

# HCG Diet - 500 Calories over 21 days

The HCG diet will be ineffective unless followed precisely as directed.

## Step 1: - LOADING – 2 DAYS

For the first 2 days, use the Nasal spray AND eat ANYTHING and EVERYTHING you like! Try and choose high fat and good nutrient foods including carbohydrates. A crucial part of this diet is this initial 2 days. If you do not LOAD, you will feel hungry and have difficulties with the rest of the diet. Get all of the BAD foods that you usually enjoy out of your system. You most probably will gain weight BUT you will lose it all in the first 2 days. This phase ensures that the blood stream has plenty of fats to enable appropriate fat burn and no hunger.

## Step 2: Fat Burning – 21 days or 40 days (as prescribed)

Consume only 500 calories per day and use the Nasal Spray. DO NOT INCLUDE ANYTHING THAT IS NOT LISTED. You may only eat 2 meals per day – Breakfast/Dinner, Lunch/Dinner etc. Example Diet

Breakfast:	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used.
Lunch:	<ol style="list-style-type: none"> <li>1. 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 weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.</li> <li>2. As much of the following: spinach, chard, chicory, beet-greens, green salad, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. (tomatoes allowed up to 1 cup/meal)</li> <li>3. One breadstick (grissino) or one Melba toast or 4 Small rice crackers</li> <li>4. An apple, orange, or a handful of strawberries or one-half grapefruit.</li> </ol>
Dinner :	The same four choices as lunch (above.)

NO OILS OR BUTTER TO BE USED AT ALL. Fish Oils should also be ceased during this phase only. All cosmetics to be oil free.

NO MORE than 20 minutes of walking/exercise is permitted per day during this phase.

At the end of your 21 days – Stop using the Nasal Spray and continue the 500 Calories Diet for 2

more days.

### **Step 3: Maintenance - same time period that Nasal spray is used – 21 or 40 days**

Our diet is a guide only and is not exclusive to any company. If your diet clinic has an alternative diet, please follow their guide and ensure you use their support to enable the most effective weight loss.

#### What to Avoid while taking HCG?

Oil's at All Cost!

Shampoo's, Lotions, Toothpaste, Makeup, Deodorant, and other Bathroom Items. Avoid Oil – Mineral Oil is acceptable in moderation.

Ladies – Only use Mineral based cosmetics. No Liquid Makeup (contains Oil)

Massage – Avoid Massages while on the diet. Oil & Lotion are heavy used.

Sunbathing – Avoid getting Sunburn. Sun is great to produce Natural Vitamin D however a Sunburned body produces water retention.

Exercise – Moderate Exercise (based on your previous exercise levels) If you aren't losing as you would like stop exercising while on the diet.

#### **Plateau Breakers (If you stop losing weight)**

- Increase water intake to 6-8 glasses per day.
- Try increasing your protein by .5 ounces.
- Eat 6 apples only for 1 day.
- Cut beef down or out.
- Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient.
- Any seasoning salt or seasoning product must be carefully checked.
- Stop mixing vegetables.
- Don't eat breadsticks.

Make sure there are no additives in chicken or other protein sources – many times these are injected with some form of sugar even in the grocery store.

#### **Have you reached your Ideal weight?**

Are you in the suggested weight range for your height and build? Are you also hungry and not feeling as good, etc? It may be time to stop losing. See the manuscript for details on reaching your goal during a cycle of shots. Basically, you increase food intake to level off losing until the

minimum number of shots is reached, then follow the protocol through the 6 week stabilizing phase.

### **For women, your cycle may be coming in to play**

Have you changed or started one or more medications? The change may just cause a few days delay as your body adjusts, but you may want to consult with your physician to possibly change again or go back to the previous medication if the plateau continues and all plateau breaking methods fail.

Since the protocol says you are not required to eat all the food each day, you may consider dropping one or both of the 'breads' and/or one of your fruits, etc.

Consider adding a brisk walk, some yoga, or any type of 15 minute activities to your day a few times a week--anything that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is barely mentioned in the protocol. Our interpretation is that exercise is good for everyone; however, it is simply not required to successfully lose weight on this protocol. That being said, we have observed participants who have a physically active job, such as a waitress, where the participant seemed to maintain a slightly higher daily average weight loss than those who did absolutely no physical activity.

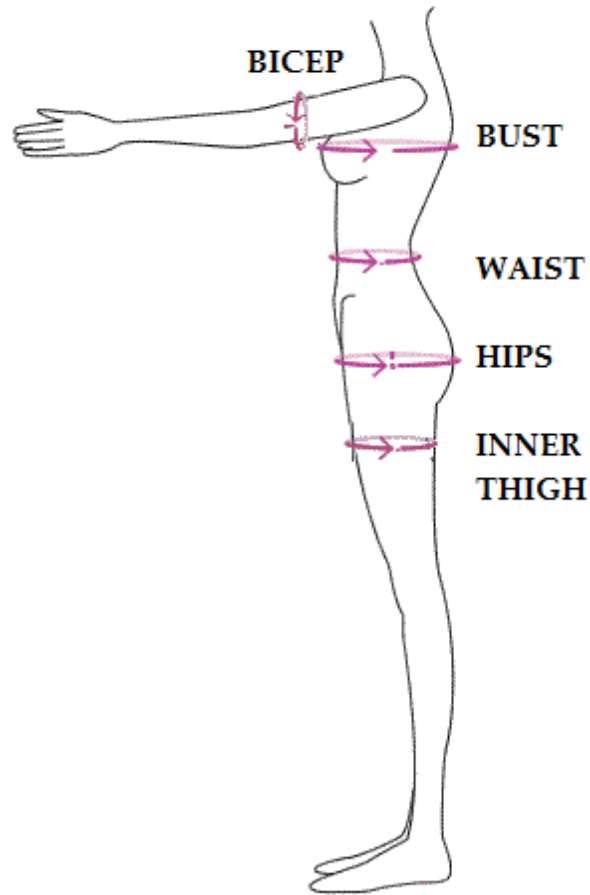
Make sure you are getting enough sleep and weigh yourself at the same time each day

Try including 2 Tbsp of apple cider vinegar (ACV) to your daily regiment. Some resources recommend that you take the ACV diluted with water or juice, but not to spread out throughout the entire day as this has been shown to have negative effects on teeth enamel.

MEASUREMENT CHARTS TO COMPLETE



## Body Measurements



STARTING MEASUREMENTS	TWO WEEKS	FOUR WEEKS	SIX WEEKS	MISC.
BUST (CM)=				
WAIST (CM)=				
HIP (CM)=				
INNER THIGH (CM)=				
BICEP (CM)=				



### Tracking Charts

23 Day	DAY	DATE	WEIGHT	NOTES
#1 – LOAD	1			
#2 - LOAD	2			
#3	3			
#4	4			
#5	5			
#6	6			
#7	7			
#8	8			
#9	9			
#10	10			
#11	11			
#12	12			
#13	13			
#14	14			
#15	15			
#16	16			
#17	17			
#18	18			
#19	19			
#20	20			
#21	21			
#22	22			
#23	23			



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#24 – No HCG	24			
#25 – No HCG	25			



## Phase 3

### Maintenance Phase - 3 weeks

After HCG is completed you may now eat anything you please. EXCEPT sugar and starch provided you are faithful to following one rule. This rule is that you must weigh yourself every morning.

It takes about 3 weeks before the weight becomes stable. Its during these 3 weeks that you must realize carbohydrates (sugars, rice, bread, potatoes, pastries, etc.) are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but AS SOON AS FATS AND STARCH ARE COMBINED THINGS ARE VERY LIABLE TO GET OUT OF HAND. This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

We recommend 800-1200 calorie (Female) and 1200-1500 (Male) intake during this phase, depending on your lifestyle. Choosing items from page 11 is your best bet.

You may also begin to reintroduce exercise during this phase!

As long as your weight stays within 1 kilogram of the weight reached on the last day of the spray, don't worry about what you are eating but the moment the scale goes beyond 1 kilogram, even if this is only a few hundred grams, you must skip breakfast and lunch and drink plenty of water. In the evening you must eat a huge steak with only 1 apple or a raw tomato. ONLY DURING THE 3 WEEKS OF PHASE 3.

This stage is very important and ensures you maintain the weight loss. Start this 2 days after stopping the Nasal Spray. Do not try to lose any additional weight during this phase.

Increase your calories to between 1200-1500 calories per day

Weigh yourself daily, in the morning after emptying your bladder – You must remain within 0.9kg of your last weight.

If you gain over 0.9kg, You must eat a 200 gram Steak for dinner only and an apple for the entire day. If you get hungry at lunchtime, you may have the steak at Lunchtime instead of dinner. Ensure plenty of water is consumed,

You can eat many types of vegetables, proteins, seeds, oils, butter, coconut oil.

Do not eat any SUGARS OR STARCHES – ie. No Bread, pasta, corn, potato

Drink plenty of water

## Phase 4

### **The rest of your life!**

**\*\*Those needing to lose more weight can do another round of HCG. We recommend taking a 3 week break from dieting to give your body a rest, however, many choose to start another round of HCG immediately following Phase 3 - 3 weeks of maintenance.\*\***

Honestly speaking, this diet will be 100% effective only if your lifestyle changes occur! One of these areas may apply to you:

Emotional Healing - taking care of past issues mental or emotional issues that may have caused one to turn to foods as "a fix". This may include getting professional assistance. A lot of you may not be ready for the amazing figure you now have! Believe it or not but this is the #1 reason why most will regain weight post any diet.

Physical Healing - taking care of your body physically may be the best thing for you. If you've never exercised, now may be the time to begin.

Also, if you've never been on supplements (vitamins and minerals) you may want to begin, any is better than none!

