



HCG CLINICAL WEIGHT LOSS Dr. T Cran MD



Information and Tools for Successful

HCG Weight Control

Including Phase 2 and Phase 3 recipes

Dr. Timothy S. Cran - B.Sc., MD, CCFP, FCFP

Tammy Breen - Clinical Assistant, Diet Consultant

©2012 Copyright statement

All materials, unless otherwise stated, is solely the property of Dr. Cran's Medical Weight Loss. These materials are protected by copyright, and other copyright laws. Information received may be displayed, reformatted, and printed for your personal use only. You may not reproduce or retransmit the materials, in whole, or in part, in any matter, without the written consent of Tammy Breen, with the exception of single copies of the materials available for personal use, and noncommercial use. You may not distribute such copies to others for a charge or other consideration without prior written consent of the owner.

Medical Disclaimer

This manual provides information and tools for success provided by Dr. Cran's Clinical Weight Loss, and are intended only for the use of the personal weight loss journey as outlined in this manual. This information is not written by a medical organization or professional, and offers no medical advice or diagnosis, is for informational purposes only. Information in this manual is not to be considered as medical advice or diagnosis. This information was not gathered as a replacement for a physician's consultation, evaluation or treatment. This information is being provided for further acknowledgement already provided by Dr. A.T.W Simeons' manuscript in Pounds and Inches: A New Approach to Obesity. None of this information should ever be considered medical advice.

Obesity is considered a serious medical condition and for this reason, we recommend hCG treatments be administered and monitored by a licensed physician or practitioner. All questions concerning obesity and safe ways to lose weight should be directed to a knowledgeable and competent specialized physician or practitioner.

Health Canada and the US Food and Drug Administration require all physicians prescribing hCG for weight loss to inform patients, in writing, of the following:

"These weight reduction treatments include the use of hCG, a drug which has not been approved by Health Canada or the FDA as safe and effective in the treatment of obesity or weight control. There is no substantial evidence the hCG increases weight loss beyond that resulting in caloric restriction, that causes a more attractive or 'normal' distribution of fat, or that it decreases hunger and discomfort associated with caloric-restrictive diets."

Table of Content

Introduction	1
Pre-Existing Medical Conditions that require Physician review	2
Fat Facts	3
What is hCG and how does it work?	3
hCG Health Dangers and Side Effects	4
Obesity Health Dangers	4
Getting started on the hCG Diet	5
BREAKDOWN OF THE DIFFERENT PHASES	7
Phase 1 – Loading and the first injection	7
Phase 2 – VLCD	7
Phase 3 Stabilization – Phase 3 consists of weeks 7, 8 and 9	7
Phase 4 – Weeks 10, 11 and 12	7
What to expect the first week	8
Phase 1 - How to eat the first 2 days	8
Phase 2 - Very Low Calorie Diet (VLCD)	9
General Guide Lines for Success -	9
What Can I do if I have stalled and the scale is not moving?	12
What is a Mini-Steak Day?	12
What is an Apple Day?	12
Recommended Spices and Flavoring	13
500 Calories a day outline	14
Sample 500 Calorie Day	15
500 VLCD Items – PHASE 2	16
Phase 3 – Week 7, 8, and 9	19
BEGINNING PHASE 3 -	19
WEEK 7: 500-800 calories per day	20
WEEK 8: 900-1000 calories per day	20
WEEK 9: 1100-1200 calories per day-	21
CORRECTION DAYS-	21

NON-FAT 0% YOGURT CORRECTION DAY -	21
DR.SIMEONS “STEAK DAY”	21
PHASE 3 FOOD GUIDELINES FOR OPTIMAL STABILIZATION	22
DAIRY:	22
DAIRY PROTEIN ALTERNATIVES-	22
VEGETABLES:	22
FRUITS:	22
BEVERAGES:	23
FOOD TO AVOID:.....	23
Tips and Hints for Success - PHASE 3	23
Low Carb Vegetables.....	25
Low Glycemic Fruits	26
Fruits High in Sugar	27
Hidden Sugars	27
AVOIDING STARCH.....	28
COOKING OILS.....	28
SALAD DRESSING.....	28
SPICES.....	28
EXERCISE	29
COUNTING CALORIES IN PHASE 3	29
Time between rounds	32
Phase 4	32
TIPS FOR SUCCESS IN ADDING GRAINS AND STARCHES BACK INTO YOUR DIET	32
TRACKING YOUR BLOOD PRESSURE.....	34
Tracking Your Measurements	35
42 day VLCD weight tracker	36
GROCERY LIST.....	37
Contact information.....	39

Introduction

To our patients

In our information and tools for Success Guide, we will focus on how administering hCG and balancing proper nutrition will promote significant fat loss, inches lost, spare lean muscle mass, and increase metabolism while resetting the hypothalamus, ultimately setting goals to keep the weight off. We will join you on a weight loss journey like no other, providing support from start to finish, educating you in new ways of eating and encouraging you while you enter a new way of living.

We hope that by being a part of our program you will find the new healthier you while understanding your body and why and how you became overweight, and taking the steps to ensure that the efforts you have put forth were from determination in setting personal goals for better health and healing.

We will coach you on any concerns that you may have regarding your body and how it will change with each step of the protocol. We will educate you on how and why most diets don't work, and we will help you understand how certain foods effect underlying conditions that may be inhibiting you to lose weight, and help you understand how these medical conditions can potentially become less and in some cases even eliminated. You will be counseled on medication adjustments or even a discontinuation of some medications as you lose weight.

As you work through the steps of the protocol and learn a new healthier way of eating and living, you will attain goals you only once dreamed about. Your relationship with dieting and eating food will be forever changed. With easily maintained and long-term weight loss you will have a greater understanding of where you have come from, how you are going to get where you want to go and the realization that it all starts here and now!

Let's Begin!

Pre-Existing Medical Conditions that require Physician review

The same with any diet, there is always the recommendation that you go over in great detail any underlying conditions that you may have that could put you in danger of doing any diet that may complicate your condition.

If you are on any medication, such as for diabetes, high blood pressure, or high cholesterol, you should be monitored by your doctor very carefully, because some medications require adjustments during a diet such as hCG as a natural and positive side effect of this particular protocol.

- 1) **Gallbladder Issues** – precautionary steps and additional monitoring by your doctor may be warranted. If a patient has had recent problems with colic, under the administration of hCG there may be more frequent symptoms of this condition. In severe cases there may be a need for surgery if the symptoms make it imperative. After considerable weight loss with hCG, the risk of needing an operation is considerably reduced in an overweight patient. On a more positive note there has been no evidence to suggest that administration of hCG leads to the formation of gallstones, as sometimes in pregnancy there is.
- 2) **Gout Issues** – hCG can increase uric acid levels which trigger gout attacks. The hCG diet is a low-carb diet and eating less than 130g of carbohydrates a day will raise ketone levels in the body which will raise uric acid levels. For patients that have gout flare-ups often the first few days on the hCG protocol they may experience an increased amount of pain, but then for these patients, after a few days on the protocol they will notice less pain if any, even though lab results show a marked increase of uric acid levels, each time a new course of hCG is administered, during the first few days there could be a flare up of gout.
- 3) **Brittle/Unstable Diabetes** – patients that suffer from advanced cases of diabetes must be monitored closely by a physician. In such cases once hCG is administered and the patient starts to lose considerable amounts of weight, in as quickly as 2-3 weeks then the management of diabetes medications needs to be addressed, and possibly discontinued. Adjusting and discontinuing of a medication is strongly recommended to be evaluated by a doctor. Blood sugar levels should be monitored 2-3 times if not more per day while using hCG.
- 4) **Ovarian Cysts** – Ovarian Cysts are sacs filled with liquid or semi-liquid material formed from the ovary during ovulation. The cyst is formed when the egg is released during ovulation and does not de-attach itself from the ovary, causing the cyst. Patients with pre-existing ovarian cysts should undergo a pelvic ultrasound to determine the size of the cysts at the initial administration of hCG and be closely monitored by your doctor if symptoms appear.
- 5) **Fibroids – High Awareness Issue** – Uterine fibroids seem to be in no way directly affected by the administration of hCG, especially in such low doses. The awareness, in fact comes from how the fibroid is being supported in the pelvic bed. There are fat deposits in which the tumors are being supported, and once the patient starts to lose weight this support is disappearing and the tumor is left pressing on the underlying tissue which explains the discomfort or pain one feels during hCG treatment. It is recommended that you go over in detail the background of this diet with a doctor and discuss any underlying medical conditions that you may have concerns about. With most health related issues the responsibility rests solely on you as an individual and your commitment to the program that you choose.

Fat Facts

What is fat? We have fat tissue all over our body, and the fat cells store the highest caloric value in the smallest space, as well it is also used to release hormones.

There are 3 kinds of fat in our body:

- 1) **Structural fat** – supplies the padding and protection to our internal organs, fills in the gaps, and is critical to our health and body functioning normally. Structural fat also gives us the structure under our skin, keeping it tight and smooth. For instance structural fat is the padding on the bottom of our feet that prevents us from walking on our bones.
- 2) **Fuel fat (normal fat)** – Normal fats are the energy stores that our body taps into when its energy and fuel needs are not being met from the intestinal tract and needs to draw from us to fuel our metabolism on a daily basis. Normal fats are kept in check and are used up and not stored.
- 3) **Fixed deposit fat (surplus)** – the stores of fat that the body locks away and is very hard to get rid of. This fat we see around our mid-drift, thighs and hips that no amount of dieting exercising can get rid of it.

What is hCG and how does it work?

hCG is scientifically defined as Human Chorionic Gonadotropin. It's a naturally occurring protein hormone that is made by cells that form the placenta, which nourishes the egg soon after it has been fertilized during the first trimester of pregnancy. This hormone protects and nourishes the fetus by delivering calories and nutrients to the placenta by taking nutrition from the mother, and feeding it adequately from the mothers' fat reserves. This hormone is found in both men and women naturally. Although during pregnancy hCG levels peak to about 288,000mIU/ml. We are injecting 200mIU/ml, so you can see by comparison the small trace amounts that we are using to achieve phenomenal results.

The program at Clinical Weight Loss utilizes hCG as a tool to achieve rapid weight loss. When hCG is administered in low doses, essentially what happens is that the hCG triggers your brain, specifically the hypothalamus to target the fixed deposits of fat, that cover your thighs, hips and abdomen. The action of hCG has a positive effect on the hypothalamus gland that will make weight loss easier and longer lasting. By doing this the fat deposits are released into the blood stream; by burning the abnormal fat and thus providing your body with 2000-4500 calories, your body will metabolize this fat and use it for energy. hCG studies have shown that the weight loss comes directly from stored fat tissue rather than lean muscle. So in reality you are living off of your own fat stores. Combined with a 500 calorie diet, and the hCG injections, you do not feel any hunger pangs that one might think they should feel while only consuming 500 calories a day! This is how a ravenous appetite can be controlled. This is how our body feels energized and our skin remains fresh and taught ... no need for that tummy tuck! It does not strip the body of vitamins or minerals that are essential to maintain good health. When you exercise you require more calories, and while eating only 500 calories you are not consuming enough protein to maintain healthy muscles, exercising will only make you hungry. Dr. Simeons maintained that when the hCG diet is followed correctly, your body will learn to metabolize fat correctly, thus eliminating the bad

effects many of us have seen from previous dieting attempts like sagging skin, no energy, and constantly being hungry, headaches, cravings, weakness or irritability. In addition to weight loss and body reshaping, successfully completing the hCG diet program with Clinical Weight Loss will help regulate blood sugar levels, lower blood pressure and decrease many rheumatic pains.

When one's metabolism is functioning correctly, diet and exercise works amazingly to draw from the correct areas – but people who suffer from obesity, and are even following a diet plan correctly, often have metabolisms that are out of whack and no amount of diet and exercise will ever tap into those abnormal fats stores. Dr. Simeons' protocol causes our bodies to utilize our own fat stores for energy, when combined with a VLCD of 500 calories and the hCG injections.

hCG Health Dangers and Side Effects

There is **NO** evidence, that when followed correctly and when administering low doses of hCG at 200 IU by the Clinical Weight Loss system there are any significant side effects.

The claims that you may have read referring to dangers and side effect of using hCG are from studies that did not follow the original Dr. Simeons' protocol and used large doses of hCG - or have been used to treat infertility. Fertility treatment side effects include: An increased risk of blood clots, headaches, restlessness, and depression. Increased pregnancy symptoms are also noted, such as breast tenderness, nausea, water retention, and swelling.

Obesity Health Dangers

Osteoarthritis, Back Pain, Gallstones, Surgery complications, Congenital Malformations, Urinary stress incontinence, Psychological, Heart Disease, Stroke, Dementia, Type 2 Diabetes, Sleep Apnea, and depression to name a few.

So, when you weigh the pros and cons of the hCG diet and the medical concerns of being overweight I think you can see that hCG is winning this race. Sure, there are pre existing medical concerns that some patients may have to monitor but when it comes down to the protocol, and with the help of the tools and the support of the staff at Clinical Weight Loss, this diet is going to be what changes your outlook on how you manage your weight, and your health for the rest of your life.

Important Points

“hCG *alone* will not cause weight loss. “

“However, when part of a specific weight management program that is followed correctly, the chances of losing weight long term are extremely high.” In fact, the results are phenomenal as you will see, and with the daily administration of hCG for the recommended amount of time there were no side effects.

When comparing hCG and the VLCD on its own this is what we find

hCG	vs.	VLCD
<ul style="list-style-type: none"> * Weight loss * Fat loss and burning * Spares lean muscle * Protects structural fat * Decreases appetite and cravings * Redistributes fat * Increases hormone levels 		<ul style="list-style-type: none"> * Weight loss * Fat loss * Lean muscle loss * Attacks structural and normal fat * Increases appetite and cravings * Mis-distributes fat * Decreases hormone levels

****It is NOT recommended that one should diet with the 500 VLCD on its own****

Getting started on the hCG Diet

There are 3 major steps that a patient must understand that needs to be followed to have this diet be successful.

- 1 To losing weight it must be understood that the protocol must be followed **100%** through all 4 phases of the diet.
- 2 To reset, fix and increase your metabolism a minimum of 21 consecutive, non-cheating, *effective* days must be completed in conjunction with the 500 calorie diet to reset, fix and improve the base metabolism both during the protocol and for the rest of your life. A commitment of a minimum 21 days – 3 weeks is the base line for your futures success. It may determine whether or not you can eat good, healthy, real food like a normal, healthy person in the future. In Theory it takes 21 days for the thalamus to re-set the metabolism when a 500 VLCD is implemented.
- 3 Maintaining your weight loss is mainly determined by how well you do on step 2, and how well you maintain in the maintenance phase your new weight and set that new weight set point. During the maintenance phase you will avoid sugars and starches for the first 3 weeks after you have taken your last injection. By not eating sugars and starches it will help to control cravings and most people are satisfied with less food then they were once used to getting. During this phase it is important to weigh yourself every day and make sure that you stay at a steady weight, and not gaining more than 2 lbs from your last weight after stopping the injections. Losing and gaining will not set the weight point, you must maintain and that ultimately is the goal in this phase, and the most important for success. The quicker you can stabilize your weight the faster your body takes over and thinks that that is the weight it is supposed to be.

****Being aware of all the steps and what you need to do to accomplish them as you go through each phase of the diet will determine your long term success.**

Now that you have the basic information needed to make an informed decision and understand the commitment needed for success, let's jump into the protocol and the basic outline of the program.

- Consultation with Dr. Cran – On this visit you will have a thorough medical screening; you will have your weight, height, and measurements taken. Upon Consent, you will have your before pictures taken and, you will receive information regarding the diet and the protocol. You will be given a manual where you can find all the information and tools that you can use to help you succeed on your weight loss journey.
- You will be taught how to give yourself your injections. You will also be sent home with 21 pre-loaded injections with the recommended amount of hCG in them for your daily injection. Before leaving the office book a 3 week appointment to come back for your new weight and measurements, and more pre-loaded injections if you are continuing the diet for another 3 weeks.
- You will have access to experienced support with a real live person to answers any questions or concerns that you may have in regards to the diet in any capacity either via email, telephone or texting.
- Determine your goal weight; this will determine how long of a protocol you would be on to start with 21 days or up to 42 days of injections.
- Understand risks and complications of existing medical conditions, explained in the consultation with Dr. Cran.
- Understand the close administration and or changes of prescription medications, answered in the medical screening with Dr. Cran
- Full blood panel
- Decide when you are going to start the diet – For menstruating women determining when your start date should work in conjunctions with your menstruation. The first dose of hCG should be administered the last day of your period or no later than 10 days before your next period is to arrive.
- You will take the hCG injections intramuscularly for a minimum of 21 days, 2 day of loading with injection and 19 days on the VLCD with injections and no more than 42 days.
- Follow the 500 calorie diet protocol; you will start the 500 calories on the third day of the protocol, starting the 2nd Phase. THE CALORIE RESTRICTIONS MUST BE FOLLOWED or the diet will NOT work.
- Minimal exercise, no more than 30 minutes daily. Light weight training is only due to a higher caloric intake needed. Exercise burns calories and therefore causes your hunger to increase. The combination of low calorie intake and exercise could cause your body to go into starvation mode. This can negatively impact your stamina and commitment to the diet. So take it easy. If you are already following an exercise program then continue with this exercise as your muscles

are already used to this work out, in some cases some patients may need to increase the caloric intake of protein. Let your diet coach know if you plan on doing more than you're used to.

- Taking supplements is recommended, a multi vitamin is sufficient. Discontinue omega 3's and any oil supplements for the duration of the 500 calorie diet. They can be re introduced in the next phase.
- Be prepared for the diet by gathering all the things that you will need for successfully executing the diet; such as an electronic bathroom weigh scale that measures tenths of a pound, as well as a food scale that can measure in oz and grams.

BREAKDOWN OF THE DIFFERENT PHASES

Phase 1 – Loading and the first injection - On the first day of the injections you will eat when you are hungry and eat what and how you would normally eat, about 3 times per day. If you are not hungry then there is no need to eat. It will take about 2-3 days for the hCG to work into your system. On the first day and the second day you will administer the hCG along with eating normally. The first injection will be administered at the consultation appointment and is the injection that Dr. Cran or Tammy will use to teach you to do your own injections that you will administer to yourself in the morning of each day.

Phase 2 – VLCD - the third day following the consultation is the first day of the VLCD, (Very Low Calorie Diet) where you will start the 500 calorie diet. The 500 calorie diet will continue until 72 hours after the last hCG injection. The diet consists of 'real' clean food - NO SUGAR, NO STARCH, NO FAT. This phase of the diet is designed to stimulate the hypothalamus to trigger and release secured fat deposits from the problem areas at an accelerated rate. As you lose the secure fat it begins to re-sculpt your body and it feels like a squishy soft fat under the skin. Your body will start to take on a new shape.

Phase 3 Stabilization – Phase 3 consists of weeks 7, 8 and 9 - During this phase is where there is a gradual increase of calories still avoiding Carbs and sugar. During this 3 week phase there is an introduction of healthy fats, avoiding nuts and dairy during this phase as well. The purpose of phase 3 is to reset your metabolic rate and stabilize within 2 pounds of your last injection weight.

Phase 4 – Weeks 10, 11 and 12 - This phase is the final phase where you will begin to introduce new foods including grains and starches, still trying to avoid sugar as much as possible. Slowly introducing carbohydrates one at a time is the key to success on this round.

What to expect the first week

You may experience headaches the first week to 10 days on the diet. This is your body's way of telling you that you are not giving it what it is used to. Tylenol and aspirin are allowed. ** Be sure to drink lots of water. You can tell when you have had enough water to drink by the color of your urine. The darker the color the more water you have to drink

Some hunger may nag at you, but this will subside. Do not give into cravings

- An overall feeling of being content with lots of energy.
- You may sleep better and migraines will disappear.

Fluctuations in weight loss may occur in women more than men throughout the diet. For example, you may not experience a drop in weight, then all of a sudden a rapid weight loss happens. Essentially what is happening is that if you don't let the water in your body serve its purpose the body will simply put it back the next day – retaining water. As our body breaks down abnormal fats it fills the cells with water until it can come back to finish the process and break down the actual fat cell, this is why we sometimes see an increase or a stall during the VLCD days. Just trust in the system and let your body do its thing. The process of breaking down fat takes time. Everyone and everyBODY are different. Don't be afraid to drink. Use the color of your urine to be the judge on how much you have to drink.

Dr. Simeons' Manuscript explains it the best.

- **YOUR GOAL:** To create a new weight set point, a weight your body automatically maintains, close to your last hCG injection weight.
- **YOUR BODY'S GOAL:** To 'recover' the weight you lost. This is what most people are unaware of when they 'finish' a diet. Without a method to create a new weight set point, most bodies successfully 'recover' or 'gain back' the lost weight
- To ensure that **YOUR GOAL** wins over **YOUR BODY'S GOAL**, you must perform the Stabilization phase diligently

Phase 1 - How to eat the first 2 days

We recommend that on the first 2 days of the injections that each patient eat normally when they are hungry and if you are not hungry then you do not have to eat. It should take 2 maybe 3 days for the hCG to work its way into your system to start the fat releasing process. On these days if you take the omega 3's, continue them in fact you can double them, as well as a krill oil, or cod liver oil, or safflower oil these healthy fats will be beneficial to the first few days on the diet and are to help your body set up the new hCG in your system to start burning fat. Foods such as avocados, healthy cold pressed oils such as Virgin Olive Oil, Sesame Oil, and Coconut Oil. Nuts such as Walnuts, Macadamia Nuts, Pecans, Pine Nuts, in that order, can really boost your fat gram load. Seeds such as Sesame, Sunflower, and Pumpkin are all great, as well as eating olives such as green or black. Loading the fat cells with **HEALTHY** fats will help with any hunger patients might feel in the first week to 10 days, as well as cravings. Preparing your body for the rapid fat loss to come is very important.

Phase 2 - Very Low Calorie Diet (VLCD)

Day 3 through 42

When you get up in the morning use the washroom and then weigh yourself, then inject the hCG for the day. Day 42 is the last day of injections. You must continue the 500 calorie diet for 3 days after your last injection while the hCG leaves your system.

Once the low calorie, hCG phase of the diet begins, all fats must be avoided. All meats must be trimmed and prepared without fat. NO SUGAR, NO CARBS, NO FAT.

General Guide Lines for Success -

Do not substitute pork, other poultry, fatty fish, or heavily marbled beef for the lean protein choices recommended. A simple substitution of turkey for chicken can stall your diet for a week. Many biochemical reactions are taking place in your body during this process and steering away from any of the recommendations can result in significant weight gain or water retention. The food choices are the results of years of research and application with hundreds of patients. Don't try to do this by yourself, follow the plan and you will be successful.

Make sure you are drinking enough water during the protocol. Your body is likely detoxifying during this process and you are metabolizing fat at such a rapid rate that you need to be able to flush out these toxins and waste materials. Drink plenty of water as well as the recommended teas to obtain the best results and maximize your success. Use the color of your urine as a guide for how much water/fluid you are drinking; if the color of your urine is clear like water then you are drinking too much, if its dark yellow then you are not drinking enough. Use your body as a gauge to what it needs during this phase.

When Fat is metabolized it turns to a liquid and we pee it out, be sure to add salt to your diet, with all the flushing of your system you are risking the depletion of the salt your body needs. If you are experiencing cramping in your legs it could be because you do not have enough salt in your system. We are eating so clean in this phase that we need to add salt to our food. This is important to remember.

The hCG diet is a very cleansing and detoxifying process. Try to choose the best quality meats, poultry, fish, vegetables and fruits, spices and herbs, just be sure they are not blended with salt or MSG. Garlic may be used in small amounts.

Keep your calorie counter and food record and make sure you are eating approximately 500 calories a day. Using the food record is also useful for your personal evaluation of your weight loss and can help you reduce plateau time and help you adjust your food choices if your weight loss stalls. Remember, our bodies metabolize foods differently. Some people gain weight eating beef while others will lose. Use discretion with your choices and monitor your food intake and calories.

Always use a digital food scale to accurately measure. You must ALWAYS weigh your protein servings, every time, and every meal. If you are cooking a dish to which you will add your protein to cook, weight the protein raw to get exactly the right weight then add it to the cook pot. Protein portions are sometimes difficult to cut to the correct weight prior to cooking. We have found that 3.5 oz of raw meat,

chicken or fish is equivalent to 2.8 oz of cooked protein. It seems that about 20% of the weight evaporates during the cooking process, if you are weighing in grams this means that 100 grams of protein will cook down to 80 grams.

Many people do not care for the taste of raw apple cider vinegar although it has tremendous health benefits and is the recommended vinegar of choice while on this diet. You may omit it if you wish from the recipes or substitute additional lemon juice or water instead. There is some debate about using other vinegars like rice wine or red wine vinegar as a substitute. Many people have had success using these alternative vinegars. Balsamic vinegar is to be avoided however due to its high sugar content. Always check the sugar content if you plan on experimenting with other vinegar choices and note the fluctuations of your weight and how it relates to changes in your diet. Omit them immediately if you find that they are causing you to plateau or gain weight.

This protocol has been perfected over many years and is fairly precise on food choices. However, while it is very specific on the protein portions and the amount of fruit, it is generally vague when it comes to the quantities of vegetables. It will be your personal choice whether you use 2 or 4 cups of a salad or other vegetable. As long as you don't go above 500 calories for the day you should be successful.

We personally recommend Stevia as the sweetener of choice while on this diet as it is an all-natural herb. Stevia has zero calories and will not affect your blood sugar levels or your weight loss

Although we recommend against it, some people can get away with the use of aspartame and sucralose (commonly known as NutraSweet and Splenda) while some cannot. Begin the protocol without the use of either of these sweeteners. Once you have established a consistent weight loss, if you wish, you can try adding them in. If you then notice that your weight loss is not as fast as normal, avoid them all together. Some people will find that they can get by with the occasional diet drink but others find it slows down their weight loss and causes sugar cravings. Others find that they become quite addictive and since this protocol functions as a cleanse as well, it is highly recommended that all diet drinks, aspartame and the like are eliminated for the best results. If you have always used aspartame as a sweetener you may find that eliminating it has many unexpected health benefits.

One ingredient that has been used successfully in cooking for the hCG diet is Bragg's Soy. This is used as a replacement for traditional soy sauce in many of the recipes. It is delicious and a very healthy addition to any diet. Keep an eye on the extra sodium though. If you are someone who does not eat much salt you may find that the recipes that call for larger quantities of Bragg's may tend to cause water retention. Many fellow hCG dieters have used the product and have successfully lost weight.

Two pieces of Melba toast or grissini are allowed on the plan daily. They should never be eaten at the same meal. The size of the grissini can vary so we recommend keeping the serving to 20 calories – same as the Melba toast. Many people have successfully eaten them without issue. It should be noted that some people have experienced increased hunger after eating the allowed bread items so if you wish, you may omit the breadstick or Melba toast completely out of your diet.

We have found that spacing meals out throughout the day helped us to avoid any hunger pangs and keep our blood sugar levels constant. Eating a fruit mid-morning, then a protein and vegetables for lunch, and then a protein and vegetables for dinner, then a fruit for either an afternoon or evening snack is very effective. However, you may skip all food until noon if you wish. Do what feels best for you. Those who are working out during the program may wish to eat one of their fruit snacks, or an extra protein serving before engaging in exercise.

There are wonderful, energizing teas that will help support you during the program. Experiment with some of the delicious new combinations that are available. Teas such as green, oolong, and chamomile have been shown to decrease any hunger pangs you may experience particularly in the first week of eating the 500 calorie diet. These teas may also assist in the fat burning process. These can also help your energy levels if you are working out at all.

Chamomile and soothing herbal combinations are great before bed. Sleep is very important on this protocol. Always drink your favorite choice of bedtime tea before falling asleep and make sure you allow for plenty of deep, uninterrupted sleep. Your body is undergoing an extreme makeover and has a lot of work to do. Skimping on your sleep during this will only leave you feeling tired and dragged out. Recent sleep studies have shown that the vast majority of your fat loss occurs in the last 3 to 4 hours of your sleep cycle. If you shorten the amount of sleep you are getting, you'll shorten the amount of time you will be mobilizing fat and you won't lose as much weight.

Experiment with various varieties of cabbage in the recipes such as Chinese, Napa, and Savoy or different varieties of tomatoes such as Roma, Heirloom and grape tomatoes. Note that cherry and grape tomatoes have a higher caloric content.

One way to remove and reduce fat from ground beef is to add water and simmer until the fat floats on top. Pour off the excess liquid, add spices and enjoy. It is advisable to always choose the leanest ground beef available such as seven percent or less

Make several servings of the recipes at the same time for future meals. This works especially well with baked dishes like cabbage rolls or baked fish recipes. Just adjust the sauces and spices for individual servings as necessary.

Make up dressings and marinades ahead of time in larger quantities and keep in jars in the refrigerator. Also make up things like the ketchup, marinara sauce and mustard to keep on hand.

To "deglaze" a recipe (a technique that works well with fat free cooking) allow the meat, broth and spices to reduce until the pan is dry and starting to brown slightly. Add a small amount of water or broth to the pan and this will create a flavorful, rich sauce.

Cook a roast in advance. Weigh the whole roast before cooking and determine how many 100 grams servings there are. Once the roast is cooked divide the roast into that number of servings.

Use small amounts of garlic or onion powder as a slight thickening agent for dressings and sauces. Check the label to avoid added starches and sugars in any spices.

Prepare vegetable and fruit servings the day before. Store chopped vegetables and fruits in plastic baggies for meals on the go.

Store single serving soups, chili and stews in disposable containers for taking to work or a quick meal.

Freeze ice cube trays with pureed strawberries to add to drinks or recipes as needed. Remember to count them as a snack.

Try crock-pot cooking. Add vegetables such as celery, tomatoes, onion, garlic and spices to a full size roast (weighed in 100 gram increments) or individual chicken breast pieces to cook while you are at work.

What Can I do if I have stalled and the scale is not moving?

What is a Mini-Steak Day?

There are actually two different types of steak days, one in phase 2 referred to as a “mini-steak day and in phase 3 maintenance steak day.

- A mini-steak day is recommended if you have stalled for over 5-6 days, and already tried an apple day with no success. On a mini-steak day drink water, coffee and tea when you want and in whatever quantity you want, but do NOT eat anything until dinner. For dinner you can have a 6 ounce steak with either an apple or tomato. Make sure you continue to take your injections on a mini-steak day. You will resume your normal 500-calories the following morning.
- A phase 3 steak day is recommended if you are over 2 pounds from your phase 2 injection end weight. This is performed the same as the mini-steak day. Drink plenty of water, coffee and tea throughout the day and only eat dinner. For dinner you should have a LARGE steak 10-12 oz with either an apple or tomato. A steak day is explained further in Phase 3.

Now, we say steak on a steak day because red meat feeds your muscles so well. If you can't have steak due to food allergy or if you are vegetarian, you can substitute another protein. Just make sure you don't eat until dinner and then have a protein of your choice with either an apple or tomato. For phase 2 if you choose to do another protein increase it to 4 ounces and for phase 3 make sure it is a LARGE portion of protein. Good luck and stay strong!

What is an Apple Day?

While ups and downs and minor stalls are common while on the program, if you have stalled for 4 or more days, with no cheating, it may be time to try an Apple Day. Dieters report a significant loss of weight on the day following an apple day, mainly due to the elimination of water retention. This is not regained when you resume the VLCD and you should continue to lose weight in the days following.

Apple Day Instructions

- Apple Days begin at lunch and continue until just before lunch of the following day. You may eat 6 large apples whenever you feel the desire, although 6 apples are the maximum allowed.
- Drink only enough water to quench an uncomfortable thirst.
- Resume your normal 500 calorie diet at lunch on the second day. Only lunch and dinner of day one should be missed.

Remember that this is for a 4 day stall with no cheats! This is a great tool to re-jump start your weight loss.

Apple Facts

You probably know pectin as the ingredient that helps make jams gel. But new research suggests this fruit and veggie fiber may also be the ingredient to successful weight loss as well. A **study from the University at Buffalo** found that consuming more pectin -- the connective fiber found in apples, oranges, grapefruit, strawberries, lemons and limes, and other produce -- helped dieters feel more "full."

Researchers monitored the diets of 29 obese or overweight women to see whether calorie intake would be affected by consuming 2.8 grams of pectin -- roughly the amount found in a large apple -- before breakfast and lunch. Those women who most benefited from the added pectin were those who historically had the hardest time dieting and controlling their weight. In fact, the extra pectin appeared to help these struggling dieters consume 12% fewer calories overall during the day -- and 22% fewer calories during the evening. Just as pectin helps to thicken watery mixtures in jam recipes; it may also absorb water in your gut, slowing down absorption of fats and sugars while enhancing feelings of being full.

"Dole Diet Centre"

Recommended Spices and Flavoring

Cayenne pepper, Mustard powder, Garlic powder, Onion powder, Black pepper, Rosemary, Thyme, Marjoram, Saffron, Curry, Oregano, Cumin, Stevia (Comes in powdered or flavored liquid forms), Seasoning blends (poultry, Italian etc), Worcestershire sauce (check the sugar content), Bragg's Soy, Frank's red hot sauce, Organic raw apple cider vinegar, Liquid Smoke natural liquid hickory smoke flavoring

****See spices in maintenance for caloric values**

500 Calories a day outline

Breakfast	Black tea or coffee in any quantity. A fruit serving can be used for a breakfast item or a snack between meals if you choose. Drink plenty of water. These are the only drinks allowed. Green teas and plain herbal tea are acceptable.
Lunch & Dinner	<p>1) 100 (3.5oz) of protein - Veal, Lean beef, extra lean ground beef, venison, fresh white fish, lobster, crab or shrimp, and tuna. All visible fat must be removed before cooking and the meat must be weighed RAW. You can broil, boil, or grill your protein, DO NOT ADD EXTRA FAT FOR COOKING. Salmon, eel, herring, dried or pickled fish are NOT allowed.</p> <p>2) You may mix your vegetables so long as you pick vegetables from the allowable lists and so long as you stay within the 500 calorie limit. Sautéing them together or making a garden salad is acceptable. You may grill them, broil them or boil them.</p> <p>3) You may have 1 melba toast or 1 grissini bread stick at either meal. But if you feel you don't need it then you don't have to eat it. They are included into the diet mostly for a psychological satisfaction. Having this little bit of carbohydrates will satisfy cravings.</p> <p>4) You can have 1 serving of fruit per meal. Either an orange, an apple, 1/2 a grapefruit (pink or white) or a handful of strawberries. A handful measures the amount that the person dieting can hold.</p>
Other Items	You can have the juice of one lemon daily to add to cooking, drinking water, or home made salad dressings for flavor. Only 1 tablespoon of milk per day and Stevia only can be used for sweetener. Salt and pepper, vinegar, mustard and garlic powder, fresh garlic, sweet basil, parsley, thyme, marjoram, and many other spices so long as there is no added sugar. No oil, butter or dressings.

If you are going to break up your meals make sure that you deduct them from the regular meal and make sure that you add them into the 500 daily total of calories allowed. Those patients that feel that so little food is too much for them can omit anything that they wish, as their body will be getting significant nutrients from the fat stores being released by the hCG. But if you find that you have stalled and the scale is not moving then this could be a factor. Try to eat as close to the 500 cal as you can, if you are not then this could be the culprit of a stall.

Sample 500 Calorie Day

Breakfast

1) Tea or Coffee – caffeinated/decaffeinated water

Lunch

1) Grilled Chicken Breast 100 g weighed raw	110 calories
2) 2 cup raw English cucumber-without peel	29 calories
3) Medium gala apple	77 calories

Dinner

1) Lean grilled steak 100 g weighed raw	128 Calories
2) Spinach – 1 cup steamed	41 Calories
4) Asparagus – fresh steamed – 100g	20 Calories
5) Grissini Bread Stick water	20 Calories

425 Total Calories

Breakfast

½ grapefruit	40 Calories
--------------	-------------

Lunch

Extra Lean Ground Beef-100 g raw	180 Calories
Cabbage	27 Calories - 1/8 th of a head
Whole Roma Tomato-small	28 Calories – small

Dinner

Grilled Tilapia 100 g raw	90 Calories
Cucumbers	29 Calories – 2 Cups
Strawberries	45 Calories – 5 oz

439 Total Calories

500 VLCD Items – PHASE 2

Food Item	Food Amount	Calories	Carbs	Sodium	Protein
<i>FISH - Average 98 calories</i>	<i>3.5oz</i>				
Cod	3.5oz	70	0g	190mg	16g
Crab Meat	3.5oz	100	0g	0mg	29.3g
Flounder	3.5oz	87	0g	70mg	19.2g
Haddock	3.5oz	80	0g	210mg	18g
Halibut	3.5oz	138	0g	68.8mg	26.5g
Lobster	3.5oz	65	0g	360mg	14.1g
Red Snapper	3.5oz	110	0g		20.g
Shrimp	3.5oz	98	0g		21.g
Tilapia	3.5oz	96	0g		20g
<i>LEAN BEEF - Average 152 Cal</i>	<i>3.5oz</i>				
Extra Lean Gr. Beef	3.5oz	179	0g		21g
Sirloin tip stk/roast	3.5oz	184	0g		28g
Top Round	3.5oz	203	0g		36g
Tri-Tip stk	3.5oz	154	0g		19g
<i>CHICKEN - Average 87 Cal</i>	<i>3.5oz</i>				
Chicken Breast	3.5oz	110	0g		24g
<i>VEAL - Average 114 Cal</i>	<i>3.5oz</i>				
Sirloin tip stk/roast	3.5oz	167	0g		26g
Loin Chops	3.5oz	174	0g		26g
<i>VEGETABLES</i>					
Asparagus - Raw	3.5oz	20	3.7g	2.2mg	2.2g
Asparagus - Cooked	3.5oz	22	4.1g	14mg	2.4g
Asparagus	4 spears	13	2.5g	8.4mg	1.4g
Asparagus - Cooked	1 Cup	30	5.2g	3mg	3.0g
Broccoli	3.5oz	34	6.6g	33mg	2.8g
Broccoli - Raw/chopped	1 Cup-88g	29	5.8g	29mg	2.5g
Cauliflower - Raw/pieces	3.5oz	23	4.55g		1.52g
Cauliflower - cooked/drained	3.5oz	19	4.21g		2.11g
Cabbage - Bok-Choi - boiled/shredded	3.5oz	12	2.22g		1.11g
Cabbage - Raw/shredded	3.5oz	24	5.41g	18mg	1.35g
Cabbage – Raw/shredded	1 Cup	21	5.0g	16.0mg	1.3g
Cabbage - Cooked	3.5oz	22	5.06g	8mg	1.27g

Cabbage - Cooked/chopped	1 Cup	21	1g	16mg	1.3g
Chard - Cooked/Chopped	3.5oz	20	4.35g		2.17g
Chard - Cooked/chopped	1 Cup	35			
Chard - Raw	1 Cup	35			
Chard - Raw	3.5oz	21			
Celery - Raw	3.5oz	15	3.0gg	80mg	trace
Celery - Raw	1 Cup	14	3.0g	80.8mg	0.7g
Celery - cooked/drained	3.5oz	18	3.8g	50mg	1.27g
Cucumber	3.5oz	13	0.91g		2.75g
Cucumber	Small	19			
Cucumber	Med	24			
Cucumber	Large	34			
Fennel	3.5oz	31			
Fennel	1 Cup	27			
Lettuce	3.5oz	14	1.72g		1.72g
Lettuce	1 Cup	5			
Lettuce - Romaine	1 Cup	4	.3g	1.1mg	0.2g
Lettuce - Romaine	3.5oz	17	3.3g	8mg	1.2g
Mushrooms - Raw	3.5oz	25	4.36g		1.85g
Mushrooms - Raw	1 Cup	22			
Mushrooms - Cooked	3.5oz	28			
Mushrooms - Cooked	1 Cup	45			
Onions - Raw	3.5oz	38	8.24g		1.18g
Onions - Raw	1 Cup	46			
Onions - cooked/drained	3.5oz	44	1.8g		9.91g
Onions - Sautéed	1 Cup	115			
Onions - Raw/green	3.5oz	32	1.89g		7.55g
Peppers - jalapeno	3.5oz	30			
Peppers - jalapeno	1 whole	4			
Peppers - Green Cooked	3.5oz	28	117g		6.94g
Peppers - Green Raw	3.5oz	27	.60g		6.71g
Peppers - Red Cooked	3.5oz	28	1.39g		6.94g
Peppers - Red Raw	3.5oz	27	0.6g		6.71g
Red Radish	3.5oz	18	4.44g		trace
Sauerkraut	3.5oz	19	4.00g		0.80g
Spinach - raw	3.5oz	22	3.39g		3.39g
Spinach - raw	1 cup	10			
Spinach - Frozen	3.5oz	23			
Spinach - Frozen	1 Cup	41			
Spinach - Cooked	3.5oz	23	4.21g		3.16g
Spinach - Cooked	1 Cup	48			

Tomatoes	3.5oz	21	4.88g		0.81g
Tomatoes	Cherry	3			
Tomatoes	Plumb	11			
Tomatoes	Small	16			
Tomatoes	Med	22			
Tomatoes	Large	33			
Zucchini - Raw/sliced	3.5oz	14	2.90g		1.45g
Zucchini - Raw/Sliced	1 Cup	18			
Zucchini – Cooked/drained	3.5oz	16			
Zucchini - Cooked/Sliced	1 Cup	40			
Zucchini - Grilled/sliced	1 Cup	21			
FRUITS	1 each				
Apples - Small	3.5oz	59	15.22g		trace
Applesauce - unsweetened	3.5oz	43	12.4g		trace
Grapefruit - Raw/pink/red	3.5oz	30	7.32g		0.81g
Grapefruit - Raw/white	3.5oz	33	8.47g		.85g
Oranges	3.5oz	47	11.45g		0.76g
Oranges - navel	1 each	69			
Oranges - Florida	1 each	65			
Oranges - California	1 each	59			
Strawberries - raw/fresh	12 large	72			
Strawberries - raw/fresh	20 Med	80			
Strawberries - raw/fresh	3.5oz	30	6.67g		trace
Strawberries - Frozen/unsweetened	3.5oz	35	9.4g		0.85g
Bread					
Grissini - Breadstick	3g	12			
Melba toast	3g	12			
Melba toast 5g	5g	20			

Phase 3 – Week 7, 8, and 9

The Stabilization Phase - Building On the Success of the 500 VLCD

This phase is a very important phase, and must be understood and followed in order to set your new weight point. If you have made it this far then congratulations, finishing the 500 VLCD is a huge accomplishment and not to be taken lightly. The work of dedication is not yet over as there is a whole new way of eating to look forward to. The switch to the stabilization phase is the biggest challenge of the entire hCG protocol. Your body and mind need to catch up and take a break from the protocol, it needs to rebuild your nutritional stockpiles and avoid sagging skin.

At the end of the 6 weeks stop taking the hCG injections but continue your 500 calorie diet for three days, since the hCG remains in your system for that time. Increasing your calories too soon with hCG still in your system will cause weight gain. These three days allow the body to clear itself of hCG while you still lose those last few pounds.

The longer you spend time in a smaller weight range the quicker your body will hold on to the new weight and make it that much easier to stabilize and maintain it, and never risk going to that very first weight.

In Phase 3, the hypothalamus gland in the brain plays a key role in regulating the thyroid and adrenal glands. One of the major functions of this gland is to stabilize your new weight by resetting your metabolic rate in the first 21 days of phase 3.

BEGINNING PHASE 3 - Understanding your BMR – Basal Metabolic Rate

The term “Metabolism” refers to all the physical and chemical processes in the body that convert or use energy.

The term "metabolic" is often used to refer specifically to the breakdown of food and its transformation into energy.

The Term “calorie” is used when describing the energy that fuels our bodies.

Our metabolism is controlled primarily by the hypothalamus and thyroid. Your BMR is measured by calories. Your BMR is measured by how many calories your body needs to sustain your current weight with just the functioning of your vital organs, this includes your heart beating, your breathing, digesting food, making new blood cells, maintenance of your body temperature, stress and illness. We must determine your new BMR based on your new weight so that into Phase 3 and continuing to phase 4 you will know how many calories to consume to be successful in maintaining. Your BMR is unique to just you so at your 6 week follow up your diet coach will help you to determine your BMR. Your BMR is estimation and because of this you still need to watch the scale as this is the true test to monitoring your weight.

After you have completed the 3 days with no hCG, you will now begin phase 3. You must increase your calories in phase 3 based on your new BMR. In order to do this you will need to do the following:

- Eat more fruit and veggies
- Increase your protein serving
- Eat 4-6 small meals
- If you have not added in a breakfast please introduce this in phase 3
- Adding healthy fats at this time is also recommended

The plan is designed for you to add in allowable fats and jump right up to your recommend BMR based on your new weight on day 1 of phase 3. This can be done, without the possibility of gaining weight, due to the omission of NUTS, BREAD, BEANS, LEGUMES, and limiting DAIRY.

However if you are one of these dieters that like to add in your calorie over a period of time this is also fine. If you want to achieve success on this phase you must keep your weight +/- 2 pounds of where you were when you stopped taking the hCG. This will allow your hypothalamus to to reset and recognize your new weight as your normal weight. If you gain more than 2 pounds, depending on the reason for the gain you can perform a correction day. If you lose more than 2 pounds then you must add 100-200 calories per day. You want to gauge the increase in your calories based on your new BMR

For example:

Week 7: 500-800

Week 8: 900-1000

Week 9: 1100-1200

WEEK 7: 500-800 calories per day

Work up to your estimated calories needed. Starting with 600 calories for this 7 day period and gradually increase your calories to reach 800 by the end of the first week.

WEEK 8: 900-1000 calories per day

Work up to your estimated calories needed. Starting with 900 calories for this 7 day period and gradually increase your calories to reach 1000 by the end of the second week

By week 8, if you haven't already, you can start adding in healthy oil fats such as avocados, cooking oils, whole eggs, and low moisture, skim mozzarella cheese. Also, full fats are allowed such as full fat, no sugar, salad dressing and mayonnaise. Some may choose to add these food items in on the first week, just make sure you don't overdo it and make sure you keep an eye on the scale. We recommend that to obtain optimal stabilization, especially if this is your first round, to hold off on adding in nuts, grain breads, beans, legumes, and limit dairy for the first 21 days of stabilization.

- If you must have nuts (not recommended) then limit them to **1 SERVING PER DAY** - about 10-15 pieces **ONLY**

WEEK 9: 1100-1200 calories per day-

Work up to your estimated calories needed by adding by starting with 1100 calories for this 7 day period and gradually increase your calories to reach 1200 by the end of the third week.

Please keep in mind that everyone's body is different. Some foods that work for you may not work for others. It is recommended that you track your food intake with the tracker provided on a DAILY basis. Doing this will allow you to track the foods that work or don't work.

CORRECTION DAYS-

Following this protocol will assure your new stabilization weight by removing all the tempting foods that you may over indulge on. **A CORRECTION DAY IS NOT TO BE USED TO JUSTIFY CHEATING OR PLANNING A CHEAT DAY.** It is used to bring down an unknown gain or an accidental mishap. ** For women who are still menstruating please do not do a correction day to correct weight gain during your time of the month (TOM) as this weight gain is natural water weight that will eventually flush out of your system once your menstrual cycle is finished.

NON-FAT 0% YOGURT CORRECTION DAY -

Non-fat 0% Greek Yogurt contains probiotics that help to reduce intestinal inflammation, water retention, and bloating.

BRANDS ALLOWED: Plain Fage, All Natural Brown Cow Plain, and Dannon Oikos Plain – NO ADDED FRUIT PLAIN ONLY

DIRECTIONS: 2, 16 oz. tubs or 1, 32 oz. tub of approved Greek Yogurt from the list above. Divide it into 8 oz. servings and add 2 oz. of fresh berries per 8 oz. serving. (Fresh strawberries or raspberries are preferred.) Eat 4 servings thought the day. Your caloric intake for this correction day is 800-850 calories. Continue with your daily fluids.

DR.SIMEONS "STEAK DAY"

DIRECTIONS: Drink plenty of fluids all day long and DO NOT EAT ANYTHING until dinner. At dinner time eat a large 10-12 oz. steak cooked in oil or butter with an apple or a raw tomato. The next day you should see your weight drop. If you find that fasting for the day is difficult have an apple for lunch, as per Dr. Simeons.

Pay attention to what and how much you're eating, then when it results in a steak or yogurt day then you will have a better handle on how to proceed. This includes your water– significantly decreasing your water (or becoming dehydrated from activity) even one day will affect the scale.

We recommend that you keep a **food journal**. It's only three weeks and it's much easier than trying to remember every food you ate for the last 2-3 days. The food journal will also help you to see surprising patterns in your eating and how they relate to the scale.

PHASE 3 FOOD GUIDELINES FOR OPTIMAL STABILIZATION

PROTEINS:

During phase 3 you may eat any protein that you like in a 5-7 oz. serving size per meal, and 2-4 oz. per snack keeping in mind to trim off all visible fat. This includes: All beef, pork, lamb, white and dark chicken meat on or off the bone, turkey white or dark meat on or off the bone, any color fish including tuna packed in water and all shell fish, kangaroo, ostrich, elk, venison, buffalo, and 3 whole eggs per serving. Deli meat is allowed but use with caution as most delis do not have the nutritional values for their food items and in most cases are loaded with SALT, nitrates, and preservatives. Deli meats should only be used in an emergency. Sodium must contain less than 140 mg per 4 oz. serving.

You may have a whey protein isolate shake for breakfast and increase your lunch protein to 5-7 oz. Lunch should always be the biggest meal of the day. Your dinner protein portion should be around 4-5 oz. When you are trying to stabilize it is best to eat a light dinner. When choosing your protein isolate shake please take note of the sugar, carbs, protein, and fat. Try to choose powder that is the lowest in these categories.

DAIRY:

Dairy products are prohibited with the exception of 2 tablespoons of whole, low-fat, skim milk, almond and coconut milk daily. Low moisture skim mozzarella cheese is allowed daily in moderation. Cutting back on the dairy for an additional 3 weeks will help set your new weight. Many dieters have a difficult time controlling the serving sizes of both dairy products and nuts. It's only another 3 weeks.

DAIRY PROTEIN ALTERNATIVES-

Whole eggs are allowed but no more than 3 eggs per serving. Naturally low fat, low sodium cottage cheese is allowed, in 4 oz. servings once per day. The salt content in a 4 oz. serving of cottage cheese should not exceed 140 mg. Lucerne cottage cheese is recommended. 8 oz. of non-fat or 2% plain Greek yogurt is allowed per day. **Recommended allowable yogurts are:** Plain Fage, All Natural Brown Cow Plain, and Dannon Oikos Plain – NO ADDED FRUIT PLAIN ONLY.

**** You may NOT eat cottage cheese and your plain Greek yogurt on the same day. You must choose one or the other. No other dairy is allowed and there are no exceptions.**

VEGETABLES:

You may have any color vegetable of your choice at this time except, corn, yams, sweet peas, or soy beans including edamame beans. You may increase your veggie servings to 2.5 cups raw or 2 cups cooked, and you should eat them with lunch and dinner. No legumes or beans. Stay away from all root vegetables such as potatoes, turnip, and beets. Carrots must be eaten raw during the stabilization phase of the program.

FRUITS:

You may have any fruit you wish but limit bananas to 2-3 per week as they are very high in carbs. There are up to 40 g of carbs in 1 banana. Pay attention to the list below of low and high glycemic fruits. Try to eat only low glycemic fruits, although higher glycemic fruits are not prohibited just use them with caution. You may eat up to 3 fruits per day.

BEVERAGES:

You may drink the same as on phase 2. Sugar free drinks are allowed now so long as there is no sugar, low sodium and are low in calories. Drink fluids that contain Stevia. **Only 1 glass of red wine a WEEK**** no acceptations. **

FOOD TO AVOID:**ALL STARCHES AND REFINED SUGAR**

Bread: white, wheat, whole grain, rye, pumpnickel

Crackers/breadsticks: wasa cracker, melba toast, grissini breadsticks- even though they are allowed in Phase 2

Legumes: beans, soy beans, edamame, sweet peas, lima beans, lentils

Nuts: all nuts and peanut butter

Potatoes: all potatoes, yams, sweet potato

Pasta: All pasta, rice, orzo, quinoa

Oats: oatmeal, cereals, protein bars, granola

Vegetables: Corn, turnip, beets (root veggies)

Fruits: Limit bananas (2-3 per week)

All refined sugar: Carob or dark chocolate

Flour: All flour, white, wheat, grain, almond, coconut flour, tapioca, potato

Dairy: ** Avoid ALL dairy products except those listed in the dairy section.

Canned Food: All canned food except tuna, shrimp, crab, lobster, and chicken packed in water.

Beverages: Regular soda pop, fruit juice from concentrate

Alcoholic beverages: Limit to 1 glass of wine per week, no beer no hard liquor these are CARBS!

Oils: Margarine, butter

Tips and Hints for Success - PHASE 3

- Avoid processed lunch meat, canned fruit and veggies; try to eat raw, gently cooked, and frozen as much as possible. Processed foods are harder for our bodies to digest and, through processing, have been robbed of vital nutrients. Many people confuse “whole” with “organic” and the two are not the same.
- Whole foods include unprocessed meat, poultry, and fish; non-homogenized dairy; fruits and vegetables; and whole grains like wheat, oats, barley, maize, brown rice, and rye.
- Avoid Whole grain products that come in the form of foods like whole wheat flour, whole wheat bread, cracked or crushed wheat, bromated whole wheat flour, whole wheat millet, and whole wheat pasta; rolled oats; popcorn; whole durum flour; and graham flour. A clear indicator of a whole grain product is having whole wheat, whole meal, or whole corn as the first ingredient.
- Many commercial types of bread appear to be “whole grain” but in fact are simply processed “wheat” colored brown by molasses so they appear to be “whole grain”. If the “whole” grain is listed as the second grain (like after “wheat flour”), the whole grain can actually be a tiny fraction of the overall ingredients in the product, so buyer beware!

- Eat REAL food, real fruits, real fats (olive oil, almonds, regular salad dressing, and real cream), and real meat (seafood, pork, chicken, hot wings, fish, veal, venison)
- Try to include protein and carbs throughout your day both at meals and for snacks. Eating meals and snacks that combine proteins and carbs will slow down the digestion of the carbs to about two hours. This means you will feel full longer and your glucose levels will be more consistent than if you ate a meal or snack with just carbs OR protein. Because the energy from your meal is released slower and longer, your metabolism will be more efficient. You did all that work on the hCG diet to increase your metabolism, so your job is to keep it running at peak performance! Also, when carbs accompany protein, the carbs will be used for energy, but the proteins, which take longer to digest, will be used for their intended primary function: building and repairing muscle tissue. This makes for a happy body!
- Avoid restaurants, if on the next day you are up a pound or two don't correct it right away with a steak day as this is probably water weight.
- When picking snacks, be sure to pay more attention to the amount of sugar in them rather than the amount of fat.
- You do not need to monitor your protein consumption as much as you do the dairy and higher carbohydrate veggies and fruit.
- Beans should be omitted from the diet on phase 3. They are way too high in starch.
- The only time that you should pick a low-fat option is with dairy. This is because with dairy the fat has not been replaced with sugar in order to make it non-fat or low-fat. For example, a yogurt labeled low-fat without stating low-sugar probably has more sugar than a regular yogurt, which is not preferred
- Maintain your proper calorie intake levels. This is a topic that you probably learned a lot about during Stabilization the first 3 weeks while you worked on maintaining your last injection weight. This is about understanding how many calories your body needs daily to maintain your weight, taking into consideration your activity level (how many you actually burn). The number of calories you burn without any activity at all (no smiling, fidgeting, or walking to the bathroom) is called your BMR (Basal Metabolic Rate). The TOTAL number of calories you need is your BMR times your appropriate activity factor.

****Note: The higher your BMR calorie requirement, the higher your protein requirements****

You should use a BMR calculator to find out how many calories you need daily, taking into account your activity level. Anytime you change your daily habits (stop working out, start a job where you're on your feet all day, etc.) recalculate your BMR so that you're giving your body exactly what it needs to maintain. This will help keep your metabolism consistent, which means it's using, burning, and eliminating what it needs rather than storing it as fat

Here is a list of foods that you may want to refer to while you are making your food choices. Learn about fats and starches so you know what to avoid.

Low Carb Vegetables - This list is roughly arranged from lowest to highest carbohydrate counts, but all are non-starchy and generally low in carbohydrates. Exact carb count depends on serving size. Remember that carbs in vegetables that the fiber is not counted, and can be subtracted from the total carb intake.

Sprouts (bean, alfalfa etc.)
greens – Lettuce, spinach, chard etc.
Hearty Greens – collards, mustard greens, kale etc.
radicchio and endive count as greens
herbs – parsley, cilantro, basil, rosemary, thyme etc.
Bok Choy
Celery
Radishes
Sea Vegetables (Nori, etc.)
Cabbage (or sauerkraut)
Mushrooms
Jicama
Avocado
Cucumbers (or pickles without added sugar)
Asparagus
Green Beans and Wax Beans
Broccoli
Cauliflower
Peppers – Green bell, red Bell, Jalapeno
Summer squash – Zucchini
Scallions or green onions
Bamboo Shoots
Leeks
Brussels Sprouts
Snow Peas (pods)
Tomatoes
Eggplant
Artichoke Hearts
fennel
Onions
Okra
Spaghetti Squash
Celery Root (Celeriac)
Carrots

Water Chestnuts

Starchy (High Carb) Vegetables - The main vegetables to avoid when reducing carbohydrates are the starchier vegetables:

Beets

Carrots on some diets, but they aren't as high as others in this group

Corn

Parsnips

Peas

Plantains

Potatoes in all forms

Winter Squashes (acorn and butternut)

Low Glycemic Fruits

Fruit, you'll find, is not particularly welcome on some diets, as some depend more upon the glycemic index or glycemic load (South Beach, Zone), while others just look at total carbs (Atkins, Protein Power). Also some diets (Atkins, South Beach) don't allow fruit at all in the first phase. In general, your best fruits are these, but check your carb counts and watch your weight. Not everyone can have fruit in maintenance. These fruits are somewhat arranged by sugar content, taking volume and weight, into account. This is not a full list but a good start.

The best things about the fruits lowest in sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients.

Rhubarb

Strawberries

Cranberries

Raspberries

Blackberries

Blueberries

Grapefruit

Melons

Apricots

Plums

peaches

Pears

Guava

Cherries

Apples

Papaya

Fruits High in Sugar

(Avoid these in stabilization for the first 3 weeks, even though some were in P2, the injection phase).

Grapes

Tangerines

Oranges

Pineapple

Kiwi

Bananas

Dried Fruit

Mango

Avoiding sugar means this: AVOID cookies. Cake, pies, candy, cupcakes, frosting, soft drinks, corn syrup, Kool-Aid, processed food, energy drinks, fruit juice, honey, yogurt with fruit, donuts, cookies, pudding, maple syrup, brownies, canned fruit in heavy syrup, ice cream, cool whip, boxed breakfast cereals, breakfast bar, granola – nothing with sugar. Nearly all processed food contains high fructose corn syrup of some other kinds of sugar.

Hidden Sugars

Watch for these other sugar types that will be listed in the ingredients

corn syrup

Brown sugar

Dextrose

Free flowing brown sugar

Fructose

Glucose

High Fructose Corn Syrup

Honey

Invert Sugar

Malt

Lactose

Maltose

Maple Syrup

Molasses

Powered Sugar

Rice Syrup

Sucrose

you must get into the habit of reading labels. We are limiting our SUGAR and CARBOHYDRATE calories. Nearly every product in a can or a box has some kind of sugar in it. The first 5 ingredients are the majority of the product so make sure that sugar is not in the top 5 ingredients.

AVOIDING STARCH

Avoiding starch means to avoid: cornstarch, white flour, wheat flour, any flour, pasta, any bread or bread product, bread sticks, bagels, hamburger and hotdog buns, crackers, oatmeal, rice, polenta, peas, corn, lentils, pita bread, pretzels, corn chips, potato chips, yams, potatoes, pancakes, muffins, nearly all root vegetables, any breading of fish, chicken, or other protein, beans, grains, acorn squash, butternut squash, cereals, granola, cereal bars, popcorn, biscuits, corn bread, taco shells, croutons, rice cakes, cream of wheat, corn meal, and some nuts.

COOKING OILS

Be careful with oils and be sure to not overdo it. The following oils are allowed but please use sparingly. HINT: put your oils in a spray bottle so that you limit the use.

(1 tablespoon)

Organic coconut oil	120 cal	total fat: 14 g	saturated fat: 12.5 g
Olive Oil Extra Virgin	120 cal	total fat: 14 g	Saturated fat: 2 g
Canola Oil	120 cal	total fat: 14g	Saturated fat: 1g

SALAD DRESSING

Be careful with low-fat and fat free salad dressings. Marinades and rubs fall under this heading as well. May salad dressings contain sugars and flavor enhancers that make the product taste better. It is better to select regular higher fat items. Many have no sugars and no carbohydrates. Always read the labels and watch for hidden starches and sugar.

SPICES

We all want to toss a lot of spices on our food but it is important to know about calories in spices! Some spices have calories even if it's not listed on the label. As long as the serving size listed has less than 5 calories, the manufacturer can list that it contains 0 calories even though it may actually have 4.

Usually spices and seasonings use 1/4 of a teaspoon as their serving size, so check the label carefully when counting. If a spice lists calories as 0, but 4 calories is really what is in the serving then in doing the math 4 calories in 1/4 teaspoon = 16 calories in 1 teaspoon. They are fine to use, but just keep in mind this little known fact the next time you want to overload on spices, especially if you are close to your 500 calorie limit:

- 1 Tbsp. Onion Powder = 22.54 calories
- 1 Tbsp. Garlic Powder = 27.91 calories
- 1 Tbsp. Chili Powder = 23.55 calories
- 1 Tbsp. Paprika = 19.94 calories
- 1 Tbsp. Poultry Season = 11.36 calories
- 1 Tbsp. Oregano = 13.77 calories

All fresh spices can be used but be aware of the calories. Be careful with mixed seasonings as they may contain sugar, as well sodium. REMEMBER that while on maintenance we are watching the sodium intake as this can lead to water weight. If you want to use garlic use garlic powder rather than garlic salt.

EXERCISE

During maintenance it is recommended that you engage in some kind of physical activity for a minimum of at least 30 minutes. The goal is to get your heart rate up and keep there for an extended period of time. When exercising you burn off calories and this is needed to maintain weight loss.

COUNTING CALORIES IN PHASE 3

Lean Meat - 1 oz. (serving to 4-6 oz. serving per meal)

Top sirloin steak	62 cal
Extra Lean Gr. Beef	48 cal
London Broil	52 cal
Chuck steak	54 cal
Veal	61 cal
Lean Bison	49 cal
Lamb	52 cal

Shell Fish - 1 oz. (serving to 4-6 oz. serving per meal)

Clams	41 cal
Lobster	28 cal
Mussels	48 cal
Oysters	19 cal
Scallops	23 cal
Shrimp	22 cal
Crab	31 cal

Fish - 1 oz. (serving to 4-6 oz. serving per meal)

Bass	41 cal
Bluefish	45 cal
Cod:	29 cal
Grouper	33 cal
Halibut	31 cal
Herring	39 cal
Mackerel	74 cal
Orange Roughy	29 cal
Red Snapper	36 cal
Salmon	51 cal

Shark	50 cal
Tilapia	42 cal
Trout	53 cal
Tuna	52 cal
Mahi-Mahi	37 cal

Dairy and Eggs

Skim Milk-1 Cup	85 cal
1% Low Fat Milk-1 Cup	110 cal
2% Low Fat Milk-1 Cup	122 cal
Whole Milk-1 Cup	150 cal
Almond Milk-1 Cup	
*unsweetened	40 cal
Coconut Milk-1 Cup	
*unsweetened	45 cal
Large Whole Egg	80 cal
Mozzarella Part Skim	
1 oz.	72 cal
Cottage Cheese-4 oz.	
*less than 140 mg sodium	100 cal
Plain Greek Yogurt-1 cup	
0% non-fat	80 cal
Plain Greek Yogurt-1 cup	
2%	170 cal

Fruits

Apples-1 small	55 cal
Apricots-4 small	64 cal
Banana-1 small	89 cal
Blackberries-1 cup	74 cal
Blueberries-1 cup	81 cal
Boysenberries-1 cup	66 cal
Cantaloupe-1 cup	54 cal
Cranberries-1 cup	43 cal
Grapes-1 cup	62 cal
Guava-1 cup	112 cal
Honeydew Mellon-1 cup	61 cal
Kiwi-2 small	92 cal
Mango-1/2 small	67 cal
Peach-1 small	50 cal
Raspberries-1 cup	60 cal

Strawberries-1 cup	43 cal
Watermelon-1 cup	70 cal

Beverages - 8 oz. servings

Crystal Light-1 cup	5 cal
Herbal Tea-Unsweetened	0 cal
Zevia – Diet soda pop	0 cal

Lean Poultry - 1 oz. serving to 4-6 oz. serving per meal

Chicken Breast-white meat	47 cal
Turkey Breast-white meat	48 cal

Cooking Oils - 1 tbsp.* can vary by brand

Coconut Oil	120 cal
Olive Oil-Extra Virgin	120 cal
Canola Oil	120 cal

Vegetables - 6 oz. servings per meal (2.5 cups raw-2 cups cooked)

Brussels Sprouts	48 cal
Cabbage	40 cal
Artichoke-1 large	76 cal
Asparagus	59 cal
Avocado-100 g	120 cal
Broccoli	60 cal
Carrots	71 cal
Cauliflower	37 cal
Celery	42 cal
Collards	49 cal
Cucumber	30 cal
Eggplant	90 cal
Endive	36 cal
Green Onions	36 cal
Kale	48 cal
Lettuce-green	30 cal
Mushrooms	42 cal
Peppers-all varieties	50 cal
Spinach	41 cal
Winter Squash	60 cal
Tomato	30 cal

Time between rounds

After completing Phase 2 using prescription hCG injections the patient must take a 6 week break in between rounds. Stay in phase 3 for the entire 6 weeks of maintenance if you plan on starting another round right away. It is not recommended to start introducing carbohydrates into the diet if you are planning consecutive rounds. You would follow phase 3 for 6 weeks, only unless you have met your goal should you perform phase 3 for the 3 weeks and then start phase 4 for 3 weeks.

A 6 week break is highly recommended, your body needs time to reset and catch up from the rapid weight loss and the calorie restriction. The break allows the hypothalamus to heal and your metabolism to reset to your new weight point, [this can't be stressed enough](#).

Phase 4

The introduction of new foods including grains and starches

On day 1-3, begin with whole grains such as total cereal or whole wheat bread first at breakfast and limit it to one grain for 3 days, do not add anything else. Your weight should not change.

On day 4-6, you may add in another starchy food such as turnips or sweet potatoes for lunch with your protein and veggies and do this for 3 more days. The rule of thumb is to NEVER have more than 1 carbohydrate on your plate.

For the first 3 weeks of phase 4 it is not recommended that you have carbohydrates for dinner. Adding starches and grains back in SLOWLY is the key.

TIPS FOR SUCCESS IN ADDING GRAINS AND STARCHES BACK INTO YOUR DIET

- Know the caloric values of your alcoholic beverages. They are allowed in moderation but remember they are loaded with carbohydrates.
- Always eat breakfast in the morning, try to eat your starches for breakfast as you can easily burn the calories through the day
- If you are not already you may consider taking a multi vitamin and omega 3 supplements, fish oils, CoQ10, antioxidants etc.
- Limit 1 healthy starch per day or 20% of your total caloric intake for the day
- Stick to the recommended serving size listed on the packaging
- Try to choose brown rice, noodles and grains rather than white choices
- Adding 1 tea spoon of healthy cooking oil with every meal will help to curb your appetite
- Try to avoid using refined sugar, flour and starches when cooking. Try unsweetened coconut or almond flour as a substitute.

-Read your food labels so that you know what you are buying. Read the ingredients list and watch for hidden sugars

-Shop on the outside perimeter of the store. This is where you will find the meats, produce, and dairy

-If you cannot manage fresh fruit and vegetables then frozen are a great alternative.

-Limit your sweets to only on occasion, or once per week

-Allow one 'Cheat day' where you can treat yourself to your favorite restaurant

Continue to drink your recommended amount of water

Exercise is important with weight maintenance; try to increase your work outs to 3-4 times a week

TRACKING YOUR BLOOD PRESSURE

Date _____		DAILY VALUES		
		Systolic	Diastolic	Pulse
Monday	Morning			
	Evening			
Tuesday	Morning			
	Evening			
Wednesday	Morning			
	Evening			
Thursday	Morning			
	Evening			
Friday	Morning			
	Evening			
Saturday	Morning			
	Evening			
Sunday	Morning			
	Evening			

Date _____		DAILY VALUES		
		Systolic	Diastolic	Pulse
Monday	Morning			
	Evening			
Tuesday	Morning			
	Evening			
Wednesday	Morning			
	Evening			
Thursday	Morning			
	Evening			
Friday	Morning			
	Evening			
Saturday	Morning			
	Evening			
Sunday	Morning			
	Evening			

<u>Tracking Your Measurements</u>						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Date:						
Weight						
Neck						
Right Arm						
Left Arm						
Chest						
Stomach						
Waist						
Hips						
Right thigh						
Left thigh						
Right Calf						
Left Calf						
Inches lost						
Pounds lost						

Neck: Measure at the largest girth, right over the Adam's apple

Right/Left Arm: Give a muscle and measure

Chest: the largest protruding part

Abdomen: Measure 2 fingers above the belly button, protruding bellies at the belly button

Waist: Standing, bend to the side and note where the bend is.

Hips: measure where the but is protruding the most

Left/Right thigh: Largest part top of the leg

****Take your measurements when you feel you need the inspiration. At a stall, perhaps this will reassure you that even though the weight loss may be slow the inches are still melting away****

42 day VLCD weight tracker

42 Day VLCD Weight Tracker											
	VLCD 1	VLCD 2	VLCD 3	VLCD 4	VLCD 5	VLCD 6	VLCD 7	Total +/-			
Week 1	Weight +/-	<input type="text"/>									
Week 2	Weight +/-	<input type="text"/>									
Week 3	Weight +/-	<input type="text"/>									
Week 4	Weight +/-	<input type="text"/>									
Week 5	Weight +/-	<input type="text"/>									
Week 6	Weight +/-	<input type="text"/>									

GROCERY LIST**FRUIT**

Limes
 Strawberries
 Apples
 Grapefruit-Pink or white
 Orange
 Lemons

Mixed Spices-watch for sugar
 ALL FRESH HERBS

 Chili paste
 Liquid Smoke

VEGGIES

Alfalfa sprouts
 Asparagus
 Beet Greens
 Broccoli
 Cabbage – Savoy, white
 Cauliflower-frozen or fresh
 Celery
 Chard
 Chicory
 Cucumber
 Fennel
 Garlic
 Lettuce - any kind
 Mushrooms
 Onions – red white, yellow, green
 Peppers – Jalapeno and Serrano
 Radish
 Spinach, fresh and frozen
 Tomatoes – cherry tomatoes, regular, grape
 Zucchini
 Sauerkraut

Apple Cider Vinegar
 Vinegar-Not Balsamic - Superstore organic
 Braggs Liquid Amino - Superstore – organic
 Worcestershire Sauce

Tomato Paste
 Hot Sauce-Franks
 Horseradish
 Stevia – Super store/health food stores
 Dill Pickles

Tea – ALL Herbal – watch for sugar
 Green Tea- black
 Coffee-black

Melba toast
 Grissini sticks

PROTEIN

Beef – Lean
 Ground chicken
 White fish – Tilapia, Sea Bass, Flounder, Sole, Halibut ect
 Chicken breast- skinless boneless
 Crab, Lobster, Shrimp, Scallops, Prawns
 Extra lean ground beef
 Eye round
 Ground Sirloin
 Flank Steak
 Tuna, shrimp, crab, lobster, chicken breast – packed in water – calories from the can
 Eggs - 1 whole egg to 2 egg whites (liquid egg whites ¼ Cup=2 egg whites)

Contact information

Tammy

Cell Phone: 403-921-0314

Text: 403-921-0314

Office phone: 587-353-1901

Fax: 587-353-1902

Tammy email:

tammy@clinicalweightloss.ca

www.clinicalweightloss.ca

All medical questions and concerns must go through Tammy and she will make Dr. Cran aware of them and he will give her direction.

I hope your weight loss journey is a fantastic experience.

“When a goal matters enough to a person, that person will find a way to accomplish what at first seemed impossible.” Nido Qubein