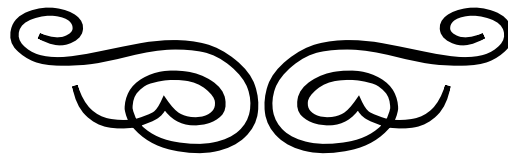


HCG Food Diary



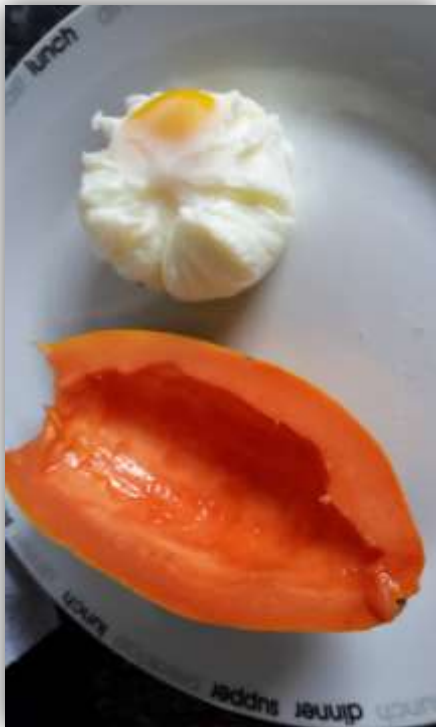
Daily Food Diary of Phase Two Meal Plan

Day One to Day Seven

DAY ONE - MONDAY

BREAKFAST

*One Poached Egg
(1 Whole & 2 Egg Whites)
½ Papaya*



LUNCH

*Chicken cooked in coconut oil and paprika
with tomato, green pepper & onion salsa
salad*



DINNER

*Garlic Chicken topped with fried
brown mushrooms and tomato
salsa.
Served with steamed broccoli*



DAY TWO - TUESDAY

BREAKFAST

*1 poached egg
(1whole2whites)
with Turkey, 2 Melba Toasts and an
apple*



LUNCH

*Garlic Chicken
(Cooked in coconut oil and 1tsp fresh
chopped garlic)
Served with steamed cabbage*



DINNER

*Garlic Chicken
(Cooked in coconut oil and 1tsp fresh
chopped garlic)
Served with broccoli & tomato*



DAY THREE - WEDNESDAY

BREAKFAST

*Poached egg (1 whole & 2 whites) with nature source herbed salt.
Served with turkey, 2 melba toasts and apple*



LUNCH

*Paprika Chicken
(Cooked in coconut oil and paprika)
Served with tomato and green pepper with lettuce*

DINNER

*Broccoli Frittata
Made with 1 whole egg and 2 egg whites per person.
Served with Tomato*



DAY FOUR - THURSDAY

BREAKFAST

*Poached egg
(1whole&2whites) Papaya,
two provitas and a big mug
of green tea(plain).*



LUNCH



*Lunch to go!
Lettuce and cucumber with spiced
orange chicken.
1 Apple*

DINNER

*Tuna Salad
Lettuce, tomato, cucumber, green
pepper with paprika & cayenne
Tuna made with creamy Vinaigrette*



DAY FIVE - FRIDAY

BREAKFAST

*Poached egg
(1whole&2whites)
& two provitas.
With an apple*



DINNER

*Chicken Stir-fry
Brown Mushroom, onion, green
pepper, tomato, cabbage&
rosemary chicken. Cooked in
coconut and Italian herbs*



LUNCH

*Chicken soup with
broccoli and baby
marrow. Served with a
ricecake.*





BREAKFAST

DAY SIX - SATURDAY

*Poached egg (1 whole & 2 whites)
Served with 2 provitas and ½ Papaya*



LUNCH

*Tuna mixed with a creamy vinaigrette and onion
served on provitas with parsley and tomato*



DINNER

*Low Fat mature beef steak from Woolworths (cut
the fat off) served with broccoli and baby marrow*

DAY SEVEN - SUNDAY

BREAKFAST



*Poached Egg
1 Matzo
Turkey slices
And one apple*

LUNCH



*Tuna on Matzo
Served with green
pepper and tomato
Tuna made with creamy
Vinaigrette and onion*

DINNER



*Orange Chicken
served with
steamed cabbage & baby
marrow strips*

RECIPIES

EGGS

How To Poach An Egg Without Fancy Equipment.

First bring a medium size pot of water to rolling simmer on the stove top.

Next, layout two layers of cling wrap on the countertop and rub with a small amount of coconut oil. Next, mould the cling wrap in a small ramekin to make a cup. Crack your eggs into the cling wrap cup, bring the corners together and twist them to create an enclosed casing with the egg inside, tie the top with a small rubber band. Put the cling wrap bag into the simmering water and cook for around 6 mins.

Once cooked, snip the top off and gently slip the bottom cling wrap off the egg. Serve and enjoy.

NOTE: 6 mins cooks a medium egg, if you like soft or runny, try 4 -5 mins but usually I get a uncooked white at the top of the egg with any less than 6 mins.



Chicken

Preperation - we all have work to get to and lives to live usually the first excuse we have is I didn't have time to cook so I bought it in a 'box'. I want to share what I do to make my life super easy during the week.

On a Sunday I visit the butcher and he prepares for me around 2KG of chicken breasts – I know sounds like a lot but one breast is about 120g and I eat 2 a day... Adds up. Then at home I weigh out of lunch and dinner and wrap in GladWrap Press and Seal, I write on the press and seal which is lunch 'L' and which is dinner 'D'. These all go in a large zip lock bag and into the freezer.

Then each night I take out the next day's chicken and defrost it in the fridge for the night. I prep lunch in the morning, but you could do it at night, just freeze in the batches that suits you. This avoids also freezing chicken together and defrosting chicken you are going to use in 2 days time.

Another thing to make life easy, to make sure you have perfectly cooked chicken everytime, before cooking place the chicken between two layers of cling wrap, and bash with a mallet or rolling pin to flatten the breast to around 1cm thick. This ensure an even layer of chicken and therefore ensuring cooked chicken all around. This also make cooking quicker.

GARLIC CHICKEN – add one teaspoon coconut per chicken breast to a pan (I use a non-stick) then add ½ to 2 teaspoons of garlic to the oil (the amount of garlic is to your own taste. Cook the garlic until slightly golden, add the chicken to the pan ontop of the garlic, cook until golden and then turn to brown the other side. If you find you are getting dry chicken add a squeeze of lemon or a tablespoon of water to the pan while cooking to keep in the moisture.

PAPRIKA CHICKEN – Dry fry or in coconut oil the chicken and cover each side of the chicken before adding to the pan a good covering of paprika.

ROSEMARY CHICKEN – Add the rosemary to the coconut oil to release the flavour and then add the chicken.

ORANGE CHICKEN – Add the chicken to the non-stick pan with no oil. Cover one side of the chicken in around 1 tbsp of fresh orange juice. Sprinkle with cinnamon and nutmeg. Turn the chicken and do the same to the other side, try not to burn the orange juice, keep the pan on a medium heat.

CHICKEN SOUP – Usually the chicken and herb soup from Royco made by the instructions on the packet and then add steamed veg to the broth. I also do this with the Woolworths veggie soup, adding any steamed veg bulks out the soup and keeps you fuller for much longer.



Creamy Vinaigrette

This I use over cabbage or tuna. Mainly tuna to keep it moist.

I measure this by eye usually so I'm going to try with amounts

¼ cup coconut oil

1 T Apple cider vinegar

½ Lemon Squeezed

Pinch salt and Pepper

Herbs of your choice: coriander, parsley, dill, cayenne, Italian mix.

Mix together with a stick blender and pour over food.



BROCCOLI FRITATTA

1 Whole egg and 2 egg whites per person (I used for 2 people)

2 – 4 T cup water

2 T onions chopped

40grams Mozzarella grated

Salt and pepper to taste

Steamed broccoli

Cook onions in a pan with 2 T coconut oil. Once cooked add the broccoli (already steamed). Whisk the eggs and water together. Pour over the broccoli and onions to cover. Add salt and pepper. Once the bottom of the frittata has cooked but the top might still need to cook, add the mozzarella and put under the grill for 5 mins to cook the egg and melt the cheese, get the cheese to brown slight for a crispy texture.

