



HCG Diet Plan

Read in its entirety before considering HCG

If you are a diabetic please tell your doctor, DO NOT GO ON THIS DIET.

How to get started?

- Get your prescription of HCG from Growing Younger Clinic
- Have a consult so we know you understand how to proceed with the diet plan.
- Make a grocery list
- Clean out all bad foods from your home
- Tell your family you need their support during this time. It is important for them to understand why the food choices must change for the next several months. Have your mind set that you are going to commit to this for the length of time you will need to get to your desired weight. **This is for your health so you can live a good quality of life.** Without the mind set and commitment it will fail just like everything else has up to now.

How much does it cost?

- The HCG cycle will cost approximately \$400. One vial equals one cycle (24-28 day supply).
- Your food bill should cost less than your current bill. You will not be buying any junk food at all.

What do I need to know about the HCG?

- They must be refrigerated.
- If you are going on travel, keep syringes cool.
- Injections only last 30 days after this discard the vial/syringes.
- You must discontinue injections while on your period.
- When you start the injections the first 3 days it is important to eat a high fat diet and as much as you want to eat... This will help in the energy level you will need for the first week on the diet
- Do the injections as instructed once daily.
- **Store in Refrigerator.**



Helpful Hints

What is the HCG for?

The HCG is working to release the fat trapped in the cells of your body. It will release around 2000 to 3000 calories of fat a day. Your body will use this for energy and burn the fat calories. The water will help to flush the fat out of the body so make sure to drink the recommended water intake. If you exercise with cardio only, it will help speed up the process.

What if I forgot to defrost my meat for tonight's dinner?

This is precisely why you need to pre plan your meals.

Here are some hints...

- Go to the grocery once a week and get everything on your list that you will need for one week worth of meals. Then when you get home. Pre pack everything into meal portions. Make sure you buy freezer and regular baggies and storage containers.
- You can cook at night enough for your dinner that night and for the next day's lunch. When you are finished cooking dinner, go ahead and get your container ready for the next day's lunch. Your lunch is easily grabbed on the way out in the morning with no preparation needed. You will stick to it this way.
- Since you need the fresh veggies, you won't want to buy more than you will eat in a week. Cook this way for the whole family. Your family can eat their normal breakfast and lunch but dinner they can eat what you are eating, so you're not cooking two separate meals.

Motivation for the diet plan to work

If you are tired of trying so many different diet plans and all of them miserably failed. Not saying you didn't lose the first week or two... but then you hit that plateau or something came up and you cheated or fell off the diet, well you are just like millions of other people. What makes this so different? It is the easiest plan I have ever done. I don't have to weigh anything or count anything, just eyeball the amount of food and staying within the list of foods I can choose from and drink my water and take the drops. Only weigh in the morning and you will see those pounds just drop off. I lost 14 pounds and my husband lost 28 in 14 days. I never thought this could happen. We had not worked out at all this time...I put my mind to it and said "I am tired of being fat". I weighed 213lbs and now weigh 174lbs. I still have 44lbs. to go and then I never want to invite that weight back in my life... so I will not eat the bad foods anymore... I AM DONE. This is what I mean about mind set, you must find this type of mind set or you will put the weight back on. Win this battle and just say no to way you used to eat. Lifestyle change needs to happen in order to be successful.

Written by Angie, weight loss client



What Foods are on the Diet Plan? – First phase Diet (4-6 weeks)

Meats (4oz pre cooked)

- Chicken Breast
- Fillet Mignon
- Tilapia
- Halibut
- Shrimp
- Lobster
- 93/7 Lean Ground Beef
- Veal
- Buffalo
- Flounder
- Sole

Vegetables (6oz pre cooked)

- Green Leaf Salad (Lettuce only)
- Tomato
- Cabbage
- Brussels Sprouts
- Asparagus
- Broccoli
- Zucchini
- Onion
- Cucumber

Fruits

- Apple
- Orange
- 6 large Strawberries
- Grapefruit
- 1 small palm full of blueberries

How much can I eat?

2 meats, 2 vegetables and two fruits per day.

How can I cook my meals?

You cannot cook in anything but water, no oils at all. You may grill, broil, bake or stir fry in water. The vegetables can be steamed or microwave. You may add salt, pepper, or sugar substitutes (Splenda, Stevia or Truvia), along with any spice that contains zero calories, sugars or carbs.

When do I eat?

You will need to eat 4 times a day, 2 meals and 2 snacks. All meals should be two and a half to three hours apart. No breakfast except a no calorie drink (very important to burn fat). Lunch and Dinner- 4oz of meat (size of the palm of your hand) 6oz of veggies (size of your hand with fingers spread out) and a snack-1 fruit choice. **Drink at least 80 oz of water a day=to 5-16oz bottles of water. You must do this to flush fat out of the body.**

You may drink tea, coffee or water.

You are allowed 1 lemon per day to use however you choose.

You are allowed balsamic vinegar or apple cider vinegar to use as your choice as well.



Sample Menu Plan

1. 4oz. Filet Mignon
5-6 Stocks of Asparagus
2. 4oz. Chicken Breast
5-6 Brussels sprouts
3. 4oz. Tilapia
½ Cup Broccoli
4. Shrimp
Grilled Onion
5. Lobster Tail
2-3 Slices of Tomatoes
6. 4oz. Halibut
1 Cup Cabbage

You may use any veggies to substitute to make different meals.

You may have 2 Fruits per day as snacks.