

Tangy Vinegar Chicken

Makes 1 serving (1 protein)

25 grams protein

2 grams fat

145 calories

Ingredients

- 100 grams chicken breast
- ¼ cup hCG Diet approved chicken broth or water
- ¼ cup apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon onion, chopped
- 1 clove garlic, diced
- Sea salt and pepper to taste

Directions

1. In a small saucepan combine vinegar, chicken stock, onion, garlic, salt, and pepper.
2. Add chicken and cook thoroughly.
3. Deglaze the pan periodically with a little water to create a sauce.

hCG Diet Tip

Chop up fresh herbs and spices and freeze with water in ice cube trays. Add these as needed when cooking to flavour your dishes. Works well with fresh herbs such as basil, Italian parsley, and cilantro.



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