



## HCG 2.0 PHASE 2 6 DAY SUGGESTED MEAL PLAN

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### DAY ONE

#### **BREAKFAST**

Healthy Breakfast Muffin +  
Coffee with 1tbs almond milk

#### **LUNCH**

Shrimp Salad

#### **DINNER**

Skinny Spaghetti

### DAY TWO

#### **BREAKFAST**

Healthy Breakfast Muffin +  
Coffee with 1tbs almond milk

#### **LUNCH**

Skinny Spaghetti

#### **DINNER**

Chicken Stir-fry

### DAY THREE

#### **BREAKFAST**

Healthy Breakfast Muffin +  
Coffee with 1tbs almond milk

#### **LUNCH**

Chicken Stir-fry

#### **DINNER**

Greek Lemon Chicken + Green  
Salad

### DAY FOUR

#### **BREAKFAST**

Egg White Omelette +  
Coffee with 1tbs almond milk

#### **LUNCH**

Mushroom Ramen

#### **DINNER**

Zucchini Pizza Bites +  
Green Salad

### DAY FIVE

#### **BREAKFAST**

Egg White Omelette +  
Coffee with 1tbs almond milk

#### **LUNCH**

Zucchini Pizza Bites

#### **DINNER**

Tuna Salad Wraps

### DAY SIX

#### **BREAKFAST**

Healthy Breakfast Muffin +  
Coffee with 1tbs almond milk

#### **LUNCH**

Tuna salad Wraps

#### **DINNER**

Spinach Stuffed Chicken

This is just a suggested 6 day meal plan. For more recipes go to the downloads page.

# HEALTHY BREAKFAST MUFFINS

Packed with veggies

## Time

25 mins

## Serves

12

## Calories (per serving)

50

## Carbs (per serving)

3g

## Fat (per serving)

2g

## Protein (per serving)

4g

## Ingredients

- 1 tablespoon olive oil
- 1 cup red pepper (chopped)
- 1 cup green pepper (chopped)
- 1 cup yellow onion (chopped)
- 2 cups baby spinach (roughly chopped)
- 1 cup of mushrooms
- 2 cloves garlic (minced)
- salt (to taste)
- 4 whole eggs
- 4 egg whites
- hot sauce (optional for drizzling on top!)



## Method

Preheat oven to 350°F (180°C).

Grease a standard non stick 12-slot muffin pan with cooking spray and set aside.

Heat a large non stick skillet over medium heat.

Once hot, add in oil, red pepper, green pepper and onion, saute 5-7 minutes, or until peppers are tender.

Add in spinach and mushrooms and cook for an additional 2 minutes.

In the last 30 seconds, add in minced garlic.

Season with salt and remove from heat.

Crack eggs/egg whites into a large 4 cup measuring cup and whisk together.

Stir in cooked veggies.

Pour the egg/veggie mixture evenly into the prepared muffin pan.

Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked. Serve.

Leftovers can be stored in an airtight container in the fridge for approx. 4 days.

# SHRIMP AND CUCUMBER SALAD



## Method

Mix together the lemon juice, minced garlic, black pepper, sea salt, turmeric, and red pepper flakes in a medium-sized bowl.

Place the shrimp in the lemon juice/spice mixture, cover, and refrigerate for about 1 hour to allow the mixture to chill and for the spices to combine.

Once time is up, remove the bowl from the fridge.

Pel and chop cucumber into bite-size pieces (about ¼-inch) and then add to shrimp mixture.

Add more freshly squeezed lemon juice over the top, if desired.

Serve and enjoy!

## Time

15 minute(plus 1 hr cooling time)

## Serves

2

## Calories (per serving)

151

## Carbs (per serving)

5g

## Fat (per serving)

2g

## Protein (per serving)

28g

## Ingredients

- 100 grams (3.5 ounces) shrimp
- 2 cloves fresh garlic minced
- ½ lemon, freshly squeezed
- ¼ tsp ground turmeric
- ¼ tsp crushed red pepper flakes
- ¼ tsp fine sea salt
- ½ tsp freshly cracked black pepper

# SKINNY SPAGHETTI



## Time

15 minutes

## Serves

2

## Calories (per serving)

187

## Carbs (per serving)

7g

## Fat (per serving)

6g

## Protein (per serving)

23g

## Ingredients

7 oz ground beef (200g)

95-99% lean

-7 oz (200g) Miracle

Noodles

-1 cup tomatoes chopped  
finely

-2 tbsp tomato sauce

-2 tbsp minced onion

-1/2 tsp garlic powder

-1 cup button mushrooms  
chopped -

-1/2 tsp Italian seasoning

-3/4 tsp salt

-1 dash ground black  
pepper

-2 sprays Coconut Oil

-1/2 tsp nutritional yeast

## Method

Saute the onions and tomatoes with 2 sprays of coconut oil until light brown.

Add the ground beef and stir-fry until semi-cooked. Then stir in the mushrooms and the miracle noodles.

Add in the tomato sauce, Italian seasoning, garlic powder, salt and pepper. Cover and let cook for around 3 minutes.

Sprinkle in some nutritional yeast for added cheesy flavor (optional).

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Recipe modified from [www.hcgchicarecipes.com](http://www.hcgchicarecipes.com)

# FLUFFY EGG WHITE OMELETTE

## Time

10mins

## Serves

1

## Calories (per serving)

260

## Carbs(per serving)

2g

## Fat (per serving)

1g

## Protein (per serving)

11g



## Ingredients

- 1tbs cooking grade coconut oil
- 2 green onions, sliced
- 50g baby spinach
- 1 tablespoon chopped fresh dill
- sea salt and cracked black pepper
- 3 egg whites

## Method

Lightly coat a non-stick frying pan with cooking grade coconut oil. Add green onion, spinach and dill, and cook over medium heat until spinach is wilted. Remove from pan and season with sea salt and cracked black pepper.

Lightly coat pan again with a little oil. In a bowl, whisk egg whites with electric beaters until soft peaks form.

Add egg whites to the pan and cook over medium heat for 2 minutes or until nearly set. Sprinkle spinach filling over half the omelette and cook for further 3 minutes or until the base is golden.

# MUSHROOM RAMEN

## Time

20 minutes

## Serves

2

## Calories (per serving)

189

## Carbs (per serving)

6g

## Fat (per serving)

6g

## Protein (per serving)

27g



## Ingredients

- 3 cups fat free beef broth
- 2 tsp minced garlic
- 2 tsp minced ginger
- 1 tbsp Braggs amino
- Pinch of red pepper flakes (optional) to taste
- 2 cups thinly sliced mushrooms
- 1 cup thinly sliced celery
- 7 oz (200g) thinly sliced - lean top sirloin
- 1/4 tsp salt
- 1/4 tsp pepper
- 7 oz (200g) Miracle Noodles angel hair
- 1/4 cup thinly sliced - green onion to garnish (optional)

## Method

In a large boln a medium saucepan, combine the beef broth, minced garlic, minced ginger, Braggs amino, and a pinch of red pepper flakes. Bring to a simmer over medium-low heat.

Heat a large skillet over medium-high heat and spray with a bit of coconut oil spray.

Add the mushrooms and celery to the pan and sauté until softened.

Add the thinly sliced sirloin, season with salt and pepper, and continue sautéing until the beef is cooked to desired level of doneness.

Divide the Miracle Noodles into two bowls and top each with half of the beef and vegetable mixture.

Ladle the broth over the noodles and beef, garnish with thinly sliced green onions, and serve.

# ZUCCHINI PIZZA BITES



## Time

20mins

## Serves

2

## Calories (per serving)

190

## Carbs (per serving)

10g

## Fat (per serving)

6g

## Protein (per serving)

25g

## Method

Preheat oven to 350°F (180°C).

Lay the zucchini slices on a lined tray and sprinkle with 1/2 tsp salt and let sit for 5 minutes then place on a hot grill. Sear each side for 2 minutes, remove and place back on the tray and set aside.

Saute mince beef, 1tbsp beef broth, 1/2 tsp salt and 1/4 tsp black pepper. Break up the mince beef while stirring so there are no large clumps. Set aside

Add 1tbsp beef broth, minced garlic and onions to a small pan and saute until the garlic begins to brown.

Add the canned tomatoes, basil, 1/4 tsp black pepper and 1/2 tsp salt to the pan. Bring to boil.

Boil for 3-5 minutes or until slightly thick. Remove from heat and puree. Should make approx. 1 1/2 cups of sauce. Place 1 1/2 tbsp of sauce on each zucchini slice. Add tbsp mince beef to the zucchini rounds.

Bake in oven for minutes, remove and sprinkle with nutritional yeast. Eat while hot.

Note: You do not need to grill the zucchini slices if you are looking to save time but it does add a nice extra flavor. One serving is 8 slices.

## Ingredients

- 7 oz (200g) mince beef
- 1 1/2 zucchini with peel (sliced into 16 rounds)
- 1/2 cup of canned tomatoes
- 1tsp dried basil
- 1tsp garlic (minced)
- 1tbsp onion (chopped)
- 1/4 tsp ground pepper
- 1 tsp salt
- 1 1/2 tsp nutritional yeast
- 2 tbsp beef broth

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# TUNA SALAD WRAPS

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## Time

10 minutes

## Calories (per serving)

193

## Carbs (per serving)

2 g

## Fat (per serving)

14.3 g

## Protein (per serving)

18 g

NOTE: ne wrap is one serving

## Ingredients

- 185 gm tinned tuna in springwater (drained) (150gm or 5oz net)
- 2 tbsp MCT mayo
- 1 tbsp chives (chopped)
- 2 tbsp dill Pickles (chopped)
- 1 tsp dijon Mustard
- 4 lettuce leaves (cos, romaine or iceberg)
- salt and pepper

## Method

Combine all ingredients except the lettuce in a bowl and stir until thoroughly mixed

Distribute the tuna salad between the 4 lettuce leaf cups



# CHICKEN STIR FRY



## Method

Marinate the chicken in the garlic, peeled and grated root ginger, gluten free soy sauce, and apple cider vinegar in a bowl or ziplock and refrigerate for at least 30 minutes.

Heat the olive oil in a large wok and cook the onions for two minutes then add the broccoli and bell peppers and cook for a few more minutes until crisp tender, then remove the vegetables from the wok and add to a bowl with a foil cover to keep warm.

Drain the chicken from the marinade (keep the marinade, we will cook it later) and add a little more oil to your wok and cook the chicken over a high heat for 3-4 minutes per side or until chicken pieces are fully cooked.

Return the cooked vegetables to the wok along with the remaining stir fry marinade, mushrooms, sesame oil, and red pepper flakes and cook for about three to four more minutes until the mushrooms are cooked.

Serve hot.

## Time

22mins

## Serves

4

## Calories (per serving)

262

## Carbs (per serving)

9g

## Fat (per serving)

12g

## Protein (per serving)

28g

## Ingredients

- 1 lb chicken breasts , cut into thin slices

### CHICKEN STIR FRY SAUCE

- 2 garlic cloves , minced

- 1 inch piece root ginger, peeled and grated , Do not use powdered ginger!

- 4 tbsp gluten free soy sauce , or coconut aminos

- 1 tbsp apple cider vinegar

### CHICKEN STIR FRY

- 2 tbsp olive oil (can substitute for coconut oil for phase 2)

- 1/2 cup onion , 80g

- 2 cups broccoli , 200g

- 1/2 red bell pepper , 100g

- 1 cup mushrooms , 80g

- 2 tsp sesame oil

- 1/2 tsp red pepper flakes

# SPINACH STUFFED CHICKEN

## Time

1hr

## Serves

2

## Calories (per serving)

171

## Carbs (per serving)

8g

## Fat (per serving)

3g

## Protein (per serving)

28g



## Ingredients

- 7 oz (200g) chicken breast boneless, skinless
- 1 tsp salt
- 1/4 tsp pepper
- 3 tbsp fat free chicken broth
- 2 cups spinach
- 1/2 cup mushrooms chopped
  - 2 tsp minced garlic
- 1/4 cup shallots
- 2 tbsp cottage cheese
- 2 tsp nutritional yeast

## Method

Preheat oven to 400°F (200°C)

Pound chicken breast until very thin. Season with salt and pepper on both sides and set aside.

In a large sauté pan, heat chicken broth and add garlic and shallots. Sauté for 4 minutes then add mushrooms. Cook for about 6 minutes or until the juice from the mushrooms has evaporated.

Add spinach to the pan and cover to wilt. Stir the mix together well and add the cottage cheese and nutritional yeast.

Divide the filling between the chicken breasts, placing it in the center of the chicken. Roll the breast around the filling and place the stuffed breast on a lined sheet pan with the seam on the bottom. Bake the chicken in a for approx. 40-50 minutes. The chicken should have no pink and the juices from the chicken should be clear. Serve while hot.

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# TENDER GREEK LEMON CHICKEN



## Time

2 hrs 25 mins

## Serves

4

## Calories (per serving)

315

## Carbs (per serving)

2g

## Fat (per serving)

10g

## Protein (per serving)

30g

## Method

Using the flat side of a meat mallet, pound thicker parts of chicken to even thickness. In a small mixing bowl, whisk together coconut oil, lemon zest, lemon juice, garlic, oregano, basil, thyme, rosemary and season with salt and pepper (about 1 tsp salt 1/2 tsp pepper). Place chicken in a gallon size resealable bag, pour in coconut oil mixture. Seal bag while pressing air out. Rub marinade over chicken. Transfer to refrigerator and allow to marinate 2 - 5 hours (rotate bag and move chicken around halfway through if possible).

Preheat grill over medium-high heat (to about 425 - 450

degrees F 215-230 c). Brush grill grates lightly with oil. Place chicken on grill, close lid, and grill about 4 minutes per side, or until chicken registers 160 - 165 degrees F in center of chicken on an instant read thermometer. Let chicken rest 5 minutes, garnish with fresh parsley then serve immediately.

## Ingredients

- 4 (6 oz) boneless skinless chicken breast halves\*
- 1/3 cup cooking grade coconut, plus more for brushing grill
- 1 Tbsp lemon zest
- 1/3 cup fresh lemon juice
- 4 cloves garlic, minced (1 1/2 Tbsp)
- 2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary, crushed
- Salt and freshly ground black pepper
- Chopped fresh parsley, (for serving)

# MCT MAYONNAISE

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## Time

5 minutes

## Calories (per serving)

113

## Carbs (per serving)

0.4 g

## Fat (per serving)

14.3 g

## Protein (per serving)

0.4 g

NOTE: One serving is 1 tablespoon of MCT mayo

## Ingredients

- 1 egg,
- 2/3 cup MCT OIL,
- 1/3 cup Coconut Oil ( Organic Extra virgin),
- 3 tsp Organic Ville Dijon Mustard ( Organic),
- 1 tbsp Lemon Juice,
- 0.25 tsp Spike All Purpose All Natural Seasoning. (optional)

## Method

Add egg and egg yolk to blender. Blend on low for approx 30 seconds. Drizzle in oil while blending. Mixture should start to thicken. Add mustard, lemon juice, salt and pepper. Blend until mixed. Refrigerate.

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Recipe modified from [recipes.sparkpeople.com](http://recipes.sparkpeople.com)