

**HCG DIET Daily Food Allowances (SAMPLE OF WHAT TO EXPECT for 500 Calories)**



**Unlimited Sugar Free Beverages**

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**11am Fruit**

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**One Piece Melba Toast twice per day**

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**3:30pm Fruit**

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**Lunch - Large Salad & Protein**



**Dinner Vegetable & Protein**

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# HCG DIET PATIENT INSTRUCTIONS:

## **DEHYDRATION ON THE HCG DIET CAN BE A SERIOUS SIDE EFFECT!**

If you feel dizzy, nauseous, lethargic or are light headed you are probably experiencing dehydration. Immediately drink copious amounts of Gatorade or similar electrolyte enriching fluids. Don't worry about the calories or weight gain. The next day or when symptoms resolve get back on the diet. If symptoms don't immediately resolve seek medical attention. If symptoms are severe seek medical attention! If you would like to avoid dehydration we offer optional IV Fluids with vitamins (\$150 per bag).

## **500 CALORIE DIET**

STARTING ON DAY 3: HCG Diet Total Daily Food Allowance

**FRUIT:** 2 portions of fruit per day a portion is: 1 Apple (any kind, but granny smith have least sugar), ½ Grapefruit, ½ cup of strawberries (be careful substituting blackberries or blueberries). NO ORANGES, NO PINEAPPLE, NO MANGOS, NO BANANAS. (No sweet fruit, No dried fruit).

**VEGETABLES:** 2 portions (a portion is as much as you can eat—only at meal times) of vegetables per day (Spinach, Chicory, Chard, Green Salad, Celery, Tomatoes (1/4 tomato), Red Radishes, Onions (not too much), Cucumbers (1/4 cucumber), Asparagus or Cabbage. Stay away from Carrots, Broccoli & Cauliflower. Try to eat MOSTLY GREENS. A good mix of lettuce or spinach with a little: cucumber, peppers, tomatoes and onion. RAW VEGETABLES ARE BETTER THAN COOKED

**PROTEIN:** 2 portions of protein per day. Chicken Breast, White Fish, Lobster, Crab or Shrimp are all ok. (a portion is: 100 grams for lunch and 100 grams for dinner- **NO tuna, NO scallops, NO swordfish, NO salmon, NO catfish, NO beef, NO veal, NO pork, NO sausage or burger of any kind, not even ground chicken. NO TURKEY!** Some people find substituting 100 grams of EGG WHITES AS A PROTEIN beneficial (others gain weight).

**CARBOHYDRATES:** 2 portions of Carbohydrates per day (a portion is: 1 piece melba toast or 1 small bread stick) **AVOID IF POSSIBLE!!** Separate all meals by at least 1 ½ hours

Avoid Chai Tea, Crystal Light, seltzer or flavored waters.

The juice of one lemon is allowed daily. Salt, pepper, vinegar, mustard powder (regular mustard can be problematic—use with caution), garlic, sweet basil, parsley, thyme, marjoram etc. for seasoning, but no butter, oil or dressing. The melba toast / breadstick may be eaten between meals instead of with lunch or dinner, but should be eliminated before day 6. No broth or soup of any kind.

You can have any non-caloric fluid like coffee, tea, diet soda (one tablespoon skim milk permitted in each cup of coffee) at any time.

## **HCG Diet Sample Diet Day. TRY TO EAT AT THESE HOURS ONLY!**

**11:00 AM - Snack:** eat one piece of fruit that is on the list. **DRINK 20oz of FLUIDS**

**12:30 PM - Lunch:** 1 serving of vegetable and 1 serving of protein and 1 serving of carbohydrate. **20oz of FLUIDS**

**3:30 PM - Snack:** Another serving of fruit

**6:30 PM - Dinner:** 1 serving of vegetable and 1 serving of protein and 1 serving of carbohydrate. **20oz of FLUIDS**

**BED TIME - DRINK 20oz of FLUIDS** If you are not waking up 2-3 times to urinate drink more fluids

# **HCG SYRINGES MUST REMAIN REFRIDGERATED**

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# The HCG DIET... WHAT TO EXPECT

## Starting the HCG Diet you MUST:

- Purchase BATHROOM SCALE and weigh yourself same time every morning
- Purchase DIET FOOD SCALE and weigh protein
- WEIGH YOURSELF EVERYDAY and keep track of daily weights. **Call us if you do not lose a pound when you weigh yourself.**
- ALWAYS WEIGH YOUR PROTEIN –avoid eating chicken breast at restaurants—it's usually cooked with oil.
- You really need to Read Dr Simeon's Original Manuscript (download from website)
- Not use cooking spray
- Not use non-fat half & half or any other proclaimed non-fat products
- Not consume ANY oil or fat
- Not consume OMEGA 3 or 6 FISH oil
- Refrigerate HCG Syringes
- EAT ONLY FOODS ON DIET PLAN!! NO SUBSTITUTIONS!

### Day One & Two:

- Start HCG SHOTS & EAT!
- EAT AS MUCH AS YOU CAN!! FATTY & SWEET FOODS ARE GOOD!!
- DON'T TRY TO OUT THINK DIET!! YOU WILL MESS IT UP!
- IF YOU DO NOT LOAD EAT DURING 1ST Two Days you will have a difficult time adjusting to the diet!! You will experience intense hunger.
- Drink 64oz of Gator-aid each day of the 1st 2 days after starting the HCG Shots (only during the loading phase)
- 2-4 lbs of weight gain can be expected but is not always the case. Don't worry it will burn off within a day or two!

**Day three:** Start 500 calorie diet. Stick to specific times and foods listed in the **500 CALORIE DIET** section. Generally patients lose 3-4 lbs. Some people experience headache, slight nausea or dizziness. If you do, you NEED to drink more fluids!! Patients are generally NOT hungry.

In the rare event you experience tremendous hunger try having 2 oz of extra protein.

**Day four:** 2-3 lbs of weight loss can be expected but is not always the case. Most people experience some degree of detox from carbohydrates & sugar. This is usually indicated by slight headache or drowsiness. Detoxification from chemicals. FAT stores are high in pollutants and may abruptly release chemicals into your system during the first week of the diet. Drink LOTS OF FLUIDS to avoid feeling nauseous if you work with or have been exposed to an abundance of chemicals in past 5 years. SEE DETOXIFICATION SECTION

**Day 5:** Minor complaints diminish while the weight continues to drop at an average rate of 1-2 lbs per day.

**It is important to remember to call or text us, no matter what, every day you don't lose a pound.**

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## COMMON MISTAKES:

- Increasing Calories above 500 per day—DO THIS AND YOU MIGHT GAIN WEIGHT
- Drinking Alcohol
- Tasting someone else's food
- Not drinking enough fluids (if you do not wake up 2-3 times at night you might not lose weight)
- Not weighing protein (it is impossible to eye 100 grams)
- Not weighing yourself everyday (weighing yourself is essential)
- Reading diet ideas off Internet (bad idea)
- Drinking Seltzer (no idea why... but people don't lose weight drinking seltzer)
- Waiting 2-3 days after not losing weight to contact us (time is money)
- Eating BEEF or TURKEY or CHICKEN BURGERS
- Thinking its OK to NOT have a bowel movement everyday (take fiber or try a colonic)
- Consuming broth /soup of any kind
- Continuing melba toast / bread sticks after day 7
- Cooking with lemon juice or balsamic vinegar

## HUNGER

The only time you should be excessively hungry where you find that you cannot stick to diet is:

- 1) The day after you cheat (consume something not on diet, usually fat; or had too many calories in one sitting).
- 2) If you have become immune to HCG from multiple rounds of doing the diet.
- 3) If you left the HCG unrefrigerated or have not used it within a 60 day period of when it was mixed.

## **CALL THE OFFICE FOR GUIDANCE IF EXPERIENCING SEVERE HUNGER**

## A PLATEAU

A plateau lasts 4-6 days and frequently occurs during the second half of a full (40 day) course, particularly in patients that have been doing well and whose overall average of nearly a pound per effective injection (injection 3 and on) has been maintained. Those who are losing more than the average, all have a plateau sooner or later. A plateau **always corrects itself**, but many patients who have become accustomed to a regular daily loss get unnecessarily worried. A plateau does **not** mean that you are no longer responding normally to treatment.

For such cases we consider it permissible to break up the plateau. This can be done with an "apple day". An apple day begins at 11am and continues until just before 9pm. The patients are instructed to eat six large apples whenever they feel the desire, generally one every three to four hours. During an apple-day no other food or liquids except plain water are allowed and of water they may only drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. The apple-day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water and loosening of impacted stool. **This water is not regained** when the patients resume their normal 500-calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.

If you stop losing weight don't assume you are having a plateau call office to discuss with staff.

## CONSTIPATION

If you are not losing a pound a day, the most common cause is constipation. Keep hydrated to avoid constipation. An excess of water keeps the feces soft, and that is very important in the obese, who commonly suffer from constipation and spastic colon.

While under treatment we **rarely** permit the use of **any kind of laxative** except bulk forming fiber which is not a typical laxative as it is not chemically altering your retention of water. It is normal to have a reduction in the amount of bowel movements as compared to before, but you **SHOULD** be

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having at least one bowel movement daily. If not, this could account for a lack of weight loss. Sugar free Metamucil 20 minutes before lunch and dinner or two back-to-back colonics can be helpful.

If you have a long history of constipation (not having at least one bowel movement per day) we suggest that you eliminate ALL MILK products (yogurt, ice cream, and especially cheese). To rebuild an atrophied colon it may take a year of a dairy free diet and a great increase in fiber. To hasten results try doing a course of colonics (ten sessions \$600).

## COSMETICS

When no dietary error is found, we look at cosmetics. Most find it hard to believe that fats, oils, creams and ointments applied to the skin are absorbed and can interfere with the weight reduction by HCG, just as if it had been eaten. This incredible sensitivity to even such very minor increases in nutritional intake is a peculiar feature of the HCG method. For instance, it's been found that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what is considered a satisfactory loss of weight unless they can avoid fat coming into contact with their skin. We encourage patients to continue using cosmetics as they normally would but to consider elimination if they stop losing a pound a day.

## SUPPLEMENTS (not included)

In order for the thousands of process and systems to work optimally in your body you need to provide the fuel necessary to keep things going. Unless you are juicing you should take supplements. The essentials of maintaining optimum nutrition:

- 1) **8 Essential Amino Acids:** Essential amino acids are "essential" not because they are more important to life than the others, but because the body does not synthesize them, making it essential to include them in one's diet in order to obtain them. In addition, the amino acids arginine, cysteine, glycine, glutamine, histidine, proline, serine and tyrosine are considered conditionally essential, meaning they are not normally required in the diet, but must be supplied exogenously to specific populations that do not synthesize it in adequate amounts.
- 2) **13 essential vitamins:** The 13 essential vitamins include A, C, D, E, K, B1---thiamine, B2---riboflavin, B3---niacin, B5---pantothenic acid, B7---biotin, B6, B12 and B9---folic acid.
- 3) **Minerals & Trace Minerals:** We need seven macrominerals and 14 trace minerals. The macrominerals include calcium, chlorine, sodium, potassium, phosphorus, magnesium and sulfur. Trace minerals include chromium, zinc, manganese, copper, iron, fluorine, cobalt, tin, iodine, selenium, vanadium, nickel, molybdenum, iodine and selenium (we suggest taking a good mineral combination supplement with a minimum of 99mg potassium, on a daily basis, while on the diet; as urine production increases potassium stores decrease and may cause cramping in feet, legs and hands)
- 4) **OMEGA 3 FATS:** N-3 fatty acids (popularly referred to as  $\omega$ -3 fatty acids or omega-3 fatty acids) are essential unsaturated fatty acids with a double bond (C=C) starting after the third carbon atom from the end of the carbon chain. The omega-3 fatty acids are "essential" fatty acids because they are vital for normal metabolism and cannot be synthesized by the human body. DO NOT TAKE OMEGA 3 on HCG DIET your fat stores have an ample supply.
- 5) **WATER**
- 6) **INSOLUBLE DIETARY FIBER** insoluble fiber is metabolically inert, absorbing water as it moves through the digestive system, easing defecation
- 7) **ANTIOXIDANTS** Ascorbic acid, Glutathione, Melatonin, Tocopherols and Tocotrienols (vitamin E). Antioxidants fight the constant stream of free radicals produced by toxins and mutant cells already in your body.

We urge our patients to always take supplements, on the diet or off the diet. If your fat stores lack the appropriate nutrients you may not lose weight as quickly as you would like. When you are doing everything appropriately and are losing weight too slowly, please consider taking supplements. Consult our staff for recommendations.

## DETOXIFICATION

Additionally, in rare instances, some people are severely polluted with chemicals from cosmetics and the environment; pesticides from fruit and vegetables; as well as hormones and antibiotics from poultry, pork and beef.

Wash ALL fruit & vegetables thoroughly before consuming it & Buy FREE RANGE & ORGANICALLY FED poultry, pork & beef. Avoid fish known to be high in mercury or farm raised fish. Farm-raised salmon live in tight, densely populated quarters and eat fish pellets. Farmers add a chemical dye

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to artificially color the fish and make it more marketable. Farm-raised fish also may contain polychlorinated biphenyls, or PCBs, which are highly toxic industrial compounds. These toxins are "probable human carcinogens," according to the U.S. Environmental Protection Agency.

Pollutants for the most part reside in fat stores, hence a primary reasons overweight people are more prone to disease. It is important to wash these toxins from your body. If you feel nauseous and experience any vomiting you might be releasing toxins from your fat stores. If this is the case, you must drink an excessive amount of fluid. Don't stop the diet. These toxins need to be removed from your body.

Many people with HIGH LEAD levels have SLOW metabolisms. If you have a history of hypothyroid; irregular menstrual cycles; unexplained: high triglycerides, cholesterol or blood pressure; cancer; or cardiac arrhythmias, you may have high levels of toxic heavy metals. Once metals are removed from your system many patients no longer need the medications they have grown dependent on and many find that future attempts to lose weight are easier. Few physicians (1 in 1000) understand how to accurately test for heavy metals. A blood test from QUEST will not give you accurate results. Please consult staff for some literature on Chelation and an explanation of how to be tested if you believe that you have toxic heavy metals in your system.

## **END OF DIET**

### **After your last shot**

Stay on 500 CALORIE DIET for 3 days (as best as you can). As the HCG weans from your system.

After 3 days switch to a typical ATKINS type diet. Gradually Add FATS and Calories.

NO SUGAR & NO CARBS.

It is identical to HCG 500 CALORIE DIET food selections except you can have FAT and OILS. And you can increase quantities. Typical protein quantities are 150-175 grams.

Stay on this diet for 21 days to lock in weight loss and gradually add carbs & sugars. If you discover you are gaining weight, immediately eliminate carbs & sugars until your weight returns to where it was the day of your last shot.

It is important to start exercise program of your choice on day 1 of the ATKINS type diet. You will notice it is much easier to exercise and in doing so will help you lose even more weight. If additional weight loss is desired, you may restart the HCG DIET 4 weeks after your last shot. Future attempts at the HCG DIET sometimes are more effective and sometimes less effective.

If you start gaining weight you need to cut calories and fats until weight gain stops.

### **HORMONE RELATED ISSUES**

Occasionally, people may have hormone related difficulties, which hinders their ability to lose weight or causes them to gain weight regardless of their dieting efforts. If you believe that you have hormone related issues, please speak to a member of our staff so we can test your hormones and make recommendations for Bio-identical Hormones.

**Call or text our on-call Registered Nurse anytime at (908) 598-0509**

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