-fry meals can be created this way by replacing the steak with for instance, chicken fillet or fish and by constantly choosing different stir-fry vegetables and fresh herbs to your own taste.



Cooked chicken fillet with Turkish salad

Ingredients

- 100 grams of chicken fillet
- (Chicken)stock (fat-free)
- 1 large cluster tomato, without the seeds, cut into small cubes
- 1 red paprika, without the seeds, cut into small cubes
- 1 red pepper, without the seeds, cut into small rings
- 1 small onion, finely chopped
- Half a tablespoon of finely chopped parsley
- 5 leaves of mint, finely chopped
- Half a tablespoon of lemon juice
- Salt and pepper
- Large leaves of (iceberg) lettuce

Preparation

Boil the chicken fillet in a pan with the stock until done. Mix the cut tomato, paprika, red pepper and the onion together in a bowl. Add parsley, mint and lemon juice. Season the salad with salt and pepper and serve on the lettuce-leaves.

Hamburgers

Ingredients

- 100 grams of low-fat beef
- Garlic
- Minced herbs (small amount)

Preparation

Mix the garlic and/or minced herbs through the beef. If wanted, add a finely chopped onion, paprika or Spanish pepper. Make hamburgers out of the minced mixture and prepare them on the grill.

Delicious with a salad or grilled vegetables.



Chicken or shrimp skewers

Ingredients

- 100 grams of chicken or shrimp
- 1 small onion
- 1 cluster tomato
- Half a paprika
- Fresh lemon juice
- Fresh herbs to your taste

Preparation

Cut the onion, tomato and paprika into large bits. Put pieces of chicken or the shrimps with the pieces of onion, tomato and paprika on the skewers. Season with herbs of choice and lemon juice. Grill the skewers for about 10 minutes. Also nice to go on the barbecue!

Fish fillet with baked tomatoes

Ingredients

- 100 grams of fish fillets of choice (choose from the allowed varieties of fish mentioned before)
- Tomatoes
- Lemon juice
- Salt and Pepper

Preparation

Sprinkle lemon juice over the fish fillet and season with a bit of salt and pepper. If wanted, use some extra herbs to your taste. Wrap the fish in tinfoil and let it cook in the oven in about 30 minutes. Meanwhile, shortly bake the tomatoes in a non-stick frying pan (without butter or oil) shortly on both sides with a bit of salt and pepper. Serve the tomatoes with the fish fillet.



Vegetable omelet

Ingredients

- 1 whole egg and 2 eggs without the egg yoke
- Half an onion
- 1 tomato
- Half a paprika
- Fresh Spanish pepper at taste
- Fresh herbs at taste
- Salt and pepper

Preparation

Cut the onion, tomato, paprika and Spanish pepper into small pieces. Mix the vegetables with the eggs and season with the fresh herbs and pepper and salt. Fry the omelet in a non-stick pan and serve with slices of cucumber or a small salad. Variation tip: use a different vegetable through the omelet. A stir-fry vegetables mixture also tastes very good!

Also make a delicious meal-salad with chicken or shrimps, or what about meatballs (prepared the same as the hamburgers) in a delicious sauce of fresh tomato with herbs to your taste?

VARY AND ENJOY!

