

HCG PHASE 2 GUIDE



Miracle Skinny Drops

HELPING YOU REACH YOUR WEIGHT LOSS GOALS



We would like to introduce you to a new way of thinking about food and how to take off those extra pounds and keep them off for good. There is no quick fix for any of life's challenges, especially weight management. Keep in mind, we are not presenting another diet. This is a scientific approach to weight management that has helped thousands nationwide and hopefully, it will help you, too. A new way of thinking requires knowledge, understanding and practice. It is our complete joy to present to you the hCG revolution!

As you know, Chorionic gonadotropin or human chorionic gonadotrophin, also known as hCG, is a hormone produced during pregnancy. It has been used for decades in the area of weight management. hCG helps burn the abnormal fat, also known as "mobile fat" – the fat stored around the hips, thighs, belly and upper arms. It leaves the "structural fat" untouched – that's the fat found in the muscles, which protects your organs. This way the excess fat disappears even faster, and those problem areas are dealt with more efficiently.

An added benefit to releasing the fat cells with hCG is it helps detoxify the body. Detoxification is known in the health and wellness world as imperative to weight loss and in helps improve your metabolism, overall mood, your sense of well-being and overall health. Toxins your body cannot process end up stored in your fat cells, so as you lose weight – your body is detoxifying.

Getting Started:

The first 2-3 days of the hCG protocol are called 'LOAD' days. We recommend healthy loading with healthy high fats and you should eat to capacity. We also recommend adding in the foods you will miss the most! Click [here](#) for healthy loading tips.

Exercise:

Adding in any new exercise during protocol or vigorous exercise is not recommended. Walking is great exercise, however, not necessary to be successful. Those of you who live very stressful lives (and that's most of us) will find gentle walking to be very beneficial on so many levels, especially if you find a serene and natural environment.

Drinks:

Tea, coffee, plain water, or mineral water are the only drinks allowed on the hCG protocol and they may be taken in any quantity and at any time.

hCG Tips for Getting Started Correctly:

First and foremost, read *Pounds and Inches* from cover to cover. You will be most successful if you follow the original protocol. Remember when we said we would help you change the way you think about food and dieting? Well, thinking happens in the brain and being informed on the "whats" and "whys" of this program are imperative to setting your course to winning the battle of the bulge once and for good!

Dosing for Drops

If you are new to hCG, start Miracle Skinny Drops at 10 drops, three times a day and increase to 20 drops, three or four times a day after you begin the VLCD (Very Low Calorie Diet). Read more on [hCG Deficiency](#).

Keep Records

We suggest you keep good records of everything you do on the protocol. Download the tracking sheet from the [website](#). Keep a good journal for yourself – write everything down. Be sure to keep track of the number of drops you take each time. It's so easy to lose track of this information if you don't write it down.

DON'T CHEAT!

It just takes away from your weight loss efforts and becomes a setback for you. If you are struggling, email for help or join the support group – there are so many others who are happy to support you. Tweaks to dosing and menu will solve many issues. You may not see the effects of cheating the next morning when you step on the scale, however, you will see it show up on the scale within the week – and some have reported it can take up to a week of no weight loss for just one cheat. The only person you are really cheating is yourself. It takes discipline and you can do it... Be in it to WIN! Use this time to defeat your unwanted impulses rather than subjecting yourself to a demoralizing defeat over a momentary pleasure. Your mindset is equally as important to your success on hCG as following the protocol. Developing and maintaining a positive mental attitude is truly your key to ending the cycle of yo-yo dieting once and for all!

Dr. Naomi Nuggets:

Getting clear about what you want in the big picture vs. immediate gratification is another golden nugget of understanding the secrets to success in every area of your life. Think for a moment about what you really want and I mean really. For instance, if you say, 'Well, Dr. Naomi, I really want to lose weight', then I say, "Great! If you did lose weight then what would you have?" Take a minute right now and write those feelings, experiences and benefits down if you were to reach the goal of losing weight. Now what do you see? It's the big picture, isn't it? It is the big picture that is your vision for the life you say you want to have. It is having a vision big enough that will allow you to make the little choices that will get you there. Choosing to cheat is choosing defeat of your vision. It is not a momentary "whoops and oh, well" It is this excuse-making in your thinking that got you here in the first place. When you govern yourself in the Little Choices Matter motto then you will see yourself evolve into the YOU that you have always wanted to be. The only person you are cheating is yourself from having a greater sense of confidence and self-worth that is a direct result of using the discipline of self-control.



Sugar Substitutes

Use Stevia as your sweetener. We strongly recommend not using Splenda. For further explanation of this, please visit our [website](#).

Hunger

You may periodically struggle with hunger, however, most people do not. Some people experience hunger in the beginning that is most likely a result of not properly loading.

If you are hungry, then increase your water or tea intake. Your body will confuse dehydration for hunger so drinking liquids usually solves the issue. Adding caffeine (i.e. coffee and teas that are not decaffeinated) will cause a dehydration effect, so always follow up with water. Don't forget to drink at least two liters daily and more if you have caffeine beverages. You need to drink eight ounces of water for every caffeine drink in addition to your normal eight glasses a day. You are also allowed the juice of one whole lemon per day and squeezing the citrus into your drinking water is not only tasty but will help with the dehydration. A little pinch of Pink Himalayan Salt is very helpful for maintaining your electrolyte (mineral) balance and preventing dehydration. You can add it to everything including your lemon water because it does not affect your sodium levels (water retention) like other salts. It is available at Trader Joe's and most Health food stores.

Dry Skin

Using a loofa or scrubby sponge can help your dry skin by gently exfoliating with it in your bath or shower, along with your oil free cleanser. Cornhuskers lotion is also good and can be found at Wal-Mart. Na-PCA is a spray with Aloe Vera and is made from the natural moisturizing factor found in our skin. You can find Na-PCA spray at Whole Foods or Google it for online suppliers. We also recommend products available from hCGDietSkinCare.com

Make sure you check all of your cosmetics for fats and oils because there could be hidden surprises.

Detox-Our - Favorite Methods

Herbal Detoxifying Tea

Herbal detoxifying teas are a great choice if you want to naturally cleanse the body of impurities. As well as being a cleansing tea, these teas can be relaxing and add a comforting end to any long day. If you choose an herbal tea with the right ingredients, your tea-time can not only be relaxing, it can help you rid your body of toxins and poisons.

Detoxifying teas generally act as both a diuretic and a laxative. This encourages the body to rid itself of waste products more rapidly. It is suggested you supplement your herbal tea with plenty of water to help flush the toxins out of the body.

Probably the best bet if you want a natural detoxifying tea is to try one of the many varieties of herbal teas on the market. These teas are caffeine free, so it is safe to drink as much as you'd like. Be sure, however, you are aware of how these teas will affect you before drinking a large quantity of the tea. Try some of our other favorite Detoxifying remedies including our favorite Ultimate Detox and the Detox bath. Related posts section has all these tips below.

Related Posts: [Detox](#) | [Lecithin to Cleanse the Liver](#) | [Detox Bath](#) | [Tea Time](#)

Take advantage of the relaxation a good herbal tea provides for a good night's sleep. We also recommend "Calm" powdered magnesium supplement not only for the diet but every day. During the VLCD it will help keep you balanced, clam and most importantly regular without an laxative stimulant. Click [here](#) to purchase. The sweetened variety uses organic Stevia, so that's great!

Detox Baths

Detox baths are a good way to start your hCG journey. It is recommended to cleanse and detox before loading. You can also do this throughout the protocol.

Pour 1 lb. of Epsom salt into a very warm bath with 1 lb. baking soda (Arm & Hammer). Soak in the tub with water as warm as you can handle for at least 20 minutes. Do not shower off until next day. Read more on [detox baths](#).

Dr. Naomi Nuggets:

Did you know that your mind needs to be detoxified too? Your thoughts and your feelings that have gone unchecked have run you into your current physical state. Consciousness is crucial to ending the cycle of yo-yo dieting. What do I mean by consciousness? I mean becoming aware of what specific thoughts are running through your head most of the time. As a mental detoxification exercise, think about how many times a day you say something is so hard? Or how many times do you say how tired, hungry, lonely, or stressed you are? Every time just one of those pesky little thoughts goes zooming through your mind, it is actually creating a physiological response in your body. Practice self-control in your mind and you will experience greater energy, health and success in your body. When you notice a negative thought or feeling (anxiety, depression, etc.), try this statement on as a way to positively redirect your course: "Even though I am feeling tired, stressed or _____ right now, I deeply and completely accept myself." Then begin to notice the change in your mood and energy! You can also incorporate tapping on the side of your hand opposite your thumb with your other four fingers while you are saying the new truth. This helps you not only to change the brain wave patterns that have long been established, but also to clear them out (like a detoxification) to create space for the new.

We are happy to be a part of your hCG journey and wish you the best for living the life you want and deserve. Join us for more information and support at our blogs/websites: [Facebook Support Group](#) | [Little Choices Matter](#)



Meat & Fish:

Organic grass fed suggested (at least get natural, hormone and anti-biotic free meats and wild, natural fish with no additives.)

- Beef
- Veal
- Chicken breast (boneless, skinless)
- Sea bass
- Flounder
- Sole
- Halibut
- Fresh White Fish
- Lobster
- Crab
- Shrimp

Vegetables (Organic suggested):

- Spinach
- Chard
- Beet greens
- Lettuces of any kind
- Tomatoes
- Celery
- Fennel
- White, yellow, or red onions
- Red radishes
- Cucumbers
- Asparagus
- Cabbage

Fruit (Organic suggested):

- Apple
- Grapefruit
- Strawberries
- Orange

Seasonings (Organic suggested):

- Three Amigos, Mexican Blend - Little Choices Matter
- Sassy Vinaigrette - Little Choices Matter
- Heavenly Ranch - Little Choices Matter
- Signature Blend, Everyday Seasoning - Little Choices Matter
- Lemon (juice of one daily)
- Lemon Zest - fresh only
- White or Black Pepper
- Sea salt
- Garlic
- Basil
- Parsley
- Thyme
- Marjoram
- Raw Organic Apple Cider Vinegar
- Other herbs or organic herb

Beverages:

- Green tea (stimulates cell cleansing, increases metabolism, helps regulate hunger)
- Wu Long tea, a green tea (melts away fat)
- Yerba Mate tea (increases energy, reduces appetite and stimulates releasing of fat cells)
- Chamomile tea
- Water
- Milk (One Tbsp. daily) Do not leave this out. It is important to stick to protocol
- Lemon Delight - Lemon water, stevia and ice

Other:

- Melba Toast (make sure it does not contain Dextrose or other hidden sugars)
- Grissini



Take Your Measurements				
Height:	Starting Weight:	Starting BMI:		
Date	Starting Point	Week 2	Week 4	Week 6
Waist				
Hips				
Thigh-R				
Thigh-L				
Calves-R				
Calves-L				
Chest				
Upper Arm-R				
Upper Arm-L				
Ankle-R				
Ankle-L				
Neck				
Last Dosage Weight (LDW):		BMI at LDW:		
Total Lost:	Weight	Inches		

Wake up and weigh yourself and record your weight. Do this every day. As soon as you wake up, empty your bladder and weigh naked and record your weight. Do not weigh more than once per day.



Start your day with a warm cup of water with juice from half of a lemon. This helps start your metabolism and it helps the digestive system. After 30 minutes, you may have your morning coffee or tea.

Drink tea (preferably decaffeinated) throughout the day and evening to help ease the urge to snack.

Drink at least 2 liters of water per day. Non caffeinated tea counts in your water intake. It is important to keep the fluids moving to flush the abnormal fat cells which are breaking down from your body.

You may have your fruit and grissini or Melba as a snack or part of your meal.

Stop eating at least 3 hours before bed.

Daily Journal

Date: _____

1. Weight upon arising: _____ pounds _____ ounces
2. hCG drops: morning: _____ afternoon: _____ evening: _____
3. Last night I slept _____ hours.
4. Amount of water I drank today: ½ Gallon 3 Quarts Other: _____
5. Teas I drank today: Yerba Mate Oolong Detox Other: _____
6. Foods I ate today:

BREAKFAST

Fruit (one): Apple Orange Grapefruit Strawberries Spinach Smoothie Strawberry & Orange Smoothie

LUNCH

Protein: _____ 100 grams only

Vegetable: _____ 1 serving only

Fruit (one): Apple Orange Grapefruit Strawberries

1 Melba Toast or 1 Grissini Stick

DINNER:

Protein: _____ 100 grams only

Vegetable: _____ 1 serving only

Fruit (one): Apple Orange Grapefruit Strawberries Other _____

1 Melba Toast or 1 Grissini Stick

7. Supplements: B12 Vitamin D _____ (#) Other _____

8. Skin care products used: _____

9. How I felt: _____

Notes: _____



Spicy Apple Cider

8 oz. hot water
1 Tbsp. of Apple Cider Vinegar
1/2 tsp. whole allspice
1 tsp. whole cloves
1 cinnamon stick
1/4 tsp. salt
1 pinch ground nutmeg
1 large orange, quartered with peel (optional)

Sparkling Mojito

Fresh Mint Leaves crushed up
Juice from 1/2 lemon
5-10 drops Peppermint flavored Stevia
6 oz. sparkling mineral water
Crushed ice

Muddle the mint leaves and add them to a large glass with crushed ice. Add remaining ingredients and stir.

Mixed Fruit Slushy

5-7 strawberries
1/2 orange, peeled (unless juicing)
5-10 drops Lemon Stevia
Crushed ice
Sparkling Water

Blend together to make a slushy.

Sweet 'n Spicy Herbal Chai

8-12 oz. hot water
1 Spiced Chai tea bag
1 packet calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)
1 Tbsp. milk (only 1 serving a day)

Place hot water in cup, steep tea for 5 minutes. Discard tea bag. Stir 1 packet of sweetener. Add milk and stir. Sip and savor. You can also pour over ice cubes in a tall glass for a delicious iced chai tea. Great stored in refrigerator for later.

Strawberry & Orange Smoothie

1 cup of frozen or fresh strawberries
1/2 orange or 1/3 cup of real orange juice (not from concentrate)
3/4 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

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 remaining ingredients and blend to desired consistency. Add water as needed.

Iced Green Tea

Boil 5 cup of water and soak 5 green tea bags for 5-10 minutes, cool. Pour in a beverage container. Add water and juice of 1 lemon. Add liquid stevia (plain or flavored) to taste. Serve over ice.



Ranch Dressing

1 Tbsp. milk
 1/2 Tbsp. MCT oil
 Dash of sea salt and pepper
 1 tsp. LCM Heavenly Ranch
 1/2 Tbsp. Apple Cider Vinegar
 1 packet or 3-4 drops of Stevia
 1 tsp. lemon juice

Blend and enjoy!

Sassy Vinaigrette Dressing

1 1/2 Tbsp. Sassy Vinaigrette Seasoning
 4 Tbsp. MCT Oil
 2 Tbsp. filtered water
 1/2 c. rice or Apple Cider vinegar
 15 drops liquid stevia

Blend together and enjoy!

Italian Dressing

2 Tbsp. MCT oil
 1-2 Tbsp. red wine, rice or apple cider vinegar
 1/2 Tbsp. dehydrated onions
 1 garlic clove, minced
 1/4 tsp. sea salt
 1/4 tsp. pepper
 1/4 tsp. of dried Italian seasoning
 Fresh lemon zest

Mix together and use as marinade or dressing

Creamy Ranch

1 c. cottage cheese
 1/4 c. of milk soured with 1/2 tsp ACV
 1/2 tsp. dried chives
 1/2 tsp. dried parsley
 1/2 tsp. dried dill weed
 1/4 tsp. garlic powder
 1/4 tsp. onion powder
 1/8 tsp. salt
 1/8 tsp. ground black pepper

Cream the cottage cheese till all the lumps are gone then add the other ingredients. Let it rest for at least an hour so the flavors mix. If it's too thick you can thin it down with more milk or cream.

hCG Lemon Dill Salad Dressing

1 c. lemon juice
 1 c. MCT oil
 2 Tbsp. dill weed
 1 tsp. sea salt
 1/2 tsp. mustard powder
 1/2 tsp. turmeric
 1 Tbsp. onion powder
 1 Tbsp. garlic powder
 1 tsp. tarragon

Put all ingredients in a jar and shake vigorously. Use 1 TBSP per serving. Keep refrigerated and use for salad dressings, dipping sauces, and marinades.

Quick & Easy Dressing

1-3 Tbsp. Raw Organic Apple Cider Vinegar
 1 Tbsp. LCM Signature Blend or Lemon Pepper
 Sea salt & pepper to taste
 1 Stevia packet

Mix ingredients in a small container and shake well. Drizzle over salad, spinach, vegetables, etc.

Twisted Mustard Dressing

2 Tbsp. MCT oil
 1 Tbsp. water
 2 Tbsp. apple cider vinegar
 1 Tbsp. LCM Sassy Vinaigrette Seasoning
 2 tsp. Dijon-style mustard
 3-4 drops liquid stevia

Blend ingredients and enjoy. Use as a dressing or marinade.

Citrus Dressing

Juice from 1 fresh orange
 Juice from 1/2 fresh lemon
 1 tsp. Apple Cider Vinegar
 Sea Salt & Pepper to taste
 Stevia, optional

Mix and drizzle over salad or vegetables.

Lemon Dressing

1/4 c. apple cider vinegar
 1 c. water
 1 Tbsp. fresh lemon juice
 25 drops clear stevia
 1 packet stevia

Combine ingredients, pour into jar and refrigerate. Shake well before using.

Orange Vinaigrette Dressing

Fresh squeezed orange juice,
 1T acv,
 1T lemon juice
 Stevia to taste
 Sea salt & Pepper to taste

Mix and drizzle over salad or vegetables.

HCG Vinaigrette

1 c. apple cider vinegar
 1 c. MCT oil
 1 tsp. oregano
 1 tsp. thyme
 1 tsp. basil
 1 Tbsp. onion powder
 1 Tbsp. garlic powder
 1 tsp. turmeric
 1/2 tsp. mustard powder

Put all ingredients in a jar and shake vigorously.



Cinnamon Apples

1 medium apple, cut into bite-size pieces
 1/3 c. water
 1/4 tsp. each: cinnamon, nutmeg, cloves (or Apple Pie Spice)
 Powder stevia

Place apple in a shallow dish. Add water then sprinkle with seasonings and stevia. Bake at 350° for 45 mins.

1 Fruit • Calories: 81

Chicken Soup

100 g. chicken breast, cubed
 1 1/2 c. chopped celery
 2 c. low sodium chicken broth
 1 Tbsp. onion, chopped (or onion flakes)
 2 garlic cloves, crushed
 1 bay leaf
 1/2 tsp. Little Choices Matter Signature Blend (or poultry seasoning)
 Sea salt to taste
 pepper to taste

Mix all ingredients together and bring to a soft boil. Simmer and cook for 20 minutes or until chicken is cooked thoroughly.
 *Add one Melba Toast or Grissini with your meal.

1 Protein / 1 vegetable • Calories: 150

Afternoon Snack:

1 medium Orange (Calories: 80)

Curried Tilapia

100 g. tilapia
 2 Tbsp. liquid aminos
 Juice of 1/2 lemon
 1/8 tsp. curry powder, or to taste
 1/8 tsp. fresh minced garlic
 1/8 tsp. onion powder
 1/8 tsp. Little Choices Matter Signature Blend
 Sea salt & pepper to taste, if desired

Mix liquid amino's with the remaining ingredients together. Let the meat marinate for 10 minutes, turning fish so all sides are marinated. Place fillet on the one side of foil sheet. Place onions, on top of the fish. Fold the edges of the foil around the fish neatly, and then pour remaining mixture on fish and press edges together to seal. Grill for 10-12 minutes over a medium flame, or until the fish is white and firm. Unwrap the foil packet, remove fish and serve.

Radish Hash Browns

200 g. radish, shredded
 1 Tbsp. Coconut Oil
 1 garlic clove
 1 tsp. LCM Signature Blend

Heat Coconut oil on low to medium heat. Add radishes and seasonings. Cook radishes, stirring often, until golden brown.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 vegetable • Calories: 138

Daily Calorie Total: 449



Carne Asada with Stir Fried Cabbage

100 g. lean steak (flank or regular) cut into strips
 1/2 lemon, juiced
 1/2 lime, juiced
 1 tsp. liquid amino's
 1/8 tsp. fresh garlic
 1/8 tsp. onion powder
 Pinch of chili powder
 1/4 tsp. of Little Choices Matter Three Amigos Mexican Blend (or 1/8 tsp. cumin and 1/8 tsp. chili powder)
 Dash of onion flakes
 2 c. cabbage, chopped

Combine ingredients except for the cabbage and let marinate in refrigerator for 1 hour. After 1 hour, heat skillet to a low to medium heat and add enough MCT oil to coat the base of the pan. Remove the steak strips from the marinade and place them into the skillet and fry until cooked, stirring occasionally. Transfer the steak strips from the skillet to your plate. Place chopped cabbage to the skillet with the remaining marinade liquid and stir fry to desired texture. Add the cabbage to your plate and serve.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 154

Afternoon Snack:

1 medium apple (Calories: 80)

Pan Cooked Garlic Shrimp

100 g. shrimp, vein and peeling removed
 5 garlic cloves, minced
 2 Tbsp. chicken broth
 1/4 tsp. Little Choices Matter Signature Blend,
 Dash of pepper and sea salt, to taste

Heat a nonstick pan over medium-high heat. Mix chicken broth with seasonings and add to pan. Cook for less than one minute, being sure not to burn the garlic. Add shrimp and cook for three more minutes. Don't overcook.

Cucumber Tomato Salad

2 medium tomatoes, sliced and quartered
 1 large cucumber, peeled and sliced
 4 green onions, chopped
 1 pkg. stevia
 1 tsp. sea salt
 1/4 tsp. pepper
 1/3 cup apple cider vinegar
 1 cup water

In a bowl, combine the tomatoes, cucumber and onions. In a small bowl, combine the stevia, salt and pepper. Whisk in the vinegar and water. Pour over vegetables and toss to coat. Cover and refrigerate for 4 hours or overnight.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 198

Daily Calorie Total: 456



Chicken Taco Salad

100 g. chicken
 Juice of half of a lemon
 LCM Three Amigos Mexican Blend (or Chili powder & paprika)
 2 garlic cloves, minced
 1/4 tsp. sea salt
 1/4 tsp. onion powder
 2 Tbsp. onion, minced
 2 cups dark green leafy lettuce

Cut up chicken into tiny bite-size pieces then fry them in the pan along with the lemon and seasonings. Fry until completely cooked. Prepare lettuce and add the chicken to the lettuce, either warm or cooled. Use the rest of the lemon on top for extra flavor, if desired.

May top with small amount of salsa if desired. Add one Melba Toast or Grissini with your meal. Great broken up and tossed on salad.

1 Protein / 1 Vegetable • Calories: 134

Afternoon Snack:

7 medium strawberries (calories: 25)

Hot & Sour Soup

100 g. lean ground beef
 1 tsp. fresh grated ginger
 1/4 tsp. crushed chilies (or pepper flakes)
 1/8 C. Braggs liquid aminos
 1/2 tsp. rice vinegar
 2 c. chopped cabbage
 1 c. tomatoes, diced
 1/2 c. sliced green onions (tops and bottoms)
 2 garlic cloves, minced
 1/2 - 1 tsp. Asian Gourmet Seasoning
 1 tsp. lime juice
 1 c. water

Brown the ground beef. Add the rest of the ingredients and simmer for 10 to 15 min. Makes 2 very large servings. 200 calories per serving. If you're not mixing veggies, omit the onion and substitute onion powder.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 337

Spicy Apple Cider

8-10 oz hot water
 1 Tbsp. of Apple Cider Vinegar
 8-10 drops if liquid stevia
 1/4 tsp. ground cinnamon (or apple pie spice)

Blend and enjoy.

Daily Calorie Total: 496



Morning Snack:

1 large grapefruit (Calories: 80)

Italian Soup

100 g. chicken, boneless, skinless, cut into bite size pieces OR 100 g. lean ground beef
 2 c. chopped celery (with or without leaves)
 1 1/4 c. organic chicken broth (low sodium)
 1 Tbsp. oregano
 2 tsp. basil
 2 Tbsp. onion, diced
 Juice of 1/2 organic lemon
 2 c. tomato, diced
 1 garlic clove, minced

If choosing ground beef, place in fry pan and brown, breaking up as you cook. Put all ingredients into a sauce pan and cook on low for 1 hour or more (or a crock pot).

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 244

Tilapia with Herbs

100 g. of Tilapia (or other white fish)
 2 Tbsp. lemon juice
 1 garlic clove, crushed and minced
 1 Tbsp. onion, diced
 1/4 tsp. LCM Sassy Vinaigrette Seasoning
 Sprinkle of sea salt and black pepper, to taste
 Other spices, if desired: dash of dill, parsley, oregano, thyme, or tarragon

Sauté fish in lemon juice with a little water then add onion, garlic and fresh herbs. Garnish with chopped parsley. Bake in baking dish with a little water at 350° for 20 minutes until fish is tender and delicious.

Grilled Asparagus with Rosemary Lemon Sauce

12 Asparagus, ends snapped off
 Juice of 1/2 lemon with rind
 1 Tbsp. Bragg's Liquid Aminos
 1 garlic clove, crushed and minced
 1/4 tsp. rosemary
 1/8 tsp. garlic powder
 1/8 tsp. onion powder
 Sea salt and pepper to taste

Marinate asparagus in lemon, garlic, sea salt, cayenne pepper and aminos. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, 1/2 cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and sea salt and pepper to taste.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 155

Daily Calorie Total: 479



Spinach Chili

100 g. lean ground beef
 2 Tbsp. onion, chopped
 1/2 tsp. chili powder
 1 1/2 tsp. Little Choices Matter Three Amigos Blend
 1/8 tsp. cumin
 1 c. chopped tomato
 Dash of sea salt and pepper
 1/2 c. water
 3-4 cups raw spinach

Heat a medium sized pan to medium-high heat. Add beef and onion and cook until beef is cooked. Add remaining ingredients except spinach to the pan and bring to a boil. Turn heat down to low, cover and let simmer for ten minutes. Add spinach and let cook for 10 minutes more to cook spinach and allow flavors to combine.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 313

Afternoon Snack:

7 medium strawberries (25 calories)

Asian Grilled Chicken

100 g. of chicken, boneless, skinless
 1 tsp. LCM Asian Gourmet
 Sea Salt & Pepper to taste

Sprinkle chicken with seasonings and grill until done.

Bok Choy Stir Fry

1 Tbsp. coconut oil
 1/8 c. chicken broth or water
 2 garlic cloves, minced
 Pinch of freshly grated ginger
 2 1/2 c. bok choy
 2 tsp. Asian Gourmet Seasonings
 1 1/2 tsp. Braggs Liquid Aminos
 3 green onions, chopped

Place coconut oil in skillet and heat to a medium heat. Add garlic and fry for 3 minutes, stirring occasionally. Trim Bok Choy so the white sections are bite sized pieces. Add to the skillet along with remaining seasonings and cook for about 5 minutes, or until slightly cook yet crunchy. Bok Choy is meant to be tender crisp. Add green onions and greens of the bok choy and cook until the leaves are somewhat soft. Serve immediately.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 155

Daily Calorie Total: 493



Morning / Afternoon Snack:

15 Large strawberries (Calories: 80)

Apple & Chicken Spinach Salad

100 grams chicken
 1 1/2 Tbsp. cider vinegar
 1 1/2 Tbsp. MCT oil
 1 tsp. lemon juice
 1/2 tsp. Sassy Vinaigrette Seasoning
 1/4 tsp. salt
 1/4 tsp. pepper
 8 drops liquid stevia
 1 large apple, unpeeled and diced
 1/4-1/3 c. chopped sweet onion
 2 cups fresh spinach, torn or chopped

Cut up chicken into bite size pieces and boil for a few minutes or until cooked. Set aside to cool. In a small bowl, combine vinegar, MCT oil, seasonings and stevia; mix well. Add apple and onion then toss lightly to coat. Cover and let stand for 10 minutes. Serve over spinach and mix well to coat leaves.

Note: This recipe works great for a sack lunch or if you are on the go. Place spinach and chicken/apple mixture in separate Ziploc bags. Mix before serving. Can sprinkle on more Sassy Vinaigrette Seasoning, if desired.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 245

Tilapia and Asparagus

100 g. Tilapia (or other white fish)
 12 spears fresh Asparagus
 1/2 tsp. LCM Heavenly Ranch Seasoning
 2 lemon slices
 Squeeze of lemon juice

Optional & Additional Sprinkle Spices

Oregano
 Lemon 'N Pepper Seasoning
 Signature Blend Seasoning
 Garlic powder

Preheat the oven to 400°. Snap off woody ends of asparagus and discard. Tear off a large sheet of non-stick aluminum foil. In the center the foil, place asparagus spears and sprinkle with LCM Heavenly Ranch Seasoning. Place white fish on top of asparagus. Sprinkle with remaining seasonings and top with a little squeeze of lemon juice. Fold up edges of foil and completely seal packet on all sides. Bake 10-20 minutes, until fish flakes. Serve.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 155

Daily Calorie Total: 480



Morning / Afternoon Snack:

1 medium orange or grapefruit (Calories: 80)

Chicken Taco Salad

100 g. chicken, boneless, skinless
Juice of a lemon

Spices :

1 Tbsp. Little Choices Matter Mexican Blend (or Chili powder & paprika)
2 garlic cloves, minced
1/4 tsp. sea salt
1/4 tsp. onion powder
2 Tbsp. onion, minced
2 c. dark green leafy lettuce
2 c. tomatoes, chopped

Cut up chicken into tiny bite-size pieces, fry them in the pan along with the lemon and seasonings. Fry until completely cooked. Prepare lettuce and add the chicken to the lettuce, either warm or cooled. Use the rest of the lemon on top for extra flavor, if desired.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 200

Shrimp Cocktail

100 grams raw shrimp (approximately 10-12 medium shrimp steamed)

Cocktail sauce:

3 oz. tomato paste (low sodium, no added sugars) or 1/4 c. tomatoes, chopped very fine
2 Tbsp. fresh lemon juice
1 Tbsp. apple cider vinegar
1 tsp. hot sauce
1/4 tsp. LCM Sassy Vinaigrette Seasoning
1/8 tsp. of horseradish (or to taste)
Dash of mustard powder
8-10 drops Stevia, or to taste
Sea salt and pepper to taste
Water as needed for desired consistency

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate. Add additional water as needed. Chill and enjoy.

Fried Radish

200 grams radish, shredded
1 Tbsp. Coconut Oil
1 garlic clove
1 tsp. LCM Signature Blend

Heat oil in fry pan on medium heat. Add onion and garlic and cook until onion is transparent. Add radishes and spices and cook until nicely brown or to desired doneness.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 205

Daily Calorie Total: 485



Morning / Afternoon Snack:

7 medium strawberries (25 calories)

Crunchy Sweet Apple Chicken Salad

100 grams chicken, cooked and diced
 1 apple, diced
 3 stalks celery, diced
 2 Tbsp. sweet onion, chopped
 Juice from 1/2 lemon
 1/8 tsp. cinnamon
 Sprinkle of these spices as desired: Nutmeg, cardamom, curry, sea salt & pepper
 8 drops Stevia, or to taste

Mix ingredients together, then sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. This makes an excellent meal to carry to work or when you are traveling.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 180

Stir Fry Steak and Asparagus

100 g. lean steak
 1 Tbsp. MCT oil
 1 Tbsp. onion, chopped fine
 1 garlic clove, minced

Marinate with the following:

2 Tbsp. Braggs Liquid Aminos
 1/4 tsp. onion powder
 1/4 tsp. garlic powder
 1/2 tsp. LCM Signature Blend Seasoning
 Sea salt/pepper to taste

Asparagus

10 stalks of asparagus
 1/8 c. of water

Slice the steak into thin strips and place in a Ziploc bag and mix in the seasonings. Stir well, working the seasonings into the meat. Marinate for 1-2 hours.

Heat the oil in a wok/skillet. When hot, add the fresh garlic and chopped onion until fragrant. Add the beef, with the marinade, and stir fry (over very high heat) for about a minute or just until the meat is no longer pink. Remove the meat with a slotted spoon and transfer to a plate. Keep warm.

Wash the asparagus and snap off ends and cut into pieces. In the remaining oil and seasoning, add asparagus stalks. Add water and simmer for about 2-3 minutes. Add the upper halves of the asparagus and stir. Cook, uncovered, for another minute. Return the beef to the work and stir with the vegetables. Cook just until the beef is reheated.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 306

Daily Calorie Total: 511



Cream of Celery & Chicken Soup

100 grams cooked chicken, cooked and cut into bite size pieces
 2 c. finely sliced celery and leaves
 1/4 c. chopped green onion
 1 can low sodium chicken broth
 1 cup water
 1 garlic, minced
 1 Tbsp. Braggs Liquid Aminos
 1/2 tsp. Little Choices Matter Signature Blend
 1/4 tsp. onion powder
 1/2 tsp. fresh parsley
 Pepper to taste

Mix broth and water in a pan on medium heat. Place celery, garlic and onion in the liquid and add aminos and spices. Cook until vegetables are tender. Smash with a potato smasher or blend in blender to make smooth. Add chicken, and additional spices, if desired. Sprinkle with fresh parsley.

*Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 160

Mock Tacos

100 g. of lean ground beef
 1 Tbsp. minced onion
 1 clove garlic, crushed or minced
 1/4 c. water
 1/2 tsp. LCM Three Amigos Blend
 Dash of garlic powder
 Dash of onion powder
 Cayenne pepper or chili powder for hotter taste
 1 c. tomatoes, chopped
 Lettuce or cabbage leaves

Brown beef in a skillet. Add onion, garlic, water and seasonings and simmer for 5-10 minutes. Serve taco style in lettuce or cabbage leaves and top with tomatoes. Serve with a side salad of lettuce or cabbage and tomatoes. Top salad with pieces of Melba Toast or Grissini.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 292

Caramel Apple Pie

1 small apple
 1 Tbsp. lemon juice
 1 Tbsp. water
 1 tsp. apple cider vinegar
 1 pkg. powdered stevia or 8-10 drops of liquid stevia
 1 tsp. ground cinnamon
 Pinch of nutmeg
 1 Tbsp. water
 English toffee stevia to taste

Slice apple into very thin slices. Arrange in layers in a round 3 inch crème Brule dish. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar and water over the apple slices. Drizzle with English Toffee Stevia, if desired. Bake at 375 for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Serve warm.

Calories: 80

Daily Calorie Total: 532



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Red & White Fish

100 g. white fish
 LCM Lemon 'N Pepper Seasoning
 1 Tbsp. MCT oil
 2 Tbsp. minced shallots or onions
 1 garlic clove, minced
 1 c. tomato, chopped
 1/4 cup chopped parsley
 Salt and pepper to taste
 Juice of 1/4 lemon
 12 spears asparagus

Sprinkle both sides of fish with seasoning. Cook on grill or George Foreman Grill. While fish is cooking, heat a small frying pan on low to medium heat and add onions. Cook until transparent. Add garlic and saute for 2 more minutes. Add tomatoes and saute until tomatoes break down slightly. Reduce heat to low. Add lemon juice and parsley. Remove fish from grill and transfer to a plate. Top with tomato mixture covering fish. Let sit for a minute or two to allow the flavors to combine. Steam asparagus and season as desired.

Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Fruit • Calories: 190

Chicken Kebabs

100 g. of chicken, boneless, skinless

Marinade

1/2 Tbsp. LCM Heavenly Ranch
 1 1/2 Tbsp. water
 2 tsp. MCT oil (or water)
 1 1/2 Tbsp. Apple Cider Vinegar
 1/2 tsp. Braggs Liquid Aminos
 3-4 drops liquid stevia

Mix marinade together in a Ziploc bag and add chicken. Slice chicken into strips wide enough to put on a kebab stick. Marinate for 2-3 hours, depending on how much flavor you like. Heat grill, place kebabs on grill until chicken is fully cooked through.

Roasted Cabbage with Lemon

1/2 head green cabbage
 2 Tbsp. MCT oil
 1/4 cup chicken broth
 Juice from half a lemon
 1/2 Tbsp. Braggs Liquid Aminos (optional)
 1/2 tsp. LCM Lemon 'N Pepper Seasoning
 1/2 tsp. LCM Signature Blend Seasoning
 1/2 tsp. garlic powder
 1/2 tsp. onion powder
 1/2 tsp. Braggs Liquid Aminos (optional)

Coat a roasting pan with a bit of Coconut oil, or spray with MCT oil in a Misto. Cut the cabbage into 4 same-size wedges, cutting through the core and stem end. Then carefully trim the core strip and stem from each wedge and arrange wedges in a single layer on the roasting pan (leave some space around them as much as you can.)

Whisk together the MCT oil, aminos, chicken broth, and lemon juice. Then use a pastry brush to brush the top sides of each cabbage wedge with the mixture then sprinkle with other seasonings over cabbage. Turn cabbage wedges carefully, then repeat seasonings. Roast cabbage at 450 for 15 minutes then turn each wedge carefully and roast 10-15 minutes more, until the cabbage is nicely browned and cooked through with a bit of chewiness remaining.

Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 226

Daily Calorie Total: 490



Morning / Afternoon Snack:

1/2 medium grapefruit, sprinkled with cinnamon (Calories: 60)

Italian Soup

100 g. ground veal
 2 c. chopped celery (with or without leaves)
 1 1/4 c. organic chicken broth (low sodium)
 1 Tbsp. oregano
 2 tsp. basil
 2 Tbsp. onion, diced
 Juice of 1/2 organic lemon
 1 c. tomato, diced
 1 garlic clove, minced

Place veal in fry pan and cook until brown, breaking up as you cook. Put veal and remaining ingredients into a sauce pan and cook on low for 1 hour or more. Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 210

Strawberry Smoothie

7-10 frozen strawberries
 2 cups raw spinach
 1/2 tsp. vanilla or 2 drops pure peppermint extract (optional)
 8-10 drops liquid stevia – can also use flavored stevia
 1 Tbsp. milk

Blend and enjoy!

Calories: 32

Simple Halibut

100 g. halibut
 LCM Lemon 'N Pepper Seasoning
 1 Tbsp. Coconut oil

Heat oil in a skillet over medium heat. Sprinkle halibut with seasoning. Place in oil and cook until fish flakes.

Lemon Garlic Chard

2 c. chard, chopped
 1 Tbsp. onion, minced
 2 garlic cloves, minced
 1 Tbsp. coconut oil (or MCT)
 1 tsp. LCM Lemon 'N Pepper Seasoning
 1 Tbsp. water

Put oil in non-stick pan and saute onion until translucent. Add garlic and cook until tender, stirring occasionally. Add water and chard then cook for about 5 minutes, tossing occasionally. Drain off any excess juice and serve. Can add freshly squeezed lemon juice and sea salt and pepper, if desired.

Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 200

Daily Calorie Total: 502



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Indian Burgers

100 g. lean ground beef
 1 Tbsp. minced white onion
 1 garlic clove, minced
 1/4 cup of water
 1-2 Tbsp. sweet curry powder
 1 tsp. cilantro
 1 grissini breadstick or Melba Toast, crushed
 1 tsp. MCT Oil

In a small bowl, cover the minced onion and minced garlic with water for 5 minutes. Drain off any excess liquid and combine the onions and garlic with the ground beef, curry, cilantro, grissini/melba and MCT oil. Mix well and form into patty. Grill or broil to your degree of doneness.

Radish Chips

10 radishes
 1 tsp. chili powder
 1/2 tsp. garlic salt
 1/2 tsp. paprika

Slice radishes as thin as possible. Place a small amount of water in a fry pan and boil the radishes until they are just starting to get soft. Remove from pan, drain and place in a small bowl. Sprinkle the seasonings over radishes until coated.

Bake at 350° degrees for 10 minutes, flip the chips, and bake for another 10 minutes.

1 Protein / 1 Vegetable • Calories: 261

Asian Chicken & Spinach Salad

100 grams of chicken
 1/2 Tbsp. MCT oil
 1 Tbsp. onion, chopped (I liked red onion)
 1/2 garlic clove, minced (or 1/4 – 1/2 tsp. garlic powder)
 1 tsp. Little Choices Matter Asian Gourmet
 2 c. spinach, chopped
 1 tomato, chopped

Asian Dressing:

1 Tbsp. MCT oil
 1 tsp. Braggs Liquid Aminos or (wheat free) Tamari sauce
 1 Tbsp. rice vinegar
 1/2 Tbsp. water
 1/2 tsp. Asian Gourmet Seasoning
 4-5 drops liquid stevia

In a fry pan, heat MCT oil and add chicken and cook until done. Stir in garlic, Asian Gourmet Seasoning and ginger then fry for one minute more, stirring often. Remove from stove and allow to cool. On a plate, place chopped spinach, onion and tomato. Add chicken and dressing and serve. Mix dressing and serve over salad. If desired, sprinkle with additional Asian Gourmet Seasoning.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 162

Daily Calorie Total: 503



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Chicken Caesar Salad

100 grams boneless, skinless chicken breast, grilled and chopped
 2 c. romaine lettuce, torn or chopped
 1 grissini breadstick, broken into little chunks

Dressing:

1 Tbsp. milk
 1/2 Tbsp. MCT oil
 Dash of sea salt and pepper
 1 tsp. LCM Heavenly Ranch
 1/2 Tbsp. Apple Cider Vinegar
 1 packet or 3-4 drops of Stevia
 1 tsp. lemon juice

Grill chicken breast and prepare to serve on salad either hot or cold. Combine all of the dressing ingredients in a bowl, mix together and set aside. Chop up salad and spread on plate. Top with chicken and blend in dressing. Top with grissini and serve.

1 Protein / 1 Vegetable • Calories: 156

Grilled Skirt Steak/Flank Steak

100 g. skirt steak
 Garlic powder
 Onion powder
 LCM Signature Blend
 Sea salt & pepper to taste

Dry the meat very well before grilling (to get a nice brown crust) and sprinkle seasonings of choice. Because the steak is relatively thin, you'll need to cook it uncovered and over very high heat. A couple of minutes per side should be sufficient for medium rare.

Roasted Asparagus

8-10 stalks asparagus spears
 1/2 red onion, thinly sliced
 1 Tbsp. MCT oil
 1 garlic clove, minced
 Sea salt and pepper to taste
 Juice of one lemon
 1 tsp. Little Choices Matter Heavenly Ranch

Preheat oven to 500* Snap off tough ends of asparagus. Place asparagus on a foil-lined baking sheet. Drizzle with MTC oil, then add garlic and spices. Toss gently. Add red onions on top for a bit more flavor and squeeze desired amount of lemon juice. Bake for 8-12 minutes (larger stalks take longer) or until roasted.

Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 270

Daily Calorie Total: 506



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Ranch Burger

100 g. veal
 ¼ tsp. onion flakes
 Dash of sea salt and pepper
 1 grissini or Melba Toast, crushed fine
 1 tomato, sliced
 ¼ tsp. Little Choices Matter Heavenly Ranch

Combine the beef, onion flakes, sea salt and pepper and form into a hamburger patty. Grill the hamburger to your liking and top it with slices of tomato.

Lemon Ginger Asparagus:

10 spears asparagus
 1/2 Tbsp. MCT or coconut oil
 2-3 garlic cloves, minced
 1/2 Tbsp. fresh minced ginger root
 lemon zest
 Black pepper to taste

In a medium frypan, heat oil over med heat. Add garlic and cook for 2- 3 minutes, stirring often. Snap asparagus spears into pieces, and add to the pan along with seasonings. Saute until asparagus is cooked to your liking. Remove asparagus and top with lemon rind.

1 Protein / 1 Vegetable • Calories: 176

White Fish & Celery Bites

100 g. white fish, cooked
 1 Tbsp. Braggs Liquid Aminos
 1-2 celery stalks
 1/4 tsp. LCM Signature Blend
 ¼ tsp. onion flakes

Combine the fish, Liquid Amino's and onion flakes and set aside. Cut the celery stalks into pieces that are about one to two inches long. Fill the crevices of the celery pieces with the fish mixture and let them chill in the refrigerator for a few minutes before eating.

Add one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 173

Caramel Apple Pie

1 small apple
 1 Tbsp. lemon juice
 1 Tbsp. water
 1 tsp. apple cider vinegar
 1 packet powdered stevia
 1 tsp. ground cinnamon
 Pinch of nutmeg
 1 Tbsp. water
 English toffee stevia to taste

Slice apple into very thin slices. Arrange in layers in a round 3 inch crème Brule dish. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered and English toffee stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar and water over the apple slices. Bake at 375° for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Drizzle with additional English toffee stevia, if desired. Serve warm.

Calories: 80

Daily Calorie Total: 509



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Shrimp Jambalaya

100 grams shrimp (chicken, beef, or chicken sausage can be used)

1 c. celery, chopped

1 c. vegetable broth or water

1 Tbsp. lemon juice

1 Tbsp. chopped onion

1 clove garlic, minced

Dash of hot sauce

Dash of Little Choices Matter Signature Blend

Dash of liquid smoke (optional)

Pinch of cayenne to taste

1/8 tsp. garlic powder

1/8 tsp. onion powder

Pinch of thyme

Sea salt and pepper

Water as needed

Lightly sauté shrimp or chicken with celery or tomatoes, garlic and onion in lemon juice until cooked or lightly browned. De-glaze the pan with broth and add seasonings. Simmer on low for approximately 20-30 minutes until liquid is slightly reduced. Add additional broth or water to achieve desired consistency.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 144

Mexican Chicken Chili

100 g. of cooked chicken breast, diced

3/4 tsp. chili powder

1 tsp. Little Choices Matter Three Amigos Blend

2 Tbsp. chopped onion

1 c. diced tomato

Dash of sea salt and pepper

1/2 c. water

Heat a medium sized pan to medium-high heat. Add all of the ingredients to the pan and bring to a boil. Turn heat down to low, cover and let simmer for ten minutes.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 156

Strawberry Slushy

5-7 strawberries

5-10 drops vanilla Stevia

Crushed ice

Water

Blend together to make a slushy.

Daily Calorie Total: 416



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Shrimp Curry

100 g. shrimp
 1/4 c. onion, chopped
 1 Tbsp. MCT or Coconut Oil
 1 tsp. garlic paste (or 3-4 cloves minced)
 1/8 c. water
 1/4 tsp. Little Choices Matter Three Amigos Blend
 1/2 tsp. curry powder
 1/4 tsp. cumin
 Sea salt/black pepper (to taste)
 2 c. chopped spinach

Preheat pan over medium heat. Add oil and onion then cook for about 5-10 minutes or until onion is translucent. Add garlic and cook for 3 more minutes, stirring often. Add shrimp, seasonings, and water. Mix & stir fry until cooked through.

Enjoy a Melba toast or Grissini breadstick on the side.

1 Protein / 1 Vegetable • Calories: 146

Chicken Asparagus Bake

100 g. chicken, cubed
 2 Tbsp. Braggs Liquid Aminos
 Asparagus, chopped
 2 Tbsp. MCT oil or 1/2 cup chicken broth or water
 1 Melba toast crushed (optional)
 1 clove garlic, crushed or minced
 2 Tbsp. onion chopped
 Dash of Little Choices Matter Heavenly Ranch
 Dash of onion powder
 Dash of paprika
 Sea salt and pepper to taste

Place chicken in Ziploc bag or seal-able container and add Liquid Aminos and garlic, if desired. Marinate in the refrigerator for about an hour. Add Chicken to asparagus, liquids, and spices and pour into small baking dish. Bake at 375 degrees for 30 minutes or until bubbly and hot. Top with crushed Melba toast crumbs and sprinkle with paprika.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 127

Cinnamon Apples

1 apple, cut into bite-size pieces
 1/2 tsp. cinnamon
 2-5 drops liquid stevia or dash of powder stevia

Place apple in a microwave safe bowl. Sprinkle with a little water, cinnamon and stevia. Microwave for 2-3 minutes, depending on how soft or crunchy you like your apples. Also works in a shallow dish in the oven.

Calories: 80 medium, 116 large

Daily Calorie Total: 433



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Beef Chili

100 g. lean ground beef
 1 Tbsp. onion, minced
 2 cloves garlic crushed and minced
 1/4 tsp. chili powder (can increase or add cayenne pepper if you like it hotter)
 1 tsp. Three Amigos Blend
 1/4 tsp. sea salt
 1/4 tsp. pepper
 1/4 tsp. oregano
 1 cup chopped tomatoes
 1/2 cup water
 Pinch of garlic powder
 Pinch of onion powder

Brown ground beef in small sauce 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. If desired, serve with chopped green onion or tomato garnish.

Enjoy a Melba toast or Grissini breadstick on the side.

1 Protein / 1 Vegetable • Calories: 170

Skillet Veal & Cabbage

100 g. ground veal (or lean hamburger)
 1 Tbsp. onion, chopped
 2 cups green cabbage, chopped
 1/2 c. beef broth
 1 tsp. Little Choices Matter Signature Blend
 1/4 tsp. paprika

In a large skillet, cook onion and veal until done. Add remaining ingredients and cook until cabbage is done, but not mushy. Serve

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 144

Cinnamon Apples

1 apple, cut into bite-size pieces
 1/2 tsp. cinnamon
 2-5 drops liquid stevia or dash of powder stevia

Place apple in a microwave safe bowl. Sprinkle with a little water, cinnamon and stevia. Microwave for 2-3 minutes, depending on how soft or crunchy you like your apples. Also works in a shallow dish in the oven.

Calories: 80 medium, 116 large

Daily Calorie Total: 474



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Orange Ginger Chicken

100 g. chicken, cut into bite-size pieces
 1/2 Tbsp. MCT oil
 Black pepper to taste
 1 medium orange
 1/2 tsp. basil
 Juice from 1/2 lemon
 1 Tbsp. fresh ginger root, peeled and minced
 2-3 cloves garlic, minced

Heat MCT oil in a fry pan over medium heat and add chicken pieces. Sprinkle chicken w/pepper and stir fry until brown on all sides. Add garlic and cook for 1 minute longer. Peel and separate orange into section and add to chicken along with remaining seasonings. Cover and simmer for 20-30 minutes

Easy Sauteed Greens

1 Tbsp. coconut oil
 1 -2 Tbsp. onion, chopped
 1 garlic clove
 1/4-1/2 freshly grated ginger
 4 c. (loosely packed) spinach
 1 Tbsp. Brags Liquid Aminos

Heat oil in a fry pan on a medium to low stove top. Add garlic and ginger and saute for 1-2 minutes, stirring frequently. Add spinach and cook until leaves soften, about 2 minutes. Add soy sauce and Asian Gourmet and toss to combine. Serve.

Enjoy a Melba toast or Grissini breadstick on the side.

1 Protein / 1 Vegetable • Calories: 169

Taco Salad

100 g. 95% lean ground beef
 2c chopped romaine lettuce (16 cal)
 1/4 tsp. chili seasoning or LCM Three Amigos Blend
 1 tomato, diced
 1/2 tsp. garlic powder

Saute ground beef and spices. Sprinkle on top of lettuce and top with crumbled melba toast, if desired.

1 Protein / 1 Vegetable • Calories: 136

Strawberry & Orange Delight

3 strawberries
 1 med orange
 2-4 drops vanilla cream stevia
 1 packet stevia
 1 Tbsp. whole milk

Slice strawberries and orange and toss with all ingredients.

Calories: 87

Daily Calorie Total: 472



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Chicken and Stir Fried Rice

100 g. chicken

Asian Gourmet Seasoning

1/2 lemon, juiced
 1 tsp. Braggs Liquid Aminos
 1 fresh garlic, minced
 1 Tbsp. onion, chopped fine (or dried onion)
 1/2 tsp. Asian Gourmet (optional)
 2 c. green cabbage, finely chopped (250 g.)
 Water, if needed

Season chicken with Asian Gourmet Seasoning. Grill and slice it into small strips and set aside. Put cabbage and remaining ingredients in a heated skillet on medium heat. Stir-fry until cooked, adding water as needed to keep from drying out. Add chicken and cook until everything is heated thoroughly. Serve with chicken on the side or mixed in the cabbage rice dish. Sprinkle additional Asian Gourmet, if desired.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 167

Grilled Garlic Shrimp

100 g. shrimp, peeled and divined
 4 to 6 cloves garlic, minced
 2 Tbsp. chicken broth, or 2 Tbsp. MCT oil
 Sprinkle Little Choices Matter Signature Blend
 Sprinkle Little Choices Matter Lemon Pepper

Preheat grill to medium. Combine everything except for the shrimp in a small bowl. Grill the shrimp for three to five minutes, until pink and curled. Be careful not to overcook. Larger shrimp will take longer than smaller ones. While cooking, baste shrimp with mix from above.

Sauteed Beet Greens

2 c. beet greens (or other green leafy vegetable)
 1/4 c. vegetable broth
 1/2 Tbsp. Bragg's Liquid Aminos
 1 Tbsp. onion, chopped
 1 garlic clove, minced
 1/2 Tbsp. LCM Lemon 'N Pepper Seasoning

Heat broth in a skillet and add beet greens. Sprinkle with seasonings and stir to blend. Saute on medium heat until cooked to your liking.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 143

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 remaining ingredients and blend to desired consistency. Add water as needed.

Calories (80)

Daily Calorie Total: 470



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Chicken and Cabbage Soup

100 grams chicken
 1/2 Tbsp. MCT oil
 2 cloves garlic, minced
 1 Tbsp. chopped onion
 2 c. low sodium chicken broth (or 1 c. Water, 1 c. broth)
 1/2 tsp. Little Choices Matter Signature Blend
 2 Tbsp. Bragg's Liquid Aminos
 1/4 tsp. Garlic powder
 1/4 tsp. onion powder
 1/4 tsp. paprika
 2 c. green cabbage, chopped
 Dash sea salt & pepper, or to taste

Fry onion in 1 Tbsp. MCT oil on medium heat for 3-5 minutes or until lightly translucent. Add garlic and cook for 1 more minute or until nicely scented. Cook chicken in broth mixture along with spices in a medium sized soup pan. Add onion and garlic and let simmer for a 10 minutes after the chicken is fully cooked. Add cabbage and cook until desired tenderness of cabbage.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 185

Grilled Tilapia

100 g. tilapia
 Juice of 1/2 lemon
 1/2 tsp. LCM Lemon 'N Pepper Seasoning
 1/4 tsp. LCM Signature Blend
 Onion, sliced
 Cilantro, rinsed and dried
 1 sheet of tin foil, about 10 inches square

Heat grill to medium heat. Season all sides of the tilapia fillet. Place fillet on the one side of foil sheet. Place onions and cilantro on top of the fish, then sprinkle with lemon juice. Fold the edges of the foil around the fish neatly and press edges together to seal. Grill for 10-12 minutes over a medium flame, or until the fish is white and firm. Unwrap the foil packet and remove the fish, discarding the cilantro and onions.

BBQ Fennel

2 Fennel bulbs
 1-2 Tbsp. MCT oil
 LCM Signature Blend Seasoning
 LCM Lemon 'N Pepper Seasoning

Wash fennel bulbs and cut the stems and root, leaving only the bulb. Cut the bulbs in to about 2 in wedges. Toss with MCT oil and place on grill. Grill each side of bulb or bulb wedges for about 10-20 minutes (depending on toughness of bulb) . The fennel bulb will become soft and tender.

Remove from grill, drizzle with a little more MCT oil and sprinkle with seasonings. Serve.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 265

Daily Calorie Total: 530



Morning / Afternoon Snack:

1 medium orange or grapefruit (Calories: 80)

Cinnamon Chicken with Melba Toast

100 grams of chicken
 1 serving Melba toast or grissini
 1/2 c. chicken broth or water
 1/4 tsp. ground cinnamon
 1/8 tsp. curry powder
 Pinch of nutmeg
 Pinch of cardamom
 Pinch of garlic powder
 Sea salt and pepper to taste
 8-10 drops Stevia, or to taste
 1 tomato, sliced
 Fresh Basil
 MCT oil
 LCM Signature Blend Seasoning

Place Melba or grissini into a Ziploc bag and crush with a rolling pin. Mix Melba toast crumbs with 1/2 of the dry spices in a small bowl. Dip chicken in broth and coat with Melba spice mixture. Lay in shallow baking dish. Add broth and mix in remaining spices.

Top the chicken with the rest of the Melba spice mixture. Bake chicken at 350 degrees for 20 minutes or until chicken is fully cooked. Serve with sliced tomatoes topped with a drizzle of oil and seasonings.

Have one Melba Toast or Grissini with your meal.

1 Protein / 1 Vegetable • Calories: 190

Steak and Strawberry Salad

100 g. steak, grilled and sliced
 2 c. spinach, chopped
 75 g. strawberries, sliced

Creamy Dressing

1 Tbsp. MCT oil
 1 Tbsp. Apple Cider Vinegar
 3/4 - 1 tsp. LCM Sassy Vinaigrette
 1 Tbsp. milk

Mix all together and enjoy!

1 Protein / 1 Vegetable / 1 Fruit • Calories: 154

Strawberry Shortcake

1 Piece melba toast
 1 large strawberry, sliced
 1 drop of stevia (vanilla crème flavor)

Place Melba toast on plate. Add strawberry and drizzle with stevia.

Calories per piece: 72

Daily Calorie Total: 496



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Asian Chicken Salad

100 grams of chicken
1 Tbsp. Liquid aminos
1/4 c. water or chicken broth
1 Tbsp. lemon juice
1 c. celery, chopped
1 Tbsp. onions, chopped
1 apple, chopped
1/4 – 1/2 tsp. garlic powder
1 tsp. LCM Asian Gourmet
Garlic powder to taste

Cut chicken into bite size pieces. You can marinate them in the amino's for an hour or so, if desired. Place chicken in a heated skillet water or chicken broth and sauté until chicken is cooked. Remove from pan and drain. Set aside and let cool. Mix the apple with the lemon juice and then add the rest of the ingredients. Blend well and serve.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 285

Lobster Delight

100 g. Lobster pieces
3 1/2 oz. onion slices
2 Tbsp. water
1/2 lemon juice
Sprinkle with LCM Lemon 'N Pepper Seasoning
Sea Salt, pepper and dill, if desired
1/2 tomato, chopped

Put onion and water in medium frying pan, cook till onion is transparent. Add fish and drizzle with lemon juice, season with salt, pepper and seasons. Cook on medium heat till done. Add tomato and cook an additional 2 minutes. Season with mustard, if desired and serve.

Sauteed Radishes with Herbs

8-10 medium radishes, cut into fourths or sliced
1 Tbsp. MCT oil
1 Tbsp. Apple Cider Vinegar
1-2 Tbsp. LCM Signature Blend Seasoning
Sea salt and pepper to taste

Heat MCT oil in medium-sized pan over medium-high heat, then add radishes, seasonings, vinegar, and a generous amount of salt and fresh ground pepper. Saute radishes, stirring often, until radishes begin to slightly brown or blister and are slightly softened, about 5-7 minutes. They should be tender but still slightly crisp when done.

1 Protein / 1 Vegetable • Calories: 186

Daily Calorie Total: 551



Morning / Afternoon Snack:

1 medium apple, orange or grapefruit (Calories: 80)

Chicken Bok Choy Stir Fry

100 grams chicken, boneless skinless breast
 1 Tbsp. MCT oil
 2 c. bok choy
 2 tsp. Asian Gourmet Seasonings
 1 1/2 tsp. Tamari sauce - wheat free, low sodium
 2 green onions, chopped

Place MCT oil in skillet with 1 tsp. seasoning. Stir to blend and let sit on low. Cut chicken into strips or bite-sized pieces. Place in skillet and cook over medium heat for 3-5 minutes, or until cooked. While chicken is cooking, trim Bok Choy so the white sections are bite sized pieces to add to skillet

Cover to cook for about 3 minutes, stirring occasionally until cooked. Bok Choy is meant to be tender crisp. While Bok Choy is cooking, chop the green leaf sections up and add to skillet. Sprinkle remaining seasoning and lightly mix. Add tamari sauce and green onion and toss gently. Serve immediately.

1 Protein / 1 Vegetable • Calories: 110

Pan Fried Halibut & Sauteed Spinach

100 g. halibut or other white fish
 1/2 Tbsp. Coconut oil
 1 grissini stick
 1/2 tsp. LCM Signature Blend Seasoning
 1/2 tsp. LCM Lemon 'N Pepper Seasoning
 1 Tbsp. onion, chopped
 1 garlic clove, minced
 2 cups spinach
 LCM Signature Blend Seasoning

Heat the coconut oil in a large skillet on medium heat. Place grissini in a Ziploc bag and crush into fine crumbs with a rolling pin. Add seasonings and shake to blend. Wash the fish so it's wet, or spray with MCT oil.

Place in the Ziploc bag and shake until crumbs cover the fish. Add to skillet and fry until lightly brown and flaky. Set aside and cover to keep warm. In the same skillet, add onion and garlic and saute for a minute and then add spinach. Sprinkle seasoning over spinach and saute until spinach is done. Serve with fish.

1 Protein / 1 Vegetable • Calories: 162

Baked Apple

1 medium apple
 1/8 tsp. Ground cloves
 1/2 tsp. Cinnamon
 1/2 tsp. Ground nutmeg
 Water

Core apple leaving about 1" in bottom. Do NOT core all the way through. Place apple in baking dish. Fill apple with ground cloves, cinnamon, and 2 tsp. water (water should almost reach top of apple). Pour 1/2 cup water and 1/2 tsp. nutmeg around apple in the baking dish. Bake at 350° for 45 min-1 hr. Serve immediately.

Calories: 80

Daily Calorie Total: 432



Congratulations on completing Phase 2 of the hCG Protocol! Your commitment to healthy living has brought you closer than ever to achieving one of life's most challenging goals. The next step is to visit our website MiracleSkinnyDrops.com to follow through with the stabilization process of Phase 3. As you already know, the program's design of 'taking it off and keeping it off' is dependent on following the protocol as best as possible.

From there you will enter Phase 4 which is where you will adopt these healthy eating and lifestyle habits for the rest of your life. Our site LittleChoicesMatter.com was designed specifically with this in mind and is full of wonderful tips, recipes and advice.

In the simple words of Dr. Seuss:

"Congratulations!

Today is your day.

You're off to Great Places!

You're off and away!"



Meet the Team:

Since 2009, The Miracle Skinny Drops team, Carol, Shawna and Jacob, have been helping others take off the extra pounds and keep them off. The team would like to help you achieve the same success they personally have found by showing you how the body reacts to various foods and how truly easy it is to make simple changes in your diet that make a significant difference in your lifestyle.

This team works successfully because they really are a "Team" in their business culture, vision and objectives of helping others achieve their goals of being spiritually, physically and financially healthier. The Team recently branched off into a new venture called Little Choices Matter. Here they show you ways for making little choices in your everyday life, that can make the difference in living a happier and healthier you! Little Choices Matter was formed to help simplify the path to a healthy lifestyle for life... please meet the team.

Shawna Culp – President

At Miracle Skinny Drops and Little Choices Matter, Shawna focuses on discovering new products that best fit within the realm of the audience and brand. She guides the company's focus of delivering quality information, products and of course, the best in customer care. Shawna loves teaching how simple it can be to change just a few key ingredients in your diet, and how it can make all the difference for a healthy lifestyle. Little Choices Matter is designed as a community for those who want to live healthier and happier lives by making small changes that make a difference.

Carol Ensminger – Creative Director and Product Developer

Several years ago, Carol discovered the importance of living a healthier lifestyle and has made significant changes in the way she shops, eats, exercises and lives. Today, Carol buys and prepares her food of high quality, natural ingredients for herself and her family, and she maintains a regular supplement program. Often researching recipes and their various ingredients, she enjoys sharing the information and knowledge on the website/blog. Living a healthy lifestyle can be simple, and she shares this via her blog posts and informative videos – as she manages the creative production for Miracle Skinny Drops and Little Choices Matter.

Jacob Foss – Vice President of Operations

Jacob maintains the day to day operations for Miracle Skinny Drops and Little Choice Matter. He has also changed his life for the better, once discovering the power and benefits of healthy food and lifestyle. He enjoys sharing the knowledge and experience with others, through both Miracle Skinny Drops and Little Choices Matter. Jacob's philosophy is to make the company great by doing ordinary things in an extraordinary way. He believes online shopping doesn't have to be cold and impersonal, and he continually works to deliver a warm and memorable experience to each customer.

Dr. Naomi – Guest Blogger

A professional relationship therapist and master life coach, Dr. Naomi joins the team of Miracle Skinny Drops and Little Choices Matter as a guest blogger. She delves into a variety of real life topics, which are of great interest to so many. Dr. Naomi skillfully navigates the issues to help create a new perspective for developing transformational 'BreakThroughs' in life. Holding a Masters and a Doctorate degree, she has spent more than 30 years in International ministry, including five and a half years living full time in Israel. She and husband now reside in Southern California.