

# **hCG Weight Loss Program**

## **What is hCG?**

Human Chorionic Gonadotropin- commonly referred to as hCG- is a natural occurring hormone. The body produces hCG during pregnancy to metabolize fat as an energy source for the growth and nourishment of the baby. hCG works with the hypothalamus gland, a part of the brain that regulates appetite, digestion, metabolism and fluids. What makes the hCG diet different is that many restrictive diets trigger a “starvation mode,” putting the brakes on your metabolism and actually causing fat storage. The idea behind the hCG diet is the administration of small doses of hCG assist the body to burn an average 2,500-4,000 calories worth of stored energy (about 1 pound of body fat a day) making it available for the body to burn fat as its primary energy source. Oral or injected hCG combined with a reduced calorie meal plan stimulates the body to mobilize stored fat, making it available to your body as an energy source.

## **Getting Started: Days 1 & 2**

You will begin the day with your hCG \_\_\_\_\_, then consume foods that are **high in fat** every 3 hours. DO NOT CONFUSE SUGARY, HIGH-CALORIE/CARB FOODS with FOODS HIGH IN FAT (you want you to gain weight during this phase). If you do not do the loading phase properly you will experience extreme hunger on days 5-7. *\*The best time for Women to start the program is immediately after their menstrual cycle.*

**Example foods that are High In Fat:** Bacon, Pork Sausage, Avocado, Olive Oil, Nuts, High Fat Cheeses, Bacon Cheeseburgers, French Fries and ANYTHING FRIED.

**Days 3-30** begin with your hCG and introduce the low calorie diet.

*(OPTIONAL: Lipovite injection administered once a week during the diet enhance metabolism, produces energy, stimulates weight loss and is an essential nutrient during fat burning. If eligible, start ½- 1 tablet of phentermine every morning.)*

**Days 31 & 32** once your hCG cycle is completed you will still consume the low calorie diet for these 2 more days.

**Weeks 5 & 6** you will receive a Lipovite injection once a week and start the Metabolic Reset portion of the program. Lipovite will give you energy and is an additional fat burner added to the program. It contains B1, B12, B6, B2, and B3. It also includes Methionine, Inositol and Choline (these will be your fat burners).

## **DRINK HALF YOUR WEIGHT in ounces OF WATER EVERYDAY!**

Example: a person weights 180lbs. they would drink 90oz. or more slowly throughout the day.

**NO Strenuous Exercise!!!**

## **hCG Acceptable Foods List:**

**You are allowed 2 proteins, 2 Vegetables, 2 Fruit & 2 Snacks daily** (Based on a 500-800 calorie diet, you should intake the number of calories that were discussed between you and your healthcare practitioner at your appointment.)

### **Protein (2 servings, *ONLY 3.5oz each for Women and 4oz each for Men*):**

Chicken Breast (well-trimmed)	Shrimp (12 medium)
Cod (fish)	Tilapia
Crab	Trout
Lobster	White Sea Bass
Orange Roughy	Steak (Lean Top Sirloin)
Perch	Lean Ground Beef (93/7 preferred)

### **Vegetables (2 servings/1 cup each):**

Asparagus (4 spears or 1 cup cooked)	Broccoli
Banana Peppers (1 pepper)	Cabbage
Cauliflower	Lettuce (the greener the better)
Celery	Tomatoes (but they count as a fruit)
Jalapeno	Parsley
Onions (all kinds)	Fennel
Chicory	Spinach
Peeled Cucumber	Radish (red)

### **Fruits (2 servings):**

Apple  
Grapefruit (half)  
Orange (do not eat if you are a diabetic)  
Strawberries (5 large)

### **Snacks (2 servings)**

Melba toast (1 piece) or Melba Rounds (5 pieces)  
Grissini Breadsticks (4 breadsticks)

*\*For a Gluten Free version substitute Grissini and Melba Rounds with Gluten Free Pretzels*

### **Herbs and Spices**

You may season any food with the juice of half a lemon, stevia sweetener, white or black pepper, organic raw apple cider or balsamic/red wine vinegar, organic garlic, organic basil, organic parsley, organic thyme, organic marjoram, or any other organic herb. Any hot pepper that has not been pickled is allowed. The juice of 1 lemon is allowed each day. **Absolutely no oil (1 tsp. of MCT or raw coconut oil is ok), no butter, salad dressing and no substitutes!**

*\*TIP: Mix 1tsp. of MCT oil with fresh lemon juice and red wine vinegar to use as salad dressing.*

### **One Salad a Day with Water Veggies**

(For protein marinades or mixed in salads)

Celery	Chard	Chicory	Cucumber
Fennel	Green Onion	Red Onion	White Onion
Red Radish	Daikon	Radish	Green Onion

## **Avoid the Following:**

- Chewing Gum
- Artificial Sweeteners
- Alcoholic Beverages
- No Fruit Juice
- Farm raised fish

\*Do not use lotion or makeup products that contain Mineral oil, use coconut oil instead.

**Constipation:** Due to the restricted diet, it is common to have a bowel movement only once every 2-3 days provided you drink plenty of fluids. BUT, if you have no bowel movement for 2-3 days and you stop losing weight you must get the bowels moving again. Ground flax seed, Tri-magnesium, or cooking with Coconut Oil can help move the bowels. Constipation after 4 days it is recommended to take Miralax (over the counter).

## **Phase 2 Metabolic Reset**

After you have completed your hCG you will continue with the low calorie diet for 2 more days. When the hCG is out of your system it no longer protects your lean muscle so it is very important to SLOWLY increase your calorie intake to prevent a slowed metabolism. For the next 3 weeks you must keep your weight within +/-2 pounds, this will allow your hypothalamus to reset and establish your new normal weight.

### **Week 1: 900-1100 calories per day**

The 3rd day without hCG increase your calorie intake to 900 and gradually increase your calories over 7 days to reach 1100 by the end of week 1.

### **Week 2: 1100-1300 calories per day**

Increase your calorie intake to 1100 and gradually increase your calories to reach 1300 by the end of week 2. Week 2 you can start adding in healthy fats like avocados, cooking oil, whole eggs and low moisture skim mozzarella cheese; NO sugar, salad dressing or mayonnaise. Hold off in adding nuts, grain breads, beans, legumes, and limit dairy in the 21 days of your metabolic reset phase. If you over-indulge on these items it will stress out your adrenals starting a chain reaction leading to weight gain.

### **Week 3: 1300-1500 calories per day**

Increase your calorie intake to 1300 and gradually increase your calories to reach 1500 by the end of week 3. Increase your protein to about 6 oz. per serving. It is recommended to eat healthy carbohydrates from fruits and vegetables and good fats from specific oils. If you shock your metabolic system too quickly and load up on complex carbohydrates there is a possibility of weight gain.

After the 21 days you can start adding back only 1 new food a day so you can determine if that food agrees with your body system based on the feedback from the scale. If there is a sudden weight gain the food may have caused inflammation or water retention and should be avoided.

The best way to maintain your weight loss is by controlling your daily calorie intake with this simple equation:

Women must multiply their weight by 12 and men by 13.

For example:

Women

130 lbs. x 12= 1,560 calories per day to maintain weight

Men

190 lbs. x 13= 2,470 calories per day to maintain weight

Try to exercise at least 3 times a week and drink plenty of water!

## **Phase 2 Foods**

### **Vegetables with a Low Glycemic Index:**

Artichoke	Avocado	Asparagus	Bamboo Shoots
Bok Choy	Broccoli	Brussels Sprouts	Cabbage
Cauliflower	Celery	Chilies	Cucumber
Eggplant	Fennel	Greens	Green Beans
Herbs	Jicama	Lettuce	Mushrooms
Okra	Onions	Radishes	Snow Peas
Sea Vegetables	Spinach	Sprout	Summer Squash
Tomatoes	Zucchini		

### **Fruits with a Low Glycemic Index:**

Apples	Blackberries	Blueberries	Cantaloupe
Cherries	Cranberries	Grapefruit	Honeydew
Peaches	Strawberries	Prunes	Raspberries
Pears	Tomatoes		

### **Others (check all ingredients for sugar and starch):**

Almonds	Almond Butter	Pecans	Mustard
Hot Sauce	Protein Powder	Organic Meats	
Organic Dairy	Organic Eggs	Extra Virgin Olive Oil	

### **Phase 3 Foods to LIMIT!**

After the 21 days, continue to add in ONLY one new food a day. Continue to eat 5-6 small meals throughout the day to promote an increased metabolism. You may exercise more aggressively now because your body is taking in higher calories.

#### **Vegetables with a High Glycemic Index:**

Pumpkin	Parsnips	Beets	Bell Peppers
Corn	Root Vegetables	Peas	Lentils
Winter Squash			

#### **Fruits with a High Glycemic Index:**

Watermelon	Mango	Bananas	Raisins
Papaya	Figs	Pineapple	Grapes
Kiwi Fruit	Orange	All Dried Fruit	

#### **Legumes:**

Beans in Tomato Sauce	Kidney Beans	Butter Beans
Chickpeas	Navy Beans	Red Lentils
Green Lentils	Pinto Beans	Black-eyed Peas
Yellow Split Peas		

#### **Dairy:**

Ice Cream	Chocolate Milk	Sweetened Yogurt
Processed Cheese	Custards	

#### **Staples:**

All Rice	All Potatoes	All Breads	All Cereal
Tapioca	Couscous	Cornmeal	Taco Shell
Wheat Tortilla	Wheat Pasta	Ravioli	Spaghetti
Tortellini	Egg Fettuccini	Buckwheat	Yams
Pearled Barley	Instant Noodles	Cornstarch	Gnocchi
Wheat/White Flour			

### **Food To AVOID!**

Check food labels for these ingredients that signify added sugars. Avoid products with these ingredients listed!

Brown Sugar	Corn Syrup	Demerara Sugar	Dextrose
Fructose	Galactose	Glucose	Honey
Invert Sugar	Lactose	Malt	Maltodextrin
Maltose	Maple Syrup	Molasses	Panocha
Rice Syrup	Sucrose	Sugar	Treacle