

Botox & Laser Center

The HCG Diet



Day 1 and 2: Take HCG and gorge.

Starting with day 3 : Take HCG and follow the 500 calorie diet.

500 CALORIE DIET

Following is the summary from Dr. Simeons Manuscript:

BREAKFAST:

Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used.

LUNCH:

1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be care-fully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Do not eat: salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be cooked without the skin or bones.
2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
3. One breadstick (Grissino) or one Melba toast.
4. An apple, a handful of strawberries, an orange or one-half grapefruit.

DINNER :

The same four choices as lunch.

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.

After last dose continue following the 500 calorie diet for 72 hours/3 days.

MENSTRUATION

During menstruation no injections are given, but the diet is continued and causes no hardship; yet as soon as the menstruation is over, the patients become extremely hungry unless the injections are resumed at once.

MAINTANENCE

First 3 weeks after stopping HCG: All foods are allowed except starches and sugars, always controlled by morning weighing.

3 Weeks after stopping HCG: Very gradually add starches and sugars in small quantities, always controlled by morning weighing.

The future: Continue controlling by morning weighing.

If you experience any side effects please contact your weight loss doctor.