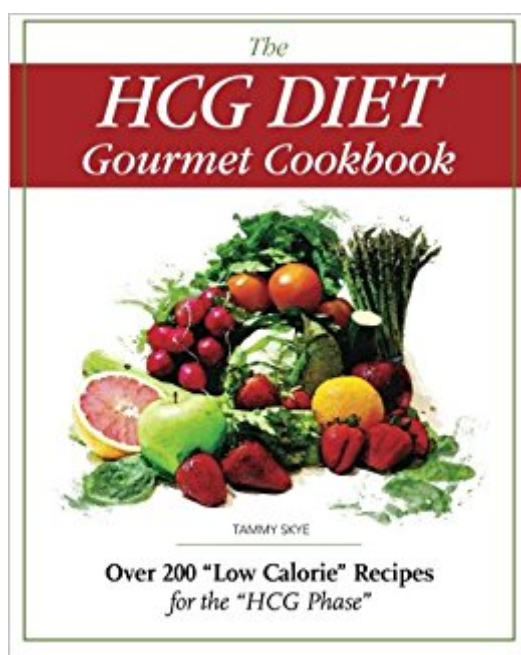


The book was found

The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes For The "HCG Phase"



Synopsis

Enjoy over 200 delicious "Low Calorie" Recipes for the HCG Diet with the HCG Diet Gourmet Cookbook. The recipes in this cookbook can help you enjoy flavorful meals while losing up to a pound a day on the "HCG Phase" The HCG Diet Gourmet Cookbook features delicious soups and salads, chicken, beef, and seafood entrees, and sweet desserts and beverages. Enjoy these easy and delicious recipes and add variety, spice, and a touch of gourmet to your weight loss journey.

Book Information

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Customer Reviews

Tammy Skye is a fellow HCG Dieter who has lost almost 60 pounds with the amazing HCG diet. She has a medical background as a Physical Therapist Assistant and has had an avid interest in alternative medicine, natural health and healing, and nutrition for many years. She considers herself a dedicated "foodie" and loves to create flavorful, fun dishes using unusual and unique ingredients, and make healthy recipe versions of favorite "comfort" foods. She first released "The HCG Diet Gourmet Cookbook" in 2007 as an e-book to a handful of HCG Dieters. It is her mission to help educate, share recipes, and provide information about the original HCG Diet to other dieters and help them be successful and maintain their weight loss.

Good recipe book for HCG. ketchup recipe is a huge hit even with the none dieter in my house and much healthier than store bought.my only issue is the measurement of the recipes that make more than one serving. once cooked its hard to make sure you get one portion. start out making the one

portion ones to get your eye used to what a serving is. The recipes are flavorful and nice variety. very helpful on HCG diet which can be blah and boring if not given good recipes at the start. there a lot of prep work so make in quantity servings and measure out into containers will save you time later.

This is a great cookbook. The options are endless. I really like that you can just buy bulk of several ingredients and use them for the majority of the recipes. For example, stock up on Bragg's Aminos, lemon juice, cabbage, Apple Cider Vinegar, garlic, white onions...My favorite recipe so far has been the French Onion Soup recipe. Delicious!! I also liked the Crab Bisque recipe too. The recipes are really filling believe it or not.The book has options for: Appetizers, soups, salads, dressings, sauces, main courses (seafood, chicken, steak, beef, vegetarian, etc.), desserts, and even mixed drinks. Overall a great book!

I am a foodie who decided to "punish" myself with another crazy diet. I figured 3 weeks of eating 500 cal. per day was going to be an experience akin to medieval torture. My doctor recommended this cookbook. It was cheap for the Kindle, so I thought I'd add it to my vast cookbook collection (I'm sure I have more than 150 by now).I've now made 3 of the recipes and I'm very excited about the next 3 weeks. The recipes are simple and make ingenious use of the very limited choices of foods on the hCG diet plan. I had chicken curry for lunch and lemon asparagus with sweet and sour shrimp for dinner. Wow. I would make all 3 of these even if I wasn't on the diet. Highly recommend this book!

I have read all the reviews. One person said it all tastes like apple cider vinegar-sorry but either she did not make the recipes correctly or she just plain wants to dis the book. My husband, my son and I embarked on the hCG diet together. We call ourselves "foodies" because we love good food. We have been eating organic foods for 15 years and we have become overweight! I have made at least 20 recipes from this book and the guys are in wonder and said the only drawback to the recipes is that they are SO good they want more. I could never come up with the delicious preparations for the very limited vegetable selection in the hCG diet but this woman did. We love the Cajun Baked Fish with the Garlic Spinach - dessert is Warm Strawberry Compote - it's amazingly delicious and GOURMET!! Do not neglect to buy this book BEFORE you engage in the diet because you need to look at the recipes, and buy the items so your week is planned and you're not a slave to your kitchen every night. Because they are so good the food doesn't have to be organic but if you can

afford organic foods these recipes will enhance the flavor of organic produce. Tammy Skye is supposed to be working on another recipe book for 2010 and we cannot wait!

Great book for the HCG dieter! gives you wonderful information about the diet and great recipies. This book is a must have for the dieters of HCG

Thank goodness for this book! I was so over eating the same thing over and over and this book is full of easy recipes that helped get me through and will continue to use after!

I'm going to start the HCG diet through my M.D. The list of foods is so restricted so I was looking for a cookbook that had recipes to make this diet easier to stick to and where I wouldn't feel restricted on flavor and I could have some recipes to mix-it-up on a diet with very limited choices of foods for me to eat on the first 26 days after the 2 day loading phase. I love the recipes in the book and I'm really glad I purchased it. I enjoyed hearing Tammy's personal story of weight loss and it inspired me.

I rarely write reviews but this book has been a life-saver. I bought it with the intention of WHEN I got bored of the diet I would expand into more creative recipes from this book. Then about the third day I needed a to-go salad and used a recipe from this book. It was really, really good. From then on I started making all my meals from recipes from this book. And they were ALL GOOD! I love browsing and then planning out a couple days worth of recipes. I love to cook and EAT and this has kept my interest in food and the diet high. It's fun to think I can have soups, salads, and more exotic fare such as crab cakes and jambalaya! While at a lunch meeting with my diet group I was eating one of the salads from the book. The ladies that were on the second phase were amazed at what GOOD STUFF I was eating. They admitted they'd not eaten such nice things on their previous diet phase, it had been rather basic (and boring), grilled chicken, lettuce with Braggs, etc. That was getting old fast. Even the doctor facilitating the group was impressed after looking at the book and decided to buy several so her clients could buy them from her along with the drops, etc. Once when invited out to dinner I took my own meal to stay on the program. My lobster salad may have been the better deal from what the others were eating! My two complaints are that there is inconsistency in many of the recipes in that several times I've read an ingredient in the ingredient list, but no where is it listed when the instructions are given. OK, deal with it. If you know anything about cooking it's fairly easy to figure out where it goes. After all there aren't that many ingredients nor are the instructions

difficult. Secondly, I think the index is difficult to use for it is not alphabetical under the categories, rather chronological by page number. But that too is easy enough to deal with, since most of the recipe groupings are by ingredient. For example all the crab recipes are grouped into three pages, all the chicken into 10 pages... just seek and ye shall find. And ye shall ENJOY! I rank this book every bit as important to the success of the diet as are the oil-free personal care products. Don't try the diet without it, especially if you love food. This will keep you engaged in good eats!

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