

MyHCGPlus Presents: One Round of the HCG Diet – AT A GLANCE

Days

1-2

STEP 1: Fat Loading for 2 days WITH HCG drops

Take your measurements and “before” pictures! Start taking the HCG drops in the morning. Using your calibrated dropper, take SIX 0.5 ml doses of HCG per day, spaced evenly throughout the day, for a total of 3.0 ml per day (6 x 0.5 ml = 3.0 ml). Eat as much fat as you can handle all day long. Focus on fats for loading, avoid sugar and starches. One non-filling idea for Day 2 is to use heavy cream with a little coffee or to make smoothies.

List of high fat loading foods:

<http://www.MyHCGPlus.com/loadfoods.pdf>

Days

3-23

(26 day round)

3-40

(43 day round)

3-57

(60 day round)

STEP 2: Very Low Calorie Diet (VLCD) WITH HCG drops. Minimum 21 days, Maximum 55 days

Continue taking the HCG drops at a dosage of 3.0 ml per day, in 0.5 ml doses spaced evenly throughout the day. Follow the food guidelines for VLCD as outlined in Pounds and Inches. You must stay on the VLCD with drops for a minimum of 21 days. You may continue for as long as you wish, up to 55 days. When you are ready to transition to maintenance, record your weight on morning of the last day that you take the drops. This will be your LDW (last drop weight) that you will use in Maintenance for the 2-lb steak day rule.

List of VLCD Safe Foods:

<http://www.MyHCGPlus.com/vlcdfoods.pdf>

List of VLCD Safe Foods for Vegans & Vegetarians:

<http://www.MyHCGPlus.com/vegetarian.pdf>

Days

24-26

41-43

58-60

STEP 3: Transition to Maintenance - VLCD WITHOUT drops for 72 hours

Stop taking the drops and continue on the VLCD for three days from the time of your last dose. This allows the HCG to leave your system before you increase your calories and start eating from the M1 food list. If you get extremely hungry on Day 3, then you can increase your protein and vegetable choices to alleviate the hunger, but stick with the VLCD food list. Take your measurements and celebrate your progress!

STEP 4: Maintenance 1 (M1) - No Sugar, No Starch for 21 days

Increase your calories to your BMR+Activity Level (basal metabolic rate) and eat a variety of high-protein foods and fruits and vegetables. The leading cause of weight gain in M1 is **not eating enough** and putting your body into survival mode where it stores rather than eliminates. Your food choices are expanded in M1, but you MUST avoid all sugars and starches, including Melba toast/grissini. Your goal is to stabilize at your new setpoint weight so you don't start gaining once you start eating normally. Don't try to keep losing or you won't create that setpoint weight. If your weight goes higher than 2.0 lbs above your LDW, complete a steak day. If your weight goes lower than 2.0 lbs below your LDW, contact us for help. We will need to know exactly what you've been eating, so using the Progress Tracker in the PCA is important. At the very least, record everything you eat and drink. The M1 Food List should be consulted for every meal and snack.

Maintenance 1 Guide & Food List:

<http://www.MyHCGPlus.com/m1guide.pdf>

Maintenance Food Journal:

<http://www.MyHCGPlus.com/foodjournal.pdf>

BMR Calculator:

Login to your PCA, look under Resources: <http://www.MyHCGPlus.com/login.php>

Days

27-48

44-65

61-82

STEP 5: Maintenance 2 (M2) - Slowly add sugars/starches back into your diet for 21 days

In M2, you will slowly add carbohydrates to your daily diet. If you do this carefully and follow our M2 Guide, you should have no problem transitioning to a normal eating plan after three weeks of M2.

Maintenance 2 Guide:

<http://www.MyHCGPlus.com/m2guide.pdf>

Days

49-70

66-87

83-104

After you complete both Maintenance 1 and Maintenance 2 you are free to move in to life phase or do another round of the HCG. Continue to follow the 2-pound steak day rule for permanent weight loss results. Congratulations on completing your round!