

SHAPE Phase 2 - Sample Weekly Menu (2000 - 2500 Calories)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Italian Scramble <i>156 calories</i>	Mock apple crisp <i>140 calories</i>	Spinach Egg White Omelette <i>85 calories</i> Strawberries and Mint <i>105 calories</i>	Turkey "Sausage" Patties <i>394 calories</i>	Egg and tomato sandwich <i>85 calories</i> ½ Grapefruit <i>95 calories</i>	Mock Apple crisp <i>140 calories</i> Strawberries and Mint <i>105 calories</i>	Spinach Egg White Omelette <i>85 calories</i> Apple Slices <i>85 calories</i>
Snack	Protein Shake w/Strawberries <i>366 calories</i>	Protein Shake w/Strawberries <i>366 calories</i>	Protein Shake w/Strawberries <i>366 calories</i>	Protein Shake w/Strawberries <i>366 calories</i>	Protein Shake w/Strawberries <i>366 calories</i>	Protein Shake with Strawberries <i>366 calories</i>	Protein Shake w/Strawberries <i>366 calories</i>
Lunch	French onion soup <i>136 calories</i> Beef Stew <i>290 calories</i> Southern Coleslaw <i>161 calories</i>	Chesapeake Crab Soup <i>206 calories</i> Strawberry Spinach Salad <i>128 calories</i> Cilantro Skewers <i>378 calories</i>	Harvest Salad <i>141 calories</i> Asian Chicken <i>290 calories</i> Asparagus Soup <i>98 calories</i>	Apple slices <i>85 calories</i> Chicken Salad Sandwich <i>373 calories</i> Sauteed Spinach <i>57 calories</i>	Crispy Onion Rings <i>69 calories</i> Finger Licking BBQ Chicken <i>425 calories</i>	Stuffed Basil Burger <i>185 calories</i> Toasted Garlic Asparagus <i>95 calories</i> Cabbage beef soup <i>213 calories</i>	Asian Chicken <i>525 calories</i> Green Apple Salad <i>139 calories</i>
Snack	Protein Shake w/ Strawberries <i>366 calories</i>	Protein Shake w/Strawberries <i>366 calories</i>	Protein Shake w/ Strawberries <i>366 calories</i>	Protein Shake w/Strawberries <i>366 calories</i>	Protein Shake w/ Strawberries <i>366 calories</i>	Protein Shake with Strawberries <i>366 calories</i>	Protein Shake with Strawberries <i>366 calories</i>
Dinner	Barbequed Halibut with Fresh Lemon & Dill <i>341 calories</i> Toasted Garlic Asparagus <i>85 calories</i> Lobster covered salad <i>341 calories</i>	Chicken Taco Salad <i>465 calories</i> Tomato Soup <i>100 calories</i>	Lemon Mustard Broiled chicken <i>458 calories</i> Baked apple and fennel <i>200 calories</i> Cucumber and dill salad <i>106 calories</i>	Heavenly Veal Meatloaf <i>493 calories</i> Rosemary Herbed Onions <i>59 calories</i> Kicked up coleslaw <i>75 calories</i>	Mediterranean Sea Bass <i>358 calories</i> French Onion Soup <i>136 calories</i> Grapefruit Cucumber Salad <i>160 calories</i>	Orange Chicken Wraps <i>550 calories</i> Sweet Balsamic Cabbage Stir-Fry <i>126 calories</i>	Balsamic Flank Steak <i>455 calories</i> Steamed Radishes <i>35 calories</i> Curry Chicken Soup <i>250 calories</i>
Dessert	Baked apples <i>252 calories</i>	Grilled Caramel apples <i>242 calories</i>	Strawberry sorbet <i>103 calories</i>	Cinnamon Apples <i>138 calories</i>	Apple Compote over Melba Toast <i>162 calories</i>	Baked apples <i>252 calories</i>	Strawberries and Cream <i>65 calories</i>
Total Calories	2494 cal	2382 cal	2318 cal	2406 cal	2222 cal	2398 cal	2371 cal

SHAPE Phase 2 Recipes

Italian Scramble

1 egg

3 egg whites

½ cup spinach

¼ cup tomato

3 tbsps onion

1tsp garlic

1tsp Italian seasoning

Salt/pepper to taste

Sautee spinach, onions, tomatoes, and garlic with Italian seasoning in a non-stick pan. Wisk egg in a bowl. Add to sautéed veggies and scramble. Salt and pepper to taste.

French Onion Soup

1 onion, thinly sliced

2 cups beef broth

3-4 garlic cloves, minced

1/4 teaspoon of freshly ground black pepper

Stevia, to taste

Preheat a non-stick saucepan over medium heat. Place onions and garlic in pan and cook uncovered for 5-10 minutes.

Stir in the Stevia. Cook 10-15 minutes until the onions are caramelized. Add beef broth and bring to a boil. Reduce heat to simmer, cover, and cook for 20 minutes. Add black pepper and serve.

Southern Coleslaw

2 cups cabbage, thinly sliced

1 medium apple, chopped

3 teaspoons vinegar

2 teaspoon minced onion

1/4 teaspoon dry mustard

Liquid Smoke, to taste (optional)

Salt & pepper, to taste

Stevia, to taste

Slice the cabbage and chop the apple. Place in the refrigerator to chill. Mix the remaining ingredients in a separate bowl and pour over the chilled cabbage and apple.

Beef Stew

6oz lean steak, cut into chunks

1 1/2 cups beef broth?

1 1/4 cup celery, chopped

2 tablespoons onion, diced

2 cloves garlic, minced

1/4 teaspoon garlic powder?

1/4 teaspoon rosemary

Bay Leaf

Salt & pepper, to taste

Extra water if desired

(Optional) Serve with 1 Melba toast for dipping.

Slice the meat into small chunks. Season the steak with salt & pepper and garlic powder. Place the steak, diced onion, and minced garlic in a small pot. Lightly sauté the outside of the meat over med-high heat until it is browned. Add the remaining ingredients and simmer for 45 minutes on low heat. Add additional salt & pepper and water if desired. Remove the bay leaf and serve while hot.

Protein Shake with Strawberries

2 scoops high calories vegan protein

1 cup strawberries

3 cups water

Blend in blender, add ice if desired

SHAPE Phase 2 Recipes

Barbequed Halibut with Fresh Lemon & Dill

6oz halibut
Zest of 1 lemon
Juice of 1 lemon
1-2 teaspoons fresh dill, to taste
1/2 teaspoon onion powder
Dash of garlic powder
Salt & Pepper, to taste

Lay the halibut on a sheet of tin foil. Bend the edges of the tin foil up around the sides of the fish (but not over it), to prevent spilling. Baste the fish with the lemon zest, juice, fresh dill, onion powder, garlic powder and salt & pepper. Place on the barbeque and cook until the fish starts to fall apart.

Toasted Garlic Asparagus

20 stems asparagus, chopped
3-5 cloves garlic, sliced in half lengthwise
2 tablespoons lemon juice
1/4 c. water, if needed
Salt & Pepper, to taste
Fresh thyme, to taste

Put a medium size sauté pan over medium heat. Place the sliced garlic on the sauté pan and cook until it is toasted on each side. Remove garlic, mince and place back in the pan along with the asparagus, lemon juice, water (if desired), and salt & pepper. Cook until asparagus is tender. Top with chopped fresh thyme.

Lobster Covered Salad

2 cups cooked lobster in pieces
2 tablespoons lemon juice
2 tablespoons onion, chopped
1 tablespoon green onion, diced
1 tablespoon tarragon, chopped
1/2 teaspoon garlic powder
1 serving Tarragon Vinaigrette
Sliced strawberries (optional)

In a non-stick pan, sauté the lobster, lemon juice, onion, green onion, tarragon, garlic powder and salt & pepper until the onion is tender. Arrange green leafy lettuce on a plate and spoon the lobster mixture over it. Top with 1 serving of Tarragon Vinaigrette. *Serve with sliced strawberries for a treat.

Tarragon Vinaigrette

1 sprig tarragon, chopped fine
2 tablespoons lemon juice
3 tablespoons vinegar, balsamic preferably
1 tablespoon onion, minced
1 tablespoon green onion, chopped small 1 clove garlic, minced (optional)
1/2 teaspoon dry mustard?
Salt & pepper, to taste

Remove tarragon leaves from the wood stem and chop fine. Mix remaining ingredients and serve over spinach or green leafy lettuce. Tarragon has a very distinct and wonderful taste that borders somewhere between mint and licorice.

SHAPE Phase 2 Recipes

Baked Apples

2 large apple, cored
Juice from 1 lemon
Zest of 1 lemon
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
Dash of cloves
Small pinch of salt
Powdered Stevia, to taste

Place cored apple in a small casserole dish. Squeeze lemon juice inside and around apple. Mix remaining ingredients in small bowl and sprinkle inside and around apple as well. Top with lemon zest. Bake at 350 degrees for 25-30 minutes. Let stand for 5 minutes and serve.

Mock Apple Crisp

1 Melba toast, crushed
1 tart apple, peeled, cored & chopped
2 tablespoons lemon juice
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
Dash of cloves
Powdered Stevia, to taste

Place the apples and lemon juice in a small baking dish. Crush the Melba toast and mix with the cinnamon, nutmeg & cloves in a non-stick saute pan. Cook the crumb mixture over low until it lightly toasts. Spread the crumb mixture over the apples. Cover and cook at 350 degrees until apples are soft.

Chesapeake Crab Soup

100 g crab, cooked
1 1/2 tomatoes, diced
1 1/2 cups vegetable broth
2 tablespoons onion, chopped
1 garlic clove, minced
1-2 teaspoons
Old Bay Seasoning
Salt & pepper, to taste

Combine all ingredients in a medium sized pot and bring to a boil. Turn the heat down and simmer over low heat for approximately 15 minutes. Add more water if desired.

Strawberry Spinach Salad

1 bunch spinach, rinsed
10 strawberries
2 tablespoons vinegar
2 tablespoons lemon juice
1/4 teaspoon cinnamon Stevia, to taste
Salt & pepper, to taste
Fresh mint leaves, chopped

Place spinach and 3 sliced strawberries on a plate. Blend the remaining 2 strawberries, vinegar, lemon juice, Stevia and salt & pepper. Pour dressing over the salad and top with fresh mint leaves.

SHAPE Phase 2 Recipes

Cilantro Skewers

2 cups medium shrimp
10 cherry tomatoes
2 tablespoons fresh lemon juice
Handful of fresh cilantro, chopped fine
Dash of red pepper flakes
Salt & pepper, to taste

Mix the shrimp, cilantro, red pepper flakes, and salt & pepper in a small bowl. Marinate for at least 2 hours. Place on skewers, alternating with the cherry tomatoes. Cook on a hot barbecue, frequently basting with marinade. Finish with salt & pepper. (Skewers do best when elevated or placed on foil to prevent burning and sticking)!

Chicken Taco Salad

2 cups chicken, cooked and shredded
2 tablespoons vinegar
2 tablespoons fresh lemon juice
2 teaspoons hot sauce
1/2 teaspoon cumin
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
Cayenne pepper, to taste (optional)

1 teaspoon green onion, chopped
1 – 2 teaspoons fresh cilantro
3 cups Green Leafy Lettuce, plateful

Season the chicken with salt & pepper and a dash of cumin. Place on the George Foreman Grill. Shred the chicken and place it in the refrigerator to cool. Mix the vinegar, lemon juice, hot sauce, cumin, garlic powder, onion powder, and cayenne (if desired). Arrange the lettuce on a plate and top with the chilled chicken and dressing followed by the green onion and cilantro. Finish with freshly ground black pepper.

Tomato Soup

3/4 cup vegetable or chicken broth
1/2 cup fresh tomatoes
2 tablespoons tomato paste
1 tablespoon vinegar
1 tablespoon onion, diced
1 clove garlic, minced
1 teaspoon oregano
Salt & pepper, to taste
Fresh basil leaves, sliced julienne
1 Melba toast (optional)
Stevia, to taste (optional)

Puree all ingredients, except basil leaves, in a food processor. Pour mixture into a small pot and cook until heated through. Garnish with julienned basil leaves. You may use 1 Melba toast for dipping.

Spinach egg white omelette

4 egg whites
1/2 cup spinach
3 tsp garlic
Salt/pepper to taste

Sauteed spinach and garlic. Whisk eggs in bowl and add to non stick pan. Cook until set, about 1 1/2 to 2 minutes. Using a rubber scraper lift the eggs up and let the runny uncooked egg flow underneath. Spoon spinach mixture onto half of the omelet, fold over, and slide onto a serving plate.

Strawberries and Mint

2 cups strawberries
1/4 cup mint leaves
2 tsp lemon zest

Combine chopped strawberries and thinly sliced mint leaves. Top with lemon zest and enjoy.

SHAPE Phase 2 Recipes

Harvest Salad with Light Orange Dressing

1 apple, cored and chopped

Juice from 1 lemon half

1/8 teaspoon cinnamon

Dash of cloves

2 tablespoons red onion, diced fine

Pinch of salt

Fresh ground black pepper, (optional)

Spinach leaves

Light Orange Dressing

2 tablespoons apple cider vinegar

Juice from 1 lemon half

Salt & pepper, to taste

Orange Stevia, to taste

Chop apples and toss with the fresh lemon juice, cinnamon and cloves. Spread over spinach leaves and top with salt & pepper if desired. Serve with light orange dressing.

Orange Citrus Dressing—Try this one!

Zest from 1/2 orange

Juice from 1/2 orange

1 teaspoon vinegar

1/4 teaspoon onion powder

1/4 teaspoon salt

Fresh ground black pepper, to taste

Orange Stevia, to taste

You can use this dressing for a salad or as a marinade. The orange flavor is wonderful!

Asian Chicken

1 cup chicken, cut into chunks

Zest of 1 orange, (Can substitute for lemon)

Juice from 1 orange

1/2 cup chicken broth

2 teaspoons onion, diced small

2 teaspoons fresh ginger, grated

2 tablespoons vinegar

1/4 teaspoon garlic powder

Salt & pepper, to taste

Orange flavored Stevia

1 tablespoon green onion, chopped

Cut chicken and place in a non-stick pan along with all ingredients, except green onion. Cook over medium heat until chicken is well cooked. Pour any remaining sauce over the chicken, followed by the chopped green onion.

Asparagus Soup

12 stems of asparagus

2 tablespoons white onion

2 tablespoons fresh lemon juice

1 cup chicken broth

1/2 teaspoon onion powder

1/2 teaspoon dill

Salt & pepper, to taste

Steam the asparagus until tender. Place the asparagus in a food processor along with the onion and puree. Pour the asparagus mixture and the remaining ingredients into a small pot and cook over medium heat until warmed throughout.

SHAPE Phase 2 Recipes

Lemon Mustard Broiled Chicken

2 cups chicken
Juice from lemon
2 tablespoon spicy mustard
1/2 teaspoon black pepper
1/2 teaspoon oregano
1/2 teaspoon cayenne pepper

Preheat the broiler. Broil one side of the chicken for 5-10 minutes or until slightly browned. In a small bowl, add the rest of the ingredients and mix well. Spoon the mixture onto chicken. Flip over and coat the other side. Broil uncooked side for 5-10 minutes or until no longer pink.

Baked Apple & Fennel

1 tart apple, chopped
1 fennel bulb, chopped
2 tablespoons fresh lemon juice
1 teaspoon fresh tarragon, chopped
1/2 teaspoon fresh ground black pepper
1/2 teaspoon salt

Combine all ingredients in a bowl. Pour into a tin foil bag and cook in a 400 degree oven for 15-20 minutes.

Cucumber with Dill

1 small cucumber, sliced
2 tablespoons white vinegar
1 tablespoon fresh dill, chopped fine
Salt, to taste • Stevia, to taste

Slice cucumbers and add remaining ingredients. Chill before serving.

Strawberry Sorbet

2 cup strawberries
3 tablespoons fresh lemon juice
Mint leaves, to taste
Water, if needed

Freeze fresh strawberries for about 1 hour. Put strawberries, lemon juice and mint leaves and water (if needed) in a blender or food processor. Blend until smooth. Pour into a bowl and serve or freeze.

Turkey "Sausage" Patties

3oz Ultra lean ground turkey meat
2 tablespoons onion, chopped
2 garlic cloves, minced
Salt & Pepper, to taste
Dash of Worcestershire
Fresh Basil, chopped
Stevia, (optional)

Combine all ingredients and sauté in a non-stick pan until cooked through on both sides. If the patty starts to stick, add a little water to the bottom of the pan.

SHAPE Phase 2 Recipes

Chicken Salad Sandwich

1 cup chicken
1 apple, diced
1 1/3 cups celery, diced
Juice of 1 lemon
2 tablespoons minced onion
2 teaspoons basil, roughly chopped
Dry mustard, to taste
Salt & pepper, to taste

Boil chicken until cooked through. Cube and place in refrigerator to chill. While the chicken is chilling, mix together the apple, celery, lemon juice, minced onion and dry mustard. Combine with chilled chicken. Spread across 1 Melba toast and top with chopped basil and salt & pepper. *May substitute celery for fresh tomato slices or bed of spinach.

Sautéed Baby Spinach

1/2 bag baby spinach
1 garlic clove, minced
4 tablespoons chicken bouillon base

Sauté the garlic in 1 tablespoon of chicken base or water. Add remaining base and spinach and toss until it starts to get soft. Remove before it turns into mush.

Heavenly Veal Meatloaf

3oz ground veal
1 Melba toast, crushed
3 tablespoons chopped onion
3 tablespoons tomato paste
1 garlic clove, minced
1/2 teaspoon salt

1/2 teaspoon chili powder
Freshly ground black pepper

Mix all ingredients together well. Bake in a small dish at 325 degrees for 15-20 minutes.

Rosemary Herbed Onions

1 onion, sliced into rings
1 tablespoon fresh lemon juice
1 sprig fresh rosemary, chopped
1 clove garlic, minced
Salt & Pepper, to taste

Slice the onion into rings and put in a non-stick pan along with the lemon juice. Add the rosemary, garlic and salt & pepper. Cook the onions until tender.

Tomato & Egg Sandwich

4 egg whites
1/2 tomato, sliced
Dash of dried parsley
Salt & pepper, to taste
1 Melba toast

Cook the egg, over-easy, so the yolk is still runny. Season with dried parsley, salt & pepper while cooking. Place the egg on the Melba toast and top with the tomato slices. Give an additional dash of salt & pepper.

SHAPE Phase 2 Recipes

Crispy Onion Rings

1 medium onion, sliced into rings
1 Melba toast, crushed
1-2 tablespoons non-fat milk
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon cayenne pepper
Salt & pepper, to taste

In a small bowl, mix the garlic and onion powder, cayenne pepper, salt & pepper, and crushed Melba toast. In a small separate bowl, place the milk. Dip the onion rings in the milk to coat and then roll them in the toast/spices mixture. Place them on a cookie sheet, lined with tin foil. Cook at 425 degrees for 15 minutes, turning once.

Finger Licking BBQ Chicken

100 g boneless skinless chicken
1 Melba toast, crushed
1 teaspoon oregano
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
Salt & pepper, to taste
1 serving Smoky BBQ Sauce

Mix the crushed Melba toast, oregano, onion powder, garlic powder and salt & pepper in a small bowl. Coat the chicken in the toast mixture well. Place at the bottom of an 8x8 casserole dish. Cover with tin foil and bake the chicken at 350 degrees for 20-30 minutes or until chicken is cooked through. Take the foil off for the last 5 minutes of cooking. Serve with the Smoky BBQ Sauce.

Smoky BBQ Sauce

6 ounces tomato paste
5 cloves garlic, minced
1/2 c. vinegar
1/4 – 1/2 cup water (depending on consistency)
1 tablespoon onion, diced small
1 teaspoon onion salt
1 teaspoon mustard powder
1 teaspoon Worcestershire sauce
1 teaspoon red pepper flakes
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
Liquid smoke, to taste
Dash of cayenne pepper
Salt & pepper, to taste
Stevia, to taste

Add all ingredients in small pot and bring to a boil. Reduce heat and simmer for 10 minutes on low. Stir frequently. Store remaining sauce in a glass bottle in the refrigerator.

Mediterranean Sea Bass

4 oz sea Bass
Zest from 1 lemon
Juice from 1 lemon
2 cloves garlic, minced
1 tablespoon purple onion, minced
1/2 teaspoon dried parsley
Handful of fresh parsley, chopped roughly
Salt & pepper, to taste

Combine all the ingredients, except the fresh parsley, in a tin foil bag. Cook on the barbecue or in the oven until the sea bass is cooked through. (Approximately 10 minutes on high heat). Serve the sea bass topped with fresh parsley and fresh ground black pepper.

SHAPE Phase 2 Recipes

French Onion Soup

1 onion, thinly sliced
2 cups beef broth
3-4 garlic cloves, minced
1/4 teaspoon of freshly ground black pepper
Stevia, to taste

Preheat a non-stick saucepan over medium heat. Place onions and garlic in pan and cook uncovered for 5-10 minutes. Stir in the Stevia. Cook 10-15 minutes until the onions are caramelized. Add beef broth and bring to a boil. Reduce heat to simmer, cover, and cook for 20 minutes. Add black pepper and serve.

Grapefruit Cucumber Salad

1 ruby red grapefruit, halved
1 cucumber, chopped
1 tablespoon purple onion, diced small
1 tablespoon green onion, chopped
Salt & Pepper, to taste
Handful of fresh cilantro, chopped fine

Ruby Red Dressing

2 tablespoons apple cider vinegar
Remaining grapefruit juice from halves
1/2 teaspoon fresh ginger (optional) Orange Stevia, to taste
Salt & Pepper, to taste

Slice grapefruit in half. Cut along the sections and spoon them out. Set aside grapefruit halves. Combine and mix the fruit sections, cucumber, onions, cilantro, salt & the pepper in a medium sized bowl. Top with Ruby Red Dressing

Apple Compote over Melba Toast

1 apple, chopped
1/2 cup celery, chopped
Juice from 1 lemon
Zest from 1 lemon
Small pinch of salt
Stevia, to taste (Caramel or Vanilla flavored tastes best)

Saute chopped celery and apple in lemon juice. Add a pinch of salt and Stevia to sweeten while cooking. Pour over 1 Melba toast.

Stuffed Basil Burgers

3oz lean hamburger
Small handful fresh basil, roughly chopped
1 tablespoon purple onion, chopped
2 garlic cloves, minced
Dash of Worcestershire sauce
Garlic powder
Salt & pepper, to taste

Combine the hamburger, fresh basil, purple onion, Worcestershire sauce, and minced garlic in a small bowl. Form into a patty. Season the patties as they cook with garlic powder and salt & pepper

Toasted Garlic Asparagus

15 large stems asparagus, chopped
3-5 cloves garlic, sliced in half lengthwise
2 tablespoons lemon juice
1/4 c. water, if needed
Salt & Pepper, to taste
Fresh thyme, to taste

Put a medium size sauté pan over medium heat. Place the sliced garlic on the sauté pan and cook until it is toasted on each side. Remove garlic, mince and place back in the pan along with the asparagus, lemon juice, water (if desired), and salt & pepper. Cook until asparagus is tender. Top with chopped fresh thyme.

SHAPE Phase 2 Recipes

Cabbage & Beef Soup

3oz lean steak, chopped small
1 1/2 cups beef broth?
1 cup shredded cabbage
2 tablespoons onion, chopped
1 tablespoon green onion, chopped
1/2 teaspoon garlic powder
1/2 teaspoon ground ginger
1/4 teaspoon dried basil
Salt & pepper, to taste

Season the steak with salt, pepper, ginger, and garlic powder. Sauté in 2 tablespoons beef broth until lightly browned. Add the cabbage and sauté another minute. Pour in the rest of the ingredients and simmer for 30-45 minutes.

Orange Chicken Wraps

2 cups chicken, cubed & cooked
2 large lettuce leaves
2 cloves garlic, minced
2 teaspoons onion, minced
Juice of 1 lemon, divided
1 Orange, chopped
Zest of 1 orange
Freshly grated ginger, to taste
Fresh cilantro, chopped
Salt & pepper, to taste

(Optional) Serve with 1 Melba toast for dipping.

Cube the chicken and sauté in the garlic, onion, oregano, 1/2 of the juice from 1 lemon, oregano, and salt & pepper. Lay the lettuce leaves out flat and place the cubed chicken in the center. Add the chopped orange, orange zest, freshly grated ginger, fresh cilantro, and salt & pepper. Squeeze the remaining lemon juice on each taco.

Sweet Balsamic Cabbage Stir-Fry

1/2 cabbage, sliced thin
2 tablespoons lemon juice
2 tablespoons fresh parsley, chopped fine
2 tablespoons balsamic vinegar
2 tablespoons green onion, chopped
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/6 purple onion, julienned
Salt & pepper

Place the cabbage, lemon juice, onions, garlic & onion powders, salt & pepper in a sauté pan. Cook over medium heat until cabbage begins to soften. Stir in the balsamic vinegar and fresh parsley and serve.

Asian Chicken

2 cups chicken, cut into chunks
Zest of 1 orange, (Can substitute for lemon)
Juice from 1 orange
1/2 cup chicken broth
2 teaspoons onion, diced small
2 teaspoons fresh ginger, grated
2 tablespoons vinegar
1/4 teaspoon garlic powder
Salt & pepper, to taste
Orange flavored Stevia
1 tablespoon green onion, chopped

Cut chicken and place in a non-stick pan along with all ingredients, except green onion. Cook over medium heat until chicken is well cooked. Pour any remaining sauce over the chicken, followed by the chopped green onion.

SHAPE Phase 2 Recipes

Green Apple Salad

1 cup green apple, chopped
1 cup cucumber, chopped
3 tablespoons apple cider vinegar
1 tablespoon fresh lemon juice
Salt & pepper, to taste
Stevia, to taste
Combine all ingredients and add Stevia as needed.

Balsamic Flank Steak

4oz lean flank steak
2 tablespoons fresh lemon juice
1/2 teaspoon garlic powder
2 small Roma tomatoes, chopped
2 tablespoons onion, chopped
2 garlic cloves, minced
1 tablespoon balsamic vinegar
Salt & pepper, to taste
Fresh parsley, chopped roughly
Combine the steak and lemon juice in a non-stick grill pan. Sprinkle lightly with garlic powder and salt & pepper. While the steak is cooking, combine the tomatoes, onion, garlic cloves, balsamic vinegar and salt & pepper. Cook over medium heat for approximately 10 minutes or until desired consistency. Spoon the tomato mixture over the steak and top with fresh parsley.

Steamed Radishes

10 Medium radishes, stems & roots removed
2 tablespoons rice vinegar
1/2 cup water
Salt & Pepper, to taste
Slice the radishes and place in a pot along with the rice vinegar and water. Bring to a boil and then simmer for approximately 10 minutes. Serve hot or cold with a little salt & pepper.

Curry Chicken Soup

100 g boneless skinless chicken
2 cups chicken broth
2 tablespoons lemon juice
2 tablespoons onion, diced
1 clove garlic, minced
2-3 teaspoons curry, to taste
Salt & pepper, to taste
Sauté the chicken with the onion, garlic, and lemon juice in a non-stick pan until well cooked. Remove the chicken and shred it. In the same pan add the chicken broth and other ingredients along with the shredded chicken. Cook until heated through.

Strawberries & Cream

1 cup Fresh strawberries
1 tablespoon milk
2-4 drops vanilla creme Stevia
1 packet powdered Stevia
Slice the strawberries and toss with the remaining ingredients.

SHAPE Phase 2 Recipes

HCG Approved Marinades and Dressings

Dill Vinaigrette

2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1/4 teaspoon dried dill
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon dry mustard
Salt & pepper, to taste
Stevia, to taste
Mix ingredients in a bottle and shake well.

Fresh Herb Dressing

2 tablespoons lemon juice
2 tablespoons rice vinegar
1 tablespoon fresh parsley leaves, chopped roughly
1/8 teaspoon garlic powder
1/8 teaspoon ground oregano
1/8 teaspoon onion powder
Salt & pepper, to taste
Stevia, to taste (optional)
Mix all ingredients and use to marinate meat or pour over a fresh salad.

Orange Citrus Dressing—Try this one!

Zest from 1/2 orange
Juice from 1/2 orange
1 teaspoon vinegar
1/4 teaspoon onion powder
1/4 teaspoon salt
Fresh ground black pepper, to taste
Orange Stevia, to taste
You can use this dressing for a salad or as a marinade. The orange flavor is wonderful!

Strawberry White Balsamic Vinaigrette

2-3 large strawberries
1/2 tablespoon minced garlic
1/2 cup white balsamic/wine vinegar 1 packet powdered Stevia
Puree in a blender. This dressing is great on salads, cucumbers, strawberries and even some meat.
Counts as: 1/2 fruit serving

Salad Dressing

2/3 cup apple cider vinegar
1 teaspoon lemon juice
1 teaspoon water
Add to taste: salt, pepper, dried shallots, garlic powder, onion salt, chives, dried cilantro, parsley, basil, and Stevia (start with one dropper full and add to taste).

Tarragon Vinaigrette

1 sprig tarragon, chopped fine
2 tablespoons lemon juice
3 tablespoons vinegar, balsamic preferably
1 tablespoon onion, minced
1 tablespoon green onion, chopped small 1 clove garlic, minced (optional)
1/2 teaspoon dry mustard?
Salt & pepper, to taste
Remove tarragon leaves from the wood stem and chop fine. Mix remaining ingredients and serve over spinach or green leafy lettuce. Tarragon has a very distinct and wonderful taste that borders somewhere between mint and licorice.

SHAPE Phase 2 Recipes

Easy Homemade Broth

100 g chicken or beef

Add to taste: Parsley, thyme, basil, salt, onion powder, rosemary, bay leaf, black pepper, garlic, oregano
Fill saucepan 3/4 full with water and bring to a boil. Add chicken and seasonings and boil for 20 minutes. Remove boiled chicken and serve or save for later. Strain out bay leaf and seasonings. Let broth cool to room temperature. Skim fat off surface (if any). Refrigerate the broth, then remove and skim the rest of the fat from the top. Store in the refrigerator or freeze for later use.

Bold Steak Marinade

Zest of 1 lemon

2 tablespoons fresh lemon juice

2 tablespoons balsamic vinegar

2 tablespoons onion, minced

2 cloves garlic, minced

1 teaspoon dry mustard

1/2 teaspoon onion powder

1/2 teaspoon salt

Handful fresh parsley, chopped small

Fresh ground black pepper

Dash of cayenne pepper

Dash of Worcestershire sauce

Zest the lemon and squeeze the juice into a small bowl. Add the remaining ingredients and mix well. Let steak marinade for at least 6 hours, or overnight.

Chicken Gravy

1/2 cup homemade broth

1 Melba toast, ground

Add 1/4 cup broth to a small saucepan and bring to a boil. While broth is heating, grind Melba toast in a food processor until it is a powder. Add the powdered Melba to the pan, whisking constantly until dissolved. Still whisking, add remaining 1/4 cup broth. Reduce heat to medium and whisk for 3-4 minutes, until thickened. Add some salt, pepper, thyme, sage, or poultry seasoning for more flavor. Feel free to add any additional spices you would like!

Counts as: 1 Melba toast serving

Marinade

2 teaspoons lemon juice

1 teaspoon fresh cilantro

1 1/2 teaspoon spice blend

3/4 teaspoon chili powder

Rub into meat.

Rosemary Lemon Marinade

Zest of 1 lemon

Juice from 1 lemon

2 tablespoons apple cider vinegar

1 sprig of rosemary, chopped small

1 clove garlic, minced

1/4 – 1/2 teaspoon salt

Fresh ground black pepper

Combine all ingredients and let marinade over chicken, fish, or steak for at least 4-6 hours. Garnish cooked meat with 1 teaspoon chopped rosemary.

SHAPE Phase 2 Recipes

Smoky BBQ Sauce

6 ounces tomato paste
5 cloves garlic, minced
1/2 c. vinegar
1/4 – 1/2 cup water (depending on consistency)
1 tablespoon onion, diced small
1 teaspoon onion salt
1 teaspoon mustard powder
1 teaspoon Worcestershire sauce
1 teaspoon red pepper flakes
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
Liquid smoke, to taste
Dash of cayenne pepper
Salt & pepper, to taste
Stevia, to taste

Add all ingredients in small pot and bring to a boil. Reduce heat and simmer for 10 minutes on low. Stir frequently. Store remaining sauce in a glass bottle in the refrigerator

Tomato Ketchup

1-12 ounce can tomato paste
1 cup water
1 tablespoon white vinegar
1 tablespoon apple cider vinegar
1 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon dry mustard
1/4 teaspoon thyme
1/4 teaspoon garlic powder
Dash onion powder
Dash allspice
Dash cumin
Stevia, to taste

Put the paste, water and vinegars in a bowl and mix well. Add the seasonings and mix thoroughly. Store remaining ketchup in the refrigerator in a glass bottle. 1 serving = 1/3 cup

Counts as: 1 vegetable serving

Cajun Seasoning

1 tablespoon chili powder
1 tablespoon Hungarian paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon cayenne pepper
1/2 teaspoon fresh ground pepper
Combine and store in an airtight container.

Cajun Style Rub

1/2 – 1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon black pepper
1/2 teaspoon onion powder
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
Pinch of cayenne pepper

SHAPE Phase 2 Recipes

Delightful Dill Rub

1/2 teaspoon dried dill
1/2 teaspoon dried parsley
1/4 teaspoon salt
1/4 teaspoon onion powder
1/4 teaspoon garlic powder

Easy Onion Rub

1 teaspoon onion powder
1 teaspoon chili powder
1 teaspoon fresh onion, minced
1 garlic clove, minced
1/2 teaspoon onion salt
1/2 teaspoon fresh ground black pepper
Mix all ingredients together and generously rub into the meat.

Mock Shake & Bake

1/2 cup minced dehydrated onions
1/4 teaspoon coriander
1/4 teaspoon thyme
1/4 teaspoon red pepper flakes
1/8 teaspoon oregano
1/8 teaspoon paprika
1/8 teaspoon black pepper
1/8 teaspoon salt

Place all ingredients in a food processor or coffee grinder. Grind to a powder and store in an airtight container. *Use this as a coating on your meat before you cook it. Dampen the meat, then coat. This is great on chicken, fish, shrimp, even steak or burgers. This yields several portions.

Onion Soup Mix

1/2 cup dehydrated minced onion
1 tablespoon onion powder
1/2 teaspoon celery seed

Combine all ingredients and store in an airtight container.

Seafood Seasoning

1 tablespoon ground bay leaves
2 1/2 teaspoon celery seed
1 1/2 teaspoon dry mustard
3/4 teaspoon black pepper
1/2 teaspoon ground cloves
1/2 teaspoon ground ginger
1/2 teaspoon paprika
1/2 teaspoon red pepper
1/4 teaspoon ground cardamom
1/4 teaspoon ground mace

Mix all ingredients and store in an airtight container.

Spicy Chili Rub

1 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon paprika
1/2 teaspoon ground cumin
1/2 teaspoon fresh ground black pepper Dash of cayenne pepper
Mix all ingredients in a bowl. Store the rub in the refrigerator.