

hCG-DROPS.net
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Dr Simeons 500-Calorie Diet

For Rapid Weight Loss !

No Hunger, No Nervousness, No Insomnia !

(Human Chorionic Gonadotrophin, Non-Prescription)

- This is the same hCG diet that doctors charge \$700 for!
 - Lose 1-2 pounds per day following Dr. Simeons diet!
 - No Hunger on the hCG easy 500 Calorie diet
 - hCG is a natural hormone/protein type of substance!
 - Exercise is not needed to reduce weight on the hCG diet!
 - hCG is actually GOOD for you! May prevent breast cancer!
- hCG resets your hypothalamus so that your weight reduction is lasting!
 - Safe for men and women

Brief Summary of the Diet Phases

Diet Phases

Days 1 & 2	Start oral, sublingual hCG drops and begin high fat, high calorie diet. This is an essential step in resetting the body's fat regulating system.
Days 3-21 (or 42)	Continue hCG drops that are now triggering the body to release stored fat as "food" for the body and supplement with the low calorie diet. The burned fat is providing a constant flow of fuel so you won't feel hungry as pounds & inches melt away.
Maintenance Phase	Stop hCG drops. The body's fat regulation system is now adjusted. Slowly increase caloric intake, while stabilizing your new weight.

Phase 1:

A detoxification phase - It may be a good idea to do a mild liver and colon cleanse. (Not included in Dr Simeons outline)

Phase 2:

The very low calorie diet (VLCD) aka the menu below - minimum of 23 days dosing including your 2 load days + your 48 hrs VLCD without hcg before you go off phase 2, up to 35 days. Some go as long as 40 or more days. Again, this will depend on how much you can tolerate on a low calorie diet, as well as whether you are stalling or not. Also Simeons explicitly states that if you reach 34 lbs. loss on a course, then phase 2 must be stopped. You must note your weight on the day of your last dose. You also must not go off diet until you have stopped homeopathic hcg for 48 hrs. To break a stall (no loss for more than 2 days) - you may do an "apple day" (drinking as little water as possible). Steak days are only for phase 3.

Phase 3:

On this part of the diet you will reset your metabolism/hypothalamus. This is when you slowly introduce fat. Carbs (and starches) are not allowed in this phase. Only carbs from low sugar fruits (no plums, prunes, raisins, all dried fruits, bananas, pineapple, etc). No legumes, corn, grains. You must keep tabs on your weight. You have to adjust your eating if you go over OR under 2 lbs past your last dose weight (from Phase 2). You can do an "all steak day", or do an apple day, protein shake day (low carb shakes only), or chicken day if you go over the 2 lbs. This will often correct the gain. I have found that diluted *unsweetened* apple juice is helpful in releasing water retention. Or you can simply try to lessen your calories. Remember that eating too little can also cause you to gain during this phase. It is imperative to maintain your weight. Obviously losing more than 2 lbs. under your last dose weight would mean increasing your calories. Phase 3 is 21 days minimum.

Phase 4:

You will introduce normal foods in Phase 4. Again, take it very slowly & watch your weight. Corrections of weight gain can be done with apple/steak/protein shake days just as in Phase 3. Phase 4 is 21 days minimum.



You can do it!

HCG Diet - Phase 2 - Sample Menu

Morning:

Coffee/Tea
hCG

Lunch:

3.5 Oz. Protein (Only 1 type)
3.5 oz=100g (veal, beef, chicken breast no skin, remove all fat, white fish, lobster, crab or shrimp)
Vegetable (Only 1 type):
(1-2 handfuls Spinach, Chard, chicory, beet-Greens, green salad, tomatoes, Celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage or 7 oz tomatoes=200g).
1 Fruit (grapefruit, handful strawberries, apple or orange)
1 Grissini or 1 melba
hCG

Dinner:

3.5 oz. Protein
Vegetable
1 Grissini or 1 melba
1 Fruit
hCG

Note: Dr. Simeons recommends no breakfast except coffee/tea, but he also explicitly states that fruit/bread can be broken up so that you can have breakfast and/or you can split up the fruit/bread for snacks. So this menu can be switched around to your liking. Many people do not eat breakfast in their normal routine, so having just coffee or tea works well.

Be sure to fat load for 2 days while taking your hcg. Third day start diet! Normally the diet calls for nothing to eat until lunch & the bread/fruit to be eaten with Lunch/dinner. But it states in pounds & inches that the fruit & grissini/melba can be broken up. Only 1 veg per meal (no mixed vegetables, no mixed salads). Only eat the vegetables/protein listed on menu. Diet works best if different protein is used for lunch/dinner.

Dr Simeons recommends no supplements. At the very least, do not take any supplements with oils (fish oil, flax seed oil, coq10 gel caps, etc. Read the ingredients).

Allowed items: 1 Tablespoon Fat Free Milk with coffee. Juice of one lemon, salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc. may be used for seasoning.

NO OIL, BUTTER OR DRESSING.

No mixing proteins.

Only 1 vegetable type per meal.

Saccharin & Stevia ok.

If you have less than 15 lbs. to lose, you must still continue the entire round. This is imperative to reset the Hypothalamus. Just increase your calories to 800-1000 calories (same foods) once you hit goal until the end of the round. Simeon's P&I specifies 23 injections. So for homeopathy you are doing 23 doses (including your load days). Injectors need 3 days off hcg before going off diet. Homeopathic hcg is out of system in 48 hrs. So technically it is a 25 day round.

Things that may help:

VIRGIN coconut oil - I've mentioned this below - if you have difficulty with energy levels, low blood sugar on the diet, and also constipation (this diet may slow you down in this area) - taking up to 3 tablespoons a day will help. Start slowly & work your way up. As I said below, coconut oil (make sure it's virgin - regular coconut oil is actually bad for your arteries) is used for energy. It isn't stored as fat like other fats. Virgin coconut oil has medium chain fatty acids and is loaded with many health benefits including improving thyroid function and killing pathogens in the body. It is NOT the same as plain old coconut oil (especially the hydrogenated coconut oil you find in processed foods) which is not a healthy substance taken internally. There are also studies that it increases adipose fat tissue loss. When you're low in carbs & fat, your body has to go to proteins to convert to glucose for energy use. This is not done very efficiently in the body & lowering energy problems can be an issue on Simeon's. Also not having a healthy amt. of fats may contribute to digestive problems & gall bladder problems when reintroducing fats (rare). I found no

problems with weight loss using the coconut oil. Some people are hard core to the book Simeon's/HCG dieters. I would only add this if you develop difficulties.

Information on Virgin Coconut oil:

<http://www.organicfacts.net/organic-oils/organic-coconut-oil/health-benefits-of-coconut-oil.html>

Pub med study on adipose tissue/coconut oil

Coconut Oil Cures - personal experiences

Coconut Oil & Weight Loss

Westonprice.org on Coconut Oil

Lemon Juice & Milk Thistle - I believe that all this release of bad fats into the system can congest the liver. On the diet, I take a hot mug of water, add some lemon juice (and my coconut oil) and take 2 milk thistle capsules at bedtime. I add a packet of sweet & low to make it more palatable. This will decongest the liver, as well as stimulate bile, which is a problem in developing gallstones (drink plenty of water too). Decongesting your liver will also promote weight loss & help your liver process glucose better (more energy). The combo of hot water & lemon will keep your bowels moving too. Lemon & hot water is generally a great routine to add regardless of diet. Your liver is responsible for many functions, including ridding toxins, excreting excess hormones, regulating glucose, etc.

Lifecaps - This is a survival supplement that contains 100% of the RDA of vitamins & minerals you can't get in a regular multi vitamin packet. It really does help.

Example of the schedule:

You start the homeopathic hCG on your first load day:

2 days "loading" including hCG

3rd day start diet - this is VLCD 1 (very low calorie day 1)

VLCD 1-VLCD 21 diet +hCG

VLCD 22-VLCD 23 - diet without hCG (48 hrs. no hCG before going off)

Common foods on the diet:

Food Calories:

Apple - 1 small (106g) 55

Beef, Sirloin Lean (100g) 142

Celery - 1 stalk 6

Chicken, breast skinless (100g) 165

Cucumber - 1 med (201g) 24

Grapefruit . 37

Lettuce, Romaine 1 cup 8

Orange, small 45

Orange, Large 86

Spinach, 1 cup raw 7

Strawberries, 1 cup 166g 53

Tomatoes, 1 cup 180g 38

Homeopathic drop dosage: 10 drops under tongue 3 times a day. Hold under tongue for about 15 seconds, and then swallow drops. No eating, drinking or smoking 10 min. before or after dose. No brushing teeth or any mint flavors within 30 min. of taking dose. You may use 15 drops 3x day if you are having hunger issues. Or you may try less drops more frequently. Strike against palm 10 times to activate homeopathy.

****Clarification** - you are using 10 drops - not droppers-full. 10 drops is approximately 1/5 of a dropper. Before taking your first dose, fill the dropper about a little more than 1/5 of the way & drop into bottle so you can get an idea of how much you will be taking each time.

You should NOT exercise heavily during the very low calorie phase (Phase 2). Same goes for Phase 3. Light exercise (walking) may be acceptable if you feel you must. I personally went ahead and walked the dog around the block once each day and had no problems with weakness or dizziness.

Menstruating women - It's best to start the diet after your 3rd day of menstruation (not on heavy days). It is also recommended that you stop hCG on your first 2 or 3 heaviest days if you happen to get your period during the diet. It is not absolutely imperative, and I continued the hCG without a problem. It is normal to

stall during menstruation (water weight). Don't be discouraged.

No medications are allowed. This does not mean prescription medications and a doctor should be consulted before going on this diet regarding how your medications may be effected, and any complications between your prescription and HCG. (Aspirin and birth control are allowed on the Simeons HCG Diet.)

Lying in the sun & tanning/burning could cause you to retain water/gain.

You can try taking an aspirin to reduce the ensuing inflammation that causes water retention.

DRINK LOTS of WATER during the diet!

Disclaimers:

You should have a health checkup or consult your doctor before you go on the Simeon's HCG diet. If you are pregnant, you should NOT be on this diet. If you are under the age of 18, this should be medically supervised. Please read Pounds & Inches for possible contraindications for pre-existing health problems.

Glucose/low cortisol issues - add 1 heaping tsp brewers yeast 2x day. Brewers yeast provides a large amt. of amino acids. The liver uses aminos to convert to glycogen when the body doesn't have access to carbohydrates to use as glycogen.

If you have yeast/candida problems, brewers yeast may not be right for you. Experiment with setting aside some of your calories for a bedtime snack to maintain glucose (1 oz protein with a melba/grissini). I used an electrolyte formula & as well as 1-2 "Lifecaps" daily.

A potassium supplement may be necessary. Lifecaps do contain a high dose of potassium, so if you use them do not also take potassium supplements. If you have low cortisol/adrenal fatigue, consider taking a small dose of Echinacea tincture. Echinacea stimulates the adrenals without over stimulating. It also helps to regenerate tissue (possibly adrenal tissue in the process). Also, take lots of vitamin C, because the adrenals need C to rebuild.

Virgin coconut oil may be of use in dealing with low glucose.

The first 2 days using HHCG you may feel dizzy & tired. This is normal. It is a detox reaction - HCG detoxes the hypothalamus.

PLEASE do NOT take laxatives during this diet. Dr. Simeons is very adamant about this. Some use "smooth move tea", but if it is too harsh, cut down your dose or don't use it at all. You want to keep your bowels moving during any strict diet, but you don't want everything rapidly running through you either. Not good for your digestive system, nor your health. The hot water/lemon/milk thistle may help with keeping things regular, as well as the VIRGIN coconut oil.

Take your measurements prior to starting & keep track of them, using the enclosed chart. You will be surprised to see the difference in inch loss with this diet compared to other diets. Seeing the inch loss during a stall will further encourage you.

You may feel like you have lost some of your muscle tone & notice that you feel "soft" after your weight loss. Don't worry - you will tone right back up during Phase 4.

Remember, if you have less than 20 lbs. to lose, you must continue the diet for 23 days despite hitting goal. You remain on the hcg for the entire time, and once you've hit goal weight you simply increase your calories to 800-1000 (only using the foods on the menu).

If you hit goal on your first round, you are good to go & just do Phase 3 & phase 4. Remember the scale is to be your friend now. You have the resources to adjust your weight gains now. If you let yourself slide a bit, just think of how easy it will be to lose those extra pounds again by just doing one round! It's all about the scale... don't ever let yourself slide to that point where it becomes an overwhelming amount to lose again. If you have more weight to lose after your first round, you can either do all phases & do another round, or you have the option to skip phase 4 & go straight back to phase 2. It is absolutely necessary to do phase 4 at the end of your last round.

Confused? Don't worry - You'll be a pro by the time you do your first round. Just refer to pounds & inches when needed. It is broken down by category. You won't digest it all at first. You'll learn it in bits & pieces as you go.

Pounds & Inches Manuscript
How to do the Phases:

PHASE 1 - Some people do a "detox" before the diet phase. This is not part of Simeon's plan. This is a phase that Kevin Trudeau (The Diet Cure) incorporated. This is not necessary & most don't do this unless they are following Trudeau. It certainly won't hurt, and may help. As I mentioned above, a good cleansing diet with some milk thistle prior to starting diet may be very beneficial.

PHASE 2 (the diet):

Loading: Start the homeopathic hcg drops on your first day of "loading". Loading is to build up your "healthy fat" reserves. Eat as much fat as you can for 2 days, including healthy fats (seeds, nuts, olive oil). Carbs are allowed at this time. Get in all your favorite foods. You may be so sick of gorging on food that you won't be able to wait to get on the diet - You will load for 2 days and on the 3rd day you will start the 500-Calorie diet. Be forewarned ... it is NORMAL to GAIN during loading for some people. Don't panic. Some people see a gain of 5 lbs. or more during loading. Some actually lose weight. It often comes off within the first 2 days of the diet.

Keep track of your start weight, and daily weigh-ins. Weigh yourself first thing every morning, preferably after a bowel movement and without clothing.

A normal course of phase 2 is a minimum of 23 days of dosing including your 2 load days (plus your 48 hrs no dose before going off phase 2). With homeopathic hCG, there is often no immunity built up to hCG, so the dieting can go for as long as 35 days or more. When you start severely stalling at end, it is possible that you have built up immunity to hCG or your body just needs a break, so this is when it's time to move on to Phase 3.

Follow the 500 cal menu. Eggs may be eaten *occasionally*, but only 1 whole Egg + 3 egg whites at a time (which would equal 1 lunch or dinner serving of protein).

There will be days when you see no loss in pounds or inches. You will lose more weight per day the first 10 days than thereafter. Do not be alarmed when it slows down. It is normal. Some people have claimed that using small amounts of non-sweetened cranberry juice diluted with water twice a day helps them lose more. Only resort to this when your losses slow down. Remember to count this into your calorie total for the day.

To break a stall on Phase 2 if you have had 2 days of no loss: 6 large apples during day (nothing else) - as little water as possible.

A "planned interruption" can be done after 21 days. You must be off the homeopathic hcg for 48 hours before stopping the diet. This is for interruptions and for ending Phase 2. Be very aware of what you eat & how it affects your weight. When going back on the diet after an interruption, don't load again. Just simply start your dose back up. If you've done an interruption longer than 3 weeks, then you should do your load days.

The quotes contained in this document are comments made on various forums from people doing the hCG diet.

Quote: "My first break in Round 1 was after day 21, I stopped the hCG, did 2 more days of 500 cals then broke for 5-6 days.

I started back up and lost a pound a day for 10 days.

I broke again for 3 days then restarted and lost a few more pounds.

Total lost in 45 days, 28.50 pounds.

I ate poorly the first break and gained 4 pounds, (Christmas Treats)

The second break I ate my VLCD foods plus eggs, cream cheese, bacon, cream and more veggies cooked in butter or olive oil. No sweets!"

Quote:

"I don't think Dr. Simeons expected us to take a planned interruption before a short 23 day round was over BUT some on HTA do stop before the short Round is over. They call it cycling."

From Pounds & Inches:

Unforeseen Interruptions of Treatment

If an interruption of treatment lasting more than four days is necessary, the patient must increase his diet to at least 800 calories by adding meat, eggs, cheese, and milk to his diet after the third day, as otherwise he will find himself so hungry and weak that he is unable to go about his usual occupation. If the interval lasts less than two weeks the patient can directly resume injections and the 500-calorie diet, but if the interruption lasts longer he must again eat normally until he has had his third injection.

When a patient knows beforehand that he will have to travel and be absent for more than four days, it is always better to stop injections three days before he is due to leave so that he can have the three days of strict dieting which are necessary after the last injection at home. This saves him from the almost impossible task of having to arrange the 500 calorie diet while en route, and he can thus enjoy a much greater dietary freedom from the day of his departure. Interruptions occurring before 20 effective injections have been given are most undesirable, because with less than that number of injections some weight is liable to be regained. After the 20th injection an unavoidable interruption is merely a loss of time.

PHASE 3 - No more Grissini/melba. Low sugar fruit is ok. So you are basically removing the "starches/breads".

"Low carbing": Add fats and more calories to your diet by increasing the size of your protein and veggie servings and adding olive oil, mayo, butter, coconut oil, full-fat plain yogurt (Fage brand is low carb), cheese, sour cream, heavy cream, nuts, etc. However, it's best to add these fats back in slowly to see if they cause you to gain. I think there are many more people with food sensitivities now than in Dr. Simeons' day, so proceed carefully even though he didn't specifically address this.

Quote:

I weighed myself everyday. The key for me was to eat only when I have a tummy growl. That way I knew I was truly hungry and to remember to eat "1" portion. I ate any type of protein (eggs, steaks, chicken, seafood, bacon, sausage, etc.), salads, broccoli w/REAL ranch dressing for dipping (love it and miss it!), strawberries. Snacked on string cheese, turkey pepperoni, canadian bacon, and almonds (most all other nuts contain starch). It's basically eating the Atkins way really. I would check out Atkins recipes, just ignore any that contain any amount of sugar or starch.

One of the biggest mistakes I see over at HTA when we get into P3 is under-eating. You will want to eat the amount of calories needed for the weight you are at the end of p2. The idea is to stabilize at that weight, regardless of needing to lose more.

You will become more hungry once the hcg is out of your system. Plan to eat lots of healthy fats and just no sugar/starch.

If you are still losing weight, then increase your vegetable consumption. Add back green beans, broccoli, cauliflower, Brussels sprouts, and other low glycemic veggies. If you are still losing or maintaining nicely, then add some new fruits and berries, such as blueberries and cantaloupe.

If you gain weight or your weight begins to fluctuate, reduce the amounts consumed or eliminate the latest foods added for a few more days to a week and then try them again.

As you add new choices to your diet, keep a food record and note what reactions you had to the new items. Did you gain weight? Did you retain fluid? Did you have stomach upsets, gas, bloating or indigestion? Did you feel more hunger after eating, stay satisfied for shorter periods of time, have food cravings? Use these notes to develop your own personal list of foods that are OK, should be limited, or should be avoided.

What often happens when someone under eats on p3 is they actually GAIN weight!

Ph3 is re-Adjusting your metabolism to your new weight, while you are adding in more calories to sustain your current weight. P4 is adding back in starch and sugar very little at a time, while you weigh each day to keep your weight right on or as close to LIW (last injection weight). If a problem occurs in P3 use correction days. P3 and P4 are not to loose more, they are to maintain, and set your new Metabolism rate.

Quote:

"An ex-patient should never gain more than two pounds without immediately correcting this, but it is equally undesirable that more than two lbs. be lost after treatment, because a greater loss is always achieved

at the expense of normal fat. Any normal fat that is lost is invariably regained as soon as more food is taken, and it often happens that this rebound overshoots the upper two lbs. limit."

Quote:

I have yet another question (one of many I'm sure) - in phase 3, do we have to do the whole 3 weeks? If so are we not able to add beans, pulses and lentils? We can continue with proper proteins like eggs and quinoa yes?

Yes, you need to do the full 3 weeks. This is the period in which your hypothalamus is resetting itself. The first 2 weeks of P3 my weight will go up and down, the last week it stabilizes which shows that it has reset itself.

As far as beans, it depends. If they are starchy beans ~ no. If they are maybe like green beans ~ yes. P3 is no sugar and no starch. Normally one would eat mostly meat, veggies, cheese, eggs, and low-sugar fruits.

If you gain more than 2 lbs. over your LIW in Ph3, you need to do a correction day. Dr. Simeons talks about a steak day, but others have successfully done chicken day, egg day, nut day or protein shake day

On P3, you should NOT be hungry. You are eating enough to feel satisfied, and there is no hCG left in your system after 72 hrs. post-injections.

Analyzing a Gain in P3 Many people NEVER have to resort to calorie counting or analyzing the intake percentages of protein, fat, and carbohydrates. However, there are some of us who do not experience an easy stabilization of weight in P3. If you are gaining weight in P3, try the following in the order listed:

1. Check all the foods and beverages you are consuming for hidden sugar and starch.
2. Count calories!! OH NO!! Just for a little while, until you find your individual intake level.
3. Use a site like www.FitDay.com to check your calorie count and your intake percentages of protein, fats, and carbohydrates (carbs). If your calorie level is where it should be to maintain your weight and you are still showing a gain, you may need to adjust the percentages of the nutrients you are eating.
4. During P3 your protein and fat intake needs to be higher than normal. Many people find that their protein intake needs to be around 65% in order to maintain.
5. After you have stabilized and maintained for a while, you can adjust the protein downward and the carb intake upward until you find a good balance for you.
6. Eliminate the fruits for a few days to a week. Add them back slowly after the weight stabilizes.
7. Are you exercising too much, too soon? Try cutting back or cutting out any new routines you have added until P4.
8. Has your elimination routine (BM's) returned to a normal pattern?

PHASE 4:

You may add in sugars and starches, but again proceed cautiously even though the doctor didn't put any limits on it.

P4 is adding back in starch and sugar very little at a time, while you weigh each day to keep your weight right on or as close to LIW (last injection weight). If a problem occurs in P4 use correction days. P3 and P4 are not to lose more, they are to maintain, and set your new Metabolism rate.

If you gain more than 2 lbs. over your LIW (in our case it's Last Dose Weight) in Ph4, you need to do a correction day. Dr. Simeons talks about a steak day, but others have successfully done chicken day, egg day, nut day or protein shake day

On P4, you should NOT be hungry. You are eating enough to feel satisfied.

ROUND 2 or MORE

As far as going for R2, and loading: I don't think there is a perfect number of lbs to gain. You load 2 days, because it re-stocks your fat reserves (not your bad fat that the HCG is taking from) so that you have something to go off of the first few days before HCG kicks in to cutting into your "bad fat bank" And again, loading is crucial per P&I also to ward off hunger pangs. The first several lbs to release are your loading lbs which are what I said was going to your fat reserve.

Long plateaus:

The third type of interruption in the regular loss of weight may last much longer - ten days to two weeks. Fortunately, it is rare and only occurs in very advanced cases, and then hardly ever during the first course of treatment. It is seen only in those patients who during some period of their lives have maintained a certain fixed degree of obesity for ten years or more and have then at some time rapidly increased beyond that weight. When then in the course of treatment the former level is reached, it may take two weeks of no loss, in spite of HCG and diet, before further reduction is normally resumed.

PHASE 2 Recipes – These hCG Diet Recipes are compiled from various internet sources

MAIN COURSES

Balsamic Chicken Wraps

3.5 ounces chicken
2 med green cabbage leaf
2 med Napa cabbage leaf
1 garlic clove
3 T. balsamic vinegar
1/4 t onion powder
1/4 T. sea salt
1/4 T. pepper
1 T. fresh ginger

Mix together finely grated ginger, garlic, onion powder, balsamic vinegar, salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly and then add the Napa cabbage and cook until cabbage is slightly cooked. Take the 2 green cabbage leaf and split the chicken mixture and place in cabbage leaf's and roll into a wrap.

Balsamic Mustard Crusted Steak

3.5 ounces filet or London broil
1 t. mustard powder
2 t. balsamic
1/4 t salt
1/2 t freshly ground black pepper
2 garlic cloves (minced)

Mix all seasoning in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand 10 minutes. Broil steak to desired doneness. 3 to 4 minutes per side for medium-rare. Let stand 5 minutes before slicing and serving.

Bun-less Chicken Burger

3.5 ounces of ground chicken breast
1/4 t. pepper
1/4 t onion salt
1/4 t. onion powder
1t. garlic powder
1/4 t dry mustard
2T. balsamic vinegar
2 cups spinach

Mix all ingredients into the ground chicken breast and mold into a small patty. Grill or broil and serve with spinach and balsamic vinaigrette.

Chilean Sea Bass

3.5 ounces of sea bass fillets
2 cloves garlic, minced
1/2 of lemon
1/2 t. salt
1/2 t. lemon pepper
2 T. finely chopped cilantro

1/2 t. paprika

Arrange Sea bass fillets in a single layer on foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt and lemon pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal.

Bake at 450 for 20 minutes.

Citrus Mahi Mahi

3.5 ounces mahi mahi
1 T. fresh lemon juice
1 T. fresh lime juice
1 garlic clove, minced
1/2 teaspoon dried thyme
1/2 teaspoon dried dill
1/4 t pepper
1/4 t salt
1/2 citrus dressing

Mix together lemon juice, lime juice, garlic, thyme, and salt and pepper to taste. Place in a shallow dish, drizzle with citrus dressing mixture, turn to coat and marinate at room temperature for 10 minutes. Heat grill pan or grill over medium heat. Cook for 3 to 4 minutes per side.

Curry Chicken and Spinach

3.5 ounces chicken
2 cups spinach
2 t. onion powder
1 garlic clove (minced)
1/2 cup chicken broth
1/4 t salt
1/4 t pepper
1 lime
1 T. curry powder

Mix chicken and all seasonings and 1/2 the lime and cook chicken through. Throw the spinach in for 1 minute and serve in a bowl and squeeze the other 1/2 of the lime.

Ginger Steamed Red Snapper

3.5 ounces red snapper
2T. fresh grated ginger
1/4 cup balsamic vinegar
2 drops liquid stevia
1/4 t. salt
1/4 t. pepper
1 lemon wedge

Finely grate 1 T of fresh ginger in small skillet. Add the balsamic vinegar and cover with water to reach 2 inches and bring to a simmer. Season red snapper with grated ginger, lemon, salt and pepper. Place in steamer and cook for about 10 minutes.

Lemon Garlic Chard

2c. roughly chopped Swiss chard
1 large or 2 small garlic cloves
4 T. water
Fresh lemon juice
Sea salt
Pepper

Put 1 T. water in non stick pan saute garlic until tender and set aside. Pour remaining water into pan and add chard. Cook over medium heat for about 5 minutes, tossing occasionally. Drain off excess juice and return to pan adding in sauteed garlic. Before serving, give a squirt of lemon juice and a shake of salt and pepper.

Lemon Lime Tilapia

3.5 ounces tilapia or any white fish
1/2 lemon slice
1/2 lime slice
1 garlic clove (minced)
1/4 T. sea salt
1/4 T. black pepper
1/2 t. dry dill
1/2 cup water

Mix together lemon juice, lime juice, garlic, salt, pepper, and dill. Marinate fish in seasonings for 10 minutes and place in non-stick pan with water and cover and steam for 10 minutes.

Lemon Zest Crab cakes

3.5 ounces crab
1 garlic clove (minced)
1 T. onion powder
1/2 t. lemon zest
1/4 t salt
1/4 t. pepper
1 t. dry mustard
2 lemon wedges
1 T. parsley
1 t. lemon zest

Mix everything together and put into 2 small patties. Place in a baking dish and bake for 15 minutes and place on serving dish.

Marinated London Broil Steak & Salsa

3.5 ounces London broil
1/3 cup balsamic vinegar
2T. dried Oregano
3T. garlic powder
1/4 t salt
1/4 t pepper
2 cups diced tomatoes

Marinate London broil with all seasons for 1 hour. Season diced tomatoes and place 1/2 in the middle of the plate. Broil or grill steak to your temperature. Place on top of salsa and add the remainder salsa.

Mock Egg Roll

3.5 ounces of Chicken
2-3 big cabbage leaves
1c. shredded cabbage
1/8 t. onion salt
1/8 t. garlic powder
1/8 asian spices
1/2 Pkg stevia

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage. Steam both for 5 minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in a big cabbage leaf.

Oven Chicken Salad

1 chicken breast
1/2 t. cayenne pepper (optional)
1/4 t. onion powder
1/4 t. salt
1/4 t. pepper
1/4 t. garlic powder
1/2 t. poultry season
2 cups spinach or lettuce
Vinaigrette Dressing
1/4 cup apple cider vinegar
1/2 cup water
1 t celery salt
1 t. onion salt
1 t. pepper
1 pkg stevia

Mix all seasonings together and roll chicken in mixture so it is smothered and place on a foil sheet and wrap up nice and tight. Put on a cooking sheet and bake at 375 degrees and bake for 20 to 30 minutes. Cut up in small pieces and measure 3.5 ounces of chicken and put on a bed of spinach or lettuce and drizzle the vinaigrette dressing. Save the remainder of the chicken breast for another meal.

Rosemary Fish & Lemon Garlic Chard

3.5 ounces of halibut or tilapia
Italian Herb Seasoning
1 t. Rosemary grinded
1 t. Ground pepper
1 t. Sea Salt
2 slices of Fresh lemon juice
2c. broccoli
1 t. garlic salt

Sprinkle both sides of fish with spices. Place fish on a nonstick frying pan with 1/3 cup of water and lemon juice. Place a lid on the pan to keep the steam within the pan. Cook for 3 to 4 min. Fish is done when flakes easily with a fork.

Spicy Cajun Scallops

3.5 ounces scallops or shrimp
1 lemon
1/2 dry mustard
1 t. pepper flakes
2 garlic clove (minced)
1/4 salts
1/4 pepper
1/2 cup water

Mix together lemon juice, dry mustard, cayenne, garlic, salt, pepper and scallops. Fill a non-stick frying pan with water and place scallops and cover with lid for 10 minutes.

Spicy Taco Salad

2 cups Romaine Lettuce
3.5 ounces London broil or filet
1/4 t. garlic salt
1/4 t. chili seasoning

Prepare the beef on the grill. Crumble beef and mix in garlic, salt, and chili seasoning. Top lettuce with

ground beef mixture. Serve with Vinaigrette Dressing on the side.

HCG "Chili" (one serving)

Ingredients

100 grams lean ground beef (less than 7% fat)
1 cup chopped tomatoes
Cup water
1 tablespoons minced onion
2 cloves garlic crushed and minced
Pinch of garlic powder
Pinch of onion powder
. teaspoon chili powder
Pinch of oregano
Cayenne pepper to taste (optional)
Salt and pepper to taste

Directions

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced.

The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

Tomato basil chicken (one serving)

Ingredients

100 grams cubed chicken
1 cup chopped tomato
. cup water or chicken broth
2 tablespoons lemon juice
2 tablespoons chopped onion
1-2 cloves garlic sliced
3 leaves basil rolled and sliced
1/8 teaspoon oregano fresh or dried
. teaspoon garlic powder
. teaspoon onion powder
Cayenne to taste
Salt and pepper to taste

Directions

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil.

Citrus Fish (one serving)

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 to taste
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.

Crunchy sweet apple chicken salad (one serving)

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 to taste
Wedge of lemon

Directions

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

DESSERTS, DRINKS, SNACKS

Strawberry Sorbet

When off protocol I'll add banana or fresh pineapple, but it's just as good without. The kids love this one, too!

Allotted amount of strawberries

Juice of 1 lemon - sugar substitute (as needed)

water (if needed)

Freeze fresh strawberries about 1 hour.

Blend fresh frozen strawberries, lemon juice & sugar substitute in blender until very well blended.

You can serve immediately or place in freezer to allow it to firm up even further.

Candied Apples

4 apples - 4 packets of truvia or stevia

1 tsp. of cinnamon - 2 cups of water

1 tsp of vanilla

- Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350 degrees for an hour. Take out of oven and add vanilla to the liquid and stir. Take apples out and pour sweetened water mixture over apple and enjoy!

Strawberry Shortcake

Plain melba toast

Add 1 drop of Stevia (vanilla crème flavor)

Top with sliced strawberry

Add another drop of Stevia (vanilla crème flavor)

Chips and Salsa

Prepare pico de gallo mixture with diced tomatoes, onions, fresh cilantro.

Use melba toast as chips

Strawberry-Orange Smoothie

1 cup of frozen or fresh strawberries
½ orange or 1/3 cup of real orange juice (not from concentrate)
¾ cup of crushed ice
Stevia flavor of choice (1/2 dropper full or 1 packet)
(optional) 1 handful of frozen spinach leaves (you won't even be able to taste these)
Blend in blender till smooth

Soda

Carbonated or not sparkling water
10-15 drops of flavored stevia

Lemonade

1 cup water
2 Tbsp of lemon juice
10 drops of plain stevia
10 drops of lemon stevia

Orange Julius

1 orange - ice
5-10 drops vanilla creme liquid Stevia (to taste)
Water (as needed)
Peel orange and place orange sections in blender.
Add about a handful of ice.
Blend.
Add vanilla creme Stevia.
Blend to desired consistency. Add water as needed.

Frozen Strawberry Lemonade

1 cup of frozen strawberries
¼ cup lemon juice
1 cup of ice
10 drops of Lemon stevia
10 drops of plain stevia
Blend in blender till smooth

Crushed Ice Smoothie

1 cup (partially defrosted Strawberries) or 1 med Orange
1 Pkg stevia
5 drops Orange Stevia
5 drops Vanilla Cream Stevia
Blend until smooth

Frozen Cappuccino

1 c. crushed ice
5 drops of peppermint stevia
5 drops of chocolate stevia
5 drops of Valencia orange
1 c. of coffee

Mix in blender until smooth. Pour into glass and serve.

Lemon Drop Slushy

1/2 t. squeezed lemon juice
1/2 c. water
1/2 c. ice
5 drops of lemon stevia

FRUITS

Apple Sauce

Bake an apple and peel off skin and mash and add cinnamon and 1 pkg of stevia and mix all together and serve on plate.

Baked apple
Any apple you like
1 pkg stevia
1 T. cinnamon
1 T. water
1 t. cinnamon

Cut apple core almost through and mix together stevia and cinnamon with 1 T. water. Place apple on a sheet of foil and mold foil to cup the apple. Pour stevia and cinnamon mixture in the apple core and tighten foil securely around apple. Bake 350 for 45 minutes. Serve in a shallow dish and sprinkle cinnamon over the apple.

Jamaican Grapefruit

1/2 grapefruit
Cinnamon
1-2 Pkg of stevia

Using a serrated edge knife, cut grapefruit in half as normally would and place on an oven safe dish and bake for 2 minutes. Cut around center core, rind, and partitions. Sprinkle with cinnamon and stevia.

Strawberry flower
4 Large strawberries or 6 small
1 T. cinnamon
1 pkg stevia

Slice strawberries and place on a plate shaped like a flower. Mix cinnamon and stevia and sprinkle over the strawberries.

DRESSINGS AND BROTHS

Balsamic Vinaigrette

1/3 cup balsamic vinegar
2 T. water
2 T. dried thyme
1/4 t. salt
1/4 t. pepper
1 T. dried basil
1/4 t. garlic powder
Add all ingredients in a blender and mix well.

Chicken Broth

1 chicken breast
8 cups water

4 cups water
5 t. poultry season
5 t. onion powder
4 garlic cloves
4 t. black pepper
3 t. sea salt
3 T. celery salt
1 cheese cloth
1 string

Mix all herbs and place in the cheese cloth wrap string around cloth to secure all herbs and place it in the stock pot with 8 cups of water and the chicken breast and boil for 35 minutes or until chicken breast is cooked. Place a strainer on top of a bowl with a coffee filter to strain broth to extract any fat from chicken breast and use the chicken for other recipes. Keep the cheese cloth to see if you need to continue to add more flavors to the stock for the additional 4 cups of water and bring to a boil for additional 30 minutes. Set aside and chill. Use the broth for recipes for flavor and for a cup of broth before lunch and dinner.

Citrus Dressing

1/4 cup apple cider vinegar
1 cup water
1 T lemon
1 pkg stevia
1/4 t garlic powder

Dill Dressing

1/3 cup apple cider vinegar
2 T. water
2 T. dried basil
2 T. dried dill
1 t. garlic powder
1 t. dry mustard
1 t. onion powder

Mix all ingredients in a blender and mix well.

Vinaigrette Dressing

1/4 c. apple cider vinegar
1/2 c. water
2 shakes celery salt
2 shakes onion salt
Ground pepper to taste
3 Pkg stevia

SALADS AND SOUPS

Beet Greens or Asparagus

2 T. chicken bouillon base
2 c. chopped beet greens or Asparagus
Dash of onion salt

Heat bouillon base on medium to just prior to boiling, Reduce heat, add greens and saute a few minutes until tender. Sprinkle with onion salt.

Citrus Shrimp & Greens

3.5 ounces of shrimp
2 T. lemon juice
1T. lime juice
3T. apple cider vinegar

1t. garlic powder
1t. pepper
1/2 t. onion salt

Place fish in a bowl and mix together all ingredients and let it stand and marinate for 1/2 hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite salad greens.

French onion soup

1 Vidalia onion
2 c. beef broth
3.5 ounces lean steak
1t. garlic powder
1t. onion salt
1t. pepper
2 Melba toast

Slice onion with an apple slice to make wedges and to open up the onion. Season the onion and place it on top of a foil sheet. Add 1/4 c beef broth, and wrap it up tightly, and place in a baking dish and bake at 350 degrees for 1 hour. You want to make sure the onion is not too soft you want it a little firm. Serve in a bowl with 2 cups of beef broth and 2 Melba toast.

DESSERTS

Apple Cobbler

1 sliced apple
1/8 t. cinnamon
1 Pkg stevia

Toss the above ingredients and arrange on oven safe dish
Topping 1t. cinnamon and 1 Pkg stevia

Apples with Strawberry Sauce

1/2 of a Jonathan apple
3 strawberries
3 drops vanilla Creme stevia

Slice apple and arrange on a plate. Mash the strawberries with a fork and add vanilla Creme stevia to make a sauce. Pour over the apple slices

Phase 3 Recipes (can also be used in Phase 4)

Cream Cheese Muffins

2 8oz. pks. philadelphia cream cheese
1/2 cup sweetener (I use spenda)
2 eggs
1/2 tsp. vanilla

Soften cream cheese about 40 seconds in microwave. Add other ingredients. Beat with mixer till smooth. Pour into 12 muffin pans lined with the papers. Bake at 350 for 20 min.

Can add 2tbs of mascarpone cheese and one of sour cream which makes it richer in texture.

Use as a bun replacement

Oopsie Rolls

3 large eggs

pinch of cream of tartar (1/8 tsp)

3 ounces cream cheese (Do not soften)

Xanthan Gum (optional - 1/8 tsp for double batch - add to egg whites & cream of tartar)

Preheat oven to 300 degrees F.

Separate the eggs and add cream cheese to the yolks. Use a mixer to combine the ingredients together. In a separate bowl, whip egg whites and cream of tartar until stiff (if you're using the same mixer, mix the whites first and then the yolk mixture). Using a spatula, gradually fold the egg yolk mixture into the white mixture, being careful not to break down the whites. Spray a cookie sheet with non-stick spray and spoon the mixture onto the sheet, making 6 mounds. Flatten each mound slightly.

Bake about 30 minutes (You want them slightly softer, not crumbly). Let cool on the sheet for a few minutes, and then remove to a rack and allow them to cool. Store in a loosely open sack and allow to rest on the counter before use (otherwise they might be too moist). Can be frozen.

Oopsie French toast:

1 egg beaten w/ a bit of cream & vanilla.

Coat two oopsies w/ egg mixture and fry in butter like french toast. Top with sugar free syrup.

Taco Shells

Made out of cheese!

1. shredded cheese

2. Place cheese in a thin layer on a piece of parchment paper.

3. Microwave for 1 min. at a time, until cheese is bubbly and starts to slightly brown.

4. While the cheese is still flexible, use the parchment paper to bend the cheese to give it a taco shape.

5. Let the cheese cool while in this shape. (I use a small wrapped medicine bottle tucked inside the 'shell' to help it keep its shape while cooling.)

6. When cooled, peel away parchment paper.

If you would like to have a piece of cake when it is a special day or time to celebrate an event you may want to try this cake. It's rich and moist. Tried a super no stick silicone bundt pan and it was gorgeous

Classic Almond Flour Pound Cake

Ingredients:

- 1/2 cup butter (1 stick) softened at room temperature
- 1/2 cup full fat cream cheese
- 3/4 cup Splenda or splenda 'mix' - 1/3 c splenda, 2 T Xylitol, 2 T Erythritol (both powdered in coffee grinder), 2T Diabetisweet (*see note below)
- 5 large eggs, at room temperature
- 2 cups almond flour
- 1 teaspoon baking powder
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract

Cream butter, cream cheese and Splenda together, mixing well. Add eggs, one at a time, beating well after each. In a separate bowl, mix almond flour with baking powder. Add egg/butter mixture to flour a little at a time while beating. Add lemon and vanilla extracts. Pour into greased 9"-10" Springform pan, bundt pan, ring pan, (or 9" round cake pan) and bake at 350°F for 50-55 minutes. You can change flavors for this cake by using different extract flavors and even food color if you like!

Makes 12 servings. 6.1 net grams of carbohydrate per serving. This is really Moist and really good.

*This made 94 grams of powder = one cup sugar sweetness, and I just measure out what fraction of a cup I need.

PHASE 4 RECIPES

Dottie's Pumpkin Pound Cake with Cream Cheese Layer

Serving Size : 12

1 cup canned pumpkin

1 cup granulated Splenda or equivalent liquid -- Splenda

1 teaspoon baking powder

1 teaspoon vanilla
1/2 teaspoon pumpkin pie spice -- or 1 teaspoon
cinnamon
1 Pinch to 1/8 teaspoon salt
5 eggs
6 ounces almond flour -- about 1 1/2 cups

****Cream Cheese Layer****

8 ounces cream cheese -- softened
2 tablespoons granular or liquid Splenda
1 egg
1/2 teaspoon vanilla

Grease an 8x4" loaf pan well or line with foil and grease foil. In medium bowl, beat pumpkin, Splenda, baking powder, vanilla, spice and salt, if using, with electric mixer until well blended. Beat in eggs, then almonds. Add a little water, if needed, to make a thick, but pourable batter (I didn't need it). Set aside.

Beat cream cheese, Splenda, egg and vanilla in a medium bowl until well blended.

Pour 1/2 of batter into pan. Spoon cream cheese mixture evenly over batter. Cover with remaining pumpkin batter. Bake at 300 60-75 minutes, until cake pulls away from sides of pan a bit and toothpick comes out clean. Mine took about 65 minutes. The toothpick came out clean at 60 minutes, but it needed to brown a little more. This comes out so moist that the extra baking time will be ok. Let cool in pan on a rack for 10 minutes. Remove from pan and peel off foil; cool completely on rack before slicing. Store in refrigerator or freezer.

5.8 total carbs, 2.1 fiber so 3.7 carbs per serving

Makes 1 loaf or 12 servings

Can be frozen

Pumpkin Bars

Mix:

1 cup almond flour
1 teaspoon cinnamon
1/2 teaspoon ground cloves -- (or 2 tsp Allspice
instead of cinnamon or cloves)
1/4 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 cup Splenda liquid -- or equiv.
3 tablespoons chopped walnuts
1 cup mashed pumpkin
2 eggs
1/2 cup oil

Mix dry into wet and pour into sprayed 9x13 inch pan. Bake 350 for 30-40 min. Let cool then frost. Really good next day!!! If they last that long!!!

Top with Cream Cheese Maple Walnut Icing -----

NOTES : 18 bars at roughly 3.5 carbs each and 2.5 if you use the Davinci and splenda.

Scharffenberger Chocolate Truffle Cheesecake

This cheesecake is a rich, decadent, torte-like, truffle cheesecake.

Crust:

1/2 stick of butter
1/2 cup almond flour
1/2 cup unsweetened coconut
4 Tbsp Splenda
3 Tbsp Cocoa Powder

Filling

16 oz cream cheese
1 cup whipping cream
5 eggs
2 shots of Espresso or Instant Coffee/espresso dissolved in 1 oz water

2 Tbsp Mexican Vanilla
1 cup diabetisweet
1 cup erythritol powder
12 oz Scharffenberger Chocolate (or other unsweetened baking chocolate)

Preheat oven to 350 degrees.

For Crust: Melt butter in a bowl and mix all crust ingredients together. Press into bottom of spring form pan evenly and bake for 15 minutes. Take pan out and let cool. Take oven temp down to 325 degrees.

For Filling: In a bowl, microwave the chocolate until melted through. Set aside and let cool slightly while you make the rest of the filling. In a mixing bowl, whip cream cheese, whipping cream, and eggs until smooth and creamy. Add vanilla, espresso, and sweeteners*, beating constantly until mixed. Spoon 1 Tbsp of the cream mixture into the melted chocolate and mix until smooth. Repeat for about 5 Tbsp and then slowly mix the chocolate into the creamy mixture and whip until extremely smooth. Pour evenly into springform pan and bake for 35-40 minutes until toothpick test comes out either clean or tiny crumbles on it and remove. Let cool for 30 min, then use a knife to separate edges from pan and remove the spring form. Remaining cooling should happen in the fridge so it stays really moist and "packed down" ~ kinda torte like.

*For erythritol, melt in a pan for 5 mins., mixing occasionally. If it is erythritol crystals, you need to grind first.

Healthy Chocolate Cake

Adapted from a recipe at LowCarbFriends

Makes a single 9" layer cake, which can be halved and stacked for the taller cake you see here!

Preparation:

1-15 ounce can of unseasoned black beans
OR 1 1/4 cup cooked beans, any color
5 large eggs
1 tablespoon pure vanilla extract
1/2 teaspoon sea salt
6 tablespoons unsalted organic butter OR extra virgin coconut oil
3/4 cup erythritol plus 1/2 teaspoon pure stevia extract OR 1/4-1/3 cup honey plus 1 teaspoon stevia
6 tablespoons unsweetened cocoa powder
1 teaspoon aluminum-free baking powder
1/2 teaspoon baking soda
1 tablespoon water (omit if using honey)

Preparation:

Preheat oven to 325 degrees Fahrenheit. Spray a 9" cake pan with extra virgin olive oil cooking spray, or just grease it with a thin layer of butter. Dust cocoa all over the inside of the pan, tapping to evenly distribute. Cut a round of parchment paper and line the bottom of the pan, then spray the parchment lightly.

Drain and rinse beans in a strainer or colander. Shake off excess water. Place beans, 3 of the eggs, vanilla, stevia (if using) and salt into blender. Blend on high until beans are completely liquefied. No lumps! Whisk together cocoa powder, baking soda, and baking powder. Beat butter with sweetener (erythritol or honey) until light and fluffy. Add remaining two eggs, beating for a minute after each addition. Pour bean batter into egg mixture and mix. Finally, stir in cocoa powder and water (if using), and beat the batter on high for one minute, until smooth. Scrape batter into pan and smooth the top. Grip pan firmly by the edges and rap it on the counter a few times to pop any air bubbles.

Bake for 325 degrees for 45 minutes. You may need a little longer, as my oven runs hot. Cake is done with the top is rounded and firm to the touch. After 10 minutes, turn out cake from pan, and flip over again on to a cooling rack. Let cool until cake reaches room temperature, then cover in plastic wrap or with cake dome (I use an overturned plastic chip bowl). For BEST flavor, let cake sit over night. I promise this cake will not have a hint of beaniness after letting it sit for eight hours! If you are stacking this cake, level the top with a long serrated knife, shaving off layers until it is flat and even. Frost immediately before serving.

~5.7g net carbs per 1/10th using erythritol/stevia.

~12.56g net carbs per 1/10th honey/stevia.

Healthy Chocolate Butter Cream Frosting

Makes enough to thickly cover one layer, or fill and frost a halved stacked layer

Ingredients:

1/2 cup (1 stick) unsalted organic butter, softened, OR 7 tablespoons nonhydrogenated shortening
1/4 cup plus 1 tablespoon erythritol, OR 1/4 cup xylitol, powdered
5 tablespoons unsweetened cocoa powder
2 tablespoons half and half OR coconut milk

1 teaspoon pure vanilla extract
Pinch of sea salt
Good-tasting pure stevia extract, to taste
Optional addition for a glossy finish:
1 fresh organic egg yolk

Preparation:

Cream the butter in a small bowl until fluffy. Powder erythritol or xylitol in a coffee grinder or Magic Bullet for a minute or two, until extremely fine. Let sweetener settle in grinder before opening the top. Stir sweetener into butter with a spatula, then beat until smooth. Slowly blend in the cocoa powder (unless you want to redecorate your kitchen), vanilla, and sea salt. Beat in the half and half and egg yolk, if using. Add stevia, starting with 1/16 teaspoon. You'll probably use less than 1/4 teaspoon. Just keep tasting and adjust sweetness to your liking.

~7g net carbs for the frosting, using erythritol _____

NY Style Cheesecake

CRUST

1+1/2 cups ground nuts--I used pecans, but any preferred nut would work
2tb butter, melted
2tb splenda or sugar substitute to equal same

Preheat oven to 325. Combine crust ingredients and press into the bottom of a 9" springform pan and approx. 1" up the sides-or press into a 9" pie plate. Bake for 10 mins.

FILLING

1.5lbs cream cheese, softened
4 eggs, room temperature
1+1/3c splenda or sugar substitute to equal same
2tsp vanilla
2 tsp lemon juice
2 cups sour cream

beat cream cheese till smooth. Add eggs, one at a time, beating well after each addition. Add remaining ingredients in order given, beating after each addition. Pour into prepared crust and return to oven for 1hr 20 minutes. Turn oven OFF, prop door open (I use a wooden spoon wedged in the door) and leave cheesecake in the oven for an additional hour. Remove from oven and allow to cool. Store in the fridge.

I highly suggest making this 24 hours in advance. It tasted SO much better the second day!

Nutrition information for ENTIRE cheesecake (based on using pourable Splenda; if you use another sweetener your carb count will be less):

Calories 5,508
Fat: 538.5gr 85%
Protein: 111.9gr 8%
Carbs: 99.2gr 7%
Fibre: 21.8gr

Chocolate Walnut Brownies

Serves: 16

Carbs Per Serving: 5.3 g

Prep Time:<35 minutes

Skill Level: Easy

Ingredients:

1/2 cup butter, softened
1 1/2 cups Steviva Brand Stevia Blend
2 eggs
1 teaspoon vanilla
2 tablespoons cream (or water or coffee)
1 cup almond flour
1 teaspoon xanthan gum
Pinch salt
1 teaspoon baking soda
4 ounces unsweetened chocolate, melted
1/4 cup chopped walnuts

Instructions:

Preheat oven to 350 degrees. Grease an 8x8 square pan.

In a mixer, cream together the butter and Steviva Brand Stevia Blend. Add the eggs, one at a time, incorporating well. Add the vanilla and cream, blending well. In a small bowl, mix together the almond flour, xanthan gum, salt and baking soda. Add the almond flour mixture to the butter mixture, alternating with the chocolate. Fold in the nuts. This makes a very stiff batter - almost dough-like. Spread the batter in the greased pan, and bake for about 15 minutes, or until a knife inserted comes out clean. Cut into 16 1-inch squares.

Chocolate cookies

1/2 cup butter

1 cup Splenda

1 egg

1/2 cup cocoa

1 cup almond flour

3/4 cup sifted coconut flour

1 tsp baking powder

1/2 tsp baking soda

1 Tbsp vanilla

Cream butter, egg, splenda. Blend in remaining ingredients. Refridgerate 1 hour. Roll into teaspoon size balls and flatten into cookie shapes. Place onto baking sheet and sprinkle with splenda. Bake at 375 degrees for 10 - 12 minutes. Makes around 18 cookies.

per serving:

85 calories

8.15 fat

1.5 carbs

2.3 protein