

About the hCG Diet

The following are important details about **hCG** and instructions for the **hCG Diet**. Read and follow the instructions on these three pages carefully — your success depends on it! Use the navigation to the left to learn more!

What is hCG?

hCG stands for Human Chorionic Gonadotrophin, a hormone produced by pregnant women in the early stages of pregnancy. Research (and personal experience) supports that a small, daily hCG supplement results in a weight loss of 1 to 2 lbs per day, when accompanied by a structured, low-calorie diet (around 500 calories).

What is the hCG Diet?

There are three stages to the hCG diet:

Loading — 2 days of eating fatty, carb-filled foods.

Burning — 23 to 40 days of a 500-calorie diet, depending on your weight loss goal.

Maintenance — 3 weeks of a starch and sugar-free diet to stabilize your body.

Each of the three steps is critical for success.

For details on each of the three steps, see hCG Diet Instructions.

During portions of the diet, 10–15 drops of hCG are taken sub-lingually (under the tongue).

Most people begin to see weight loss within the first week of the diet, usually losing around a pound a day. Results vary from person to person, and are completely dependent on how well you follow to the guidelines of the hCG diet. So stick with it!

The information provided here has not been evaluated by the FDA and is not intended to be taken as medical advice/diagnosis or replace consultation from qualified health professionals.
As with any diet, you should consult with your doctor before beginning.

hCG Diet Instructions

Follow these instructions to be successful on your hCG Diet. Be sure to look through the other pages, listed on the left, for more *hCG instructions*.

A Few Notes

There is a specific, structured food plan you need to follow on the hCG Diet (the hCG Meal Plan). Using these instructions and the hCG Meal Plan is the best way to see results.

Before we begin, here are some things to consider when planning your diet.

Anyone with health concerns should consult with a doctor before beginning *any diet*.

Women who are menstruating should begin the diet immediately after a period, or at least 10 days prior to their next period. For best results, you should not start the hCG diet just before or during a period.

The hCG Diet Instructions

LOADING

Days 1 and 2 — The *fun* part!

Begin taking the drops from **day one**. *Remember*, about 10–15 drops should be taken sublingually 15 minutes prior to each meal. Sublingual means under the tongue — letting your body absorb the formula.

This is the time to *eat, eat, EAT!* These are the only two days that fat and calories are going to be your friend. Try to eat as many fatty foods as you can. It may seem crazy, but this step is **critical**. It will help to kick-start your metabolism and it is necessary for hCG to begin working in your body. **Do not skip this step!**

BURNING

Day 3: — It's go time!

This is the first day of 500 calories. **Follow the hcg Meal Plan religiously.**

The morning of day 3, right after you get out of bed, **WEIGH** yourself and write it down. You should start your day with a cup of water, tea, or coffee. **Don't forget your HCG!**

Try to drink at least 2 liters of water every day!

Water will help your body lose weight, and it will help you feel better during your daily activities.

Day 4 to 23 — You can do it!
You're on your way!

or

Day 4 to 40 — Yes, you can!
For more weight loss!

You should be taking the drops 3 times a day!

There is one exception: 1 out of every 7 days you should take no drops.

You should be looking skinnier every day. Try to change things up a little with your meals.

Record your weight every morning so that you can track your progress. This will help you stay on track. And as always, remember your HCG and *strictly observe the 500-calorie diet*.

No cheating!

The next three days — You've made it this far!

Days 24 – 26 or Days 41 – 43

Stop taking the hCG Drops, but continue the 500-calorie diet.

You need to get all of the HCG out of your body while maintaining the 500-calorie diet. Only three days of this — you can do it. After all, you've made it this far and **you look amazing**. Stay strong!

MAINTENANCE

Maintenance Stage — You're at the finish line!

Before returning to a normal diet, you must follow this step.

For the next three weeks, *you must not eat any starches or sugars*. Besides this restraint, you may begin to return to a normal diet. Your body needs this time to stabilize, so try to slowly reintroduce sugars and starches back into your diet towards the end of these three weeks.

Continue to record your weight each morning, and if you have gained more than two pounds in any given day, you should skip a meal. This helps your body regulate your appetite and weight.

Some people recommend having a “Steak Day” if you've gained more than 2 pounds on a given day.

A “Steak Day” is a day that you miss breakfast and lunch, then have a steak for dinner.

Congratulations!

You made it! You should be proud, you have accomplished something *great!*

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hCG Meal Plan

It is very important to *follow the hCG Meal Plan* to maximize your success on the hCG Diet. You should use the hCG meal plan along with the hCG-diet meal instructions to plan your hCG diet properly. See the links on the left navigation bar to find these resources.

hCG Meal Plan — Foods for the Diet

The hCG Meal Plan is detailed below. Follow it closely!

Breakfast:

Tea or coffee – As much as you'd like, **NO sugar**.

Note: Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used.

Lunch:

1. **100 grams** (weighed raw) of one of the following meats:

- Beef
- Chicken breast
- Fresh white fish
- Lobster
- Crab
- Shrimp
- Veal

Note: Remove all visible fat before cooking (grill/boil).

2. **One serving** of one of the following vegetables:

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

3. **One** breadstick (Grissini) or Melba toast.

4. **One** of the following fruits:

- Apple
- Orange
- A handful of strawberries
- Half a grapefruit.

Dinner:

The same four foods in lunch. (See above.)

Drinks and Seasonings

You may use the juice of a single lemon for any purpose.

The following drinks can be consumed all day:

- Tea
- Coffee
- Plain or mineral water

Note: No other drinks should be consumed. Two or more liters of water per day is recommended.

The following can be used for seasoning:

- Salt
- Pepper
- Vinegar
- Mustard powder
- Garlic, basil, parsley, thyme, etc...

Note: NO oil, butter or dressing.

Other Information

Additional important information about the *hCG Diet meal plan*.

Helpful tip: Your lunch and dinner may be spread through the day.
So feel free to spread out the four items for each meal throughout your day.

Important hCG Meal Plan Notes:

The 500-calorie limit must always be maintained.

2 small apples are not an acceptable exchange for "1 apple."

On rare occasions, you may have egg – boiled, poached or raw

Note: Individuals who cannot have meat should eat 1 whole egg and 3 egg whites instead.

Cottage cheese from skimmed milk (100 grams) can replace meat occasionally

Personal Care and Beauty Products on the hCG Diet:

You may use lipstick, powder and lotions that are entirely free of fatty substances.

No medicines or cosmetics other than lipstick, avoid eyebrow pencil and powder.

Sun-tan oil should not be used.

Aspirin and birth control are ok.

No massage of any kind.

Consult with your doctor for special health concerns.

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