

# ***hCG DIET PLAN***

## **Quick overview:**

- 125 iu of hCG is administered daily (exception: no hcg diet during menstruation.)
- Until 3rd injection the patient eats excessively.
- Following the third injection, the 500 calorie diet and personal care product restrictions are applied and continue through 72 hours after the last injection.
- For the continuing 3 weeks, all foods are allowed except sugar and starch- this includes sweet fruits.
- After the 3 weeks. starches are introduced into the diet in very small quantities and weight is monitored to ensure weight maintenance

## **Sample:**

<b>Breakfast:</b>	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used.
<b>Lunch:</b>	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.

	<p>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.</p> <p>3. One breadstick (grissino) or one Melba toast.</p> <p>4. An apple, orange, or a handful of strawberries or one-half grapefruit.</p>
<b>Dinner :</b>	The same four choices as lunch (above.)

- 1) The juice of one lemon daily is allowed for all purposes.
- 2) Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing.
- 3) 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.
- 4) The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than than four items listed for lunch and dinner may be eaten at one meal.
- 5) No medicines or cosmetics other than lipstick, eyebrow pencil and powder may he used.

**Important Highlights:**

- 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

#### Personal Care and Beauty Products on the hCG Diet:

- We do permit the use of lipstick, powder and such lotions as are entirely free of fatty substances. We also allow brilliantine to be used on the hair but it must not be rubbed into the scalp. Sun-tan oil is prohibited.
- Aspirin and birth control are allowed on the hCG Diet.
- No massage of any kind.

A short list of hCG Diet-friendly personal care and beauty products are available at: <http://www.hcgdietinfo.com/HCG-Diet-Products.htm>

Injections are administered daily. The dose for the Simeons protocol is 125 iu administered daily, for no more than 40 days.

Patients who need to lose 15 pounds or, 7 kilos or less require 26 days treatment with 23 daily injections." The VLCD (Very low calorie diet) is continued for 3 days following the end of the injections to avoid weight regain.

## **hCG Diet Injections and the Female Menstrual Cycle**

**No injections during menstruation on the hCG diet, however the VLCD is continued. Once menstruation is over, dieters must reinstate the daily hCG injections.**

## **Time and hCG Shots**

**When a patient has more than 15 pounds to lose the treatment takes longer but the maximum we give in a single course is 40 injections, nor do we as a rule allow patients to lose more than 34lbs at a time. The treatment is stopped when either 34 lbs. have been lost or 40 injections have been given.**

For more information, go to <http://hcgdietinfo.com/Diet-HCG.htm>