

## HCG Weight Loss Plan

When starting the HCG weight loss plan, it is important to remember that you will be responsible for following the plan that is laid out if you expect optimal results. You should read the protocol prior to starting the program in order to better understand that you cannot add to or take away from the plan if you expect to get the best results possible. If any questions arise while on the program, we will be happy to help.

### HCG Guidelines:

- Do NOT take any omega-3 (fish oil), flaxseed oil, vitamin E in oil, or any other oils—these compete with your fat stores for the HCG.
- Taking HCG Nasal Spray:
  1. 3 sprays once daily (can spray all in one nostril or can split between nostrils). **MUST BE REFRIGERATED**
- Create an inventory of foods in your home that you can consume during the diet. This makes shopping and getting prepared to start the diet plan easier.
- Know your starting point and your goal. Keep track of these daily. Make sure to weigh first thing in the morning and wear similar clothing each day when weighing. Keep your charts near the scale or a mirror. Remember to STAY COMMITTED!! Be prepared and stay focused. Most likely you won't gain cheating here and there, but it will slow down the diet process for 1 to 3 days. That is when many people tend to lose enthusiasm and quit.
- Day one of the diet starts with the first HCG dose. From that point until the end of day 2 are your "FAT LOADING DAYS." For those 2 days eat as much as you want and eat items with high fat content. If you do not do the fat loading, you will be hungry the whole time you diet.
- On day 3, start the reduced calorie diet. The 500 calories are food specific; this means no breads, sugars, or fatty foods. Apples, strawberries, oranges, lemons and limes will be great companions while on the HCG diet. Chicken and white fish will be a huge part of your protein intake, while lettuce, tomatoes, spinach and various other vegetables will give you fiber and vitamins. Beef is okay in moderation as long as it is extra lean. Also, all meats need to be drained of all grease and oils. (See Section on Reduced Calorie Diet )
- When finishing the diet (day 21 or day 42) you will need to continue the 500 calorie plan for 3 more days. At the end of the 3 days, you can eat anything **except sugars and starches** as long as you weigh yourself daily. It takes about 3 weeks for your new weight to become stable. During this 3 week period you need to limit your carbohydrate intake. Proceed to the "Maintenance" section at this point.
- For females that are still having menstrual cycles: start protocol on 3<sup>rd</sup> day of cycle; if on protocol and cycle begins, discontinue HCG for days 1-3 of cycle while continuing the 500 calorie per day diet, then resume.
- While on HCG avoid using unapproved oil based makeup, lotions, and cream. It is believed that these products may interfere with the absorption of HCG and slow diet results. Powder based makeup is allowed and ask the pharmacy staff for options for dry skin.

### Maintenance:

- The maintenance phase of the HCG plan lasts about 3 weeks. During the maintenance phase you will increase your calorie intake to 1500 calories per day, making up 3 meals and snacks. You can now consume any meats, eggs, fruits, cheeses, milk, vegetables, and low sugar dairy products. You still need to avoid foods with high starch content, such as corn and potatoes. You will also need to continue to avoid sugars.
- You can start a more vigorous workout schedule at this point in the diet. It is encouraged to get 30 minutes of cardio per day and light weights with high repetitions. It is recommended to consult with your physician before starting a rigorous workout schedule.

- You may reintroduce flaxseed oil, extra virgin olive oil, and coconut oil in to your diet at this point. Butter may be consumed lightly and you still need to avoid unhealthy oils, such as vegetable oil and shortening.
- Once the maintenance phase is completed, you may consume sugars, starches and healthy carbs in moderation. Heavy starches and sugars such as those found in potatoes, yams, and rice should be avoided. Strive to stay away from processed foods and avoid high volumes of fructose syrup, such as canned fruit, fruit drinks and soda.
- Continue to weigh yourself daily. If you experience a 2 pound weight gain within the maintenance phase, do not worry. This is common.
- If you experience more than a 2 pound weight gain after the maintenance phase is over start on the maintenance phase (no starches or sugar) again until weight loss is returned.

### **Losing More Weight:**

- You should never gain more than 2 pounds without immediately correcting and you should not lose more than 2 pounds either. A greater loss than 2 pounds could result in the loss of normal fat. Any normal fat that is lost is immediately regained as soon as more food is taken in, usually resulting in a greater weight gain than 2 pounds.

### **Overview:**

- Remember to continue to keep sugars to a minimum and to introduce starches back to your diet slowly. Continue eating proteins and stay away from heavily processed foods or fast foods. Weigh yourself often.
- Make sure to tell family members you are on this diet. Carry a card in your wallet stating you are on the HCG diet. Being on this diet may cause a false positive pregnancy test.
- Side effects and how to avoid them:
  - Headaches and Dizziness- which can be avoided by drinking plenty of water and making sure to eat enough fat in the loading phase. If blood pressure is too low and you are on blood pressure medication your dosage may need to be adjusted during this diet. Thyroid medication may also need to be adjusted as well.
  - Dry Skin- use only approved skin lotions and cream (Chrysaderm and Versabase are available from the pharmacy)
  - Insomnia- avoid using HCG too late in the evening.
- Other documented side effects and precautions:
  - Hair loss- this effect is normally reversible after finishing protocol
  - Ovarian stimulation- this diet is not recommended for patients with a history of cancer or polycystic ovarian syndrome. The use of HCG can cause ovulation which can lead to pregnancy in a patient has been infertile in the past.

### **Reduced Calorie Diet Plan:**

1. Breakfast: any non-calorie fluids in any amount (tea and coffee are allowed)
2. Protein foods: 3 ½ ounces twice daily (lunch and dinner)
  - Size Example: about the size of a make-up compact
  - Choose only Lean meats:
    - Veal or Steak, Fresh White Fish: Halibut, Swordfish, Bass, Flounder, Pike, Tilapia, Crab meat, Lobster, Shrimp, Chicken with no skin
    - All visible fat must be removed and portion weighed before cooking. It must be cooked without additional fat.
    - Avoid: Salmon, Eel, Tuna, and Herring no matter how prepared, due to their high amounts of Omega-3.
3. Fresh Vegetables: 3 ½ ounces selected vegetables twice daily (lunch and dinner)
  - Spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage, broccoli, cauliflower, and zucchini.

- **DO NOT MIX VEGETABLES: ONE CHOICE PER MEAL**
  - Avoid: pumpkin, beetroot, potatoes, carrots, peas, or corn
4. Fruit: 2 portions per day, at least 6 hours apart
    - Apple, strawberries (6 Large), orange, or ½ grapefruit
  5. Fluid Options: a minimum of 2 liters on water daily (10 glasses)
    - Tea/coffee in any quantity but no sugar or cream added
    - Soda water, mineral water, and lemonade made with stevia are allowed. Just make sure and watch your sodium intake in these beverages.
  6. A few extras:
    - Only 1 tablespoon of milk daily
    - Can use Truvia as a sweetener, no sugar!!
    - Juice of 1 lemon daily
    - Bragg's aminos and Frank's red hot sauce are allowed
  7. Available Spices to use:
    - Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, onion powder, oregano, and rosemary.
    - Avoid: oil, butter, or dressing. Read the seasoning labels for hidden sugars and starches.

## Calorie Counter of Approved Foods

Food	Serving size	Calories
Cod	3.5 oz	83
Crab Meat	3.5 oz	100
Flounder	3.5 oz	90
Haddock	3.5 oz	88
Halibut	3.5 oz	110
Lobster	3.5 oz	98
Red Snapper	3.5 oz	110
Shrimp	3.5 oz	110
Tilapia	3.5 oz	94
93/7 Lean Ground Beef	3.5 oz	150
Cube Steak	3.5 oz	160
Sirloin Tip Side Steak	3.5 oz	130
Top Round Steak	3.5 oz	166
Tri-Tip Steak	3.5 oz	154
Veal	average	114
Veal, Sirloin	3.5 oz	110
Veal, Loin Chop	3.5 oz	117
Chicken Breast	3.5 oz	87
Asparagus	3.5 oz	20
Asparagus	2" tip	1
Asparagus	small spear	2
Asparagus	medium spear	3
Asparagus	large spear	4
Beet Greens	1 cup raw	8
Celery	medium stalk	6
Celery	3.5 oz	15
Cabbage	3.5 oz	24
Cabbage	1 cup shredded	17
Chard, Swiss raw	1 cup	7
Cucumber	3.5 oz	12
Cucumber	small	19
Cucumber	medium	24
Cucumber	large	34
Cucumber	english long	60

Food	Serving size	Calories
Fennel	1 cup sliced	27
Lettuce, all varieties	3.5 oz	10
Lettuce, all varieties	1 cup	8
Lettuce, all varieties	small head	32
Onions	med yellow, raw	64
Red Radishes	3.5 oz	12
Red Radishes	one medium	1
Spinach, raw	3.5 oz	20
Spinach, raw	1 cup	7
Spinach, frozen	3.5 oz	23
Spinach, frozen	1 cup	41
Spinach, cooked	3.5 oz	31
Spinach, cooked	1 cup	48
Tomato	3.5 oz	20
Tomato	cherry	3
Tomato	plumb	11
Tomato	small	16
Tomato	medium	22
Tomato	large	33
Apple	small	55
Apple	medium	72
Apple	large	110
Lemon		24
Lime		20
Orange	navel	69
Orange	Florida	65
Orange	California	59
Strawberries,	12 Large	72
Strawberries,	20 med	80
Pink Grapefruit	1/2 large	53
Pink Grapefruit	1/2 med	41
Grissini Breadstick	3 gram	12
Melba Toast	3 gram	12
Melba Toast	5 gram	20

## TIPS TO HELP LOSE WEIGHT WITH THE HCG PROTOCOL

- 1) Use a digital scale when weighing out lean protein options. Weigh out multiple portions at a time and bag up individually to save time.
- 2) Plan your meals ahead to prevent straying away from diet. If you work away from home invest in a small cooler to take to work.
- 3) Avoid eating the same menu every day. Boredom of the diet can lead to failure.
- 4) Get a HCG cookbook. *The HCG Diet Gourmet Cookbook* by Tammy Skye (available from Amazon.com) is a really good option.
- 5) If you use an I-Phone or I-Pad get the HCG diet app by CodeQ Inc. It is \$12.99 and completely worth it.
- 6) Keep the diet simple. Pick one fruit, one vegetable, and one lean protein for each lunch and dinner with the Melba toast. If you do the quantities in the cookbook above you do not need to count calories. Flavoring with spices, lemon juice, apple cider vinegar, Bragg's Aminos (a soy sauce substitute) is allowed. Watch spices. Some contain sugar, which cannot be used in the diet.
- 7) Drink 2 quarts of water a day. Plain water can also create boredom. Use flavored stevia to change up the water. This is available at the pharmacy or at health food stores/websites.
- 8) Read Dr. Simeon's book- *Pounds and Inches* before starting the protocol. It is available free online at: [www.hcgdietinfo.com](http://www.hcgdietinfo.com) and from Amazon.com.
- 9) Weigh every day and keep measurements at least weekly to stay motivated.



## **HCG Diet Sample Recipes**

Following a HCG diet protocol does not mean you have to deprive your taste buds. Here are a few simple recipes adapted from Tammy Skye's *The HCG Diet Gourmet Cookbook*.

### **Italian Vinaigrette**

Ingredients (makes 2 or more servings, 5 calories each serving):

½ cup of broth (chicken or vegetable)  
2 tablespoons apple cider vinegar  
2 tablespoons lemon juice  
1 teaspoon Italian herb spices  
2 tablespoons minced onion  
½ teaspoon each of garlic powder and onion powder

Combine ingredients in a small pan and simmer on low heat for 5 minutes. Remove from heat, chill, and serve on top of salads or use as a marinade.

### **Hot Chicken Fingers**

Ingredients (makes 1 serving of protein and melba toast, 157 calories):

100 grams chicken, cut into thin strips  
Melba toast crushed  
2 tablespoons Frank's red hot sauce (if using other sauces watch out for sugar)  
4 tablespoons lemon juice  
Salt and pepper to taste

Marinate chicken strips in lemon juice and salt. Dip strips into melba toast. Fry in pan until lightly browned and thoroughly cooked. Toss with hot sauce and pepper. Serve with celery sticks and an orange to complete the meal.

### **Sweet Ginger Shrimp**

Ingredients (makes 1 serving, 125 calories):

100 grams shrimp  
¼ cup vegetable broth or water  
2 tablespoons lemon juice  
1 tablespoon Bragg's liquid aminos (soy sauce substitute)  
2 tablespoons orange juice (optional)  
¼ teaspoon ginger  
Pinch of chili powder  
Dash of each garlic powder and onion powder  
Stevia, salt, and pepper to taste

Mix dry spices with vegetable broth and liquid ingredients. Saute with shrimp in a small pan stirring often until cooked. Great on top of lettuce and with an orange and melba to complete the meal.

**For more sample recipes check out: [www.hcgrecipes.com](http://www.hcgrecipes.com)**