

Kevin Trudeau's Weight-loss Miracle Book he suggests a PHASE 1 which is a cleansing/detox phase. It is not necessary as you detox when you start the hCG and diet.

Because of his suggestion of a Phase 1, the following start of the diet is called PHASE 2 and this is the way most hCG'ers follow the diet, just omitting Phase 1.

PHASE 2

First Load Day

Take .5ml of hCG mixture in morning and then another .5ml 12 hours later or so

Eat, eat, eat!

And don't forget to weigh every morning....

Foods to consider loading with for the next 2 days:

Nuts – especially cashews

Avocado – guacamole

Cheese – all types all ways

Pizza – all types but try not to eat too much crust

Beef – hamburgers – no buns if possible

Pork – ribs

Cream cheese – cheesecake

Peanut Butter

Chocolate

Artichokes

Heavy Creamer in coffee

Heavy Cream – whipped cream on fruits, cakes

Ice Creams

Shakes/Malts

Anything you think you might miss during your round but the best suggestions are to stick with “good” fats and not sugar/starch if at all possible.

Second Load Day

Take .5ml of hCG mixture in morning and then another .5ml 12 hours later or so

Eat, eat, eat!!

And don't forget to weigh every morning....

You want to gain, don't be afraid of the gain! You will lose this within the first 2 very low calorie days to follow!

23 or 40 Very Low Calorie Days

And don't forget to weigh every morning....

Take .5ml of hCG mixture in morning and then another .5ml 12 hours later or so

Breakfast:	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin, Stevia, or Truvia, may be used.
Lunch:	<ol style="list-style-type: none">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. The chicken breast must be removed from the bird.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, orange, or a handful of strawberries or one-half grapefruit.
Dinner :	The same four choices as lunch (above.)

NO Broccoli, Cauliflower, Mushrooms, Green Beans, Turkey, Tuna

Salmon, eel, tuna, herring, dried or pickled fish are not allowed.

If you eat beef at one meal you are encouraged to switch the protein at your other meal to chicken or white fish.

Seasonings & Misc: 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.**

Substitutions: 3 Eggs (1 whole plus 2 whites) or ½ cup fat free cottage cheese occasionally as your protein.

Do not eat both fruits at one time. You do not have to have the breadstick or melba toast. You do not have to eat the fruits but they help for fiber.

Main thing to eat is the protein and vegetables. Vegetables do not have to be weighed. Typically 1 to 1-1/2 cups of vegetables is enough but you can up it a bit more if needed, especially like lettuce, spinach, cabbage and celery.

Very Low Calorie Days without taking the hCG – 72 hours from last dose.

Once your round is completed either 23 days or 40 days you are to continue with VLCD diet for an additional 72 hours from last dose but you do not take the hCG during this 72 hours. If hunger starts to overtake you, up your protein and vegetables to a more fulfilling state but try not to go too much over 800 calories.

PHASE 3 After 72 Hours from last dose:

Transition into Phase 3 – Add fats and calories but no sugar or starches for 21 days. Add new items slowly to see how they affect your body. Try not to go overboard the first day! You want your calories to be back to normal like 1800 to 2200 but you do not want to go over 2 lbs from your last dose weight morning! If you gain more than 2 lbs you are to do a Steak Day or a High Protein Day only. The Steak Day is not eating until that evening and having a very large steak with an apple or tomato but do drink your water all day. High Protein Day is just that, stick to all protein for the day and drink your water. This usually brings the scale back down the next morning.

PHASE 4 After 21 days of PHASE 3:

Transition into Phase 4 – Add sugars and starches back into the diet, very slowly. This phase becomes your life phase if you do not need to do another round. You are always welcomed to continue Phase 3 eating if you have no desire to include sugars/starches in your diet. If your weight fluctuates above the 2 lbs from LDW in Phase 4 also, you are to do the Steak Day or High Protein Day to bring it back into range.

Some acronyms or abbreviations you may see on forums or boards about hCG:

hCG – Human Chorionic Gonadotrophin or Human Choriogonadotropin – the “hormone” that makes this diet work!

VLCD – very low calorie day

R1P2VLCD1 – Round 1, Phase 2, Very low calorie day 1

TOM – Time of Month for women

ACV – Apple Cider Vinegar

LDW – Last Dose Weight

LIW – Last Injection Weight

IM – intra-muscular injections

SubQ – sub-cutaneous injections

SubL – sublingual – rx grade

Rx Grade – pharmaceutical or genuine hCG

HHCG – homeopathic hcg

cc or ml – unit of measure on syringe

iu – International Units - unit of measure on hCG vial

The preceding pages are if you are going to do the protocol strictly “by the book”, the following is more of a rogue stance on the diet and follows protocol but allows much more flexibility in food choices and has been shown to work just as well as a strict protocol following. To embark on the modified diet you should be well aware of your body and mind limitations. This is not to be taken lightly or by someone who does not have a strong enough will-power to only modify in slight variations.

23 or 40 Very Low Calorie Days

And don't forget to weigh every morning....

Take .5ml of hCG mixture in morning and then another .5ml 12 hours later or so

Breakfast:	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin, Stevia, or Truvia, may be used.
Lunch:	<ol style="list-style-type: none">100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp, water-packed TUNA, TURKEY breast 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. The chicken breast must be removed from the bird.See Below Listing of Vegetable Choices.One breadstick (grissino) or one Melba toast.See Below Listing of Fruit Choices.
Dinner :	The same four choices as lunch (above.)

Salmon, eel, herring, dried or pickled fish are not allowed.

Vegetables: (Mixing of vegetables is allowed)

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|----------------------|-----------------|
| Broccoli | ½ cup Radishes |
| Celery, fennel | ½ cup Zucchini |
| Cabbage | ½ cup Mushrooms |
| Green or red peppers | Lettuce, chard |
| Spinach | Asparagus |
| Green beans | ½ cup Eggplant |
| Cauliflower | Tomatoes |
| Onions | Cucumbers |
| Chicory | Beet-greens |

Fruits:

- Apple
- Orange
- Strawberries
- ½ Grapefruit
- 2 Plums
- ½ cup Cherries
- ½ cup Dried Apricots
- ½ cup Blueberries

Seasonings & Misc: The juice of one Lemon or Lime per meal 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.**

Substitutions: ¾ cup non-fat Yogurt sweetened with stevia, Truvia or saccharin may be eaten in place of one of the fruit or vegetables once per day. You may use 3 Eggs (1 whole plus 2 whites) or ½ cup fat free cottage cheese occasionally as your protein.

If you eat beef at one meal you are encouraged, but is not actually necessary, to switch the protein at your other meal to chicken or white fish.

Do not eat both fruits at one time. You do not have to have the breadstick or melba toast. You do not have to eat the fruits but they help for fiber. Main thing to eat is the protein and vegetables. Vegetables do not have to be weighed. Typically 1 to 1-1/2 cups of vegetables is enough but you can up it a bit more if needed, especially like lettuce, spinach, cabbage and celery.

And now some VERY ROGUE ideas or suggestions that I have personally done during my rounds, on occasion, and still had good losses and not stalled – PROCEED WITH CAUTION:

Sugar-free and Decaffeinated General Foods International Coffee – I have this daily.
Fried Chicken from fast-food places but I remove all skin and fried coating.
Chicken Tortilla Soup at restaurants requesting no cheese or tortilla strips, preferably the ones that are made with vegetables and broth not cream based.
Grilled Chicken sandwiches from fast-food places, I do not eat the bun but the chicken, lettuce & tomato.
SoBe LifeWater drinks
Koolaid with Truvia
Molly McButter Fat-Free Butter Sprinkle for broccoli and cauliflower
Spry chewing gum
McAlister's Savannah Chopped Salad, preferably at lunch time and then smaller meal at supper.
Jay Robb Protein Whey shakes
Lays Baked Chips – on very limited occasions

Also, if I know I am going to be rogue that day and have some fats that I shouldn't, like fried chicken day, I also am taking an Alli pill with my meal to help block the additional fats.