

THE ULTIMATE HCG DIET COOKBOOK

for

the *Revised* Simeons' HCG DIET

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with Special Recipe Contributions by

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GRISSINI Bread Sticks... *there IS a Difference!*



Before the HCG Diet re-surfaced in 2007, hardly ANYONE had heard of a Grissini, as far as we knew. But as soon as the Simeons' Diet appeared again, we found ourselves wandering down the aisles at the grocery stores looking for 'something'

called Grissini. Low and behold, there it was....sure enough....a cardboard box sitting on the top shelf with a picture on the outside of the box with a long "bread stick-looking picture" and, by Joe, it said: **Grissini**. It was almost beyond belief for those of us who have raised families and shopped in grocery stores for YEARS that we never ran across "Grissini". Upon further investigation though, Grissini were thought to have originated in Italy in the 14th Century, however local tradition gives credit to a baker located in Lanzo Torinese (Northern Italy) in 1679. Regardless how they were discovered, they have been around for a LONG time, offered in restaurants and are delicious! In case you are still wondering, the word "grissini" means "thin crisp breadsticks". Grissino is ONE and Grissini are MORE THAN ONE.

Recently, a family owned local bread company located just across the Bay from us in Tampa, Fl named Discovery Foods of America, contacted us to inquire about the HCG Diet. They found out we specialize in the HCG Diet and since they specialize in quality bread products, including Grissini, they wanted to know more about the HCG Diet and how their home-made Grissini might help HCG Dieters! After we explained the oil-free HCG Diet concept to them, one of their owners and 'Grissini EXPERT', Chef Franco, decided to check out Grissini in grocery stores and evaluate calorie and oil content. He felt they are higher in oil, fat and calories than the boxes claim and may be the answer to why we have seen many women who cannot lose as much weight otherwise if they eat the



starch on the on the HCG Diet. So, Chef Franco put on his creative hat and was determined to make a tasty, oil free Grissini for HCG dieters!

After several attempts and my entire staff tasting lots of Grissini for a couple of weeks from his kitchen, Chef Franco hit the mark and created a winner! His new and improved, oil-free Grissini are out of this world! Based on his other recipes, I asked

him if he could make them in varying flavors, which he has. His Grissini come in rosemary and sage, and whole wheat. Best of all, we are happy to report that the research we conducted in our HCG Diet Clinics has proven that Chef Franco's oil-free Grissini now give the HCG Dieter the ability to eat Grissini more often than before and not compromise any weight loss! In addition to the new found success with these oil-free Grissini and HCG Dieters, we also like that Discover Foods of America operates a FDA approved manufacturing facility with American ingredients made by Americans. Their products rate high on our list because of this, along with the fact their products are preservative-free and other additive-free products.

TIPS for adding Chef Franco's Oil-Free Grissini to your HCG Diet:

- Crush Grissini for a flavorful coating on zucchini, sliced onions or other select vegetables before baking in the oven
- Break up Grissini into small pieces and use as croutons in soup or on top salads
- Breadsticks in various flavors go well with fish
- Try wrapping breadsticks in slices of turkey breast and a thin slice of cucumber for a spectacular appetizer

For more information about Discovery Foods Grissini and / or to purchase, visit their website: www.discoverbreadsticks.com