



Better Health hCG

www.betterhealthdocs.webs.com

all of our documents are available on our website homepage

info@betterhealthhcg.com (email)

636-542-8765 (office)

The "Pink" Foods Summary Sheet

If it isn't listed on here, you can't eat it. Period!

Breakfast

Tea or coffee in any quantity. Only 1 Tbsp. milk in 24 hours. Stevia may be used.

Lunch

1. 3.5 ozs of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. Trim off all fat and weigh raw. Meat must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are **not allowed**
2. One type of vegetable only, chosen from the following: spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, radishes, cucumbers, asparagus, cabbage
3. One breadstick or one melba toast
4. An apple, orange, one half of a grapefruit or a handful of strawberries.

Dinner

Remember, you get **500 calories for the entire day**. You will have to figure each meal's caloric value yourself, depending on what you want to eat for each meal. You can use an online calorie counter for help.

Pick from the same four choices as above listed in Lunch.

The juice of one lemon is allowed daily. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram etc. for seasoning, but no butter, oil or dressing.

Tea, coffee, plain water or mineral water are the only drinks allowed. You should drink at least 2 liters of these fluids per day.

The fruit or breadstick may be eaten between meals instead of with lunch or dinner, but no more than four items listed at lunch or dinner may be eaten at one meal.

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.

In fact, the patient should drink about 2 liters of these fluids per day. Many patients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

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.

No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission.

Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden, and the patient is assured that nothing permissible has been left out. The 100 grams of meat must be scrupulously weighed raw after all visible fat has been removed. To do this accurately the patient must have a letter-scale, as kitchen scales are not sufficiently accurate and the butcher should certainly not be relied upon. Those not uncommon patients who feel that even so little food is too much for them, can omit anything they wish.

There is no objection to breaking up the two meals. For instance having a breadstick and an apple for breakfast or an orange before going to bed, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day. In the beginning patients are advised to check every meal against their diet sheet before starting to eat and not to rely on their memory. It is also worth pointing out that any attempt to observe this diet without **HCG** will lead to trouble in two to three days. We have had cases in which patients have proudly flaunted their dieting powers in front of their friends without mentioning the fact that they are also receiving treatment with **HCG**. They let their friends try the same diet, and when this proves to be a failure - as it necessarily must - the patient starts raking in unmerited kudos for superhuman willpower.

It should also be mentioned that two small apples weighing as much as one large one never the less have a higher caloric value and are therefore not allowed though there is no restriction on the size of one apple. Some people do not realize that a tangerine is not an orange and that chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick.

The most tiresome patients are those who start counting calories and then come up with all manner of ingenious variations which they compile from their little books. When one has spent years of weary research trying to make a diet as attractive as possible without jeopardizing the loss of weight, culinary geniuses who are out to improve their unhappy lot are hard to take.