

Diet Summary

There's lots of controversy surrounding the HCG diet. In fact the thought of 500 calories is just tough to wrap your arms around. However, is HCG really effective? Does HCG actually help the process? These are all valid questions, and must be balanced against the 50 years of practical use. There are many people that have been successful on the HCG diet. However as with all diets, the decision must be a personal one. To help people make an educated decision, I wanted to cover the phases of the HCG diet.

Phase 1

This is the initial phase of the diet, and prepares your body to maximize the benefits from the HCG generated weight loss. In this stage you will start taking supplements designed to facilitate the mobilization of fat for use in metabolism and detoxing the body. This is also the time to study phase II and plan your shopping and meal preparation. This phase usually last one week up to 4 weeks, and provides a solid foundation for the next phase. It is not a mandatory phase and most people do well without doing this phase of the diet. It is a personal decision.

Phase 2

Phase 2 begins when you start taking your HCG however, phase II really has two parts. This first is the fat loading so your initial period on the restricted calorie diet is not quite so difficult. Proper fat loading provides the body with energy until the HCG can take effect and start metabolizing the fat stores in the body. A difficult transition into the restricted calorie diet is usually caused by not taking in enough fat initially. Here is a sample menu for a day of fat loading but you may incorporate your own high fat menu. You will load with high fat foods for two days and begin taking the hCG at the same time you begin loading.

Breakfast: Cream cheese bagel with bacon and sausage, and a ham/cheese omelet.

Mid-morning snack: Donut with whipped cream with strawberries.

Lunch: Pork chop, potato with sour cream, and a roll with butter and a buttered veggie.

Mid-afternoon snack: Ice cream with Oreos.

Dinner: Fettuccini, cheese garlic bread, and salad with full-fat dressing, of course, cheesecake for dessert. Late-night snack: Ice cream or frozen cappuccino.

Once you have fat loaded for two days, you will start the restricted calorie diet. Initially it is common to have hunger cravings, but these will subside between days 5-7. Calories average about 500 per day however, you don't have to finish all your food, as you will find that you are not hungry. The morning meals are coffee, water, and tea. Lunch and dinner will be 3.5oz of protein, approved vegetables, melba toast or breadstick, and a piece of fruit. Water intake should increase dramatically.

· Protein choices consist of lean beef or bison, chicken, white fish, crab, lobster or shrimp.

Absolutely no oil of any kind used in cooking or eating.

· Fruit choices consist of apples, oranges, ½ grapefruit, or a handful of strawberries

· Vegetables consist of spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, radishes, cucumbers, asparagus, cabbage.

Phase II is the most critical stage of the diet. Planning and mental preparation is the key to success.

When you conclude Phase 2, you will need to stop the hCG while continuing the 500 calorie diet for an additional 48-72 hours. Your weight on the morning of your last dose is what you must stay within 2.1 lbs of during Phase 3 and Phase 4.

Phase 3

This phase locks in the weight loss achieved during phase II. This part of the diet is very important, and if done properly makes it much easier to sustain your weight loss. Regular calorie intake is resumed at this point however, a high protein diet is important. Fats, vegetables, fruits, dairy, and nuts are ok during this phase as well. No sugar, starch, fast foods, or heavily processed foods including fruits that are high in sugar (banana, pineapple, mango, etc), or vegetables high in starch/sugar (beets, carrots, peas, winter squash). It is important to weigh yourself daily. If you find yourself having gained 2.1 lbs, you must immediately go on a steak diet. Fast for the day drinking your teas, coffee, and water, then for dinner eat a large steak and an apple or tomato. Your weight should return and stabilize the next day. Phase III will last 3 weeks.

Phase 4

This is the lifetime maintenance of the program. You should continue to keep sugars to a minimum, and introduce starches back to your diet very slowly, if at all. Try to eat more whole foods. Continue to eat proteins and stay away from heavily processed or fast foods. Weigh yourself often, and use the steak day if you have gained beyond your set baseline weight. If you intend to do another round of hCG, you must have 3 weeks on Phase 4 (for a total of 6 weeks between round one and round 2) before starting the second round. Each successive round will need more time between them.

Well, that's the basics of the HCG diet. Many people including myself have had tremendous success utilizing this plan. It is not an easy diet, and you must be mentally prepared, but you will lose weight fast. Hopefully, this helps you make a decision if this is the right diet for you.