

## Four Phases of the hCG Diet

Welcome to the four different phases of the hCG diet. You're about to embark on an amazing weight loss journey and begin achieving some remarkable results, along with literally thousands of other people who have done the same. At HCG 1234, we present you with four different phases of the diet in order to comply with the original Dr. Simeons hCG diet protocol. We believe that if you follow the four phases, you'll achieve the best results.

It may seem overwhelming at first, but if you do the diet one step at a time, you'll start seeing the results you want instantaneously. The following pages describe (in detail) the four different phases of the hCG diet. They are listed below.

Phase 1: Taking the hCG Drops (Days 1 – 2)

Phase 2: Starting the Low Calorie Diet (Days 3 – 34)

Phase 3: Stabilization (Days 35 – 56)

Phase 4: Keeping Your Weight Off (Days 57 – Forever)

### Phase 1: Taking the hCG Drops (Days 1 – 2)

For the first two days, start taking the hCG drops.

1. Place the drops under your tongue and hold them there for 60 seconds. Swallow the remaining liquid.

**Note:** Be sure to take ten drops, three times per day, for a total of 30 drops. Once in the morning, 30 minutes before lunch, and then again 30 minutes before dinner.

2. During the first two days of taking the hCG drops, you'll also need to eat as much high fat food as you possibly can. You'll be storing fat to be used as energy during the low calorie portion of the diet (described later). Don't skip this step; your energy level will suffer if you do.

The best foods to eat are milk chocolate, pastries, ice cream, peanut butter, bread (with lots of butter), and pork.

### Phase 2: Starting the Low Calorie Diet (Days 3 – 34)

1. On the third day, you'll begin the low calorie diet of 500 calories per day. Continue the low calorie diet for 3 weeks (if you're trying to lose 15 to 20 pounds), or 6 weeks (if you're trying to lose 34 to 40 pounds). Weigh yourself every morning when you wake up. You should see a weight loss of 1 to 2 pounds per day.

**Note:** If you do the six-week course, you'll follow the diet for the full six weeks. However, you should only take the drops six days out of each week so that you don't

develop immunity to the hCG. For example, don't take the drops on Sundays, but continue to follow the diet.

2. Eat only the foods from the following list. No variations are allowed. If an item is not on the list, then don't eat it!

**Note:** Some doctors and clinics make substitutions, but we recommend sticking to the original diet protocol exactly in order to get the best your results.

**Protein: Two 100-gram servings per day**

Chicken	White fish (tilapia, halibut)
Shrimp	Extra lean ground beef
Steak	Lobster
Crab	Veal

You'll need to remove all of the fat from the meat and weigh it before cooking. Don't use oils to cook the meat, and avoid using spices containing sugar.

For some delicious recipes, visit [www.hcg1234.com](http://www.hcg1234.com).

**Vegetables: Two servings per day**

**Note:** The original protocol isn't specific about exactly how much a vegetable serving is, so use your best judgment. One serving is approximately two cups of salad, one tomato, one cucumber, one onion, or ½ cabbage. Be sure not to mix vegetables. Only one vegetable is allowed per meal.

Green salad	Onions
Cucumbers	Spinach
Tomatoes	Chard
Celery	Fennel
Red radishes	Asparagus
Cabbage	Chicory
Beet greens	

**Bread: Two servings per day**

- 1 melba toast
- 1 grissini

**Note:** Melba toast is available at most grocery stores. Grissini is available at health food stores and Italian markets.

### **Fruit: Two servings per day**

- 1 apple
- 1 orange
- ½ grapefruit
- Handful of strawberries

You can disperse the allotted food as you choose. However, the best option is to skip breakfast and break up your allowed food into lunch, dinner, and two snacks.

### **Beverages**

You can consume unlimited amounts of the following:

- Black coffee
- Tea
- Water (Distilled is best)
- Sparkling water (Pellegrino, Perrier)
- Sweeteners

Try to consume at least two liters of fluids per day.

**Note:** Only Use stevia and saccharin (Sweet n Low) only. Don't use aspartame, sucralose (Splenda), or sugar

### **Spices and Seasonings**

You can use any spice you want, just be sure it doesn't contain sugar. Salt and pepper are allowed. Be sure to read the ingredients of everything you consume. Even a minor intake of something that isn't allowed can slow down your diet considerably.

**Note:** You can have gum, just be sure it is flavored with xylitol. (a natural sweetener). Most brands of gum use aspartame, which is not allowed.

### **Phase 3: Stabilization (Days 35 – 56)**

On day 35, you can now begin to add more food back into your diet, just be sure to avoid sugar and starch for 3 weeks. It's best to add foods back in one at a time so you can see how your body reacts to each item. You can have dairy, fats and oils, nuts, but beware of extra sweet fruit like bananas and mangoes during this phase.

Once you have successfully stabilized your weight, you are ready to add normal foods back into your diet, including bread and other starchy foods like potatoes (in moderation, of course). You can also eat food containing sugar, like mangoes, bananas, and sweets.

At this point of the diet, you will have developed a taste for healthy foods. It should also be much easier for you to make good eating decisions as well.

You'll still need to continue to weigh yourself every morning, and if you ever go two pounds above your lowest achieved weight, a steak day will put you back on track. Just keep in mind that but it is important to do the steak day on the same day as the gain. Otherwise it isn't as effective. You should be able to maintain your new weight forever by following this simple system.

A steak day is where you don't consume anything all day except water. For dinner, you'll eat a large steak. Later on that evening, you can either have one apple or one tomato.

The following morning, you should be back within two pounds of your lowest achieved weight. This is how you keep yourself from gaining back all the weight you lost earlier in Phase 2: Starting the Low Calorie Diet.

During Phase 3: Stabilization, you'll learn which foods your body doesn't digest well, and should be avoided.

#### **Phase 4: Keeping Your Weight Off (Days 57 – Forever)**

Did you know that habits (both good and bad) are made and broken in a 14-day time period? During your experience of the previous phases of the hCG diet, no doubt you have created some new and healthy eating habits. At this point you feel better physically and mentally than you ever have before. In addition, you discovered a new self-confidence, and a new you! If you go right back to eating the wrong types of foods, chances are you'll find yourself feeling sick, and you'll soon realize that your body actually craves healthier foods.

The hCG Diet is all about making a change in your lifestyle. Sure, losing weight is a part of that change, but the key is to lose weight and keep it off, forever. Take time to educate yourself on the causes of obesity, and surround yourself with people who to share the same goals as you do. You can also consult your physician or other professionals that will help you stay on the right path to stay happy and healthy for the rest of your life.