

Cabbage Rice/Noodle Alternative

very filling! A big favourite

Ingredients

- 100 grams of cabbage, finely chopped into rice size or noodle size pieces
- Your choice spices (choice below), sea salt and pepper to taste
- 1 cup chicken or vegetable broth or water

Makes 2 servings (1 vegetable)
3 grams protein
0 fat
90 calories per serving

Mexican Rice Style

- 1 cup chicken or vegetable broth
- 2 tablespoons onion, minced
- 1 clove of garlic, crushed and minced
- ¼ teaspoon Mexican oregano
- ¼ teaspoon cayenne pepper to taste
- Dash of cumin to taste
- Fresh chopped cilantro

Italian Style

- 1 cup chicken or vegetable broth
- ¼ teaspoon fresh or dried oregano
- 2 tablespoons onion, minced
- 1 clove of garlic, crushed and minced
- ¼ teaspoon dried basil or 5 leaves fresh basil rolled & sliced



Indian Style

- ½ teaspoon curry
- 2 tablespoons onion, minced
- 1 clove of garlic, crushed and minced
- ¼ teaspoon cumin

Oriental Style

- ½ teaspoon ginger
- 2 tablespoons Bragg's liquid aminos
- 2 tablespoons lemon juice
- 3 tablespoons orange juice (optional)
- 2 tablespoons onion, chopped
- 1 clove of garlic, crushed and minced

HCG Diet Tip

Eat moderate amounts of vegetables. Dr. Simeons is fairly precise about most of the food choices for the HCG Diet except for the quantity of vegetable servings. Feel free to have more or less vegetables than the recipes in this cookbook as long as you don't go above 500 calories for the day. It may be helpful for some people to have the option to eat a few more vegetables if you are experiencing hunger.

Directions

1. In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients.
2. Add spices and cook until cabbage is tender, adding water, sea salt & pepper as necessary
3. Add ground beef or chicken to the spiced cabbage if desired.



call
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com