

Chicken Curry

Makes 1 serving (1 protein)

26 grams protein

2 grams fat

145 calories

Ingredients

- 100 grams chicken, cubed
- ¼ cup hcg approved chicken broth or water
- ¼ teaspoon curry powder to taste
- Pinch of turmeric
- Dash of garlic powder
- Dash of onion powder
- 1 tablespoon onion, minced
- Salt and pepper to taste
- Stevia to taste
- Cayenne to taste



Directions

1. Dissolve spices in chicken broth in a small saucepan.
2. Add chopped onion, garlic and chicken.
3. Add Stevia to taste for a more sweet curry.
4. Sauté chicken in liquid until fully cooked and liquid is reduced by half.
5. Additional water may be added to achieve desired consistency.
6. Serve hot or cold.



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