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**THE ULTIMATE
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This ground breaking gourmet cookbook offers flavorful alternatives to an otherwise boring diet. All specially designed to be compatible with **Dr. Simeons HCG diet protocol** popularized by **Kevin Trudeau** in his book *The Weight Loss Cure They Don't Want you to Know About*.

Imagine eating delicious, mouthwatering chicken dishes, zesty beef, delicate fish and seafood recipes. Enjoy tasty fresh fruit desserts and cool, refreshing beverages. This book will inspire and motivate you as you achieve success as the slender, healthy person you always wanted to be. Many of the recipes offer phase 3 modifications so they can be enjoyed for many years to come as you move into the maintenance phase of the diet. The recipes are all sugar free and fat free and are tasty enough to be enjoyed by the whole family. With this cookbook you no longer need to feel deprived of flavor in your diet as you follow this amazing miracle diet.

As an added bonus, I'm offering a FREE PHASE 3 report. With delicious bonus recipes, tips, and information on how to be successful on the phase 3 portion of the "Weight loss cure" All for trying this amazing cookbook.

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THE HCG DIETER

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PHASE TWO

BY TAMMY SKYE

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This book is dedicated to Dr. A.T.W. Simeons who developed this amazing, phenomenal, miracle, weight loss protocol. I'd also like to thank Kevin Trudeau, writer of the book "*The Weight Loss Cure They Don't Want You to Know About*" for bringing this diet to the masses. This book is also dedicated with all my heart to my mother Barbara, the dieters on my online support group, and everyone out there like me who has endlessly struggled to lose weight and have finally found the answer they have been searching for. I believe that this is the last diet you will ever need. This book is for all of you who see the light at the end of the tunnel and are making the choice to change your life forever.

THOSE WHO SAY IT CAN'T BE DONE ARE
USUALLY INTERRUPTED BY OTHERS DOING IT.
Joel A. Barker

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WHY DO I NEED THIS BOOK?

This book is desperately needed by many people following the Simeons HCG diet protocol. The recipes in this book can help alleviate the struggle for taste and variety as we follow the very limited menu choices allowed by the diet.

Can we all lose weight eating simple grilled chicken and salad? Yes, but how would you like to try some of the flavors of the world, enjoy homemade diet sodas and fresh fruit desserts to spark your taste buds. Enjoy savory meats, chicken dishes and tasty seafood. Maybe you'll even start to actually enjoy your vegetables again! I hope you will enjoy renewed energy, improved nutrition, and ultimately the flavor in your diet as you watch your body shrink and your problem areas reshape.

You will find yourself permanently altered from this experience-not just physically, but mentally as well, as you learn proper diet and nutrition. Make this experience part of a permanent lifestyle change. You will be amazed at how wonderful you feel as you enjoy delicious food, improve your slow metabolism, and lose the weight permanently ending the vicious cycle of yo-yo dieting. You can still enjoy your food, lose weight, and keep it off permanently.

I wish each one of you all the success in the world and commend you for taking this step toward a healthier life. This diet is amazing and you have an exciting life full of unlimited possibilities ahead of you. I hope you enjoy these recipes and celebrate your new body and your new life every single day.

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TABLE OF CONTENTS

FOREWARD	Page 4
MY STORY	Page 5
THE PROTOCOL (the phases)	Page 8
LIST OF ALLOWED FOODS	Page 11
HOW TO USE THIS BOOK GENERAL GUIDELINES FOR SUCCESS	Page 13
HEALTH BENEFITS OF SPICES	Page 20
HELPFUL TIPS FOR PREPARING AHEAD AND SAVING MONEY	Page 25
SALADS AND APPETIZERS	Page 29
DRESSINGS, SAUCES, AND MARINADES	Page 45
SOUPS	Page 59
CHICKEN ENTREES	Page 73
BEEF ENTREES	Page 93
SEAFOOD ENTREES	Page 110
VEGETABLES	Page 130
DESSERTS	Page 143
BEVERAGES	Page 150
INDEX OF RECIPES	Page 158
UPDATE ON THE AUTHOR	Page 165
RESOURCES	Page 166

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FOREWARD

I originally thought that I might wait to present these recipes until after I had reached my goal weight but then I realized how many desperate HCG dieters are out there struggling to bring flavor into their lives during the incredibly strict phase 2 of the Simeons HCG diet. At first glance it seems that we are doomed to a boring routine of small portions and limited choices. It doesn't have to be that way. As a dedicated "foodie" and a gourmet cook, I set out on a feverish quest to bring spice and excitement to otherwise very limited fare. It is the intention of this cookbook to provide flavor, ideas and options that are in accordance with the Simeons HCG diet.

At the time of this writing, I have personally lost 31 pounds, 6.25 inches off my waist, and 3.25 inches off of each thigh. These are my problem areas and I am continually amazed at the transformation of my body while doing this protocol. It is as though my body is reshaping itself, morphing into the body I have always dreamed about. Throughout Phase 2 I found that I was not hungry, food cravings were reduced and I felt an overall general sense of well-being. I've had amazing amounts of energy and my skin and hair are glowing with health. I am now several weeks into phase 3 or the resetting of the hypothalamus phase of the diet, in which no starch or sugars are to be eaten. I have been maintaining within the required 2 pound limit and have been eating normal and unlimited amounts of food without any issues or weight gain. In fact, I have to actually eat multiple meals and add liberal fats just to maintain my current weight and keep my weight from dropping. I am enjoying eggs, cheese and dairy products, half and half in my coffee as well as nuts, avocado, and other healthy fats. I'm eating between 1500 and 2000 calories daily. I still have to pinch myself every time I look in the mirror. This journey has altered my life in countless ways. I am forever grateful that I found this diet. I wish you all success and happiness in your journey and I hope that you will enjoy these recipes.

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Strawberry vinaigrette (enjoy with Arugula salad)

Ingredients

Strawberries
1 tablespoon apple cider vinegar
1 tablespoon lemon juice
Stevia to taste
Dash of salt
Dash of cayenne (optional)
Fresh ground black pepper to taste
Stevia to taste

Directions

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper. Variations: use as a marinade or sauce for chicken.

Makes 1 serving (1 fruit)

Chili

Ingredients

100 grams lean ground beef (less than 7% fat)
1 cup chopped tomatoes
½ cup water
2 tablespoons minced onion
2 cloves garlic crushed and minced
Pinch of garlic powder
Pinch of onion powder
¼ teaspoon chili powder
Pinch of oregano
Cayenne pepper to taste (optional)
Salt and pepper to taste

Directions

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced.

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The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

Makes 1 serving (1 protein, 1 vegetable or fruit)

Phase 3 modifications: Top with cheddar cheese and a dollop of sour cream.

Tomato basil chicken

Ingredients

100 grams cubed chicken
1 cup chopped tomato
¼ cup water or chicken broth
2 tablespoons lemon juice
2 tablespoons chopped onion
1-2 cloves garlic sliced
3 leaves basil rolled and sliced
1/8 teaspoon oregano fresh or dried
¼ teaspoon garlic powder
¼ teaspoon onion powder
Cayenne to taste
Salt and pepper to taste

Directions

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil.

Makes 1 serving (1 protein, 1 fruit or vegetable)

Citrus fish

Ingredients

100 grams white fish
1 tablespoon minced onion

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2 tablespoons lemon juice
Lemon and orange zest to taste
Lemon and orange slices
Chopped parsley
Salt and pepper to taste
Stevia to taste

Directions

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

Makes one serving (1 protein, 1 fruit)

Crunchy sweet apple chicken salad

Ingredients

100 grams chicken cooked and diced
1 apple diced
3 stalks celery diced
3 tablespoons lemon juice
1/8 teaspoon cinnamon
Dash of nutmeg
Dash of cardamom
Dash of salt
Stevia to taste
Wedge of lemon

Directions

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

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UPDATE ON THE AUTHOR

Hello everyone. Today, as I release this book I have some wonderful new successes to report. I've currently completed four weeks into my second round of phase 2. I feel absolutely fantastic and full of energy. This morning I weighed 146.8 pounds and have lost significant inches in all of my problem areas. I am now less than 12 pounds from my goal weight of 135. I am down a total of almost 45 pounds since May of 2007. I've lost an incredible 8 inches off my waist and 5.75 off of my stomach, another 6 inches off my hips and buttocks, and an amazing 4.75 inches off of each thigh. I've reduced from a size 14 to a slim size 6-8. I'm enjoying all the compliments, male attention, and new found confidence that I've achieved since beginning this amazing journey. I know that I will reach my goal weight in just a couple of weeks. I look forward to shopping for small and medium size clothing in the stores, frolicking in my brand new bikini at the beach, and enjoying life to the fullest. Future updates of my progress and success with maintaining my weight can be found on my website www.hcgreipes.com, or in my upcoming phase 3 cookbook, and newsletter. I now have confidence that I am no longer a slave to food or my weight. The yo-yo dieting is a thing of the past and I know that with my new and healthier style of eating and faster, more efficient metabolism, I no longer have to worry about my weight. This truly is the ultimate, miracle, weight loss cure I have searched for all of my life. Good luck to you all in your own weight loss journey.

**Faith is taking the first step even when you
don't see the whole staircase**

Martin Luther King Jr.

Wishing you all the best,

Tammy

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INDEX OF RECIPES

SALADS AND APPETIZERS	26 recipes
DRESSINGS, SAUCES, AND MARINADES	25 recipes
SOUPS	21 recipes
CHICKEN ENTREES	32 recipes
BEEF ENTREES	25 recipes
SEAFOOD ENTREES	32 recipes
VEGETABLES	21 recipes
DESSERTS	14 recipes
BEVERAGES	15 recipes

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