



## **Sautéed Scallops Recipe for Advanced HCG Weight Loss Phase 2 Meals**

6 oz. Scallops  
1 to 2 cloves of Garlic (Minced)  
1 slice of onion  
1/2 t Cayenne pepper  
1 t Cumin  
1/4 t black pepper  
1/2 t Turmeric  
1/2 t Paprika  
Braggs to taste ( I use Braggs in place of Salt)  
1 Handful of Broccoli or Green Beans  
1 t. Coconut Oil

Heat 1 t. of coconut oil in pan. Sautee garlic and onion. When onion are clear add scallops and all seasonings. (You may add or subtract any of the seasonings as you wish)

Sere Scallops on all sides. There should be juices from the scallops, then add your broccoli or green beans and spray with Braggs. If you wish you may add more seasonings at this time. Mix all ingredients and cover for 3 to 5 minutes.