HCG Diet Instructions & Allowable Foods

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HCG Diet Overview

What is hCG?
hCG (human chorionic gonadotropin) is a hormone produced by a woman during pregnancy. It is almost identical in form and function to luteinizing hormone, which is also produced in men and serves the purposes of stimulating testosterone production.

Among other things, it is believed that hCG functions as an appetite suppressant and energy booster, but only when it is combined with a very low-calorie diet.

Here is the Magic of hCG

If a shortage of food intake is detected, hCG will trigger the body utilize the mother’s fat reserves to feed the growing baby. This simple and yet very effective emergency measure, developed by mother nature to ensure the survival of the human race during times of famine, is the substantial benefit to those who use the hCG Diet.

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After hCG is administered, the body is tricked into an emergency situation by starting the VLCD (very low-calorie diet). The body will start rapidly burning fat reserves as much as 1-2 pounds per day without burning or losing lean muscle mass.

The Science Behind the HCG Diet

hCG was first connected with weight loss by Dr. Albert T.W. Simeons, a respected British Endocrinologist, back in the 1950’s. Dr. Simeons was using the hormone to treat boys who were suffering from testosterone deficiency.
As a result of this deficiency, many of the boys were also overweight. He found that while using hCG, the boys started to lose abnormal belly fat and had slimmed down. Dr Simeons spent a further 10 years researching his discovery, experimenting with various amounts of HCG, its relation to metabolism and weight loss, and conducting trials before publishing his findings.

Soon, after his breakthrough was discovered. Doctors from around the world were coming to Rome to learn more about his discovery.

In 1967, Dr. Simeons published “Pounds and Inches: A New Approach to Obesity.” The book summarizes and helps delivers Dr. Simeon’s weight loss findings to the world. In this protocol, the point of focus and the philosophy behind hCG Diet is the abnormal fats.

hCG hormone allows the body to burn up abnormal fats by working on the brain’s hypothalamus. Hypothalamus performs important functions such as controlling the appetite and mobilizing stubborn fats. Research shows that following the protocol, hCG hormone can help curb and eliminate cravings for sugar and starch.

In Dr. Simeon’s Pounds and Inches Away, he states that “obesity in all its many forms is due to an abnormal functioning of some part of the body.” He believed that abnormal buildup of fats is caused by a disorder and not just by eating more than normal. In his opening pages, he discussed issues of obesity alongside his theory about the accumulating fat disorder. He also tackled ways on how correct it through the three phases of hCG diet.

About 40 years later, Kevin Trudeau became an advocate of the hCG diet and published his controversial book ‘The Weight Loss Cure, What They Don’t Want you to Know’. Unfortunately, the popularity of the book gave rise to a lot of money-making rackets who sold homeopathic (aka fake) hCG without providing the necessary information and medical support this weight loss plan requires. Thus, bringing the diet using real hCG hormone injections into disrepute, even with its proven scientific success. Dr Simeons’ Original Diet Protocol

Dr Simeons advocated a phased diet coupled with hCG administered via intramuscular injections. As soon as the hCG injections begin, so does the diet. An initial ‘Loading’ phase (Phase 1), consists of high calorie binge eating that enhances later weight loss during the calorie restricted phase.
After two days of ‘loading’, the subject begins with a strict 500-calorie per day regimen consisting of meat, vegetables and fruits and excludes ALL dietary starch and sugar. This next phase (Phase 2), continues for 3 – 5 weeks. The details of this phase are summarized in the image below taken directly from the original hCG Diet Manuscript:

| Breakfast: | Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used. |
| Lunch: | 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. |
| | 2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. |
| | 3. One breadstick (grissino) or one Melba toast. |
| | 4. An apple or a handful of strawberries or one-half grapefruit or orange. |
| Dinner: | The same four choices as lunch. |

The juice of one lemon daily is allowed for all purposes. 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, but they may be taken in any quantity and at all times.

In fact, the patient should drink about 2 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, but not more than four items listed for lunch and dinner may be eaten at one meal.

No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission.
In **Phase 3 the Maintenance Phase**, carbohydrates are reintroduced to the meal plan once daily allowing the metabolism to stabilize. During the final phase of the diet, the calories needed to maintain current weight are calculated and tested through the gradual re-introduction of foods. Adherence to healthy eating and whole foods are encouraged.

**Why So Few Calories?**

A very low-calorie diet (VLCD) – between 500 and 800 calories daily – is an integral part weight loss with the hCG injection diet. As we just learned, when your body takes in so few calories, the hCG kicks your system into releasing the energy stored in your fat cells and preserves muscle mass.

In fact, **if you were to eat that few calories without hCG Diet injections, your body would go into “starvation mode” and reduce metabolism.** Your body will signal “famine!” and become a fat-STORING machine burning muscle while storing fat.

This is why you will NEVER see a “Biggest Loser” TV show reunion. **Reducing calories without the presence of hCG will damage your metabolism.** Your body will adapt to the calorie deficit and the moment you start eating normally again, you’ll gain all the weight back with interest.

Not only does hCG prevent that, it may actually reset your hypothalamus, reducing your feelings of hunger.

You do not have to be pregnant to take advantage of this process. hCG can be used by women and men (*in fact, the benefits for men are even greater than for woman!*). It is also perfectly safe as the fetus is subjected to this hormone for 9 ½ months and in much higher concentrations than what is actually needed for the hCG Diet. In the entire timespan that hCG has been used for weight loss there have been zero side effects.
Is the HCG Diet Really the Answer to Your Weight Loss Problems?

If you struggle with weight problems, you have probably tried a lot of different fad diets in the hope of shedding excess weight and feeling better about yourself. The number one diet that has been proven effective to help weight-loss resistant people lose a lot of weight is the hCG diet.

Celebrities have been using it for years, and for good reason—it works! But like many people, you may have been frightened off by past dieting failures, the fear of taking weekly hCG diet injections, or the thought of trying to get through the day on 500 calories.

Stay open-minded because the hCG Diet may finally be your answer. The diet combines a very low-calorie meal plan with the hCG hormone. The hCG hormone is used to help your body burn your fat stores for energy while controlling, or eliminating hunger.

The hCG diet plan is fairly simple once you understand it. It works, and in its 70-year existence, the hCG diet has helped millions achieve rapid weight loss. But if you do it wrong you won’t get the lasting results you seek and may even further complicate your metabolism.

In order to be successful at the hCG diet, it is crucial that you create a good hCG diet meal plan. Otherwise, you will not be able to lose as much weight as the program states. The following information will give you all the components of a winning hCG diet meal plan.

To successfully lose weight, you must strictly adhere to the 500-calorie per day diet outlined by the HCG dietary protocol that was initially designed by the diet’s founder Dr. Albert T.W. Simeons.

If you still need to purchase your hCG Diet Kit or any of the recommended support supplements such as, Lipo Fat-Burning or Glutathione Anti-oxidant/detox shots, here’s a link to our store.
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Prepare for the hCG Diet by Cleaning House

About a week before you start Phase 1 of the hCG Diet, make sure that all of your lotions, shampoos, and conditioners are oil free. Even though many people do not think about it, the oil in lotions, shampoos, and conditioners can affect the hCG Diet. Some people go so far as to say they “cause you to gain weight.”

The supposed “science” behind it is that “Fatty ingredients in lotions, lip balms, soap, etc. can be absorbed by your skin and metabolized just as if you had eaten them, adding additional calories to your diet.” While that may seem a bit far-fetched to some people why risk it. Some people do the HCG Diet without changing any of their personal hygiene items and their weight loss results may appear to be pretty good. So, it’s up to you. If you decide to keep your lotions monitor your weight loss. If it slows down or stalls, stop using them and see if it makes a difference.

Many people ask what lotions, what makeup, etc. they can safely use on the protocol. Here are some recommended oil-free lotions and moisturizers for the hCG Diet:

- Organic Aloe Vera Gel
- Corn Huskers Lotion
- Neutrogena Oil-Free Moisture Sensitive Skin

Also, you need to get a high-quality food scale. A digital scale is preferable because they are more accurate. You will also want to get a good body weight scale to track your progress.

To accompany your body weight scale, you should printout enough pages of our hCG Diet Daily Food Journal to keep track of your daily weight or, if you prefer, use our Interactive hCG Diet Meal Planner.

Next, the day before you start Phase 2, go through your cupboards and fridge and throw away any hCG Diet non-compliant foods. You’ll want to clear all the junk and the temptations out of your cupboards and fridge.

This can be tricky when you are also feeding a family but do your best and ask them to stash their stuff out of site or keep it out of the house as long as you are on Phase 2.
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Stocking the Cupboards to Start the hCG Diet Plan

Before you get your vegetables, fruits, or proteins, you need to make sure you have all the other ingredients that will make your main courses tasty.

Download and printout your FREE hCG Phase 2 Shopping list here.

For sweetener, you should get stevia or monk fruit (Monk Fruit is not on the original diet plan but it is hCG Diet approved and many people find the taste more pleasing. Stevia is available in many different flavors and tastes similar to sugar, but without the calories. Read the ingredients and make sure that there are no other ingredients in the blend that end in “ose”. If it ends in “ose” (sucrose, fructose, mannose, etc. it’s sugar and off limits.)

hCG Approved Spices and Seasonings

You will also need to purchase Himalayan salt and organic pepper. Spices are one of the main ways that you can make your food taste interesting, so make sure you stock up. Before you buy any spices, you need to make sure that they don’t contain sugar or starches.

Some of the best spices to get include garlic, paprika, cinnamon, onion powder, cilantro, and curry. If you like Worcestershire sauce, you can purchase a sugar free version. (Note: many hCG Diet plans encourage the use of “Walden Farms” dressings and sauces. While that are zero calories, they are mostly non-whole-food ingredients. So, watch your journal for any weight gain after using as that could be a sign of an intolerance)

Our best advice is to forgo ‘fake foods’ and give your body a break from additives, preservatives, and colorings which can trigger inflammation and prevent weight loss. There are plenty of other real food herbs and seasoning blends that are much better options.

hCG Approved Beverages

The list is simple, yet strict. As far as drinks are concerned, water will be the drink of choice. Drink lots of it in order to allow your body to get rid of the fat as quickly as possible. If you would like something with some flavor, then tea or coffee that has no sugar (although stevia may be used!). Water is key!

Drinking water might be taken lightly by most people but you need to understand that water plays a critical role in your body. It aids in the transportation of food nutrients as well as oxygen to the cell and other parts of the body. Water also enhances the moisturizing of air in lungs as well as offers a helping hand in metabolism thus protecting your important organs.
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Water ensures that your organs remain moist thus enhancing easy absorption of nutrients into the vital organs. Water also offers protection as well as moisturizes your joints. Last but not least, water enhances detoxification. In other words, drink water on the hCG diet! Green tea is a second-best beverage of choice.

You can get different kinds of water in order to keep your tastes buds interested but again, avoid non-food chemical ingredients, preservatives and colorings…and of course, sugar!

Variations of water include mineral water, sparkling water, and spring water. Teas are also allowed as long as they are unsweetened. Coffee with 1-tbs of whole milk, ½ and ½, or almond milk are acceptable as well. Full-fat dairy is always best because the lower the fat content, the higher the carb content.

hCG Approved Proteins

Once you have gotten all of the above items, it is time to purchase your protein. All proteins should be organic, grass-fed, and wild-caught whenever possible. You should try your best to avoid purchasing proteins that aren’t organic because they have a lot of added hormones that can cause inflammation and sabotage or slow your weight loss.

Even when you have completed the hCG diet, you should still stay away from proteins that aren’t organic because they can be harmful to your body overtime. Proteins that you can purchase include: chicken breast, beef, veal, white fish and shellfish.

For fish, you can purchase cod, halibut, flounder, grouper, and snapper. Shrimp, crab, scallops, and lobster are acceptable shellfish varieties of proteins. In order to get the best deal on your protein, you can purchase them in bulk and then freeze the individual portions. It is very important to purchase your protein raw because each protein portion needs to weight four ounces raw. If you purchase frozen proteins it will be hard to get an accurate weight reading.

Proteins are well known for their effective function of assisting the body in repairing and replenishing our lean body mass, which is the one thing we want to save on the protocol. Furthermore, to embrace a balance diet one has to include protein in his or her meal on a daily basis. Stick to the 3-3.5 ounces (or 100-grams) of protein per meal while on Phase 2 of the diet.

hCG Approved Fruits

For fruits, you can purchase strawberries, oranges, grapefruit, apples, and lemons. For fruits that you do not peel and consume the skin, it is important to only purchase organic because of the harmful pesticides found on regular fruit.
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Our certified [Weight Loss Coaches](#) suggest that if possible, you should intermittent fast by skipping breakfast (*only have coffee or tea with 1-tbs approved creamer*) and eat your first meal at lunchtime. Save your daily ration of fruit for the evening where the carbs can actually help you sleep.

Be extremely careful with your fruit as it is sugar and can throw your diet off the rails. Measure carefully and remember, if you make something like a home-made strawberry salad dressing that you have used your fruit of the day in it. Fruit used in marinades and dressings count as your fruit! *(We emphasize this because one of our Coaches went crazy with a client who was at a weight loss stall and couldn’t figure out where he was going wrong. Then he told us he was making dressings and sauces with fruit in addition to eating his daily ration. Once he stopped, the weight loss resumed.)*

### hCG Approved Vegetables

Acceptable vegetables include onions, cabbage, spinach, lettuce, tomatoes, cucumbers, and celery. As with fruits, vegetables in which you eat the skin should be of the organic variety. Remember that you are permitted one vegetable per meal only. So, no vegetable medleys.

### hCG Diet Approved Grissini Sticks

Allowed flavors garlic, original, and multi-grain. *(Note: you are only allowed ONE at lunch and dinner and are not allowed to save and eat two at the same meal. They are so small that they are almost a tease. Try to leave out if you can. Many people have wheat or gluten intolerances and don’t even realize it. Skip for the first two weeks and if you absolutely MUST eat watch your journal for any weight stalls or gains.)*

**How to Do the HCG Diet**

Congratulations on your exciting weight loss journey by choosing the HCG diet! Phase 1 marks the first step towards a new slimmer you. Here you’ll learn what can you expect from the **Loading Phase** and how will it help you to start dropping the pounds and inches.

The first phase of the HCG diet, the Loading Phase, begins on the first day you start taking your HCG injections as directed. Although this phase is only a mere two days long, it’s extremely important that you don’t skip this step and you comply to protocol to get the best results possible throughout the entire HCG injections program.

If you still need to purchase your HCG Diet Kit or any of the recommended support supplements such as, Lipo Fat-Burning or Glutathione Anti-oxidant/detox shots, [here’s a link to our store](#).
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hCG Diet Phase 1 Instructions

The purpose of Phase 1 is to eat as many nutrient-dense calories as possible throughout your two loading days. Don’t get too excited just yet since it only lasts 48 hours. You’ll want to consume as much high-calorie, healthy-fat foods to start off the fat-burning process in high gear.

Below, you’ll find an excerpt from Dr. Simeon’s original hCG Diet manuscript Pounds and Inches, where he gives the complete directions on Phase 1. While most clinics adhere to his instructions verbatim, our Certified Coaches have a few issues which (we’ll present as comments) therein.

Gain Before Loss

Patients whose general condition is low, owing to excessive previous dieting, must eat to capacity for about one week before starting treatment, regardless of how much weight they may gain in the process. One cannot keep a patient comfortably on 500-calories unless his normal fat reserves are reasonably well stocked. (Coach Note: What this means is that if you have a damaged metabolism due to excessive yo-yo dieting or a known Metabolic Syndrome, you’ll need to extend your loading days for up to a week to adequately prepare your body for Phase 2.

Excessive yo-yo dieting, and certain illness like Lyme Disease or some auto-immune disorders, can wreak havoc on your metabolism and lead to Metabolic Syndrome. Metabolic Syndrome is a term for any number of factors which can include insulin resistance, leptin sensitivity, and other physiological factors that affect your body’s ability to burn fat for fuel. Typically, if you have extreme difficulty dropping pounds regardless of how little food you consume, you fall into this category.)

It is for this reason also that every case, even those that are actually gaining must eat to capacity of the most fattening food they can get down until they have had the third injection. It is a fundamental mistake to put a patient on 500-calories as soon as the injections are started, as it seems to take about three injections before abnormally deposited fat begins to circulate and thus become available.

We distinguish between the first three injections, which we call “non-effective” as far as the loss of weight is concerned, and the subsequent injections given while the patient is dieting, which we call “effective”. The average loss of weight is calculated on the number of effective injections and from the weight reached on the day of the third injection which may be well above what it was two days earlier when the first injection was given.

Most patients who have been struggling with diets for years and know how rapidly they gain if they let themselves go are very hard to convince of the absolute necessity of gorging for at least two days, and yet this must be insisted upon categorically if the further course of treatment is to run smoothly.
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Those patients who have to be put on forced feeding for a week before starting the injections usually gain weight rapidly – four to six pounds in 24 hours is not unusual – but after a day or two this rapid gain generally levels off. In any case, the whole gain is usually lost in the first 48 hours of dieting. It is necessary to proceed in this manner because the gain re-stocks the depleted normal reserves, whereas the subsequent loss is from the abnormal deposits only.

Patients in a satisfactory general condition and those who have not just previously restricted their diet should start force-feeding on the day of the first injection. Some patents say that they can no longer overeat because their stomach has shrunk after years of restrictions. While we know that no stomach ever shrinks, we compromise by insisting that they eat frequently of highly concentrated foods such as milk chocolate, pastries with whipped cream sugar, fried meats (particularly pork), eggs and bacon, mayonnaise, bread with thick butter and jam, etc. (Coach Note: Do over-indulge on your favorite foods however, understand that this is not merely a “junk food fest." Be very certain to eat the majority of your calories from nutrient-dense foods with ample protein and lots of healthy fats: grass-fed meat from large ruminant animals like beef, bison, lamb, pasture-raised pork etc. Copious quantities of healthy fats like avocado, grass-fed butter, coconut and refined MCT oils. Along with plenty of healthy carbs from sweet potatoes, yams slathered in grass-fed butter.)

The time and trouble spent on pressing this point upon incredulous or reluctant patients is always amply rewarded afterwards by the complete absence of those difficulties which patients who have disregarded these instructions are liable to experience. During the two days of forced feeding from the first to the third injection – many patients are surprised that contrary to their previous experience they do not gain weight and some even lose.  

The explanation is that in these cases there is a compensatory flow of urine, which drains excessive water from the body. To some extent this seems to be a direct action of HCG, but it may also be due to a higher protein intake, as we know that a protein-deficient diet makes the body retain water.

No, you haven't accidentally been re-directed to some other page in cyber-Heaven. Here’s how the chemistry works between you, food, and HCG in the first two days by loading up on high calorie-dense foods:

HCG is extremely effective when there’s large amounts of available adipose tissue (fat). By loading up on calorie dense foods during the loading days, you’re allowing HCG to enter your system to be ready to aid weight loss by the time it becomes effective.

The loading days ensure that your healthy fat reserves are replenished and intact.
HCG Diet Instructions & Allowable Foods

Once this is accomplished, the body immediately allows the release of fixed, abnormal fat deposits, i.e. the fat that makes you flabby.

**Overloaded glycogen stores plus the release of fat-burning hormones equals a high and intense metabolic rate to start off your HCG fat-burning diet. You start off strong from the very beginning to keep up the fast rate of weight loss throughout the entire program as you support your goals with all the phases of the HCG diet.**

**hCG Diet Phase 2 Instructions**

If you've completed the loading days of [Phase 1 of the hCG diet program](#), you're most likely more than eager to get started with the Very Low Calorie Diet (VLCD) which encompasses Phase 2.

The VLCD starts **immediately on day three**. You will continue taking your hCG injections as directed throughout this entire phase.

If you're just here for research and still need to purchase your hCG Diet Kit or any of the recommended support supplements such as, Lipo Fat-Burning or Glutathione Anti-oxidant/detox shots, [here's a link to our store](#).

Putting your enthusiasm aside for a second, read on to learn how to make it through the low-calorie diet phase with energy, vitality, and stamina to get the best weight loss results possible!

You'll begin your diet with a daily calorie allowance of 500-calories. All the foods that will boost your energy and enhance weight loss will be listed under the [approved hCG diet food list](#). Follow this list religiously, as there is way too much contradictory information on the internet and if you research too much it's bound to get confusing.

So put blinders on and use the following page from Dr. Simeon’s original protocol like it's your bible for the next three weeks:
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| Breakfast: | Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used. |
| Lunch:     | 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. |
|           | 2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. |
|           | 3. One breadstick (grissino) or one Melba toast. |
|           | 4. An apple or a handful of strawberries or one-half grapefruit or orange. |
| Dinner:   | The same four choices as lunch. |

The juice of one lemon daily is allowed for all purposes. 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, but they may be taken in any quantity and at all times.

In fact, the patient should drink about 2 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, but not more than four items listed for lunch and dinner may be eaten at one meal.

No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission.

With only 500-calories permitted per day you’ll want to measure accurately the amount of each type of food you’ll consume to prevent any accidental under/over eating.

Download your Free hCG Diet Phase 2 Shopping List here.

Now to address the exciting part about Phase 2… The low-calorie diet phase is where you’ll see the most weight loss over the course of the next several weeks. It’s important to not end the diet before three weeks
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nor to prolong the diet for longer than six weeks. Following the approved food list and taking your hCG as directed will transform your body from day to day.

But don’t start celebrating just yet… You should be aware of any potential difficulties you might have during Phase 2 and how to best beat it to continue your body transformation.

While healthy fat reserves remain intact, the body is free to eliminate all the abnormal fat deposits that have been dragging you down. It’s sent off to be burned and used for fuel and energy that helps you to feel energetic, satiated, and could even make you feel better than you have in years.

But, because every individual has unique triumphs and struggles, you can be prone to experiencing slowed down weight loss or even hit a plateau.

Don’t get anxious about that just yet. There are recommended alternatives approved by the hCG diet to beat these hurdles if you happen to experience it. (Refer to the Q&A section for the plateau solutions.)

Throughout Phase 2, use your optimism and energy to support others while on the hCG diet. If you’re one who could use some positive motivation and support, consider one-on-one hCG Diet Coaching, we’re experts at managing and overcoming hCG Diet hurdles.

The VLCD requires a concerted effort and can be best approached and completed when you’ve got lots of support behind you. Although the VLCD consists of much preparation, concentration, and dedication, it’s relatively simple: take your hCG, eat what’s approved, and sit back and watch what happens. It’s the best recipe for weight loss. Enjoy!

Still have questions? Don’t hesitate to email us now.

hCG Diet Phase 3 (Maintenance) Instructions

Congratulations on your epic achievement! But your work is not done yet. It is in this phase that your Hypothalamus which, is located in your brain, is re-setting itself! It controls your metabolism among other things.

It is extremely important to follow the Phase 3 rules explicitly for 6-weeks after completing Phase 2. Failure to do so could undo all the hard work you’ve achieved thus far and possible cause you to regain some of the weight you worked so hard to lose. Here’s the plan:

1. Remain on the 500-calorie Phase 2 diet for 72-hours after your last injection.
2. You must consume absolutely no carbohydrates in the first 2-weeks following Phase 2 and introduce them slowly back into your diet the starting the third week.
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3. Weigh yourself at home on the day of your last injection to find your last injection weight (LIW).
4. You must stay within 2-lbs of your LIW weight if you wish to maintain during this phase. If continued weight loss is desired wait 4-6 weeks before doing another round. You need this time so your body does not become immune to the hCG hormone.
5. Start adding to your caloric intake slowly to reach about 1,200-calories per day making sure to add to your protein intake. Do not try to follow a low-calorie diet in this phase as it could set your metabolism at the lower calorie rate. To train your body to accept the higher calories you must eat a lot of protein in your first few days of phase 3! Your body is low on protein at this time and needs to be replenished.
6. Always weigh yourself daily to insure no weight gain! You are training your body to maintain your new weight. If at any time you are two pounds over you are to have a steak day. A steak day allows for no breakfast or lunch but eating the largest steak that you can eat and an apple or a tomato at dinner.
7. Do not eat carbohydrates, that is sugar, rice, bread, potatoes, pastries, cereal, crackers, or anything that ends in “ose” etc. Grissini bread sticks are also a carbohydrate!
   a. More than 4-grams of sugar per serving counts as a sugar.
   b. More than 13-grams of carbohydrate counts as a starch.
   c. Some vegetables such as beans and legumes contain more carbohydrates but also contain significant protein and fiber. These can be eaten in moderation.
   d. Corn, peas, yams and sweet potatoes not allowed.
   e. Condiments must be checked to be sure that they are within the allowed guidelines!
   f. If you use tartar sauce, make your own with dill pickle relish and mayo or salad dressing.
   g. Jams and jellies are not allowed in this phase, nor are sweet pickles.
8. All meats, chicken and fish are permitted though using caution with processed meats such as bacon, hot dogs of any kind, deli meats, jerky and pulled pork. Read labels! Most of the aforementioned processed meats contain sugar.
9. Dairy in moderation! Plain full-fat yogurt may be consumed with your own added fruit.
10. Absolutely NO Low-fat cheeses or dairy! They are ALL loaded with carbs and chemicals.
11. Fruit in moderation: Berries and apples are preferred. Bananas, pineapple and melons are high in sugar so must be treated with caution.
12. Nuts and seeds in moderation! Raw is preferred, extra points for soaked & sprouted.
13. Juices are not allowed with the exception of Aloe Vera, lemon, lime, grapefruit, orange, tomato and V8, and these are in moderation.
14. Only broth-based soups. None allowed with thickening agents or noodles!
15. Healthy fats and oils are permitted in moderation. Avoid all vegetable, seed, and hydrogenated oils.
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16. You may now take any supplements that you were previously taking.
17. Any physical activity is allowed and encouraged at this time.

IT IS ESSENTIAL THAT YOU FOLLOW PHASE 3 AS CLOSELY AS YOU FOLLOWED PHASE 2. NOT DOING SO MAY RESULT IN PUTTING THE WEIGHT BACK ON.

We also highly recommend that you purchase B-Complex Lipo Fat-Burning Injections to use during Phase 3. A recommended dose of 1ML twice a week is suggested.

Feel free to email us during Phase 3 if you have any problems or concerns!

Conclusion

Now that you know all about the allowable foods and how to do the hCG Diet you should be well on your way to your goal weight.

While getting medical grade hCG Diet injections plays a big part in how successful you’ll be on the diet, so does buying all the right items for your meals. Even though it might be hard to stick to your hCG diet meal plan at first, you will quickly get used to the reduction in calories. Many people find that they actually feel better after a few days on an hCG meal plan.

The “diet” portion of the hCG diet can sometimes be confusing to those doing the protocol. There are many different kinds of food all over the world and all contain either starch, protein, carbohydrates, vitamins, or any combination of the aforementioned.

These instructions show you the ones that should be a part of your HCG diet food list as well as the main function of these different types of food as far as the diet is concerned. Many people assume that diet is mainly created for the purpose of rapid weight loss, and although weight loss is the goal, there are other long-term benefits involved.

The main one being the way the hCG diet reprograms our eating habits, and teaches us portion control. As depicted earlier, you will learn that all of the food that we consume must have purpose. This way we can avoid unhealthy, and harmful dietary habits.

Contact

Don’t hesitate to email us if you have any questions or concerns. Best of luck on your journey to health and fitness!