

# Your Guide to the HCG Transition

## Phase III

*Written and compiled by Rachel Fairholm*

\*Disclaimer- Statements made in this document are not meant to replace advice received by a qualified health professional. Statements should not be taken as medical advice or diagnosis as they have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Foreword

This book is intended to be used as a guide for those who have completed Phase II of the HCG diet and are now looking to complete the 3-week maintenance transition phase. If you have completed Phase II, congratulations! Phase III will help you maintain your new weight, and healthier habits. In this book we will tell you how you should be changing your diet during this critical phase. Though not as restrictive as the phase you just completed, in this phase, and afterwards, it is important that you still continue to pay attention to the types of food you eat, and maintain a healthy lifestyle.

This book will briefly touch on Phase II of the diet, in how it differs from what is allowed while in the maintenance phase, as well as explaining the importance of following Phase III. We want to be sure that you are comfortable with how you can maintain your new weight, and with the types of food you can eat. We will be taking some of the advice straight from Dr. ATW Simeons, the original creator of the HCG Protocol, as well as giving some insights on the Phase III Transition in particular. We want to make sure that you are as knowledgeable as possible about this new phase in your journey so that you can complete it effectively and happily.

While Dr. Simeons explained the basics of what to avoid while in this phase, we want to give you a firmer grasp on what is allowable so that you feel comfortable and confident as you complete it. Our main goal is to inform and to show you just how simple this phase is to follow. We love to help others become successful in their weight loss, and weight maintenance goals, and so we want to make this eBook as comprehensive as possible. Please take advantage of our index to find the section where your specific questions may be answered

## Index

Foreword .....	ii
The Need for a Maintenance Phase .....	1
The 500 Calorie Diet.....	1
Days 1-3 .....	1
Days 4-23, or 4-40 .....	2
Days 24-26, or 41-43 .....	2
Three Week Transition .....	2
Weighing In .....	2
Dietary Lapses .....	3
Eating Too Little .....	3
Exercise.....	4
20 Days to Make It or Break It .....	4
The Low-Carb Diet.....	5
Repeating the Process .....	6
Words from Dr. Simeons .....	7
Concluding a course.....	7
Skipping a Meal .....	7
Losing more Weight .....	7
Beware of Over-enthusiasm.....	7
Further Courses.....	8
Low Carb, Low Starch Recipes .....	9
Pork.....	9
Chicken .....	11
Beef.....	12
Vegetarian and Dips.....	14
Appendix.....	18

## **The Need for a Maintenance Phase**

Phase III is an important stage in the HCG Protocol in which you no longer have to follow the strict 500 calorie diet, but during which some foods must still be avoided while your body adjust to your new weight. This phase is not only important in order to help stabilize your weight, but will also help you solidify the new eating habits you have learned. This stage is necessary so that you don't add foods, mainly carbohydrates back into your diet too quickly. If you were to simply start to eat any foods immediately after the 500 calorie diet the sudden spike in carbohydrates could cause weight gain. This is the time that it will be easiest to gain some, or all, of the weight back that you have just lost. It is important to maintain your weight within 2lbs above or below your final weight in order to stabilize your weight and have your body set a new normal weight level.

Though this phase is not nearly as restrictive as the 500 calorie diet, some people do still have trouble as they are no longer receiving help to curb their appetites, and there may still be foods that they want but cannot yet eat. It is important to remain within the bounds of the diet, however, if you want to maintain your weight loss indefinitely.

HCG Transition is a product that can help during this phase, and even afterwards, as it will supplement your diet in a way that has been uniquely tailored to help with the issues many face during Phase III. HCG Transition can help support and maintain muscle development, continue to help turn fat into energy, increase your energy, manage appetite, and also stabilize your weight loss. HCG Transition contains a blend of ingredients including natural Appetite Suppressants, an Amino Acid Complex, and a Vitamin B Complex to help promote energy and the conversion of food into fuel. B vitamins, specifically, help to increase metabolism by promoting the breakdown of fats, proteins, and carbohydrates. Using a formula infused with a B12 complex can help increase your energy and speed up the breakdown of the foods you eat.

Completing this Maintenance and Transition Phase will bring you to a point where you know your weight is stable, and you can be happy with the amount that has been lost. You have gone through a journey of weight loss and improved habits, and proven to yourself that you have the skills to make healthier decisions and properly measure and maintain your weight. Many no longer feel the need to return to old habits, and continue to maintain their weight and be successful in their goals. We hope to help anyone who reads this book to reach their goals as well.

## **The 500 Calorie Diet**

Most people who use HCG follow a version of the original Dr. Simeons Protocol, a very restrictive 500 calorie diet, during Phase II. This diet is designed to achieve the maximum amount of weight loss in a period of at most 43 days. Dieters were encouraged to follow the diet to the letter, and to keep track of their weight loss on a daily basis. We will outline the basics in brief to emphasize the differences between the phases.

### **Days 1-3**

These first three days were integral to the diet, as they consisted of 'gorging' on foods in order to be sure your reserves were full for the diet. HCG was taken at this time as well, in order

that on the first day of the restrictive diet, it would be fully in the body's system. This was a good time to eat all of those favorite foods you may not be able to have come Day 4.

### **Days 4-23, or 4-40**

At this point you would be on a 500 calorie a day diet, consisting mainly of protein, with vegetables, fruits, and very little grain products. Sugar was something to stay clear of entirely, and even milk could only be had in the small amount of a tablespoon a day. It was good to drink a lot of water do avoid dehydration and water retention. Exercise was generally not recommended and some would even have to avoid oily makeups and lotions. This period of the diet would last at least 20 days, and 37 days at most.

### **Days 24-26, or 41-43**

During the last three days dieters would stop taking the drops, but maintain the diet. This was to allow the HCG to leave the system without adding calories while it still continues to work. Most would feel more hungry again by the end of the third day.

## **Three Week Transition**

No longer on the 500 calorie diet, you now don't have to worry as much about portion sizes. Most people who have reached this stage, however, find that they are naturally eating less, and in smaller portions, than they did before they took HCG. There are still things you need to watch out for, however, and you should not simply start eating anything you might want. Protein is still encouraged to be the main part of the diet, but you don't have to worry so much anymore about fat. This means dairy products are much more acceptable. The things to avoid during this phase are starches and sugars. Carbohydrates are your worst enemy during this time as they are the most likely to cause you to regain the weight you just lost, so therefore you must avoid foods such as potatoes, bread, pastries, rice, and sugar. If you want some more information on the kinds of foods you may want to eat, we have included some suggestions in our Recipe section on page 9.

### **Weighing In**

During this phase it is important to weigh yourself every morning to be sure to maintain your weight, and it is best to weigh yourself under the same circumstances each day. If you weigh yourself after you have emptied your bladder one day, then you should continue to do so. It is also generally preferred to weigh in before eating breakfast. You should avoid weighing yourself throughout the day as weight fluctuates constantly and is affected by many factors. The most accurate account of your weight will come from consistently weighing yourself at the same time each day.

The weighing is to make sure that you stay within 2 pounds of the weight you achieved the day of your last dose (not the last day of the diet). Two pounds up or down is perfectly fine, but if you notice that you are more than 2 pounds heavier, then you must skip breakfast and lunch and for dinner eat a large steak with an apple or a raw tomato, and be sure to drink lots of fluids throughout the day. If you find that you are more than 2 pounds lighter, then you should increase your food intake for the day to more than you had been eating. It is much easier to gain weight after having lost weight during this period as it is your normal fat that is being decreased.

After this three week period your weight should have stabilized, and you can slowly begin to add starches and sugars once more. Be sure to weigh yourself consistently at this point as well as if you see a sudden increase you might be reintroducing carbohydrates too quickly. As always, attempt not to eat to excess.

## **Dietary Lapses**

Though not as strict as the 500 calorie diet, it is possible during this phase that you may have some trouble avoiding carbohydrates as you should. You have not been having many for the last 26-43 days, and so carbs may be one of the things you have been craving most. However, it is important that you stay away from them as much as possible during these 3 weeks while your weight stabilizes. If you do lapse in your diet, it is important that you admit and remember how and when mistakes were made. Knowing the reasons why you ate some extra starches or sugars can go a long way to avoiding the same situation in the future. If you notice that you have gained weight from the lapse, follow the instructions above that explain what to do should you exceed 2lbs above the weight you reached at the end of the 500 calorie diet.

You should avoid feeling overly guilty about your dietary lapses, as those who feel guilty are the most likely to quit the diet altogether. Yes, you made a mistake, for whatever reason, but the most important thing is to admit that you did it and know that you can move past it. It is with this kind of positive attitude that people succeed on the HCG diet.

## **Eating Too Little**

Most people think that eating more than recommended, or foods that are forbidden are the only ways to 'cheat' on a diet. But that is not so. Eating too little or not enough of the recommended foods can also have an adverse effect on overall health and weight. It is important that you do not treat this transition phase as a way to extend your weight loss, or to continue to follow the restrictive diet you have just completed. Some people have been so excited at their weight loss that they have attempted to continue the portions from the 500 calorie diet even after they have stopped taking HCG. To continue the diet beyond recommendation can not only have you feeling tired and weak, but can also lead to some weight gain as your body attempts to store whatever fat it can against what it sees as starvation. Those that notice the gain and then attempt the suggestion of fasting and then eating a large steak will likely see another gain in weight as their body uses that steak to its best advantage. It is therefore very important not to attempt to eat such a restrictive diet when you have no aid.

Another possibility is if you do not get enough protein at this stage of the diet. Eating too little protein at this point can cause you to retain water, which can cause an increase in weight. If you think this may be the cause of weight gain, then the way to beat it is to eat 2 eggs for breakfast and a large steak for both lunch and dinner, as well as cheese. The next morning you should have found that you have lost some weight, though your night may have been restless due to the need to urinate. You should no longer be retaining water, and so should continue the phase as recommended.

## **Exercise**

Exercise is not necessary during this phase, but it is not discouraged as it is with the 500 calorie diet. While not necessary, you might consider adding an exercise routine in this phase that you can keep up with afterwards. While an exercise routine is not always the easiest thing to start, it is always good to have as part of a weight maintenance or weight loss plan, and can help improve overall wellness. In fact, 15 minutes, or more, of exercise a day has been shown to increase overall health, strengthen muscle and boost the metabolism. While 15 minutes to half an hour a day of exercise is recommended by many for staying fit, we understand that not everyone will have the time to do so. If you don't have time to go to the gym, there are still many ways to keep yourself active. Taking a short walk in the morning before breakfast if possible is a great way to get yourself going and has also been shown to help in the burning of calories. Even small things like parking further away from your workplace to give yourself a bit of a walk, taking the stairs, or simply taking a few minutes to do some brief stretches while at work can be great ways of increasing your activity level. The internet is full of useful tips for quick workouts or activities.

The best workout routine, whether you do it once a day, once a week, or whenever you can, has 10 minutes of warm up (stretches and light activity), 20-40 minutes of hard activity (cardio, weight training, or other such activities), followed by a 10 minute cool down (light activity and stretches). Always target those areas that you use in the main part of the workout in both the warm up and cool down portions to reduce the risk of straining your muscles.

If you do decide to add exercise to your routine during this phase, you should be even more sure to monitor your weight every day. Eating extra protein can help you to maintain your weight, as well as serve to strengthen muscle and shorten times of muscle fatigue.

## **20 Days to Make It or Break It**

There is a saying that it takes 20 days to make or break a habit, and while this is said quite often, it is just as often true. Luckily for you, having completed 23-40 days on a completely new diet has helped you to complete this goal. However, a strict 500 calorie diet is not something that can be kept up indefinitely, and so while you are on the right track having changed your old habits as well as made some good habits in paying attention to portions, there will still be a period of adjustment. You now need to solidify the good habits you have created, and extend them to the greater breadth of choices you now have available. You need to get to the point where you feel comfortable with the new choices you are making, and this does take some time.

As mentioned above, this may also be a good point to start developing the habit of exercise. Some people find that making changes at times when they are in transition is a good way to have the changes stick, as they are not following their old habits as strictly and there is more room for change. Of course, some find too much change at once a little hard to handle, so be sure to maintain at least the diet even if you cannot stick to an exact exercise routine.

Most people who have completed the 500 calorie diet find they have a much easier time eating less and being picky about the foods they eat. Keep up this habit if you can. Those habits you have learned while on HCG that you can bring with you will make the transition, and making habits that will stick with your new lifestyle, much easier.

## The Low-Carb Diet

The Transition period's main rule to follow is to avoid carbohydrates. Our bodies are particularly susceptible to carbohydrates for weight gain, and so until your body adjusts and sets your current weight as normal, it is best to avoid them when possible. Though our diet generally contains many carbohydrates, carbs are often a big contributor to weight gain and slowed weight loss. Some people are especially sensitive to carbohydrates and may want to consider cutting back on these types of foods for life, not just for the Transition period.

It is difficult, however, to stay on a low carb diet long-term as many people develop cravings or feel deprived. If you want to maintain a low carb diet, even after the Transition, it is best to eat only 1-2 servings of fruit, and 1-2 servings of starchy vegetables or whole, cooked grains, but other greens and vegetables should be fine. Of course, if you don't think you can stick to that, but you think a low carb diet would be best for you, then you may want to consider taking a carb blocker. Many dieticians would recommend carb blockers to those who cannot stick to a low carb diet, but who would like to receive the benefits.

### Some Tips and Alternatives for a Low Carb Diet

1. The best carbs to have are from low carb vegetables, other good carbs, especially for when the transition has ended, include fruit, and starchy vegetables like squash, potatoes and whole grains. Carbs to avoid, if possible, or to have in moderation are refined grains, white flour, refined sugar (yes, sugar is a carb), white rice, and processed foods.
2. Use brown, or wild rice instead of white rice. This type of rice has not been processed and is a healthier alternative.
3. Broiled eggplant slices can sometimes be used instead of bread for sandwiches. Alternatively, use bread with whole grains and low on preservatives. Even whole grain bread does contain a lot of carbs, though, so use sparingly.
4. Use lettuce leaves for wraps instead of tortillas.
5. Have a few vegetables as a snack instead of packaged or sugary foods.
6. Pasta is difficult to give up, but consider these alternatives:
  - a. Grilled vegetables, such as zucchini, eggplant, bell peppers, and onions, cut into long thin pieces go great with spaghetti sauce.
  - b. Miracle Noodles are very filling, and contain no carbs even though they can be used exactly like regular noodles.
  - c. Whole wheat pasta is a good alternative to white flour pasta.
  - d. Have brown rice, barley, chick peas, or other cooked, whole grains with your favorite pasta sauce and toppings.
7. Prepare handy 1 oz snacks of cheese or nuts so that you have something healthy available when you get a snack craving.
8. Don't just buy packaged foods promoting themselves as 'low-carb'. Often these foods have many more calories and much more fat than their counterparts.
9. Drink LOTS of water. Water is very important for overall health, and is especially important when dieting. Keeping your body properly hydrated will make sure that you don't begin to retain water, which can be a problem for those who do not remain hydrated drink more than usual. Get into the habit of hydration, and you won't have to worry that

- this will occur. Water also is good for appetite. If you find yourself getting hungry, try drinking a glass of water and waiting 20 minutes. If you are no longer hungry, it is likely that you were simply a little thirsty.
10. MCT oil is a great type of oil to use. This is because MCT (Medium Chain Triglycerides) are easily digested and rapidly metabolized, meaning that they are quickly converted to energy and used, rather than stored, by your body. Try using a MCT oil, such as coconut oil, for salad dressings and cooking at low temperatures.
  11. Stevia is becoming more and more popular as a natural, low calorie alternative to sugar and artificial sweeteners. It is very sweet and low in carbohydrates, so it is a perfect, healthy alternative.
  12. Herbs and spices are a great way to make a dish feel more bold and flavorful, and therefore make you feel more satisfied. Salt can help with this as well, but be sure to use a similar amount of salt each day as a sudden increase in salt can sometimes lead to weight gain.
  13. And finally, **Read the Label** of everything you buy. Understanding the calories, fats, carbs, and nutrients of the things you buy will help you to better understand what is good for you, what can be eaten in moderation, and what should be avoided. Be sure to pay attention to the portion size notations, as some portions are so small as to be misleading.

## Repeating the Process

Some people who have reached the transition phase of the diet find they still have weight to lose. While it is not advised that you continue to take HCG at this point, you can repeat the protocol later. Simply go through the 3 week transition, maintaining your weight, and then wait another 3 weeks before starting the HCG Protocol again, exactly as you have just done. HCG should not be taken for more than 40 days at a time as an immunity to its effects can occur. This is why it is advised that anyone who wishes to continue to lose weight with HCG wait at least 6 weeks to do so.

According to Dr. Simeons the more processes you have completed the more likely it is that you have built up a lasting immunity, and the longer you must wait before retaking HCG. After your first course of HCG you must wait 6 weeks before starting the protocol anew. This means that you will complete the three weeks of the transition period, and then wait another three weeks before taking HCG once more. After your second course of HCG you must wait 8 weeks, after your third, 12 weeks, after your fourth, 20 weeks, and after your fifth you must wait 6 months. Some people nowadays say that you can simply wait 6 weeks between each course, but it might be prudent to wait so that the HCG diet process can be more effective. It is important to note that when repeating the diet the results likely will not be as dramatic as the times before. This is both because those who weigh less tend to lose weight more slowly, and because your body is already at a more normal level and therefore will not decrease as dramatically. However, many people have retaken the process with very successful results, losing over 100 pounds in total.

## Words from Dr. Simeons

In this section we will be giving direct quotations from Dr. Simeons' *Pounds and Inches: A New Approach to Obesity* in order to help you better understand Phase III of the HCG diet. It is important to remember, while reading this section, that Dr. Simeons based his findings on the HCG injections as at the time of publication there was no other method of administration. We suggest that you inform yourself completely with his work. You can access a PDF file of his article at <http://www.thehcgdiet.com/pdf/pounds-and-inches-by-dr-a-t-w-simeons.pdf> .

### Concluding a course

When the three days of dieting after the last injection are over, the patients are told that they may now eat anything they please, except sugar and starch provided they faithfully observe one simple rule. This rule is that they must have their own portable bathroom-scale always at hand, particularly while traveling. They must without fail weigh themselves every morning as they get out of bed, having first emptied their bladder. If they are in the habit of having breakfast in bed, they must weigh before breakfast.

It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show violent fluctuations after an occasional excess. During this period patients must realize that the so-called carbohydrates, that is sugar, rice, bread, potatoes, pastries etc, are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even a small quantity of alcohol, such as a glass of wine with meals, does no harm, but as soon as fats and starch are combined things are very liable to get out of hand. This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

### Skipping a Meal

As long as their weight stays within two pounds of the weight reached on the day of the last injection, patients should take no notice of any increase but the moment the scale goes beyond two pounds, even if this is only a few ounces, they must on that *same day* entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato. Of course this rule applies only to the morning weight. Ex-obese patients should never check their weight during the day, as there may be wide fluctuations and these are merely alarming and confusing. [emphasis added]

### Losing more Weight

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.

### Beware of Over-enthusiasm

The other trouble which is frequently encountered immediately after treatment is again due to over-enthusiasm. Some patients cannot believe that they can eat fairly normally

without regaining weight. They disregard the advice to eat anything they please except sugar and starch and want to play safe. They try more or less to continue the 500-Calorie diet on which they felt to well during treatment and make only minor variations, such as replacing the meat with an egg, cheese or a glass of milk. To their horror they find that in spite of this bravura their weight goes up. So, following instructions, they skip one meager lunch and at night eat only a little salad and drink a pot of unsweetened tea, becoming increasingly hungry and weak. The next morning they find that they have increased yet another pound. They feel terrible, and even the dreaded swelling of their ankles is back. Normally we check our patients one week after they have been eating freely, but these cases return in a few days. Either their eyes are filled with tears or they angrily imply that when we told them to eat normally we were just fooling them.

### **Further Courses**

Patients requiring to lose more than 34 lbs. must have a second or even more courses. A second course can be started after an interval of not less than six weeks, though the pause can be more than six weeks. When a third, fourth or even fifth course is necessary, the interval between courses should be made progressively longer. Between a second and third course eight weeks should elapse, between a third and fourth course twelve weeks, between a fourth and fifth course twenty weeks and between a fifth and sixth course six months. In this way it is possible to bring about a weight reduction of 100 lbs. and more if required without the least hardship to the patient.

In general, men do slightly better than women and often reach a somewhat higher average daily loss. Very advanced cases do a little better than early ones, but it is a remarkable fact that this difference is only just statistically significant.

## Low Carb, Low Starch Recipes

Here are some recipes we have compiled for those completing Phase III of the HCG Protocol. We encourage that you keep track of the calories you eat in a single day by informing yourself of the Nutrition Facts of each ingredient, but the recipes listed below can help to encourage healthy eating with or without calorie counting. Some of these recipes do use a bit of sugar, which is to be used in moderation during Phase III, so we suggest you use your best judgment and avoid those recipes if you find they influence your weight maintenance too much.

### Pork

#### Spicy Pork Chops

- 1 (10.75 ounce) can tomato puree
- 1 tablespoon hot sauce
- 1 fresh jalapeno pepper, sliced
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon dried sage
- 1 tablespoon vegetable oil
- 4 thick cut boneless pork chops
- 1 yellow onion, sliced
- 1 green bell pepper, sliced

Modify the spice rations to suit your tolerance for hot. In a bowl, mix the tomato puree, hot sauce, jalapeno pepper, red pepper, and sage. Heat the oil in a skillet over medium heat, and brown pork chops on both sides. Remove chops from heat and set aside. Place the onion and green bell pepper in the skillet, and sauté 2 to 3 minutes. Return pork to skillet, and cover with the tomato puree mixture. Cover skillet, and continue cooking 30 minutes, or to desired doneness.

#### Oven Kalua Pork

- 5 pounds pork butt roast
- 1 tablespoon liquid smoke flavoring
- 2 1/2 tablespoons sea salt, divided

Preheat oven to 325 degrees F (165 degrees C). Rub liquid smoke and 1 1/2 tablespoons of the salt into the skin of the pork. Wrap well in foil, and seal completely. Place in a roasting pan.

Bake in preheated oven until an internal temperature of 160 degrees F (70 degrees C) is reached, about 5 hours. Remove from oven and let cool before shredding. Sprinkle the shredded meat with the remaining 1 tablespoon of salt.

#### Cantonese Barbecued Pork

- 2 tablespoons dry sherry
- 2 slices fresh ginger root
- 1 tablespoon oyster sauce
- 1/2 teaspoon Chinese five-spice powder
- 4 1/2 teaspoons soy sauce
- 1 tablespoon white sugar
- 2 tablespoons hoisin sauce or use sauce of choice
- 2 tablespoons ketchup
- 1/2 teaspoon ground cinnamon

1 1/2 pounds pork shoulder roast  
1 tablespoon honey

In bowl, stir together sherry, ginger root, oyster sauce, five-spice powder, soy sauce, white sugar, sugar, hoisin sauce, ketchup and cinnamon. Cut pork into 5x2 inch strips. Place strips flat in a shallow baking dish. Pour marinade over pork strips. Let pork marinate at least 6 hours in refrigerator.

Drain, reserving marinade. Mix honey and 3 tablespoon reserved marinade in a small bowl; set aside. Preheat oven to 350 degrees F (175 degrees C). Fill a shallow roasting pan with water and place in bottom of oven. Carefully place pork strips on a roasting rack above roasting pan so all sides are exposed to heat. If you don't have a roasting rack, insert the curved end of an S-shaped hook, paper clip, or drapery hook in pork strips and hang them from the top shelf.

Roast for 30 minutes. Baste pork strips with honey mixture. Roast 15 minutes and baste again. Roast 10 minutes longer or until pork strips are crisp and golden brown. Remove from oven and let cool.

### **Roasted Pork Chops with Tomatoes, Mushrooms, and Garlic Sauce**

1 pound Roma tomatoes, quartered  
1 pound sliced button mushrooms  
5 cloves garlic, chopped  
2 tablespoons extra virgin olive oil  
salt and pepper to taste

Spice Rub (or buy a spice rub to save time)

1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 teaspoon ground cumin  
1/4 teaspoon ground coriander  
1/4 teaspoon dried oregano leaves  
1/4 teaspoon dried marjoram leaves  
1/4 teaspoon dried thyme leaves  
1/4 teaspoon dried rosemary, crushed  
1/4 teaspoon dried sage leaves, crushed  
1/4 teaspoon dried basil leaves  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon ground paprika  
1/4 teaspoon white sugar  
1/4 teaspoon crushed red pepper

2 1/4 pounds pork chops

Preheat an oven to 425 degrees F (220 degrees C).

In a 9x13 inch baking dish, toss tomatoes, mushrooms, garlic, and olive oil with salt and pepper to taste. Mix lightly with hands to coat all ingredients with oil, and spread the tomato-mushroom mixture to the edges of the dish, leaving the center free for the pork chops.

Combine 1 teaspoon salt, 1/2 teaspoon black pepper, cumin, ground coriander, oregano, marjoram, thyme, rosemary, sage, basil, garlic powder, onion powder, ground paprika, sugar, and crushed

red pepper in a bowl to make a spice rub. Sprinkle the pork chops with the spice rub, working the rub well into both sides of the meat.

Place pork chops in the center of the baking dish, surrounded by the tomato and mushroom mixture. Roast in preheated oven until the pork is no longer pink in the center and mushrooms are tender, about 45 to 50 minutes. An instant-read thermometer inserted into the center of a chop should read 160 degrees F (70 degrees C). Transfer pork chops to a serving dish and top with roasted tomato-mushroom mixture and all pan juices to serve.

## **Chicken**

### **Golden Chili Chicken**

2 tablespoons vegetable oil  
1 (2 to 3 pound) whole chicken, cut into pieces  
1 large onion, cut into 1/2-inch wide slices  
3/4 cup orange juice  
1 tablespoon dried parsley  
1 teaspoon salt  
1 tablespoon chili powder

In a small bowl, mix together orange juice, parsley, salt, and chili powder. Heat oil until hot in a 12-inch skillet over medium-high heat. Cook chicken pieces until browned on all sides. Remove excess fat from skillet. Add sliced onions and orange juice mixture to chicken in skillet. Heat to boiling, and then reduce heat to low. Cover. Simmer for 30 minutes, or until chicken is tender. Stir occasionally.

### **Golden Baked Chicken**

2 cups instant mashed potato flakes  
3/4 cup grated Parmesan cheese  
2 tablespoons dried parsley flakes  
1 tablespoon paprika  
3/4 teaspoon garlic salt  
3/4 teaspoon onion powder  
1/2 teaspoon pepper  
3 (3 pound) broiler/fryer chickens, cut up and skin removed  
1 cup butter or margarine, melted

In a bowl, combine the potato flakes, Parmesan cheese, parsley, paprika, garlic salt, onion powder and pepper. Dip chicken into butter, then into potato flake mixture. Place on two greased 15-in. x 10-in. x 1-in. baking pans. Bake at 375 degrees F for 50-60 minutes or until chicken juices run clear.

### **Honey-Mustard Baked Chicken**

2 lbs. skinless boneless chicken of choice  
1/2 cup butter  
1/2 cup honey  
1/4 cup Dijon mustard  
1 teaspoon curry powder  
1/2 teaspoon salt

Place chicken parts in a large shallow baking pan. In saucepan, melt butter; stir in remaining ingredients and heat through. Brush glaze over chicken. Bake at 350 degrees F for 1-1/4 hours or until chicken is golden brown. Baste chicken frequently with sauce while baking.

### **Chicken Cordon Bleu**

6 skinless, boneless chicken breast halves  
6 slices Swiss cheese  
6 slices ham  
3 tablespoons all-purpose flour  
1 teaspoon paprika  
6 tablespoons butter  
1/2 cup dry white wine  
1 teaspoon chicken bouillon granules  
1 tablespoon cornstarch  
1 cup heavy whipping cream

Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces.

Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.

Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.

### **Beef**

#### **Easy Flat Iron Steak in Wine Sauce**

2 (6 ounce) flat iron steaks  
2 tablespoons olive oil  
1/8 teaspoon cayenne pepper, or to taste  
1 teaspoon ground black pepper  
1 tablespoon ground paprika  
1 teaspoon salt  
1 1/2 teaspoons dry mustard powder  
1 1/2 teaspoons garlic powder  
3 tablespoons olive oil  
1/2 cup dry red wine  
1 cup sliced Portobello mushrooms

Allow the steaks to come to room temperature. Stir together 2 tablespoons of olive oil, cayenne pepper, black pepper, ground paprika, salt, mustard powder, and garlic powder in a small bowl to make a paste. Prick steaks all over with a fork and rub them well with the spice rub paste, working the rub into the meat.

Heat a large, heavy skillet over high heat and add the remaining 3 tablespoons of olive oil. Heat oil until it just begins to smoke and quickly sear the steaks until the outside has browned but the center is still blood red and just warmed, 2-3 minutes per side. An instant-read thermometer inserted into the center should read 115 degrees F (46 degrees C).

Remove steaks from skillet with tongs. Pour the dry red wine into the skillet, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Stir in the sliced portobello mushrooms, and cook and stir until mushrooms are cooked and have released their liquid, about 5 minutes.

Return steaks to the skillet on top of the mushroom-wine sauce. Reduce heat to LOW and cook until sauce reduces and thickens, about 5 minutes. Remove steaks to serving platter and pour mushroom sauce over steaks to serve.

### **Amazing Chili**

4 tablespoons vegetable oil, divided  
2 onions, chopped  
4 cloves garlic, minced  
1 pound ground beef  
3/4 pound spicy Italian sausage, casing removed  
1 (14.5 ounce) can peeled and diced tomatoes with juice  
1 (12 fluid ounce) can or bottle dark beer  
1 cup strong brewed coffee  
2 (6 ounce) cans tomato paste  
1 (14 ounce) can beef broth  
1/4 cup chili powder  
1 tablespoon ground cumin  
1/4 cup brown sugar  
1 teaspoon dried oregano  
1 teaspoon cayenne pepper  
1 teaspoon ground coriander  
1 teaspoon salt  
1 tablespoon wasabi paste  
3 (15 ounce) cans kidney beans  
2 Anaheim chile peppers, chopped  
1 serrano pepper, chopped  
1 habanero pepper, sliced

Place 2 tablespoons of oil in a large pot and place the pot over medium heat. Cook and stir the onions, garlic, beef and sausage until meats are browned. Pour in the tomatoes, beer, coffee, tomato paste and broth. Season with chili powder, cumin, sugar, oregano, cayenne, coriander, salt and wasabi.

Stir in one can of beans, bring to a boil, then reduce heat, cover and simmer.

In a large skillet over medium heat, heat remaining oil. Cook Anaheim, serrano and habanero peppers in oil until just tender, 5 to 10 minutes. Stir into the pot and simmer 2 hours.

Stir in remaining 2 cans of beans and cook 45 minutes more.

### **Protein Meatloaf**

1 1/2 pounds ground beef  
1 tablespoon Worcestershire sauce  
1 (4 ounce) can tomato sauce

1/3 cup crushed fried pork skins  
2 eggs  
2 1/2 tablespoons chili powder  
1 tablespoon garlic salt  
1 tablespoon garlic pepper seasoning

Preheat the oven to 375 degrees F (190 degrees C).

In a large bowl, mix together the ground beef, Worcestershire sauce, tomato sauce, crushed pork skins, and eggs. Season with chili powder, garlic salt, and garlic pepper. Mix until well blended. Form into a loaf, and place into a greased loaf pan. Bake, uncovered for 35 to 40 minutes in the preheated oven. Let stand for at least 5 minutes before slicing and serving.

### **Machaca Taco Filling**

2 quarts water  
3 pounds beef chuck  
1 small onion, quartered  
2 tablespoons vegetable oil  
1 cup chopped onion  
1/2 cup chopped green bell pepper  
1 cup green salsa  
1/4 cup chopped fresh cilantro  
1 tablespoon chopped jalapeno pepper

In a stockpot, combine, water, beef and quartered onion. Bring to a boil, reduce heat to medium low, and simmer covered for 1 1/2 to 2 hours, or until meat is very tender. Strain and reserve broth. Shred meat with 2 forks; set aside.

Heat oil in a heavy skillet over medium high heat. Sauté chopped onion and bell pepper until tender. Stir in 1 cup of the reserved broth, shredded beef, salsa, cilantro and jalapenos. Cook, stirring occasionally, for 4 to 5 minutes, or until heated through.

### **Black Pepper Beef and Cabbage Stir Fry**

2 tablespoons vegetable oil  
4 cloves garlic, chopped  
1/2 pound ground beef  
1/2 small head cabbage, shredded  
1 red bell pepper, cut into strips  
2 tablespoons soy sauce  
1 teaspoon cornstarch  
1/2 cup water  
1 teaspoon ground black pepper

Heat a wok or large skillet over medium-high heat, and add oil. Sauté garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown. Stir in cabbage and pepper, and cook until vegetables are tender, and beef is fully cooked. Stir in soy sauce. Mix together cornstarch and water, and stir in. Season with pepper. Cook, stirring, until sauce has thickened.

### **Vegetarian and Dips**

#### **Citrus Infused Guacamole**

2 avocados - peeled, pitted, and mashed  
1/2 tablespoon lime juice  
1/2 tablespoon orange juice  
1/2 tablespoon pineapple juice  
1/4 teaspoon ground cumin  
1/4 cup coarsely chopped cilantro  
salt to taste  
1 teaspoon hot pepper sauce, or to taste (optional)

In a large bowl, stir together the avocados, lime juice, orange juice, pineapple juice, cumin, cilantro and salt. Mix in hot pepper sauce if using. Serve immediately, or refrigerate until serving. Place one of the avocado pits into the bowl to help keep it fresh.

### **Spring Roll Wrappers**

1 cup bread flour  
1 egg, beaten  
1 tablespoon cold water

Sift bread flour into a medium bowl and make a well in the center. Place egg and cold water in well. Beat with a wooden spoon until a smooth dough has formed. Use more water as necessary. Knead until elastic and pliable. Cover and chill in the refrigerator 4 hours, or overnight.

On a lightly floured surface, roll the dough into an approximately 14x14 inch square. Cut into 12 equal squares. Roll each square into a very thin 6x6 inch square. Refrigerate until use.

### **Eggplant Tomato Bake**

1 eggplant, sliced into 1/2 inch rounds  
1 tomato, sliced  
1/4 cup grated fat-free Parmesan cheese

Preheat oven to 400 degrees F (200 degrees C).

Spray a cookie sheet with non-stick oil spray. Arrange eggplant rounds on the cookie sheet and sprinkle Parmesan over the eggplant. Layer one slice of tomato on top of each eggplant round.

Sprinkle with Parmesan cheese.

Bake for 10 to 15 minutes.

### **Savory Spinach Casserole**

1 (8 ounce) package cream cheese, softened  
1/4 cup milk  
2 (10 ounce) packages frozen chopped spinach  
1/3 cup grated Parmesan cheese

Preheat oven to 350 degrees F (175 degrees C).

In a mixing bowl, combine cream cheese and milk; mix until blended. Spoon spinach into 1-quart casserole, top with cream cheese mixture and sprinkle with Parmesan cheese. Bake in a preheated 350 degrees F (175 degrees C) oven for 20 minutes.

### **Spinach Pie**

2 tablespoons butter  
2 tablespoons chopped onion  
1 (16 ounce) package frozen chopped spinach, thawed and drained  
3 eggs  
1 1/2 cups heavy cream  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon ground nutmeg  
1/2 cup shredded Swiss cheese

Preheat oven to 375 degrees F (190 degrees C). Spray a 9 inch pie pan with non-stick cooking spray. Melt 2 tablespoons butter in a large saucepan over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Squeeze extra water out of the spinach and add the spinach to the skillet.

Continue cooking until the spinach is heated through and the extra water evaporates. Spoon mixture into pie pan. In a large bowl, beat together eggs and cream. Stir in salt, pepper and nutmeg. Pour into pie pan, top with shredded Swiss cheese. Dot with remaining 1 tablespoon of butter. Bake 25 to 30 minutes until set and golden brown. Cool 5 minutes before serving.

### **Stuffed Mushrooms**

8 large fresh mushrooms  
1 tablespoon olive oil  
2 cups ricotta cheese  
3/4 cup grated Parmesan cheese  
3/4 cup shredded mozzarella cheese  
4 tablespoons pesto

Preheat oven to 375 degrees F (190 degrees C).

Wash mushrooms, remove stems, hollow out and brush inside and out with olive oil. In a medium-size mixing bowl, combine cheese and pesto, reserving 1/4 cup Parmesan cheese for later. Stuff the cheese-pesto mixture into the mushroom caps. Arrange the caps on a cookie sheet. Sprinkle the mushrooms with the reserved Parmesan cheese.

Bake for 25 to 30 minutes, or until the cheese is bubbling and brownish.

### **Yellow Squash**

4 yellow squash  
1 tablespoon minced onion  
1 tablespoon butter  
1/2 cup milk  
salt and pepper to taste

Slice and steam or boil squash until tender. Pour off any remaining water.

Mash the squash slightly. In a medium size pot place mashed squash, onion, butter, milk, salt and pepper. Mix well and heat over a medium flame. Serve warm.

### **Portobello Mushroom Burgers**

4 Portobello mushroom caps  
1/4 cup balsamic vinegar  
2 tablespoons olive oil  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 tablespoon minced garlic  
salt and pepper to taste  
4 (1 ounce) slices provolone cheese

Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.

Preheat grill for medium-high heat.

Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling.

## Appendix Spice Guide

**Allspice:** The flavor is a blend of cinnamon, cloves and nutmeg. Good for meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, and fruit preserves.

**Basil:** *Pungent, sweet aroma.* Basil is good for broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, and sauces.

**Bay Leaf:** *Strong flavor.* Bay leaf is good for Stews, soups, vegetables, pickles, gravies, sauces, and marinades.

**Cayenne:** *Red pepper, very hot.* Cayenne is good with meats, seafood, egg and cheese dishes, soups, sauces, dips, spreads, and French dressing.

**Chili Powder:** *Hot, peppery blend of herbs and spices.* Chili Powder is good with Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, and vegetables.

**Cinnamon:** *Sweet, spicy aroma.* Cinnamon is good in making breads, cookies, cakes, desserts, pastries, beverages, sauces, and vegetables.

**Cloves:** *Strong, spicy-sweet aroma.* Cloves are best with pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, and desserts.

**Cumin:** *Strong, slightly bitter, lemon flavor.* Cumin is good with Spanish, Mexican and Eastern dishes, stews, pickles, and tomato dishes.

**Curry:** *A blend of many spices; warm and sharp to hot and spicy.* Curry goes well with meat, seafood, egg and cheese dishes, soups, sauces, seafood, salads, and dips.

**Dill Seed:** *Mild, slight caraway-like flavor.* Dill seed works well with meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, and egg dishes.

**Garlic:** *Strong, spicy aroma.* Granulated or powdered garlic is useful for flavoring soups, sauces, meats and vegetables or for garlic bread. Good on Italian Dishes, Marinades, Sauces, Soups and Seafood.

**Ginger:** *Pleasant odor, pungent taste.* Ginger is best with oriental dishes, meats, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, and desserts (such as ginger snaps, or ginger squares).

**Marjoram:** *Spicy, sweet aroma.* Marjoram goes well with roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, and gravies.

**Mustard:** *Pungent taste.* Mustard goes well with pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, and corned beef.

**Nutmeg:** *Warm, sweet, spicy flavor.* Nutmeg is good with vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, and sauces.

**Oregano:** *Strong and aromatic.* Oregano is well known in Italian dishes such as pizza and pasta, and goes well with broiled and roasted meats, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, and salad dressings.

**Paprika:** *Varies from mild, slightly sweet to hot; adds color to many dishes.* Paprika works well with meats, poultry, salad dressings, dips, vegetables, soups and salads, and some egg dishes.