



phase 4ever slim

your four week
**clean
eating guide**

THE hCGdiet AUSTRALIA

your four week clean eating guide

PHASE 4-EVER SLIM

congratulations!

You've made it through your weight loss journey with flying colours.

Now it's time to celebrate your amazing efforts by honouring your body with clean, fresh nutrition.

That's why we've put together this easy step-by-step guide, so you can return to everyday eating with absolute confidence.

We've included a wealth of delicious yet simple recipes the whole family can enjoy. So you can carry on supporting your weight loss while taking the stress out of daily meal planning.

Each week features 6 Main Meals, including two vegetarian options. Plus, there's a mouth-watering section of "Lunch in a Jar" and "Smoothie" options for lighter meals and a variety of snacks to curb your hunger throughout your busy day.

Of course, this is a guideline only - so feel free to switch the meals and snacks around to suit your preferences.

Your main aim here is to be kind to yourself. The more nutritious the food, the more chance your body has to flourish. Just think of it as your 4-week blueprint to ongoing vitality!

We've also given you a "free pass" once a week to use up leftovers or savour a night out.

After all, the diet is over, so you still get to have fun!

Let's get stuck in!



your four week **clean eating guide**

notes

Whilst a component of our guide is to remove Soy and Soy related products, we are also mindful that our vegetarian and vegan options need to include a source of protein.

Therefore, some recipes include tofu. We also use tamari in some recipes as it is a better replacement for soy sauce and is wheat free.

Make sure you choose an organic non-GMO variety. If you would like to avoid it completely, then use coconut aminos in place of tamari and soy sauce.

The idea is to enjoy 1 Smoothie per day and 2 main meals or a lunch in a jar option. We have smoothie suggestions for people who want to shed more body fat and smoothie suggestions for those of you who just want clean eating.

If you would like a change, or perhaps have more time in the morning, then you may also enjoy a small breakfast such as 2 poached eggs or a veggie omelette.

This is not about going hungry, so if you feel like a snack, then choose from our healthy snack options.



your four week

clean eating guide

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BRAVO YOU MADE IT!

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week
one

six main meal recipes

each week

make sure you drink at least 2 litres of pure water each day

suggested meal plan

week 1

MONDAY

Breakfast: Jungle green smoothie

Lunch: Main meal OR Lunch in a jar option

Dinner: Salmon burgers with sweet potato wedges

TUESDAY

Breakfast: Cookies & cream smoothie

Lunch: Main meal OR Lunch in a jar option

Dinner: Slow cooked cashew chicken

WEDNESDAY

Breakfast: Choco-Nut smoothie

Lunch: Main meal OR Lunch in a jar option

Dinner: Coconut lamb curry

THURSDAY

Breakfast: Avocado berry smoothie

Lunch: Main meal OR Lunch in a jar option

Dinner: Caribbean baked fish

FRIDAY

Breakfast: Mocha delight smoothie

Lunch: Main meal OR Lunch in a jar option

Dinner: Meatloaf

SATURDAY

Breakfast: Goddess apple smoothie

Lunch: Main meal OR Lunch in a jar option

Dinner: Thai beef salad

SUNDAY

Breakfast: Berry nice smoothie

Lunch: Main meal OR Lunch in a jar option

Dinner: Main meal recipe of your choice (leftovers)

salmon burgers

& sweet potato wedges

serves 4

ingredients

500 grams fresh raw skinless and boneless salmon fillet, chopped
2 spring onions, sliced
Pepper and a little sea salt
50 grams almond meal to coat (optional)
Salad greens
1 small bunch chopped parsley
Zest and juice from 1 lemon
1 organic egg
1 sweet potato cut into wedges
1 tablespoon olive or coconut oil

method

Combine the salmon, spring onion, parsley, lemon zest and juice, egg and a little salt and pepper into a food processor.

Process until just combined.

Remove and shape into 8 burgers.

Coat them lightly in almond meal if using and rest in the fridge for 15 minutes to help them firm up.

Preheat oven to 200°C.

Toss sweet potato wedges in olive oil, salt and pepper and bake for approx. 30 minutes or until golden and tender.

Cook the burgers in a pan over a low – medium heat with a splash of olive oil until crisp.

Serve with salad greens.



slow cooked cashew chicken

serves 4

ingredients

1 kilo boneless, skinless chicken thigh or chicken breast tenders
1/4 cup almond meal or coconut flour
1 tablespoon olive oil or coconut oil
2 tablespoons apple cider vinegar or lemon juice
1/2 teaspoon grated fresh ginger
1/2 cup cashews
1/2 teaspoon black pepper
1/4 cup tamari or soy sauce
1/2 cup tomato passata
1 garlic clove, minced
1/4 teaspoon chili flakes
Stevia to taste
Fresh rocket to serve

method

Combine flour and pepper in large Ziploc bag. Add chicken, shake to coat with flour mixture.

Heat oil in pan over medium-high heat. Brown chicken about 2 minutes on each side.

Place chicken in slow cooker.

Combine tamari (or soy) sauce, vinegar, tomato, stevia, garlic, ginger, and chili flakes in small bowl; pour over chicken.

Cook on LOW for 3 to 4 hours. (or in a covered casserole in the oven for 2 hours at 160°C). Add cashews and stir.

Serve over a bed of fresh Rocket.



coconut lamb curry

serves 4

ingredients

1 Teaspoon coconut oil
500 gram diced lamb (a little fat on the meat is fine)
1 Onion, diced
1/3 Long red chili
1 Celery stick diced
2 Garlic cloves diced
2 Teaspoon garam masala powder
2/3 Teaspoon turmeric powder
1/2 Teaspoon fennel seeds
1 Cup of coconut Milk (approx 250 gram)
1 Tablespoon tomato paste
1/2 cup water
Sea salt
1 Carrot, diced
Fresh coriander for garnishing
A little lemon or lime juice for serving
Cauliflower rice for serving

method

Heat a teaspoon of coconut oil in a casserole pot or a large saucepan.
Add the lamb and stir it around on high heat until slightly browned.
Add the onion, chili and celery and cook for about a minute, until slightly softened.
Bring the heat down to medium.
Add garlic, garam masala, turmeric, fennel seeds.
Stir through the lamb and cook for a minute to let the spices release their aromas.
Add coconut milk, tomato paste, water and sea salt.
Stir and bring to boil. Then turn the heat down to simmer and cook for 1 hour, covered with a lid.
Stir a couple of times.
After one hour, add the diced carrot and cook for a further 40 minutes, covered with a lid.
Stir a few times.
Sprinkle some fresh coriander and drizzle a little lemon or lime juice before serving.
Serve with cauliflower rice.

caribbean baked fish

serves 4

ingredients

4 Boneless white fish fillets i.e. barramundi
1 Red capsicum, cut into thick slices
1/2 Fresh pineapple, cut into 2cm thick slices
1 Tablespoon arrowroot starch or gluten free cornflour
1 teaspoon cinnamon
1 teaspoon allspice
1/4 Teaspoon nutmeg
Salt and pepper
2 Cloves chopped garlic
Juice 1 lime
Stevia to taste
2 tablespoon tamari or coconut aminos
Coriander, chopped, to garnish
Salad leaves
Tomato
Cucumber

method

Preheat oven to 200°C.
Lightly oil a baking dish.
Place the fish, capsicum and pineapple slices in the dish, keeping plenty of pineapple and capsicum between each fish fillet.
In a small bowl, combine the arrowroot starch (or cornflour), cinnamon, allspice, nutmeg, pepper, and salt.
Stir in the chopped garlic and lime juice to make a paste.
Add the stevia and tamari (or coconut aminos), whisking to make a sauce (may need to add a tbsp of water).
Pour the sauce over the fish, pineapple, and capsicum, coating all surfaces.
Bake for about 20-30 minutes depending on how thick the fillets are, may need a little longer
Serve garnished with a little chopped coriander and mixed salad.

This dish would also be nice served with brown rice

meatloaf

serves 4 (with leftovers)

ingredients

1 Onion
1 Clove garlic
1 Kilo mince
2 Eggs, beaten
1/2 Cup of almond meal (or quinoa or oats)
1 Teaspoon paprika
2 Teaspoons salt
Black pepper

ingredients glaze

2 Tablespoons tomato paste
Stevia to taste
1 Teaspoon tamari or soy sauce
Steamed Green vegetables of your choice to serve

method

Preheat oven to 180°.
Finely chop onions and garlic (can use food processor).
Mix with mince, eggs, almond meal (or quinoa or oats), paprika, salt and pepper.
Form into a long log and place on a roasting tray.
Mix together glaze ingredients and spread over the top.
Bake for 45 minutes to an hour until cooked through.
Serve with steamed vegetables.



thai beef salad

serves 4

ingredients

dressing/marinade

- 1 1/2 Tablespoon lime juice (approx. 2 limes)
- 1 1/2 Tablespoon lemon juice (1 lemon)
- Stevia to taste
- 1 Tablespoon fish sauce
- 2 Teaspoon sesame oil
- 1 Chili, de-seeded and finely chopped
- 2 Teaspoon grated fresh ginger
- 1 Garlic clove, crushed

salad

- 300-350 grams trimmed rump steak
- 1/2 Red onion, finely sliced
- 1/2 Cucumber, sliced lengthways then cut into 1/2 moons
- 1 Punnet cherry tomatoes
- 1 Carrot, sliced into matchsticks
- Salad leaves, mixed, spinach or roquette
- 1/2 Cup picked mint leaves
- 1/2 Cup picked (and washed) coriander leaves

method

For the dressing – mix all ingredients together in a bowl or jar.
Marinate steak in half the dressing for 1 -2 hours in the fridge.
Mix all the salad ingredients together in a large bowl.
Heat a pan over a medium hot heat and cook steak for 3-4 minutes on each side or to your liking.
Remove from heat, cover with foil and rest for 5 minutes.
Slice the steak into 2 cm slices on an angle.
Dress the salad with the remaining dressing and place on plates, top with the sliced steak.

As a short cut to this recipe buy pre-cooked roast beef, skip the marinading and add straight to the salad.





week
two

six main meal recipes

each week

make sure you drink at least 2 litres of pure water each day

suggested meal plan

week 2

MONDAY

Breakfast: Choconut smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Almond crumbed chicken

TUESDAY

Breakfast: Lemon blast smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Spinach and broccoli quiche

WEDNESDAY

Breakfast: Cookies and cream smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Macadamia crusted fish

THURSDAY

Breakfast: Mocha delight smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Chickpea and lamb curry

FRIDAY

Breakfast: Jungle green smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Vegetable and bean soup

SATURDAY

Breakfast: Berry nice smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Turkey bolognese

SUNDAY

Breakfast: Create your own smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Main meal recipe of your choice (leftovers)

almond crumbed chicken

serves 4

ingredients

- 1 1/2 Cups ground almonds
- 2 Eggs
- 8 Chicken thighs
- Olive oil
- Salt and pepper
- Broccolini to serve
- Sweet potato to serve

spice mix

- 2 1/2 Teaspoon paprika
- 1 1/2 Teaspoon ground cumin
- 1 1/2 Teaspoon salt
- 1 Teaspoon dried thyme
- 1 Teaspoon dried oregano
- 3/4 Teaspoon onion powder (optional)
- 3/4 Teaspoon garlic powder (optional)

method

Preheat oven to 180°C.
Mix the ground almonds with all the spice mix ingredients.
Beat the eggs in a wide bowl
Dip chicken pieces one at a time in the egg, then in the almond mix and lay the chicken on a baking tray lined with baking paper.
Drizzle the chicken with olive oil and bake for 45 minutes until golden.
Meanwhile peel the sweet potato and chop, cook in boiling water until tender and then mash.
Steam the broccolini.
Serve chicken on mash with broccolini.

The chicken can be coated ahead of time (up to 24 hours) and stored in the fridge, in a single layer, covered.



spinach & broccoli quiche

with brown rice crust
serves 4-6

ingredients

brown rice needs to be cooked ahead of time

crust

2 Cups of cooked brown rice

1 Egg

Salt and pepper

Pinch paprika

quiche filling

1/2 Head broccoli, broken into florets

Olive oil

1 Leek, washed and sliced

1 Clove garlic, crushed

3 Handfuls spinach

4 Eggs

3/4 Cup unsweetened almond milk

Salt and pepper

Salad leaves for serving

method

For the crust- preheat oven to 180°C.

Mix the rice, egg, salt, pepper and paprika in a bowl. Press this mix into a greased pie dish and bake for 10 minutes or until just golden.

For the filling - in a pot of boiling water blanch the broccoli for 2 minutes, drain and cool

Heat a little olive oil in a pan add leek and cook gently over a medium heat for 10 minutes, season.

Add the garlic and cook 2 minutes.

Add the spinach and cook for a minute or until it is wilted, set aside.

Whisk the eggs lightly and add almond milk and season generously.

Place all the vegetables evenly over the cooked crust, carefully pour over the egg mixture.

Bake for 25-30 minutes or until there is no wobble in the middle.

Serve with lightly dressed salad leaves.



macadamia crusted fish

serves 4

ingredients

1 Cup macadamia nuts
1/2 Cup chopped parsley
Salt and pepper
1 Egg
4 Salmon fillets
1/4 White or green cabbage, finely shredded
1 Carrot finely shredded
3 Spring onions, finely sliced
Olive oil
Juice 1 lemon
Stevia to desired sweetness

Salad for serving

method

Whizz macadamia nuts to a small crumb then mix with chopped parsley, season with salt and pepper and place in a wide bowl.

Lightly beat egg with a fork in a wide bowl, dip salmon in egg and then roll in the crumb mixture.

Mix cabbage, carrot and spring onions.

Make a dressing out of ¼ cup olive oil, lemon juice and Stevia.

Season to taste and dress the salad.

Heat a little olive oil in a non-stick pan and cook salmon for 2-3 minutes on each side, or until just cooked through.

Serve with salad.



chickpea & lamb curry

serves 4-6

ingredients

1 Tablespoon olive oil
300 Grams diced lamb shoulder
1 Teaspoon mustard seeds
1/2 Teaspoon turmeric
1/2 Teaspoon chili powder (or to taste)
1 Tablespoon curry powder
5 cm Ginger, peeled and sliced
3 Onions, peeled and sliced
4 Cloves garlic, chopped
2 Tins of chickpeas (approx 820 gm)
600 ml Vegetable stock
1 Tin chopped tomatoes (approx 410 gm)
200 ml Coconut milk
200 grams spinach
1 Bunch coriander, washed and leaves picked
Brown rice to serve
Salt and pepper

method

Heat olive oil in a large deep pan over a medium heat.
Add lamb, spices and curry powder, stir occasionally for 10 minutes until browned all over.
Add the ginger, onion and garlic and cook for a further 10 minutes.
Add the chickpeas, vegetable stock and chopped tomatoes, season with salt and pepper and bring to the boil.
Reduce to a low simmer and cover with a lid for 1 1/2 hours, stirring occasionally, lamb should be tender and sauce thickened.
Add coconut milk and spinach and bring to the boil, season to taste.
Serve with brown rice and coriander leaves.



vegetable & bean soup

serves 4

ingredients

Olive oil
1 Sprig rosemary, leaves chopped
2 Sticks celery diced
3 Carrots, peeled and diced to approx 1 cm
2 Leeks, washed and sliced
2 Cloves garlic, crushed
1 Tin cannellini beans (approx 410 gm)
1 Litre chicken or vegetable stock
100 Grams spinach or finely shredded kale
1 Cup of frozen peas
Salt and pepper

method

Heat 1 tablespoon of oil in a stock pot, add rosemary, celery, carrot, leek and garlic. Cook over a medium heat until softened. Add the cannellini beans and the stock, bring to the boil and simmer for 30 minutes. Add the spinach (or kale) and the peas and cook for a further 5 minutes. Season with salt and pepper. Serve with salad greens.



turkey bolognese

serves 4

ingredients

Olive oil
2 Cloves garlic, crushed
1 Onion, chopped
1 Carrot, peeled and chopped
1 Zucchini, chopped
6 Button mushrooms, chopped
500 Grams minced turkey
1 Tin chopped tomatoes (approx 410 gm)
1 Small tin tomato paste
1 Teaspoon dried oregano
Salt and pepper
Zucchini noodles to serve

method

You can use a food processor to whiz up the vegetables to make preparation even quicker. Heat 1 tablespoon of oil in a large pot, over a med-high heat cook garlic, onion, carrot, zucchini and mushrooms for 5-7 minutes. Remove to a bowl.

Heat a little more oil and brown the turkey mince for 5 minutes.

Add the vegetables back into the pan along with the tomato paste, stir for 2 minutes.

Add the tinned tomatoes, oregano and a tin full of water (400ml), bring to a boil and then reduce to a low simmer for 30 minutes (you can cook sauce up to 2 hours but you may need to add a little more liquid).

Serve with your Zucchini noodles.





week
three

six main meal recipes

each week

make sure you drink at least 2 litres of pure water each day

try a herbal detox tea this week

suggested meal plan

week 3

MONDAY

Breakfast: Goddess apple smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Cauliflower bolognese

TUESDAY

Breakfast: Mocha delight smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Coconut chicken salad

WEDNESDAY

Breakfast: Berry nice smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Beef fajitas in lettuce cups

THURSDAY

Breakfast: Lemon blast smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Colourful vegetable stir-fry

FRIDAY

Breakfast: Choconut smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Sweet potato, chickpea and turmeric curry

SATURDAY

Breakfast: Jungle green smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Grilled lamb with eggplant salad

SUNDAY

Breakfast: Create your own smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Main meal recipe of your choice (leftovers)

cauliflower bolognaise

serves 4

ingredients

- 1 Small cauliflower
- 2 Tablespoons olive oil
- 1 Carrot, finely diced
- 1 Onion, finely diced
- 1 Celery stalk, finely diced
- 2 Garlic cloves, crushed
- 2 Tins crushed tomatoes (approx 820 gm)
- 1/2 Cup red lentils
- Salt and pepper
- 1 Bay leaf
- Brown rice spaghetti
- Basil leaves to serve
- Salad leaves to serve

method

Break cauliflower into small florets, place in a food processor and pulse to a crumbly texture with some little florets.

Heat olive oil in a deep sided pan and brown the onion, carrot and celery for 5 minutes. Add cauliflower, increase heat to medium and cook for 5-6 minutes until starting to colour and soften a bit.

Add the garlic and cook for a further minute. Add the tomatoes and lentils and reduce to a simmer.

Add the bay leaf, cover with a lid and leave to cook for 30 minutes.

Remove lid and continue to simmer if required until cauliflower is tender and lentils have broken down. Remove bay leaf.

Cook spaghetti in large pot of boiling water, add a couple of tablespoons of cooking water to the bolognaise.

Serve pasta with cauliflower sauce, and torn basil leaves.

Serve with lightly dressed salad leaves.

coconut chicken salad

serves 4

ingredients

- 2 Chicken breasts
- 1 Can of coconut milk (approx 410 ml)
- 4 cm Ginger, peeled and sliced
- 2 Teaspoon fish sauce
- Juice of 1 lime
- Stevia to taste
- 1 Teaspoon sesame oil
- 1 Small red chili, finely chopped
- 1 Cucumber, sliced into batons
- 1 Carrot, sliced into matchsticks
- Handful of snow peas, sliced into matchsticks
- 4 Spring onions, finely sliced
- 1 Cup bean sprouts
- 1 Bunch coriander, leaves washed and picked
- 1/2 Cup cooked brown rice

The chicken and rice could be cooked the day before and refrigerate until you are ready to put the salad together

method

Combine chicken breasts, coconut milk and ginger in a saucepan and bring to the boil, reduce to simmer and cook for 10 minutes or until chicken is just cooked.

Remove from the heat and set aside to cool. Then cover the pan and cool completely in the fridge.

Make a dressing in a small bowl or jar using the fish sauce, lime juice, stevia and sesame oil. Add as much chili as you like.

Combine the cucumber, carrot, snow peas, spring onion, bean sprouts, coriander and rice in a large bowl.

Remove the chicken from the coconut liquid and shred the chicken breasts.

Add to the bowl with the salad, then add the dressing and toss to combine.

It's ready to serve.

beef fajitas in lettuce cups

serves 4

ingredients

1/3 Cup extra virgin olive oil
1/4 Cup lime juice
3 Cloves garlic crushed
2 Teaspoons cumin
1 Teaspoon chili powder (or to taste)
1 Tablespoon tamari
Stevia to taste
Salt and pepper
500 grams rump steak
1 Large onion, sliced
1 Red capsicum, sliced
1 Green capsicum, sliced
Coconut oil for frying
1 Avocado, diced
Coriander leaves
Iceberg lettuce cups for wrapping
Lime wedges

method

In a bowl mix together olive oil, lime juice, garlic, cumin, chili powder, tamari, stevia, salt and pepper. Divide mixture in half.

Marinate the steak in one half of the marinade for 1 hour.

Marinate the onion and capsicums in the other half of the marinade for 1 hour.

Heat coconut oil in a large fry pan, fry the marinated veg for 3-4 minutes until golden around the edges but not overcooked, remove to a warm dish.

Heat coconut oil in the same pan and cook steak for 2-3 minutes on each side, remove to a cutting board, cover with foil and allow to rest for 5 minutes before slicing into strips. Serve with vegetable strips, diced avocado, coriander leaves, lettuce cups and lime wedges.



colourful vegetable stir-fry

serves 2

ingredients

- 1 Clove garlic
- 2 Limes, juice
- 1 Tablespoon tamari
- 1 Tablespoon coconut oil
- 1 Red onion sliced
- 4 Cm piece ginger, sliced into matchsticks
- 1 Red capsicum, sliced
- 1 Carrot, peeled into ribbons
- 6 Mushrooms, sliced
- 1 Bunch broccolini, sliced lengthways
- Handful snow peas, sliced diagonally
- 100 Grams spinach
- 1/2 Bunch coriander, leaves
- 1/2 Cup cashews
- Brown rice to serve (approx 1.5 cups)

method

- Cook rice.
- Mix garlic, lime juice and tamari in a small bowl and set aside.
- Heat coconut oil in a large frypan or wok, add onion and ginger and stir-fry for 2 minutes.
- Add capsicum, carrot, mushrooms and broccolini, stir-fry for 2 minutes.
- Add sauce mixture, snow peas, spinach and coriander and heat until just softened.
- Serve with rice and cashews on top.



sweet potato, chickpee & tumeric curry

serves 4

ingredients

300 Grams sweet potato, peeled and cubed
(approx 2cms)
3 Garlic cloves, chopped
3 Teaspoons ground turmeric
1 Teaspoon ground coriander
1 Teaspoon ground ginger
1 Can coconut milk (approx 400 ml)
1 Can chopped tomatoes (approx 410 grams)
80 Grams quinoa
1 Can chickpeas (approx 410 grams)
150 Grams spinach
Lime to serve
Coconut yoghurt to serve

method

Place sweet potato, garlic, dried spices, coconut milk and chopped tomatoes into a large pan, bring to the boil, season with salt and pepper.

Add the quinoa and a cup of boiling water.

Reduce heat to a low simmer, cover with a lid and cook for 30 minutes, stir from time to time to ensure nothing sticks.

Add chickpeas after 20 minutes.

Once the quinoa and sweet potato are cooked through, add the spinach and allow to wilt.

Serve with lime wedges and coconut yoghurt.



grilled lamb & eggplant salad

serves 4

ingredients

- 1 Medium eggplant cut into 1 cm slices
- 1 Medium red onion, sliced
- 2 tablespoons extra virgin oil
- Juice of 1 lemon
- 1/4 Cup chopped fresh parsley
- 2 Tablespoons chopped fresh mint
- 1 teaspoon salt
- Pinch of cayenne pepper
- 8 Lamb loin chops (or lamb fillet or cutlets)
- 1/4 Teaspoon freshly ground pepper
- Rocket or other salad greens

The eggplant salad can be made ahead of time, but allow it to come to room temperature before serving

method

Preheat grill to medium-high. Toss eggplant and onion rounds with 1 tbsp olive oil. Grill the vegetables, turning once, until browned on both sides, 2 to 3 minutes per side. Transfer to a cutting board. When cool enough to handle, chop the eggplant and onion and combine in a medium bowl with lemon juice, parsley, mint, oil, 1/2 teaspoon salt and cayenne. Meanwhile, sprinkle lamb chops with pepper and the remaining 1/2 teaspoon salt. Grill the chops until browned on both sides and cooked to desired doneness, about 4 minutes per side for medium. Serve with the eggplant salad and rocket leaves.





week
four

six main meal recipes

each week

make sure you drink at least 2 litres of pure water each day

try a new herbal tea this week

suggested meal plan

week 4

MONDAY

Breakfast: Berry nice smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Spaghetti and meatballs

TUESDAY

Breakfast: Jungle green smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Nasi Goreng

WEDNESDAY

Breakfast: Avocado berry smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Chickpea and cauliflower curry

THURSDAY

Breakfast: Superpower smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Sicilian baked fish

FRIDAY

Breakfast: Lemon blast smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Coconut lemon chicken soup

SATURDAY

Breakfast: Chocolate twister smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Butter bean pesto with noodles

SUNDAY

Breakfast: Create your own smoothie
Lunch: Main meal OR Lunch in a jar option
Dinner: Main meal recipe of your choice (leftovers)

spaghetti and meatballs

serves 4

ingredients

meatballs

- 500 Grams mince (beef, chicken or turkey)
- 1 Tablespoon chopped parsley
- 2 Teaspoons dried oregano
- 2 Cloves garlic, crushed
- 1 egg
- Salt and pepper
- Olive oil
- Brown rice spaghetti or zucchini noodles
- Basil to serve

sauce

- 1 Onion, finely chopped
- 1 Carrot, finely chopped
- 1 Tin chopped tomatoes (400 grams)
- 1 Tablespoon tomato paste
- 1/2 Cup water

method

For the meatballs, mix all ingredients in a bowl, roll the mix into small balls.

Heat a little olive oil in a wide pan and brown the meatballs all over, don't need to cook through as they will finish cooking in the sauce. Remove cooked meatballs and reserve for later

Heat a small amount of oil in the pan (if required), saute the onion and carrot for 5 minutes.

Add the tomatoes, paste, water and season with salt and pepper, allow to simmer for 5 minutes.

Add the meatballs to the pan and reduce the heat, allow to braise in the sauce for 10 minutes.

Cook spaghetti or zucchini noodles.

Serve with meatballs and some torn basil leaves.



brown rice nasi goreng

serves 4

ingredients

2 Teaspoon sesame oil
1 Tablespoon olive oil
4 Eggs
4 Cloves garlic, crushed
4cm ginger, grated or finely chopped
3 Spring onions, sliced
500 grams chicken mince
3 cups cooked brown rice
2 Tablespoon wheat free tamari
2 Teaspoon stevia or brown rice syrup
1/4 Cup water
100 Grams spinach leaves
250 Grams bean sprouts
2 Long red chilis, finely sliced
Coriander to serve
Cashews to serve

method

Heat 2 teaspoons of sesame oil and half the olive oil in a wok, fry the eggs one at a time until cooked to your liking, set aside and keep warm.

Heat remaining ½ tablespoon oil in the pan and add garlic, ginger, spring onions and chicken mince, cook stirring until chicken is browned and cooked through, about 5 minutes.

Add the rice tamari, stevia, water and spinach, toss until spinach is wilted.

Serve into 4 bowls, top with bean sprouts, chili, coriander leaves, cashews and a fried egg.

Have the brown rice cooked in advance so this dish is super quick to prepare



chickpea & cauliflower curry

serves 4

ingredients

- 1 Cup cashews
- 1 Tablespoon coconut oil
- 1 Onion, diced
- 4 cm Ginger, grated or finely chopped
- 2 Teaspoon mustard seeds
- 1 Pinch cayenne pepper (optional)
- 2 Teaspoon ground cumin
- 1 Teaspoon turmeric
- 1/2 Teaspoon ground cardamom
- 4 garlic cloves, crushed
- 2 Carrots, diced
- 1 Tin chickpeas (approx. 400 grams), drained and rinsed
- 1 Cauliflower, broken into small florets
- 1 Tin coconut milk (400 ml)
- 1 Tablespoon tamari

Brown rice to serve

Coriander to serve

method

In a dry fry pan brown the cashews for 5 minutes, tossing to ensure they don't burn, set aside.

Heat the coconut oil in a large pan over a med low heat & add onion, ginger, mustard seeds, cayenne pepper (if using) & a pinch of salt, cook for 5 minutes until onion is softened. Add the cumin, turmeric, cardamom and garlic with 1 tablespoon of water, cook for 5 minutes, stirring occasionally.

Add the carrots and cauliflower along with another 2 tablespoons of water, cover with a lid and cook for 15 minutes until cauliflower and carrots are tender.

Add the chickpeas and coconut milk and cook for 5 minutes.

Stir through cashews and tamari to taste.

Serve with brown rice and coriander leaves.



sicilian baked fish

serves 4

ingredients

- 1 Tin chopped tomatoes (approx. 400 grams)
- Handful black olives
- 1 Tablespoon capers, rinsed
- 2 Cloves garlic, crushed
- Pinch chili flakes (optional)
- 4 Firm white fish fillets
- 1 Lemon, sliced
- Olive oil
- Salt and pepper
- 100 Grams spinach leaves

method

Preheat oven to 200°C.

Place the chopped tomatoes in the base of a baking dish that will hold the fish fillets.

Sprinkle over the olives, capers, garlic and chili (if using).

Place the fish fillets on top of the tomatoes and lay the lemon slices over the fish.

Season with salt and pepper and drizzle with olive oil.

Bake in the oven approx. 20 mins (this will vary with the thickness of the fish, start checking from 10 mins).

Place spinach leaves on plate and top with fish and the tomatoes from the baking dish.



coconut lemon chicken soup

serves 4

ingredients

1 litre homemade chicken or vegetable stock
[recipe for homemade stock on next page](#)
2 Teaspoon finely chopped ginger
2 Teaspoon turmeric
2-3 Cloves garlic, crushed
Handful fresh coriander
2 Spring onions
1 Red chili, or dried chili flakes to taste
1 Tin coconut milk (approx. 400ml)
Juice 1 lemon
2 Tablespoon fish sauce
2 Teaspoon stevia or sugar
Salt to taste
1 Bok choy
Spinach to serve
10 Mushrooms, sliced
Shredded chicken left over from making stock
or 2 chicken breasts finely sliced

method

Place ginger, turmeric, garlic, coriander and spring onions in a food processor and blitz to a rough paste.
Place ½ the paste into a large saucepan, add stock and bring to the boil.
Add chili, coconut milk, lemon juice, fish sauce, sugar and vegetables and simmer for 10 minutes.
Add chicken for the final 5 minutes until cooked through.
Add the reserved paste, stir through Serve with fresh coriander.



coconut lemon chicken soup

continued

ingredients

chicken stock

- 1 Whole chicken or 1 kg bones or wings
- 2 Carrots, roughly chopped
- 1 Onion, halved
- 3 Sticks celery, roughly chopped
- Parsley stalks
- 10 Black peppercorns
- 2 Bay leaves
- 1 Head garlic, whole
- 3 Litres water

You can add other vegetables like leeks, tomatoes, mushrooms but steer away from starchy vegetables as they form a cloudy stock.

method

Add all stock ingredients to a large stock pot. Bring to the boil and skim any foam from the top, reduce to a simmer. Simmer for 2-3 hours. Cool and strain, retain any chicken meat if you have used a whole chicken. Store in the fridge and use within 3 days or freeze for later.

Alternatively can cook in a slow cooker for 8 hours on low



butter bean pesto & zoodles

serves 4

ingredients

pesto

1 Tin butter beans, drained & rinsed (400 grams)

2 Cloves garlic

10 sundried tomatoes

1 Bunch basil, leaves washed and picked (save a few leaves for garnish)

Juice 1 lemon

Salt and pepper

Pinch chili flakes (optional)

zoodles

4 Large or 6 small zucchini

2 Avocados, diced

Extra virgin olive oil

method

For the pesto, whiz all ingredients in a food processor until it's a rough paste, can add a tablespoon or 2 of water if required. For the zoodles- spiralise or peel the zucchini into noodles or ribbons and place in a large bowl. Add the pesto and gently fold through the zoodles. Place in 4 bowls and top with reserved basil leaves, diced avocado and a drizzle of olive oil.

Pesto will keep well in the fridge for 5 days. The zoodles are served cold but you could also dunk them in a pot of boiling water for a minute, drain and toss the pesto through the hot zoodles. Alternatively, serve with brown rice pasta instead of zoodles, just cook to your liking and toss pesto through the hot pasta.



clean eating smoothies

these smoothie recipes provide variety and are packed with nutrients to leave you feeling satisfied & energised



smoothie recipes

each recipe serves 1

goddess apple

1 scoop vanilla protein powder
1/2 green apple cut into pieces
1 teaspoon cinnamon
150 ml water, almond milk, or coconut milk
1/2 Cup ice

cookies and cream

1 scoop vanilla protein powder
1 tablespoon chia seeds
1 tablespoon cacao powder
1 scoop chocolate protein powder
150 ml water, almond milk or coconut milk
4-5 ice cubes (optional)

avocado berry

1 scoop vanilla protein powder
1 handful spinach
1/2 cup frozen berries
1/4 ripe avocado
150 ml water, almond milk, or coconut milk
4-5 ice cubes (optional)

mocha delight

1 scoop chocolate protein powder
1 -2 teaspoons almond butter or 1 handful raw almonds (10 almonds)
150 ml water, almond milk or coconut milk
4-5 ice cubes (optional)

jungle green

1 scoop chocolate protein powder
Handful fresh baby spinach
150 ml water, almond milk or coconut milk
1 teaspoon almond butter
1 scoop greens powder
4-5 ice cubes (optional)

choconut

1 scoop chocolate protein powder
1 -2 teaspoons almond butter
Cacao powder to taste
150 ml water, almond milk or coconut milk
4-5 ice cubes (optional)

berry nice

1 scoop vanilla protein powder
1 teaspoon flax seeds or coconut oil
1/4 - 1/2 cup frozen mixed berries
250-300 ml water, almond milk or coconut milk

smoothie recipes

each recipe serves 1

lemon blast

1 scoop vanilla protein powder
1 handful baby spinach
2/3 cup frozen blueberries
Zest and juice from 1/2 lemon
150 ml Water, almond milk or coconut milk

chocolate twister

2 scoops chocolate protein powder
2 sprigs mint, leaves only or 2 drops organic peppermint oil
1 handful baby spinach or 1 scoop greens balance
1/2-1 scoop LSA (Sunflower, Linseed, Almonds)
250-300 ml water, almond milk or coconut milk
4-5 ice cubes (optional)

super power

2 scoops chocolate protein powder
1/2 scoop LSA (linseed, sunflower & almonds)
1 scoop greens powder or handful of baby spinach leaves
1/3 cup frozen raspberries or blueberries
1/2 tablespoon of chia seeds
250-300 ml water, almond milk or coconut milk
4-5 ice cubes (optional)

mix it up

Take 1 scoop of low carb Protein powder, add your preferred fruit, spinach or any other favourite vegetable.

Mix with 150ml water + 1 scoop of greens or greens powder + 1 dessertspoon of Psyllium fibre. If you prefer your shake consistency thinner, then add more water.

Simply blend all ingredients in a food processor, hand blender or smoothie maker.

If you are wanting to shed more body fat then add berries or rockmelon to the shake and only make your smoothie with water.

If you are NOT wanting to lose weight just clean eating, then add any fresh fruit that you desire, berries are always an excellent choice as well as paw paw, pineapple, along with kiwi fruit etc. You could also add nut milk instead of water (almond, coconut, quinoa or rice milk).



healthy snacks

to enjoy



healthy snacks

Hardboiled egg
Fruit serve like apple, rockmelon, strawberries, nashi pear etc
Small tin of salmon or tuna

Mix of nuts and pepitas
Raw vegetable sticks (carrot, cucumber, celery)
1/2 Strength protein shake

Strawberries with coconut yoghurt
Small serve of sugar free yoghurt (coconut or plain Greek yoghurt) with 1 scoop of chocolate shake protein powder mixed into a pudding)

2 squares of good quality hard cheese if you have no issues with dairy
Almond butter on veggies or brown rice cake
Brown rice cake with sliced tomato or avocado sprinkled with sunflower or sesame seeds

Turkey or chicken slices rolled up
Roasted chickpeas
1/2 Good quality protein bar

Mini frittatas – use your favourite frittata recipe and bake in a muffin tin
Orange or grapefruit segments
Dried cranberries and cashews

Apple cored and cut into slices then topped with almond, peanut or cashew paste
Guacamole dip with veggie sticks

lunch in a jar

On the following pages you'll find some delicious recipes. These are so handy as you can make them in advance and take them to work or when you are out and about.

If you feel creative, make your own by selecting your favourite ingredients. Here are the general recommendations for making your own "lunch in a jar".

ingredient portions

3 tablespoons salad dressing
1/2 cup protein (cooked chicken, cubed tofu, beans, etc.)
1/2 cup chopped vegetables (peppers, tomatoes, cucumbers, etc.)
1/4 cup nuts or seeds (pepitas, sunflower seeds, hemp seeds, etc.)
1-2 cups chopped romaine lettuce!

method

Layer the salad ingredients into the jar according to the order listed above (note the dressing is at the bottom of the jar)
Packing in as much romaine as you need to create a tight pack
Cover the jar and place it in the fridge for up to a week
To eat, empty the entire contents of the jar into a bowl, toss and enjoy.

simple mason jar salad

with Asian dressing

serves 1

ingredients

- 1 Cup cooked brown rice (= 1/3 cup uncooked), cooled
- 1 (300 gram) Small sweet potato, peeled, roughly chopped, roasted, cooled
- Seeds of 1 pomegranate
- 100 grams Baby spinach leaves
- 1 Large carrot, finely shredded
- 1 Cooked chicken breast fillet, shredded
- 1 Cup (100 gram) mixed sprouts

ingredients dressing

makes 150ml

- 1 cup coriander leaves
- 1 cm Piece ginger, finely grated
- 1 small red chili, seeds removed, finely chopped
- 1/4 Cup (60 ml) coconut milk
- 1 Tablespoon coconut water
- 1/4 Teaspoon pure honey
- 1 Teaspoon white miso paste



strawberry spinach salad

with strawberry-lime vinaigrette

serves 1

ingredients

Cooked Quinoa
Sliced Strawberries
Sunflower Seeds
Sliced Green Onions
Crumbled Feta
Baby Spinach

dressing

2 Tablespoons extra virgin olive oil
2 Teaspoons strawberry preserves
1 Tablespoon fresh lime juice
1 Teaspoon mustard
1 Tablespoon white wine vinegar Salt and pepper, to taste

method

Use about 2 tablespoons of dressing per 500ml sized jar.

Combine all ingredients in a jar with a tight-fitting lid.

Depending on how juicy your strawberries are, you might want to put them down lower in the jar (before the quinoa) to keep them even further away from the spinach.

Close and shake until emulsified.

Makes about four tablespoons of dressing (enough for two 500 ml sized jars).



tofu living salad

with sesame-lemon dressing

serves 1

ingredients

To make this salad in the jar, put items in this order:

Drained, pressed and cubed extra firm tofu
Sliced red bell pepper
Chopped cucumbers
Sprouted lentils
Sunflower seeds
Chopped parsley
Chopped romaine lettuce

Small cubes of firm tofu act like little protein-packed sponges soaking up all the dressing goodness.

Not into tofu?

No problem. Shelled edamame would work great as a replacement.

ingredients dressing

Use about 2 tablespoons of dressing per 500ml sized jar.

1 Tablespoon tahini
1 Tablespoon lemon juice
Pinch of red pepper flakes
1 Teaspoon sesame oil
1 Tablespoon rice wine vinegar
1 Teaspoon honey
1/4 Teaspoon salt
1/4 Teaspoon black pepper
1/4 Teaspoon oregano
1 Clove garlic, minced

Combine all ingredients in a jar with a tight-fitting lid. Close and shake until emulsified. Makes about four tablespoons of dressing (enough for two 500 ml sized jars).



greek salad with chicken

serves 1

ingredients

3 Tablespoons extra virgin olive oil
1 Tablespoon balsamic vinegar
Salt & pepper to season
2/3 Cup Lebanese cucumber, diced
2 Tablespoons red onions, sliced
2/3 Cup cherry or grape tomatoes, halved
100 Grams cooked chicken breast, shredded or cubed
1/4 Cup crumbled feta cheese or cashew cheese if dairy free
1 Cup romaine lettuce, chopped

ingredients dressing

Whisk or shake olive oil, vinegar, salt and pepper together until well blended and pour into the bottom of your jar.
Layer the remaining ingredients, cucumber, onion, tomatoes, chicken and cheese finishing with romaine lettuce.
Cover with lid and refrigerate until ready to eat, will last for 3-5 days refrigerated.



chicken & zucchini salad

with avocado spinach dressing

serves 2

ingredients

1 1/2 cups zucchini, spiralised
100 grams chopped, cooked chicken breast
1/2 cup celery, sliced
1/2 cup chopped red capsicum
1/2 cup cherry or grape tomatoes

Optional:

1/4 cup feta cheese or cashew cheese
2 tablespoons olives

dressing

1/2 Cup fresh packed spinach
1/2 Ripe avocado
Juice of 1 lemon
2 Tablespoons extra virgin olive oil
2 Tablespoons plain Greek yogurt
Salt & pepper to season

method

Spiralise or thinly slice zucchini, then set aside
In a blender mix salad dressing ingredients until smooth and pour into the bottom of 2 mason jars.

Layer celery on top of the dressing.

Layer red capsicum on top of celery then top with cooked chicken.

Sprinkle feta cheese (if using).

Then add tomatoes and olives.

Finally place 1/2 the spiralised zucchini into each mason jar, cover and refrigerate for up to 5 days.

Once ready to eat, shake the jar vigorously then pour onto a plate or bowl.



egg & quinoa salad

serves 2

ingredients

- 1/2 Cup (100 grams) quinoa, cooked as per instructions on packet
- 2 Tablespoons olive oil
- 1/2 Cup cherry or grape tomatoes
- 1 Green or Lebanese cucumber, peeled and chopped
- 1 Avocado, chopped
- 100 Grams baby spinach, chopped
- 2 Soft-boiled eggs, peeled and halved
- 1 Cup parsley, chopped
- 1 Tablespoon lemon juice
- 2 Tablespoons dukkah

dressing

- 1/4 Cup extra virgin olive oil
- 100 ml fresh orange juice
- 2 Teaspoons Dijon mustard

method

Whisk dressing ingredients together, season with salt & pepper and set aside.

Add oil to cooked quinoa, again set aside.

In a separate bowl, combine the tomato & cucumber.

In a 3rd bowl, gently toss together the avocado with parsley & lemon juice, season to taste.

To serve, divide spinach among four Mason jars

Top with a layer of quinoa, then a layer of the tomato & cucumber mixture and finally the avocado mixture.

Top with salad dressing and dukkah, finish off each jar with half an egg.



bravo!

you are now a master of clean eating

We hope this booklet will guide you through the months and years ahead and that you love the recipes and recommendations as much as we love them.

All recipes were developed by two lovely Naturopaths, Liza Brunell and Maxine Wright. Thanks so much for sharing your decades of nutritional experience.

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