

Ketchup

Makes 2 servings (1 vegetable)
0.5 gram protein
0 fat
20 calories per serving

Ingredients

- 2 tablespoons tomato paste
- 3 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- ¼ teaspoon celery salt
- ½ teaspoon paprika
- ¼ teaspoon mustard powder
- Pinch of nutmeg
- Pinch of black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- Stevia to taste

HCG Diet Tip

Enjoy Bragg's Liquid Amino's. A product I enjoy and use in many of my recipes is Bragg's liquid aminos. I use the liquid aminos as a replacement for traditional soy sauce in many of my recipes. Unlike regular soy sauce, it doesn't appear to affect weight loss with the HCG Diet.

Directions

1. Dissolve spices in vinegar and lemon juice.
2. Add tomato paste and mix thoroughly.
3. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

