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HCG

 Medical Weight Loss Program

Phase One & Phase Two

**HCG Phase One (Fat Loading) Guide & Sample Menu**

**FAT LOADING GUIDE**

**What is the HCG protocol?**

After decades of research using HCG, Dr. Simeon created a rigid protocol that would allow the body to efficiently use body fat as a form of energy without cannibalizing organs or muscle. Under the influence of HCG, the brain is capable of down regulating or up regulating the metabolic system. When placed in the right environment and timed with precise quantities of specific food, the HCG protocol allows both men and women alike to live off their excess fat, instead of food.

 Just as the body is capable of utilizing fat for energy during the protocol, it is also capable of storing fat and this is where people get themselves into trouble. If the protocol is broken, even for a bite of non-protocol food, there will be a declaration in fat metabolism and possibly an increase in fat storage. **THIS IS NOT A DIET**. It is a specific protocol that manipulates the hypothalamus of the brain, creating and increased need for fat metabolism or storage, depending on the demands of the physical environment. Many people approach this as a diet and find none of it makes sense and once again feel like failures when it doesn’t work. We suggest you read the original manuscript, “Pounds & Inches” by Dr. A.T.W. Simeons. There is a copy provided on our website **INSERT WEB ADDRESS HERE**

* Drink 2 cups water upon arising

***BREAKFAST (30 min. after injection):***

* 2 cups water and 2 cups coffee/tea with fat
* Healthy fats with vegetable

***SNACK (2 hrs. after breakfast):***

* 2 cups lemon water
* Healthy fat with vegetable

***LUNCH (2 hrs. after snack):***

* 2 cups lemon water
* Healthy fat with vegetable

***SNACK (2 hrs. after lunch):***

* 2 cups lemon water
* Healthy fat with vegetable

***DINNER (2 hrs. after snack):***

* 2 cups lemon water
* Healthy fat with a vegetable

***DESSERT (2 hrs. after dinner):***

* 2 cups lemon water
* Fatty dessert

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** |
| **Breakfast** | 2-3 Eggs, Bacon, cheese | 2 Egg Omelet with your choice of 1 cup veggies, cheese, & sausage | 2 Eggs, ½ avocado, cheese  |
| **Snack** | 20 almonds, 6 olives | Veggies with Hummus, guacamole, or avocado | 1 Pepperoni Stick  |
| **Lunch** | 4 oz. chicken breast, 2 cups mixed greens, 1 handful of berries, 1 tbsp. of sunflower seeds, creamy dressing/avocado | Cheeseburger (no bun), side salad with olive oil and feta cheese | Flatbread Pizza with meat and cheese |
| **Snack** | 2 tbsp. nutbutter, 1 apple, celery stick | Chia pudding with 1 cup of fruit & slivered almonds | Full fat cottage cheese with pineapple |
| **Dinner** | 6 oz. Salmon, 1-2 oz. of cheese, ¼ avocado | Chicken alfredo with Spinach | Pasta with cream or meat sauce with parmesan cheese over zoodles with 6 olives |
| **Snack** **(minimum of 2 hrs. before bed)** | 1 cup bone broth, 20 raw almonds or 6 olives | Cream cheese over veggies with 1 tbsp. sunflower seeds | Greek yogurt with slivered almonds & a handful of berries |

**HCG: PHASE ONE (FAT LOADING) GUIDE**

Day 1 – Day 2 – Day 3

Your start date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(HCG injections must be refrigerated and be given every morning during Phase One)**

*On your first day of giving yourself an HCG Injection, you start loading.* You will load with fat for three days. This will prepare your body for the low calorie protocol to work successfully and reduce your hunger during Phase two*.* ***DO NOT think you will be getting a head start on your weight loss by not loading.***

***BREAKFAST (30 min after injection):***

* 1 cup Bone broth
* Coffee or Green Tea with heavy whipping cream, butter, or any oil in it
* 1 cup whole milk
* 2-3 whole eggs (any form)
* Cheeses (cheddar, Gouda, pepper jack, Monterey jack, Colby, etc.)
* Meats (bacon, sausage, ham, salmon, turkey, etc.)
* Vegetables (especially avocado) with dressing

***SNACK (2 hrs. after breakfast):***

* 1 cup bone broth
* Vegetable with avocado, guacamole, or hummus dip
* 10-20 olives (black, green, Kalamata, etc.)
* 1 pepperoni stick
* 1 string cheese stick
* Apple with nut butter or slices of cheese

***LUNCH (2 hrs. after snack):***

* Bun-less avocado-cheeseburger or chicken sandwich
* Filet of salmon or halibut with side salad and olive oil dressing & feta cheese
* Flat bread pizza with meats and cheeses
* Broccoli or cauliflower covered with cheese sauce
* Milkshake or Gelato; Cheesecake with whipped cream

***SNACK (2 hrs. after lunch):***

* Greek yogurt with slivered almonds and berries
* Chia pudding with 1 cup fruit and slivered almonds
* Cream cheese on veggies with sunflower seeds
* Full-fat cottage cheese or nut/seed yogurt with pineapple and nuts

***DINNER (2 hrs. after snack):***

* Veggie Pasta with meat or cream sauce covered with parmesan cheese, with olives
* Meatloaf
* Chicken or shrimp alfredo with spinach
* Steak filet, fish, lobster, crab with butter (ghee) sauce
* Chicken Caesar salad
* Fondue dips with veggies
* Salad greens, cucumber, red onions, tomatoes and vinegar and olive oil dressing.

***DESSERT (2 hrs. after snack):***

* Cheesecake with whipped cream
* Pecan Pie or any cream pie with ice cream or whipped cream
* Hot fudge sundae with nuts and cream

**HCG Phase Two – Low Calorie Background**

 For most people, the first week of the first phase is the most difficult. There may be a few days of transition hunger. The biggest mistake is to assume this part of the protocol is based on calories only. Dr. Simeons used a pear and an apple as an example. A pear has fewer calories than an apple, yet the pear conflicts with the HCG and will stall fat loss if the pear is eaten. I do not suggest you try to make sense of why food is or is not on the protocol. It doesn’t make sense and unless you are willing to negate fat loss, we do not suggest you try food other than what is mentioned.

**HCG Phase Two (Low Calorie) Guide**

Day 4 thru Day 26 or Day 48

Your start date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Beverages:**

* Filtered or purified water (16 cups daily). Aim for pH > 8
* Matcha Green Tea, Hibiscus, Dandelion Root/chicory Tea (coffee replacement) or any other herbal teas (unlimited). Optional decaffeinated coffee or black tea (Max 2 cups per day).
* Juice from 1 lemon (1 daily).

**Protein: 3.5 oz. per serving raw meat/seafood (2 servings/day). All visible fat removed before cooking**

* Lean beef (sirloin or round, or 96% hamburger), veal, boneless-skinless turkey or chicken breast
* White fish, lobster, shrimp, scallops or crab
* 2 Egg Whites (Chicken, duck)
* NO PORK ALLOWED

**Fats: 2 servings/day**

* PAM Zero Calorie cooking spray

**Vegetables: 2 servings/day (1 cup mixed)**

* Spinach, Swiss chard, chicory, beet greens, kale, red leaf lettuce/romaine lettuce
* Cabbage, asparagus, celery, red radishes & fennel
* Tomatoes, cucumbers, pickles & onions (sweet, red & Vidalia)

**Fruits: 2 servings/day MAX (to lose more weight eliminate entirely) + lemon or lime juice water**

* Orange (1 small, no cuties or halos) or ½ grapefruit
* Apple (1 small, no Honey crisp variety)
* Strawberries (1 handful=5 Large or 7 Medium)

**Fiber: 2 servings/day**

* 1 Grissini breadstick
* 1 Melba toast

**Seasonings:**

* Salt (Pink Himalayan) & fresh ground pepper
* Vinegar, dry mustard powder, garlic (fresh or powdered)
* Sweet basil, parsley, thyme, marjoram, dill, oregano, sage, rosemary & mint
* Cumin, paprika, onion powder, poultry seasoning, chicory, turmeric, coriander, cayenne pepper
* Asian spices, creole seasoning, cinnamon, chili seasoning, Italian seasoning
* Only HCG approved dressings and rubs (available at the clinic) - Simple Girl HCG Dressing, Stevia flavored water drops, Braggs Liquid Aminos

**\*\*\*Fruit & fiber may be eaten between meals instead of with lunch and dinner,**

**but no more than the four listed items for lunch and dinner may be eaten at one meal\*\*\***

## HCG Phase Two (Low Calorie) Sample Menu

**OPTION TWO**

* 2 cups of water upon arising

***BREAKFAST:***

* 1 HCG Injection in abdomen
* 1 cup black, decaffeinated coffee

(may add 1 Tbsp. milk)

* 2 cups lemon water

***SNACK (2 hrs. after breakfast):***

* 2 cups lemon water

***LUNCH (4 hrs. after injection):***

* 2 cups lemon water
* 3.5oz Protein of choice
* 1 cup vegetables of choice

***SNACK (2 hrs. after lunch):***

* 2 cups lemon water
* 1 serving fruit
* 1 breadstick or Melba toast

***SNACK (4 hrs. after lunch):***

* 2 cups warmed lemon water
* 1 breadstick or Melba toast

***DINNER (>5 hrs. after lunch):***

* 2 cups lemon water
* 3.5oz Protein of choice
* 1 cup vegetables of choice

***SNACK (before bed):***

* 2 cups warmed lemon water
* 1 serving fruit

**OPTION ONE**

* 2 cups of water upon arising

***BREAKFAST:***

* 1 HCG Injection in abdomen
* 1 cup black, decaffeinated, coffee

(may add 1 Tbsp. milk)

* 2 cups lemon water

***SNACK (2 hrs. after Breakfast):***

* 2 cups lemon water

***LUNCH (4 hrs. after injection):***

* 2 cups lemon water
* 3.5oz Protein of choice
* 1 cup vegetables of choice
* 1 serving fruit
* 1 breadstick Melba toast

***SNACK (2 hrs. after lunch):***

* 2 cups lemon water

***SNACK (4 hrs. after lunch):***

* 2 cups warmed lemon water

***DINNER (>5 hrs. after lunch):***

* 2 cups lemon water
* 3.5oz Protein of choice
* 1 cup vegetables of choice
* 1 serving fruit
* 1 breadstick or Melba toast

***SNACK (before bed):***

* 2 cups warmed lemon water

Day 4 thru Day 26 or Day 48 (Examples)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Breakfast** | HCG InjectionWATERCoffee/Tea | HCG InjectionWATERCoffee/Tea | HCG InjectionWATERCoffee/Tea | HCG InjectionWATERCoffee/Tea | HCG InjectionWATERCoffee/Tea | HCG InjectionWATERCoffee/Tea | HCG InjectionWATERCoffee/Tea |
| **Lunch** | 3.5oz, 96% lean ground beef1 cup steamed asparagus | 3.5oz steamed lobster1 cup mix of cabbage/ onion/tomato | 3.5oz fresh halibut 1 cup steamed spinach | 3.5oz grilled chicken 1 cup fresh vegetables | 3.5oz fresh tilapia1 cup steamed asparagus | 3.5oz grilled shrimp1 cup fresh vegetables | 3.5oz fresh scallops1 cup steamed spinach |
| **Snack** | 1 orange1 Grissini Breadstick | 5 strawberries1 Grissini Breadstick | 1 apple 1 Melba toast | 1 orange 1 Grissini Breadstick | 1 apple 1 Melba toast | 5 strawberries1 Grissini Breadstick | 1 orange 1 Grissini Breadstick |
| **Dinner** | 3.5oz fresh flounder1 cup steamed spinach | 3.5oz grilled chicken1 cup fresh vegetables | 3.5oz, 96% lean ground beef1 cup steamed asparagus | 3.5oz grilled shrimp1 cup mix of cabbage/onion/tomato | 3.5oz fresh cod1 cup steamed spinach | 3.5oz grilled haddock1 cup steamed vegetables | 3.5oz grilled chicken 1 cup steamed asparagus |
| **Snack** | 5 strawberries1 Grissini Breadstick | 1 apple1 Melba toast | 1 orange1 Grissini Breadstick | 5 strawberries1 Grissini Breadstick | 1 apple 1 Melba toast | 1 orange 1 Grissini Breadstick | 5 strawberries1 Grissini Breadstick |

## HCG PHASE TWO – LOW CALORIE GUIDELINES

## EXERCISE ON HCG-

Do not start exercising on the first complete round of HCG. If you are already exercising before starting HCG you may continue that regimen, but do not add different or additional exercise.

-**Keep exercise to light Yoga, Pilates, walking, and light weight lifting.** (Anything that gives the body the work it needs without increasing protein is acceptable.)

-**Do not use exercise as a means to lose more weight.** (Let the HCG protocol work for you. Focusing on exercise as a healthy, stress relief activity is best, NOT a weight loss booster.)

**PERSONAL PRODUCTS** – Avoid all oil based make-up and skin moisturizers

Soap-

* Baking soda, Dial, Ivory, Zest. Look for soap without added moisturizers.

Sunscreen-

* Aveeno Oil Free Sunscreen, Coppertone Oil Free Sun
* Block Lotion for faces SPF 30, Coppertone Oil Free Sun
* Block Lotion (basically Oil-free all around)

Makeup-

* Most Makeups these days are not oil based and are perfectly okay to use.
* Avoid rubbing coconut oil on your entire body, stick to small dry patches, if necessary

Lotions and hair products-

* Okay to use. Choose products with quality ingredients during and after the HCG protocol

*\*\*\*It is not necessary to buy these items to successfully lose weight.*

*Many people report good weight loss results while still using their regular products\*\*\**

**HOW TO BREAK A PLATEAU ON HCG**

**4 Day Plateau:**

A Plateau **lasts 4 days** and frequently occurs during the second half of a full course. Those who are losing more than the average all have a plateau sooner or later. In such cases we consider it permissible to break the plateau with an “*apple day.”*

**The Apple Day:**

An apple day begins at your lunch time and continues through that day. It is one day only, after the apple day is up, go to bed and start the next day on the normal HCG protocol. We do not recommend apple days more than once a week.

Patients are allowed six large apples and are told to eat one whenever they feel the desire, though six apples are the maximum allowed. During an apple day, no other food or liquids, except plain water, are allowed and with water they may only drink enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most patients feel no need for water and are quite happy with their six apples.

**\*\*\*It is useless to have an apple day unless the weight has been stationary for**

**at least four days without any dietary error having been committed\*\*\***

## HCG PHASE THREE – POST INJECTIONS

The next three days are essential. All patients must continue the 500-Calorie meal plan for three days after the last injection. This is a very essential part of the treatment, because if you start eating normally, as long as there is even a trace of HCG in your body, you will put on weight alarmingly at the end of the treatment. After three days, when all the HCG has been eliminated, this does not happen, because the blood is then no longer saturated with food and can thus accommodate an extra influx from the intestines without increasing its volume by retaining water.

This protocol is arranged in such a way that the weight remains perfectly stationary and is thus continued for three days after the 23rd dose. The next 3 weeks, you will want to avoid all sugars and simple carbs. Only then are the patients free to transition into a healthy lifestyle meal plan.

**HCG PROTOCOL FAQ’S**

here are the answers to the most frequently asked questions about hcg and the protocol. this information should help you get a complete understanding of the hcg protocol and how it works.

**Eating approximately 500 calories? Is that safe?**

Patients are instructed to reduce food to approximately 500 calories per day; however, hunger is not noticed because 3,500 additional calories are consumed each day by the body. The results: patients lose an average of one to two pounds per day while using HCG.

**If I choose not to follow the Low calorie Phase 2, what will my results be?**

We cannot guarantee any weight loss results on HCG without following the complete protocol (Phases 1, 2, & 3).

**Will I lose a pound a day?**

You will lose an average of a ½ pound to 1 pound per day. For example, you may lose 4 pounds the first two days and a half a pound on the fifth. It is a ½ pound to 1 pound a day average over your time period on HCG.

**Will I gain the weight back when I stop HCG?**

It is very important to walk through the steps to reset your hypothalamus when you take your last dose of HCG. Stay on the Phase 2 protocol for 3 days after you take your last dose of HCG. Over the next three weeks do not eat any processed sugar or simple carbs. Weigh daily and if you go beyond 2 pounds above your stop weight, then skip breakfast and lunch, drinking plenty of water, and for dinner eat 1 lean cut steak with an apple or raw tomato. The following day return back to your normal diet.

**What are the side effects?**

Side effects from HCG are reportedly very rare, and when they do occur they are generally not severe.

\*Medium Headaches – especially in the first few days of the protocol. This is caused by the release of toxins from the stored fat which is being burned.

\*Leg Cramps (often due to a potassium shortage) – this can be corrected with a potassium supplement, which our clinic offers.

\*Fatigue – again, this is generally in the first couple of days before the HCG has begun circulating your stored fat.

\*Hunger – especially in the first week if you did not eat enough healthy fats during Phase 1 (loading) before Phase 2 (low calorie) as recommended in Dr. Simeons’ protocol.

**Why do I have to stop the use of my HCG on my menstrual cycle? How long?**

HCG may disrupt your regular cycle. There is also the possibility of temporary minimal weight gain. Stop using HCG for the first three days of the menstrual cycle; the body naturally produces some HCG during this time. Although you aren’t taking HCG for those 3 days, it is important to adhere to the low calorie protocol during those three days.

**What if I accidentally miss an injection?**

You will be fine. Just resume as soon as possible. Do not double up on injections though.

**Do I have to get all my food in?**

Yes. For the best results we advise all patients to follow the protocol exactly.

**What do I do if I plateau for more than 4 days?**

To break a plateau, you will need to have an “apple day.” An apple day begins at lunch and continues through the rest of that day. Patients are allowed 6 large apples and are told to eat one whenever they feel the desire. Six apples is the maximum allowed. During an apple day, no other food or liquids, except plain water, are allowed. Water is only used to drink just enough to quench an uncomfortable thirst if eating an apple still leaves them thirsty. Most patients feel no need for water and are quite happy with their six apples.

**Will HCG affect my hormones?**

No. HCG is not a sex hormone. It is completely safe for men and women.

**Can I wear makeup or lotions?**

Yes. The protocol was created in the early 1950’s when makeup and lotions contained large amounts of oils and animal fats. That is no longer an issue with beauty products.

**Can I chew Gum?**

Yes. You may chew gum sweetened with stevia.

**What about vitamins?**

For the short amount of time you are on the HCG protocol, dietary supplements are not necessary. Dr. Simeons states that “Every time they lose a pound of fatty tissue, which they do almost daily, only the actual fat is burned up; all the vitamins, protein, blood, and minerals which this tissue contains in abundance are fed back to the body.” Calcium, Vitamin D, Folic Acid, Vitamin B12, and Iron can be safely taken during the protocol, however, you must avoid oils (fish oils, flaxseed oil, Vitamin E). If for some reason you have a concern about this particular issue, supplements can be reviewed by your prescribing provider.

**What about over-the-counter medications?**

Medications that have been approved include Aspirin, Tylenol, and Ibuprofen. Otherwise check with the prescribing provider.

**What happens if I get pregnant?**

Although HCG can help you become pregnant, this medication is in the FDA pregnancy category X. This means that using this medication once you are pregnant has been known to cause birth defects in animals and could cause birth defects in humans. Do not use this medication if you are pregnant. Tell your doctor right away if you become pregnant during treatment.

**What happens if I mess up and eat something I’m not supposed to?**

Most likely you will not lose weight that day. It is incredible how sensitive the diet is. If you eat too much you will most likely gain a little weight or may even stall your weight loss by 1-3 days. Whatever you do, don’t panic.

**Do I have to do the loading days?**

Yes. Following the loading days is VERY, VERY important, and HIGHLY recommended. It really is true that if you don’t load, you will most likely deal with extreme hunger and headaches during the first week that you otherwise might not have experienced.