

DIET PLAN

100ml bottle: 42 day program

There are 3 phases to the HCG Diet:

PHASE 1: 2 days eating high fat food while taking the drops.

PHASE 2: 40 days low cal diet while taking drops ending with 2-3 day transition of LCD and no drops

**please note that this diet specifies 500 cals per day, however if this is too difficult, many prefer to use an 800 calorie plan.*

PHASE 3: followed by 3 weeks maintenance, adding dairy and carbs back into the diet having no drops.

PHASE 4: Welcome to the New You ! The option to start another round is there if you wish to lose more.

THE BENEFITS OF THE HCG DIET:

- * Increased energy and vitality without hunger
- * Better skin tone
- * Improved body shape & weight loss from problem areas
- * Normalisation of blood pressure
- * Restoration of hormonal balance
- * An end to ravenous hunger
- * Deeper sleep & a need for less sleep
- * Normalised appetite
- * Improved metabolism
- * An end to food cravings

PHASE 1 - LOADING PHASE:

TAKE 10 DROPS (on or under your tongue) 3 times a day between meals.

***Skinny Love HCG 'PLUS' users take 6 Drops 4 Times A Day**

The first two days of the diet program are called the "Loading Phase."

During this time you are encouraged to eat plenty of calories and any type of high fat foods.

(Healthy Fats Recommended) eg. nuts, avocados, olive oil, salmon, organic butter, bacon, Full Fat Milk & Yoghurt, eggs etc..

Eat as much as you can. Make the most of this phase and eat the foods that are not on the diet, like carbs, dairy, fats and sugars as you won't be able to eat them for a while after this phase and results have proven, the more you eat in this phase the better results you get. You do not need to worry how much water you have during this time.

Phase -1 is preparing your body for Phase 2 - Diet Phase & is building up normal fat storage.

If you do not complete the loading days properly you may be hungry on the protocol. Give your body time to absorb the drops into your system.

Do not worry about gaining weight as any gained during the loading will come off after a short period of time. This is a very important part of the diet and must not be skipped.

Please note:

After the fat loading, when you begin the first 4 days or so of the low calorie diet, your body will start detoxing. You may feel headachy and have weak muscles, as toxins are now being released from stored fatty areas in your body. This will pass and you should soon feel good as the drops will ultimately suppress feelings of hunger. Not all people notice it but it can last 2- 4 days.

We highly recommended using **Liquid Zeolite** throughout the diet to assist the body expel toxins that are released during weight loss. (Zeolite - take 10 drops A day)

PHASE 2 - THE DIET PHASE

TAKE 10 DROPS (on or under your tongue) 3 times a day anytime between meals.

***Skinny Love HCG 'PLUS' users take 6 Drops 4 Times A Day**

Phase 2 of the Hcg diet begins after the loading days are completed.
Drink plenty of water daily including lots of plain filtered water or green tea.

2 litres of water a day throughout the diet is imperative! (more is fine).

Have a bottle on you to sip throughout the day to stay well hydrated. Water plays an important role to move nutrients around in your body and flush out the toxins and waste.

You must be fully committed to follow the specific food guidelines and not eating any sugar or fats instead having fresh vegetables, fruits & proteins to get the best results.

Calorie consistency and water consistency is essential to succeed.

BREAKFAST

(approx 70 cals)

- Tea or coffee (max 3 times per day) or lemon & water
- No sugar! Stevia can be used for sweetening if desired
- Ideally only have 2 tbsp Low Fat milk in coffee and tea up to 3 times in a 24 hour period (make sure you have the same amount of milk each day) ideally black tea/coffee is recommended
- 1 piece of fruit: eg: a medium sized apple or orange or 250g of strawberries or 230g grapefruit or 150g berries or 1/2 melon or other fruit.
- 2 thin rice cakes (1=23 cals) 1/2 tomato (12 cals) & basil leaves.
- You can snack on cal-free greens between meals: eg celery, cabbage, lettuce, cucumber

LUNCH

(approx 180 cals)

100g meat and 3 vegies & oil free dressing

- 100 grams of meat: veal, beef, steak, lean mince, chicken, turkey (skin removed) ham (low fat).
- OR 120g white fish, lobster, crab or prawns, tinned flavoured fish (with no oil).
- OR 2 x small eggs on occasion to substitute meat eg: Omelette: 2 sm eggs, 1 zucchini, 1/4 onion, tomato, seasoning.

- All visible fat must be removed before cooking and the meat needs to be weighed raw. You can boil, grill, steam, dry fry, microwave or BBQ with no additional fat (i.e. cooking oils). Use herbs, spices, seasonings & marinades for flavour.
- 2-3 types of vegetables per meal :1 cup (heavier veggies) or 1 & 1/2 Cups (salad) veggies.
- Try to have at least one meal per day with salad. Any salad is fine: eg. lettuce, spinach, tomatoes, celery, onions, radish, garlic, cucumbers, asparagus, mushrooms, broccoli, cauliflower, zucchini, green beans, kale, cabbage, silver beet, leeks, green pepper, eggplant, sprouts, etc.
- Leafy green veggies are best but can you have red pepper, or one piece of beetroot, squash, pumpkin, carrot.
- One small Italian breadstick-grissini or slice of melba toast = 30cals. (I personally took this out completely as it has no nutritional value and substituted it for more veggies or 15g feta or 2 Tbsp LF cottage cheese).
- Stay away from starch veggies like corn, peas & potatoes till phase 3 .

DESSERT OR AFTERNOON TEA

(around 70 cals)

1 medium sized fruit. (Stewed apple and cinnamon is divine).

(I prefer to exchange my desert for more veggies at dinner or lunch or add something else to the value of 70 cals. in my meals instead)

DINNER

(around 180 cals)

The same choices as lunch

eg: 100g meat or 120g fish, seasoning with 3 veggies with gravy (1 tsp powered mix with boiled water) or oil free dressing and a salad with 3 veggies (you could also make a stew or soup, measure)

NOTE:

Fresh fruit, veggies & protein (with live enzymes) and 2 litres of water per day are the optimum food choice to getting the best results.

If you over indulge one day it can stall the weight loss for a few days. In this case it is best to do a "plateau shift day" the next day

eg: 6 apples or 6 eggs, water and HCG drops only. (refer below)

You should eat foods with low fat and no sugar, keeping carbs to a minimum as they convert to sugar and fat as well.

Measure calcs using a calorie chart or online calorie links provided and weigh meat accurately with digital scales to get best results.

Record your weight before food and water every morning, using accurate digital scales. Its a good gauge on what types of food metabolise better and whether to adjust your food choices.

If you are vegetarian then use a calorie guide and have at least 2 meals a day with protein.

TRANSITIONING FROM PHASE 2 TO PHASE 3

After you have completed phase 2 stop taking the HCG Drops, but continue to follow the restricted 500 calorie diet for two - three days so the formulation can leave your body. 2-3 Days is an estimated time for the formulation to be flushed from your body then you will continue on to the maintenance phase.

PHASE 3: MAINTENANCE PHASE

No Diet Drops are taken during this phase for at least 21 days (3 weeks).

We now stock **Maintenance Drops**:

take one dose when you wake up or before 9 am, then a second dose about 3 pm.

Take every day but if you miss a day it won't matter too much.

The idea is to get the 'medicine' into your cells so your body reacts naturally to that programming (that the ingredients tell the cells to do).

You will now begin to normalise your calorie intake.

Have 1000-1500 calcs during this phase. Continue eating the healthy foods you have been eating on the diet increasing your protein and veggies and introduce small amounts of dairy and carbs back into your diet for a minimum of three weeks. Make sure you eat healthy fresh foods and a variety of fresh vegetables, proteins, fruits, healthy oils, dairy and carbs. try to avoid high fats and sugars during this phase, natural sweeteners are fine .

During this time your body stabilises the weight you have lost & your weight may fluctuate.

If you gain more than 2 kg's from your weight in phase 2, Dr.Simeon's recommends doing a high protein day called a 'Steak Day'.

Steak day is one of the options used in a PLATEAU SHIFT DAY you can also use eggs or apples. It is used to correct any weight gain or when your weight has plateaued or stalled within a couple of days during the diet. It should only be done for one day, then go back to the plan.

WHAT IS THE PLATEAU SHIFT DAY PROCEDURE?

- Continue with your drops 3x a day
- 100g steak and tomato for both lunch & dinner for one day
- or 200g of steak and tomato once in the evening for one day
- or 120g fish and one type of veg for both lunch and dinner for one day
- or 6 boiled eggs for one day
- or 6 small apples for one day
- Make sure you drink plenty of fluids (at least 2 litres of water) and tea or green tea
- You can use spices, sea salt, black pepper

VEGETARIAN DIET PLAN

For vegetarians, there are alternatives for the daily ration of meat. Substitutes could be 500ml of skim milk; split to 250ml per meal, or alternatives for the daily meat ration include 100 grams of non-fat cottage cheese or one protein portion from eggs. This would be one whole egg, boiled or poached, plus the whites of 3 more eggs. Or add whey powder to 1/2 cup of skim milk.

FREE CALORIE ONLINE COUNTING GUIDES:

These are great to help accurately count your daily calorie intake if you chose to not follow the plan. there are also mobile phone apps available to help on days you are dining out.

(www.calorieking.com.au)

(www.myfitnesspal.com)

(www.fatsecret.com.au)

WELCOME TO THE NEW YOU!

Once the maintenance stage is complete (3 week period) you have two choices:

1. Restart the HCG diet to lose more weight beginning again with the 2 day loading in phase 1 and continue following the plan the same as you did the first time. It is important to give your body a break from the HCG for at least 21 days so your body will lose more when you start again.
2. Slowly reintroduce a healthy rounded diet.

ADDITIONAL INFORMATION:

Spread the drops throughout the day depending on your daily regime, it's ok to take them 4 times a day if that works better for you and its OK to not have them at a regular time or miss them on occasion, in my experience its also OK to take them with or without food though recommended to take them at least 15 min either side of food. I like to have them an hour or so before meals as they suppress appetite.

You can snack on cucumber, cabbage, lettuce and celery or other raw veggies with low cal between meals , they are FREE calories and have sugar free lollies to curb sugar cravings. (watch cal on some sugar free lollies)
The 3 veggies you have with your protein in meals, you count in your daily 500 calorie intake.

If you just did 500 cal without the drops you would be putting your body into starvation mode which would slow your metabolism and make you feel weak. The drops use your body's fat as fuel. Your body will use your existing stored fat if you do not put more fats or sugar into your body during the diet phase. This is why you are on a low cal diet, and is how you get rapid weight loss while the hormone keeps you feeling satisfied and energetic as it also acts as an appetite suppressant.

No exercise is required, but gentle exercise would be beneficial.

Exercise is not necessary throughout the diet to lose the weight but you will naturally feel more active and it can only contribute to your success. Gentle exercise is fine, though as you are not using slow burning foods for fuel, it's best to put off high cardio during the diet phase.

The Drops are Homeopathic, all natural, with no known side effects other than possibly feeling headachy during the detox phase - first few days of Phase 2 - as the toxins shift while you decrease carbs in your diet (only some people experience not all).

Vitamins are OK, but if you have any health concerns and are on medication talk to your doctor before starting any diet. A lot of ailments are contributed to weight so consequently as the weight comes off, a lot of people come off their medication! (with a GP's supervision)

Women breast feeding need to wait until they are comfort feeding as their body is still producing HCG.

This plan is designed as a detox to shift your metabolism and reset your hypothalamus which in turn helps you metabolise better, so be dedicated and you will get results!

CARE OF DROPS:

When you take the hCG drops don't eat or drink anything before or after for ten minutes. Because homeopathics are sensitive the vibration can be nullified if strong odours are in the mouth at the time of absorption. e.g. toothpaste, coffee, garlic etc. Keep the bottles away from heat, light and strong odours so they keep their potency. Store in drawer, cupboard or your bag, don't leave on the bench in the light for example.

CONSTIPATION

I strongly recommend if you have had years of constipation to do a bowel cleanse or detox, or a series of colonics before you start this program.

If you find you are constipated while on the program eat 6 apples in a day. Nothing else for that day. This should get you moving and create a good cleanse. You must drink plenty of water every day to keep regular. You will go to the bathroom much less on this diet as you are eating so small and no real fibre. So every 3rd day is reasonable. But if you don't have regular bowel function, you might not show proper weight loss. Help your body to work correctly and to be in a healthy balance.