

HCG DIET

*(3) Oral Doses of 10 drops of HCG are taken daily

* If you experience hunger, you may do 6 Oral Doses of 5 drops of HCG taken daily

*During the 1st 2 days of taking HCG you need to eat to fill yourself full of food including fats and sugars.

*On the 3rd day, the 500 calorie **diet** begins and is to be continued until 72 hours after the last oral treatment.

*After the course is completed. The following 21 days, all foods allowed except starch and sugar in any form (careful with very sweet fruit and starchy vegetables).

*After 3 weeks, very gradually add starch in small quantities, always controlled by morning weighing.

*If you are doing the diet for 40 - 60 days take one day off per week of the drops but continue on the low calorie diet (VLCD)

*Menstrual Cycle: Quit drops for the first two days of cycle then resume the third day. Continue with the diet

The HCG drops are to be taken orally under your tongue. It is NOT to be injected. Let me repeat: Do NOT ever inject this HCG into your body.

The HCG is taken three times a day. Using the dropper fill the dropper and drop 10 drips under your tongue. It is ideal to watch yourself in a mirror to make sure you are getting the correct dose and not too much or too little.

Put it under your tongue and leave it there for 1 minute and then swallow the residue. Taking 3 oral doses 10 drops each day is the same amount as if you were taking the daily 1 injection of 125 I.U.'s.

Again, if you find yourself hungry, you may do (6) Oral Doses of 5 drops of HCG taken daily

Recommended Daily Eating Schedule Phase 1:

HCG Load Days 1 and 2. Phase 1 is the first two days in the diet plan. On the first day of the loading phase, the dieter is allowed to take huge calories. This is done with a view that the user may not feel any weakness or break down during the later periods. The dieter is provided high calorie foods.

Along with the load day, it is advised to drink plenty of water so that the food gets digested very quickly.

Loading Phase: The initial 2 days of the HCG weight loss is called Loading Phase. In this stage, dieters have to eat high calorie food. Dieters have to Load as much food as he or she can, as this abnormal fat reserves will prepare the body to combat in the low calorie diet days.

1. The diet calls for 10 drops 3 times a day. However studies have shown that 5 drops 6 times a day is more effective for those that are more hungry.
2. You can gorge on fried chicken, pork, pizza, burger, butter cookies, beef pies, chocolate, rice and macaroni.
3. Force feeding is very crucial in this stage as it encourages the hypothalamus to burn more fat, even after the ending of loading days.

Daily Overview Schedule For Phase 2:

1. Weigh Yourself: Wake up, urinate, weigh yourself and track it on your tracking sheet. This is EXTREMELY important to your success! Weigh and track everyday!
2. Take 1st Oral Dose of HCG: First thing in the morning—take 10 Drops of HCG under your tongue and leave it there for 1 minute and then swallow the residue. DO NOT drink or eat anything 20 minutes before you take the HCG or 20 minutes after taking the HCG.
3. Breakfast: Herb tea, black tea, and coffee are allowed but NO sweeteners except stevia. See details below under “Your Food Choices”.
4. Eat 1 Serving of Fruit: Eat fruit around 10 am. See list below of choices. (If you don’t want to eat a snack, the fruit may be eaten with the Lunch and/or Dinner. If you prefer the fruit serving with your lunch and dinner then you do not eat this fruit serving at 10 am or 1 fruit in the afternoon. ONLY 2 fruit servings are to be eaten in a day.)
5. Eat Lunch: Around 12:00 pm. See lunch selections below. (1 of each: protein, veggie, starch) Fruit may be added to lunch and dinner but you must take out the snacks.. Only 2 fruit servings in 1 day.
6. Take 2nd Oral Dose of HCG: 20 min after lunch take 10 Drops of HCG under your tongue and leave it there for 1 minute and then swallow the residue. DO NOT drink or eat anything 20 minutes before you take the HCG or 20 minutes after taking the HCG.
7. Eat 1 Serving of Fruit: Eat the other fruit in the afternoon. Suggested between 2-3 pm (See #3—same applies here)
8. Eat Dinner: Between 5-7 pm. See selection below. (1 of each: protein, veggie, starch) Same rule about fruit also applies to dinner. See #4.
9. Take 3rd Oral Dose of HCG: Same dosage and instructions as the 1st dosage. Suggested time is around 8 pm but you can also take it later if needed. Just remember to not eat or drink 20 minutes before or after.

Your Food Choice’s

Breakfast: Herb tea in any quantity without sugar. Black tea and coffee are also permitted. You may sweeten these teas with Stevia, a natural sweetener which is available through health food stores.

Do not use aspartame, Nutrisweet, acesulfame, sucralose, splenda, or any other chemicalized sugars. Diabetics may eat a 1 protein item each morning to control blood sugar.

Lunch and Dinner: Any meat is 1 item: 3 ½ ounces, (or 100 grams) of beef, veal, chicken breast, fresh white fish, lobster, crab or shrimp.

Salmon, eel, tuna, herring, dried or pickled fish are not allowed. Make sure that the meat is very lean with no fat.

All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling or boiling with no additional fat or oils. A George Foreman Grill works great. White albacore tuna packed in water may be used.

Fruits and Vegetables: Fruits and vegetables from the following lists can be used. No more than two vegetables and no more than one fruit with a meal.

Fruit = 1 item

- One apple (not two small apples)
- One orange
- Handful of strawberries
- ½ grapefruit

Vegetables x2= 1 item

- Broccoli
- Celery, fennel
- Cabbage
- Cucumbers
- Onions/garlic
- Lettuce
- Spinach
- Asparagus
- ½ cup eggplant
- ½ cup radishes
- ½ cup zucchini
- ½ cup mushrooms
- Cauliflower
- Tomatoes

Starches = 1 item: The following crackers are allowed: 1 melba toast, 1 or 4 Grissini Bread Sticks

Substitutions: $\frac{3}{4}$ cup non-fat yogurt sweetened with stevia may be eaten in place of one of the fruit or vegetables once per day. You may use 3 eggs (1 whole plus 2 whites) or $\frac{1}{2}$ cup fat free cottage cheese occasionally as your protein.

Seasonings: With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings. No oil, butter or dressings of any kind can be used.

The 8 items allowed per day may eaten in 2 meals (1 of each: protein, veggie, fruit, starch) or spread out through the day.

But 2 of the same items (i.e., 2 fruits or 2 proteins) may not be eaten together at the same time.

****Remember only 8 items may be eaten each day**

Phase 3 Overview:

Phase 3 is the stabilization part of the HCG diet. You are to concentrate on adding back in all foods except sugars and starches. To get the calories up try to add back in some healthy fats first. You can definitely use butter and oils for cooking.

Here are a few tips:

1. Eat more of what you are used to eating in the early goings (you probably want to aim for 1100 calories for the first few days, then up to around 1500-1800)
2. Try to add in only one or two "new" foods each day.
3. If you can wait a week before adding dairy, that would be ideal.
4. If you see a gain of more than 2 pounds from what you weighed on the last day you took drops then you need to do a steak day (wait until 6 pm to eat, then have a steak and an apple) to get back within the 2 pound range. A gain of 2 pounds may mean that you are sensitive or intolerant of that particular food.

This is a stabilization phase and so the 2 pound limit is really important. You must weigh every day and if you see a change in the morning, you must do a steak day to bring the weight back down. Stabilization may take 2-3 weeks to achieve - this would be where you can eat freely the day before and not worry about a weight gain the next morning. This will vary with each individual.

Phase 4 Overview:

Phase 4 is the where we add back in carbohydrates. This can be tricky as a great deal of people are sensitive to wheat, corn, gluten, etc. If you are sensitive to these foods, you will notice an increase in weight. It is imperative to be weighing daily at this time so that a gain will not go unnoticed. Add carbs in one at a time, if you have a gain do a steak day to bring it back to within your 2 pound limit.

Go at a base that you and your body are comfortable with. We can learn a lot about what our body can and can not handle in this phase and learn to eliminate foods that cause weight gains from our diet.

That is the protocol at a glance. From Phase 4, you can go back and do another round starting at Phase 1 (loading) and moving into Phase 2.

THE DIET

You will need: Digital Bathroom Scale, Digital Postal Scale that weights in grams

Foods:

100 grams of lean protein weighed raw. Remove all visible fat. Two servings per day (lunch and dinner)

Chicken Breast; Beef; Veal; fresh white fish; lobster; crab; shrimp

One kind of vegetable per meal-no mixing of vegetables.

Spinach; Chicory; Chard; Beet-greens; Green Salad; Celery; Tomatoes; Red Radishes; Onions; Cucumbers; Asparagus; Cabbage

2 Servings of fruit per day at different meals

1 apple; 1 orange; ½ grapefruit; Handful of strawberries.

Other:

Tea; Coffee; Mineral Water; juice of 1 lemon daily; Spices; Fresh and dried herbs/seasonings; Stevia; Two Melba toast or grissini breadsticks (not at same meal); 1TBSP milk in 24hr period; Bragg's apple cider vinegar and Bragg's amino acids for seasoning and salad dressing: sea salt & pepper

Do's and Don'ts

Don't start the program unless you have at least 10 days before your period starts. Do keep eating the 500 calorie diet while on your period. Don't exercise unless you were already in an established exercise routine prior to starting the diet. Avoid artificial sweeteners-use only stevia as a sweetener.

Maintenance:

Avoid: all grains, breads, rice, beans, legumes, lentils, corn, potatoes, peas, carrots, jicama and all sugar!

- First 3 weeks - Add: dairy, eggs, most vegetables (non-starch), fats, nuts, low sugar salad dressings, low sugar fruits.
- Last 3 weeks - Add: sugars, starches and carbs SLOWLY!

Continue drinking plenty of water and herbal tea. Your weight can fluctuate during this time and this is normal as the body is adjusting-remember to weigh yourself everyday. If you go 2 lbs over the maintenance weight, skip breakfast and lunch (the same day) and eat a steak and apple or raw tomato for dinner. In order for the hypothalamus to properly reset to the new weight, you must maintain your weight during this phase

HCG FOOD GUIDE

Breakfast: Water, tea, coffee in any amount without sugar. Only one tablespoon full of milk allowed in 24 hours. Stevia may be used.

Lunch:

1. 3.5oz (100 grams) of veal, beef, chicken breast, fresh white fish, lobster, crab or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighted raw. It must be boiled or grilled without any additional fat. *Salmon, eel, tuna, herring, dried or pickled fish are not allowed.*
2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, lettuce (not iceberg), tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
3. One Breadstick (grissino) or one Melba toast.
4. An apple, orange, one half a grapefruit or a handful of strawberries.

Dinner:

The same four choices as lunch.

The juice of one lemon is allowed for all purposes. Sea salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc, may be used for seasoning, but no oil, butter or dressing.

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

In fact, you should drink about 2 quarts 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 breadstick may be eaten between meals instead of with lunch or dinner, but not more than the four times listed for lunch and dinner may be eaten at one meal.

Two small apples, weighing as much as one large apple, there are no restriction on the size of one apple.

Chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick.

SLIMMING HCG DIET RECIPIES

Drinks:

Strawberry Lemonade

- 1 quart water
- 1 Lemon (juice only)
- 1 Sliced Strawberry
- 2 packets calorie free natural sweetener (Stevia)
- Ice Cubes

Place 1 quart of water in a pitcher. Add juice of 1 Lemon. Stir 2 packets of sweetener. Add ice as desired. Garnish with sliced strawberries, or crush the strawberry and mix it into add flavor and color. Sip with a straw and enjoy!

Sweet N Sour Lemonade

- 1 quart water
- 1 Lemon (juice only)
- 2 packets calorie free natural sweetener (Stevia)
- Ice Cubes

Place 1 quart of water in a pitcher. Add juice of 1 lemon. Stir in 2 packets of sweetener. Add ice as desired. Garnish with sliced lemons and serve in a tall glass.

Sweet n Spicy Herbal Chai

- 8-12oz hot water
- 1 Spiced Chai tea bag
- 1 Packet calorie free natural sweetener (Stevia)
- 1 tbs milk

Place hot water in cup, steep tea for 5 min. Discard tea bag. Stir in 1 packet or a couple drops of sweetener. Add milk and stir. Can also pour over ice cubes in a tall glass.

Flavored Coffee

- 8-12oz hot water
- 1 Heaping tsp of instant coffee
- 1 flavored tea bag
- 1 packet or a couple drops Stevia
- 1 tbs milk

Place hot water in cup, steep tea bag for 3 min. Discard tea bag. Stir in coffee, add sweetener and milk. Savor the flavors and enjoy.

Salad Dressing

Sweet n sour Vinaigrette Salad Dressing

- 1-3 tbs of raw apple cider vinegar (available in health food stores)
- Salt, Pepper
- ½ packet or a couple drops stevia

Mix ingredients in a small bowl then drizzle over salad, spinach, vegetables, stir fry ect.

Balsamic Dressing:

- 2 tablespoons Balsamic vinegar
- 1 tablespoon water
- ½ teaspoon Plochman's stone ground mustard
- 2-3 drops flavored Stevia

Mix all ingredients in a small bowl. Drizzle over salad, spinach, vegetables, stir fry ect.

ENTREES

Orange Spiced Chicken w/Asparagus

- ¼ cup spiced chai tea (see recipe above)
- 3 ½ oz chicken (skin removed, no visible fat)
- Asparagus (cooked)
- 1 orange peeled and cut into small pieces

Pour spiced chai tea into pan, add chicken pieces, and simmer on medium heat until chicken is well cooked. (This works well with frozen chicken tenders, just put frozen meat in pan with tea and simmer until done).

Place asparagus, oranges and chicken and juice from pan in a bowl. Toss with salt, pepper, herbs and spices. This works well with beef or fish too.

Spinach with Veal and Crunchy

- ¼ cup spiced chai tea (see recipe above)
- 3 ½ oz veal or beef (can be cubed into bite sized pieces)
- 3 ½ oz spinach leaves
- 1 apple cut into small pieces

Pour spiced chai tea into pan with salt, pepper and herbs as desired. Add veal and apples to pan and simmer on medium heat until veal is well cooked and apples are tender. Cut veal into bite sized pieces. Place spinach in a deep bowl. Add veal and apple to spinach and mix with any juices from the pan (adding more tea makes more juice which serves as your salad dressing). Toss with salt, pepper, herbs and spices.

Works well with chicken or fish too.

Grilled Onions, Chicken and Grapefruit stir fry

- 3 ½ oz chicken (skin removed, no visible fat)
- Red, yellow or white onion
- ½ grapefruit peeled and cut into small pieces

Put salt, Pepper, herbs and spices in the bottom of a skillet. Add onions and 3 tbs of water or herb tea. Stir fry until tender and transparent. Remove from pan and set aside. Add chicken pieces, salt and pepper to pan and water if needed for steaming the chicken, simmer on medium heat until chicken is well cooked. (This works well with frozen chicken tenders, just put frozen meat in pan with smaller amount of water or tea and simmer until done.) Place onions, grapefruit & chicken w/ juice from pan. Toss with salt, pepper, herbs and spices.

Lively Citrus Basil Chicken

3 1/oz chicken
Tomatoes chopped
1 orange, peeled and cut into small pieces
Juice of 1/2 lemon
Basil fresh chopped or dried as desired

Put salt, pepper, herbs and spices in the bottom of a skillet. Add chicken. Drizzle with lemon juice and a bit of water if more moisture is needed. Cook 2-3 min. Add chopped tomatoes, chopped orange and basil. Simmer on low, allowing the juices to marinate the chicken. Turn chicken to cook both sides evenly. When chicken is fully cooked, pour chicken and sauces into bowl or serve on lettuce leaf. Enjoy the lively colors and citrus flavors. Salt and pepper as needed.

Italian Herbed Fish with vegetables

3 1/oz White fish
Chard chopped
1 Tomato peeled and cut into small pieces (serves as fruit)
Basil, thyme, oregano. Fresh or dried.
1/2 lemon

Put salt, pepper, herbs and spices in the bottom of skillet. Add fish, drizzle with lemon. Add chard and few tbs of water and simmer until fish is thoroughly cooked. The tomatoes simmer with the herbs and make a tomato marinara flavored sauce. Pour juices over fish and garnish with lemon wedge

Strawberry Chicken Salad

Romaine lettuce or organic baby spinach leaves
3 1/2 oz chicken
6 strawberries, sliced
Vinaigrette Dressing

Grill, bake or steam fry chicken. Slide into bite sized pieces. Put lettuce in bowl with sliced strawberries, put chicken in and toss. Drizzle with vinaigrette, salt, pepper and herbs as desired. Toss until lettuce is coated. Use as much dressing as you like.

Tangy Citrus Beef w/apples and onions

3 1/2 oz Veal or Beef
Juice of 1/2 lemon
1 apple chopped
Sliced onion (about 1/2)

Season pan with salt, pepper and spices. Add onion and few tbs of water, simmer for a few minutes. Add meat and drizzle with lemon Juice. Simmer until the meat is done. Serve with juice poured over the meat

Sweet Basil Marinated Spinach Chicken Salad

Organic baby spinach leaves
3 1/2 oz cooked chicken in pieces
1/2 grapefruit diced into bite sized pieces

2tbs chopped basil
Vinaigrette salad dressing (see recipe)

Put desired quantity of vinaigrette salad dressing in bottom of large bowl, add chopped basil and stir. To enhance flavors add some vanilla or raspberry Stevia drop. Add chicken, grapefruit and spinach. Toss and serve.

Tilapia with coleslaw

3 ½ Tilapia fish
Juice of ½ lemon
Salt, Pepper and dill
1 hand full shredded cabbage
½ grapefruit sliced in bite sized pieces
Vinegar and seasons

Put fish in medium frying pan, drizzle with lemon Juice and slice some of the rind and put it around the fish. Season with salt, pepper and dill
Cook on medium heat until done. Serve with shredded cabbage seasoned with vinegar, spices and grapefruit pieces.

Foil Baked Fish

3 ½ oz fish
Juice of ½ lemon
Salt, Pepper, and dill

Put fish in a piece of foil, large enough to wrap around fish and seal. Drizzle with lemon juice and slice some of the rind and put it around the fish. Season with salt, pepper and dill. Bake in oven at 350 until done. Serve with fruit and salad. (Bake 2-4 pieces of fish at a time and put in individual portions in baggies. This way the fish is ready to go)

Lobster with onions and tomatoes

3 ½ oz lobster pieces
Juice of ½ lemon
Salt, pepper and drill
Onion slices (can use onion powder) or
½ Tomato cut in pieces (serves as fruit)

Put onion and 2 Tbs water in medium frying pan, cook until onion is transparent. Add fish and drizzle with lemon juice, season with salt, pepper and seasons. Cook on medium heat until done. Add tomato and cook an additional 2 minutes. Season with mustard to taste and serve.

Southwestern salsa Chicken

Simmer 3 ½ oz of chicken in chopped tomatoes (1/2 tomato) Season with onion powder, garlic, salt, pepper and cayenne. Add a dash of sweetener and simmer until chicken is fully cooked. Serve over spinach or lettuce. (Can add chopped orange to this recipe for a great citrus twist).

Beef & Asparagus Soup

Put 1 C of beef broth in bowl, add additional water as desired. Add cooked beef pieces (veal is the leanest), and chopped asparagus. Season to taste. Simmer until asparagus is tender

Spicy Cabbage Chicken Soup

Put 1 C of chicken broth in bowl, add additional water as desired. Add 3 ½ oz cooked chicken pieces, and a handful of chopped cabbage. Season to taste. Simmer until cabbage is tender. Lemon or vinegar with sweetener makes a good sweet and sour broth. Add 1tbs of milk if desired.

Orange Spice Meat Marinade

Squeeze the juice of 1 orange into a bowl.

Add salt, pepper and 1-2 tbs of apple cider vinegar. Add fresh basil and herbs, salt and pepper. Pour over raw fish, beef or chicken. Marinate for 30min or more. Cook meat over a grill, or bake or sauté in pan. Pour the juice over salad or spinach...this makes a delicious salad dressing. This counts as your fruit for the meal.