

# Sweet and Sour Chicken

Makes 1 serving (1 protien, 1 fruit)
26 grams protein
2 grams fat
190 calories

## Ingredients

- 100 grams chicken breast
- ½ orange, ½ lemon with rind
- 1 cup water
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon onion, minced
- 2 tablespoons apple cider vinegar
- 1 tablespoon lemon and/or orange zest
- Dash of garlic powder
- Dash of onion powder
- 1 tablespoon hot sauce
- Cayenne pepper to taste
- Stevia to taste
- salt and pepper to taste

## PHASE 3 MODIFICATION

Add a small amount of fresh pineapple, bell pepper, and chopped mushrooms.

## Directions

1. In a frying pan or small saucepan place ½ orange and ½ lemon with the rinds in water and boil until pulp comes out of the rind.
2. Remove rinds from the water and scrape out remaining pulp and juice with a spoon.
3. Add spices, onion, and Stevia to taste.
4. Add chicken and cook until liquid is reduced by approximately half and desire consistency is achieved.
5. Add onion and garlic powders which act as slight thickening agent.
6. Serve hot and garnish with lemon.



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