

HCG Diet

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Foreword:

This book is meant to guide you through the HCG diet, to help answer any concerns that can occur to you, and to instruct you on the ins and outs of the process. Even though a diet can be very effective, people can still fail as the main factor is the lack of commitment and unwillingness to follow instructions. We hope that through this eBook, we are able to aid you in developing the confidence that is needed to sustain the process of discovering a healthier you.

This book seeks to explain the nature of HCG, how the link between HCG and weight loss was established, and how it should be utilized. We will give you information about losing weight on HCG and how to keep the pounds away after you're done. We will also open your mind to Dr. Simeon's writings and other studies that have built upon it. It is a book that gives you insights about the workings of HCG so that you will develop confidence in it and achieve your goal of losing weight.

Our primary goal is to demonstrate the simplicity of HCG, and how easy it is to use. We take delight in helping others attain their goal of becoming healthier, so we'd like to make this detailed as can be. If you need the answers to a specific question, a quick look at the index should help you locate it.

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HCG: A Brief History and How It Works

A hormone that occurs naturally in pregnancy, human chorionic gonadotropin is more commonly known as HCG. This hormone is secreted in great amounts during the first few months of gestation; for this reason, it is used widely as an indicator in pregnancy tests. HCG is found at high levels during the early part of pregnancy because during this time, pregnant women are less prone to noticing their pregnancy, and therefore unaware that they need to increase their food intake to nourish the child that she's carrying.

HCG uses the fat stored in a woman's midsection, thigh, and hips to help nourish the embryo, and has the side effect of suppressing the pregnant woman's appetite, thereby helping prevent a starvation reaction brought about by the realization that she is consuming more energy than usual and needs to consume more food.

During the 1950s, scientists began to understand the properties of HCG. Dr. Simeons, for instance, studied the effects of HCG among young boys with malfunctioning pituitary glands, and thus were having trouble adjusting to puberty. Among the boys, he discovered that they were losing weight solely from fat, leaving the lean muscle tissue unaffected. After being treated with HCG, the boys started to eat less, yet maintained a high level of energy while keeping their lean muscle mass and losing excess pounds.

Armed with his discovery, Dr. Simeons developed a weight loss program centered on HCG injections and a doctor-prescribed diet that restricts calories. This program was widely acclaimed by those who went through it as it allowed them to lose weight while maintaining a feeling of energy and fullness.

In 2007, the publication of Kevin Trudeau's *The Weight Loss Cure* launched the burgeoning homeopathic HCG movement. The homeopathic HCG method allowed for the hormone to be dispensed without the need for a prescription, and more people followed the new trend for losing weight.

A lot of users report drastic results while going through the HCG program, often losing between one to two pounds daily. People have reported losing 45 pounds per regimen, and some repeat the process, losing over 100 pounds of excess weight in total. It is not surprising, then, that HCG enjoys the popularity it carries today. After all, the prospect of losing weight while staving off hunger pangs and the urge to eat is very appealing.

As HCG targets loose adipose tissue rather than muscular fat, users avoid looking pale and emaciated at the end of the program. For instance, the face is not affected; it remains taut and smooth as it was prior to the program. This precise targeting of adipose fat and the avoidance of muscle digestion leads to the feeling that the body is being chiseled and molded while the process of losing weight is going on. Therefore, HCG promotes a healthy look by targeting only the fats that people wish to lose.

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The HCG Diet

In this section, the HCG diet as described by Dr. Simeons originally will be discussed; we will also tackle current strains of thought about the efficacy of the diet under different conditions and situations. We will guide you through the entire process from beginning to end, so you'll have a broader, more complete idea about how you will go about this program

How To Use The HCG Diet

We recommend a dosage of 10 drops of HCG, taken three times a day. We also suggest that you should not consume anything for 15 minutes immediately prior to or after taking HCG. Apply the HCG under the tongue and wait for 15 seconds before swallowing it.

Most people who go through this program take the first dose upon waking up and set their doses in 6 to 8 hour intervals. Wash the dropper and store the bottle of HCG in a dry, cool place; the refrigerator also makes a good storage space for HCG. To track your weight-loss progress, you need to weigh yourself under similar circumstances every morning, using the same scale. For instance, if you urinated one day, weigh yourself after urinating the next day.

Weighing in before breakfast is also highly recommended. Do not take your weight throughout the day as it fluctuates a lot and is affected by many different factors such as heat, water loss, and stress levels. The most accurate measure of your progress will come from weighing yourself consistently at the same time every day. Remember to get at least 7 to 8 hours of sleep every night to satisfy your body's need for rest and to stave off any urges to eat extra food.

Days 1-3

During the first three days of taking HCG, you should eat a lot of fatty food, filling yourself to capacity. You need to do this to ensure that your fat stores are enough to complete the program effectively. If you skip this step, you will feel hungrier or more tired than usual during the course of the program. If you take this step seriously, you should feel fine throughout the diet.

Eat large amounts of fatty foods such as milk chocolate, bread with butter and jam, bacon and eggs, pastries with a lot of cream and sugar, fried meats such as pork, and mayonnaise. You might feel uncomfortable and even congested during this period of "gorging", but it is an absolute necessity in order for you to complete the program safely and effectively.

Days 4-23, or 4-40

After filling yourself up with fat during the first three days, you will shift to a 500-calorie-a-day diet. If your target weight loss is less than 15 pounds, this period lasts 20 days; if your target is more than 15 pounds, it will be for 36 days. Dr. Simeons planned the diet regime as the following:

Breakfast:

Any quantity of tea or coffee, but without sugar. You are allowed only one tablespoon of milk for every 24 hours is allowed. Alternative sweeteners such as saccharin, Nutrasweet, or Stevia may be used.

Lunch:

You can have one of the following:

1. 100 grams of beef, veal, chicken breast, lobster, fresh fish, shrimp, or crab. Trim all the fat you can see before cooking, and weigh the meat raw before cooking. Boil, broil, or grill the meat, avoiding additional fat or oil. Salmon, tuna, eel, pickled or dried fish, or herring are all prohibited. If you decide to eat chicken, the meat must be removed from the bones.
2. One vegetable from this list: chard, spinach, beet greens, chicory, tomatoes, green salad, celery, onions, fennel, cucumbers, asparagus, red radishes, cabbage.
3. One Melba toast or grissino breadstick.
4. One of the following: several strawberries, one apple, half a grapefruit, or an orange.

Dinner:

The same options as for lunch.

You may season your meals, but it is subject to the some restrictions. You can use one lemon juice per day. You may also use salt, vinegar, pepper, garlic, mustard powder, parsley, sweet basil, marjoram, thyme, and the like may be used, but no dressing, oil, or butter is allowed. We do not impose a limit on salt, but you should maintain a similar amount of salt usage each day as a sudden rise in salt intake can result in a drastic increase in weight.

If you choose beef as your meat, use a leaner cut of beef without any marbling as that sort of fat is impossible to cut. Just consume the other kinds of meat that are allowed as much as you can.

If you wish to eat an apple, eat only 1 regardless of size as 2 smaller ones have more calories than a larger one.

We only recommend chicken breast – not another poultry, and certainly not the wing part or the thighs as they have a higher fat content.

We suggest using a kitchen scale (accurate) as the food weight restriction is very important and is exactly computed. You can rationalize all you can, but altering the composition of the diet can have a drastic impact on your weight loss. As you begin your diet, make a checklist of the allowed foods to ensure that you only use a component once.

You may drink artificially sweetened water, tea, or coffee while you're on the HCG diet. We actually require you to drink 2 liters of water each day to stay hydrated and to prevent water retention. Over-consumption of coffee might be harmful as coffee will make you urinate more and lead to dehydration. The proper level of hydration is crucial to the success of the program and should be observed all the time.

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Possible Substitute Foods

You may substitute a few components if you can't or won't eat any of the foods listed, but these are very few and could have an adverse impact on your health. For example, you may – only rarely – eat three egg whites and one whole egg instead of the meat, and the eggs should be boiled or poached or cooked without oil. You may eat skimmed-milk cottage cheese; 100 grams of this may take the place of the meat.

For vegetarians who wish to use HCG, 500 ml or 17 ounces of curds or milk may serve as their protein. However, they tend to lose less weight because of the milk's sugar content. There is no vegan counterpart for Dr. Simeon's HCG diet plan, although sticking to 500 calories, with 200 grams of protein and some starch should produce identical results. You should take note, though, that foods not included in the list given above have different contents that can negatively impact your diet and slow down the weight loss or render it less effective.

You can also choose to save part of your meals so you could eat throughout the day; for example, you can have your dinner-time apple right before you go to bed, or have your lunch-time breadstick for a mid-afternoon snack. Remember that meals cannot be split up to make up for other meals; for example, you can't save your lunch-time breadstick for dinner. Your meal sizes are the most you should have at any given time. But if you feel that you're so full that you can't eat everything that is allowed, you should not push it.

Other Product Restrictions

Some cosmetic products contain oils and fats; your skin will absorb and metabolize some of these ingredients and this could affect your HCG diet. This is not as important as the usual dietary requirements, but if you feel that you're not achieving your target, you should take a good look at the ingredients that make up the cosmetics and beauty products that you use.

Exercising While On The Diet

While you're on the HCG diet, exercise is neither necessary nor recommended. It could be allowed if you were exercising regularly prior to starting HCG; you can move forward with the routine even while you're on the diet. However, we do not recommend beginning an exercise program while you're going through the HCG program, as this causes your body to burn a lot more calories while you're eating far less than you usually do.

In reality, people who continue an exercise regimen while on HCG would feel more hungry than they normally would had they been living a lifestyle with less physical activity. Many recommend that an exercise regimen should be accompanied by the consumption of 1000 calories per day, but we suggest trying the 500-calorie program first then changing it should you feel too hungry. After a week of being on HCG, including the fat-bingeing period, you might find yourself hungrier than usual, and so it is suggested to increase your calorie intake a bit.

A good method to increase your food intake is to add 150 grams of white or lean meat, an extra apple, or up to three breadsticks. If you have concerns about your food options or your level of activity, consult a licensed medical professional first.

Many people feel muscular fatigue as the program winds down. They might not feel exhaustion or shortness of breath, but they feel their muscles are exerting more effort than usual. Dr. Simeons explains that their leaner muscles are now longer for their limbs because the extra fat is gone.

The muscles therefore contract more to produce the same amount of movement, and this added effort requires more energy. This issue should be resolved as the muscles slowly adjust after the HCG diet is completed.

Lapses In Diet

The HCG program is very strict, and you may be hard-pressed to fit in it some situations. You may have a night out with friends, someone serves you tea with added sugar as a force of habit, or you would crave a snack that was your favorite before. These problems are very common, and can be easily overcome.

The key is to admit that you made a mistake, and to remember when and how it was committed. You can make a quick mental note to avoid a particular place, or to mention your diet in a casual conversation.

If you visit a restaurant with loved ones, a good compromise would be sharing food or getting small servings of finger food to be picked at from time to time. This situation is far from ideal, of course, and the best course would be to be upfront and say that you are on a strict diet and cannot possibly eat with them. You need to assure them that you love being with them, but eating the same food is out of the question.

If you do cave in and eat out, though, you should restrict yourself even more for the next 3 days, keeping in mind what you ate. You may feel a bit hungrier, but this is a sign that you are making up for the weight that you gained while dining out.

Do not feel too guilty about lapses in diet; feelings of guilt are the primary culprit in those who quit the diet. Yes, you might have tripped up for some reason, but the point is to accept that you messed up and convince yourself that you can move forward from that mistake. This positive outlook is the key to success on the HCG program.

Days 24, 25, 26, or 41, 42, 43

By now, you would have stopped being on the HCG, but you need to stay on the 500-calorie plan for 3 more days. This lets your body flush the HCG out; being able to return to a normal diet while you still have HCG in your body may cause some unwanted weight gain.

The 3-Week Transition Period

Once you've completed your HCG treatment – be it for 23 or more days – and the 3 days of 500-calorie diet sans the HCG drops, you must then go through a 3-week period for transition. By this time, you CAN eat anything you wish except foods with sugar or starches.

Your worst enemies at this time are carbohydrates as they are more likely to help you gain the weight you've lost through the HCG process. Therefore, you need to avoid carbohydrate-rich foods such as bread, rice, sugar, potatoes, and pastries. Proteins and fats, in contrast, are far better and you may consume them in your desired proportions.

During this transitional period, you should weigh yourself constantly each morning before breakfast. Weighing yourself several times during the day is still not recommended as it will reflect changes in weight that do not reflect your daily weight loss accurately. You need to weigh yourself to ensure that you are within 2 pounds of your weight on the very day of your last dose of HCG.

If you see that you weigh more than two pounds heavier, you should skip breakfast or lunch and eat a steak with a tomato or apple for dinner. You also need to drink a lot of fluid during the day. If you are lighter by more than two pounds, you need to increase your food consumption.

After having lost weight, it is so much easier to gain it as your normal fat is now being decreased. Your weight should have normalized after the three week transition period, and you may now gradually add sugars and starches again. Weigh yourself constantly to ensure that you are not introducing carbohydrates again too rapidly. For most people who have finished the HCG diet, the appetite would have decreased, and smaller meals now make them feel full. However, this is not a license to eat in excess of what's healthy for you.

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Repeating the Entire Process

Taking HCG more than 40 days can prove to be hazardous to your well-being, hence it is not advisable. The primary reason is that there are people who may develop a temporary tolerance to HCG; so carrying on the program for a longer period means that you will be on a 500-calorie diet without HCG.

Thus, if you have finally completed the program and want to lose weight further, it is all right. However, you should wait before you can start the program again.

Dr. Simeons states that if you have completed more procedures, you are more likely to build immunity, and you have to wait longer before you can start taking HCG again. After your first circuit of HCG, you have to wait 6 weeks before re-starting. This includes the 3-week transition period, and another 3 weeks before taking HCG again.

After the second, you have to wait 8 weeks; after the third procedure, 12 weeks; after your fourth, 20 weeks; and after the fifth course, 6 months. Many people claim that you can just wait 6 weeks between each run of the program, but it is more advisable to wait to ensure that the HCG diet process will be just as effective.

It is wise to remember that when you repeat the diet, you might not be able to duplicate the results you had before. This is because the people who weigh less have a tendency of losing weight at a slower pace, and because your body is in a more normal state and will not have a dramatic weight loss. Some people, though, have repeated the program with much success, shedding more than 100 pounds all in all.

Frequently Asked Questions

What would potentially happen if I went on the 500-calorie diet even without taking HCG?

If you try to go on the 500-calorie diet without HCG, you might find yourself very hungry within two to three days. Those who have been on HCG and stopped all of a sudden report that they, too, feel hungry and tired within the same time frame. This is because, in the absence of HCG, your body can't transform your adipose fat into useful energy and therefore you cannot sustain your energy levels.

Without HCG, it is highly possible that you would lose muscles and important structural fat in addition to unwanted fat as there is no hormone that targets the said type of fat. In fact, while you are on a 500-calorie stringent diet, your body will usually try to store as much fat as it could while it is abnormally burning muscle tissue, as it would "think" that you are in starvation mode.

and will require stored fats in the future. If you undergo the 500-calorie diet without the aid of HCG, you will appear pale and gaunt and will gain weight quickly as your body has not been prepared properly.

Will I feel famished and really hungry while on this diet?

HCG curbs your appetite because it transforms your stored abnormal fats into energy. Most of the time, you won't feel anything sharper than a mild hungry sensation, and you will in fact more likely feel full while you're still on the 500-calorie plan. At the onset, it is but usual to feel some hunger, but this should be gone by the second week when the HCG starts to penetrate and work within your body.

Drinking a significant amount of fluids daily serves to stave off the empty feeling that many people feel even if they're not hungry at all. Most people report little hunger throughout the program and have a high energy level.

Is it normal to have headaches while on HCG?

Having headaches at the onset of the program, especially on the first week, is not unusual, and we won't stop you from taking aspirin to help with the pain. This sensation should be gone as you get used to the program, but if it gets worse, you might need to see a physician.

Can I eat other foods different from the suggested, as long as I do not go over 500 calories?

To make a long story short, the answer is "No". Any alteration in the diet could greatly affect the weight-loss process unpredictably, as different foods have different compositions, even if they come from the same families.

For example, we do not suggest that you eat turkey breast in place of chicken, or a pear instead of an apple. However, if you really need to change the diet to suit your food preferences, you have to stick to Dr. Simeons' rule of thumb: your daily intake should not go higher than 500 calories to obtain the best results possible, and this daily intake should include 200 grams of protein (fat-free) and a minimal amount of starch.

You should be aware, though, that any substitutions are risky and may affect the results of the diet dramatically. All told, there are some substitutions that Dr. Simeons may allow in certain cases; they can be found on page 8.

Where do I get Dr. Simeons' book on HCG?

You can download the book *Pounds and Inches (do an online search for "Pounds and Inches PDF" and you will find it) A New Approach to Obesity'* by Dr. Simeons at for free. There you can find complete information on Dr. Simeon's findings about the causes and signs of unhealthy

weight or obesity, as well as an overview about the HCG protocol and some insights on what you can and cannot do while on the HCG diet.

When reading the book, one must keep in mind that it was written way back when prescription injection was the only form available for HCG, so no information on homeopathic HCG can be found there. However, the book still contains detailed information that's important to people who want to try the HCG diet, and makes for good reading material to anyone who wants to conduct research about a certain product before they try go ahead and try it.

Important Points To Ponder On Keeping Your Motivation Level Up

The diet itself is a breeze to follow, but this doesn't mean things will be easy. This is especially true during the transition phase and the days that follow it. You may find it difficult to follow the instructions and get tempted into veering off track and going back to your old ways.

In some ways, the key phase of the HCG diet is much easier to complete because you know you don't have to follow it after the first few weeks, but after the main phase you will be put under a diet that you have to follow from then on. So absolute focus is a must. You have to realize that you've already made that change and you must now take charge and maintain it. You have to keep in mind, if you settle back to your unhealthy eating habits, you'll just regain all that weight, even if the HCG diet has already adjusted your metabolism.

You need to stay on track when it comes to your eating habits even though you have already finished the protocol. Fortunately, most people who have undergone the diet state that after they have completed it, their appetites are now weaker and don't get tempted as much so they find it easier to live a healthy lifestyle. This is one of the ways by which finishing the HCG protocol can help people, even years after its completion.

Be Flexible

Don't start the protocol thinking that it's easy and will fit perfectly with the rest of your life activities. Instead, begin the HCG diet with an open mind that's ready for anything. While some people may find it easy to adapt to the protocol, others observe a lifestyle that is at opposite ends from what the protocol sees as an ideal, healthy lifestyle.

You have to keep in mind that you must be the one to adjust to the HCG diet, not the other way around. The most difficult phase of the diet goes for about 43 days, and after that, you may be more lax when it comes to your preferences. Forty three days doesn't seem much, especially when the payoff is losing weight and maintaining your new weight. If you approach the diet with the correct mindset, 43 days will fly by just like that.

Keep Informed

Take it upon yourself to stay on top of the latest update, both regarding the latest information about the HCG diet, as well as your progress. To keep track of how well you're doing, you should record the number of kilos and inches that you have shed. Also, take notes on what you eat every day. Do your homework and conduct research about the diet every now and then. If that's not enough, you may also see a physician about it.

Keep Your Cool

The worst thing a person can do is to stress out over the HCG diet and worry about its effectiveness and whether or not they will be successful at it. You must stay calm and believe that you will see the results of the diet in due time. Also, believe in yourself that you will be successful and it and you will lose that weight. Thousands of people have already done it and so can you.

Some Words of Wisdom from Dr. Simeons

For this chapter, you will be given direct quotes from the book 'Pounds and Inches: A New Approach to Obesity' by Dr. Simeons so you can fully understand what the protocol is about, how it works, and the importance of following all the restrictions and advices given by Dr. Simeons.

While browsing through the chapter, keep in mind that his findings were based on HCG injections, which was the only method of administering HCG at the time the findings were published. It is recommended that you conduct research about his findings.

Concerns on HCG being used in lieu of Pregnancy Hormones

It has been said time and time again that HCG should not be used as a sex-hormone. It affects people in the same manner be it in women, children, men and people who lost the functionality of their sex glands due to old age and surgical removal. Its only sexual effect post puberty is a slight improvement on pre-existing deficiencies. However, there is no indirect effect outside the ordinary through the anterior pituitary.

Although HCG may regulate menstruation and help with conception, it does not make a man more feminine, nor a woman more virile. It does not make men have breasts and impede their virility. However, if a man has a deficiency with his virility, HCG can help improve it. HCG does not make women develop a deep, gruff voice or develop a beard.

When men hear that they will undergo a phase that in some ways will mimic pregnancy, most of them will be embarrassed and surprised. It is the physician's job to explain carefully that it does not in any way mean that they will be more feminine. HCG will never interfere with their sex in any matter.

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HCG Weight Loss: Treatment Duration

All HCG treatments last more than 26 days. This is true even when the patient only needs to lose a minimal amount of weight. Even if obesity is only mild, the diencephalon needs around three days reprieve from its maximum exertion to which it has been used to, so it can recover its usual fat storage capacity.

Clinical trials have proven that in mild cases, when treatment is ceased when the weight becomes normal, which is easily achievable in a week, the normal fat storage capacity can be recovered easier compared to a 23 sessions of HCG injections. After the patients lose all their excess superfluous fat, continuous injections only serve to make them feel extremely hungry. HCG serves to circulate abnormal fat, but does not free up the usual fat deposits, and mostly impede normal fat consumption. When the patients reach their target normal weight, they often gain 800-100 calories during the entire duration of the protocol.

The HCG diet is made in such a manner that a person's weight becomes stationary. This continues for up to three days preceding the 23rd HCG injection. After that, the patient becomes free to eat any food that they wish, although starches and sugary foods are prohibited for up to three weeks.

Pounds to Inches Ratio

One noteworthy benefit of HCG is that no matter how obese a patient may be, the person's biggest circumference – either the hips or the abdomen – is decreased at a steady rate, often at a rate of 1 centimeter. During the treatment's initial phase, the measurement changes are more abrupt, but by the time the treatment comes to a close, studies have shown that the decrease in girth and the amount of kilograms in weight lost is roughly the same. This indisputable relationship between inches and pounds lost cannot be seen in other dieting methods.

Weight Loss Fluctuations

After the HCG diet's 4th or 5th day, the amount of weight lost lessens to around a pound per day. Also, there is less urinary output. In men, the weight loss continues at a regular rate, while in women it's irregular even if they stick to their diet completely. Sometimes they might not even see a drop in their weight for a couple days or more before the weight loss starts to take effect again at a normal rate. Differences in how the body eliminates and retains water is the primary cause for these fluctuations, which is why it's more pronounced in women compared to men.

Patients with previous diuretics usage as a form of weight loss experience fat loss after two to three weeks of the diet as shown by their measurements; however, after that they might not see any changes in their measurements as their body is simply replacing its usual water content, which has been previously dehydrated. One should never use diuretics as a form of weight loss.

More Weight Loss

A person who has completed the program shouldn't ever gain over two pounds without having it corrected immediately, but it is an even bigger concern if an ex-patient loses more than two pounds after completion of the treatment, because a major decrease in weight always comes at the cost of needed normal fats. Normal fat, when it is lost, is regained easily when patients take in more food. This ultimately ends up with patient overcompensating and gaining weight that's above the two pound limit.

Additional Courses

People who need to lose over 34 pounds need to come back for two or more sessions. The second session may be started at least six weeks after the last course of treatment, though it can start longer than after six weeks. If there is a need for a third, fourth and even more courses, pauses between each course must progressively grow longer.

For example, eight weeks is enough between the second to third course, twelve weeks between the third to fourth course, twenty weeks between the fourth to fifth course, and around six months between the fifth to sixth course. With this, the weight reduction capacity can grow to around 100 pounds and more with the least effort on the patient's part. Overall, men fare better compared to women and achieve a high weight reduction ratio on a daily bases. In addition, advanced cases fare better compared to early ones; however, it should be noted the the difference between the two is only slightly significant.

Recipes

Out of all patients, the most difficult ones are those who nitpick when it comes to Calorie counting. They end up creating a little compilation of tricks and diet variations. Self-proclaimed culinary geniuses that promise to make dieting blissful for the depressed masses are difficult to tolerate for people who have spent so much time in meticulous research in an attempt to make dieting as attractive as can be without compromising the capacity of weight reduction.

Pounds and Inches by Dr. Simeons

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While it is possible that by substituting other ingredients for the ones recommended by the diet, you can reduce the diet's efficiency, you can still create unique recipes that will satisfy HCG diet practitioners while keeping the diet's efficiency. In instances like these, our thanks go to the culinary masters who have shared the recipes they've invented so that people undergoing the 500-calorie protocol can use them.

These recipes can make 4 servings total, meaning there is no need for you to create two meals per day. You may simply divide the finished product into four parts, then put them in the fridge for future use. This way you don't have to worry about portions when you bring your leftovers to your workplace for lunch. Just leave out the portion you will use for your dinner and you still have some left for you lunch the following day.

Be aware though, that although you may exercise some form of discretion when it comes to substitutions and recommended diet, these will suffice in terms of your 500-calorie requirement daily if followed properly. Take note that whatever you use in your meals, you do not go over the recommended daily diet and you may deviate at your own risk.

Chicken Alternatives

Cinnamon Chicken in Curry Soup

one pound cubed chicken
one cup onion, diced
six cloves garlic, minced
six cups broth
two teaspoons curry powder
one teaspoon cinnamon
one teaspoon pumpkin pie spice
black pepper and salt

Simply combine all the ingredients in a saucepan until it boils. Decrease the heat, put on the lid and let it simmer for around 45 minutes.

Melba Toast Bruschetta

Four slices of Whole Wheat Melba Toast
Tomatoes
Oregano
Basil
Garlic Pepper
Salt 21
Cilantro
Juice of half a lemon
Fourteen ounces Chicken

Chop the tomatoes and combine with lemon juice and spices. Place the mixture inside the fridge to cool. Divide the chicken into parts and saute it, adding spices for flavor. Combine the chicken with the tomato mixture. Spread on Melba toast. You may also eat the remainder of the mixture on its own.

Chicken Apple Salad

one pound cooked and diced chicken
four diced apples
four diced stalks celery
half a cup of Lemon juice
half a teaspoon Cinnamon
Nutmeg
Cardamom
Slice of lemon
Salt
Stevia

Combine all the ingredients in a bowl, and add cinnamon and salt Stevia. Chill inside the fridge for 20 minutes. Top with lemon slices, or add some calorie-free yoghurt for a thicker and creamier variation.

Chicken Stir Fry

one pound Chicken
one whole Green cabbage
Braggs liquid aminos
Onion
Broth

Chop cabbage and chicken. Dice celery and onion. Stir-fry the ingredients over medium heat and add aminos and broth.

Chicken Fajitas

(The seasoning mix may be made in bulk and kept in a sealed jar by multiplying all ingredients by 10. Chicken to seasoning ration should be 1:1)

Seasoning Mix
two teaspoons of Chili Powder (1/3 cup + 4 tsp)
two teaspoons Salt (1/4 cup + 2 tsp)
one teaspoon of ground Paprika (1/4 c + 2 tsp)
3/4 teaspoon chicken bouillon crushed cube (7.5 tsp)
1/4 teaspoon of Cumin (2.5 tsp)

1/4 teaspoon of Garlic Powder (2.5 tsp)
half a teaspoon of Onion Powder (5 tsp)
1/4 teaspoon of Cayenne Pepper (2.5 tsp)
one pound chicken breasts skinless, boneless and cut into tiny strips
two teaspoons chicken broth, fat-free
one cup sliced onions
one teaspoon fajita seasoning mix
shredded Lettuce
Cilantro

Mix all ingredients into a bowl. Combine chicken with broth and cook in a skillet until almost done. Semi-cook onions in broth. Remember to never fully cook both the chicken and onions – they will finish cooking by the time you add the seasonings. Put additional chicken, fajita mix and broth as necessary. Slowly cook everything in medium heat for five minutes or until the chicken is fully cooked or if the onions are tender. Top the ingredients over sliced lettuce and season with cilantro. You may also use lettuce as a wrap.

Chicken /Veal Piccata

one pound chicken or veal scallops
two cups of chicken broth, low-salt variety
four large pressed garlic cloves
Juice of a lemon
six tablespoons drained capers
Parsley
fennel bulbs
Cabbage
beet greens

The recipe breaks veal recipe traditions by not dredging the veal in flour before cooking. You may also use thinly pounded chicken breasts for this one. Season the veal with pepper and salt. Cook veal using a non-stick pan until tender for around 30 minutes before flipping it to the other side. Place in a platter to keep warm. In a deglaze pan, add half of the broth.

Mix in garlic to the skillet and saute for 30 seconds. Let broth boil until it is reduced to a glaze like consistency, which is around two minutes. Add the remaining broth, capers and lemon juice. Let mixture simmer until it is reduced to one-fourth of a cup. Pour mixture over veal and use parsley as garnish. You may choose from beet greens, fennel bulbs or cabbage as add-ons.

Herbed Omelet

1/8 to 1/4 cup organic chicken broth
1/4 cup sliced scallions

1/4 cup diced red bell peppers
one clove minced garlic
Ten slices of whole-wheat Melba Toast
1/4 cup low fat cottage cheese
three eggs
eight egg whites
3/4 cup evaporated milk, fat-free
one tablespoon fresh basil, minced
one tablespoon fresh rosemary, minced
two teaspoons fresh chives, minced
one tablespoon fresh parsley, minced

Prepare the oven by preheating it to 350 degrees. Cook scallions and pepper in chicken broth over medium heat for around six minutes. Mix in garlic, then saute for another three minutes. Put toast slices inside a big casserole dish. Mix together all remaining ingredients, then pour egg mixture above toast. Place cooked vegetables. Place in oven and bake for 25-40 minutes, or until omelet has puffed slightly or set.

Beef

Italian Wedding Soup

half a cup of diced onions for flavor
garlic, minced
six cups broth
four spinach, chopped
one pound meatballs
one teaspoon thyme
one teaspoon oregano
one teaspoon basil
one teaspoon of other Italian spices
Salt and pepper to taste
Parsley, chopped
Lemon rind

Mix together garlic, onions and one fourth of broth in small pot. Cook until the onions start wilting. Mix in spinach, stir until spinach begins wilting. Mix herbs and spices. Stir the mixture together until almost all the liquid is gone. Mix in meatballs and additional broth. Let mixture boil. Mix salt and pepper. You may eat soup together with Gremolata (a mixture of minced garlic, lemon rind and parsley).

Straight Up Chili

one teaspoon granulated garlic
three tablespoons chili powder
three teaspoons salt
three tablespoons cumin
two teaspoons oregano
two teaspoons pepper
two and a half quarts of water
two quarts organic sugar-free beef broth
five cans or 14 ounces tomatoes, diced
one pound hamburger

For the mixture, brown the hamburger in a 12 quarts stockpot until brown, mix in 2-3 large onions and cook brown, add spices. Add in seasonings like chili powder, cumin, salt, pepper and garlic. Mix in water, tomatoes and broth. Bring the entire mixture to a simmer before turning off heat. This make 7-8 quarts. You may add water for a larger serving.

Rosemary Garlic Steak

one pound steak
four tablespoons Rice Vinegar
four teaspoons Rosemary
four teaspoons Garlic, minced until a paste-like consistency
two teaspoons red pepper, crushed

Place rice vinegar in a small dish. Mix in steak and coat steak with rice vinegar. In another bowl, add together rosemary, red pepper and garlic. Rub the 2nd mixture on the steak. Place the steaks on a small dish, seal and place in fridge overnight. You may grill the steaks according to your preference.

Beef with Cabbage Lettuce Wraps

one pound Ground Beef
four cloves minced Garlic
¼ cup Organic Chicken Broth
2 cups shredded Cabbage
¼ cup Fresh Cilantro
Salt and Pepper
Eight Large Iceberg of Romaine Lettuce Leaves

Heat the skillet. Mix in garlic and ground beef. Cook until meat is brown, before setting aside. Place cabbage on the skillet, and add salt and pepper. Mix in broth and cook until cabbage is

tender. Place beef on cabbage and cook for a minute on high heat. Garnish with lettuce leaves. You may also add hot sauce if you wish.

Crockpot Roast

one pound steak
Onion soup mix
four cups beef broth
Black pepper

Place steak inside crock pot. Add in other ingredients. Let mixture cook for many hours according to your liking.

Seafood

Hot 'n' Sour Shrimp

one pound shrimp
Asparagus/Bok Choy
eight cups broth
one-fourth cup rice vinegar
one-fourth cup Braggs Liquid Aminos
two teaspoons salt stevia
one teaspoon white pepper
one teaspoon ginger
Red pepper, crushed

Add vinegar, broth, aminos, ginger, stevia and white pepper in a saucepan. Bring mixture to a boil. Lower heat, place lid and let mixture simmer for around 2-3 minutes. Mix in shrimp then continue letting the mixture boil. After adding the vegetables, let it simmer for around 2-3 minutes. Top with red pepper.

Crab Cakes

one pound crab meat
four powdered Grissini/coconut flour
four teaspoons Parsley
two teaspoons Tarragon
two teaspoons Paprika
two teaspoons Lemon juice
one teaspoon Cayenne
one teaspoon White Pepper
one teaspoon dry mustard

Grind the Grissini until powder-like in consistency before placing in a tiny dish. Combine crabmeat plus other ingredients in a bowl. Stir mixture well and make patties. Coat all sides of the patty with the powdered grissini. Saute in a non-stick skillet on medium heat until brown, or around three minutes for each side. You may also grill patties for around 4-5 minutes. You may also place patties on a no-stick baking sheet and bake at 350 degrees for 10-15 minutes, then broiling each side until brown.

Lemon Oregano Whitefish with Asparagus

one bunch asparagus
seasonings (Salt and pepper)
one pound whitefish
four teaspoon oregano
Juice of a lemon

Heat oven to 400 degrees. Chop off the ends of the asparagus and throw away. In the center of a large aluminum foil sheet, put asparagus and top with salt and pepper. Add the whitefish. Combine oregano and lemon juice in a tiny bowl, then pour mixture over the fish. Fold the foil's edges in order to seal the packet. Bake the fish for around 10-20 minutes.

Garlic Shrimp

one pound de-veined and peeled shrimp
twelve cloves garlic, minced (you may also use four teaspoons garlic paste)
two cups broth
four bay leaves
two teaspoons parsley
half a teaspoon dried thyme
half a teaspoon red pepper, crushed

Preheat the non-stick pan over medium to high heat. Add four tablespoons broth together with garlic, red pepper and bay leaves to the pan. Cook and set aside before a minute elapses. Remember not to burn garlic. Mix in shrimp and cook for another three minutes. Take the shrimp away from the pan, then mix in the rest of the broth, thyme and parsley. Let the mixture boil. Cook for another two minutes or until the liquid is decrease to a half. Put back shrimp and toss pan to coat shrimp with the mixture. Take out bay leaves before serving on a platter.

Options for Vegetarians

Blueberry Puree Compote

two cups fresh blueberries
½ cored and peeled Apple

1/4 teaspoon Stevia powder

Mix the ingredients inside a blender. Blend until mixture is smooth. Spoon into baking dishes, making sure there's around ½ cup of mixture in each bowl. Let it bake at 300 degrees, for around 15-20 minutes. Let bowls cool before you serve them. This makes an equivalent of 4 fruit servings for the HCG diet.

Tomato Soup

four cups tomatoes
four cloves garlic, minced
two cups water
two teaspoons basil
two teaspoons onion powder
Black pepper and Salt
Black pepper

Preheat the broiler. Slice tomatoes in half and place them on a non-stick baking sheet with the flat side facing down. Broil the tomatoes for around 5-10 minutes, or when the tomatoes skins have blackened and blistered. Leave the tomatoes to cool, then throw away the seeds and skin. Heat one-half of the water in a medium saucepan over medium heat. Mix in the onion powder, then let mixture cook for another five minutes. Mix in garlic, then cook for another two minutes. Put tomatoes in a blender. Puree until consistency is smooth. Add puree into the saucepan and mix in the rest of the water. Let mixture boil, then reduce heat to let it simmer for another five minutes. Add basil, salt and pepper.

Vegan Thai Soup

one Cup of Water
one Dropper of Dark Chocolate Stevia
one tablespoon Apple Cider Vinegar
one teaspoon Dehydrated Onion
two Scoops of Protein Powder
1/16 teaspoon of Chili Powder
1/8 teaspoon of Celtic Sea Salt
1/4 teaspoon of Coriander
1/2 teaspoon of Garlic Powder
1/2 teaspoon of Ginger Powder

two stalks of chopped celery chopped (you may also use 1 1/2 cups asparagus if you like)
1 1/2 teaspoon Konjac Flour

Mix together all ingredients except for the final two on the list. Puree mixture for at least 50 seconds. Mix in the Konjac flour, then puree once more for 50 more seconds. Place celery or asparagus in a bowl of noodles, then top with the puree.

Deviled Eggs

eight hard-boiled eggs
one minced Tomato
Fresh Parsley, minced
Salt/Pepper

Slice the eggs in half, then discard six out of the eight yolks. Slice parsley and tomatoes finely. Add in the final yolk, then season with pepper and salt. Put a dash of vinegar over the mixture. Fill the egg whites with the mixture.

Cucumber Mint Salad

two diced or sliced cucumbers
one tablespoon Vinegar
one teaspoon Black Pepper
one teaspoon Garlic, minced
one teaspoon Mint, dried
Mix and toss all of the ingredients. Seal tightly and store in the fridge for at least an hour. Toss, then serve.

Onion Rings

one tablespoon Skim Milk
1/4 teaspoon Cayenne Pepper
1/4 teaspoon Salt
1/4 teaspoon Pepper
half a cup of sliced onion rings
Grissini

Heat the oven to 450 degrees. Mix milk, salt, pepper and cayenne pepper in a bowl. Stir until it develops to a batter-like consistency. Grind the grissini until powdered. Place the grissini inside another small bowl. Place the onion rings in the batter and toss it to coat the rings entirely. Let the rings sit in the batter for around 2-3 minutes before tossing again. After tossing, dip the rings in powdered grissini. Place the rings in non-stick foil over a cookie sheet. Bake for 6-7 minutes. Take rings out, flip them to the other side, and then back for 6-7 more minutes.

Balsamic Steamed Greens in Onions and Garlic

You may also use this recipe for other greens and substitute ingredients as long as they follow the HCG protocol. The main side dish for the recipe will be steamed greens.

Greens that you may use include:

- Kale
- Beet Greens
- Bok Choy
- Green, Red, Napa
- Mustard Greens
- Cabbage
- Chickory
- Collard Greens
- Spinach
- Dandelion
- Red/Green Swiss Chard

Chop coarsely around a cup or two of your preferred greens. If you're using tougher greens like collard or kale, you may want to remove the central stalk as well. Chop half an onion and add to greens. Using a steamer pan, place greens on the upper portion, then place around an inch of purified water at the bottom compartment. Let water boil, then decrease the heat to let it simmer. Just make sure the greens aren't overcooked. To maximize your health benefits, make sure the leaves are bright green and still tender. Remove the greens from the steamer when done and transfer them to a serving bowl. Mix in around 2-3 tablespoons balsamic vinegar plus some toasted garlic pieces. Toss well before serving. One cup is equivalent to around 5-10 calories.

Arugula with Strawberry Vinaigrette

Some organic Arugula, fresh

Strawberries, fresh

Stevia

Apple cider vinegar

Pepper to tastes

one chopped cucumber

one chopped tomato

Mix pepper, stevia, vinegar and strawberries until pureed. Pour mixture over salad greens or arugula. Mix chopped tomatoes cucumber. This recipe can also be used as a sauce and marinade for entrees.

Dressings and Sauces

Spicy Tomato Salsa

four diced medium tomatoes
½ diced medium cucumber
one bunch of cilantro, chopped
one diced medium to large red onion
two finely chopped Serrano chilies, finely chopped
one minced garlic clove
Juice of two limes

Mix all salsa ingredients together gently in non-reactive bowl. Let the mixture sit for around 30 minutes so the flavors would combine and set.

Cucumber Sauce

two tablespoons Fat-free cottage cheese
½ diced cucumber, peeled and de-seeded
one teaspoon garlic
1/4 teaspoon onion powder
salt/pepper
Combine all ingredients inside a blender. Cool in fridge before serving.

Catsup

three ounces of Tomato Paste
three tablespoons of Apple Cider Vinegar
one tablespoon of Lemon Juice
¼ teaspoon of Celery Salt
½ teaspoon of Paprika
1/4 teaspoon Mustard Powder
A pinch each of Clove and Nutmeg
A pinch of Black Pepper
¼ teaspoon of Onion Powder
¼ teaspoon of Garlic Powder
Stevia

Mix all the spices in lemon juice and vinegar until dissolved. Mix in tomato paste. Mix ingredients thoroughly. Gradually add more vinegar, water or lemon juice until you achieve the preferred consistency.

Raspberry Vinaigrette

two tablespoons of raspberry vinegar
1/8 teaspoon of salt and pepper

pepper, ground

Mix all ingredients together in a bowl using a whisk. Drizzle mixture over chicken or salads.

Drinks

Sweet 'n Sour Lemonade

one Quart of Water

one juice of lemon

two packets Stevia

Ice Cubes

Put water inside pitcher. Stir in juice of lemon. Add packets of sweeter. You may also use ice if you want. Pour into a tall glass and serve with a slice of lemon.

Chai

eight to twelve ounces of hot water

one Chai tea bag, spiced

one packet Stevia or other sweeteners

one tablespoon Milk

Put hot water in a cup and steep the tea for around five minutes. Throw away teabag and stir in a packet of Stevia. Pour in milk, stir. You may also make iced chai tea by adding ice cubes and serving the tea in a tall glass.

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