



## PRE/POST TREATMENT INSTRUCTIONS

### Treatment with HCG

Welcome to the four different phases of the hCG diet! You're about to embark on an amazing weight loss journey and begin achieving some remarkable results, along with literally thousands of other people who have done the same. At Nourished MedSpa and Wellness Center, we present you with four different phases of the diet in order to comply with the original Dr. Simeons hCG diet protocol. We believe that if you follow the four phases, you'll achieve the best results.

It may seem overwhelming at first, but if you do the diet one step at a time, you'll start seeing the results you want. The following pages describe (in detail) the four different phases of the hCG diet. They are listed below:

Phase 1: Taking the hCG (either intranasal or shots) and calorie load (Days 1 – 2)

Phase 2: Starting the Very Low-Calorie Diet (Days 3 – 42)

Phase 3: Stabilization (Days 42 – 63)

Phase 4: Keeping Your Weight Off (Days 63 – Forever)

### **Phase 1: Taking the hCG and “Loading” (Days 1 – 2)**

For the first two days, start taking the hCG as prescribed

- During the first two days of taking the hCG, you'll also need to eat as much high fat food as you possibly can. You'll be storing fat to be used as energy during the low-calorie portion of the diet (described later). Don't skip this step; your energy level will suffer if you do!
  1. The best foods to eat are milk chocolate, pastries, ice cream, peanut butter, bread (with lots of butter), and pork. See page 10 of your guidebook for a list of what you can gorge on.

### **Phase 2: Starting the Low-Calorie Diet (Days 3 – 42)**

On the third day, you'll begin the low-calorie diet of 500 calories per day. Continue the low-calorie diet for 3 weeks (if you're trying to lose 15 to 20 pounds), or 6 weeks (if you're trying to lose 34 to 40 pounds). Weigh yourself every morning when you wake up. You should see a weight loss of ½ to 1 pound per day. You should come in to the clinic WEEKLY for weigh-in and to receive your next weeks' injections. You may also benefit from a fat burning shot called MIC (Methionine, Inositol and Choline with B-12 added).

- Eat only the foods from the following list. No variations are allowed. If an item is not on the list, then don't eat it! Trust me, you will plateau easily if you deviate from the menu.

Vegetarian Help Note: The diet instructions for vegetarians are exactly the same except for protein. You can either have 8oz skim milk or ½ cup non-fat cottage cheese, according to Dr. Simeons. If you eat fish, then you can also have the whitefish, shrimp and lobster that are permitted in the original protocol. Some vegetarians have also found success with tofu 'miracle noodles'. Vegetarians lose closer to ½ lb per day instead of 1 pound.

### **Drinks: Daily allowances**

Green/Black Tea	unlimited
Coffee	unlimited
Skim milk	1 tablespoon

Water	Unlimited (try to drink 2 liters)
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Use only pure Stevia for a sweetener. Be careful of additional additives in your sweetener.

**Protein: Two 100-gram servings per day**

Chicken	White fish (tilapia, halibut)
Shrimp	Extra lean ground beef
Steak	Lobster
Crab	Veal
<b>No eggs</b>	

You'll need to remove all of the fat from the meat and weigh it before cooking. Don't use oils to cook the meat, and avoid using spices containing sugar. **Eat two different proteins each day** (don't eat chicken for lunch and dinner, rather chicken for lunch and fish for dinner)

Note: The original protocol isn't specific about exactly how much a vegetable serving is, so use your best judgment. One serving is approximately two cups of salad, one tomato, one cucumber, one onion, or 1/2 cabbage. Be sure not to mix vegetables. **Only one vegetable is allowed per meal.**

Green salad	Onions
Cucumbers	Spinach
Tomatoes	Chard
Celery	Fennel
Red radishes	Asparagus
Cabbage	Chicory
Beet greens	

**Bread: One serving per day**

- 1 melba toast
- 1 grissini bread stick

**Note:** Melba toast is available at most grocery stores. Grissini is available at health food stores and Italian markets.

**Fruit: Two servings per day**

- 1 apple
- 1 orange
- 1/2 grapefruit
- Handful of strawberries

You can disperse the allotted food as you choose. However, the best option is to skip breakfast and break up your allowed food into lunch, dinner, and two snacks.

**Spices and Seasonings**

You can use any spice you want; just be sure it doesn't contain sugar. Salt and pepper are allowed. Be sure to read the ingredients of everything you consume. Even a minor intake of something that isn't allowed can slow down your diet considerably. Don't waste your money or time by looking for shortcuts during this diet.

**Example Daily Menus:**(this is just an example)

**Monday:**

**Breakfast:**

- Black Coffee, Tea, or water

**Lunch:** (100 grams of chicken, seasoning optional)

- 3 lettuce wraps
- 1 melba or grissini toast
- 1 orange
- black coffee, tea, or water

**Dinner:** (100 grams of extra lean beef patty, seasoning optional)

- Spinach (add lemon or apple cider vinegar for dressing)
- 1 melba or grissini toast
- black coffee, tea, or water

**Tuesday:**

**Breakfast:**

- 1 apple
- black coffee, tea, or water

**Lunch:**

- Tomato Basil Soup
- 1 melba or grissini toast
- black coffee, tea, or water

**Dinner:** (100 grams slow roasted beef brisket, seasoning optional)

- Spinach (add lemon or apple cider vinegar for dressing)
- 1 melba or grissini toast
- ½ grape fruit
- black coffee, tea, or water

**Note:** You can have gum, but **ONLY** if it is flavored with xylitol. (a natural sweetener). Most brands of gum use aspartame, which is not allowed.

Tips for Plateaus:

Do an “Apple Day” which begins at lunch and continues until just before lunch of the following day. You can eat an apple whenever you feel hungry, up to a total of 6 apples. During an apple day, no other food or liquids except plain water are allowed.

**Phase 3: Stabilization (Days 42 – 63)**

After day 21, (3 weeks if you're trying to lose 15 to 20 pounds,) or day 42 (6 weeks if you're trying to lose 34 to 40 pounds) you are ready to begin Phase 3. It is very important to **CONTINUE THE VERY LOW CALORIE DIET FOR 72 HOURS** after your last hCG injection. Then, you can begin to add more food back into your diet. Be sure to **avoid sugar and starch for 3 weeks.**

It's best to add foods back in one at a time so you can see how your body reacts to each item. You can have dairy, fats and oils, nuts, but beware of extra sweet fruit like bananas and mangoes during this phase.

Once you have successfully stabilized your weight, you are ready to add normal foods back into your diet, including bread and other starchy foods like potatoes (in moderation, of course). You can also eat food containing sugar, like

mangoes, bananas, and sweets. At this point of the diet, you will have developed a taste for healthy foods. It should also be much easier for you to make good eating decisions as well.

You'll still need to continue to weigh yourself every morning, and if you ever go two pounds above your lowest achieved weight, a steak day will put you back on track. A steak day is where you don't consume anything all day except water. For dinner, you'll eat a large steak. Later on that evening, you can either have one apple or one tomato. Just keep in mind that but it is important to do the steak day on the same day as the gain. Otherwise it isn't as effective. You should be able to maintain your new weight forever by following this simple system. The following morning, you should be back within two pounds of your lowest achieved weight. This is how you keep yourself from gaining back all the weight you lost earlier in Phase 2.

During Phase 3: Stabilization, you'll learn which foods your body doesn't digest well, and should be avoided.

#### **Phase 4: Keeping Your Weight Off (Days 63 – Forever)**

Did you know that habits (both good and bad) are made and broken in a 14-day time period? During your experience of the previous phases of the hCG diet, no doubt you have created some new and healthy eating habits. At this point you feel better physically and mentally than you ever have before. In addition, you discovered a new self-confidence, and a new you! If you go right back to eating the wrong types of foods, chances are you'll find yourself feeling sick, and you'll soon realize that your body actually craves healthier foods.

The hCG Diet is all about making a change in your lifestyle. Sure, losing weight is a part of that change, but the key is to lose weight and keep it off, forever. Take time to educate yourself on the causes of obesity, and surround yourself with people who to share the same goals as you do.

*Please contact our office at 903-357-5108 with any questions or concerns.*

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**Patient Name (please print)**

**Patient Signature**

**Date**