How much do you have to lose?
What is hCG?
hCG (Human Chorionic Gonadotropin) is a natural hormone produced in large quantities during pregnancy to ensure proper nutrients to a developing baby. hCG is what triggers the hypothalamus to mobilize stored fat into the bloodstream to be used as “food”. It is believed to reset your metabolism and to protect your body’s good fat and keep muscle tissue from breaking down (which occurs in other low-calorie diets without the use of hCG).

How Does hCG work?
hCG is taken by subcutaneous injection or orally, under the tongue to be rapidly absorbed which allows a person to subsist more on their stored fat than on what they eat. It triggers the body to provide a constant flow of “food” received from the fat that your body is breaking down and using. This apparently means that the fat content is liquefied by the hCG, allowing it to be released into the bloodstream. One pound of body fat stores upwards of 2000 calories; once body fat is made fluid, nutrition can be released to the bloodstream, reducing hunger, and waste flushed from the system. Calories provided on an even consistent level improves metabolism. With Dr. Simeon’s diet (500 calories a day) women were shown to lose weight at a rate of 1/2 to 3/4 pounds per day and men at a rate of 1/2 to 1 1/2 pounds per day.

How long has hCG been used?
In the 1950’s, Dr. ATW Simeon began using small doses of hCG in obese patients to decrease appetite and observed weight loss and decreased inches around hips, thighs, buttocks and stomach. It has continued to gain in popularity as a successful, natural approach to weight loss.
In the medical field hCG is normally given to women to treat infertility because it induces ovulation in the ovaries. hCG is given to males because it mimics LH which helps testosterone production in the testes. For dieting, a low-calorie diet in conjunction with a small dosage of hCG is used to trigger the hypothalamus to release stored abnormal fat.
Before starting the program

What you need:
- Food scale (to weigh food)
- HCG
- Liquid Stevia (for use as a sweetener, optional)

The Program

Days One and Two
- Take 125 units of hCG first thing in the morning. Provider will instruct on how much solution to inject. Usually 0.2 ml or 20 units in the belly. Your Cole Family clinician will instruct you on how to draw up and administer the correct dosage.
- Eat lots of high fat food (not processed). This is very important to jump-start the metabolism. Eat all day. Examples- full fat dairy, avocados, eggs, nuts, meats.

Day Three to Twenty-Six
- Inject hCG. Drink lots of water (at least 2 liters) a day. Follow 500-calorie diet plan.

Day Twenty-Six to Twenty-Nine
- Follow the 500-calorie diet plan, but stop taking the hCG.

500-Calorie Diet

Phase 1
Breakfast:
- Unlimited coffee and/or green tea until lunch (green tea is preferred, but you can use both). 1 Tbsp of milk is allowed per day.

Lunch:
- 3.5 oz or 100 grams (weighed before cooking) of lean protein grilled (list included).
- 2 cups of a vegetable with no added fat.
- 2 cups of lettuce (no oil).
- 1 serving of melba toast (60 calories worth, about 3 slices), or gluten-free high fiber bread.
- 1 fruit of the following (1 orange, 1 apple, 1/2 grapefruit or 9 strawberries).

Dinner:
- Same as the above but change the protein and fruit source from lunch.

Italian Sodas
- Add 20 drops of any flavored stevia liquids to 1 can of club soda for a tasty Italian soda.
Phase 2 - Maintenance

For twenty days following the completion of the 29-day program you are allowed to eat as much food and any type of food you choose (up to 1500 calories per day), with the following exceptions:

- No sugar, dextrose, sucrose, honey, molasses, high fructose corn syrup, corn syrup.
- No starch (including breads, pastas, white rice, potatoes)
- No artificial sweeteners
- No fast food
- No trans fats
- No nitrites

You may add dairy (i.e. milk and cheese), nuts and any and all fruits and/or veggies.

This is extremely important to follow because this phase resets your metabolism to a high state and prevents abnormal storing of fat. With the increased calorie intake, now is the time to increase your workouts to permanently reduce your body’s set point for fat. Add to daily walks some form of weight training, 3-4 times weekly.

It takes approximately 3 weeks before the weight reached at the end of the cycle becomes stable.

As long as your weight stays within 2 pounds of the weight reached on the last day of your HCG dose, you are fine. If it fluctuates even a few ounces, on that same day you must entirely skip breakfast and lunch, but drink plenty of fluids. For dinner, eat a huge steak and 1 apple or 1 raw tomato (nothing else).

Helpful Hints & Products

Lipotropic B12 Injections are recommended to be used at the same time as the hCG.

If having trouble with constipation, supplement a fiber and stool softener and potentially a stimulant laxative.

Light exercise, such as brisk walking, has been shown to increase weight loss. Avoid strenuous exercise as there may not be adequate caloric intake to maintain optimal body composition.

Rules
- No gum or mints.
- No lotions or moisturizers (can only use mineral oil or baby oil).
- No diet drinks, including Crystal Light, or diet soda.
- No butter, oil, or dressing.
Most Common Errors During Diet

- Not loading enough fat during the first two days of the program. This might explain hunger, headaches and crankiness during the first week of diet.
- Not drinking enough water.
- Consuming spices or seasonings that are not allowed (those containing sugar).

Watch your salt intake, as this can cause water retention. In order to hold one teaspoon of salt, the body requires one liter of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats one teaspoon of salt, their weight will go up by more than two pounds as soon as this salt is absorbed from the intestine.

Most women find it hard to believe that fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. Many women, whose skin has in the course of years become adjusted to the use of fat-containing cosmetics, find that their skin gets dry as soon as they stop using them. In such cases, you may use plain mineral oil or baby oil, which has no nutritional value. So no lotions or moisturizers.

- Women: If you are on your period, or will start within the next five days, wait until you finish your cycle.
- Pre-cooking all your meat for the week and putting servings in little baggies in the fridge or freezer helps make meals faster and easier. And you are less likely to cheat.
- Use a George Foreman grill for meat - almost everything is done in about 3 minutes. If your grill is beginning to stick, you may decide to spray it with oil. Just be aware that a quarter-of-a-second spray is considered a serving.
- Try to weigh yourself in the same clothes, or something very similar in weight, at around the same time each morning (before eating or drinking and after emptying your bladder) in order to avoid confusion or false appearance of weight gain/loss.

Plateau Breakers

- Increase water amount (2-3 quarts per day).
- Try to add a glass of green tea.
- Don’t eat apples for the fruit or cut down on the size.
- If eating beef or chicken use certified organic as the fat content is better.
- Eliminate breadsticks/Melba toast.
Sample Shopping List

**Meat**
Chicken breast
Veal
Steak (filet mignon, flank, t-bone, top round, top sirloin, tenderloin.) Ground turkey White fish
Lobster, crab, shrimp or scallops Venison
Bison

**Veggies**
Onions (green, red, white, yellow) Tomatoes Asparagus
Spinach
Celery
Romaine lettuce
Chard
Beet greens
Fennel
Red radishes Cucumbers Cabbage

**Fruit** Lemons Apples Oranges Grapefruit
Strawberry

**Spices** Cumin Onion powder Chili powder Cayenne Thyme Rosemary Oregano Basil
Bay leaf Paprik
Celery salt

**Other** Garlic Cilantro Parsley Melba toast
Apple cider vinegar
Stevia (clear and other flavors)
Sample Menu

Breakfast
• 125 units HCG
• Brew and drink 1 pot of Green Tea or coffee (32 oz)

Lunch
• 4 oz Filet Minion
• 10 Asparagus Steamed or grilled
• 2 Cups of salad with balsamic vingar
• 1 Can club soda with 15 steiva drops
  
Supplements:

Afternoon Snack
• 1 serving of Melba toast or Gluten free bread not over 60 calories
• 1 Apple
• 1 16 oz bottle Green tea or water

Dinner
• 4 oz Grilled Shrimp
• 1 tomato sliced up with basil and balsamic Vinegar
• 2 Cups of salad with balsamic vinegar
• 1 Can club soda with 15 steiva drops

After Dinner Snack
• 1 serving of Melba toast or Gluten free bread not over 60 calories
• 9 Strawberries
• 1 16 oz warm herbal tea or water

Treat
• 1 Chew of Slentiva

Common Questions
Do I have to do the "loading part" on the first two days?
Yes, if you don't load you'll be hungry for the first couple of days.

What should I do if I'm feeling hungry?
Eat celery or other low-calorie snacks.

What should I eat if I'm going out to dinner?
We recommend ordering a salad, kabobs, or a grilled appetizer.

Are non-sugar sweeteners like Equal okay to use while on the diet?
No, but agave nectar (aka: agave syrup) and Stevia are both approved.

Can I take a multi-vitamin, psyllium seed or aspirin while on the diet?
Yes, but do not take fish oil pills.

Can I eat tuna fish? No.
Can I eat fruit? Yes. Apples and grapefruit are suggested.

Do I really have to drink a lot of water every day?
Yes, drink up to 2 quarts per day.

Can I eat popcorn, as long as it's 10 calories and 5 carbohydrates per cup? Yes, but use air-popped, not oil-based.

Can I eat sauerkraut, with basically no calories? Yes
Can I use “I Can’t Believe It’s Not Butter!” Spray (which has very low calories?) Yes, as long as it's in small portions.

Can I use hot sauces like Siracha Chili Sauce, etc.? Yes, as long as they do not contain sugar or oils.

Can I use low-calorie chicken stocks? Yes.
Can I drink alcohol? No, beer and wine are not recommended.

Does the HCG Hormone Therapy program cause an increase in testosterone level? Yes, in males. This increase improves your ability to grow muscle and reduce fat.

What if I've been taking the wrong dosage? Correct it the next day and stay on the diet.

I left my HCG at home and I'm on a trip. What should I do?
Stay on the diet. It will be in your system for 3 days. Resume HCG when you return home.

Does HCG interact with any of the other medications I'm taking?
In some instances, if you begin a new medication, please inform your clinician.

Do I need to shake the HCG vial before injecting?
No. Do not shake at all because the HCG hormone is fragile.

Does HCG have any side effects? No.
I forgot to refrigerate the HCG for one day. Can I still use it?
Yes. As long as it did not exceed 70 degrees F.

Do I have a greater chance of getting pregnant on this dosage of HCG?
Your risk of pregnancy potentially increases only if you are female and are having sex. You must be on birth control or abstinent while taking this medication.

Does the salt crave/eat cause me to add water weight?
Possibly, but don't worry. It will return to normal over time.

Why haven't I lost weight for 5 or 6 days and what do I do?
Have an "apple day."

Can I do an intense cardiovascular exercise (such as using the elliptical trainer for one hour)?
Yes, but do not start a new exercise program at this time.

Can I exercise and lift weights while on the HCG Hormone Therapy program?
Yes. It is recommended to maintain your normal workout routine.

Can I increase the cycle time to lose more weight?
No.

What if I am losing too much weight?
Depending on the person and the amount of weight to be lost, if you are losing more than 15 pounds a week, the clinician will adjust your calorie allowance.

I missed my shot. What do I do?
If a disruption of treatment occurs for a period of four or more days, you must increase your caloric intake to at least 800 calories after the third day following the last injection. You must also increase your consumption of protein (meat, cheese, eggs, or milk) or you'll be hungry and fatigued. If the interruption time is less than two weeks, you may resume your treatment and 500 calorie diet immediately. If it lasts more than two weeks, you must eat normally and start the 500 calorie diet on the day of the third injection, much as the beginning of a new treatment. If you have advance notice of an interruption, it is advisable to stop taking your HCG three days before departure.
# HCG APPROVED FOOD LIST

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MEAT HCG RECIPES

Steak Fajitas

Ingredients:

- 3 ½ oz. flat iron steak or top round steak.
- 1 green bell pepper—cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- ¼ cup water
- 2 tablespoons fresh lime juice.
- ½ teaspoon ground cumin
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- Dash of salt

Directions

1. In a zip plastic bag, combine salt, cumin, onion powder, garlic powder. Add the steak, lime juice, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Heat a large nonstick skillet. Empty the content of the bag into the skillet add water and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the steak is cooked through, about 6 minutes. Remove from the heat. Serve immediately.

Servings: 1 Calories = 229

Beef with onions
Ingredients
- 3 ½ oz. ground beef 97 lean
- 1 teaspoon chopped cilantro
- ½ small onion, thinly sliced
- 2 tablespoons fresh lime juice.
- ½ teaspoon ground cumin
- ¼ cup water
- Dash of salt

Directions
1. Add salt, cumin, lime juice, cilantro and onion to beef.
Servings: 1 Calories = 157

Grilled Ground Beef
Ingredients
- 3 ½ oz. ground beef 97% lean
- ½ tablespoon salt
- ¼ tablespoon pepper
- 1 tablespoon chopped cilantro
- 1 tablespoon lime juice

Directions
1. Add salt and pepper to ground beef. Add cilantro and lime juice.
2. Shape into a patty and grill until cook.
Servings: 1 Calories = 140

Beef with Grilled Tomatoes & Onions
Ingredients
3 ½ oz. flat iron steak or top round steak.
¼ teaspoon pepper
2 slices of tomatoes
1 slice red chopped onion
½ teaspoon chopped fresh basil
2 tablespoons fresh lime juice.
Dash of salt

Directions
1. Place beef on plate and sprinkle with salt and pepper.
2. Heat a small nonstick skillet and brown beef on all sides in low heat until desired doneness. Remove beef to cutting board, and let stand 10 minutes before slicing.
3. Grill tomatoes, onion and fresh basil about 5 minutes or until all onions are tender. Add sliced beef and cook for 2 minutes. Serve immediately.

Servings: 1 Calories = 210

Grilled Steak

Ingredients
3 ½ oz. top sirloin steak
½ teaspoon pepper
½ lemon juice
¼ cup minced garlic
¼ cup minced onion.
Dash of salt

Directions
1. In a zip plastic bag, combine the lemon, garlic, onion, salt and pepper. Add the steak, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Preheat a nonstick pan or grill for medium heat.
3. Remove steak from marinate and place steak on the pan or grill. Cover and grill steak for about 10 minutes each side or to your desired degree of doneness.

Servings: 1 Calories = 150

CHICKEN HCG RECIPES

Chicken Fajitas

Ingredients
½ teaspoon ground cumin

Directions
Directions
1. In a zip plastic bag, combine salt, cumin, onion powder, and garlic powder. Add the chicken, bell pepper and onion, tomatoes, seal and knead gently to coat. Refrigerate for 15 minutes.
1. Heat a large nonstick skillet. Empty the content of the bag into the skillet add water and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the chicken is cooked through, about 6 minutes. Remove from the heat.
Servings: 1 Calories = 159
3 ½ oz. chicken breast
3 small green tomatoes
¼ cup onions
2 garlic cloves
Dash salt
Dash pepper

Directions
1. Cook the green tomatoes, onion and garlic with a cup of water.
2. After is cooked, blend it.
3. Heat small skillet and bring mix to boil.
4. Add salt, pepper and chicken until is tender and cooked.
5. Serve immediately.

Servings: 1 Calories = 145

Jerk Chicken

Ingredients
- Jerk Sauce (recipes follow)
- 3 ½ oz. chicken breast
- ¼ sliced green pepper
- ¼ cup onion sliced

Jerk Sauce
- ¼ cup loosely packed fresh cilantro
- 2 tablespoons coarsely chopped fresh ginger
- 2 tablespoon black pepper
- 2 tablespoon lime juice
- 3 cloves garlic
- ½ tablespoon curry powder
- Combine all ingredients in blender; process until thick paste.
- Make about ¼ cup.

Directions
1. Spread jerk sauce on both sides of chicken. Place in glass dish; refrigerate, covered 15 to 30 minutes.

2. Heat small skillet; add chicken; cook 5 to 10 minutes until browned and no longer pink in center.
3. Add bell pepper and onions; bring to boil. Remove chicken from skillet; cut into slices. Serve immediately.
Chicken in Tomato Sauce

Ingredients
- 3 ½ oz. chicken breast
- ¼ cup chopped green pepper cut in medium strips
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ¼ cup water
- 2 chopped tomato slices.
- 2 tablespoons fresh lime juice.

Directions
1. In a plate, add lemon salt and cumin to chicken breast.
2. In a nonstick skillet grill chicken breast until cooked.
3. In another nonstick pan add water, tomatoes and green pepper until they are tender.
4. Serve chicken and add tomato sauce on top. Ready to serve.

Grilled Chicken

Ingredients
- 3½ oz. chicken breast
- ½ tablespoon salt
- ¼ tablespoon pepper
- 1 tablespoon chopped cilantro
- 2 tablespoon lime juice

Directions
1. Add salt and pepper to chicken. Add cilantro and lime juice.
2. Grill until cook or no longer pink.

Chicken Salad

Ingredients
3 ½ oz. chicken cooked cut in small cubes
¼ cup chopped green bell pepper
4 slices chopped tomatoes
¼ cup chopped onion
1 tablespoon chopped cilantro
1 lemon juice
¼ teaspoon pepper
Dash of salt

Directions
1. Cook chicken and cut in small cubes. Add salt and pepper.
Add lemon juice, chopped green pepper, tomatoes, onion and cilantro. Mix well and let it rest for 10 minutes.

Servings: 1 Calories = 171

TURKEY HCG RECIPES

Turkey in Tomato Sauce

Ingredients
3 ½ oz. turkey breast.
¼ cup chopped green pepper cut in medium strips
½ teaspoon salt
½ teaspoon ground cumin
¼ cup water
4 slices chopped tomato.
2 tablespoons fresh lime juice.

Directions
1. In a plate, add lemon salt and cumin to turkey breast.
2. In a nonstick skillet Grill Turkey breast until is cooked add water, tomatoes and green pepper until they are tender.

Servings: 1 Calories = 152

Turkey Salad

Ingredients
3 ½ oz. turkey breast cooked cut in small cubes
¼ cup chopped green bell pepper
4 slices chopped tomatoes
¼ cup chopped onion
1 tablespoon chopped cilantro
1 lemon juice
¼ teaspoon pepper
Dash of salt

Directions
1. Cook turkey and cut in small cubes. Add salt and pepper. Add lemon juice, chopped green pepper, tomatoes, onion, and cilantro. Mix well and let it rest for 10 minutes.

Servings: 1 Calories = 171

Shredded Turkey with onions

Ingredients
3 ½ oz. turkey breast.
½ teaspoon salt
½ teaspoon ground cumin (or pepper)
¼ cup sliced onion.
¼ cups sliced green peppers
2 tablespoons fresh lime juice.
Water

Directions
1. In a plate, add lemon salt and cumin to turkey breast.
2. In a nonstick skillet add water and Grill Turkey breast until cooked.
3. Shred Turkey.
4. Cook onions and green pepper with little bit of water in a nonstick pan until tender. Add shredded turkey and cook for 2 minutes.

Servings: 1 Calories = 146

SEAFOOD HCG RECIPES
Grilled Halibut Fish
Ingredients
- 3 ½ oz. halibut fish
- ¼ cup chopped onion
- ¼ cup chopped cilantro
- ½ lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions
1. Add lemon, salt and pepper to the halibut fish. Cook it slowly, add onion and cilantro. Cook for 5-10 minutes. Serve with a side of salad or vegetables.

Servings: 1 Calories = 119

Garlic Tilapia
Ingredients
- 3 ½ oz. of tilapia
- ¼ cup lime juice
- 2 chopped garlic cloves
- ¼ cup water
- Salt and pepper.

Directions
1. In a small plate, add lemon, salt and pepper to tilapia.
2. In a small nonstick skillet, add 1/4 cup of water and cook the garlic for 2 minutes in low heat
3. Add tilapia and cook in both sides. Serve immediately.

Servings: 1 Calories =117

Halibut with Tomatoes and Basil
Ingredients
3 ½ oz. of halibut
1 garlic minced
4 slices chopped tomato
2 teaspoon lime juice
¼ cup fresh basil leaves, chopped.
¼ cup water
Salt and pepper to taste.

Directions
1. Heat water in skillet. Cook halibut 1 minute on each side.
2. Add remaining ingredients except salt and pepper around fillet and simmer for two minutes or until halibut flakes.
3. Add salt and pepper to taste.
4. Spoon sauce onto bottom on plate and serve fish on top.

Servings: 1 Calories = 138

Steamed Fish with Tomato Sauce
Ingredients
3 ½ oz. white fish
¼ cup chopped green pepper cut in medium strips
¼ cup water
4 slices chopped tomato.
2 tablespoons fresh lime juice.
Dash of salt
Dash of pepper

Directions
1. In a plate, add lemon salt and pepper to white fish.
2. In a steamer cook White Fish for 6-10 min.
3. In another nonstick pan add water, tomatoes, green pepper and a dash of salt until they are cooked to the point that looks like sauce.
4. Serve white fish and add tomato sauce on top.

Servings: 1 Calories = 139

Shrimp Cocktail (Ceviche)
Ingredients
5 oz. shrimp
¼ cup chopped green bell pepper
1 cup chopped tomatoes
¼ cup chopped onion
1 tablespoon chopped cilantro
1 lemon juice
Dash of salt
Dash of pepper

**Directions**
1. Peel and devein shrimp. Cook shrimp for 5 minutes with salt. Add to cooked shrimp lemon juice, pepper, chopped green pepper, tomatoes, onion and cilantro. Leave it rest in a cool place for 15 minutes.

**Servings: 1**  
**Calories = 173**

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**Grilled Marinated Shrimp**

**Ingredients**
- 1/4 cup chopped fresh cilantro
- 1/2 lemon, juiced
- 3 cloves garlic, minced
- Dash of salt
- ½ teaspoon ground black pepper or cumin
- 5 oz. large medium cooked shrimp peeled and deveined with tails attached.

**Directions**
1. In a zip plastic bag, combine the shrimp with the salt, cumin or pepper, Garlic, lemon, cilantro. Seal, and marinate in the refrigerator for 15 min to 1 hour.
2. Preheat grill for medium-low heat. Cook shrimp for 5 minutes per side, or until opaque.

**Servings: 1**
**Calories = 162**

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**SOUP HCG RECIPES**
Shrimp Soup

Ingredients
- 5 oz. Shrimp
- 1 cup chopped zucchini
- 1 cup chopped cabbage
- 2 tablespoon chopped cilantro
- 2 tablespoon chopped onions
- 2 tablespoon chopped green pepper
- 2 cloves garlic
- ½ tablespoon salt
- ¼ tablespoon pepper
- 2 cups water

Directions
1. Cook the shrimp in 2 cups of water for 5 minutes.
2. Add zucchini, cabbage, cilantro onions, green pepper, and garlic, salt and pepper until cooked.

Servings: 1 Calories = 190

Fish Soup

Ingredients
- 3 ½ oz. Fish
- 1 chopped medium tomato
- ¼ cup chopped cilantro
- ¼ cup chopped onions
- ¼ cup chopped green pepper
- 1 lemon juice
- ½ tablespoon salt
- ¼ tablespoon pepper
- 2 cups water

Directions
1. Cook the fish, salt and pepper in 2 cups of water for 5 minutes.
2. Add tomato, green pepper, onion and cilantro. Bring it to boil, remove it from the fire and let it stand 15 minutes.

Servings: 1 Calories = 156

SALAD HCG RECIPES
Jerk Turkey Salad

Ingredients
- 3 ½ oz. of turkey breast
- 1 tablespoon Caribbean jerk seasoning
- ½ cup sliced peeled cucumber
- 2/3 cup chopped fresh pineapple (use fresh pineapple)
- ¾ cup strawberries or raspberries
- ¼ cup sliced celery
- 1 slice of onion chopped
- ¼ cup lime juice
- Dash of Salt and pepper.

Directions
1. Grill Turkey breast with jerk seasoning until turkey is no longer pink and juices run clear. Remove from grill and cool.
2. Cut turkey into bite-size pieces. Toss together turkey, cucumber, pineapple, strawberries, celery and onion.
3. Combine lime juice; add salt and cumin to taste.

Servings: 1 Calories = 229

SALAD HCG RECIPES

Latin Spinach Salad

Ingredients
- 1 cup chopped spinach
- 2 tomato slices cut thin
- ¼ cup chopped red onion
- ¼ cup chopped green pepper
- ½ lemon juice
- Dash of salt
- Dash of pepper

Directions
1. Add lemon to the spinach and mix well
2. Add tomato, red onion, green pepper, salt and pepper.

Servings: 1 Calories = 40

Green Salad

Ingredients
Green Salad or Lettuce Salad

Ingredients
- 1 cup green salad or lettuce
- 2 tomato slices cut thin
- ¼ cup chopped red onion
- ¼ cup chopped green pepper
- ½ lemon juice
- Dash of salt and pepper

Directions
1. Add lemon to the lettuce or green salad and mix well
2. Add tomato, red onion, green pepper, salt and pepper.

Servings: 1 Calories = 50

Asparagus Salad

Ingredients
- ½ cup chopped and cooked asparagus
- ½ cup thinly sliced red bell pepper
- 8 large lettuce leaves
- ½ lemon juice
- Dash of pepper
- Dash of salt

Directions
1. Add salt, pepper, and lemon to lettuce.
2. Add sliced red bell pepper and asparagus

Servings: 1 Calories = 47
Red Cabbage Salad

Ingredients
- 1 cup chopped red cabbage
- 1 clove garlic minced
- ¼ cup chopped onion
- Dash of salt
- Water

Directions
1. Heat a nonstick roasting pan and pour little bit of water
2. Add cabbage, garlic, onion, and salt. Cook in low heat and stir 2 to 3 minutes or until cabbage wilts

Servings: 1 Calories = 30

Spinach with chick peas

Ingredients
- 2 cup spinach
Directions
1. Rinse spinach and let drain in a colander. Steam spinach or cook with water until spinach is wilted 6-8 minutes. Drain in the colander.
2. In the same pan using a little bit of water, add onion and garlic and cook, stirring, until the onion is tender and lightly browned, 8 to 10 minutes. Stir in chickpeas, oregano, cumin, salt.
3. Add the chopped spinach and stir gently to combine. Remove from the heat and let stand 10 minutes.

Servings: 1 Calories = 40

White Cabbage Salad
Ingredients
- 1 cup chopped cabbage
- 1 clove garlic minced
- ¼ cup chopped onion
- Dash salt
- Water

Directions
1. Heat a nonstick roasting pan and pour little bit of water
2. Add cabbage, onion, garlic and salt. Cook in low heat and stir 2 to 3 minutes or until cabbage wilts.

Servings: 1 Calories = 30

Grilled Asparagus
Ingredients
- ½ cup water
Green Beans Salad

Ingredients
- 1 cup green beans
- \(\frac{1}{4}\) teaspoon garlic powder
- 2 slices chopped tomato
- 1 slice chopped onion
- 2 cups of water
- Dash of salt
- Dash of pepper

Directions
1. Cook Green Beans with 2 cups of water until tender.
2. Once cooked remove water but leave a little bit in pan and add garlic powder.
3. Add salt and pepper, onions and tomatoes
4. Cover and cook in low heat for 8 minutes.

Servings: 1 Calories = 57

Cucumber Salad

Ingredients
- \(\frac{1}{2}\) cup chopped cucumber

Directions
1. Cook Asparagus with \(\frac{1}{2}\) cup of water in a low heat, until tender.
2. Once cooked remove water but leave a little bit in pan and add garlic powder.
3. Cover and cook in low heat for 1 minute.

Servings: 1 Calories = 46
Cucumber and Tomato Salad

Ingredients
☐ 4 slices chopped tomato
☐ 2 red radishes chopped
☐ ¼ cup chopped red onion
☐ ½ tablespoon cilantro chopped
☐ ½ lemon juice
☐ ½ tablespoon salt
☐ ½ tablespoon pepper

Directions
1. Mix cucumber, tomato, red radishes, onion, and cilantro.
2. Add lemon salt and pepper.

Servings: 1 Calories = 73

Pico de Gallo (Mexican Salsa)

Ingredients
☐ 8 slices chopped tomato.
☐ ½ cup chopped onion
☐ ¼ cup jalapeno pepper or green pepper
☐ 1 teaspoon chopped fresh cilantro.
☐ ½ tablespoon pepper
☐ ½ lemon juice
☐ Dash of salt

Directions
1. Mix tomato, onion, jalapeno pepper, and cilantro.
2. Add lemon salt and pepper.

Servings: 1 Calories = 91

Cabbage and Cucumber Salad

Ingredients
8 oz. chopped cabbage.
½ cup sliced cucumber
½ tablespoon cilantro chopped
1 tablespoon lemon juice
Dash of salt
Dash of pepper

Directions
1. Mix cucumber, cabbage, and cilantro.
2. Add lemon salt and pepper.

Servings: 1 Calories = 39

Steamed Spinach Salad
Ingredients
2 cup spinach.
Dash of salt
Dash of pepper
Lemon juice

Directions
1. Steam Spinach until cooked.
2. Add lemon salt and pepper.

Servings: 1 Calories = 15

Grilled Okra
Ingredients
½ cup chopped okra
Directions
1 Cook okra in a pot of boiling water for 3-5 minutes until tender. Drain. 2 In a skillet add okra, onion, salt and pepper cook for 1-2 minutes.
Servings: 1 Calories = 44

Seaweed Salad
Ingredients
- 4 oz. loosely packed seaweed
- 1/4 cup water
- 1/4 cup chopped onion
- 1/4 cup chopped cilantro
- Dash of salt
- Dash of pepper

Directions
1. Soak seaweed in warm to cover, 5 minutes. Drain, and then squeeze out the excess water.
2. Add onion, cilantro, salt and pepper.
Servings: 1 Calories = 46

Grilled Zucchini
Ingredients
- 1/4 cup water
¼ cup chopped onion
1 small zucchini cut in fans
Dash of salt

Directions
1. Cut zucchini into lengthwise slices.
2. Grill zucchini in a nonstick pan over medium coals
3. Add water, onion, salt and cook at low heat and cover until is cook.

Servings: 1 Calories = 20

VEGATARIAN HCG RECIPES

Eggs in Tomato Sauce

Ingredients
1 whole egg
3 egg whites.
¼ cup chopped onion
2 slices chopped tomato
Dash of salt
Dash ground black pepper or cumin

Directions
1. Cook tomato, onion, salt and pepper to make a tomato sauce.
2. Beat eggs and add this into the tomato sauce
3. Cook at low heat and cover until it is cook.

Servings: 1 Calories = 157

Torta de huevo (beaten eggs)

Ingredients
1 whole egg
APPLE DAY
The Plateau during HCG diet
A plateau interruption occurs during the second half of the 30 or 40 day HCG diet course, particularly in patients that has been doing well and losing more than the average.
A plateau always corrects, itself, but many patients who have become accustomed to a regular daily loss get unnecessarily worried and begin to fret.
To break up the plateau, patients can do the apples day which consist of eating 6 apples through the day. During an apple day no other food or liquids except plain water are allowed.
The apple day produces a gratifying loss of weight on the following day, chiefly due to the elimination of water. This water is not regained when the patients resume their normal 500 calorie diet at lunch, and on the following days they continue to lose weight satisfactorily.
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