

Mark Drugs Pharmacy

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Nam Sod (Thai)

(Normally served with peanuts but these must be omitted for the weight loss phase of the HCG Diet)

Please Note:

Mixing vegetables may stall some people on the HCG Diet Protocol but this recipe is for if you get tired or completely bored with your food choices and is almost too tasty to pass up. If you are concerned with the vegetable mixing prospect, eliminate the lettuce.

4 x 100gm (3.5 oz). ground boneless skinless chicken breast
1/2 oz. slivered ginger
6 oz. sliced red onions
2 oz. chopped green onion
4 oz. fish sauce
4 oz. lime juice
6 pc chopped fresh chili (only if you like it spicy)
8 cups of crispy lettuce leaves

- 1. Blanch the chicken and let cool.**
- 2. In a large mixing bowl, place the chicken, red onions, chili, ginger, fish and lime juice. Toss together well.**
- 3. Add the green onions.**
- 4. Place the lettuce greens on a serving plate and place the salad mixture on top. Garnish and serve.**

Makes 4 proteins & 4 vegetables

FISH SAUCE – Be careful to only purchase fish sauce that has NO SUGAR!!
(Acceptable example: Rufina Patis Brand from the Philippines)

If there's any one key ingredient that is critical to cooking Thai cuisine, it is fish sauce--for that reason alone, it's difficult to find vegetarian recipes that actually taste like Thai cuisine. Fish sauce provides the salty dimension in Thai cuisine, and it's high in protein as well as minerals and vitamins. It's made from small fish, salt-fermented for a long time, then the juice is extracted and boiled. Good fish sauce should be clear and brownish in color.
