

SAMPLE TWO WEEK MENU*

	Breakfast	Snack	Lunch	Snack
Day 1	Scrambled Eggs with Cheddar Cheese and Avocado with Sugar-Free Bacon. 1 Apple	Cheese Chips and Salsa	Coconut Bread Sandwich with Deli Meat, Cheese, Mustard, Tomato and Lettuce	Mozzarella Sticks and Marinara (homemade)
Day 2	Cottage Cheese, Blueberries and almonds	Pork Rinds and Guacamole	Taco Salad with Salsa, Cheese, Olives and Avocado	Jello with Whipped Cream and Blackberries
Day 3	Pecan Coconut Flour Pancakes and Raspberries	Cheese and a Nectarine	Coconut Bread Sticks Baked with Cheese and Dipped in Pesto	Celery and Almond Butter
Day 4	Coconut Bread French Toast with Raspberries and Whipped Cream	Cream Cheese Muffin and Cherries	Chicken Salad Sandwich (coconut bread) with Sugar-free Mayo, Mustard and Celery	Cheese and Flax Crackers
Day 5	Fried Eggs, Radish Hash Browns, Sugar-Free Bacon and Blackberries	Ricotta Cheese and Veggies	Pizza	Jalapeno Poppers
Day 6	Poached Eggs, Coconut Bread Toast and a Plum	Celery and Cream Cheese	Zucchini Nachos: Zucchini Chips, Cheese, Ground Beef, Salsa, Sour Cream	Zucchini Chips and Cheese Dip
Day 7	Omelet with Spinach, Sugar-free Sausage and Cheese. Topped with Sour Cream and Salsa	Deli Meat and Cheese Rolled Around Red Pepper	Salad with Hard Boiled Eggs, Cheese, Sugar-Free Bacon and Ranch Dressing (Homemade)	Cottage Cheese and Fruit
Day 8	Scrambled Eggs with Cheese, Jicama Hash Browns and Strawberries	Mexican Dip with Cheese Chips	Soup (make sure all ingredients are P3 compliant) and Almond Cheese Bread	Deviled Eggs (Sugar-Free) and apricot
Day 9	Coconut Flour Waffles and Berries	Mozzarella Sticks and Ranch (homemade)	Tuna Sandwich with Coconut Bread	Macadamia Nuts and a Plum
Day 10	Coconut Flour Pancakes with Berries	Tomato Slices, Mozzarella Cheese, Fresh Basil Drizzled with Pesto	Bacon, Lettuce, Tomato and Avocado Sandwich with Sugar-Free Mayo on Almond Bread	Cheese Chips and Salsa and Cream Cheese
Day 11	Yogurt, Fruit and Slivered Almonds	Veggies and Ranch Dip (Homemade)	Pizza Snacks	Grilled Plums and Whipped Cream
Day 12	Protein Shake with Cream and Fruit	Blueberries and Brie Cheese	Mexican Pizza with the Cheese Pizza Crust and spicy ground beef, cheese, peppers and guacamole.	Yogurt, Fruit and Slivered Almonds
Day 13	Scrambled Eggs with Guacamole, Sugar-Free Sausage and Melon	Coconut Bread Sticks Baked with Cheese and Dipped in Pesto	Salad with Mozzarella Balls, Tomatoes, and Basil Tossed with a Vinaigrette (Homemade)	Mexican Dip with Cheese Chips
Day 14	Omelet with Tomatoes, Feta Cheese and Basil and Grapefruit	Cream Cheese Crab Dip with Veggies, Zucchini Chips or Cauliflower Chips	Egg Salad Sandwich with Coconut Bread	Veggies and Cheese Dip

* This menu plan is just to show you how you can put the menu planner to work. It is in no way a recommendation for you to follow strictly. Please note that this menu plan does not take into account you're individual bodies, your calorie needs and what it can tolerate while on Phase 3. Please omit anything that you have found to cause you trouble maintaining.

Dinner	Dessert/Snack
Steak with sautéed onions and cheese and Garlic Cauliflower mashed potatoes	Almond Cookies
Mexican Pizza with the Cheese Pizza Crust and spicy ground beef, cheese, peppers and guacamole.	Pumpkin Pie with Whipped Cream
Salad with chicken or shrimp and Caesar dressing.	Grilled Peaches with Whipped Cream
Chili with Sour Cream and Cheese	Coconut Flour Chocolate Chip Cookies
Cheeseburger with Almond Bread Bun	Chocolate Coconut Bread
Oven Baked Garlic Chicken with Cheesy Cauliflower Mashed Potatoes and Green Beans with Butter	Cinnamon Coffee Mug Bread with Whipped Cream
Fondue with Chicken and Veggies to dip	Peanut Butter Cookies
Fried Chicken with the Skin and Cauliflower Mashed Potatoes with Broccoli and Cheese	Yogurt, Fruit and Slivered Almonds
Pizza	Jello with Whipped Cream
Spaghetti: Spaghetti Squash, Marinara Sauce (Homemade)and Ground Beef. Garlic Cheese Coconut Bread and Salad	Blueberry Crumb Cake
Chicken Tacos with Cheese, Sour Cream and Salsa using Romaine Lettuce Leaves for a Shell	Cinnamon Flax Crackers and Raspberries
Soup (make sure all ingredients are P3 compliant) and Coconut Cheese Bread	Chocolate Cake
Lobster or Crab with Butter and Veggies	Cinnamon Almond Bread
Steak with Gorgonzola Cheese, Garlic Cauliflower Mashed Potatoes and Veggies	Blueberries and Brie Cheese

PHASE 3 MENU IDEAS

Note: Make sure the dairy is full-fat and that there are no added sugars in your proteins. Be sure to check the ingredients not the nutrition chart for there can be natural occurring sugars. This diet is very individual so watch to see how each food affects you and your weight loss. Some can tolerate some things while others cannot. This menu is broad and does not take into account each individual and their tolerations. If you find that an item causes you to gain then please do not include that item in your meals or snacks.

Also be sure to download the Allowable Foods Chart for even more ideas.

<http://www.hcgonyourown.com>

*Recipes to follow

Breakfast Ideas:

Proteins

Eggs
Bacon
Sausage
Yogurt*
Cottage Cheese
Cheese
Nuts

Additions

Avocado
Salsa
Guacamole
Sour Cream
Fruit
Stevia
Flavored Stevia
Capella Drops

Jicama Hash*

Radish Hash*

Some Examples:

- Scrambled eggs cooked in coconut oil or butter with bacon or sausage. Top eggs with guacamole and sour cream.
- Poached eggs, bacon or sausage.
- Fried eggs cooked in coconut oil or butter, radish hash*

- Yogurt mixed with nuts and fruit.
- Cottage cheese with fruit and nuts
- Protein shake with yogurt or cottage cheese, cream and fruit.
- Yogurt mixed with stevia or Capella drops and nuts
- Coconut flour pancakes* with berries
- Omelet with sausage and cheese topped with sour cream and salsa

Lunch and Dinner Ideas:

Proteins

Any protein found on the allowable foods chart such as

Deli Meat*

Cheese

Cream Cheese

Eggs

Tuna

Chicken

Lobster

*No deli meat that would have added sugar such as honey ham or honey turkey breast.

Sides

Coconut bread*

Cheese Chips

Pizza Crust*

Mayonnaise (sugar-free)

Soups (homemade or check label to make sure all the ingredients are P3 compliant)

Avocado

Salsa

Mustard (sugar-free)

Coconut Bread*

Caesar Salad Dressing*

Ranch Dressing (Homemade)*

Cauliflower Mashed Potatoes*

Pesto

Pork Rind Breading*

Some Examples:

■ Pizza*

■ Deli meat and cream cheese roll ups

■ Chili with sour cream and cheese (no beans)

■ Sandwich with meat and cheese (coconut bread)

■ Egg salad sandwich (coconut bread)

■ Tuna sandwich with Coconut Bread*

■ Chicken salad sandwich (coconut bread)

■ Soup with coconut cheese bread.

■ Salad with eggs cheese and ranch dressing

■ Salad with chicken or shrimp and Caesar dressing.

■ Lobster in butter with veggies

■ Steak with sautéed onions and cheese and Garlic Cauliflower mashed potatoes*

■ Skin-on fried chicken (pork rinds breading)*

■ Baked Mexican dip* with cheese chips

■ Tacos (substitute romaine lettuce leaves for taco shell or cheese taco shell*)

■ Bacon Lettuce Tomato Avocado sandwich with mayo on coconut bread

■ Cheeseburger with coconut bread buns

■ Spaghetti made with spaghetti squash topped with parmesan cheese and homemade marinara sauce.

■ Taco salad with beef or chicken (no shell or giant cheese shell*)

■ Mexican Pizza with the Cheese Pizza Crust* and spicy ground beef, cheese, peppers and guacamole.

■ Coconut bread sticks baked with cheese and dipped in pesto

■ Pizza Snacks*

Snack Ideas:

Proteins

Any protein from the Allowable Foods Chart such as,
Cheese
Nuts
Cottage Cheese
Nut Butter
Ricotta cheese

Sides

Any fruits or vegetables from the Allowable Foods Chart
Pork Rinds
Jello (sugar-free)
Pesto

Some Examples

- Celery and cream cheese
- Celery and almond butter
- Ricotta cheese and veggies
- Deli meat and cheese roll up
- Guacamole and veggies, pork rinds or cheese chips*
- Cottage cheese and fruit
- Fondue with veggies
- Deviled eggs (sugar-free)

- Cheese Muffins*
- Mozzarella sticks*
- Jello with whipping cream (Homemade)
- Brie cheese with apples and walnuts
- Cream cheese and salsa with cheese chips
- Tomato slices, mozzarella cheese, basil and pesto
- Parmesan Cheese Chips* and Salsa
- Macadamia Nuts and an apple
- Coconut bread sticks baked with cheese and dipped in pesto
- Crab Dip* with cheese chips
- Jalapeno Poppers*

Desserts and Beverages:

Beverages

Water

Tea

Coffee

Zevia (www.zevia.com)

Crystal Light

Diet Sodas

Lemonade (sugar-free)

Desserts

Cinnamon Flax Crisps*

Cream Cheese Muffins*

Coconut Flour Chocolate
Chip Cookies*

Almond Cookies*

Jello (sugar-free) with
Whipping Cream
(homemade)

Peanut Butter Cookies*

Grilled Fruit with whipped
cream

Pumpkin Pie*

Cheesecake*

Blueberry Crumb Cake*

Sugar-free Chocolate Cake*

Sugar-free Chocolate
Mousse*

Recipes

Some recipes you will have to play around with the sweeteners according to which kind you use and how sweet you want it to be. So where there is no measurement this is for you to decide how much to use.

BREADS & CRUSTS:

Cheese Based Pizza Crust

Ingredients:

- 4 Ounces Cream Cheese, softened
- 4 Eggs
- 1/3 Cup Heavy Cream
- 1/4 Cup Grated Parmesan Cheese
- 2 Cups Shredded Mozzarella Cheese
- ½ tsp. Italian seasoning or pizza seasoning
- ¼ tsp. Garlic powder
- Pizza or Alfredo Sauce (Homemade or sugar-free)

Preheat oven to 375 ° F.

Blend softened cream cheese and eggs together until smooth in a medium mixing bowl. Add parmesan cheese and heavy cream and continue mixing.

You can add any spice that you would like to the batter. An example might be ½ tsp. Italian or pizza herbs and ¼ tsp garlic powder. Blend/mix until evenly dispersed.

Grease a cookie sheet and evenly spread out about 2 cups of shredded mozzarella cheese. Pour the batter evenly over the cheese layer and spread the mixture evenly.

Bake for 25-30 minutes. Cooking times may vary due to your oven and altitude so check after 20 minutes and remove when top starts to brown.

Top your pizza however you would like (within the P3 allowable foods). After you top the crust then bake for an additional 5-10 minutes or until your cheese is bubbly.

Almond Flour Pizza Dough

Ingredients:

- 1 Cup Almond Flour
- 1 tsp. Salt
- 1 tsp. Dried Oregano
- 1/8 tsp Black Pepper
- 2 Eggs Lightly Beaten
- 2/3 Cup Whole Milk or Cream

Preheat oven to 400 ° F and lightly grease a rimmed pizza pan or baking sheet.

Stir flour, salt, oregano, and black pepper. Mix eggs and milk into dry ingredients. Stir well and pour into prepared pan.

Bake in the oven for 20-25 minutes or until crust is set.

Remove from oven. Top with sauce (homemade), cheese and other P3 compliant toppings.

Bake for 10 more minutes or until cheese is melted.

Coconut Bread

Ingredients:

- 3/4 Cup Sifted Coconut Flour
- 1/2 Cup Virgin Coconut Oil or Butter, Melted
- 6 Eggs
- 2 Tbsp Honey (a small amount of Stevia for P3)
- 1/2 tsp. Salt
- 1 tsp. Baking Powder

Preheat oven to 350 °F.

Blend together eggs, butter, honey (sweetener) and salt. Combine coconut flour with baking powder and whisk thoroughly into batter until there is no lumps. Pour into greased 9x5x3 inch or smaller loaf pan and bake at 350 ° F for 40 minutes. Remove from pan and cool on rack.

Pizza Snacks

Ingredients:

- 8 Ounce Package Cream Cheese, Room Temperature
- 2 Eggs
- 1 tsp. Garlic Powder
- 1 tsp. Oregano
- ¼ Cup Pizza or Spaghetti Sauce (Homemade or Sugar-Free)
- ½ Cup Shredded Mozzarella Cheese (not pre-shredded in a bag because it can have potato starch) or any other cheese of choice
- Any P3 Pizza Topping
- 24 Slices of Thin-Sliced Pepperoni, preferably in large thin slices.

Preheat oven to 350 ° F. Grease 24 mini-muffin pan.

Put the pepperoni slices into the bottoms of 24 mini-muffin cups. Using a mixer, mix the cream cheese until smooth and fluffy. Add eggs, garlic and oregano and beat until smooth. Mix the rest of the ingredients by hand. Fill the muffin cups with the egg mixture.

Bake for 15-18 minutes or until lightly browned on top and set in the center. Remove from oven and cool for a few minutes (5-10).

Loosen with a knife and serve. Use the pizza or spaghetti sauce to dip muffin in.

PANCAKES AND WAFFLES:

Plain Pancakes

Ingredients:

- 2 Tbsp Sifted Coconut Flour
- 2 Tbsp Virgin Coconut Oil or Butter, Melted
- 2 Eggs
- 2 Tbsp Milk
- 1 tsp Sugar (a little Stevia for P3)

¼ tsp Salt

¼ tsp Baking Powder

Blend together eggs, oil, milk, sugar (stevia) and salt. Combine coconut flour with the baking powder and thoroughly mix into the batter. Heat 1 Tbsp. of coconut oil in a skillet. Spoon batter onto the hot skillet. The batter will be thick, but will flatten out while cooking.

Pecan Pancakes

Make the Pancakes as directed above and add ½ cup of chopped pecans

Blueberry Pancakes

Make the Pancakes as directed above and after mixing in the milk, fold in ½ cup of dry fresh blueberries.

Waffles

Pour the batter into a waffle iron

Variation

You can add some sugar-free syrup or cappella flavor drops to the yolks, such as carmel, chocolate, strawberry, etc.

SNACKS AND DESSERTS:

Parmesan Cheese Chips

Ingredients:

Shredded Parmesan Cheese (fresh, not in a container)

Oil

Coat a small sauté pan with the oil. Cover the pan with a thin layer of parmesan cheese. It will melt and begin to lightly brown. Flip it over like a pancake and let the other side brown. When brown, take out of pan and let cool on a plate. When cool, break into chip size pieces. Use with salsa or another dip of choice.

Cauliflower Mashed "Potatoes"

Ingredients:

- 1 Head Fresh Cauliflower or 1 Bag (15 oz) Frozen Cauliflower
- ¼ Cup Cream Cheese
- ½ Stick Butter
- Heavy Cream to Moisten
- Salt and Pepper to Taste

Cook the cauliflower by steaming until soft.

Put the cauliflower and all ingredients into the blender or food processor and blend until smooth.

Variation:

Use sour cream instead of cream cheese.

Garlic Mashed "Potatoes"

Add garlic powder to the blender or food processor.

Jicama Hashed Browns

Ingredients:

- 1 Cup Shredded Jicama
- 2 Tbsp Oil
- Salt and Pepper to Taste

The day before: Slice Jicama. Add hot water to a pan and let the Jicama soak overnight, covered.

The morning of cooking: Skin and shred the Jicama using a cheese grater.

Heat oil in a skillet over medium-low heat.

Add the Jicama to the pan and cook until golden brown.

Variation

Use Zucchini shredded

Radish Hashed Browns

Ingredients:

- 1-2 Bunches (about 15) Red Radishes
- 2-3 Tbsp Chopped Onion (Optional)
- 2 Tbsp Oil
- Salt and Pepper to Taste

Shred the radishes using a cheese grater.

Heat oil in a skillet over medium-low heat.

Add the radishes to the pan and cook until golden brown.

Mexican Dip

Ingredients:

- 1 lb. Ground Beef
- 1 Chopped Onion (Optional)
- 16 Ounces Sour Cream
- 1 Bottle La Victoria Green Enchilada Sauce (sugar-free)
- 8-10 Ounces Shredded Cheddar Cheese (no pre-packaged shredded cheese)

Preheat oven to 350 ° F.

Cook ground beef and onion. In a separate bowl, combine sour cream and green sauce.

In a 9x13 pan layer first the ground beef and onion mixture. Next layer the sour cream mixture. Lastly, evenly distribute the cheese on top.

Bake until cheese is bubbly and browning. Let cool for 10 minutes.

Serve with the Zucchini or Cauliflower Chips.

Jalapeno Poppers

Ingredients:

- 3 Jalapenos
- 3 Slices Bacon (sugar-free) (optional)
- 2 Ounces Shredded Pepper Jack Cheese (no pre-packaged shredded cheese)
- 2 Ounces Cream Cheese

Preheat oven to 450 ° F.

Remove stems and seeds from peppers and slice in ½ lengthwise.

In a small bowl mix the cream cheese and the pepper jack cheese. Fill each pepper half with the cheese mixture. Wrap ½ slice bacon around each pepper half.

Place on non-stick baking sheet and bake for 5-15 minutes or until bacon is cooked through.

Pork Rind Crumbs for Breading

Ingredients:

- 1-6 Ounce Bag of Pork Rinds
- 2 Tbsp Herbs or Seasonings of Choice
- Salt and Pepper to Taste

Grind pork rinds in a food processor. Pour into a plastic zipper bag and add the seasonings to taste. Shake bag to distribute seasonings.

(Makes approximately 2 cups of crumbs)

Use with chicken, fish, shrimp or any other item which require breading.

Mozzarella Cheese Sticks

Ingredients:

- 1 Cup Crushed Pork Rinds Recipe
- 1 Egg, Lightly Beaten
- 16 Pieces String Cheese*
- Oil (enough to fill a skillet 1/2")

Preheat the oil in the skillet over medium heat.

While the oil is heating, lightly beat egg in a bowl. Dip the string cheese in the egg and roll in the pork rind crumbs. You will need to firmly mold the pork rind crumbs around the cheese.

Cook in preheated oil until the coating is lightly browned, about 2-4 minutes, turning once, and cooking for 1-4 minutes. When done put on a plate with a paper towel to remove excess oil.

Serve warm with ranch dressing or marinara sauce. (Ranch recipe follows and you should use homemade marinara or one that is sugar-free)

*Freeze the string cheese to help it not completely melt while cooking.

Flax Meal Crackers

Ingredients:

2 Tbsp Flax Meal
2 Tbsp Water
Salt

Mix all the ingredients and place on a piece of parchment paper. Press flat and microwave approximately 2 minutes and 30 seconds. Cooking time will vary depending on your microwave.

Variation

Cinnamon Crisps:

Follow recipe above but add cinnamon and sweetener.

Cheese Taco Shells

Ingredients:

Shredded Cheese of Choice (not packaged pre-shredded)

Place cheese in a thin layer on a piece of parchment paper. Microwave on high for 1 minute at a time until cheese is bubbly and starts to slightly brown.

While the cheese is still flexible, use the parchment paper to bend the cheese to give it a taco shape. Let the cheese cool while in this shape.

When cooled, peel away parchment paper and fill with desired stuffing.

Cream Cheese Muffins

Ingredients:

2-8 ounce Packages Cream Cheese, Room Temperature
½ Cup Sweetener
2 Eggs
½ tsp. Vanilla Extract
Cinnamon

Preheat oven to 350 ° F.

Grease muffin pan or use liners.

Soften cream cheese about 40 seconds in the microwave (be sure to take it out of the foil package). Add all ingredients into a bowl and beat with a mixer on low until smooth. Pour into greased muffin pan.

Bake at 350 ° F for 18 minutes then turn off the oven and open the door and let sit for 1 hour.

Take out of oven and sprinkle with cinnamon and some sweetener and let cool.

Variations

Blueberry Cream Cheese Muffin:

Follow recipe above but fold blueberries into the batter before pouring into muffin pan.

Pumpkin Cream Cheese Muffin:

Follow recipe above but add pumpkin spice to the batter.

Almond Cream Cheese Muffin:

Follow recipe above but use almond extract instead of vanilla extract and top with slivered almonds after the 18 minutes of baking.

Coconut Flour Chocolate Chip Cookies

Ingredients:

- ½ Cup Coconut Oil or Butter
- 1 Cup Sweetener
- 6 Eggs, Room Temperature
- ½ tsp. Vanilla Extract
- 1/8 tsp. Salt
- 1-1/2 Cup Flaked Coconut (non-sweetened)
- ¾ Cup Sugar-Free Chocolate Chips
- ¾ Cup Nuts (Optional)
- 1 Cup Sifted Coconut Flour

Preheat oven to 375 ° F. Grease cookie sheet.

Mix together butter (oil), sugar, eggs, vanilla and salt. Stir in coconut, chocolate chips and flour. Drop batter in spoon size mounds 1" apart on greased cookie sheet.

Bake for 14-15 minutes. Cool slightly and remove from cookie sheet.

Peanut Butter Cookies

Ingredients:

- 1 Cup Peanut Butter
- ½-1 Cup Sweetener (or to taste)
- 1 Egg

Preheat oven to 375 ° F.

Mix all ingredients with a mixer until smooth.

Scoop batter onto cookie sheet and bake for 8-10 minutes.

Almond Cookies

Ingredients:

- 1 Cup Almond Flour
- ½-1 Cup Sweetener (or to taste)
- 1 Egg

Preheat oven to 375 ° F.

Mix all ingredients with a mixer until smooth.

Scoop batter onto cookie sheet and bake for 8-10 minutes.

You can add sliced almonds to the cookie before cooking.

Cinnamon Coffee Mug Bread

Ingredients:

- ¼ Cup Almond Flour
- ½ tsp. Baking Powder
- 1 Packet Powdered Stevia
- 1 tsp. Cinnamon
- 1 Egg
- 1 tsp. Butter

Mix all dry ingredients in a bowl. Add the egg and butter and beat until smooth.

Pour batter into a coffee mug. Microwave for 1-2 minutes or until done.

Allow to cool slightly. Dump it out of the mug and then slice.

Pumpkin Pie

Ingredients:

- 1 Can Pumpkin (100% pumpkin, not pie mix)
- 2 Eggs
- 1 Can Evaporated Milk
- Sweetener of choice
- 1 tsp. Cinnamon
- ½ tsp. Sea Salt
- ½ tsp. Nutmeg
- ¼ tsp. Ginger
- ¼ tsp. Ground Cloves
- 1 Unbaked Pie Crust

Preheat oven to 425 ° F.

Combine all ingredients into a bowl and mix until well blended. Pour into crust.

Bake for 15 minutes. Reduce heat to 350 ° F and bake for an additional 45 minutes.

Cool completely before serving.

Variations

You can make the pie crustless by pouring into a greased pie dish and following the same cooking instructions.

Pie Crust

Ingredients:

- 2 Ounces Walnut Pieces
- 6 Ounces Pecan Pieces
- 2-4 Tbsp. Butter
- Stevia

Put all the ingredients into a food processor and pulse blend until a dough forms. Press the dough evenly into a pie plate.

Cheesecake

Ingredients:

- 16 Ounces Cream Cheese
- 12 Packages Truvia (or another preferred sweetener)
- 3 Tbsp Fresh Lemon Juice
- 1 ½ tsp. Vanilla Extract
- 3 Large Eggs
- ¼ tsp. Salt
- 3 Cups Sour Cream

Preheat oven to 350 ° F.

In a large mixing bowl, beat the cream cheese and sweetener until very smooth, about 3 minutes. Add the eggs, one at a time, beating well after each addition. Add the lemon juice, vanilla and salt. Beat in the sour cream until just blended.

Grease an 8 inch spring form pan with 2 ½ inch sides and line the bottom with greased parchment or wax paper. Wrap the outside of the pan with a double layer of heavy-duty foil to prevent seepage.

Pour the batter into the pan. Set the pan in a large roasting pan and surround with 1 inch of very hot water.

Bake for 45 minutes. Turn off the oven without opening the door and let the cake cool for 1 hour.

Remove and place on a cooling rack and cool to room temperature, about 1 hour. Cover with plastic wrap and refrigerate overnight.

"Bread" Pudding

Ingredients:

- 3 Tbsp Sugar-Free Maple Syrup
- 4 Tbsp macadamia Nut Butter (you can make by putting macadamia nuts in food processor and blending until a paste forms)
- 4 Eggs
- ¼ tsp. Xanthan Gum
- 2 tsp. Cinnamon
- Berries

Preheat oven to 315 °F.

Combine all ingredients, except berries, and mix thoroughly with a mixer.

Stir in berries. Pour into a 9x3" baking dish.

Bake for 30 minutes.

Remove from oven and cool.

Blueberry Crumb Cake

Ingredients:

3 Cups Almond Flour

1-1/2 Cups Sweetener (adjust according to taste)

3 Eggs

1 tsp. Baking Powder

½ tsp. Baking Soda

¼ Cup Butter (4 Tbsp), chilled and cut into small pieces

½ Cup Sour Cream

1-1/2 tsp. Cinnamon

2 tsp. Vanilla Extract

2 Tbsp Oil

6 Ounces Cream Cheese

¼ tsp. Sea Salt

1 Cup Fresh or Frozen (not thawed) Berry of choice

Preheat oven to 350 ° F and grease a 9x9" pan.

Streusel Topping:

Mix 1 cup of the almond flour, cinnamon, ½ cup sweetener, a pinch of salt and the butter. You can use a mixer with the whisk attachment, pastry blender, knives or forks. You want the mix to stay crumbly so don't over mix.

Cream Cheese Layer:

Mix cream cheese, 1 egg, and ¼ cup sweetener.

Cake Layer:

Mix 2 cups of the almond flour baking powder, baking soda, ½ tsp. cinnamon, salt and ¾ cup sweetener. Add the sour cream, oil, vanilla extract and 2 eggs and mix well. If you feel the consistency is too thick then you can add 1-2 Tbsp water. You should be able to spread it in the pan.

Spread the cake layer in the pan then the cream cheese layer and spread evenly. Next layer with the berries and then the streusel on top.

Bake for 30 minutes or until a toothpick inserted into the center comes out clean.

Cool and serve.

Variations

Substitute the 2 tsp. Vanilla Extract for 1 tsp. Vanilla Extract and 1 tsp. Almond Extract

Substitute the 2 tsp. Vanilla Extract for 1 tsp. Vanilla Extract and 1 tsp. Lemon Extract

Substitute the 2 tsp. Vanilla Extract for 1 tsp. Vanilla Extract and 1 tsp. Coconut Extract

Sugar-Free Chocolate Cake

Ingredients:

- 2 Tbsp Unsalted Butter
- 1 Tbsp Unsweetened Cocoa Powder
- 2 Tbsp Almond Flour
- ½ lb. Sugar-Free Chocolate Bar, Melted*
- ½ Cup Sour Cream
- 2 Egg Yolks
- 5 Egg Whites (at room temperature)
- 1 tsp. Vanilla Extract
- ¼ tsp. Sea Salt

Preheat oven to 350 ° F and coat a spring form pan with butter and dust with cocoa powder (do not tap out excess).

Combine melted chocolate and butter. Stir until smooth and mixed well. In a large bowl combine the chocolate mixture with the almond flour, sour cream, egg yolks and vanilla extract. Stir until well blended.

Beat egg whites and salt until stiff glossy peaks form. Add ¼ of egg whites to the chocolate mixture. Gently fold in the remaining whites until no white streaks remain.

Pour into prepared pan and smooth the top.

Bake for 20 minutes or until the cake has risen and is barely dry on the top. A toothpick comes out clean.

Place cake, still in the pan, on a rack and cool until warm. Cake will fall dramatically. Loosen edges of cake with a knife and remove the pan sides. Texture should be dense, moist and slightly fudgy.

*Chocolate can be melted on low microwave setting just until melted or over a double boiler.

Variation

Can top with the Sugar-Free Chocolate Mousse and toasted slivered almonds.

Sugar-Free Chocolate Mousse

Ingredients:

- 1 tsp. Unflavored Gelatin
- 1 Tbsp Cold Water
- 2 Tbsp Boiling Water
- 1 Cup Splenda (or sweetener of choice)
- ½ Cup Unsweetened Powdered Cocoa
- 1/8 tsp. Salt
- 1 Cup Heavy Whipping Cream
- 1 tsp. Vanilla Extract

Chill a medium mixing bowl in the refrigerator.

Place the cold water in a small bowl. Sprinkle with gelatin and let stand for 1 minute. Add boiling water and stir until gelatin is dissolved. Set aside.

In the chilled bowl, combine Splenda, cocoa powder, salt, whipping cream and vanilla until mixed. With an electric mixer mix on medium speed, beat mixture until it becomes stiff. Do not over-beat or you will end up with chocolate butter. Beat in the gelatin mixture just until combined.

Spoon chocolate mousse into decorative dessert dishes. Chill 1-2 hours before serving. Top with whipped cream lightly sweetened with Splenda.

YOGURT AND SALAD DRESSINGS:

Yogurt

Ingredients:

- 1 Gallon of Whole Milk
- 1 Small Container of Plain, Sugar-Free Yogurt

Pour the milk into a 5 quart pot and bring to scald or just before boil. Pour the milk into a large bowl with a lid and cover. Let cool to 110 ° F in the microwave or a warm dark place where it will not be disturbed (like the oven).

When the proper temperature of 110 ° F is achieved add the container of yogurt and slowly mix it into the milk until it is smooth.

Cover and let sit in the same spot undisturbed for 8-12 hours.

Strain through cheese cloth.

Store in a container with a lid and refrigerate.

Ranch Dressing

Ingredients:

- 1 Cup Mayonnaise (sugar-free)
- ½ Cup Sour Cream
- ½ tsp. Dill Weed
- ½ tsp. Dried chives
- ½ tsp. Dried Parsley
- ¼ tsp. Garlic Powder
- ¼ tsp. Onion Garlic
- 1/8 tsp. Salt
- 1/8 tsp. pepper

Mix all ingredients together and let sit for 5-10 minutes before serving.

Caesar Dressing

Ingredients:

- 2 Cloves Garlic Roughly Chopped
- 1 Raw Egg
- ½ tsp. Dijon Mustard (sugar-free)
- ½ Cup Vinegar
- 1 Cup Oil
- Juice of ½ Lemon (Approximately 1-1/2 Tbsp)
- White Pepper to Taste
- ½ Cup Grated Parmesan Cheese
- 3 Shakes of Tabasco
- ¼ tsp. Dry Mustard
- 3 Shakes of Worcestershire Sauce

Blend the garlic, egg, Dijon mustard and vinegar in a food processor until smooth. While the food processor is running, slowly add in the oil in a steady stream.

Add the lemon juice, white pepper, parmesan cheese, tobacco, dry mustard and the Worcestershire sauce and blend for about 10 seconds, or until well blended.

This will keep in the refrigerator for about a week.

Cream Cheese Crab Dip

Ingredients:

- 8 Ounce Package Cream Cheese
- Crab Meat
- Cocktail Sauce (sugar-free)

Mix all ingredients and use with Zucchini Chips, Cauliflower Chips or Veggies

✦ Look on the internet and you will be able to find a lot of P3 recipes or some that can be turned into a P3 recipe. There are also some good recipes posted from time to time in the group forums.

