

# HCG TIPS

## **Brief HCG Summary**

The HCG diet consists of four phases: Phase 1 – Cleanse and Replenish, Phase 2 – Release and Contour, Phase 3 – Reset & Normalize and Phase 4 – Balance and stabilize

Each Phase is also explained in Kevin Trudeau’s book, *The Weight Loss Cure They Don’t Want You to Know About*.

As a short summary about the HCG diet, it is a protocol designed by Dr. Simeons (author of Pounds and Inches, see recommended websites for download link). You will either inject HCG, sublingual drops or topical cream daily, and follow the 500 calories per day diet for a minimum of 3 weeks. The HCG stimulates your body to release stored fat, which, in turn, provides plenty of calories for your body.

Doing this protocol takes planning and effort, but mainly discipline and focus.

Not only do people achieve a rapid weight loss and a healthier body, many people find they have increased energy, restful sleep and thicker, fuller hair.

Research every aspect of this protocol before you begin. It is only up to you whether you succeed or fail, because when it boils down to it, only YOU control what you put in your mouth!

You can spend time planning your meals, shopping for your meats, vegetables and fruits (fresh and organic, if possible).

Coffee, tea and LOTS of water are the only liquids that are allowed.

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**Be sure to take pictures and measurements so you can see the difference in your body.**

**Keep a daily food diary of everything you eat and the times it was consumed.**

**Weigh each morning and record your food diary.**

**If you get hungry, drink 2 big glasses of water.**

**Have ‘snacks’ available for when a craving hits: celery sticks, cucumbers, and apple slices. Store in Ziploc bags.**

**Don’t be afraid of hunger because hunger is a feeling, not a fact. Remember that the HCG is providing more than enough fat and nutrients to meet your needs.**

**To maximize weight loss, you need to remember your entire well-being. Don’t forget stress reduction, sleep, and toxin reduction.**

**Water is extremely important for the protocol to work (at least 2 liters per day).**

**DO NOT CHEAT. It will be a waste of your time and money.**

**Nothing tastes as good as thin feels.**

## Here we go . . .

### PHASE 1

**Day 1 & 2 (first and second day of injections):** You must eat to capacity of the most fattening food you can get down until you have had the third injection. You read that right. You should eat more than usual, this is to ensure all normal and structural fat is full. This is known as Phase 1, which is extremely critical to your success, as your body will try to deposit new fat cells and fat, but the HCG will stop that process – rather than storing new fat, the body will loosen and mobilize the fats. Basically, Phase 1 lasts from immediately upon taking the first injection until immediately prior to taking the third injection.

### PHASE 2

**Day 3** is when you begin the 500 calorie diet, also known as the *Very Low Calorie Diet (VLCD)*, This is Phase 2. The first 5 – 10 days of Phase 2 are the most powerful, and where the bulk of the weight will usually be lost. Every food item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden, and the patient is assured that nothing permissible has been left out. The 100 grams of meat must be scrupulously weighed raw after all visible fat has been removed. To do this accurately the patient must have a letter-scale, as kitchen scales are not sufficiently accurate and the butcher cannot be accurately relied upon, or pre-packaged items. Those patients who feel that even so little food is too much for them can omit anything they wish. During Phase 2, you have the following food choices and guidelines:

**Liquids:** Any amount of liquid can be drunk as long as you drink at least 2 liters. The liquids allowed are Water, Coffee, Tea and 1 tbsp (tablespoon) of milk a day is optional.

**Meat:** You can have 2 servings of meat a day. Do not combine the servings. Each serving is 100 grams (3.5 oz). All meat is to be weighed raw (before cooking). Remove all visible fat before weighing. Occasionally when the thought of meat is disgusting you can have a total of 2 eggs in this combination: one whole, 3 whites either boiled, poached or raw, OR 100 grams of skimmed milk cottage cheese. No other cheeses. If you are a vegetarian you can substitute the meat for 500 cc of skimmed milk. You can turn the milk into curds if you wish.

Meats that are allowed:

- Veal
- Beef *such as lean ground beef, steak or roast.*
- Kidneys
- Chicken Breast *(this means only the breast from chicken ONLY, no other bird. Take the meat off the bone before cooking, and remove the skin. Do not use nuggets or strips in place of.)*
- Fresh white fish *(no salmon, eel, herring, mackerel, dried, or pickled fish). This can include Talapia, Halibut, Orange Roughy, etc.*
- Lobster
- Crabs
- Shrimp
- Prawns

**Vegetables:** You can have 3 servings a day. Do NOT mix the vegetables.

- |              |               |
|--------------|---------------|
| •Spinach     | •Fennel       |
| •Chard       | •Onions       |
| •Beet Greens | •Red Radishes |
| •Green Salad | •Cucumbers    |
| •Tomatoes    | •Asparagus    |
| •Celery      | •Cabbage      |

**Fruit:** You may have 2 fruits a day; do not eat at the same time.

- 1 Apple
- 1 Orange (*not tangerines*)
- 1 handful Strawberries
- ½ grapefruit

**Breads:** You may have 2 breads a day, not to be eaten at the same time.

- 1 Melba Toast
- 1 Grissini

**Miscellaneous:**

- Herbal teas
- Green tea
- Fresh salsa (no sugars or preservatives)
- Take multi-vitamins (make sure there are no oils)
- Miracle Noodles (found in some grocers such as Reasors, Sprout's, etc.)
- The juice of one lemon can be used daily.
- Any spices are ok (*as long as they don't contain sugar in the event it is a 'mixture'*). Good choices are Mrs. Dash, Bragg Liquid Amino (*taste is similar to soy sauce*), garlic cloves, Kosher salt or sea salt.
- Vinegar is good to have (particularly Apple Cide Vinegar).
- Sweeteners can be used (not sugar). *Stevia is an excellent choice.*
- No fat, oil, butter, or dressing.
- You do not have to eat all of the allowed food per day.
- If you do not eat food from a food group, it cannot be added to the next days amount.
- Specially prepared unsweetened low calorie foods can be eaten; just be careful and don't go 'hog wild.'

The diet is 500 calories a day. The daily food intake should include 200 grams of meat or protein. If you are a vegetarian you can substitute the meat for 500 cc of skimmed milk (you can turn the milk into curds).

There is no objection to breaking up the two meals. For instance, having a breadstick and an apple for breakfast or before going to bed, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day. In the beginning, patients are advised to check every meal against their diet sheet before starting to eat and not to rely on their memory.

It should also be mentioned that two small apples weighing as much as one large one never the less have a higher caloric value and are therefore not allowed though there is no restriction on the size of one apple. Some people do not realize that chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick.

## What if I “Mess Up?”

There are a couple of reasons that interruptions may occur in the HCG plan-process. One is, you just plain made a mistake. Whether it's because somebody brought a birthday cake to work, or somebody takes you to your favorite restaurant, sometimes we mess up. It's human. Another reason there can be an interruption is if your weight, for some reason, plateaus and you do not see any loss for 4 days straight. In both of these cases, you can do what is called a 'correction' through diet. Please call for instructions should this happen – as the HCG regimen is fairly short (even though it may not seem like it at the time!), we do not want to do more than 1 correction, if possible. Therefore, do not plan for a 'correction' as a way to 'cheat.'

# HCG Meal and Recipe Ideas for Phase 2

**Breakfast:** Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used, although stevia is a much healthier choice!!

## **Lunch:**

1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bone, and skin removed, as well.
2. One type of vegetable only to be chosen from the following: spinach, chard. Chicory, beetgreens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
3. One breadstick (grissini) or one Melba toast (Wasa Bread is also acceptable).
4. An apple, orange, or a handful of strawberries (6-9 depending on their size) or one half grapefruit.

**Dinner:** The same four choices as lunch (above). No oil, butter or dressing.

**Tip:** Some clients have found that saving fruit and/or Melba Toast for a snack between lunch and dinner has helped them to not feel as hungry as well as keep their metabolism burning more steadily throughout the day.

## **More Sample Recipes:**

### **Green Onion Soup**

Green onions (allowed amount)  
2 c vegetable broth  
1 – 2 tsp liquid aminos  
1 t parsley  
1 t sweetener  
½ t paprika  
½ t salt  
½ t dill  
½ t thyme  
1/8 t cayenne or red pepper flakes  
1/8 t celery seed

Briefly steam the green onions until tender. Preheat saucepan over MEDIUM heat. Chop steamed green onions. In the saucepan, sautee the green onions in a bit of vegetable broth for a couple of minutes, then add the parsley, sweetener, paprika, salt, dill, thyme, celery seed, and cayenne. Sautee 1-2 minutes more. Add remaining vegetable broth, reduce heat, cover and simmer 20-30 minutes.

### **Lemon Pepper Fish**

100 g whitefish (3.5 ounces)  
juice of half a lemon  
1 – 3 cloves minced garlic  
½ t black pepper  
¼ t salt  
¼ t cumin powder  
1/8 t turmeric

Place fish in small bowl. Add garlic, black pepper, salt, cumin, and turmeric. Ensure to coat both sides. Cover and marinate at least 1 hour in the refrigerator. Preheat oven to 400. Place the fish in a non-stick baking dish and cover with the marinade. Bake 10-20 minutes depending on thickness, until fish easily flakes. Squeeze with lemon juice.

### **Crockpot Swiss Steak**

100 g steak (3.5 ounces)  
1 T shake n bake  
1 T liquid aminos  
3-4 cloves minced garlic  
1 stalk celery, sliced  
1 onion, sliced  
1 tomato, diced  
½ c beef broth

Preheat pan over MED-HI heat. Sprinkle steak with liquid aminos. Dip steak in shake n bake, coating both sides. Add steak to pan and brown on both sides. Transfer steak to crockpot. Cover with garlic, celery, onions, and diced tomato. Top with beef broth. Don't stir!! Cover and cook on low until reaches desired doneness. When done, serve immediately and cover with juices from the crockpot.

NOTE: This dish includes three vegetables which are meant only for flavor. When finished cooking, you can discard veggies, or choose to eat just one of them (as per Dr. Simeon's protocol, you cannot mix vegetables on Phase 2).

### **Asparagus Frittata**

3 egg whites  
1 whole egg  
Asparagus (allowed amount)  
1-2 cloves minced garlic  
1 T dehydrated minced onion  
1 T water  
1 T parsley  
Salt/pepper to taste  
Tabasco (optional)

Preheat pan over MEDIUM heat. Snap woody ends off asparagus and discard. Snap each asparagus spear into 2-3 pieces. Add to pan with garlic and heat through until tender. Preheat oven to 400. In bowl, mix eggs and water. Add asparagus, minced onion, parsley, salt/pepper. Pour egg mixture into non-stick baking dish (or dish lined with parchment paper). Place in oven and cook 10-15 minutes until done. Top with Tabasco (optional) and serve immediately.

### **Orange Ginger Chicken**

100 g chicken (3/5 ounces) cut into chunks  
Black pepper  
Orange – cut in ¼'s  
2-3 cloves minced garlic  
1 T fresh ginger root (about ½"-1" long piece, peeled and minced)  
½ t basil  
Juice of half lemon

Preheat pan over MEDIUM heat. Sprinkle chicken with pepper. Add chicken to pan and stirfry until brown on all sides, about 5-10 minutes. Add garlic and cook for 1 minute. Squeeze juice of orange quarters over chicken. Peel and separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 minutes. NOTE: This includes your meat and fruit portion for this meal.

# 12 Days of Meal Ideas Phase 1 (1)

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total
Day 1	1 cup Strawberries 1 - 2 Cups Coffee** (optional)	4 Grissini Breadsticks* 8 oz. WuLong Tea or Green Tea**	3.5 oz. Ground Beef Salad Greens Fat-free Dressing/MCT Oil* 1 Cup Coffee/Green Tea**	1/2 Apple	3.5 oz. Chicken Breast 1 cup cabbage	-
Cal.	50	60	183	28	181	502
Day 2	1/2 Grapefruit 1 - 2 Cups Coffee** (optional)	1/2 Apple 8 oz. WuLong Tea or Green Tea**	3.5 oz. Shrimp (12) 5 Melba Rounds* Salsa 1 Cup Coffee/Green Tea**	1/2 cup Cucumber 5 Cherry Tomatoes Salad w/ Fat-free Dressing, 8 oz. Green Tea**	Dinner 3.5 oz. Trout Spinach Salad w/ Purple Onion Fat-free Dressing/	Total
Cal.	48	28	166	46	215	500
Day 3	1 Small Apple 2 Cups Coffee** (optional)	5 Melba Rounds* Salsa 8 oz. WuLong Tea or Green Tea**	3.5 oz. Chicken Breast 5 Cherry Tomatoes Salad Greens Fat-free Dressing, 1 Cup Coffee/Green Tea**	4 Grissini Bread Sticks* 8 oz. WuLong Tea or Green Tea**	Dinner 3.5 oz. Tilapia 4 Asparagus Spears	Total
Cal.	59	69	206	60	105	499
Day 4	Power Greens 2 Cups Coffee** (optional)	1 cup Cucumber Salad Fat-free Dressing/ 8 oz. Green Tea**	3.5 oz. Crab 5 Melba Rounds* Salsa 1 Cup Coffee/Green Tea**	1 Small Apple Or Power Greens	Dinner 3.5 oz. Trout Spinach Salad w/ Purple Onion 3 Melba Rounds*	Total
Cal.	49	36	157	55	222	499
Day 5	1 Orange 2 cups coffee** (optional)	Power Greens	3.5 oz. Chicken Breast Salad Greens Fat-free Dressing 1 Cup Coffee/Green Tea**	4 Melba Rounds* Salsa	Dinner 3.5 oz. Ground Beef 1 Cup Cabbage	Total
Cal.	50	45	182	47	180	504
Day 6	1/2 Grapefruit 2 Cups Coffee** (optional)	4 Stalks Celery 1/2 Apple 8 oz. WuLong Tea or Green Tea**	3.5 oz. Shrimp (12) 5 Melba Rounds* Salsa 1 cup Coffee/Green Tea**	1 Small Apple Or Power Greens	Dinner 3.5 oz. Chicken Breast Spinach Salad 6 Cherry Tomatoes 4 Melba Rounds*	Total
Cal.	45	40	166	45	200	496

\* These items may be substituted with Gluten-Free snacks.

\*\* Coffee or tea is optional, decaffeinated is preferred, if  
caffeinated, drink at least 1 hour before or after taking hcg<sup>3</sup> Trim.

# 12 Days of Meal Ideas Phase 2(1)

<b>Day 7</b>	<b>Breakfast</b> 1 cup Strawberries 1 - 2 Cups Coffee** (optional)	<b>Snack</b> 1 cup Cucumber 5 Cherry Tomatoes 8 oz. WuLong Tea or Green Tea**	<b>Lunch</b> 3.5 oz. Chicken Breast Salad Greens 1 Cup Green Tea** Fat-free Dressing/ <del>Meat</del>	<b>Snack</b> 5 Melba Rounds* Salsa	<b>Dinner</b> 3.5 oz. Cod 2 Cups Iceberg Lettuce 5 Cherry Tomatoes Fat-free Dressing/ <del>Meat</del>	<b>Total</b> 497
Cal.	50	46	182	69	150	
<b>Day 8</b>	<b>Breakfast</b> Power Greens or 1 Orange 1 - 2 Cups Coffee** (optional)	<b>Snack</b> 4 Grissini Breadsticks* 8 oz. WuLong Tea or Green Tea**	<b>Lunch</b> 3.5 oz. Ground Beef Salad Greens 5 Cherry Tomatoes Fat-free Dressing/ <del>Meat</del>	<b>Snack</b> 1/2 Apple	<b>Dinner</b> 3.5 oz. Lobster 1 Cup Cabbage	<b>Total</b> 495
Cal.	50	60	201	28	160	
<b>Day 9</b>	<b>Breakfast</b> 1/2 Grapefruit 1 - 2 Cups Coffee** (optional)	<b>Snack</b> 4 Stalks Celery Salsa 1/2 Apple	<b>Lunch</b> 3.5 oz. Shrimp (12) 5 Melba Rounds* 1 Cup Coffee**	<b>Snack</b> 8 Tomatoes 8 oz. Green Tea**	<b>Dinner</b> 3.5 oz. Top Sirloin Spinach Salad w/ Purple Onion 6 Sm. Tomatoes	<b>Total</b> 506
Cal.	45	50	156	30	225	
<b>Day 10</b>	<b>Breakfast</b> 1 Small Apple 1 - 2 Cups Coffee** (optional)	<b>Snack</b> 5 Melba Rounds* Salsa	<b>Lunch</b> 3.5 oz. Chicken Breast 6 Sm. Tomatoes Salad Greens	<b>Snack</b> 4 Grissini Breadsticks* 8 oz. Green Tea**	<b>Dinner</b> 3.5 oz. Tilapia 4 Asparagus Spears	<b>Total</b> 495
Cal.	59	69	202	60	105	
<b>Day 11</b>	<b>Breakfast</b> 1/2 Grapefruit 1 - 2 Cups Coffee** (optional)	<b>Snack</b> 1 Cucumber (1 Cup) 5 Cherry Tomatoes 8 oz. Green Tea**	<b>Lunch</b> 3.5 oz. Shrimp (12) 5 Melba Rounds*	<b>Snack</b> 1 Small Apple Or Power Greens	<b>Dinner</b> 3.5 oz. Trout Spinach Salad w/ Purple Onion 6 Sm. Tomatoes	<b>Total</b> 497
Cal.	45	46	154	45	207	
<b>Day 12</b>	<b>Breakfast</b> 1 Orange 1 - 2 Cups Coffee** (optional)	<b>Snack</b> 1/2 Apple	<b>Lunch</b> 3.5 oz. Chicken Breast Salad Greens Fat-free Dressing/ <del>Meat</del>	<b>Snack</b> 4 Melba Rounds* Salsa	<b>Dinner</b> 3.5 oz. Ground Beef 1 Cup Cabbage	<b>Total</b> 505
Cal.	50	36	182	57	180	

\*\* Coffee or tea is optional, decaffeinated is preferred, if \* These items may be substituted with Gluten-Free snacks.

# HCG Food List Examples

## hc3 Trim Food List

### Fruits & Vegetables

4 Servings Per Day  
not more than two in one meal or snack

Caloric intake For Fresh Fruits & Vegetables

Name	Serving Size	Calories
Asparagus (cooked)	1 cup	40
Banana Peppers	1 pepper	0
Cabbage	1 cup	17
Celery	1 cup	14
Chicory	1 cup	7
Cucumber (peeled)	1 cup	14
Cucumber (with peel)	1 cup	16
Fennel	1 cup	27
Lettuce (iceburg, green leaf, etc)	1 cup	8
Onion (all kinds)	1 cup	48
Parsley	1 cup	22
Jalapeno	1 pepper	6
Radish (red)	1 cup	14
Salsa (Pace Chunky)	2 tablespoons	10
Spinach	1 cup	7
Tomato	1 cup	32
Tomato Paste	2 tablespoons	25
Apple	Small - 2 1/2"	55
Apple	Medium - 2 3/4"	72
Apple	Large - 3 1/4"	110
Grapefruit	1/2 Small - 3 1/2"	32
Grapefruit	1/2 Medium - 4"	41
Grapefruit	1/2 Large - 4 1/2"	53
Strawberries	1 cup	46
Orange	1 Average Size	50

Power Greens™ may be substituted for a fruit or vegetable during the day, count as 45-50 calories. During high ketosis, 2 servings per day should be added to the 500 calorie program.

Dairy and Gluten - All dairy must be eliminated from diet. A gluten free diet during 40 Day hc3 Trim Metabolic Program is also suggested.

2 Servings Per Day  
not more than one in one meal or snack

All Meats to be weighed raw. Caloric intake for cooked meats

Name	Serving Size	Calories
Chicken Breast	3.5 oz.	164
Cod (fish)	3.5 oz.	104
Crab	3.5 oz.	86
Ground Beef	3.5 oz.	163
Lobster	3.5 oz.	143
Orange Roughy	3.5 oz.	104
Perch	3.5 oz.	116
Shrimp (12 medium)	3.5 oz.	95
Steak (lean top sirloin)	3.5 oz.	186
Tilapia	3.5 oz.	93
Trout	3.5 oz.	168
White Sea Bass	3.5 oz.	123

### Meats

2 Servings Per Day  
not more than one in one meal or snack

Name	Serving Size	Calories
Melba Toast*	1 piece	20
Melba Rounds*	5 pieces	59
Grissini Breadsticks (Torini)*	4 breadsticks	60

### Appetizers

### Gluten Free

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

### Staples

Apple Cider Vinegar		0
Allowed the juice of 1 lemon per day	1tsp	40
Lemon Juice*	1 full lemon	7
Black Coffee	1 cup	2

TIP: Mix one tablespoon of MCT Oil with lemon juice and red wine vinegar to use as salad dressing.

## Phase 3

Phase 2 eating lasts beyond your last injection...Phase 3 begins 72 hours after your last injection, and lasts 3 weeks. During this time, the choices included in your diet will increase, but at a slow pace. The rate of adding other foods is very important to completing the program and making it to Phase 4 (Maintenance for Life!).

There are 3 very important rules you must follow in Phase 3.

1. You must weigh yourself *every day*. Weigh yourself first thing in the morning, and after emptying your bladder.
2. You must remain within *2 pounds* of your last injection weight (2 lbs. over or under)
3. You *cannot* eat sugars and starches (which are carbohydrates minus the fiber)

This phase is very important for re-setting your body's 'register' and setting a 'normal' weight for yourself. You must eat plenty of protein during this period, and it cannot be stressed enough – you cannot have any sugars or starches during this time. This means even your Melba Toast or Grissini!! It is during this time that sugars and starches are the most dangerous to your weight stability and maintenance. When fats and starches start combining, that is where the trouble begins. This 3 week phase is as important as Phase 2 when you were taking injections, as you are now resetting your hypothalamus. The good part is, that because you are not having sugars and starches, you are able to have a few more things included in your diet that you have been missing!

During this phase, you will increase your caloric intake to 'at least' 1500 calories (or rather, the caloric intake that is recommended for your body). *Do not try to continue the 500 VLCD when not taking HCG injections!* Not only will you be under-nourished, but your body will begin to shut-down and QUIT burning fat, rather, reserving it.

Don't worry if you're weight goes up (or under) your ending weight by 2 pounds or less; this is normal, and is even normal when not on the HCG program. Weight varies during the day, too, as part of the natural process, so this is why it is important to weight yourself at the same time each morning (upon waking, and after emptying your bladder). If it goes up more than 2 pounds, however, please contact us and we will give you instructions on a 'correction' day.

Most importantly, NO STARCH OR SUGAR during this phase. As long as you follow that rule, along with the caloric intake recommendations for your body, you will be doing great! Your diet during the 3 weeks of Phase 3 can enjoy minimal amounts of fats and dairy products, but very minimal. A teaspoon of coconut oil divided up between your meals throughout the day as well as the marbly-type fats in lean meats are sufficient for your body's needs. One tablespoon of dairy or even slightly more should also be fine, unless you notice it is causing you to go over the 2 pound mark. And lastly, but very importantly, DRINK PLENTY OF WATER and get adequate sleep.

Although your body does, indeed, need carbohydrates, a good source of carbs without the sugars and starches that are detrimental, can be found in the following vegetables:

## Low Carbohydrate Vegetables Useful in Phase 3

Sprouts (bean, alfalfa, etc.)	Peppers (Green Bell, Red Bell, Jalapeno, etc.)
Greens (lettuces like Romaine, Green Leaf, Bibb, etc. as well as spinach, chard, raddichio, endive, etc.)	Summer Squash, Zucchini
Hearty Greens (collard, mustard, kale, etc.)	Scallions, Green Onions
Herbs (parsley, cilantro, basil, rosemary, thyme, etc.)	Bamboo Shoots
Bok Choy	Leeks
Celery	Brussel Sprouts
Radishes	Snow Peas (Pods)
Sea Vegetables (Nori, etc.)	Tomatoes
Cabbage (or Sauerkraut)	Eggplant
Mushrooms	Artichoke Hearts
Jicama	Fennel
Avocado	Onions
Cucumbers (or pickles without added sugar)	Okra
Asparagus	Spaghetti Squash
Green Beans, Wax Beans	Celery Root
Broccoli	Carrots
Cauliflower	Turnip
	Water Chestnuts
	Pumpkin

## Vegetables to AVOID in Phase 3

The following vegetables are to be avoided in Phase 3, as they are starchier. In the future when maintaining your weight, you will want to consume these sparingly, as well:

Beets  
Corn  
Parsnips  
Peas  
Plantains  
Potatoes in ANY form  
Winter Squash (such as acorn and butternut)

## Fruits Useful in Phase 3

The following fruits are lowest in sugar, but are high in nutritional and antioxidant value:

Rhubarb	Apricots
Strawberries	Plums
Cranberries (not canned. Sugar-laden cranberry salad)	Peaches
Raspberries	Pears
Blackberries	Guava
Blueberries	Cherries
Grapefruit	Apples
Melons	Papaya

## High Sugar Fruits to Avoid in Phase 3

Grapes  
Tangerine  
Oranges  
Pineapple

Kiwi  
Banana  
Mango

Most dried fruits (although freeze dried fruits that are on the list are ok)

## General Items to Avoid in Phase 3

You will also want to use these minimally in the future to maintain your weight and health.

Sugar: meaning cookies, cake, pie, candy, cupcakes, frosting, soft drinks, corn syrup, kool-aid, processed food, energy drinks, fruit juice, honey, yogurt, donuts, pudding, maple syrup, brownies, canned fruit heavy in syrup, ice cream, cool whip, boxed breakfast cereals, breakfast bars, granola, etc. READ LABELS You are also to avoid starches, and most processed foods have starches. Some of the names sugars goes by are:

Brown sugar  
Corn syrup  
Demerara Sugar  
Dextrose  
Free Flowing Brown Sugars  
Fructose  
Galactose  
Glucose  
High Fructose Corn Syrup  
Honey  
Invert Sugar  
Lactose  
Malt

Maltodextrin  
Maltose  
Maple Syrup  
Molasses  
Muscovado or Barbadoes sugar  
Panocha  
Powdered or Confectioner's sugar  
Rice syrup  
Sucrose  
Granulated sugar  
Treacle  
Turbinado sugar

Be sure to read labels. Check to see if sugars are added before purchasing a product – it's easy to eat it if you already purchased it – we have a tendency to justify it by saying 'just this once.' Nearly every product in a can or box has sugar by one of its names. *The first five ingredients listed in an item is the majority of the product, so be sure that sugar is not in the top five.* Avoiding starch means avoid cornstarch, white flour, wheat flour, any flour, pasta, any bread or bread product, breadsticks, bagels, hamburger and hotdog buns, crackers, tortillas, oatmeal, rice, polenta, peas, corn, lentils, pita bread, pretzels, corn chips, potato chips, yams, potatoes, pancakes, muffins, nearly all root vegetables, any breading on fish, chicken or other protein, most beans, grains, acorn squash, butternut squash, cereals, granola, cereal bars, popcorn, biscuits, corn bread, taco shells, croutons, rice cakes, Cream of Wheat, and some nuts. Most restaurants and fast food establishments add sugar to nearly every product, so be wary of eating out at all times. Other meats to watch are deli meats, bacon, ham, prosciutto, sausage and hotdogs. Do not eat processed cheese (Velveeta-types and American cheese), it contains unnecessary sugars and starches. Try not to eat processed anything, for that matter.

## Phase 4

Congratulations! After 3 weeks on Phase 3, you have reset your hypothalamus, and have established a 'normal' weight. Again, you will notice fluctuations during the day, but this is normal. If you notice a more than 2 pounds higher weight when weighing in the morning, cut back for a couple of days to see if it is corrected.

By entering Phase 4, you are now ready to 'maintain' your weight for a healthier life!

We at Janway Chiropractic and Acupuncture Clinic are here to assist you with a healthy diet. A wise thing to do would be to consider visiting our Holistic Nutritionist to work with her in developing a "Wellness Plan," a healthy eating plan tailored to your body, meaning your history and your medical concerns.

A Wellness Plan includes a thorough intake and consultation, the development of a detailed eating plan (guidelines and educational materials), a follow-up appointment at 2 weeks and at 4 weeks. Optional maintenance appointments are available beyond the plan. We also offer the "Wellness Plan for Two" which is tailored for couples, roommates and others who cook together and usually have two very different sets of issues to address.

Contact us today at Janway Chiropractic and Acupuncture Clinic to make your appointment, or contact Mrs. Lisa Baker directly at 918-913-0508 to schedule your appointment or to ask questions.

# Daily Progress Chart

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Starting Weight: \_\_\_\_\_ Total Lost: \_\_\_\_\_  
 BIA Fat % \_\_\_\_\_ ECM \_\_\_\_\_ BCM \_\_\_\_\_  
 BP Systolic: \_\_\_\_\_ Diastolic: \_\_\_\_\_

Ending Weight: \_\_\_\_\_  
 BIA Fat % \_\_\_\_\_ ECM \_\_\_\_\_ BCM \_\_\_\_\_  
 BP Systolic: \_\_\_\_\_ Diastolic: \_\_\_\_\_

Loading Days - See Manual		Start Diet		Stay on Diet		Last Day of hCG		Days 1-21 - No hCG	
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Weight: _____ Start hCG - A.M. / P.M.	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23*	Day 24
Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5
Day 30	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39
Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5
Day 42	Start 21 Day Metabolic Reset Period		Start Weight: _____ lbs		Final Weight: _____ lbs		Low Carb. Diet - Increase Calories 1,500 Calories for Men - 1,200 Calories for Women		
Day 42	Day 40		Day 41		Day 42		Day 43		
Weight: _____ Ketone: 1 2 3 4 5	Weight: _____ Ketone: 1 2 3 4 5		Weight: _____ Ketone: 1 2 3 4 5		Weight: _____ Ketone: 1 2 3 4 5		Weight: _____ Ketone: 1 2 3 4 5		

\*Minimum program length is 23 days.