



# THE HCG DIET

PROTOCOL: AN OVERVIEW

**DHWC**

DAMANSARA HEIGHTS **WELLNESS** CLINIQUE  
AESTHETIC MEDICINE

# THE HCG DIET

## PROTOCOL: AN OVERVIEW

The hCG diet was originally developed by Dr. A.T.W. Simeons to aid clinically obese patients in quickly returning to a safer weight zone to avoid deadly health conditions. The hCG diet is meant to promote a healthier lifestyle through careful consideration and use of less fatty foods and products.

The goal is to help patients get back into safer weight zones so that they are out of immediate danger and can focus on the internal changes that will promote healthier living for years to come.

### WHAT IS HCG?

HCG or Human Chorionic Gonadotropin is a hormone that the body naturally produces.

### HCG IS THE KEY

The body is constantly trying to maintain a balance, or what doctors refer to as Homeostasis. It has also been called a Set-Point. Fortunately, this Set-Point can be reset, and HCG is the key. When HCG is administered, the body responds by increasing the rate of fat burning. Here are a few benefits:

- Decreased Hunger
- Burning of Abnormal Fat
- Balanced Energy
- Burns Fat, not Muscle

#### THE 23-DAY PROGRAM

<b>PHASE 1 – DAYS 1-2</b>	<ul style="list-style-type: none"><li>• Gorging Days plus</li><li>• hCG Injections</li></ul>
<b>PHASE 2 – DAYS 3-23</b>	<ul style="list-style-type: none"><li>• hCG Injections</li><li>• 500 Calorie Diet</li></ul>
<b>PHASE 3 – DAYS 24-26</b>	<ul style="list-style-type: none"><li>• 500 Calorie Diet only</li><li>• No Injections</li></ul>

#### THE 40-DAY PROGRAM

<b>PHASE 1 – DAYS 1-2</b>	<ul style="list-style-type: none"><li>• Gorging Days plus</li><li>• hCG Injections</li></ul>
<b>PHASE 2 – DAYS 3-40</b>	<ul style="list-style-type: none"><li>• hCG Injections</li><li>• 500 Calorie Diet</li></ul>
<b>PHASE 3 – DAYS 41-43</b>	<ul style="list-style-type: none"><li>• 500 Calorie Diet only</li><li>• No Injections</li></ul>

### DIET PREPARATION – Tips to help ensure success

#### Mental Preparation:

Recognize the need to lose weight. It is difficult to succeed in anything without a full understanding of why you are doing it. Write down all the reasons why you are going to succeed with this diet. These goals will keep you committed and focused throughout the entire protocol.

#### (1) Create an inventory of foods that conform to the hCG Diet.

Calculate the quantities that will be required to get you through the entire hCG Diet protocol. Create a grocery list if necessary. Remember, to purchase the appropriate spices and sweeteners. (Stevia, Cayenne, Ground Pepper, Dill, Garlic, Ginger, Non-iodized salts, etc.)

#### (2) Prepare the first week's meals ahead of time.

Cook the meats thoroughly and keep refrigerated. Some menu items will be fine kept frozen. Not being prepared will make it more difficult to stay committed to the diet. Grill your meats outside. If the weather doesn't cooperate, try an indoor grill like the George Foreman grill. Meat may also be sautéed in water, broiled or baked.

#### (3) Know your goal and starting point.

Use charts to keep track of weight loss and inches lost. Monitor daily. Weigh yourself each morning after waking up and eliminating. Wear similar outfits to weigh yourself as each outfit may vary in weight. Keep your charts by the scale and near a mirror. We have found that for most people the first ten pounds lost are not noticeable. The following pounds will show significantly and the measurements will show significant reduction in inches. Choose a day to start and STAY COMMITTED!

Goals are an essential part of any weight loss program, and should be measurable so progress can be monitored during the diet. It is also important to set milestones, or smaller goals that lead up to the larger goal.

## PHASE 1: LOADING (Gorging)

The purpose of the Loading Phase is to stimulate the body to release fat deposits from problem areas, and increase the metabolic rate.

The loading phase lasts for two days. During these two days the patient will take HCG injections each morning, and eat to stay full all day.

- Inject HCG in the morning on both days as directed
- Load up on calories both days, and keep yourself full
- Eat calorie dense foods, and try to get a lot of carbohydrate rich foods
- Start weighing yourself each morning

## PHASE 2: LOW CALORIE DIET

Days 3-23 or 3-46 (depending on the plan)

These days you will consume only 500 calories total per day. Sounds crazy, yet during the following days the hCG will get your body to use those stored abnormal fats for energy instead of craving foods. The five hundred calories are food specific, what is meant by that is, no breads, sugars, or fatty foods. There are very few exceptions to that rule. Apples, strawberries, oranges, lemons and limes will become your best friend while on the hCG diet. Chicken and white fish will be the main component for protein calories. Lettuce, tomatoes, spinach, and various other vegetables will also give you fiber and vitamins. Beef is okay as long as it is extra lean and not consumed too frequently. It is important to drain all grease and oils from cooked meats.

### PHASE 2: FOOD LIST

#### Protein

Serving Size: 3.5 oz. / 100 grams (size of a deck of cards)

ALL VISABLE FAT MUST BE REMOVED BEFORE COOKING

ALL MEATS & SEAFOOD MUST BE BROILED, BOILED, BAKED, SAUTEED OR GRILLED  
WITH NO ADDITIONAL FAT

ALL PROTEIN MUST WEIGH 3.5 OZ. RAW

- |                          |                                      |
|--------------------------|--------------------------------------|
| • Chicken Breast         | • Lobster                            |
| • Turkey                 | • Crab                               |
| • Beef                   | • Crawfish                           |
| • Ground Beef (93% Lean) | • Shrimp                             |
| • Veal                   | • Scallops                           |
| • Venison                | • Eggs – 2 Whole                     |
| • Bison                  | • White Fish: Tilapia, Cod, Halibut, |
| • Pork                   | Sole, Flounder                       |

#### Vegetables

- |                             |                    |
|-----------------------------|--------------------|
| • Broccoli                  | • Beet Greens      |
| • Cauliflower               | • Lettuce          |
| • Peppers                   | • Chard            |
| • Hot Peppers (not pickled) | • Celery           |
| • Green Beans               | • Red Radishes     |
| • Mushrooms                 | • Cucumbers        |
| • Spinach                   | • Zucchini         |
| • Asparagus                 | • Yellow Squash    |
| • Cabbage                   | • Artichoke        |
| • Onions                    | • Tomato – 1 Slice |
| • Field Greens              | • Salsa – ½ Cup    |

## PHASE 2: FOOD LIST

### Fruit

Serving size listed on each food

- Apple – medium
- Orange – medium
- Peach – 1 medium
- Pear – 1 medium
- Apricot – 4 medium
- Grapefruit – half
- Strawberries - handful
- Blueberries - small handful
- Raspberries - small handful
- Blackberries - small handful
- Huckleberries - small handful
- Cantaloupe – 1 cup, cubed
- Honeydew Melon – 1 cup, cubed
- Watermelon – 2 cups, cubed
- Banana – ½ medium banana
- Grapes – 1 cup
- Kiwi – 2 Kiwi Fruits

### **Typical day will look like the following:**

**Breakfast:** Coffee, tea, water and a fruit

**Lunch:** 100 grams of lean meat, Vegetable, Coffee, Tea, or water

**Afternoon snack:** Fruit, Low carbohydrate (low starch cracker)

**Dinner:** 100 grams of lean meat (remember no same proteins in a day) Vegetable, Coffee, Tea, or water.

You may change fruit schedule and have one for dinner instead of breakfast.

Two fruits or vegetables should not be taken together.

### **HCG DIET SPECIFICATIONS: Requirements and Allowances of the HCG Diet Protocol**

**Water:** Be sure to drink at least 8 cups of water each day. Water is an essential element in the weight loss process. You should drink enough water to have at least 3-5 clear urinations per day.

**Coffee and Tea:** Black coffee and tea are permissible in the morning. If you would like, you may flavor coffee or tea with stevia

**Seasonings:** Any calorie free seasoning is permissible on the HCG Diet. Be sure to check labels.

**Sweeteners:** We recommend using stevia to sweeten your foods and avoid artificial sweeteners.

### **Ways to Break Through a Weight Plateau**

A great way to combat these plateaus is a rapid shift in calories. Dr. Simeons offered two solutions called the Apple day, and the Steak day.

**Apple Day:** The apple day is very simple. Eat only 6 apples in the entire day. This will cause a shock to the body, and hopefully help you to start losing and/or drop excess water weight.

**Steak Day:** For the steak day, carbs are almost completely removed for a day, with the exception of vegetables. Don't eat anything except for vegetables all day, and then have a large serving of protein at night (6-8 oz.).

## Sample Meals

Day 1

Total Calories 443

Breakfast	Snack	Lunch	Snack	Dinner
1/2 grapefruit	4 Grissini Breadsticks	3.5 oz Grilled Chicken	1/2 Apple	3.5 oz Ground Beef
8 oz Green Tea	8 oz Oolong Tea	Spinach Salad topped w/ Purple onions and tomatoes		Shredded Cabbage
45 Calories	43 Calories	163 Calories	32 Calories	160 Calories

Day 2

Total Calories 445

Breakfast	Snack	Lunch	Snack	Dinner
1 cup Strawberries	5 Melba Rounds	3.5 oz Tilapia	Cucumber and Tomatoes	3.5 oz Chicken Breast
8 oz Green Tea	Salsa	4 Asparagus Spears	Fat free Italian Dressing	1 Apple w/ Stevia and Cinnamon to taste
25 Calories	60 Calories	132 Calories	45 Calories	183 Calories

Day 3

Total Calories 423

Breakfast	Snack	Lunch	Snack	Dinner
1/2 Apple	8 oz Oolong Tea	3.5 oz Shrimp	1/2 grapefruit	3.5 oz Chicken Breast
8 oz Green Tea		5 Melba Toast Rounds		Salad Greens
		Salsa		Fat free Italian Dressing
30 Calories	0 Calories	168 Calories	45 Calories	180 Calories

Day 4

Total Calories 403

Breakfast	Snack	Lunch	Snack	Dinner
16 oz Oolong Tea	1/2 Apple	3.5 oz Chicken	4 Grissini Breadsticks	3.5 oz Top Sirloin
		1/2 Tomato		1 cup Shredded Lettuce
0 Calories	30 Calories	150 Calories	43 Calories	180 Calories

Day 5

Total Calories 450

Breakfast	Snack	Lunch	Snack	Dinner
1/2 grapefruit	4 Stalks of Celery	3.5 oz Shrimp	5 Melba Rounds	3.5 oz Chicken Breast
8 oz Green Tea	Salsa	1 Cucumber	8 oz Oolong Tea	1 Apple
	1/2 Apple			
45 Calories	65 Calories	115 Calories	50 Calories	175 Calories

APPROVED FRESH VEG & FRUITS	Calories	MEATS	Calories
<b>Asparagus (cooked)</b>	<b>40</b>	ALL MEATS WEIGHED RAW. CALORIE INTAKE FOR COOKED MEATS.	
serving size: 1 cup		<b>Chicken Breast</b>	<b>164</b>
<b>Banana Peppers</b>	<b>0</b>	<b>serving size: 3.5 ounces</b>	
serving size: 1 pepper		<b>Cod Fish</b>	<b>104</b>
<b>Cabbage</b>	<b>17</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Crab</b>	<b>86</b>
<b>Celery</b>	<b>14</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Ground Beef 96/4</b>	<b>163</b>
<b>Chicory</b>	<b>7</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Lobster</b>	<b>143</b>
<b>Cucumber (peeled)</b>	<b>14</b>	<b>serving size: 3.5 ounces</b>	
serving size: 1 cup		<b>Orange Roughy</b>	<b>104</b>
<b>Cauliflower: 1 cup</b>	<b>30</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Perch Fish</b>	<b>116</b>
<b>Fennel</b>	<b>27</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Shrimp</b>	<b>95</b>
<b>Lettuce (iceberg, green leaf, etc)</b>	<b>8</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Steak - Lean Top Sirloin</b>	<b>186</b>
<b>Onions (all kinds)</b>	<b>48</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Tilapia Fish</b>	<b>93</b>
<b>Parsley</b>	<b>22</b>	serving size: 3.5 ounces	
serving size: 1 cup		<b>Trout Fish</b>	<b>168</b>
<b>Jalapeños</b>	<b>6</b>	serving size: 3.5 ounces	
serving size: 1 pepper		<b>White Sea Bass</b>	<b>123</b>
<b>Red Radishes</b>	<b>14</b>	serving size: 3.5 ounces	
serving size: 1 cup			
<b>Salsa (Pace Chunky)</b>	<b>10</b>	<b>APPETIZERS</b>	
serving size: 2 tablespoons		<b>Melba Toast</b>	<b>20</b>
<b>Spinach</b>	<b>7</b>	serving size: 1 piece	
serving size: 1 cup		<b>Melba Rounds</b>	<b>59</b>
<b>Tomato</b>	<b>32</b>	serving size: 5 pieces	
<b>Tomato Paste</b>	<b>25</b>	<b>Grissini Breadsticks (Torini)</b>	<b>60</b>
serving size: 2 tablespoons		serving size: 5 breadsticks	
<b>Apple (Small 2 1/2")</b>	<b>55</b>		
<b>Apple (Medium 2 3/4")</b>	<b>72</b>	<b>STAPLES</b>	
<b>Apple (Large 3 1/4")</b>	<b>110</b>	<b>Apple Cider Vinegar</b>	<b>0</b>
<b>1/3 Orange (medium 2 1/2")</b>	<b>21.4</b>	<b>Coconut Oil - 1 tsp</b>	<b>40</b>
<b>Grapefruit (1/2 Medium 4")</b>	<b>41</b>	<b>Allowed the Juice of 1 lemon per day.</b>	
<b>Grapefruit (1/2 Large 4 1/2")</b>	<b>53</b>	<b>Lemon Juice</b>	<b>7</b>
<b>Strawberries</b>	<b>46</b>	serving size: 1 full lemon	
serving size: 1 cup		<b>Black Coffee</b> serving size: 1 cup	<b>2</b>

### PHASE 3 MAINTENANCE PHASE

**Phase 3 increases calories to 1500-2000 calories per day.**

The maintenance phase is every bit as important as the weight loss phase. The purpose of the maintenance phase is to maintain metabolic function and customize your metabolic balance with your new weight.

The maintenance phase lasts for three weeks and begins immediately after your last day of very low calorie dieting. During the maintenance phase you will increase your calorie intake to 1500 calories, making up 3 meals and snacks. It is important that these meals are comprised of healthy foods. You may now consume any meats, eggs, fruits, cheeses, milk, vegetables and low sugar dairy products.

At the bottom of the chart on the next page you will find a list of starchy carbohydrates that are introduced in Phase 3. Carbohydrates are very important for hormone balance and metabolic rate. By adding these carbohydrates to just one meal, we optimize insulin sensitivity and metabolic rate. It is important to note that your new weight has not yet become stable (i.e. does not show violent fluctuations after an occasional excess.)

<b>Food</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Protein</b>	1 Serving	1 Serving	1 Serving
<b>Vegetable</b>	Optional	1 Serving	1 Serving
<b>Fruit</b>	Optional	1 Serving	1 Serving
<b>Starch</b>	None	None	1 Serving
<b>Oil/Butter</b>	1-2 tsp	1-2 tsp	1-2 tsp

**Starch List**

Should be equivalent to 40g of carbohydrates or 160 calories – Examples:

- Rice – 1 cup cooked
- Potato – 1 medium
- Pasta – 1 cup cooked
- Quinoa – 1 cup cooked
- Oatmeal – 1 cup cooked
- Bread – 2 slices

During the maintenance phase you are encouraged to begin a regular workout routine of both aerobic and anaerobic exercises. 30 minutes of cardio per day and light weights with higher repetition. It is recommended to consult your physician before participating in any vigorous activity.

During the maintenance phase you may reintroduce healthy oils into your body such as flax seed oil, extra virgin olive oil and coconut oil. Avoid the unhealthy oils such as vegetable oil and shortening. Butter may be consumed sparingly.

Make-up, lotions, and moisturizers are allowed during the maintenance phase. Once the maintenance phase is complete you may consume sugars, starches and healthy carbs in moderation. We recommend whole grains, oats, wheat bread, etc...) Avoid heavy starch and sugars such as those found in potatoes, yams and rice. Hydrogenated oils should be avoided. Strive to stay away from processed foods. Avoid high volumes of fructose syrup in such things as canned fruit, fruit drinks and soda.

During and after the maintenance phase you should not gain any weight. Continue to weigh yourself daily. If you experience a common 2 pound gain within the maintenance phase do not worry. However once the scale registers above a 2 lb. weight gain it is important to observe a "Steak Day" the same day the gain is noticed. Many clinics have discovered that a steak day will eliminate the weight.

**Steak Day:** Drink plenty of water (1/2 to 1 gallon). Consume zero calories for breakfast, lunch, and snacks. For dinner consume a large unsalted steak. Eat with an apple or tomato.

## **PHASE 4**

This is the lifetime maintenance of the program. Continue to keep sugars to a minimum, and introduce starches back to your diet very slowly. Continue to eat proteins and stay away from heavily processed or fast foods. Weigh yourself often, and use the steak day if you have gained beyond your set baseline weight.

### **Possible Side-Effects of HCG (very rare)**

- Acne
- Breast, penis and/or testes enlargement and discomfort in males
- Change in emotions or mood, irritability, restlessness
- Constipation
- Dry skin – Normally occurs due to dehydration
- Leg cramps – Normally occurs due to dehydration
- Headaches – May occur in the beginning of the diet as the body releases toxins
- Redness, bruising or soreness at the injection site
- Tiredness and mental fatigue – may occur during the first part of the diet as the HCG hormone triggers fat to move into the bloodstream so it can be metabolized
- Thinning or thickening of hair (returns to normal after HCG usage).

### **Contraindications/Cautions for HCG**

**You should utilize HCG with caution and consult your doctor with the following:**

- Asthma
- Cancer or a tumor of the breast, ovary, uterus, prostate, Hypothalamus, or pituitary gland
- Heart disease
- Kidney disease
- Migraine headache
- Seizures