

# hCG Patient Guide



How much do you have to lose?

## **What is hCG?**

hCG (Human Chorionic Gonadotropin) is a natural hormone produced in large quantities during pregnancy to ensure proper nutrients to a developing baby. hCG is what triggers the hypothalamus to mobilize stored fat into the bloodstream to be used as “food”. It is believed to reset your metabolism and to protect your body’s good fat and keep muscle tissue from breaking down (which occurs in other low-calorie diets without the use of hCG).

## **How Does hCG work?**

hCG is taken by subcutaneous injection or orally, under the tongue to be rapidly absorbed which allows a person to subsist more on their stored fat than on what they eat. It triggers the body to provide a constant flow of “food” received from the fat that your body is breaking down and using. This apparently means that the fat content is liquefied by the hCG, allowing it to be released into the blood stream. One pound of body fat stores upwards of 2000 calories; once body fat is made fluid, nutrition can be released to the bloodstream, reducing hunger, and waste flushed from the system. Calories provided on an even consistent level improves metabolism. With Dr. Simeon’s diet (500 calories a day) women were shown to lose weight at a rate of 1/2 to 3/4 pounds per day and men at a rate of 1/2 to 1 1/2 pounds per day.

## **How long has hCG been used?**

In the 1950’s, Dr. ATW Simeon began using small doses of hCG in obese patients to decrease appetite and observed weight loss and decreased inches around hips, thighs, buttocks and stomach. It has continued to gain in popularity as a successful, natural approach to weight loss.

In the medical field hCG is normally given to women to treat infertility because it induces ovulation in the ovaries. hCG is given to males because it mimics LH which helps testosterone production in the teste. For dieting, a low-calorie diet in conjunction with a small dosage of hCG is used to trigger the hypothalamus to release stored abnormal fat.

## Before starting the program

### What you need:

- Food scale (to weigh food)
- HCG
- Liquid Stevia (for use as a sweetener, optional)

## The Program

### Days One and Two

- Take 125 units of hCG first thing in the morning. Provider will instruct on how much solution to inject. Usually 0.2 ml or 20 units in the belly. Your Cole Family clinician will instruct you on how to draw up and administer the correct dosage.
- Eat lots of high fat food (not processed). This is very important to jump-start the metabolism. Eat all day. Examples- full fat dairy, avocados, eggs, nuts, meats.

### Day Three to Twenty-Six

- Inject hCG. Drink lots of water (at least 2 liters) a day. Follow 500-calorie diet plan.

### Day Twenty-Six to Twenty-Nine

- Follow the 500-calorie diet plan, but stop taking the hCG.

## 500-Calorie Diet

### Phase 1

#### Breakfast:

- Unlimited coffee and/or green tea until lunch (green tea is preferred, but you can use both). 1 Tbsp of milk is allowed per day.

#### Lunch:

- 3.5 oz or 100 grams (weighed before cooking) of lean protein grilled (list included).
- 2 cups of a vegetable with no added fat.
- 2 cups of lettuce (no oil).
- 1 serving of melba toast (60 calories worth, about 3 slices), or gluten-free high fiber bread.
- 1 fruit of the following (1 orange, 1 apple, 1/2 grapefruit or 9 strawberries).

#### Dinner:

- Same as the above but change the protein and fruit source from lunch.

### Italian Sodas

- Add 20 drops of any flavored stevia liquids to 1 can of club soda for a tasty Italian soda.

## Phase 2 - Maintenance

For twenty days following the completion of the 29-day program you are allowed to eat as much food and any type of food you choose (up to 1500 calories per day), with the following exceptions:

- No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup.
- No starch (including breads, pastas, white rice, potatoes)
- No artificial sweeteners
- No fast food
- No trans fats
- No nitrites

You may add dairy (i.e. milk and cheese), nuts and any and all fruits and/or veggies.

This is extremely important to follow because this phase resets your metabolism to a high state and prevents abnormal storing of fat. With the increased calorie intake, now is the time to increase your workouts to permanently reduce your body's set point for fat. Add to daily walks some form of weight training, 3-4 times weekly.

It takes approximately 3 weeks before the weight reached at the end of the cycle becomes stable.

As long as your weight stays within 2 pounds of the weight reached on the last day of your HCG dose, you are fine. If it fluctuates even a few ounces, on that same day you must entirely skip breakfast and lunch, but drink plenty of fluids. For dinner, eat a huge steak and 1 apple or 1 raw tomato (nothing else).

## Helpful Hints & Products

Lipotropic B12 Injections are recommended to be used at the same time as the hCG.

If having trouble with constipation, supplement a fiber and stool softener and potentially a stimulant laxative.

Light exercise, such as brisk walking, has been shown to increase weight loss. Avoid strenuous exercise as there may not be adequate caloric intake to maintain optimal body composition.

## Rules

- No gum or mints.
- No lotions or moisturizers (can only use mineral oil or baby oil).
- No diet drinks, including Crystal Light, or diet soda.
- No butter, oil, or dressing.

## Most Common Errors During Diet

- Not loading enough fat during the first two days of the program. This might explain hunger, headaches and crankiness during the first week of diet.
- Not drinking enough water.
- Consuming spices or seasonings that are not allowed (those containing sugar).

Watch your salt intake, as this can cause water retention. In order to hold one tea- spoon of salt, the body requires one liter of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats one teaspoon of salt, their weight will go up by more than two pounds as soon as this salt is absorbed from the intestine.

Most women find it hard to believe that fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. Many women, whose skin has in the course of years become adjusted to the use of fat-containing cosmetics, find that their skin gets dry as soon as they stop using them. In such cases, you may use plain mineral oil or baby oil, which has no nutritional value. So no lotions or moisturizers.

- Women: If you are on your period, or will start within the next five days, wait until you finish your cycle.
- Pre-cooking all your meat for the week and putting servings in little baggies in the fridge or freezer helps make meals faster and easier. And you are less likely to cheat.
- Use a George Foreman grill for meat - almost everything is done in about 3 minutes. If your grill is beginning to stick, you may decide to spray it with oil. Just be aware that a quarter-of-a-second spray is considered a serving.
- Try to weigh yourself in the same clothes, or something very similar in weight, at around the same time each morning (before eating or drinking and after emptying your bladder) in order to avoid confusion or false appearance of weight gain/ loss.

## Plateau Breakers

- Increase water amount (2-3 quarts per day).
- Try to add a glass of green tea.
- Don't eat apples for the fruit or cut down on the size.
- If eating beef or chicken use certified organic as the fat content is better.
- Eliminate breadsticks/Melba toast.

## **Sample Shopping List**

### **Meat**

Chicken breast

Veal

Steak (filet mignon, flank, t- bone, top round, top sirloin, tenderloin.) Ground turkey White fish

Lobster, crab, shrimp or scallops Venison

Bison

### **Veggies**

Onions (green, red, white, yellow) Tomatoes Asparagus

Spinach

Celery

Romaine lettuce

Chard

Beet greens

Fennel

Red radishes Cucumbers Cabbage

**Fruit** Lemons Apples Oranges Grapefruit

Strawberry

**Spices** Cumin Onion

powder Chili powder Cayenne Thyme Rosemary

Oregano Basil

Bay leaf Paprik

Celery salt

**Other** Garlic Cilantro Parsley Melba toast

Apple cider vinegar

Stevia (clear and other flavors)

# Sample Menu

## Breakfast

- 125 units HCG
- Brew and drink 1 pot of Green Tea or coffee (32 oz)

## Lunch

- 4 oz Filet Minion
- 10 Asparagus Steamed or grilled
- 2 Cups of salad with balsamic vingar
- 1 Can club soda with 15 steiva drops

Supplements:

## Afternoon Snack

- 1 serving of Melba toast or Gluten free bread not over 60 calories
- 1 Apple
- 1 16 oz bottle Green tea or water

## Dinner

- 4 oz Grilled Shrimp
- 1 tomato sliced up with basil and balsamic Vinegar
- 2 Cups of salad with balsamic vinegar
- 1 Can club soda with 15 steiva drops

## After Dinner Snack

- 1 serving of Melba toast or Gluten free bread not over 60 calories
- 9 Strawberries
- 1 16 oz warm herbal tea or water

## Treat

- 1 Chew of Slentiva

# Common Questions

**Do I have to do the "loading part" on the first two days?**

Yes, if you don't load you'll be hungry for the first couple of days.

**What should I do if I'm feeling hungry?**

Eat celery or other low-calorie snacks.

**What should I eat if I'm going out to dinner?**

We recommend ordering a salad, kabobs, or a grilled appetizer.

**Are non-sugar sweeteners like Equal okay to use while on the diet?**

No, but agave nectar (aka: agave syrup) and Stevia are both approved.

**Can I take a multi-vitamin, psyllium seed or aspirin while on the diet?**

Yes, but do not take fish oil pills.

**Can I eat tuna fish? No.**

**Can I eat fruit?** Yes. Apples and grapefruit are suggested.

**Do I really have to drink a lot of water every day?**

Yes, drink up to 2 quarts per day.

**Can I eat popcorn, as long as it's 10 calories and 5 carbohydrates per cup?** Yes, but use air-popped, not oil-based.

**Can I eat sauerkraut, with basically no calories? Yes**

**Can I use "I Can't Believe It's Not Butter!" Spray (which has very low calories?)** Yes, as long as it's in small portions.

**Can I use hot sauces like Siracha Chili Sauce, etc.?**

Yes, as long as they do not contain sugar or oils.

**Can I use low- calorie chicken stocks? Yes.**

**Can I drink alcohol?** No, beer and wine are not recommended.

**Does the HCG Hormone Therapy program cause an increase in testosterone level?** Yes, in males. This increase improves your ability to grow muscle and reduce fat.

**What if I've been taking the wrong dosage?** Correct it the next day and stay on the diet.

**I left my HCG at home and I'm on a trip. What should I do?**

Stay on the diet. It will be in your system for 3 days. Resume HCG when you return home

**Does HCG interact with any of the other medications I'm taking?**

In some instances, if you begin a new medication, please inform your clinician.

**Do I need to shake the HCG vial before injecting?**

No. Do not shake at all because the HCG hormone is fragile.

**Does HCG have any side effects? No.**

**I forgot to refrigerate the HCG for one day. Can I still use it?**

Yes. As long as it did not exceed 70 degrees F.

**Do I have a greater chance of getting pregnant on this dosage of HCG?**

Your risk of pregnancy potentially increases only if you are female and are having sex. You must be on birth control or abstinent while taking this medication.

**Does the salt I crave/eat cause me to add water weight?**

Possibly, but don't worry. It will return to normal over time

**Why haven't I lost weight for 5 or 6 days and what do I do?**

Have an "apple day."

**Can I do an intense cardiovascular exercise (such as using the elliptical trainer for one hour)?**

Yes, but do not start a new exercise program at this time.

**Can I exercise and lift weights while on the HCG Hormone Therapy program?**

Yes. It is recommended to maintain your normal workout routine.

**Can I increase the cycle time to lose more weight? No.**

**What if I am losing too much weight?**

Depending on the person and the amount of weight to be lost, if you are losing more than 15 pounds a week, the clinician will adjust your calorie allowance.

**I missed my shot. What do I do?**

If a disruption of treatment occurs for a period of four or more days, you must increase your caloric intake to at least 800 calories after the third day following the last injection. You must also increase your consumption of protein (meat, cheese, eggs, or milk) or you'll be hungry and fatigued. If the interruption time is less than two weeks, you may resume your treatment and 500 calorie diet immediately. If it lasts more than two weeks, you must eat normally and start the 500 calorie diet on the day of the third injection, much as the beginning of a new treatment. If you have advance notice of an interruption, it is advisable to stop taking your HCG three days before departure.

## HCG APPROVED FOOD LIST

<b>Fruits</b>	<b>Quantity</b>	<b>Calories</b>
Small apple	1	60
Berries	3/4 cup	80
Pineapple	2/3 cup	71
Grapefruit	1/2	80
Cantaloupe	1 cup	60
Cherries	1/2 cup	26
Small pear	1	48
2 Small or 1 Large plum	2	60
Apricots	4	60
Medium orange	1	60
Medium peach	1	60
Melba toast	1	15
<b>Vegetables</b>	<b>Quantity</b>	<b>Calories</b>
arugula	1 cup	2
asparagus	1/2 cup	23
beet-greens	1 cup	39
Bokchoy	1 cup	20
broccoli	1/2 cup	22
Brussels sprouts	1/2 cup	30
cabbage	4 oz.	7
cauliflower	1 cup	28
celery	1 cup	14
Chard	1 cup	7
chicory	1/2 cup	21
cucumbers	1/2 cup	20
endive	1/2 cup	4
fennel	1 cup	27
garlic	1 clove	4
green salad	1/2 cup	15
hearts of palm	1 cup	41
Italian green beans	1 cup	34
leeks	1/2 cup	16
lettuce	1 cup	8
Greens (Beet, Collard, Dandelion, Mustard, Turnip)	1/2 cup	15

okra	1/2 cup	26
onions	1/2 cup	36
peppers (all)	1 cup	18
red radishes	1 cup	19
scallions	1/2 cup	16
snow peas	1/4 cup	22
Spinach	1 cup	7
tomatoes	4 slices	25
watercress	1/2 cup	2
winter squash	1 cup	20
yellow squash	1 cup	20
zucchini	1 cup	20

## MEAT HCG RECIPES

### Steak Fajitas

#### Ingredients:

- 3 ½ oz. flat iron steak or top round steak.
- 1 green bell pepper—cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- ¼ cup water
- 2 tablespoons fresh lime juice.
- ½ teaspoon ground cumin
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- Dash of salt

#### Directions

1. In a zip plastic bag, combine salt, cumin, onion powder, garlic powder. Add the steak, lime juice, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Heat a large nonstick skillet. Empty the content of the bag into the skillet add water and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the steak is cooked through, about 6 minutes. Remove from the heat. Serve immediately.

**Servings: 1 Calories = 229**

### Beef with onions

## Ingredients

- 3 ½ oz. ground beef 97 lean
- 1 teaspoon chopped cilantro
- ½ small onion, thinly sliced
- 2 tablespoons fresh lime juice.
- ½ teaspoon ground cumin
- ¼ cup water
- Dash of salt

## Directions

1. Add salt, cumin, lime juice, cilantro and onion to beef.
2. Heat a medium nonstick pan. Add mixed beef and water. Cook on medium heat and cover it until cooked. Remove from the heat. Serve immediately.

**Servings: 1 Calories = 157**

## Grilled Ground Beef

### Ingredients

- 3 ½ oz. ground beef 97% lean
- ½ tablespoon salt
- ¼ tablespoon pepper
- 1 tablespoon chopped cilantro
- 1 tablespoon lime juice

### Directions

1. Add salt and pepper to ground beef. Add cilantro and lime juice.
2. Shape into a patty and grill until cook.

**Servings: 1 Calories = 140**

## Beef with Grilled Tomatoes & Onions

### Ingredients

- 3 ½ oz. flat iron steak or top round steak.
- ¼ teaspoon pepper
- 2 slices of tomatoes
- 1 slice red chopped onion
- ½ teaspoon chopped fresh basil
- 2 tablespoons fresh lime juice.
- Dash of salt

### **Directions**

1. Place beef on plate and sprinkle with salt and pepper.
2. Heat a small nonstick skillet and brown beef on all sides in low heat until desired doneness. Remove beef to cutting board, and let stand 10 minutes before slicing.
3. Grill tomatoes, onion and fresh basil about 5 minutes or until all onions are tender. Add sliced beef and cook for 2minutes. Serve immediately.

**Servings: 1 Calories = 210**

## **Grilled Steak**

### **Ingredients**

- 3 ½ oz. top sirloin steak
- ½ teaspoon pepper
- ½ lemon juice
- ¼ cup minced garlic
- ¼ cup minced onion.
- Dash of salt

### **Directions**

1. In a zip plastic bag, combine the lemon, garlic, onion, salt and pepper. Add the steak, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Preheat a nonstick pan or grill for medium heat.
3. Remove steak from marinate and place steak on the pan or grill. Cover and grill steak for about 10 minutes each side or to your desired degree of doneness.

**Servings: 1 Calories = 150**

## **CHICKEN HCG RECIPES**

### **Chicken Fajitas**

#### **Ingredients**

- ½ teaspoon ground cumin

- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ cup water
- 3 ½ oz. boneless chicken breast cut into 1/2-inch strips
- 1 green bell pepper—cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- 1 medium chopped tomato
- 2 tablespoons fresh lime juice.
- Dash of salt

### **Directions**

1. In a zip plastic bag, combine salt, cumin, onion powder, and garlic powder. Add the chicken, bell pepper and onion, tomatoes, seal and knead gently to coat. Refrigerate for 15minutes.

1. Heat a large nonstick skillet. Empty the content of the bag into the skillet add water and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the chicken is cooked through, about 6 minutes. Remove from the heat.

**Servings: 1Calories = 159**

**Chicken with green salsa**  
**Ingredients**

- 3 ½ oz. chicken breast
- 3 small green tomatoes
- ¼ cup onions
- 2 garlic cloves
- Dash salt
- Dash pepper

### **Directions**

1. Cook the green tomatoes, onion and garlic with a cup of water.
2. After is cooked, blend it.
3. Heat small skillet and bring mix to boil.
4. Add salt, pepper and chicken until is tender and cooked.
5. Serve immediately.

**Servings: 1 Calories = 145**

## **Jerk Chicken**

### **Ingredients**

- Jerk Sauce (recipes follow)
- 3 ½ oz. chicken breast
- ¼ sliced green pepper
- ¼ cup onion sliced

### **Jerk Sauce**

- ¼ cup loosely packed fresh cilantro
- 2 tablespoons coarsely chopped fresh ginger
- 2 tablespoon black pepper
- 2 tablespoon lime juice
- 3 cloves garlic
- ½ tablespoon curry powder
- Combine all ingredients in blender; process until thick paste.
- Make about ¼ cup.

### **Directions**

1. Spread jerk sauce on both sides of chicken. Place in glass dish; refrigerate, covered 15 to 30 minutes.
2. Heat small skillet; add chicken; cook 5 to 10 minutes until browned and no longer pink in center.
3. Add bell pepper and onions; bring to boil. Remove chicken from skillet; cut into slices. Serve immediately.

**Servings: 1**

**Calories = 157**

## **Chicken in Tomato Sauce**

### **Ingredients**

- 3 ½ oz. chicken breast
- ¼ cup chopped green pepper cut in medium strips
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ¼ cup water
- 2 chopped tomato slices.
- 2 tablespoons fresh lime juice.

### **Directions**

1. In a plate, add lemon salt and cumin to chicken breast.
2. In a nonstick skillet grill chicken breast until cooked.
3. In another nonstick pan add water, tomatoes and green pepper until they are tender.
4. Serve chicken and add tomato sauce on top. Ready to serve.

**Servings: 1 Calories = 139**

## **Grilled Chicken**

### **Ingredients**

- 3½ oz. chicken breast
- ½ tablespoon salt
- ¼ tablespoon pepper
- 1 tablespoon chopped cilantro
- 2 tablespoon lime juice

### **Directions**

1. Add salt and pepper to chicken. Add cilantro and lime juice.
2. Grill until cook or no longer pink.

**Servings: 1 Calories = 125**

## **Chicken Salad**

### **Ingredients**

- 3 ½ oz. chicken cooked cut in small cubs
- ¼ cup chopped green bell pepper
- 4 slices chopped tomatoes
- ¼ cup chopped onion
- 1 tablespoon chopped cilantro
- 1 lemon juice
- ¼ teaspoon pepper
- Dash of salt

### **Directions**

1. Cook chicken and cut in small cubes. Add salt and pepper. Add lemon juice, chopped green pepper, tomatoes, onion and cilantro. Mix well and let it rest for 10 minutes.

**Servings: 1 Calories = 171**

## **TURKEY HCG RECIPES**

### **Turkey in Tomato Sauce**

#### **Ingredients**

- 3 ½ oz. turkey breast.
- ¼ cup chopped green pepper cut in medium strips
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ¼ cup water
- 4 slices chopped tomato.
- 2 tablespoons fresh lime juice.

#### **Directions**

1. In a plate, add lemon salt and cumin to turkey breast.  
2. In a nonstick skillet Grill Turkey breast until is cooked add water, tomatoes and green pepper until they are tender.

**Servings: 1 Calories = 152**

## **Turkey Salad**

#### **Ingredients**

- 3 ½ oz. turkey breast cooked cut in small cubs
- ¼ cup chopped green bell pepper
- 4 slices chopped tomatoes
- ¼ cup chopped onion
- 1 tablespoon chopped cilantro
- 1 lemon juice
- ¼ teaspoon pepper
- Dash of salt

### **Directions**

1. Cook turkey and cut in small cubes. Add salt and pepper. Add lemon juice, chopped green pepper, tomatoes, onion, and cilantro. Mix well and let it rest for 10 minutes.

**Servings: 1 Calories = 171**

## **Shredded Turkey with onions**

### **Ingredients**

- 3 ½ oz. turkey breast.
- ½ teaspoon salt
- ½ teaspoon ground cumin (or pepper)
- ¼ cup sliced onion.
- ¼ cups sliced green peppers
- 2 tablespoons fresh lime juice.
- Water

### **Directions**

1. In a plate, add lemon salt and cumin to turkey breast.
2. In a nonstick skillet add water and Grill Turkey breast until cooked.
3. Shred Turkey.
4. Cook onions and green pepper with little bit of water in a nonstick pan until tender. Add shredded turkey and cook for 2 minutes.

**Servings: 1 Calories = 146**

## **SEAFOOD HCG RECIPES**

### **Grilled Halibut Fish**

## **Ingredients**

- 3 ½ oz. halibut fish
- ¼ cup chopped onion
- ¼ cup chopped cilantro
- ½ lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper

## **Directions**

1. Add lemon, salt and pepper to the halibut fish. Cook it slowly, add onion and cilantro. Cook for 5-10 minutes. Serve with a side of salad or vegetables.

**Servings: 1 Calories = 119**

## **Garlic Tilapia**

### **Ingredients**

- 3 ½ oz. of tilapia
- ¼ cup lime juice
- 2 chopped garlic cloves
- ¼ cup water
- Salt and pepper.

### **Directions**

1. In a small plate, add lemon, salt and pepper to tilapia.
2. In a small nonstick skillet, add 1/4 cup of water and cook the garlic for 2 minutes in low heat
3. Add tilapia and cook in both sides. Serve immediately.

**Servings: 1 Calories =117**

## **Halibut with Tomatoes and Basil**

### **Ingredients**

- 3 ½ oz. of halibut
- 1 garlic minced
- 4 slices chopped tomato
- 2 teaspoon lime juice
- ¼ cup fresh basil leaves, chopped.
- ¼ cup water
- Salt and pepper to taste.

### **Directions**

1. Heat water in skillet. Cook halibut 1 minute on each side.
2. Add remaining ingredients except salt and pepper around fillet and simmer for two minutes or until halibut flakes.
3. Add salt and pepper to taste.
4. Spoon sauce onto bottom on plate and serve fish on top.

**Servings: 1 Calories =138**

## **Steamed Fish with Tomato Sauce**

### **Ingredients**

- 3 ½ oz. white fish
- ¼ cup chopped green pepper cut in medium strips
- ¼ cup water
- 4 slices chopped tomato.
- 2 tablespoons fresh lime juice.
- Dash of salt
- Dash of pepper

### **Directions**

1. In a plate, add lemon salt and pepper to white fish.
2. In a steamer cook White Fish for 6-10 min.
3. In another nonstick pan add water, tomatoes, green pepper and a dash of salt until they are cooked to the point that looks like sauce.
4. Serve white fish and add tomato sauce on top.

**Servings: 1 Calories =139**

## **Shrimp Cocktail (Ceviche)**

### **Ingredients**

- 5 oz. shrimp
- ¼ cup chopped green bell pepper
- 1 cup chopped tomatoes
- ¼ cup chopped onion
- 1 tablespoon chopped cilantro
- 1 lemon juice
- Dash of salt
- Dash of pepper

### **Directions**

1. Peel and devein shrimp. Cook shrimp for 5 minutes with salt. Add to cooked shrimp lemon juice, pepper, chopped green pepper, tomatoes, onion and cilantro. Leave it rest in a cool place for 15 minutes.

**Servings: 1 Calories = 173**

## **Grilled Marinated Shrimp**

### **Ingredients**

- 1/4 cup chopped fresh cilantro
- 1/2 lemon, juiced
- 3 cloves garlic, minced
- Dash of salt
- ½ teaspoon ground black pepper or cumin
- 5 oz. large medium cooked shrimp peeled and deveined with tails attached.

### **Directions**

1. In a zip plastic bag, combine the shrimp with the salt, cumin or pepper, Garlic, lemon, cilantro. Seal, and marinate in the refrigerator for 15 min to 1 hour.

2. Preheat grill for medium-low heat. Cook shrimp for 5minutes per side, or until opaque.

**Servings: 1**

**Calories = 162**

## **SOUP HCG RECIPES**

## Shrimp Soup

### Ingredients

- 5 oz. Shrimp
- 1 cup chopped zucchini
- 1 cup chopped cabbage
- 2 tablespoon chopped cilantro
- 2 tablespoon chopped onions
- 2 tablespoon chopped green pepper
- 2 cloves garlic
- ½ tablespoon salt
- ¼ tablespoon pepper
- 2 cups water

### Directions

1. Cook the shrimp in 2 cups of water for 5 minutes.
2. Add zucchini, cabbage, cilantro onions, green pepper, and garlic, salt and pepper until cooked.

**Servings: 1 Calories = 190**

## Fish Soup

### Ingredients

- 3 ½ oz. Fish
- 1 chopped medium tomato
- ¼ cup chopped cilantro
- ¼ cup chopped onions
- ¼ cup chopped green pepper
- 1 lemon juice
- ½ tablespoon salt
- ¼ tablespoon pepper
- 2 cups water

### Directions

1. Cook the fish, salt and pepper in 2 cups of water for 5minutes.
2. Add tomato, green pepper, onion and cilantro. Bring it to boil, remove it from the fire and let it stand 15 minutes.

**Servings: 1 Calories = 156**

## **Jerk Turkey Salad**

### **Ingredients**

- 3 ½ oz. of turkey breast
- 1 tablespoon Caribbean jerk seasoning
- ½ cup sliced peeled cucumber
- 2/3 cup chopped fresh pineapple (use fresh pineapple)
- ¾ cup strawberries or raspberries
- 1/4 cup sliced celery
- 1 slice of onion chopped
- ¼ cup lime juice
- Dash of Salt and pepper.

### **Directions**

1. Grill Turkey breast with jerk seasoning until turkey is no longer pink and juices run clear. Remove from grill and cool.
2. Cut turkey into bite-size pieces. Toss together turkey, cucumber, pineapple, strawberries, celery and onion.
3. Combine lime juice; add salt and cumin to taste.

**Servings: 1 Calories = 229**

## **SALAD HCG RECIPES**

### **Latin Spinach Salad**

#### **Ingredients**

- 1 cup chopped spinach
- 2 tomato slices cut thin
- ¼ cup chopped red onion
- ¼ cup chopped green pepper
- ½ lemon juice
- Dash of salt
- Dash of pepper

#### **Directions**

1. Add lemon to the spinach and mix well
2. Add tomato, red onion, green pepper, salt and pepper.

**Servings: 1 Calories = 40**

## **Green Salad**

### **Ingredients**

- 1 cup green salad or lettuce
- 2 tomato slices cut thin
- ¼ cup chopped red onion
- ¼ cup chopped green pepper
- ½ lemon juice
- Dash of salt and pepper

### **Directions**

1. Add lemon to the lettuce or green salad and mix well
2. Add tomato, red onion, green pepper, salt and pepper.

**Servings: 1 Calories = 50**

## **Asparagus Salad**

### **Ingredients**

- ½ cup chopped and cooked asparagus
- ½ cup thinly sliced red bell pepper
- 8 large lettuce leaves
- ½ lemon juice
- Dash of pepper
- Dash of salt

### **Directions**

1. Add salt, pepper, and lemon to lettuce.
2. Add sliced red bell pepper and asparagus

**Servings: 1 Calories = 47**

## **Green Salad with Red Radish**

### **Ingredients**

- 1 cup green salad or lettuce

- ½ cup sliced red radish cut thin
- ¼ cup chopped red onion
- ½ lemon juice
- Dash of salt
- Dash of pepper

### **Directions**

3. Add lemon to the lettuce or green salad and mix well
4. Add red radish, red onion, salt and pepper.

**Servings: 1 Calories = 37**

## **Red Cabbage Salad**

### **Ingredients**

- 1 cup chopped red cabbage
- 1 clove garlic minced
- ¼ cup chopped onion
- Dash of salt
- Water

### **Directions**

1. Heat a nonstick roasting pan and pour little bit of water
2. Add cabbage, garlic, onion, and salt. Cook in low heat and stir 2 to 3 minutes or until cabbage wilts

**Servings: 1 Calories = 30**

## **Spinach with chick peas**

### **Ingredients**

- 2 cup spinach

- 1 clove garlic minced
- ¼ cup water
- ¼ cup chopped onion
- ¼ cup chick peas
- 1 teaspoon oregano
- ¼ teaspoon salt

### **Directions**

1. Rinse spinach and let drain in a colander. Steam spinach or cook with water until spinach is wilted 6-8 minutes. Drain in the colander.
2. In the same pan using a little bit of water, add onion and garlic and cook, stirring, until the onion is tender and lightly browned, 8 to 10 minutes. Stir in chickpeas, oregano, cumin, salt.
3. Add the chopped spinach and stir gently to combine. Remove from the heat and let stand 10 minutes.

**Servings: 1 Calories = 40**

## **White Cabbage Salad**

### **Ingredients**

- 1 cup chopped cabbage
- 1 clove garlic minced
- ¼ cup chopped onion
- Dash salt
- Water

### **Directions**

1. Heat a nonstick roasting pan and pour little bit of water
2. Add cabbage, onion, garlic and salt. Cook in low heat and stir 2 to 3 minutes or until cabbage wilts.

**Servings: 1 Calories = 30**

## **Grilled Asparagus**

### **Ingredients**

- ½ cup water

- ¼ teaspoon garlic powder
- 1 cup asparagus cut in half

### **Directions**

1 Cook Asparagus with 1/2 cup of water in a low heat, until tender.

2 Once cooked remove water but leave a little bit in pan add garlic powder.

3 Cover and cook in low heat for 1 minute.

**Servings: 1 Calories = 46**

## **Green Beans Salad**

### **Ingredients**

- 1 cup green beans
- ¼ teaspoon garlic powder
- 2 slices chopped tomato
- 1 slice chopped onion
- 2 cups of water
- Dash of salt
- Dash of pepper

### **Directions**

1. Cook Green Beans with 2 cups of water until tender.

2. Once cooked remove water but leave a little bit in pan and add garlic powder.

3. Add salt and pepper, onions and tomatoes

4 Cover and cook in low heat for 8 minutes.

**Servings: 1 Calories = 57**

## **Cucumber Salad**

### **Ingredients**

- ½ cup chopped cucumber

- 4 slices chopped tomato
- 2 red radishes chopped
- ¼ cup chopped red onion
- ½ tablespoon cilantro chopped
- ½ lemon juice
- ½ tablespoon salt
- ½ tablespoon pepper

### **Directions**

1. Mix cucumber, tomato, red radishes, onion, and cilantro.
2. Add lemon salt and pepper.

**Servings: 1 Calories = 73**

## **Pico de Gallo (Mexican Salsa)**

### **Ingredients**

- 8 slices chopped tomato.
- ½ cup chopped onion
- ¼ cup jalapeno pepper or green pepper
- 1 teaspoon chopped fresh cilantro.
- ½ tablespoon pepper
- ½ lemon juice
- Dash of salt

### **Directions**

1. Mix tomato, onion, jalapeno pepper, and cilantro.
2. Add lemon salt and pepper.

**Servings: 1 Calories = 91**

## **Cabbage and Cucumber Salad**

### **Ingredients**

- 8 oz. chopped cabbage.
- ½ cup sliced cucumber
- ½ tablespoon cilantro chopped
- 1 tablespoon lemon juice
- Dash of salt
- Dash of pepper

### **Directions**

1. Mix cucumber, cabbage, and cilantro.
2. Add lemon salt and pepper.

**Servings: 1 Calories = 39**

## **Steamed Spinach Salad**

### **Ingredients**

- 2 cup spinach.
- Dash of salt
- Dash of pepper
- Lemon juice

### **Directions**

1. Steam Spinach until cooked.
2. Add lemon salt and pepper.

**Servings: 1 Calories = 15**

## **Grilled Okra**

### **Ingredients**

- ½ cup chopped okra

- ¼ cup water
- ¼ cup chopped onion
- Dash of salt
- Dash of pepper

### **Directions**

1 Cook okra in a pot of boiling water for 3-5 minutes until tender. Drain. 2 In a skillet add okra, onion, salt and pepper cook for 1-2 minutes.

**Servings: 1 Calories = 44**

## **Seaweed Salad**

### **Ingredients**

- 4 oz. loosely packed seaweed
- ¼ cup water
- ¼ cup chopped onion
- ¼ cup chopped cilantro
- Dash of salt
- Dash of pepper

### **Directions**

1. Soak seaweed in warm to cover, 5 minutes. Drain, and then squeeze out the excess water.  
2. Add onion, cilantro, salt and pepper.

**Servings: 1 Calories = 46**

## **Grilled Zucchini**

### **Ingredients**

- ¼ cup water

- ¼ cup chopped onion
- 1 small zucchini cut in fans
- Dash of salt

### **Directions**

1. Cut zucchini into lengthwise slices.
2. Grill zucchini in a nonstick pan over medium coals
3. Add water, onion, salt and cook at low heat and cover until is cook.

**Servings: 1 Calories = 20**

## **VEGATARIAN HCG RECIPES**

### **Eggs in Tomato Sauce**

#### **Ingredients**

- 1 whole egg
- 3 egg whites.
- ¼ cup chopped onion
- 2 slices chopped tomato
- Dash of salt
- Dash ground black pepper or cumin

#### **Directions**

1. Cook tomato, onion, salt and pepper to make a tomato sauce.
2. Beat eggs and add this into the tomato sauce
3. Cook at low heat and cover until it is cook.

**Servings: 1 Calories = 157**

### **Torta de huevo (beaten eggs)**

#### **Ingredients**

- 1 whole egg

- 3 egg whites.
- Dash of salt
- ¼ cup chopped onion
- ½ cup chopped green pepper

**Directions**

4. Beat eggs
5. Add onion, green pepper (hot pepper if desire)
6. Cook at low heat and cover until it is cook.

**Servings: 1 Calories = 149**

**APPLE DAY**

**The Plateau during HCG diet**

A plateau interruption occurs during the second half of the 30 or 40 day HCG diet course, particularly in patients that has been doing well and losing more than the average.

A plateau always corrects, itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret.

To break up the plateau, patients can do the apples day which consist of eating 6 apples through the day. During an apple day no other food or liquids except plain water are allowed.

The apple day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. 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.

<b>HCG Diet Booklet</b>		
<b>Day 1</b>		<b>Calorie Count</b>

<b>Before breakfast</b>	Take HCG 30min before breakfast	
<b>Breakfast</b>	16 oz. water	0
8 oz. coffee or tea with no sugar. Saccharin or Stevia may be used	0	
<b>Morning Snack</b>	16 oz. water	0
<b>Lunch</b>	16 oz. water	
Grilled Halibut recipe	119	
Latin Spinach salad recipe	40	
<b>Afternoon Snack</b>	1/2 cup cherries	26
16 oz. of water	0	
<b>Dinner</b>	Steak Fajitas recipe	229
1/2 cup Steam broccoli	22	
16 oz. of water	0	
<b>Evening Snack</b>	1 small apple	60
<b>Before Bed</b>	8 oz. of water	
<b>Total Calories</b>		496
<b>YOU MUST DRINK MORE THAN 2 LITERS OF WATER PER DAY</b>		

<b>HCG Diet Booklet</b>		
<b>Day 2</b>		<b>Calorie Count</b>
<b>Before breakfast</b>	Take HCG 30 min before breakfast	
<b>Breakfast</b>	16 oz. water	0
8 oz. coffee or tea with no sugar. Saccharin or Stevia may be used	0	
<b>Morning Snack</b>	16 oz. water	0
<b>Lunch</b>	16 oz. water	
Chicken Salad recipe (page 18)	173	
Grilled Zucchini recipe (page 46)	20	
<b>Afternoon Snack</b>	2/3 cup fresh pineapple	71
16 oz. of water	0	
<b>Dinner</b>	Grilled Ground Beef recipe (page 10)	140
Green Salad with Red Radish Recipe (page 34)	37	
16 oz. of water	0	
<b>Evening Snack</b>	1 medium orange	60
<b>BEFORE BED</b>	8 oz. of water	
<b>Total Calories</b>		<b>501</b>
<b>YOU MUST DRINK MORE THAN 2 LITERS OF WATER PER DAY</b>		

<b>HCG Diet Booklet</b>		
<b>Day 3</b>		<b>Calorie Count</b>
<b>Before breakfast</b>	Take HCG 30 min before breakfast	
<b>Breakfast</b>	16 oz. water	0
8 oz. coffee or tea with no sugar. Saccharin or Stevia may be used	0	
<b>Morning Snack</b>	16 oz. water	0
<b>Lunch</b>	16 oz. water	
Jerk Turkey Salad Recipe	229	
1 cup cauliflower	28	
<b>Afternoon Snack</b>		
16 oz. of water	0	
<b>Dinner</b>	Shrimp Soup recipe	190
1 Melba toast	20	
16 oz. of water	0	
<b>Evening Snack</b>	1/2 cup cantaloupe	30
<b>BEFORE BED</b>	8 oz. of water	
<b>Total Calories</b>		<b>497</b>
<b>YOU MUST DRINK MORE THAN 2 LITERS OF WATER PER DAY</b>		

<b>HCG Diet Booklet</b>		
<b>Day 4</b>		<b>Calorie Count</b>
<b>Before breakfast</b>	Take HCG 30 min before breakfast	
<b>Breakfast</b>	16 oz. water	0
8 oz. coffee or tea with no sugar. Saccharin or Stevia may be used	0	
<b>Morning Snack</b>	16 oz. water	0
<b>Lunch</b>	16 oz. water	
Beef with grilled tomatoes and onions recipe (page 11)	210	
Asparagus salad recipe (page 33)	47	
<b>Afternoon Snack</b>	1 small plum	30
16 oz. of water	0	
<b>Dinner</b>	Garlic Tilapia Recipe (page 23)	117
Latin Spinach Salad recipe (page 31)	40	
16 oz. of water	0	
<b>Evening Snack</b>	1 small pear	48
<b>BEFORE BED</b>	8 oz. of water	
<b>Total Calories</b>		<b>492</b>
<b>YOU MUST DRINK MORE THAN 2 LITERS OF WATER PER DAY</b>		

<b>HCG Diet Booklet</b>		
<b>Day 5</b>		<b>Calorie Count</b>
<b>Before breakfast</b>	Take HCG 30 min before breakfast	
<b>Breakfast</b>	16 oz. water	0
8 oz. coffee or tea with no sugar. Saccharin or Stevia may be used	0	
<b>Morning Snack</b>	16 oz. water	0
<b>Lunch</b>	16 oz. water	
Chicken Fajitas recipe	159	
Green Salad Recipe	50	
<b>Afternoon Snack</b>	1 cup cantaloupe	60
16 oz. of water	0	
<b>Dinner</b>	Turkey in Tomato Sauce recipe (page 19)	139
White Cabbage Salad Recipe (page 37)	30	
16 oz. of water	0	
<b>Evening Snack</b>	1 medium orange	60
<b>BEFORE BED</b>	8 oz. of water	
<b>Total Calories</b>		<b>498</b>
<b>YOU MUST DRINK MORE THAN 2 LITERS OF WATER PER DAY</b>		

<b>HCG Diet Booklet</b>		
<b>Day 6</b>		<b>Calorie Count</b>
<b>Before breakfast</b>	Take HCG 30 min before breakfast	
<b>Breakfast</b>	16 oz. water	0
8 oz. coffee or tea with no sugar. Saccharin or Stevia may be used	0	
<b>Morning Snack</b>	16 oz. water	0
<b>Lunch</b>	16 oz. water	
Grilled Marinated Shrimp recipe (page 27)	162	
1 cup steam cauliflower	28	
<b>Afternoon Snack</b>	2/3 cup pineapple	71
16 oz. of water	0	
<b>Dinner</b>	Grilled Steak recipe (page 12)	150
Red Cabbage Salad recipe (page 35)	30	
16 oz. of water	0	
<b>Evening Snack</b>	1 small apple	60
<b>BEFORE BED</b>	8 oz. of water	
<b>Total Calories</b>		<b>501</b>
<b>YOU MUST DRINK MORE THAN 2 LITERS OF WATER PER DAY</b>		

<b>HCG Diet Booklet</b>		
<b>Day 7</b>		<b>Calorie Count</b>
<b>Before breakfast</b>	Take HCG 30 min before breakfast	
<b>Breakfast</b>	16 oz. water	0
8 oz. coffee or tea with no sugar. Saccharin or Stevia may be used	0	
<b>Morning Snack</b>	16 oz. water	0
<b>Lunch</b>	16 oz. water	
Jerk Chicken recipe (page 15)	157	
1 cup steam Italian green beans	34	
<b>Afternoon Snack</b>	3/4 cup strawberries	80
16 oz. of water	0	
<b>Dinner</b>	Fish Soup recipe (page 29)	156
1 melba toast	20	
16 oz. of water	0	
<b>Evening Snack</b>	1 small peach	60
<b>BEFORE BED</b>	8 oz. of water	
<b>Total Calories</b>		<b>507</b>
<b>YOU MUST DRINK MORE THAN 2 LITERS OF WATER PER DAY</b>		