Easy HCG Diet Instructions
Easy HCG Diet Instruction Guide
Making The HCG Program Work For You
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Introduction

You've been there, done that. You've tried diet after diet after diet and yet, while you may have lost a few pounds here and there, none of that weight has stayed off for good.

Likewise, you've put in enough time exercising that you should be an Olympic champion of some sort. You've logged miles on the treadmill, pedaled away on an exercise bike until your knees hurt, and lifted weights until you felt like you might as well call the gym your home away from home you were spending so much time in there.

After all this exercise, still nothing. Sure, you felt like you were fitter than you were before, but you still were not able to reach your goal weight.

You're frustrated. You're upset.

...and, you're likely feeling just a little bit hopeless right now. Will you ever attain the success you're looking for or are you destined to stay in an overweight body forever?

At this point, you may be thinking the latter is what you're just going to have to accept.

Well, if that's your situation right now, I've got great news for you because while you've tried the 'rest', the one program that you have yet to experience is the HCG diet program.

This program is going to totally change the way you think about weight loss.

Why?

Because it's radically different, you won't be spending hours upon hours in the gym and you won't be planning six to eight 'mini' meals each day – which is enough to drive just about anyone insane after a while.

You have a life to live and this program is going to allow you to do that. You'll lose the weight quickly, easily, and safely, and you'll start living in the body that you've been dreaming of forever.

Does this sound like something you're ready for? If you're reading this right now, it's pretty safe to assume that you're ready for a change.
You don’t want just another diet and workout program that you need to follow for 6-8 weeks in order to drop a few measly pounds. You're done with that.

You're ready for something new. The HCG diet protocol is your something new. So let's get you started and introduce you to the important concepts of what this plan is all about and how you can make the last diet you ever go on.

Chapter 1: The HCG Diet Background Info

Before we start discussing the specifics of what this plan is all about, it's important to take some time to discuss how the program came to be and the basic facts that you need to get straight before you even start on it.

Remember, half of being successful on a diet plan is being in the right frame of mind and having the correct attitude and approach. Just like in any meaningful endeavours, you can greatly increase your chances of success by taking the time to be well prepared. It’s no different with the HCG diet. Successful Easy HCG clients who have hit their weight loss goals and been able to keep it off did these few things right:

1) Emotional preparation - prepare yourself emotionally by committing to the diet. Forget you past failures with dieting. The HCG diet works and is changing the face of dieting around the world.

2) Mental preparation - prepare yourself mentally by putting in the effort to learn what you need to learn in order to be successful at this diet. While the diet protocol is fairly simple, it is very specific. Take the time to learn and understand the HCG diet.

3) Physical preparation - prepare physically by making sure you have the proper equipment. No you don’t need a gimmicky piece of “exercise equipment”. The things you need are simple and are covered in this instruction guide.

Those that have had the greatest success with the HCG diet committed to the diet, took the time to learn what they needed to learn, and had all the items required for success readily available to them. If you do the same, you’ll find the same type of success they did.

When you understand what’s behind the HCG protocol, you'll put more effort into it because you'll believe that the program is going to get you to your goals. And it will – just as you're soon going to see.

So let's provide a bit of background info to get you started.
The History Behind HCG

The HCG protocol dates back to the 1950's when a doctor by the name of Dr. A.T.W. Simeons discovered the impacts that HCG, also known as Human Chorionic Gonadotropin, had on individuals who weren't pregnant. This led him to then develop the full HCG diet protocol, which offered fast, yet safe fat loss results for those who struggled with their body weight.

HCG is a natural hormone that is found in all people, male and female. However it is found is high abundance in the blood stream of a pregnant woman and is produced in the placenta to help with the survival of both the child as well as the mother. The purpose of HCG is to tell the hypothalamus to start utilizing stored body fat for energy and nutrients if food intake ever became too low. This would in effect prevent the baby and mother from starvation, ensuring this would never put the developing baby at risk.

Up to that date, however, it had never been tested on someone who wasn't pregnant, which was what led Dr. Simeons to this breakthrough. He found that when this hormone was given to a regular individual, it acted in the same way, causing the body to release its fat stores in a period of low caloric intake in order to provide the body with fuel to use.

By using the HCG rather than just a straight very low calorie diet (VLCD), the doctor realized that this ensures that structural and normal fats don't start to be burned off as a fuel source, which is often the situation taking place when low calorie diets are followed.

By combining HCG with a 500 calorie diet, you'll provide sufficient calories to give the body the primary nutrients it needs, while still evoking that response that causes the body to use the HCG to start releasing its body fat stores.

In addition to this, after a low calorie diet has been followed for any longer than a one week time period, the brain will start to send a signal to the body to begin reducing the basal metabolic rate to prevent full starvation from taking place. The reasoning here is because by slowing down how many calories your body is burning off at rest, you'll use less fuel, thus starvation will take longer to occur.

When using HCG however, you'll offset this response completely because the body has full access to your body fat stores. Thus, it never senses that 'starvation' is beginning to occur and because of this, it doesn't slow down the metabolism as it typically would. The end result is that you burn fat faster and when you finish with the HCG protocol, you aren't left with an
incredibly sluggish metabolism that makes it next to impossible to maintain your new lowered body weight. In short, no yo-yo effect as seen by those that lose weight by starvation and then shortly thereafter pile the pounds back on. This is fantastic news for anyone who has ever experienced this!

At Easy HCG we recommend HCG drops because they have several advantages over injections:

1) HCG drops cost much less – HCG drops are a tiny fraction of what it costs to get injections.
2) HCG drops are painless – Not many people like sticking needles into their body.
3) HCG drops hassle free – All you do is take a 10 drops of HCG under your tongue 3 times a day. Couldn’t be easier.
4) HCG drops are just as effective – According to our research we’ve seen HCG drops be just as effective as HCG injections.

Will I Be Hungry?

Many people often question whether they will be hungry while following the HCG protocol, but the truth is that if you do the diet correctly, you shouldn’t experience any hunger at all. Because of the fact the body is rapidly using up body fat stores as an energy source, your body isn’t actually starving. If you follow the instructions closely, and follow the diet as directed, this diet will be painless. Occasionally people will experience 1 or 2 days of hunger when beginning the diet for the first time, but this is the case while your body adjusts. Make it through this 1 or 2 days of transition and you should feel great throughout the duration of the diet.

In addition to this, due to the fact that the carbohydrate intake on this diet is brought so low, that will further ensure that you aren’t experiencing a significant insulin release in the body, which normally brings on hunger pains.
With both of these working together, hunger will be much less noticeable compared to any other diet plan you've been on in the past.

**Is HCG Safe?**

Another question commonly asked is whether the HCG protocol is safe to use. First, keep in mind that HCG is a natural substance that is produced in the body of a pregnant woman, so it's not something that's foreign or unnatural for the human body.

In addition to this, the amount of HCG you'll be taking throughout this program is extremely small compared to what is produced in that pregnant woman, so there are no risks of side effects.

The HCG program has been used for a large number of years with great success so you can feel comfortable and confident that it's been thoroughly tested and practiced and has led to great success.

Before we move on and tell you about the things that you'll be required to pick up to get started, let's go over a pre-HCG protocol checklist of some of the things that you'll want to do to be prepared.

Reading over this list ensures that you are ready for what's to come.

- Are you ready to dedicate 4-6 months to following the plan through all the stages included?
- Do you have a support system in place so that you'll have encouragement as you move along?
- Since you'll be drinking high volumes of water while on this program bathroom breaks will be frequent. Will you be able to accommodate for that?
- Are you prepared to stop using any cosmetics or toiletries that have any type of animal or vegetable fats or oils in them?
- Do you have any pre-existing health problems that you should speak to your doctor about first when considering this plan to see if it's safe for you to use? (Note that certain doctors may not recommend it for individuals suffering from serious health concerns).
- Are you ready to break away from any emotional food connections you may have so that you can stick with the program?

By taking the time to address all of these issues and making sure you are okay with them and comfortable to start the program you can make sure that you're in the right place to see success.
So now that you've gone through the background and mental preparation you need to know, let's take some time at this point to go over some of the key things that you'll need as you progress through this diet plan in order to be most successful.

Chapter 2: The Requirements For Success

Like any other goal in life, if you want to be successful, you need a proper plan to follow, along with all the tools and resources that you're going to use to help you stick with that plan and get you to that goal.

When dieting, this is no different and there are going to be some key tools that will pave your way to success. By having these on hand before you even get started, you're going to have an easier time following the diet and therefore seeing the results you're after.

Here are some of the important things that I want you to take the time to pick up right now before you even begin.

A Food Scale

Since weight loss does very much come down to how many calories you're consuming on a daily basis, it's imperative that you're weighing out your food.

Especially with the HCG protocol because it is quite restricted in calories, this becomes vital to success. When you know precisely how much you're eating, you can rest assured that you're following the plan spot on and are moving in the right direction.

For example, if you weren't using a food scale, it would be incredibly easy to overeat on protein rich foods as many people really don't have a completely accurate picture of what 100 grams looks like.

They may think they have a good idea of this, but when it comes right down to it, they're seriously mistaken. They dish up the protein on their plate and before they know it, they've consumed hundreds of calories more than they should have.

On this plan you will be required to keep your meat servings, as you'll be learning when we get into the specifics of the plan, to just 100 grams per meal. If you double up on this, you're really going to take away from the overall progress you see.
So getting that food scale is imperative to success. Make sure that this food scale is able to measure in both grams and ounces as that will be a huge help while following the program.

It will only take you a few minutes out of your day to weigh the foods that you plan to use at your meal but this will make a profound difference on the results that you see.

**Bathroom Scale**

Next, you’ll also want to get your hands on a good bathroom scale, preferably one that's a high quality digital one. This way you'll easily be able to assess 0.2 to 0.5 pound weight losses, illustrating exactly how you’re doing as you move along with the program.

As a good test for purchasing a scale, try stepping on it three times in a row, consecutively, taking only 30 seconds or so between trials. If the scale gives you back the exact same number each time, you can rest assured that it's a high quality one and will provide you with the most accurate assessment of your body weight.

Remember, while using the HCG diet you are going to see rapid rates of weight loss, especially when you first move into the second phase. For many people, when they see that rapid weight loss taking place in the beginning, it will just fuel them along, motivating them to stick with the plan and work hard so that they can reach that ideal goal weight they've set for themselves.

**Measuring Tape**

Another must-have tool for success on this diet plan will be tailor’s measuring tape. Remember, your goal should not be only to lose body weight, but also to lose inches. Taking measurements regularly will help you ensure that this is occurring.

It can be incredibly motivating when you see the various areas of your body going down on the tape measure, so taking your stats every few days is going to be a great technique for keeping you with the protocol over time.

**Printed Copies Of The Weight Loss And Calorie Trackers**

Be sure to download the Easy HCG weight loss and calorie tracker here:

Tracking your progress is an important step for success, so take the time to print out the weight loss and calorie trackers that were included in this program. You should be tracking how many calories you're eating daily so that you can make sure that you are doing everything in accordance with the plan.

If you have a set-back and don't follow the plan as is, make sure that you record it down. This is then going to allow you to look back over time and if you haven't seen the weight loss that you should be with the program, you'll know precisely why.

Be sure to weigh yourself first thing in the morning. Like many others before you who have tried this diet, you’ll be amazed at the results. Make sure to track it all so that you can look back and use this as a weight loss journal chronicling your success.

**Your Shopping List**

Finally, the last item that you'll want to get in place before starting your plan is a shopping list with all of the HCG foods that we'll be revealing to you shortly and that can be found in the appendix of the book.

What you should aim to do here is clean out your kitchen cupboard and fridge as best as possible except for the foods on this shopping list.

As the saying goes, 'out of sight, out of mind'. This couldn't be truer when following the HCG diet plan.

Since the diet plan is quite a bit more restrictive than others that you may have followed in the past, you may find that you do get some food cravings. Some people find that food cravings are virtually non-existent as the HCG drops are completely removing their hunger pains and without those, they really have no cravings at all, while other people, especially those who deal with emotional eating will still find them to be present to some degree.

When food cravings strike while on the HCG diet, it will be really helpful if you don't have unhealthy food items in the house, as these could lead to a potential setback.

Doing so would only increase the chances that you fall off the plan entirely, derailing the success you see.
By getting your shopping list all set out from the start, you'll know precisely what you're going to be picking up when going to the grocery store so there will be no question of what to get. You'll only get those foods on the list so that you don't have temptation lurking around every corner.

Remember, the easier you can make following the diet for yourself, the better your results will be. This means grocery shopping once per week using your HCG approved grocery list so that you don't even have to think about it during the week when you're busy with other scheduled activities.

So now that you have all your tools ready for success, let's introduce you to the HCG Diet protocol.
Chapter 3: The HCG Diet

The HCG diet protocol is going to be divided up into four different phases, each phase moving you closer to your goal weight. It's vital that you make sure you're doing the phases in their proper order as the program lays them out as this is one of the key elements that's required for success.

If you skip over phases or stay on one phase for too long, you will sacrifice the results that you will see on this approach.

The diet has been formulated in a precise manner for best results and following it phase by phase will ensure that your metabolism stays maximized at all times so that you can continually use up the large amount of fat stores for fuel that the program aims to achieve.

Let's walk you through the different phases of the diet so you can understand what you'll be doing in each.

<table>
<thead>
<tr>
<th>Phases</th>
<th>Dosage</th>
<th>Calories</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase 1: Loading</td>
<td>10 drops 3 times daily 30 minutes before meals</td>
<td>1500-2500 calories</td>
<td>2</td>
</tr>
<tr>
<td>Phase 2: Very Low Calorie Diet</td>
<td>10 drops 3 times daily</td>
<td>500 calories</td>
<td>21-41</td>
</tr>
<tr>
<td>Phase 3: Stabilization</td>
<td>No drops</td>
<td>1500 per day. Avoid sugary and starchy foods.</td>
<td>21</td>
</tr>
<tr>
<td>Phase 4: Lifestyle/Maintenance</td>
<td>No drops</td>
<td>Calories are added back to the diet and you sustain this phase for life</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>
Phase One – The Loading Phase

The loading phase is meant to prime your body for what's to come ahead once you start up on the low calorie HCG meal plan, so it's important that you don't forget to do this. If you do, you may experience much higher hunger levels overall as you move throughout the plan.

The loading phase on the HCG diet protocol is to last for two days total. However, some people will choose to take this slightly longer to 4-6 days, depending on how well you typically deal with hunger while on a diet. We recommend what Dr. Simeons prescribed in his original manuscript which is 2 days.

Many individuals are often scared to do the loading phase for fear that they will gain weight while doing so.

While it is true that you will likely put on some body weight throughout the loading as you are consuming so many calories, take comfort in the fact that you'll shed this weight incredibly quickly once starting up on the plan.

In fact, those who tend to gain the most weight during the loading phase will also lose the most weight overall throughout the course of the diet, so you can clearly see just how beneficial the loading phase is.

By doing the loading phase first you'll ensure that your metabolism is running at an incredibly accelerated pace so that when you start up on the low calorie phase of the diet, you're melting fat faster than ever.

If you are someone who has been on lower calorie diets for as long as you can remember (you've either yo-yo'd on and off them or you've just been on a diet for what seems like eternity), then the loading phase will be especially important for you.

Your metabolism is probably very suppressed at this point as your body has acclimated to that lower calorie intake and if you don't do something to bring it back up again, you will not see the results that you're after.

Also keep in mind that much of the weight that you do gain during the loading phase will be largely due to water weight gains as the body is storing a high amount of water with all the carbohydrates that you're taking in.

This is completely normal and natural and once again, that water weight will be lost as soon as you resume with phase two of the program.

So, the take-home message: Don't fear a bit of weight gain during the loading phase. This is here to help you, not hinder your progress.
To kick-start the loading phase, you'll want to take your first dosage of your HCG drops. You’ll start with 10 drops 3 times per day and will continue with these drops through phase 2. This is going to prep your body and get it ready to start the diet that's to come. It takes about 2 days before the HCG gets to work in your system.

These 2 days that you have started to take the HCG drops are known as the loading phase.

The general directions for this loading phase can be summarized by you eating as much high-fat foods as you possibly can.

It is best to limit carbohydrate consumption during this phase so that you shift your body to using fat as a fuel source. This way, when you do start to drop the calories, the body is already burning up body fat due to the nature of the loading phase therefore as it shifts you will be turning body fat into a fuel source (rather than the dietary fat you are consuming during the loading period), so you won't get those feelings of hunger.

It is a good practice to feast on high-fat, high protein foods during this phase.

This includes items such as:

- Steak
- Hamburger
- Sausage/bacon
- Full fat cheese
- Eggs
- Avocados
- Nuts
- Oils

When many people think of high-fat, high calorie food, they tend to lean towards choices such as pizza, French fries, pies, ice cream, and so on and while these choices are very high in fat, the problem is that they're also high in carbohydrates. Feel free to eat what you want but it may be beneficial to limit these types of foods.

You need to really uncover the full fat, low carb choices to be eating and this often has you moving away from the typical 'junk' foods that many people think they should have. Note this difference as it's important for your success.

You should aim to try and keep the fat choices you're making as healthy as possible overall so that your saturated fat intake doesn't get too out of control. This means selecting
monounsaturated and polyunsaturated foods rather than foods that contain saturated fat, or worse yet, trans fats.

While some saturated fat will definitely come into play if you're consuming red meat and cheese, it shouldn't be all you're eating. Add in plenty of nuts, oils, and fatty fish as well to help balance out that intake with plenty of the healthier varieties of dietary fat.

Some individuals will wonder how many calories they should aim for during the loading phase. While there's no definite number of calories that you should aim for, you want to be really feeling full during this phase.

Fortunately since fat is so calorie dense, you should be able to get your calorie intake up fairly high without too much trouble. If you feel like you could eat more before going to bed (you aren't feeling quite stuffed), try and do so.

Remember, the more you can eat during this phase, the better results you're going to see.

By the time the last day of the loading is completed, you should feel as though if you even think about eating another meal, you are going to be sick.

This is important not only from a physiological point of view to get your body prepared for the diet ahead, but also from a psychological point of view as well. If you feel like the thought of food is enough to make you nauseous, when you start up on the low calorie diet you'll actually find you enjoy not having to cram any food down your throat and be relieved to get started.

So now that we've covered the loading phase, let's move on to the second phase of the HCG protocol, the very low calorie diet phase. This is where the real 'fat loss magic' is going to happen.

Phase Two – The Very Low Calorie Diet (VLCD)

The very first thing that you need to note about the VLCD is that it's to be followed exactly as-is. If you make even the smallest of adjustments, you may actually gain weight from the plan rather than lose it.
This diet has been thoroughly tested by Dr. Simeons and has been set out in such a way that it gets your body releasing its fat stores incredibly quickly and burning them off in the process.

If you don't follow the diet accordingly, the HCG drops will not be as beneficial and you're just all around not going to make the progress that you're looking for.

So take note – you must follow this plan as it's laid out. Don't try and customize it – you can customize your diet to your heart's content later on after you've lost the weight.

For now, follow the plan.

The VLCD phase is going to have you eating 500 calories per day. Now, if you've been reading up on other diets and have used many in the past, you're going to instantly recognize that this is a markedly low calorie intake compared to what you're used to. But don’t be scared by this. You’ll be surprised how much food you can actually eat and stay under 500 calories. In fact many people once they have succeeded with this diet remark that they learned that they were simply eating way too much food before finding the HCG diet. A side benefit of the HCG diet is that it trains you to eat just what your body needs and to find that balance with food that we in western society have completely lost.

But don’t be fooled, 500 calories is restrictive. It will take a little discipline to succeed with temptations literally on every corner. Remember, they don't call it a very low calorie diet for nothing! Just remember that this diet is far different from other diets that you've experienced. This diet isn't meant to be carried out for months on end nor is it meant to be a 'lifestyle' approach that you use forever.

It's meant to be a diet that works incredibly fast to help you get down to your goal weight and stay there. In addition to this, because of the fact you're using the HCG drops (which you obviously weren't using on the other plans you may have used or read about), this provides extra protection against the fact that it is so low in calories.

The HCG drops are going to ensure that your body is turning to its body fat stores immediately for fuel and that these body fat stores are what will be fueling all your regular body functions.

On a normal diet without the HCG drops, yes, your body would likely become extremely energy deficient because 500 calories is simply not enough to sustain life on long term.
But with HCG, because you're releasing stored body fat so quickly and readily, your body has a much larger supply of fuel to use.

Most individuals easily have a good 150,000 calories or more stored in their body fat storage, so as you can imagine, this is more than enough to meet your daily energy requirements for quite some time. HCG on a daily basis helps you to burn anywhere from 2000 to 5000 calories per day (depending on your body type) taken directly from your abnormal fat stores. Rest assured that while on the HCG diet, you are not in fact starving yourself. If done right, your body will have all the calories it needs so that you aren't sluggish or starving while on the diet.

So let's say you typically require 2500 calories per day to maintain your daily activity (along with all the metabolic processes going on in your body). You would be contributing 500 of those calories from the foods you're taking in daily and then the other 2000 calories are going to come directly from your body fat stores. These body fat stores will quickly convert to energy so that your body has exactly what it needs to feed off of for fuel.

It is important to note though that you shouldn't go below the 500 calorie per day mark. You might be thinking, if 500 calories is good, wouldn't 200 calories be better?

No.

It doesn't work like that. The 500 calories you are eating with this plan are going to provide your body with some key nutrients that it can't get from the energy being released through the stored body fat tissues, so this is why following the diet is a must.

If you don't follow it, you could become nutrient deficient and this will interfere with the entire fat burning process going on.

So don't skip out on the scheduled foods and meals in the diet. Also keep in mind that when selecting your protein sources in the plan, the lower fat and lower carbohydrate you can make them, the better you're going to do. This allows you to get the most protein in for the 500 calories that you'll be eating and therefore safeguard your lean muscle mass.

If you don't get in enough protein throughout the day because you're making poor food choices, there is a chance that your body may begin to catabolize its lean muscle mass, and if it does this, your metabolic rate could slow down.

When we go over the list of approved foods for this diet, you'll see which protein choices will be your best options to select from.

So what are you to be eating during this phase of the diet plan?

Let's walk you through your daily diet schedule.
Breakfast

For your breakfast meal, you are to have any tea variety that you enjoy or coffee, provided no cream or sugar has been added.

Take note that you are allowed to add one tablespoon of milk to your coffee or tea in any given 24 hour period. You are not allowed to 'bank' this tablespoon however so if you don't use it one day, you can't use two tablespoons the next. One tablespoon per day is the maximum that you're allowed to use.

In addition to your milk, you can also add Saccharin or Stevia as well and there are no restrictions on how much can be used with this. Make sure that these are the only two sweeteners you use however as other sweeteners especially artificial ones containing harmful substances (such as Aspartame or high fructose corn syrup) are not to be utilized.

Lunch

Moving on to your lunch meal, you are to consume:

- 100 grams of any of the high quality protein sources we include on our approved list of foods, making sure to remove all visible fat before cooking.

*Note that this 100 grams measurement is the uncooked weight, not the cooked weight.

- One type of vegetable to be selected from the approved list of foods. You are to only consume one variety of vegetable with each meal, not combine two varieties together. Keep in mind that tomatoes are considered fruits for this diet, so can be used as your fruit selection, not as your vegetable selection.
- One piece of fruit from the approved list of foods.

Dinner

The dinner meal is the same as the lunch meal prescribed, however you should aim to choose different foods at this meal than you had at lunch for more variety.
So that sums up phase 2 of the HCG diet program. Some additional notes to keep in mind include:

- You're allowed to add the juice of one lemon to your diet daily for flavor.
- You’ll likely find that you're really craving a lot of salt while on this diet – use it liberally on your foods however, for best results, choose Sea Salt, Himalayan Salt, or Celtic Salt.
- Some additional condiments/seasonings that you can use to help flavor your foods include: pepper, apple cider vinegar, Braggs liquid aminos, mustard powder, chilli powder, garlic, sweet basil, parsley, thyme, majoram, red tabasco sauce, and mustard.
- You are to aim to drink approximately 2 liters of water per day, in addition to your tea and coffee. It helps to calculate how much water to drink daily by taking your weight and then dividing it by 2 and change to ounces to get how much water you are to drink. For example, if you weigh 200 pounds, you should divide 200 by 2 which would give you 100 pounds and then change pounds to ounces. Using this example, you should drink 100 ounces of water each day.
- Diet soda is not to be consumed even though it is “calorie free”. Some modified HCG programs state that 1 diet soda is allowed, however we've only seen negative results from this. It’s best, if at all possible, to simply abstain from it while on the HCG diet program.
- You may have 1 grissini breadstick or Melba toast (approximately 3 grams).
- You may choose to have the fruit prescribed with the lunch and dinner meals as a snack throughout the day instead.
- You cannot replace two smaller fruits for one fruit – an apple is an apple and an orange is an orange, regardless of the size (use your best judgement).
- You are not to use any toiletries or beauty products that contain vegetable or animal fats as these can be absorbed in through the skin and make the diet less effective.
- We recommend taking a liquid B complex vitamin while on the diet. This has been shown to help those that feel minor fatigue or “fuzziness” while on the diet.
- Do not consume beef at both meals during the day, and don't eat it more than three times per week while following the diet.
- You should continue taking any medications that have been prescribed to you by a doctor and only stop taking prescribed medications at the direction of your doctor.

Now, let's show you your list of approved HCG diet foods. Remember to choose which ones you'll be eating off this list and create your HCG Diet grocery checklist as we mentioned above.
Approved Foods

**Protein Foods**

- Lean ground beef
- Veal steak
- Ground Round
- Filet mignon
- Roast
- White Pork
- Chicken breast, skinless and removed from bone
- White turkey
- Venison
- Rabbit
- Wild Chilean sea bass
- Flounder
- Orange roughy
- Sole
- Catfish
- Salmon
- Blue fish
- Tilapia
- Halibut
- Ocean perch
- Fresh white fish
- Lobster with-out the shell
- Crab, broiled without the shell
- Clams
- Buffalo steak
- Shrimp
- Albacore tuna *note that regular tuna is not permitted

**Vegetables**

- Lettuce, Boston, Bibb butterhead, Iceberg, Romaine, or Cos
- Cabbage
- Asparagus
- Spinach
- Beet Greens
- Cucumber, peeled
• Chard  
• Chicory  
• Green onions  
• Radishes  
• Celery  
• Fennel  
• Mushrooms  
• Bell peppers  
• Green beans  
• Brussels sprouts  
• Dill pickles  

**Fruits**  
• Strawberries  
• Grapefruit  
• Orange  
• Apple  
• Tomato  

If you don't see a food that's on this list, it's not included in this diet so stay away! By choosing only foods that are listed here, you can guarantee that you see success on this plan.

If you are a vegetarian you will still need to get your daily supply of protein. Some good substitutes for meat are tofu, Boca burgers, 500 cc of skim milk, 100 grams of cottage cheese made from skim milk, 3 egg whites to one whole egg.

Now let's give you a sample day's meal plan so you can see the program in action.

**Breakfast:** Tea with liquid Stevia.

**Lunch:** 100 gram chicken breast with steamed asparagus drizzled with the juice of one lemon and sprinkled with sea salt. One slice of Melba toast. One apple for dessert.

**Dinner:** 100 gram lean steak with steamed cabbage sprinkled with sea salt. One grissini breadstick. One cup sliced strawberries for dessert.

While moving through the VLCD portion of this plan, you are to complete this set-up for 23 - 41 days total, before moving on to phase 3, which is the stabilization phase.

If you reach your goal weight before the 23 day period is up, then you can move into phase 3.
Make sure that you also write down what weight you are at when you finish the low calorie diet portion of this program and took your last dose of your HCG drops.

So now that you have the full idea of what's involved with Phase 2 of the program, let's move on and provide you with the details of Phase 3.

**Phase Three – Stabilization**

This phase is where you’ll restore your metabolism and ensure that you maintain the weight that you’ve just lost.

This phase is extremely critical because it's this phase that you'll bring your body to a point of homeostasis so that you don’t just gain the weight back if you return to your old eating habits. Those who skip over this phase almost always see problems down the road with their body weight again, so do not do that. This phase is mandatory.

To kick-start this phase, you’re going to first note your current weight (as we mentioned above) and then continue on with the diet you were eating (VLCD) for two to three more days but stop taking HCG. You're doing this so that the HCG can leave your system now that you've stopped using it.

At this point you want to begin increasing the calories up to 1500 to 2000 calories per day, making sure to still avoid sugars and starches.

You may find during this phase that you really struggle to get those calories in and you feel overly full or bloated. Don’t worry if this does happen, just take it slow. This is your body adapting again to that higher calorie intake and it will adjust when given some time.

You will be following this maintenance phase for a period of three weeks, making sure that your weight stays within two pounds of the weight you wrote down when you stopped using the HCG drops.

If you notice your weight is increasing, this is a sign you're taking in too much food or eating the wrong foods (lots of sugars and starches) and should decrease it and likewise, if you notice your weight decreasing, you need to increase your food intake slightly as you’re not currently eating enough.

After the 21 days have passed at your higher calorie intake, then you can start adding a few more fats back into your diet plan.
This is going to help provide additional nutrients as well as fuel and calories to make up the calorie intake required for the maintenance stage.

Once those 21 days are up, you will also begin adding some carbohydrates back into the diet plan. Here you will want to focus on slow digesting carbohydrates as these will be the best for total weight control.

That includes foods such as oatmeal, brown rice, quinoa, and fruit. The 'dangerous' carbohydrates that you want to be very careful of adding, even at this point as they do tend to cause weight gain quite easily include potatoes, squash, pumpkin, beans, yams, sweet potatoes, bread and bread products, and pasta. These should still be avoided so that you can maintain your weight successfully.

After finishing phase three of the diet and maintaining the weight that you finished off with at the end of phase 2, it's safe to assume that your body has reset its metabolism and you are now in a state of homeostasis with your goal weight.

This means you're ready to move into phase four of the diet, which will carry you from here onwards.

**Phase Four – Lifestyle Plan**

Finally, now that you've completed phases one, two and three of the HCG program, it's time to move onto the last and final phase, the lifestyle plan phase. This is where you're going to begin introducing a lot more variety into your daily diet, while ensuring that you continue to maintain your body weight loss and live in the new body you've created.

At this point in the plan you'll want to start re-introducing back the starches and sugars that you've eliminated previously, but making sure to do so gradually and in moderation.

Keep in mind that if you do want to maintain the weight loss over the long term, you will want to focus on eating healthy, as no one can keep the weight off while consuming a diet filled with highly processed and junk foods.

It wouldn't matter how you lost the weight in the first place, if you went back to a diet that consisted of burgers, fries, chips, chocolate bars, cakes, pastries, donuts, etc, then you'll be experiencing weight gain before you know it.
The point of this plan though is to not feel restricted, so start allowing yourself back many of
the foods that you previously removed.

Whole wheat breads, pasta, cereal – all of these items can get added back into your diet. During
this phase you should still be monitoring your body weight closely using your scale as this will
indicate to you whether or not the addition of these foods is leading to fat gain.

Your mission is to ensure that they don't, so if you do find that you see the scale creeping up,
this is a sign that you're adding just a few too many starches and sugars in your diet and need
to cut back immediately. If you do see more than a two pound weight gain from the weight that
you left off at when you finished phase two of the program, you should implement a few
protein only days or a “steak day”. A “steak day” is where you only drink water during the day.
At the end of the day you eat a large steak and 1 apple or 1 tomato.

This should quickly shed those few pounds and bring you back down to the goal weight that
you're after.

Remember it's a precise balance that you're looking for here. Eat too many calories, or eat the
wrong type of calories, and you'll gain weight. Eat too few calories, as well as the right type of
calories, and you'll begin losing weight.

Fortunately due to the third phase in the program your metabolism will be moving along at a
very accelerated pace so this is going to really go a long way towards making sure that you're
burning off calories as optimally as possible throughout the day.

If you want to cheat a little on this phase of the diet and have a piece of cake on the weekend –
you can do so. And, you shouldn't experience fat gain because of it.

Additional Rounds of the Diet

Many people find that they need to do several rounds of the HCG diet. If you didn't quite reach
your goal weight after ending off the second phase of the HCG diet plan, then you should
maintain the fourth phase for a period of 6 weeks total and then proceed to do another full
cycle of the HCG diet plan.

This gives your body sufficient time to rest from the intensity of the program and ensures that
your additional cycles will be as successful as the first (provided you followed the plan!).

It's important not to jump back into another round too soon, as some of you may be tempted
to do if you really want to get back to shedding the pounds. This will actually work against your
progress and could prove to do more harm than good if you don’t give your body the proper rest and recovery time.

This break period ensures that your body doesn’t eventually start to become immune to the HCG, leading you to disappointing results when you begin another round of the diet.

**Summary**

Do your absolute best to follow the phases of the HCG diet as they were originally laid out by Dr. Simeons because your results depend on it. You may feel as though you can customize this to your own needs and preferences, but as a warning, those who struggle with this diet tend to be those who want to do lots of customizations. If at any time you feel that the diet is not working as prescribed, or that you are not losing as much weight as you should be, always go back to the original protocol prescribed by Dr. Simeons and make sure you are following it closely.

This program is based on very scientific processes and must be done as-is.

Now let's move on and give you some general tips to make the most of your HCG diet protocol as well as go over what you need to know about exercise.

Since exercise is such a large component of other weight loss programs on the market, it's important to know where you stand with regards to that while doing this.
Chapter 4: Making The Most Of The HCG Protocol

As you get started with your HCG journey, it helps to have a good idea in mind of what most people experience while on the plan so that you have a very firm idea what you can expect.

Some individuals just throw themselves right into the plan and when they do, they find they get very overwhelmed with the entire process taking place.

By making sure that you fully understand what will occur when you're on this diet plan, as well as some simple tricks to help you optimize it, you can ensure that you do see success and feel great while doing so.

Let's have a look at some of the important things that you need to know.

What You'll Experience While On The HCG Diet

The precise way someone reacts to this protocol is going to vary based on the individual and their own body chemistry. Some people will have virtually no side effects at all, while for others, there will be a few things present that they do start to notice.

By making sure you're informed about the possible minor side effects that you may start to feel, you can prepare yourself for it so that you know it's normal and just part of the process.

First let's go over some of the positive things that you'll experience when doing the HCG protocol to get you excited about what's to come.

- A highly reduced grocery bill – since food costs will be so low, you'll actually save money by doing this plan. In fact many people consider HCG to be a “free” diet in that after all the savings from food costs, they find they haven’t really spent any extra money to do the diet. Some find that they have even saved money because of the HCG diet.
- Incredibly fast weight loss from the start with consistently rapid weight loss rates achieved while following the program. Up to 1 to 2 pounds per day!
- Very low levels of hunger, if any are present at all.
- High levels of energy due to the body rapidly releasing stored body fat as fuel.
- Success with targeting the 'stubborn' body fat areas such as the hips, thighs, and lower abs for women and the back and stomach for males.
- Detoxification benefits so that you feel better all day long.
- Improved health of the skin, hair, and nails.
- Higher levels of self-confidence.
• An increase in physical endurance since you won't be carrying around so much excess weight.

...as you can see, there are a number of amazing benefits to doing the HCG diet.

Now let's look at a few of the negative things that could occur. Remember, these won't happen to everyone and will occur in various severities. Most people are able to get through this just fine without any problems.

• Mild headaches that occur during the first 2-3 days of switching to the low calorie diet (note that you can significantly reduce this by doing the loading phase properly).
• May feel slightly sick or unwell during the first few days as your body detoxifies and cleanses your system.
• You'll be visiting the bathroom a great deal more frequently throughout the day as the body starts excreting excess water.
• You may be more cold than normal due to the low calorie diet and reduction in body fat.

As you can see, there's nothing here that's too harmful and something that cannot be dealt with. Be prepared and stay positive. If you do, you'll soon become one of the success stories of the HCG diet.

Let's look at a few other important points to remember while on the program.

**Exercising On The HCG Diet Plan**

On most diet plans, you always hear that you should be exercising regularly to speed up fat loss. And while this is true on most diet programs, remember, the HCG program is not 'most diet programs'.

This program is entirely different from everything else out there and gets results fast and effectively. It works very differently in the body than the standard diet protocol and because of this reason, exercise recommendations vastly differ.

Although short relaxing walks are ok, while on the HCG diet plan, we advice you not to partake in any form of scheduled exercise program. This includes cardio training as well as, and especially, weight lifting. Some variations of this protocol will advice some light exercise, but we really feel
it is best to refrain during this time. If you do participate in exercises and activities, other than
to burn off a considerable amount of calories, then make sure to replace
those “burned off” calories with additional food. Make sure that if you do consume extra food
to replace “burned off” calories from exercise, that they are foods that are still within the
parameters of the HCG diet protocol.

You simply are not consuming enough calories, or carbohydrates, to support this type of
physical activity and at this point, it would only hinder your weight loss and set you up for
problems down the road.

Now, this doesn't mean you have to confine yourself to the couch and sit for 21-41 days straight.

That's not it at all. If you want to get up and go for a walk, that's fine but keep it to a leisurely
pace.

It is recommended that you do still get up and move around throughout the day as this will help
to increase circulation. In addition to this, it can also keep you in a more positive mindset and
that will further help promote faster weight loss.

Some people will worry that their diet will be less effective by not exercising, but rest assured
that is not the case.

Even with normal diet programs that include exercise, diet still accounts for 80% of the results
people see. And since this diet is much more intense than any other diet you'll find on the
market, it's going to account for 100% of the results you see.

Doing exercise would just cause you to feel very fatigued and miserable on this approach, which
is definitely not what we want.

We need you to stay positive and feeling great because that is what will ensure that you
continue on with the program and get the results that you're looking for.

So use this time as rest. Avoid the gym for the time you're on it and once you do move into
phase 4 where you are adding back more calories
and especially starches and sugars (which supply
the fuel for high intensity exercise), then you can
get back to your gym routine.

Most people who use this program actually find
that upon returning to the gym, their performance
is better than it's ever been. They've been beating
their body up for years with such intense and
demanding workout programs on all those other approaches to traditional dieting that this was just the break they needed to let their body experience a full recovery.

When they return they feel mentally fresh, motivated, and exercise performance is greatly increased due to the fact that you don't have the additional weight to carry around.

So use the HCG time as a well earned break from exercise. It's only going to help you see success in the long run.

**Alcohol And The HCG Diet**

Another point to touch upon is alcohol consumption while on the HCG protocol. Many people often wonder whether this will be allowed. The simple answer is to avoid it.

Alcohol contains empty calories that can seriously throw off your results as your body will begin to move out of fat burning mode.

In addition to this, since you have so few carbohydrates while on the HCG diet, if you were to drink you would become intoxicated at a faster rate.

As we ascribe to the original manuscript by Dr. Simeons, we advise our clients to avoid alcohol while on the diet. Dr. Simeons does not mention or account for alcohol in the original protocol.

**Cosmetics And The HCG Diet**

There are many lotions and makeups that are made with fats and oils. These fats and oils can be absorbed by the body just as if they had been eaten and they can disrupt fat loss while on the HCG diet. It is best to avoid such products as even something as simple as lotion may cause you to not lose weight while on HCG.

Here are some possible alternative products that are safe to use:

- Oil-Free Moisturizers
- Aloe Vera Gel
- Mineral Oil
- Mineral makeup

There aren't any restrictions on the use of lip or eye makeup as well as shampoo, conditioner and body wash. Just make sure that when you use skin care products that they are oil-free.
Stress & Mindset On The HCG Diet

Another important factor to consider is the impact of stress and mindset on the weight loss results you experience.

The very first thing to note here is that stress is going to be hugely detrimental to your success. Stress will not only cause you to feel anxiety and more troubled while following the program (which could then lead you to cheat and move off the plan), but those who are very stressed will also have higher releases of a hormone known as cortisol in the body, and this cortisol will actually encourage abdominal fat accumulation. In addition to this, cortisol can also promote the burning up of lean muscle tissue, and this will then lead to a corresponding decrease in your basal metabolic rate.

That means that if you begin losing lots of muscle mass while on the diet, when you come off the diet, you'll have an easier time regaining back body fat because you'll be burning fewer calories each day due to that sluggish metabolism.

Simply put, stress is going to seriously hinder your progress. If you're highly stressed with high levels of cortisol, you're working directly against yourself.

If you're someone who does experience chronic stress on a regular basis, you must take action to reduce this.

Whether that means writing in a journal, talking to a friend, or dealing with it in some other, healthy manner, just make sure that you do it.

Likewise, mindset is also going to have a very large role on the weight loss progress you see. If you're constantly feeling down about your progress and like there's no way you'll ever reach your goal weight, chances are you won't. You just won't have tenacity to stick with the program because deep down you believe that you're incapable of success.

It's a must to start shifting your mindset to a more positive frame of mind where you do believe you can get results and that you deserve to get results in the first place. When you're feeling positive that you will reach success, you'll have a greater overall self-efficacy, which is your belief in your ability to do something, which then means that you'll have a far easier time following through on the program.
So I would strongly recommend that you take some time to make sure that your stress level is under control and that your mindset is where it needs to be. By doing so, you can feel confident that you're on the path to your goal body weight.

One problem that some people may run into while using the HCG program is the dreaded plateau. Basically, they're going about their plan, feeling great, but then they hit a brick wall. Weight loss just seems to stop. First, note that a plateau is perfectly normal and very often will resolve itself on its own.

But, many dieters do begin to get worried that their body isn't responding to the HCG drops like it used to and feel as though they need to 'do' something.

When this occurs, then it's advised that you first examine your diet and make sure that you are in fact following the protocol exactly.

If you do, then it's time for an 'Apple Day'. An apple day will begin at lunch on the day you're going to implement it and carry on until lunch the next day. During this day, you're allowed to consume up to six apples (although you don't have to eat all of them) and the only liquid to be taken in is water, in low amounts (just to quench your thirst).

Most people will find after this they are totally satisfied again and will resume the plan and see fast weight loss the very next day.

Plateaus may feel frustrating, but when dealt with correctly, can be quickly overcome.

Finally, let's leave you off with some general tips to help optimize the diet plan.
Diet Optimization Tips
As you move through the HCG protocol, there are a few things that you can do to help to promote greater well-being and comfort while on the diet protocol. Some people do experience some discomfort so the following tips will help you avoid that.

- If you're feeling hungry throughout the day, be sure to sip on plenty of hot tea to help fill the stomach and calm these hunger pains. Apple cider vinegar can also be used in a glass of water and may cause appetite reduction as well.
- If you have very low energy while on the diet, this is indicative that you aren't consuming sufficient protein, so make sure that you are eating enough with each of your three protein meals.
- For muscle cramping and low energy as well, consider adding a potassium supplement to your diet or sprinkling with a no-salt replacement on your vegetables.
- For maximum progress, be sure to sleep at least eight hours per day – more sleep will increase the results that you get.
- If you're suffering from dry skin, increase your water consumption as this indicates you're not taking in enough.

Conclusion
So there you have everything that you need to get started using your HCG drops and the diet program that goes along with it.

When done properly, this is one of the most effective fat loss approaches out there and provides much relief to those who are tired of the same old approach over and over again.

Whether you don't have time to exercise, don't want to follow an intricate meal planning schedule, or just want something that helps you lose weight as fast as possible, without putting your health in jeopardy, you can rest assured that you’re making a smart decision by using the HCG approach.

Like the many people before you, it won't be long before you become your very own success story!
Appendix

For easy reference, we've included a food calorie chart that illustrates to you all the main foods that you'll be consuming while on this diet along with their corresponding calorie, protein, fat, and carbohydrate count.

This allows you to make the most informed decisions while using the plan and choose foods that are highest in protein while being lowest in carbohydrates and fats.

Vegetable and fruit choices on the plan will contain very little protein and mostly be carbohydrates due to the nature of these food groups, but since you are only having a small portion throughout the day, this won't be a problem.

Please use this chart regularly as you plan your meals so that you can see the best results possible while on the diet.

Food Calorie Chart

Proteins

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<thead>
<tr>
<th>Food (all listed as 100 grams serving size)</th>
<th>Calories</th>
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<th>Carbs</th>
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<td>-</td>
<td>26.3</td>
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<tr>
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<td>123</td>
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<td>-</td>
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<tr>
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<td>29</td>
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<tr>
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<tr>
<td>Albacore tuna</td>
<td>140</td>
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### Vegetables

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<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
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<td>2.5</td>
<td>1.4</td>
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<td>1.1</td>
<td>0.9</td>
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<td>1.6</td>
<td>0.8</td>
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<td>Cucumber</td>
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<td>0.7</td>
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<td>Chard</td>
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<td>-</td>
<td>1.3</td>
<td>0.6</td>
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<td>Green onions</td>
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<td>Mushrooms</td>
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</tr>
<tr>
<td>Brussels sprouts</td>
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<td>9</td>
<td>3</td>
</tr>
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<td>Dill pickle</td>
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### Fruits

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<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Protein</th>
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<tbody>
<tr>
<td>Strawberries, 1 cup</td>
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<td>12.8</td>
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<tr>
<td>Grapefruit, ½ fruit</td>
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<tr>
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<td>18</td>
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<td>Apple, 1 medium</td>
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</tr>
<tr>
<td>Tomato, 1 medium</td>
<td>16</td>
<td>0.2</td>
<td>3.5</td>
<td>0.8</td>
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</tbody>
</table>
# Phase 2 Grocery List

**Vegetables**
- All Lettuces
- Asparagus
- Cucumbers
- Chard
- Spinach
- Beet Greens
- Tomatoes
- Cabbages
- Celery
- Cucumbers
- Green Onions
- Fennel
- Radishes
- White/Red/Yellow Onions

**Fruits**
- Grapefruit
- Apples
- Oranges
- Strawberries
- Lemons*
  * I got tired of squeezing lemons so I use Santa Cruz Organic Lemon Juice

**Seasonings**
- Braggs Amino Acids
- Apple Cider Vinegar
- White Vinegar
- Sea Salt
- Cinnamon
- Fresh Herbs (cilantro, basil, etc.)
- Any Seasoning without Sugar

**Stevia**
- Liquid and/or Powdered Stevia

**Teas**
- Yerba Mate Tea (increases energy, reduces appetite and stimulates releasing of fat cells)
- Green Tea
- Smooth Move Tea (helps with constipation)
- Chamomile Tea
- Any Organic Tea you like
- Water – ½ your weight in ounces daily

**Canned Vegetables**
- Tomato Paste (no sugar)
- Organic Tomato Sauce (no sugar)
- Organic Canned Tomatoes (no sugar)
  *Suggest Muir Glen Fire Roasted Crushed Tomatoes

**Meats**
- Boneless Skinless Chicken Breast
- Lean Steak (London Broil, Round, Buffalo)
- Hamburger (extremely lean)
- Lean Beef Roast
- Shrimp
- White Fish
- Lobster
- Crab
- Veal

**Other**
- Melba Toast
- Grissini Breadsticks
- Non Fat Cottage Cheese
- Skim Milk (1 tab. daily)
- Egg Whites
- Wondercocoa (defatted powdered cocoa)
- MCT Oil
- Kitchen Scale to measure meat
## Measuring Conversion Chart

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<th>Tsp.</th>
<th>TBSP.</th>
<th>Cups</th>
<th>Pints/Quarts/Gallons</th>
<th>Fluid Ounce</th>
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<td></td>
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