

# The HCG diet weight loss program

## Phase 1

Days 1 - 2

- Take the HCG according to the bottle. Be sure to hold the HCG under the tongue for at least 30 seconds, then swallow. Do not eat or drink anything for at least 30 minutes, after taking HCG
- Drink ½ - 1 gallon of water per day
- Gorge yourself, eat as much as your stomach can handle. Fatty, Sugary, starchy, yummy foods. Be in a constant state of "STUFFED" for two days. Have midnight snacks if you can. This is important.

## Phase 2

Day 3 and onward

- Every morning, after you urinate and have a bowel movement, weigh yourself without clothes on. Keep a daily record of your weight.
- Keep taking your HCG as the bottle directs.
- Continue to drink ½ - 1 gallon of water every day. (Water, herbal tea only)
- Be sure to take before and after pictures, you'll be impressed.
- Follow the eating schedule that follows.

Breakfast

Drink as much of this as you want to. Water, herbal tea. No other tea's, coffee's, alcohol, or juices.

Lunch and Dinner

Eat one serving of the following meats: 4 ounces of lean beef or veal, buffalo, skinless chicken breast, deli sliced Turkey, Chilean sea bass, Flounder, Sole, Halibut, Lobster or Shrimp (Try to get low sodium meats). No other meats. It should be grilled to remove as much of the fat as possible. Season your meat with a half of a lemon, white or black pepper, sea salt, garlic, basil, parsley, thyme, marjoram, or any other herb.

One salad made of any or all of the following: Spinach, chard, beet greens, lettuce of any kind, tomato's, celery, fennel, any onion, red radishes, cucumbers, asparagus and cabbage. No other vegetables(don't ask why). The salad should be as large as your hand stretched out, fingers apart, with you hand in cupping shape, as though you were holding a bowl. These vegetables can be raw, steamed, grilled without oil or gently boiled. Use only apple cider vinegar, pepper, a half a lemon or mustard for dressing.

Drink as much tea or water as you want.

Absolutely no oils, butter, dressings of any kind.

You can have 2 helpings of any of the following fruits per day: medium apple, grapefruit or a handful of strawberries. You can eat these anytime throughout the day before or between meals as a snack.

## Phase 3

### Diet duration

You should be on the program a minimum of 21 days in order to reset the hypothalamus gland and no longer than 42 days. Take 4 weeks off from HCG, eating a normal amount of calories except for refined sugars and starches. When you are finished with this step you can restart the HCG for another 3-6 weeks, if needed.

### Ending the diet

- When you finish the HCG, stay on the 500 calorie diet for another 2 days as you will still have HCG in your system working for you.
- After those 2 days, you can go back to eating normal calories with the exception of eating refined sugars or starches for 4 weeks.
- Be aware. This is critical because this is when your body resets your metabolism and hypothalamus for your new body weight. You are supposed to stay within 2 pounds either up or down of your last diet day. If you go above the 2 pounds you are supposed to do what is called a steak day. Eat nothing but a steak as big as you want for dinner. The rest of the day you only drink water. The following day you should be back down under the 2 pound mark. If you go more than 2 pounds under weight, eat a fourth meal that day. (still, no sugars and starches)

### Do's and Don'ts

- Exercise isn't necessary for the diet to work, but going for a 30 minute daily walk can help a little.
- No excessive exercising, you will get very hungry and fatigued.
- No over the counter meds, unless absolutely necessary.
- Do not skip a meal
- If it's not on this diet sheet, don't eat, drink or chew it.
- No sugars or starches of any kind.
- No over the counter or prescription Medications, (consult your physician or specialist before abstaining from any prescription medications.)
- Do take medications only if needed. ie, Insulin, sugar, Blood pressure med's, heart med's, Tylenol, etc.

### Hunger pangs

- Mild hunger pangs will vary from time to time from person to person and will usually last only for the first couple days of diet. Most will have no problem at all.
- The HCG promotes the mobilization of fat into body fuel which keeps your blood sugar stable throughout the day.
- If you find yourself getting hungry at the same time every day, eat one of your fruits about 30 minutes before the time you find yourself getting hungry each day. This should get rid of your hunger pangs.

### You aren't losing weight or you are constipated

- Do your HCG as usual throughout the day, drink 1 gallon of water throughout the day and then eat 6 apples throughout the day. No other foods or drinks.

- Remember only weigh yourself under the same circumstances as during your diet, so if you are 2 lbs. heavier at 5 in the afternoon, that's ok. It your morning weight, after you use the restroom, with no clothes on that matters.

#### Digital scale

- Get a digital scale. You will need to weight yourself every day. When weighing yourself, do it at the same time every day, also it should be under the same circumstances each day, ei, naked, after using bathroom, around 8:00am.

#### Makeup and lotions

- It is recommendable not to use lotions and makeup which has oil in it, while you are on the HCG diet. If you can find makeup and lotions that are not oil based use that. If you don't want to go through the hassle, then don't. Makeup and lotion will not make or break your diet, it just helps.

#### Menstruation

- Ladies, when you are menstruating, DO NOT STAY ON THE LOW CALORIE DIET. Continue to take the HCG so you don't need to reload after your period, but eat healthy / normal. If you eat 500 calories a day you will feel like death is coming for you. When you period starts, stop counting days, then when your period ends start up counting as usual.

#### Doses

- It's important to note that everyone body has different tolerances to everything. On average 3 doses a day is usually sufficient to start but some find that after 2-3 weeks they start getting hungry a little. At this time you may need to add a dose more each day. Some people need up to 6 doses a day. Some continue with 3 doses each day for 40 days straight. Remember listen to your body, it will tell you what you need. If you plan on going longer than 40 days, buy more HCG you will need to increase your doses to 8-10 times per day just to keep up with it.

#### Working out on HCG

- It is not usually recommended to work out on the HCG diet. However, if you must, you will want to start on a higher dosage each day, maybe 4-5 doses a day, then increase as needed. Also you will want to eat more like 1000-1200 calories each day while still holding to the foods in the diet. The extra calories will give you something to burn each day, but adhering to the food allowed is still important for resetting your metabolism. Warning do not try 500 calories a day while working out, refer to the menstruation paragraph; topic... DEATH COMING.

**If you need further assistance, contact your distributor with questions or concerns.**