



There are 4 phases to the hCG weight loss diet protocol. These phases were referenced in Kevin Trudeau's Book - "The Weight Loss Cure They Don't Want You to Know About" and Linda Prinster's book - "hCG Weight Loss Cure Guide"

- Phase 1 - 2 Gorge Days
- Phase 2 - 21 to 40 days of 500 calorie diet
- Phase 3 - 21 days of maintenance to keep the weight off
- Phase 4 - Lifestyle change

Recommended Use for hCG

- 1st Day: Load day. Take 10 drops of hCG 3 times a day under your tongue. Wait 30 minutes before eating. Eat as much as you can, including sugars, fats, sweets....etc.
- 2nd Day: Load day. Follow the first day steps exactly.
- 3rd - 30th day : Begin and sustain a 500 calories a day diet (for a total of 30 days as seen below). Water is very important. Drink at least 2 liters daily (or at least 8 full cups). You may drink tea and coffee in between meals.
- 31st – 33rd day: Stop drops and continue with a 500 calories a day diet for 3 days.
- 34th day: Begin and sustain a 1200 -1500 calories a day diet for 3 weeks. So, increase your diet to 1200-1500 calories per day, no breads or sugars for 3 weeks. Add in eggs, cheese and olive oil. (Healthy fats)
- After 2 weeks of 1200-1500 calories , increase diet to 2000 calories per day continuing with healthy fats and adding foods such as avocado's and nuts, etc. for 3 weeks. Resume eating in moderation.

Sample 500 Calorie Per Day

- 8:00 am - 10 drops hCG, wait 30 minutes before eating.
- 9:00 - 9:30 am - Fruit of your choice from list.
- 11:00 am - 1 bread stick or 1 Melba toast.
- 11:30 am - 10 drops HCG, wait 30 minutes before eating.
- 12:00 pm - Lunch 1 protein and 1 vegetable from list.
- 2:00 pm - Fruit of your choice from list.
- 3:30 pm - 1 breadstick or 1 melba toast.
- 4:30 pm - 10 drops HCG, 30 minutes before eating.
- 5:30 - 6:00 pm – Dinner 1 protein, 1 vegetable.

hCG Phase 1 Protocol

Phase 1 (P1) of the hCG diet protocol is a two day gorge period, you would start taking your hCG drops (10 drops 30 minutes before meals three times a day). Make sure to hold the drops under your tongue for 2- 5 minutes and don't drink anything for 15 minutes before or after taking the drops. For the next two days of phase one, you may eat anything you like, focus on fats instead of sugars. This is to build a healthy level of structural fat in your body and to keep you from getting hungry during phase two of the diet. People who skip this phase often will experience hunger pangs while doing phase two of the diet. This is important, don't skip this part of the protocol. Eat everything you would not eat normally. You will gain a few pounds for these two days, but it will come off fast in the next few days. Don't forget the cheesecake!

Phase 2 (VLCD - Very Low Calorie Diet)

The goal of Phase 2 of the hCG diet is to lose weight. It is very important to follow the hCG protocol to the tee or you will experience lower weight loss results. hCG by itself does not produce any weight loss results, only by following the diet along with usage of the hCG oral drops, you will be able to obtain your goals.

Starting with Day 3, continue taking the hCG three times a day, 10 drops at a time for up to 40 days. Follow the diet protocol outlined below. If you lose more than 34 pounds, stop phase 2 and move on the phase 3.

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:	<ol style="list-style-type: none"> 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, orange, or a handful of strawberries or one-half grapefruit.
Dinner :	The same four choices as lunch (above.)
Seasonings:	<p>The juice of one lemon daily is allowed for all purposes.</p> <p>·Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.</p> <p>Tea, coffee, plain water, or mineral water (2 liters of water per day is recommended) are the only drinks allowed, but they may be taken in any quantity and at all times.</p> <p>·The fruit or the bread stick 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.</p>

Phase 3 - Maintenance

The purpose of phase 3 of the hCG diet is to maintain the weight loss achieved by resetting a new weight set point in your body. Once you stop taking hCG drops, you will need to stay on the 500 calorie diet for three days, After the three days the hCG will have exited your body. For the following three week period, you are to avoid eating sugar or starches. You will eat around a 2000 calorie diet, more if you work out or play sports hard. The object is to stay within 2 pounds above or below the last weight you recorded while still taking hCG. If you exceed the two pound window, you should do a *steak day to take it back off. if you lose more than two pounds from your last hCG weight, then you need to eat more.

For people who gain all there weight back, they usually failed at this part of the diet. It is vital that you stay on this for three weeks or you will return to the prior weight you were before the diet. We have to retrain your body to accept and maintenance this new weight by being constant for 3 weeks. Remember you can eat anything on this stage except sugar and starches. The Weight Loss Cure Guide has a big list of what foods contain sugar and starch and those that are safe to eat. I recommend that everyone obtain a copy of the book and read it first.

Phase 4 - Keeping Healthy

Phase 4 is really what you will do for the rest of your life. You will slowly introduce sugar and starches back into your diet in small amount while keeping an eye on the scale. The bigger focus is on optimal health at this stage. Review the "hCG Weight Loss Cure Guide Book", for an additional list of things that you will want to do to remain healthy.

Important Highlights

The total daily intake must not exceed 500 Calories if the best possible results are to be obtained, that the daily ration should contain 200 grams of fat-free protein and a very small amount of starch." From Dr Simeons' "Pounds and Inches."

The 500 calorie limit must always be maintained. 2 small apples are not an acceptable exchange for "1 apple." Very occasionally we allow egg - boiled, poached or raw - to patients who develop an aversion to meat, but in this case they must add the white of three eggs to the one they eat whole. Cottage cheese made from skimmed milk is available 100 grams may occasionally be used instead of the meat

Plateau Option

Steak Day is a choice you have when you reach a plateau, where your weight has not dropped up to 4 to 6 days.
8:00 am - 10 drops of HCG. 11:00 am - 1 large apple 1:00 - 1:30 pm - 10 drops of HCG 4:30 pm - 10 drops of HCG 5:30 - 6:00 pm - 6 oz. steak and 1 tomato.



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