

How HCG Works

When you eat more calories than you need, the body stores the extra calories as fat. With a healthy metabolism, this normal fat is available for extra energy when no food is being consumed. However, when you consistently eat more calories than the body can use, the metabolism gets out of whack and can't function normally.

Over time, extra calories become stored as abnormal fat, which is then overlooked by the part of the brain that controls our fat storage. Locked away and forgotten, this abnormal fat is then unobtainable to the body, no matter how much you diet and exercise to get rid of it.

After years of research and development, Dr. Simeons created the hCG diet protocol, using the hCG and a very low calorie diet (VLCD). HCG triggers the metabolism to attack the abnormal fat, causing the fat to be mobilized and burned up by the body rapidly, at the rate of 1-2 pounds per day, without exercise!

Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used.

1. Choice of 100 grams of meat: beef, turkey, chicken breast, fresh white fish, lobster, crab, or shrimp.
2. Choice of Vegetable: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.

Lunch:

3. One breadstick (grissino) or one Melba toast.
4. Choice of Fruit: apple, orange, or a handful of strawberries or one-half grapefruit.

Dinner : The same four choices as lunch (above.)

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing. Make sure there is no sugar in the seasonings you use.

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.

In fact, it is suggested that you drink about two liters of these fluids per day! Many patients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

The fruit or the breadstick may be eaten between meals instead of with lunch or dinner. You may substitute one whole egg + three egg yolks for one meat portion. Or you may substitute 100 grams of fat-free cottage cheese. This should only be done occasionally!

After the initial 26 days the maintenance period begins, all foods are allowed except sugar and starch – this includes sweet fruits. This will be maintained for the continuing three weeks.

After the three weeks, starches are introduced into the diet in very small quantities and weight is monitored to ensure weight maintenance. Please see our maintenance diet guide for tips on maintaining the weight loss.

Sample Diet for One Week

	Breakfast	Lunch	Afternoon Snack	Dinner	Dessert
Day 1	Coffee or tea	Beef Chili, Grissini/Melba	Orange Slices	'Fried' Fish & Lemon Asparagus	Applesauce
Day 2	Strawberries	Chicken Soup	Grissini/Melba	Roast Beef with Onions, Grissini/Melba	Orange Julius
Day 3	Coffee or tea	Taco Salad	Apple	Italian Chicken Grissini/Melba	Strawberry-Lemon Sorbet
Day 4	½ Grapefruit sweetened with Stevia packet	Meatballs & Marinara		Shrimp Tacos, Grissini/Melba	Sliced Apple w/ Cinnamon/Stevia
Day 5	Coffee or tea	Buffalo Chicken Salad, Grissini/Melba	Strawberries	Grilled Tilapia w/ Onion Rings	Jamaican Grapefruit
Day 6	Eggs Florentine	French Onion Soup Grissini/Melba	Applesauce	Crispy Chicken w/ Cucumber Salad	Strawberries N' Cream
Day 7	½ Grapefruit sweetened with Stevia packet	Turkey Burger & Tomato Soup		Spiced-Rub Steak w/ Grilled Onions, Grissini/Melba	Mock Apple Cobbler