



COMPLETE HCG DIET GUIDE



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Welcome to the Life-Changing HCG Diet Protocol!

This HCG Diet Guide is presented by ThinNow, the world’s most trusted source for HCG sublingual drops and lifetime support by HCG Protocol experts who are also Certified Nutrition Coaches and Certified Food Psychology Coaches. Your success on the HCG Protocol is our #1 Priority.

You are here because you’ve decided that you’re ready to take charge of your body and your life by reaching your body’s ideal weight. The HCG Protocol works like no other weight loss plan and has a truly remarkable success rate. You just need to commit to following the plan precisely, as written by its creator, Dr. A.T.W. Simeons.

Dr. Simeons wrote about his findings in a book called, Pounds and Inches: A New Approach to Obesity. There is a free download here: <http://www.ThinNow.com/P&I.pdf>. The HCG Protocol is simple and clear-cut, but every detail matters. It only takes a few weeks to reach your goal for each round, but there’s no wiggle room during those few weeks. Here is an at-a-glance view of the HCG Protocol:

<p>Days 1-2</p>	<p>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 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. Your goal is 250 fat grams per day. List of high fat loading foods</p>
<p>Days 3-23 (26 day round) 3-40 (43 day round) 3-57 (60 day round)</p>	<p>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, divided into six 0.5 ml doses throughout the day. Follow the food guidelines for VLCD as outlined in this guidebook. When you are ready to transition to maintenance, record your weight on morning of your last day of drops. This will be your LDW (last drops weight) that you will use in Maintenance. List of VLCD Safe Foods List of VLCD Safe Foods for Vegans & Vegetarians</p>
<p>Days 24-26 (26 day round) 41-43 (43 day round) 58-60 (60 day round)</p>	<p>STEP 3: Transition to Maintenance - VLCD WITHOUT drops for 72 hours Stop taking the drops and continue on VLCD for three days from the day 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, 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!</p>
<p>Days 27-48 (26 day round) 44-65 (43 day round) 61-82 (60 day round)</p>	<p>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 from our M1 Food List. The leading cause of weight gain in M1 is not eating enough and putting your body into survival where it stores rather than eliminates. Your goal is to stabilize at your new weight so you don’t start gaining once you start eating normally. 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. Maintenance 1 Guide BMR Calculator: Login to your PCA and use your Progress Tracker: http://www.ThinNow.com/pca</p>
<p>Days 49-70 (26 day round) 66-87 (43 day round) 83-104 (60 day round)</p>	<p>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. 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. In Life Phase, continue to follow the 2-pound Steak Day rule for permanent weight loss results. Congratulations on completing your round! Maintenance 2 Guide Life Phase Guide</p>



ThinNow HCG Diet Loading Guide

During the first two days of the HCG Protocol, your goal is to eat as many high-fat foods as possible. This stocks your normal fat cells, which allows your abnormal fat cells to willingly release copious amounts of fat during VLCD.

You may need more than two if for the past six months you have consistently eaten low-fat/low calorie or you have a long history of yo-yo dieting with large weight swings. It's common to do three load days after doing back-to-back rounds of the protocol. If you fall into either of these categories, please contact our support team for advice.

Start taking HCG the morning of Load Day 1. If you do more than two load days, only take HCG on the last two days. Follow this schedule with the drops for the entire course. If you miss a dose, you can make up for it later or with a larger dose.

Load days aren't usually as fun as they may sound at first – by the end of Day 1 you may be very tired of eating fat. One less filling trick is to get a quart of heavy cream and mix it with coffee or chocolate (hot, cold, or as a milkshake) and sip it between meals and snacks.

You should aim for a minimum of 250 grams of fat or more on each load day. Remember to focus on fat, not starch or sugar. A loaded baked potato or a piece of chocolate cake is not nearly as effective at packing in the fat grams as an omelet cooked in butter and loaded with cheese and bacon.

Here are the highest fat foods – be sure to include several of these in your load days.

Food	Fat Grams per 100-gram Serving	Food	Fat Grams per 100-gram Serving
Vegetable oil	100	Cheddar cheese	33
Bacon grease	100	Hebrew Natl. ¼ lb. Beef Franks (2)	31
Lard	100	Pork spare & baby back ribs	30
Palm or Coconut oil	100	Prime rib	29
Nuts (macadamia is highest)	76	Cream cheese	29
Coconut (dried, unsweetened)	57	Canned sardines	29
Dark chocolate	52	Sausage	28
Butter	51	Parmesan cheese	26
Peanut butter	50	Egg yolk	26
French dressing	45	Cheesecake	23
Bacon	42	Whipped cream topping	23
Flaky pastry	39	Chicken w/skin, battered & fried	21
Heavy cream	37	Vanilla Ice Cream	17
Salami	34	Avocado	15
Mayonnaise	33		



ThinNow HCG Diet VLCD Guide

The day after your last load day is your first day of VLCD. You will continue taking your drops during this time, and now you're in the weight loss phase of the plan. You can stay on VLCD for up to 60 days but you **MUST** do at least 21 days, without breaks or cheating. The food plan and rules must be followed exactly.

Here is a list of the foods allowed during the VLCD portion of the HCG Protocol, along with the calorie count and the appropriate serving of each type of vegetable. The calorie data was compiled from our automated Food Tracker in the [ThinNow PCA](#). Up to 500 calories per day are allowed. Always start the day with a dose of HCG drops.

Breakfast: Tea or coffee in any quantity. **One tablespoon of milk** (11 calories) allowed per day. **Stevia** (0 calories) is the only sweetener that will not slow weight loss; we recommend Sweetleaf and KAL brands because there are no additives. Truvia, Purevia, and Stevia in the Raw are NOT pure and can slow weight loss.

Lunch/Dinner: Choose ONE item from each section, preferably different choices for lunch and dinner.

(1) Protein: 100 grams (3.5 oz.) raw of one lean meat or white fish.

All meat should be weighed raw, no bone, and trimmed of all visible fat. Meat can be grilled, baked, broiled, or pan "fried" without oil or fat.

<p><u>Beef, Chicken, Other Protein</u></p> <p>Steak (trimmed to 0% fat) – 192 calories Ground Beef (95% Lean) – 137 calories Roast Beef (lean, trimmed) – 140 calories Beef Kidney 99 calories Buffalo 100 calories Veal 120 calories Chicken Breast 110 calories Egg* (1 whole + 3 whites) 138 calories Cottage Cheese* (1/2 cup no fat) 75 calories Whey Protein Shake* (0-5 carbs) – 80-100 calories</p> <p><i>* This group of foods allowed up to 3 times per week.</i></p>	<p><u>Fish</u></p> <p>Cod 95 calories Wild Chilean Sea Bass 97 calories Wild Flounder 91 calories Wild Sole 91 calories Wild Halibut 110 calories</p> <p><u>Seafood (3 oz. cooked/shelled)</u></p> <p>Lobster 90 calories Crab 84 calories Shrimp or Prawns 105 calories Crawfish 74 calories</p>
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(2) Vegetables: Choose ONLY ONE vegetable per meal – NO MIXING.

Eat vegetables until you're satisfied or until you've reached 500 calories for the day, including at least both portions of protein. But you may not have more than one vegetable per meal. The most common serving sizes are listed below. You will also find the calories per ounce if you prefer to weigh your vegetables.

<p>Lettuce – any (2 cups raw = 15 cal or 4 cal/oz) Spinach (3 cups raw = 21 cal or 6 cal/oz) Asparagus (2 cups raw = 54 cal or 6 cal/oz) Cabbage (2 cups raw = 44 cal or 7 cal/oz) Tomatoes (1 cup cherry = 18 cal or 5 cal/oz) Tomato (1 med = 22 cal or 5 cal/oz) Cucumbers (2 cups = 32 cal or 3 cal/oz)</p>	<p>Chard (2 cups raw = 14 cal or 5 cal/oz) Onions (1 cup raw = 64 cal or 11 cal/oz) Beet Greens (2 cups raw = 16 cal or 6 cal/oz) Radishes (2 cups raw = 40 cal or 4 cal/oz) Celery (2 cups raw = 32 cal or 4 cal/oz) Fennel (1.5 cups raw = 40 cal or 9 cal/oz) Chicory (2 cups raw = 15 cal or 6 cal/oz)</p>
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(3) Fruit: Two servings allowed per day, not at the same meal, 4-6 hours apart.

Apple.....(1 medium/3" diameter) – 95 cal	Grapefruit (1/2 medium) – 52 cal
Orange(1 medium/3" diameter) – 70 cal	Strawberries (10 1½-inch) – 40 cal

(4) Breadstick (grissini) or Melba toast: Two servings per day, not at the same meal, 4-6 hours apart.

Grissini Breadstick.....(1 med./3" dia.) – 20-25 cal	Melba Toast (1 rect. or 2 rounds) – 20/25cal
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Beverages: Plain spring water, mineral water, tea and coffee in any quantity at any time. Chicken, beef, fish, or vegetable broth (about 15 calories per cup) must be homemade w/VLCD veggies OR a sugar-free canned variety, but watch your sodium and check ingredients. **Drink 75 to 100 ounces of water per day.**

The **juice of one lemon** (12 calories) is allowed per day. **Seasonings** are allowed except pre-mixed spices as they often contain sugar. You can have **Bragg’s Liquid Amino Acids, mustard** (water, mustard seed, vinegar, and turmeric), **Frank’s Original Hot sauce**, and **Spry Xylitol gum or mints** (1.2 calories each).

No substitutions for ANY of the foods. Per Dr. Simeons, any food may be eliminated due to lack of hunger. If you aren’t able to eat all 500 calories in a day, first cut out the melba toast/grissini and/or one or more servings of fruit. **It is important to eat your two 3.5-ounce servings of protein daily.**

Good to Know:

- You can break up lunch and dinner into smaller meals, but no meal can have more than four items. The fruits should be eaten at least six hours apart. If you can’t eat all of the foods in one day, you can skip the fruit or Melba toast, but don’t skip protein or veggies.
- Exercise is NOT required on the protocol. You should not start NEW forms of exercise during VLCD, although non-strenuous movement (walking, yoga, stretching) for up to an hour a day has shown to be fine. If you have been regularly exercising, you may continue unless you find that you don’t have the stamina to work out at the same pace. At that point, we suggest you cut back on the duration and intensity of your routine.
- You must drink a minimum of two liters of water each day. If you drink caffeinated coffee or tea or if you exercise, you must increase your water intake to make up for the dehydration.
- Avoid personal care products that contain food oils. (See the [VLCD Personal Care Products Guide](#)) This includes getting massages or facials, getting your hair colored, and using ointments for skin or other ailments.
- Medicines and vitamins are not necessary during VLCD, and some products may slow your losses. If you feel you **MUST** take supplements, do ensure that they contain no sugar or starch. Avoid laxatives, diet pills, diuretics, cortisone, cough syrups/drops and over-the-counter meds. Take your prescription medications, including oral contraceptives. Aspirin is the only allowed non-prescribed pain reliever. Steroids, hormones, and antibiotics may stall weight loss in some cases, so only take them if required by your doctor.

Ending the HCG Diet VLCD Phase

After your last dose of HCG in VLCD, whether you’re at 21 days up to 55 days, you must stay on VLCD for 72 more hours. This allows time for all of the HCG to leave your body before you start adding foods to your diet. Without these three days, you would start gaining weight on your first day of Maintenance! If you get extremely hungry on the third day, you can increase your portions of protein and vegetables, but stick with the VLCD food list

→ **Your weight on the morning of your last day of HCG drops is your LDW (Last Drops Weight). This is the new weight that you will aim to stay near during the next six weeks of Maintenance. (See the [Maintenance Guide](#))**



HCG Diet VLCD Personal Care Products Guide

In Pounds and Inches, Dr. Simeons wrote: *“Most women find it hard to believe that fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. This almost incredible sensitivity to even such very minor increases in nutritional intake is a peculiar feature of the HCG method. For instance, we find that persons who habitually handle organic fats, such as workers in beauty parlors, masseurs, butchers, etc. never show what we consider a satisfactory loss of weight unless they can avoid fat coming into contact with their skin.”*

Dr. Simeons goes on to say that mineral oil is acceptable to use during VLCD but, **we MUST avoid products that contain food oils, fats, butters, steroids and/or hormones.** This doesn't mean that selecting personal care products has to be complicated! In fact, you may find that you will be able to continue using many of your regular products during VLCD.

Do you have to replace all of your personal care products with the ones on our [List of VLCD-Friendly Personal Care Products](#)? NO! But DO check your current products and replace them if necessary. The items on our list are suggested replacements. You may use ANY products that do not contain food oils other than mineral oil.

We have also included a [List of Food Oils to Avoid](#) in your personal care product choices. As a general rule, if any of these food oils are listed after the 8th ingredient, then the product is fine to use.

At the time this guide was published (October, 2012), the personal care items on this list were deemed safe. But, manufacturers can (and do) change the formulas of their products on a regular basis. It's up to you to ensure that your products are safe. You may resume using personal care products containing oils on your first day of Maintenance!

Helpful Hints:

- ◆ **Start by reading the ingredient labels** of your current products. If they contain any food oils, butters, steroids or hormones, put them away until you have completed VLCD. These items will need to be replaced with products that do not contain these ingredients.
- ◆ **Wear gloves:** During VLCD, it is very important that you wear gloves when washing greasy dishes or handling fatty foods. In fact, gloves should be worn whenever your hands might come in contact with any fatty/oily substances. Keep a box of nitrile gloves on hand.
- ◆ **Keep track of products used and when you used them:** as with many things in this protocol, different people may experience different results/effects with certain products.
- ◆ **Coloring hair while on VLCD:** We haven't identified any treatments that are perfect. Regardless, many clients have used hair coloring treatments during VLCD, and while they may have not lost weight that day, the color treatment did not have an ongoing effect, and most didn't note any difference in long-term weight loss. Make sure that you bring your own VLCD safe shampoo and conditioner to use at the salon. The salon products may not be safe for VLCD.

At ThinNow, we always encourage our clients to make healthy food choices, as well as healthy and informed choices of your personal care products when using [HCG drops](#) on the HCG diet. Many ingredients in today's products contain chemicals that are considered to have negative effects on our long-term health. The Skin Deep Cosmetic Safety Database (<http://www.ewg.org/skindeep>) rates thousands of products by their "hazard" level. All of the products listed have a rating no higher than a 4 (10 being the worst rating).



ThinNow HCG Diet Maintenance 1 (M1) Guide

Six weeks of maintenance is the time your body needs to stabilize at your new weight while introducing more food. This is a weight that you'll be able to maintain by eating normally. **It is critical that you follow the maintenance rules; otherwise, you are likely to gain the weight back pretty quickly.** Your goal is to stay within 2.0 lbs. of your LDW (Last Drops Weight). To do this, you must know your BMR (Basal Metabolic Rate) and eat enough of the right foods to equal the number of calories suggested by your BMR.

Your minimum calories per day should be 1500 for women and 1800 for men. The more you weigh and the more active you are, the more calories you need. Calculate your BMR+Activity in the [ThinNow PCA](#) to get the right number of calories. You will also find a Food Journal and our Automated Progress Tracker to help you track what you're eating. If you increase your activity level you will need to recalculate your BMR to get your new daily caloric intake.

Here is the schedule that we have found works best to stabilize your new weight as quickly as possible:

M1 Week 1: 0 "Caution" foods

M1 Week 2: 1-2 "Caution" foods per day. These foods are to be added only if you are stable (no steak day) in Week 1. If you have not been stable for one week, continue with the Week 1 suggestion until stable.

M1 Week 3: 2-3 "Caution" foods per day. Again, only add more Caution foods if you were stable in Week 2. Your goal is to slowly add caution foods while stabilizing, as that will make Maintenance 2 and beyond very easy for you!

M1 "No Caution" Foods

Here is a list of foods you can eat on M1 without endangering the resetting of your metabolism or the stabilization of your new weight. This is the "Go-To" list for your meals and snacks in M1.

ITEM	Calories/Oz.	ITEM	Calories/Oz.
Beverages			
Coffee (all types, no sugar)	0	Tomato Juice (no sugar added)	5
Espresso	0	Vegetable Juice (V8)	6
Tea (all types, no sugar)	0	Water	0
Lemon or Lime Juice – fresh	7	Perrier, Club Soda	0
Almond Milk (unsweetened only)	*	Soy Milk (unsweetened only)	*
* = check product label for sugar and calories			
Fish (Calories listed are per ounce. Average serving = 4 oz. Farmed have different caloric value.)			
Bass (Sea and Striped)	27	Salmon	
Burbot	25	Atlantic (Wild)	40
Butterfish	41	Chinook	50
Carp	36	Chum	34
Catfish (Farmed)	33	Coho (Wild)	41
Cod (Atlantic & Pacific)	23 & 19	Pink	36
Croaker	29	Sockeye	40
Cusk	24	Shark	36
Devilfish (Alaskan)	27	Snapper	28
Drumfish	33	Sole	20
Flounder	20	Sturgeon	29
Grouper	26	Swordfish	40
Haddock	21	Tilapia	27
Halibut (Atlantic & Pacific)	25	Tilefish	27
Halibut (Greenland)	52	Trout	



ITEM	Calories/Oz.	ITEM	Calories/Oz.
Herring (Atlantic)	45	Brown	41
Ling, Ling Cod	24	Rainbow (Wild)	33
Mahi-mahi	25	Sea	29
Monkfish	21	Tuna	
Mullet (striped)	33	Bluefin	40
Northern Pike	25	Canned in Water*	32-38
Orange Perch (Atlantic)	22	Skipjack	29
Orange Roughy	21	Yellowfin	31
Pike (Walleye)	26	Turbot	27
Pollock (Atlantic)	26	Whiting	25
Rockfish (Pacific)	25	Whitefish	38
Sablefish	55	Wolffish	27
* = check product label for sugar and calories			
Shellfish (Calories listed are per ounce. Average serving = 4 oz.)			
Crab (Blue, Dungeness, King, Queen)	24-25	Oysters	14-23
Crayfish (Wild)	22	Scallops	19
Lobster	22	Shrimp	20
Meat (Calories listed are per ounce. Average serving = 4 oz.)			
Beef		Lamb	
Bottom Round	35-54	Ground	79
Brisket	34-78	Loin	37-87
Chuck Roast	32-78	Ribs	45-81
Eye Round	33-49	Ostrich	
Filet Mignon	41-77	Ground	46
Flank Steak	38-46	Top Loin	33
Lean Ground	38-93	Pork	
Ribeye	41-76	Chop or Roast	34-80
Short Ribs	48-108	Chop Sirloin	35-40
Top Sirloin	35-60	Ground	33-74
T-bone	53-65	Ribs	62-78
Tenderloin	41-77	Rinds (1/2 oz)	76
Top Roast	39-49	Tenderloin	30-34
Bison		Quail	38
Ground	41-62	Veal	
Roast	31-55	Breast	58
Chicken (canned* or fresh)		Ground	40
Dark (no skin)	35	Leg	29-32
White (no skin)	32	Loin	22-45
Duck		Rib	33-45
Breast	34	Shank Roast	30-32
Whole (Domestic)	113	Shoulder	31-36
Emu (ground)	38	Sirloin	30-42
Goose w/skin	104	Turkey (white & dark, no skin)	31
Goat	31	Venison	34
* = check product label for sugar and calories			



ITEM	Calories/Oz.	ITEM	Calories/Oz.
Eggs & Protein Shakes			
Egg (1 large / 1 extra-large)	71 / 80	Tempeh (1 oz.)	54*
Protein Powder (0-5 carbs, sweetened w/stevia)	100-120*	TVP-Textured Vegetable Protein (1/4 cup dry)	80
Seitan (1 oz.)	30*	Tofu, firm (1 oz.)	35*
* = check product label for sugar and calories			
Fruit (Calories listed are per ounce. Average serving = 1/2 CUP.)			
Apricot	13	Gooseberries	12
Apple	15	Kiwi	17
Applesauce (unsweetened)	*	Lemon & Lime	8
Avocado	45	Loganberries	15
Blackberries	12	Mulberries	12
Blueberries	16	Nectarine	12
Cherries		Orange	13
Red Sour	14	Papaya	12
Sweet	18	Peach	11
Coconut (dried, unsweetened)	185	Pear	16
Cranberries (fresh)	13	Pineapple	14
Currants	16	Plum	13
Elderberries	20	Raspberries	15
Figs (raw)	21	Rhubarb	6
Grapefruit		Strawberries	9
Pink, Red, White	9	Tangerine (Mandarin Orange)	15
* = check product label for sugar and calories			
Vegetables (Calories listed are per ounce. Average serving = 1/2 CUP.)			
Alfalfa Sprouts	6	Mung Bean Sprouts	8
Artichoke	13	Mustard Greens	7
Asparagus	6	Mushrooms (Brown, Cremini, Italian, Morel, Porcini, Portobello)	6
Bamboo Shoots	8	Enoki	10
Beet Greens	6	Onions	11
Broccoli	10	Snow Peas	12
Brussels Sprouts	12	Peppers	
Cabbage (Red or White)	7	Bell, Banana	6, 8
Carrots	11	Hot Green & Red	11
Cauliflower	7	Radish	4
Celery	4	Seaweed (Kelp)	12
Collard Greens	8	Snap Beans (Green, Yellow)	9
Cucumber (Peeled)	3	Spinach	6
Eggplant	7	Squash - Zucchini	5
Fennel	9	Scallop, Summer, Straight Neck	5
Green Beans	9	Spaghetti Squash	7
Kale	14	Swiss Chard	5
Lettuce		Tomato (Red, Green, Orange)	5, 6, 4
Bibb, Boston, Butter, Iceberg	4	Turnip	8
Endive, Romaine	5		



ITEM	Calories/Oz.	ITEM	Calories/Oz.
Nuts, Nut Butters, Seeds, Oils			
Coconut (1 oz. dried, unsweetened)	185	Flax Seeds (1 oz)	150
Coconut Milk, Canned (no added gums or sugars) (1 oz)	53	Olive Oil (1 TBSP)	124
		Coconut Oil (1 TBSP)	121
Condiments (Check labels; watch for added sugars.)			
Capers (1TBSP)	3	Vinegar (apple cider, balsamic, brown rice, champagne, distilled, garlic wine, golden balsamic, Italian herb, malt, organic red wine, rice, tarragon, white distilled, white wine)	3-25 Calories Per TBSP.
Horseradish (1TBSP)	7		
Mustard (1 TBSP, no sugars)	9-12		Check Label
Olives (1 oz, Black, Green)	32		
Pickles (1 oz dill, not sweet)	3		
Salsa (2 TBSP, check for sugar)	10-25*	Wasabi Sauce (1 TBSP)	15
Soy Sauce (1 TBSP)	8	Worcestershire Sauce* (1 TBSP)	11
* = check product label for sugar and calories			
Spices/Seasonings/Sweeteners			
<ul style="list-style-type: none"> - Allspice - Basil - Bay Leaf - Cayenne Pepper - Celery Salt - Chili Powder, Chili Seasoning - Chinese Style Five Spice - Cilantro (fresh) - Cinnamon - Cocoa (unsweetened) - Coriander - Creole Seasoning - Cumin (ground) - Dill (fresh & seed) - Garlic (cloves, granules, powder, salt) - Ginger - McCormick (Garlic Pepper Grinder, Italian Herb Seasoning Grinder, Steakhouse Seasoning Grinder, Broiled Steak Seasoning Salt, Rotisserie Chicken Seasoning, Herb Chicken Seasonings) 		<ul style="list-style-type: none"> - Mint Leaves (dried or fresh) - Nutmeg - Onion (powder or salt) - Oregano (dried) - Paprika - Parsley (fresh or dried) - Pepper (ground and peppercorns) - Poultry Seasoning - Reese All Purpose Steak Salt - Rosemary (fresh or dried) - Sage (dried) - Salt - Spice Islands (Herbes De Provence, Ground Chipotle) - Stevia (Sweetleaf brand has no additives) - Thyme, Thyme Leaves - Tony Chachere's Original Creole Seasoning - Turmeric - Weber Grill Creations N'Orleans Cajun Seasoning - White Pepper 	
* = check product label for sugar and calories			
Sauces and Gravy*			
Au jus Gravy, Creole Sauce, Curry Sauce, Marinara, Mole Verde, Mushroom, Oyster, Taco Sauce – Red or Green, Tamari			
* = check product label for sugar and calories			



M1 “Caution” Foods

Here is a list of foods widely known as “Caution” foods for Maintenance 1 (M1). The trick to being able to eat them is not to have too many, but there is no set number for “too many.” This is our suggested guide to adding caution foods. Here is the schedule we suggest you use to stabilize your weight as quickly as possible:

M1 Week 1: 0 “Caution” foods

M1 Week 2: 1-2 “Caution” foods per day. These foods are to be added only if you are stable in Week 1, meaning you did not have to do steak day. If you have not been stable for one week, continue with the Week 1 suggestion until stable.

M1 Week 3: 2-3 “Caution” foods per day. Again, only add more Caution foods if you were stable in Week 2. Your goal is to gradually add caution foods and stabilize while doing so, as that will make Maintenance 2 and beyond very easy for you!

ITEM	Calories/Oz.	ITEM	Calories/Oz.
Caution Meat – All processed meats are Cautionary during M1 (No sugar added is preferred.)			
Bacon* (2 slices)	105	Jerky* (2 oz beef, pork, turkey, venison)	120-180
Canadian Bacon* (1 serving)	60-90	Sausage (1 serving*)	120-250
Hot Dogs* (1 serving)	120-200	Deli/Lunch Meats (1 serving*)	80-200
Caution Nuts & Nut Butters (Limit to 1 ounce per serving.)			
Almonds		Hazelnuts	176
Butter	177	Macadamia Nuts	201
Flour	160	Mixed Nuts	173
Nuts	190	Peanut Butter* (no sugar added)	85-100
Paste	128	Peanuts	159
Brazil Nuts	190	Pecans	193
Coconut Flour (2 Tbsp.)	60	Walnuts	183
Caution Dairy Products (Limit to 1 ounce per serving.)			
Cheese* (1 oz.): American, Bleu, Brie, Camembert, Cheddar, Colby, Feta, Swiss, Fontina, Goat, Gouda, Gruyere, Ricotta, Monterey Jack, Mozzarella, Muenster, Parmesan, Pepper Jack, Provolone, Romano, Roquefort, String, etc.)	90-125	Cream Heavy	
		Heavy	97
		Light	55
		Sour	54
		Cream Cheese (regular / fat-free)	96 / 29
		Half & half	36
		Milk (skim, 1%, 2%, whole)	40-75
		Yogurt (1/2 cup plain only)	75
Caution Condiments (Check for sugars and use VERY sparingly.)			
BBQ Sauce*	50-70	Steak Sauce* (1 TBSP)	15-35
Ketchup*	10-20	Tartar Sauce* (1 TBSP)	60-80
Mayonnaise* (1 TBSP Light or Regular)	35-100	Vinaigrette* (Balsamic, Barbeque, Basil, Greek, Herb, Italian, Red Wine)	25-80
Salad Dressings*	40-90		
Caution Fats & Oils (Limit to 1 ounce per serving.)			
Bacon Grease	251	Oil (Cod Liver, Salmon, Flaxseed, Ghee, Margarine, Almond, Avocado, Canola, Soybean, Cashew, Cocoa Butter, Walnut, Cottonseed, Grapeseed, Hazelnut, Palm, Peanut, Safflower, Sesame, Wheat Germ)	80-140
Butter	201		
Cooking Spray*	0-1		
Margarine (1 TBSP)	100		
Caution Beverages - Limit to ONE 5-ounce serving per day, which must be consumed WITH a meal. One serving of wine counts as one of your daily caution foods. No dessert wines (port, sauternes, barsac, etc.)			
Red Table Wine (Burgundy, Cabernet, Zinfandel, Merlot, Pinot Noir, Shiraz, etc.)	127-145	White Table Wine (Chenin Blanc, Pinot Blanc/Grigio, Sauvignon Blanc, Chardonnay, Riesling, etc.)	121-150
* = check product label for sugar and calories			



HCG Diet Maintenance Notes

The switch to the Maintenance phase of the HCG protocol can be the biggest challenge of the entire HCG protocol. It can be scary because you go from knowing exactly what to do and when to do it, all the way to Dr. Simeons' one rule:

“Eat what you want when you are hungry except NO sugars and NO starches, but weigh every morning to make sure you stay within 2 pounds of weight as of last injection [last morning of HCG diet drops]. If you do go over the 2 pound limit, perform a Steak Day.”

Weigh yourself daily. While we don't want you to trade one addiction or obsession for another, it is critical that you weigh daily during M1. You will have to watch the scale to make sure you do a Steak Day the **very same day** if your weight goes more than two pounds over LDW. (LDW is your weight on the last morning of VLCD with HCG, not the morning after.) This rule applies even if you suspect that your gain is due to your menstrual cycle, too much exercise/physical activities, or other non-food related causes. (See [Steak Day Instructions](#))

You do not want to mess around with the Steak Day! It is very difficult to correct a 2+ pound gain if you don't do a Steak Day ON the day that you go more than two pounds over your LDW. You have worked hard to get to this point, so if this rule means that you have to pack your scale and take it on the plane with you on vacation, then do it!

After the restrictions of VLCD, the maintenance phase should be quite enjoyable. Try not to get hung up on what you can't have, but instead focus on what you CAN eat.

The best plan of action is to 'protein up', enjoy some good-for-you fats, and eat lots of fresh vegetable and some fresh fruits. You should exercise caution with dairy, nuts, and starchy vegetables like green beans. Most of all, you should enjoy maintenance.

Keep in mind that most people who experience trouble during maintenance were not eating enough calories, specifically proteins. Protein is a key factor in resetting and maintaining your new weight.

We recommend that you consume 100-150 grams of protein per day. 100 grams is the minimum requirement, but this is a case where more IS better.

Another thing to remember is that eating fewer calories than your body is able to handle may encourage your body to require less fuel, which in turn would support fewer calories as you move into the future. That means your body would get accustomed to less food and therefore store as fat anything over that new lower amount. That is not a good thing if you enjoy food!

Later in this guide we have provided a few sample meal plans with calorie and protein counts. You can use these as a guide and tailor them to fit your likes, dislikes, and lifestyle.



HCG Diet Steak Day Instructions

During Maintenance 1 and Maintenance 2 you are to weigh yourself every morning after elimination and before eating. If your weight is more than 2.0 pounds over your last drops weight (LDW), you are to perform a Steak Day that very same day. This is VERY important. Even if you are only 2.1 pounds over your LDW, or even if the gain is due to your menstrual cycle, too much exercise, or not enough water, you must perform a Steak Day.

From Pounds & Inches:

“... they must on that same day entirely skip breakfast and lunch but take plenty to drink. In the evening they must eat a huge steak with only an apple or a raw tomato.”

Steak Day Menu

- Breakfast:** Water. You may also drink coffee, tea, herbal tea, or Perrier, but your majority of fluids must be plain water.*
- Lunch:** Water. You may also drink coffee, tea, herbal tea, or Perrier, but your majority of fluids must be plain water.*
- Dinner:** 1 huge steak (or other protein, see below), 1 apple OR one raw tomato, water

The serving of protein should be at least 8-10 ounces (bigger is fine). You may use seasonings, but check labels and avoid mixes with sugar.

If you do not want to eat steak, you may substitute any other proteins, such as chicken, fish, pork loin, whole eggs, or whey or pea protein shakes (0-2 carbohydrates per serving). Eat until you are full.

In Pounds And Inches, Dr. Simeons gives the direction that you are to "take plenty to drink." We interpret that to mean that 1-2 cups of coffee or tea will be fine. These beverages are a diuretic, and will require you to drink more water to counteract any dehydration affect. **No milk, no lemon, no other additions other than a dash of stevia.**

The following morning, your weight should be back within two pounds of your LDW. We have seen losses of 1 to 3 pounds on a Steak Day. You should then resume eating according to the rules of the Maintenance week you are currently following.

Remember that you should not move into week 2 of M1 until you have been stable with no steak days for one week. The same rule applies when transitioning from week 2 to week 3.

If your weight does not go back to within LDW range, you should **NOT** perform a second Steak Day. Back-to-back Steak Days can be counter-productive and may cause gains. In this case, you would eat very clean for several days.

Eating clean means lots of protein, healthy fats, some green veggies and lots of water – in other words, stay away from Caution Foods. You should avoid dairy, nuts and fruit (avocados are fine on clean eating days). Eat the number of calories indicated by your BMR+Activity level - no cutting back on calories, as that will usually cause further gain.

Please remember that a Steak Day is a tool that may be used for the rest of your life. By weighing daily, and performing a Steak Day when needed, you can easily maintain your new weight forever.



ThinNow HCG Diet Maintenance 2 (M2) Guide

Congratulations! You've made it through Maintenance 1, your weight is stable and it's been at least seven (7) days since your last Steak Day. Now it's time to start adding a few carbs. It's easy, as long as you follow a few simple guidelines and use the week-by-week guide below:

1. **Stick with whole/unprocessed foods.** Our bodies tolerate whole foods better than processed foods. Processed foods are harder for our bodies to digest and, through processing, have been robbed of vital nutrients. Many people confuse "whole" with "organic" and the two are not mutually exclusive.

Whole foods include unprocessed meat, poultry, and fish; fresh fruits and vegetables; and whole grains like wheat, oats, barley, maize, brown rice, and rye.

Whole grain products come in the form of foods like whole wheat flour, whole wheat bread, cracked or crushed wheat, bromated whole wheat flour, whole wheat millet, and whole wheat pasta; rolled oats; popcorn; whole durum flour; and graham flour. A clear indicator of a whole grain product is having whole wheat, whole meal, or whole corn as the first ingredient.

Many commercial breads appear to be "whole grain" but in fact are simply processed "wheat" colored brown by molasses so they appear to be "whole grain". If the "whole" grain is listed as the second grain (like after "wheat flour"), the whole grain can actually be a tiny fraction of the overall ingredients in the product, so buyer beware!

2. **Always try to include both protein and carbohydrates in your meals and snacks.** Eating meals and snacks that combine proteins and carbs will slow down the digestion of the carbs to about two hours. This means you will feel full longer and your glucose levels will be more consistent than if you ate a meal or snack with just carbs OR protein.

Because the energy from your meal is released slower and longer, your metabolism will be more efficient. You did all that work on the HCG diet to increase your metabolism, so your job is to keep it running at peak performance!

Also, when carbs accompany protein, the carbs will be used for energy, but the proteins, which take longer to digest, will be used for their intended primary function: building and repairing muscle tissue. This makes for a happy body!

3. **Maintain your proper calorie intake levels.** This is a topic that you probably learned a lot about during M1 while you worked on maintaining your LDW (Last Drops Weight). This is about knowing how many calories your body needs daily to maintain your weight, taking into consideration your activity level (how many you actually burn).

The number of calories you burn without any activity at all (no smiling, fidgeting, or walking to the bathroom) is called your BMR (Basal Metabolic Rate). The TOTAL number of calories you need is your BMR times your appropriate activity factor.

You should use a BMR calculator (like the one in the ThinNow PCA) to find out how many calories you need daily, taking into account your activity level. Anytime you change your daily habits (stop working out, start a job where you're on your feet all day, etc.) recalculate your BMR so that you're giving your body exactly what it needs to maintain. This will help keep your metabolism consistent, which means it's using, burning, and eliminating what it needs rather than storing it as fat.

4. **Weigh yourself daily.** This is the exact same rule as in Maintenance 1. Be diligent about weighing yourself every morning after elimination and before eating. If your weight starts creeping up a few ounces at a time,



don't worry – fluctuations are perfectly normal. But if one morning your weight is 2.1 or more pounds above LDW, then you must do a steak day.

5. **Do not try to lose more weight during Maintenance!** If your weight falls more than 2.0 pounds below LDW, this means your weight isn't stable. Stabilizing means it shouldn't go up or down more than 2.0 pounds from LDW. If you don't stabilize, you risk gaining back the weight, so take this seriously!
6. **Proceed with caution after a steak day.** You may know exactly what you ate that caused your steak day. If so, then you **MUST** put that food away until your weight is stable for a week with no steak days.

But if you aren't sure what caused the gain, what happens? Our advice is to proceed with caution. This isn't an exact science, but for example, if you ate two carb foods the day before your gain, then just eat one carb food per day for **two** days after your steak day. If you think it might have been serving size that put you over the top, then make your servings of carbs smaller for a couple of days and increase your proteins and veggies. You can never go wrong by increasing protein and vegetables!

The point is to pay attention to what and how much you're eating, then when it results in a steak day you will have a better handle on how to proceed. This includes your water– significantly decreasing your water (or becoming dehydrated from activity) even one day will affect the scale.

You **MUST** use a food diary like the one in the ThinNow PCA. There is a printable diary and a Food Tracker inside the Progress Tracker. It's much easier than trying to remember everything you've eaten. The food journal will also help you to see surprising patterns in your eating and how they relate to the scale.

7. **Use the following schedule for adding carbs into your diet.** Because the body has been deprived of these foods for 6-12 weeks, many people need the help of a digestive aid – even those who have never been sensitive to food. You will find two of the best digestive aids in the [ThinNow store](#).

One rule here:

If in any given week you have to do two steak days, we would consider your weight to be unstable and recommend that you go back to the previous week's rules until your weight has stabilized for a full week. This means if it happens in your first week of M2, you should go back to M1 until your weight is stable for a full week. If you want to maintain your weight loss long-term, this is important.

How to Add Foods in Maintenance 2

- Week 1:** You can eat one carb food per day, choosing a different food each day. Stick to whole, unprocessed foods and always include them with a protein-based meal or snack. Foods like, but not limited to: brown rice, melon, bananas, grapes, lentils, peas, garbanzo beans, honey, yogurt, whole wheat pasta, legumes, pancakes, popcorn etc. Alcohol may be consumed, no more than one serving per day is recommended, this counts as one carb serving.
- Week 2:** You can eat two carb foods per day, but not at the same meal. Again, it's best to include a variety of carbs, like, but not limited to: kidney beans, frozen yogurt, whole grain cereals, ice cream, sweet potatoes, whole grain bread, BBQ sauce, honey, gravy, steel-cut oatmeal, bananas, etc. Alcohol may be consumed, no more than one serving per day is recommended, this counts as one carb serving.
- Week 3:** Start combining carbs at the same meal once per day. Slowly add foods like, but not limited to: corn, potatoes, grits, cornbread, pancakes/waffles, hamburger/hotdog buns, ketchup, BBQ sauce, orange juice, honey, etc. Alcohol may be consumed, no more than two servings per day are recommended, this counts as two carb servings.

Once you have completed these three weeks of M2, you can begin another round of the HCG protocol, starting with Load Days. If no more rounds of HCG are to be done, or if you want to take a break, you will be in Life Phase.



ThinNow HCG Diet Lifetime Guide

CONGRATULATIONS!

You are a Success Story in Life Phase! Now what do you do?

Over these past six weeks in Maintenance, you have learned a great deal about how many calories you need in order to maintain your weight. You will have learned how your body responds to various foods. By applying these lessons to Life Phase, you will easily be able to maintain your weight and be able to enjoy a very healthy and satisfying diet.

The rules of Life Phase are quite simple: weigh yourself every day and if you surpass your LDW by more than 2.0 pounds then you must do a steak day that very same day. The rest is easy!

Remember to focus on whole and unprocessed foods. Let's face it... we simply cannot count on the food industry to look after our best interests or our health. That responsibility falls to us. Most processed foods are full of sugar, salt, soy and a host of chemicals that just aren't good for us. Also, when foods are refined/processed most of their nutritional value is stripped away.

Remember to drink plenty of water. Your body is more than 75% water, which is why it's so important to keep it hydrated. An easy rule of thumb for water consumption is to drink half of your body weight, in ounces, per day. Example: if you weigh 160, you should drink 80 ounces of water per day. Remember that caffeinated beverages have a diuretic effect. When indulging in caffeinated coffee, tea etc., make sure to increase your water intake to compensate.

Get plenty of rest and try to manage stress levels. Even when you are eating right and exercising, lack of sleep and too much stress can cause weight gain. It is very important to try to maintain a balance in all aspects of your life.

Make sure that you are eating enough calories and well balanced meals. During maintenance you learned the importance of eating enough calories. This is a lesson you can take with you throughout life. When you don't give your body enough calories to maintain your current weight and activity level, the body WILL go into starvation mode and this can result in gains.

Consider adding regular exercise to your daily routine. "A body in motion tends to STAY in motion" Keep your body moving! Consider a gym membership, check out yoga classes at your community center or get a membership at your local YMCA. Check out your cable TV guide to see if there are exercise programs suited to you and your schedule. If nothing else, take up walking... enjoy some fresh air, sunshine and the sights in your part of the country.

Steak days are a great tool, but, they are not to be used too often. If you find yourself turning to steak days on a regular basis, it's time to look at your daily diet. If need be, contact us and we will help you determine the source of the problem.

If you know you have a "splurge" occasion coming up...Plan Ahead! Either eat clean for a day or two before the event or buy yourself a big steak to have ready the next day....just in case.

Do not allow yourself to slip back into old habits. It takes 21 days to create a new habit, but one day to slip back into old ones. Your new habits are worth maintaining and YOU are worth the effort.

If you are a ThinNow client, you are part of the ThinNow family and have access to our support team. Don't hesitate to contact us if you need assistance. If you feel that your eating habits are starting to slip or if you need help figuring out a sudden need for repeated steak days, call or email us anytime.

Enjoy the new you!



Correcting a Misstep on the HCG Diet Protocol

It can happen to the best of us. Well-meaning family members bring tempting food into our presence and encourage us, “just one bite won’t hurt.” The boss brings in warm, gooey doughnuts. The scale doesn’t move for a few days and suddenly that chocolate bar is looking mighty tempting. We misstep, fall off the wagon, eat off plan... and then we find ourselves asking, “What do I do after I’ve made a misstep on the HCG protocol?”

This section is meant to be a tool to help you navigate through the process after you make a misstep. There is good news and bad news when this happens on the HCG protocol. The good news is that it isn’t a disaster that you can’t recover from. The bad news is that there are generally immediate consequences that you must be aware of and choices you must make to ensure that your remaining time on the HCG protocol leads to successful weight loss and stabilization.

A few notes regarding the nature of missteps while on the HCG protocol

- ◆ The nature of the protocol is that it is a treatment plan for obesity. This is a bit different than your typical diet where a misstep merely sets you back a few days and you can “get back on the wagon” again.
- ◆ There really are no small missteps on the HCG protocol. Simply put, eating anything that is not on the original food list is considered a misstep. Regardless of what you have read online, “planned cheats” are not acceptable and the use of coconut oil or macadamia nuts while on the VLCD is considered as much of a misstep as eating a slice of cheesecake.
- ◆ *Pounds and Inches* is very clear that deviations from the protocol, especially while on the VLCD, have immediate consequences.

From *Pounds and Inches*:

Few patients will take one's word for it that the slightest deviation from the diet has under HCG disastrous results as far as the weight is concerned. This extreme sensitivity has the advantage that the smallest error is immediately detectable at the daily weighing but most patients have to make the experience before they will believe it. – Pages 32/33

Even seemingly insignificant deviations, particularly those that at first sight seem to be an improvement, are very liable to produce most disappointing results and even annul the effect (of the treatment) completely. – Page 24

- ◆ It isn’t just VLCD missteps that can cause trouble with stabilization and long term success – missteps on M1 can have equally significant effects. Sometimes the effects of a mistake are not immediately apparent – perhaps a smaller one on VLCD isn’t met with immediate rapid weight gain, but it causes trouble stabilizing during maintenance. In addition, you can never know how much more weight you would have lost had you stuck to the protocol. Don’t let anyone tell you differently!
- ◆ Going off protocol on the HCG Diet is NEVER worth it.

What can I expect after a misstep?

- ◆ A gain on the scale of a few pounds – even if the misstep was very small. While under the influence of the HCG, your blood volume has adapted to the restricted food intake and eating anything outside of those parameters can cause huge spikes. Don’t expect that eating three potato chips will not have a big consequence – it is entirely possible that a misstep as small as that can induce a gain of a few pounds the next day or shortly thereafter.
- ◆ It may take a little while for your body to recover from the misstep – stalls are very common after a misstep and may last longer than naturally occurring plateaus.



- ◆ After a misstep, you may notice cravings for sugary and starchy foods are increased or that you experience similar “detox” symptoms such as headache, irritability, etc., all over again. All of this is normal and will pass in a few days. The most important thing if you experience these is to push through and not misstep again – another incident will only prolong these symptoms.
- ◆ If the misstep was on M1, you may notice an increase on the scale that puts you more than two pounds over your LDW and a steak day may or may not correct it. If the misstep was missing a steak day, you may find that it is difficult to get back down in to the safe range and that your body may end up stabilizing at a new (higher) weight.
- ◆ You likely will experience some guilt and panic. Stress regarding a misstep often snowballs and the mental aspect of recovering from it is just as important as the physical.

How do I get back “on plan” after a misstep on VLCD?

1. **Forgive and examine:** Admit that you made a mistake and forgive yourself. Release yourself from “feeling bad” and beating yourself up over it. Use this as an opportunity to examine your beliefs about food, and yourself. Why did you misstep – what triggered it? How can you avoid that in the future? Journaling can help with this process.
2. **Get 21 mistake-free days in before moving on:** Pounds and Inches makes it clear that one needs 21 mistake-free days on the VLCD to ensure a proper reset of the hypothalamus. These days do not need to be consecutive. Ensure that you have a total of 21 mistake-free days before moving in to Maintenance.
3. **Recommit and Move Forward:** Recommit to the protocol and your goals. You are worth it! Start back on the VLCD immediately and commit to staying mistake-free for the rest of your round. Stay off the scale for a few days and move forward. You’re going to be just fine.

How do I get back on the road to stabilization after a misstep in M1?

1. **Forgive and examine:** Admit that you made a mistake and forgive yourself. Release yourself from “feeling bad” and beating yourself up over it. Use this as an opportunity to examine your beliefs about food, and yourself. Why did you misstep – what triggered it? How can you avoid that in the future? Journaling can help with this process. Maintenance is a perfect time to solidify new and healthy habits in to your life.
2. **Eat Clean:** Go back to Day 1 of the current week. Continue eating this way until you have completed one full week without a steak day.
3. **Be patient with yourself and your body:** It may take some time and diligence, but you should be able to stabilize your weight if you commit to the process. You’re going to do just fine!

Final Thoughts:

As you can see, missteps on the HCG Protocol can have long-lasting consequences and require diligence to correct. The good news is that a single misstep is not going to undo all of the work you have done on the protocol.

If, however, you find yourself going off-protocol over and over again (more than twice in one round), you may want to seriously consider if this treatment plan is the best way for you to reach your weight loss goals. There are other wonderful plans that have more flexibility than the HCG protocol and perhaps at this time they would be a better choice for you and your goals.

You are worth it! Keep on keeping on – success is closer than you think!



HCG Diet VLCD for Vegans and Vegetarians

Breakfast: Tea or coffee in any quantity. Only **one tablespoonful of (cows) milk** (11 calories) allowed per day. **Stevia** (0 calories) is the only sweetener that will not slow weight loss, and Sweetleaf and KAL are the only brands we recommend because there are no additives. Truvia is NOT pure and can slow weight loss.

Lunch & Dinner: Choose **ONE item from each section**, preferably different choices for lunch and dinner.

(1) One serving of Protein:

MRM 100% Natural Whey (all flavors)	Cottage cheese (1/2 cup no fat) – 75 calories
SunWarrior: Raw Vegan (all flavors) or Warrior Blend (all flavors) (Vegan)	One whole egg + 3 egg whites
Jay Robb Whey (all flavors)	Tofu - one serving MUST have between 75-140 calories and between 15-21g protein. It must have less than 5g fat, less than 5g carbohydrates.
Garden of Life Raw Protein (all flavors) (Vegan)	

We discourage the use of the following protein options more than twice a week (these are highly processed, chemically laden foods, some with small amounts of oil & sugars):

Morning Star Farms Grillers-Original flavor only	Beyond Meat Crumbles
Morning Star Farms Sausage Patties – Original flavor	Boca Original Veggie Crumbles
Morning Star Griller Crumbles	Boca Original Vegan Burger

Protein Powder Notes: 1 scoop of protein powder equals one VLCD serving of protein. Other protein powders must be 5 grams of carbs or less per serving and sweetened **only** with Stevia or Xylitol.

(2) One serving of Vegetables:

Choose **ONLY ONE** vegetable per meal, raw or cooked, but **NO MIXING**. Eat vegetables until you're satisfied or until you've reached 500 calories for the day, including at least both portions of protein. The most common serving sizes are listed below. You will also find the calories per ounce if you prefer to weigh your vegetables.

Lettuce – any(2 cups raw = 15 cal or 4 cal/oz)	Chard (2 cups raw = 14 cal or 5 cal/oz)
Spinach(3 cups raw = 21 cal or 6 cal/oz)	Onions(1 cup raw = 64 cal or 11 cal/oz)
Asparagus(2 cups raw = 54 cal or 6 cal/oz)	Beet Greens (2 cups raw = 16 cal or 6 cal/oz)
Cabbage(2 cups raw = 44 cal or 7 cal/oz)	Radishes (2 cups raw = 40 cal or 4 cal/oz)
Tomatoes (1 cup cherry = 18 cal or 5 cal/oz)	Celery (2 cups raw = 32 cal or 4 cal/oz)
Tomato (1 med = 22 cal or 5 cal/oz)	Fennel (1.5 cups raw = 40 cal or 9 cal/oz)
Cucumbers(2 cups = 32 cal or 3 cal/oz)	Chicory (2 cups raw = 15 cal or 6 cal/oz)

(3) One of the following fruits: Two servings allowed per day, not at the same meal, 4-6 hours apart.

Apple(1 medium/3" diameter) – 95 cal	Grapefruit (1/2 medium) – 52 cal
Orange(1 medium/3" diameter) – 70 cal	Strawberries (10 1½-inch) – 40 cal

(4) One grissini breadstick or one melba toast.

Beverages: Spring water, mineral water, tea, and coffee in any quantity at any time. **Drink no less than 75 ounces of water per day**, but aim for one-half your current weight in ounces of water per day.



The **juice of one lemon** (12 calories) is allowed per day. **Seasonings** are allowed except pre-mixed spices as they often contain sugar. You can have **Bragg's Liquid Amino Acids, mustard** (water, mustard seed, vinegar, and turmeric), **Frank's Original Hot sauce**, and **Spry Xylitol gum or mints** (1.2 calories each).

No substitutions for ANY of the foods. Per Dr. Simeons, any food may be eliminated due to lack of hunger. If you aren't able to eat all 500 calories in a day, first cut out the melba toast/grissini and/or one or more servings of fruit. **It is important to eat two 3.5-ounce servings of protein daily.**

Beverages: Plain spring water, mineral water, tea and coffee in any quantity at any time. Chicken, beef, fish, or vegetable broth (about 15 calories per cup) must be homemade w/VLCD veggies OR a sugar-free canned variety, but watch your sodium and check ingredients. **Drink 75 to 100 ounces of water per day.**

The **juice of one lemon** (12 calories) is allowed per day. **Seasonings** are allowed except pre-mixed spices as they often contain sugar. You can have **Bragg's Liquid Amino Acids, mustard** (water, mustard seed, vinegar, turmeric), **Frank's Original Hot sauce**, and **Spry Xylitol gum or mints** (1.2 calories each).

No substitutions for ANY of the foods. Per Dr. Simeons, any food may be eliminated due to lack of hunger. If you aren't able to eat all 500 calories in a day, first cut out the melba toast/grissini and/or one or more servings of fruit. **It is important to eat your two 3.5-ounce servings of protein daily.**

Good to Know:

- You can break up lunch and dinner into smaller meals, but no meal can have more than four items. The fruits should be eaten at least six hours apart. If you can't eat all of the foods in one day, you can skip the fruit or Melba toast, but don't skip protein or veggies.
- Exercise is NOT required on the protocol. You should not start NEW forms of exercise during VLCD, although non-strenuous movement (walking, yoga, stretching) for up to an hour a day has shown to be fine. If you have been regularly exercising, you may continue unless you find that you don't have the stamina to work out at the same pace. At that point, we suggest you cut back on the duration and intensity of your routine.
- You must drink a minimum of two liters of water each day. If you drink caffeinated coffee or tea or if you exercise, you must increase your water intake to make up for the dehydration.
- Avoid personal care products that contain food oils. (See the [VLCD Personal Care Products Selection Guide](#)) This includes getting massages or facials, getting your hair colored, and using ointments for skin or other ailments.
- Medicines and vitamins are not necessary during VLCD, and some products may slow your losses. If you feel you MUST take supplements, do ensure that they contain no sugar or starch. Avoid laxatives, diet pills, diuretics, cortisone, cough syrups/drops and over-the-counter meds. Take your prescription medications, including oral contraceptives. Aspirin is the only allowed non-prescribed pain reliever. Steroids, hormones, and antibiotics may stall weight loss in some cases, so only take them if required by your doctor.

Ending the HCG Diet VLCD Phase

After your last dose of HCG in VLCD, whether you're at 21 days up to 55 days, you must stay on VLCD for 72 more hours. This allows time for all of the HCG to leave your body before you start adding foods to your diet. Without these three days, you would start gaining weight on your first day of Maintenance! If you get extremely hungry on the third day, you can increase your portions of protein and vegetables, but stick with the VLCD food list

Your weight on the morning of your last day of HCG drops is your LDW (Last Drops Weight). This is the new weight that you will aim to stay near during the next six weeks of Maintenance. (See the [Maintenance Guide](#))



HCG Diet VLCD Meal Plans

Day 1

<i>Breakfast</i>	Coffee, tea, water
<i>Lunch</i>	3.5 oz. poached flounder & steamed asparagus
<i>Dinner</i>	Florida Chicken Fillets Lettuce salad
<i>Snack</i>	Breadstick/melba toast Apple
<i>Beverage</i>	1/2 your body weight in ounces up to 100 oz.

Day 2

<i>Breakfast</i>	Coffee, tea, or water
<i>Lunch</i>	Super Strawberry Spinach Salad & omelet (1 whole egg + 3 whites) Breadstick/melba toast
<i>Dinner</i>	3.5 oz. lean roast beef with a medium tomato
<i>Snack</i>	Breadstick/melba toast 1 orange
<i>Beverage</i>	1/2 your body weight in ounces up to 100 oz.

Day 3

<i>Breakfast</i>	Coffee, tea, or water
<i>Lunch</i>	Grilled chicken breast with cucumbers
<i>Dinner</i>	Sole with Strawberry Mint Salsa Steamed asparagus
<i>Snack</i>	Medium apple Breadstick/melba toast
<i>Beverage</i>	1/2 your body weight in ounces up to 100 oz.

Day 4

<i>Breakfast</i>	Coffee, tea, or water
<i>Lunch</i>	3.5 oz. boiled shrimp Cucumber and orange slices
<i>Dinner</i>	3.5 oz. lean ground beef with grilled onions Breadstick/melba toast
<i>Snack</i>	Breadstick/melba toast Apple
<i>Beverage</i>	1/2 your body weight in ounces up to 100 oz.

Day 5

<i>Breakfast</i>	Coffee, tea, or water
<i>Lunch</i>	Spicy Shrimp Curried Coconut Soup Lettuce salad Breadstick/melba toast
<i>Dinner</i>	3.5 oz. Baked chicken with radishes Cinnamon Baked Apple
<i>Snack</i>	Breadstick/melba toast Strawberries
<i>Beverage</i>	1/2 your body weight in ounces up to 100 oz.



HCG Diet VLCD Recipes



All Natural Root Beer

Add 4 to 6 drops Capella Root Beer flavor drops to 8 oz (1 cup) sparkling water, such as Perrier. Sweeten to taste with clear Stevia. Stir, add ice, and enjoy.

Variation: Root Beer Float: Add 4 to 6 Sweetleaf Stevia Vanilla Crème drops



Blueberry Iced Green Tea

Add 3 drops Capella Blueberry flavor drops to 8 oz (1 cup) plain green tea. Sweeten to taste with clear Stevia drops, pour over ice, and enjoy.



Cinnamon French Toast Super Shake

- ◆ 3/4 cup purified water, well chilled
- ◆ 1 level scoop (28g) whey protein powder
- ◆ 4 drops Capella French Toast flavor drops
- ◆ 8 drops Sweetleaf Stevia Cinnamon flavor drops
- ◆ 3 or 4 drops plain Stevia, or more to taste

Combine the water, whey, and flavor drops in a small bowl or combine in a shaker until smooth. Sweeten to taste with plain Stevia. Pour over ice. and enjoy.



Japanese Ginger Soy Dressing

Delicious Asian flavors combine in this terrific recipe that's great as a salad dressing, marinade, or sauce.

- ◆ 2 garlic cloves, minced
- ◆ 2 teaspoons minced fresh ginger
- ◆ 1/4 teaspoon powdered mustard
- ◆ Juice of 1/2 lemon
- ◆ 2 Tablespoons apple cider vinegar
- ◆ 6 drops Stevia Apricot Nectar flavor drops
- ◆ 8 drops KAL Pure Stevia
- ◆ 1/2 cup broth or water
- ◆ 1/3 cup Bragg's liquid aminos
- ◆ Salt and pepper to taste

In a small bowl whisk together the garlic, ginger, mustard and lemon juice. In another bowl combine remaining ingredients and slowly whisk into garlic mixture. Taste for seasoning and store in an airtight container in the refrigerator for up to 1 week.

Makes about 1 cup



Milk Chocolate Toffee Hazelnut Latte

Add 3 drops Capella Milk Chocolate Toffee flavor drops and 8 to 10 Sweetleaf Stevia Hazelnut flavor drops to 8 oz (1 cup) hot coffee. Stir in 1 tablespoon milk, sweeten to taste with clear Stevia, and enjoy.



Hot Spiced Apple Cider

Add 3 drops Capella Hot Cinnamon Candy flavor drops to 8 oz (1 cup) hot brewed apple-flavored herbal tea. Sweeten to taste with clear Stevia drops, stir well, and garnish with an apple slice.



Quick Chocolate Caramel Shake

- ◆ 3/4 cup purified water, well chilled
- ◆ 1 level scoop (28g) whey protein powder
- ◆ 10 to 12 drops Sweetleaf Stevia Chocolate drops
- ◆ 4 drops Capella Caramel drops
- ◆ Plain Stevia drops to taste.

In a small bowl whisk together the water and protein powder. Stir in the Chocolate and Caramel drops. Sweeten to taste with plain Stevia drops, pour into an 8 oz drinking glass, and enjoy.



Basic Chicken Broth

Using pre-weighed boneless, skinless chicken breasts will eliminate any need for straining fat.

- ◆ Four 3.5 ounce boneless, skinless chicken breasts
 - ◆ 1/2 large onion, roughly chopped
 - ◆ 1 large celery stalk with leaves, roughly chopped
 - ◆ 1 garlic clove, roughly chopped
 - ◆ Small handful parsley sprigs
 - ◆ 1 thyme sprig
 - ◆ 1 bay leaf
 - ◆ 8 cups water
 - ◆ Salt and pepper to taste
1. Place all ingredients in a large soup pot and bring just to a boil over high heat.
 2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours.
 3. Remove chicken breasts with tongs and set aside.
 4. Strain broth, discard vegetables and sprigs and keep refrigerated or frozen.

Makes about 4 cups.





Vanilla Caramel Custard Super Shake

- ◆ 3/4 cup purified water, well chilled
- ◆ 1 level scoop (28g) whey protein powder
- ◆ 4 drops Capella Caramel flavor drops
- ◆ 4 drops Capella Vanilla Custard flavor drops
- ◆ 8 drops plain Stevia, or more to taste

Combine the water, whey, and flavor drops in a small bowl or combine in a shaker until smooth. Sweeten to taste with plain Stevia, pour over ice, and enjoy.



Iced Chocolate Hazelnut Cappuccino

- ◆ 3 to 4 oz. purified water
- ◆ 1 packet (25.5g) MRM Dutch Chocolate Whey Protein
- ◆ 3 drops Capella Hazelnut flavor drops
- ◆ 3 drops Capella Cappuccino flavor drops
- ◆ 5 to 6 drops plain Stevia

Whisk together the water, whey, and flavor drops in a small bowl or combine in a shaker until smooth. Add Stevia to taste, pour over ice, and enjoy.



Quick Chinese Orange Beef

Fast and easy to make, this tasty beef dish gets a double dose of intense orange from Stevia and orange zest and a delightful zing from red pepper flakes.

- ◆ 3.5 oz (100g) lean beef, such as tenderloin, sliced thin
- ◆ 1/2 teaspoon onion flakes
- ◆ 2 cups thinly sliced Napa (Chinese) cabbage
- ◆ 1/2 cup Basic Beef Broth (see page xx)
- ◆ 1 Tablespoons Braggs liquid aminos
- ◆ Juice of 1/2 orange
- ◆ 1/2 teaspoon orange zest
- ◆ 8 drops Stevia Valencia Orange flavor drops
- ◆ Dash red pepper flakes
- ◆ Salt and pepper to taste (sparingly)
- ◆ Segments from 1/2 orange, for garnish

1. Heat a nonstick skillet over medium-high heat. Season the beef with salt, pepper, and onion flakes, add to the skillet, and cook, stirring often, until slightly browned but not cooked through. Transfer to a clean plate.
2. Add the cabbage to the skillet, season with salt and pepper, and cook, stirring, for 3 minutes.
3. Combine the remaining ingredients except the orange segments in a small bowl and pour into the skillet with the cabbage. Return the beef to the skillet, stir well, reduce heat to low, cover and cook until vegetables are crisp tender and beef is cooked to desired doneness, about 3 minutes.
4. Taste for the addition of salt and pepper, transfer to a serving dish, and garnish with the orange segments.

Makes one serving. Each serving has 300 calories
(1 protein, 1 vegetable, 1 fruit)



Basic Vegetable Broth

One of the best ways to make a flavorful vegetable broth is with saved vegetable trimmings from your cooking, adding enough water to cover. If trimmings are not on hand, follow this easy recipe.

- ◆ 1 large onion, roughly chopped
- ◆ 2 large celery stalks with leaves, roughly chopped
- ◆ 1 large tomato, roughly chopped
- ◆ 1 cup sliced white cabbage
- ◆ 1 cup roughly chopped greens such as chard, beet tops or spinach
- ◆ 4 garlic cloves, roughly chopped
- ◆ Large handful parsley sprigs
- ◆ 2 sprigs thyme
- ◆ 2 bay leaves
- ◆ 1 teaspoon each dried basil and marjoram
- ◆ 1/2 teaspoon paprika
- ◆ 8 cups water
- ◆ Salt and pepper to taste

1. Place all ingredients in a large soup pot and bring just to a boil over high heat.
2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours.
3. Strain broth, discard vegetables and sprigs and keep refrigerated or frozen.

Makes about 4 cups.




 **Strawberry Fudge Brownie**

Two great flavors come together thanks to Capella and Stevia in this tasty treat that's almost as good as the real thing.

- ◆ 5 strawberries, stemmed and roughly chopped
 - ◆ 2 Melba toast, finely crumbled
 - ◆ 8 drops Capella Chocolate Fudge Brownie flavor drops
 - ◆ 4-6 drops clear Stevia, or more to taste
1. In a small bowl, stir together all the ingredients and taste for flavor and sweetness.
 2. Press the mixture into a small dish and cover with plastic wrap. Allow to chill in the refrigerator for at least 2 hours. Cut into pieces and serve.

Makes two servings. Each serving has 35 calories.
(1/4 fruit, 1 Melba)

 **Warm Caramel Apple with Vanilla Sauce**

Apples and caramel are always make for a winning team and here, a touch of delicious vanilla sauce really takes this treat over the top.

- ◆ 1 firm apple, such as Gala or Golden Delicious
 - ◆ 1/4 cup purified water
 - ◆ 5 drops Capella Caramel flavor drops
 - ◆ 4 drops plain Stevia or more to taste
 - ◆ Dash of ground cinnamon
 - ◆ Dash of ground nutmeg
 - ◆ 1 tablespoon milk
 - ◆ 5 drops Stevia Vanilla Crème flavor drops
1. Stem, core, and dice the apple into 1/2-inch cubes and place in a small saucepan.
 2. Combine the water, Caramel and plain Stevia drops in a measuring cup and pour over the apples. Stir in the cinnamon and nutmeg.
 3. Cook over medium heat, stirring often, until apples are softened, but still firm. Meanwhile combine the milk with the Stevia Vanilla drops.
 4. Remove apples from heat, cool slightly, then transfer to a dish and serve warm with the vanilla sauce spooned over.


Makes one serving. Each serving has 100 calories
(1 fruit, 1 milk)

 **Amaretto Baked Fish with Orange Zest**

Any firm white-fleshed fish fillet will do in this delicious amaretto flavored entrée with "mock" almonds and a hint of orange.

- ◆ 3.5 oz (100 g) firm white-fleshed fish
 - ◆ Juice of 1/2 orange
 - ◆ 1 Tablespoon milk
 - ◆ 5 drops Capella Amaretto drops
 - ◆ 3 drops KAL Pure Stevia
 - ◆ Salt and pepper to taste
 - ◆ For the topping:
 - ◆ 1 Melba toast, broken into small pieces
 - ◆ 1/2 teaspoon grated orange zest
 - ◆ 1/2 orange, peeled, seeded and roughly chopped
 - ◆ 3 drops Capella Amaretto drops
 - ◆ Pinch of salt
 - ◆ 1 teaspoon finely chopped parsley for garnish
1. Preheat the oven to 375 degrees F. Line a rimmed baking sheet with foil. Place the fish in the middle of the pan.
 2. In a small bowl combine the orange juice, milk, Capella drops and Stevia drops and pour over the fish. Season with salt and pepper.
 3. In another small bowl combine the topping ingredients and sprinkle over the fish. Bake until the fish flakes with a fork and the topping is lightly golden, about 15 minutes. Sprinkle with the parsley and serve immediately.

Makes one serving. Each serving has 195 calories
(1 protein, 1 fruit, 1 Melba, 1 milk)

 **Lemon Egg Drop Soup**

This tangy Greek inspired soup uses eggs as your protein resulting in a light and soothing soup that's perfect for lunch. If you choose to add the spinach, it will count towards one vegetable per serving.

- ◆ 4 cups Basic Chicken Broth
 - ◆ 4 large eggs (use 1 whole egg and 3 egg whites)
 - ◆ Juice of 1 lemon
 - ◆ 4 drops Stevia Lemon Drop flavor drops
 - ◆ 4 cups baby spinach (optional)
 - ◆ Salt and pepper to taste
 - ◆ 1 Tablespoon finely chopped parsley leaves
1. Place broth in a medium saucepan and bring to a simmer over medium heat.
 2. In a small bowl whisk together the eggs, lemon juice, and Stevia drops. Slowly whisk in 1 cup of hot broth and transfer bowl contents to the saucepan.
 3. Add spinach, if using, and continue cooking over low heat for 5 to 8 minutes, stirring often.
 4. Just before serving, season to taste with salt and pepper, and stir in the parsley.

Makes 2 servings. Each serving has 125 calories
(1/2 protein, 1/2 vegetable, 1 lemon)





Veal Scaloppini with Mock Marsala Sauce

This simply prepared take on a popular veal entrée will delight your taste buds with its heavenly sauce.

- ◆ 3.5 oz (100g) veal scaloppini, pounded thin
 - ◆ Salt and pepper to taste
 - ◆ 1/2 cup Basic Beef Broth (see page xx)
 - ◆ 1 Tablespoon milk
 - ◆ 6 drops Capella Vanilla Custard flavor drops
 - ◆ 4 drops Stevia Lemon Drop flavor drops
 - ◆ 1 teaspoon chopped fresh parsley
1. Heat a nonstick skillet over medium-high heat. Season the veal with salt and pepper and cook quickly without browning, about 1 minute per side. Transfer to a plate.
 2. Add the remaining ingredients except the parsley to the skillet and bring to a simmer. Return the veal with its juices to the pan and cook at a simmer, occasionally turning the scaloppini over to absorb the sauce, until no longer pink, 2 to 3 minutes.
 3. Transfer the veal with the sauce to a clean plate, sprinkle with the parsley, and serve immediately.

Makes one serving. Each serving has 145 calories
(1 protein, 1 milk)



Spicy Coconut Ceviche

Any type of firm white-fleshed fish will work nicely in this delicious popular Spanish cold fish salad.

- ◆ 3.5 oz (100 g) Chilean sea bass, lightly steamed and cooled
 - ◆ 1 cup thinly sliced onion
 - ◆ Juice of 1 lemon
 - ◆ Dash of Frank's Hot Sauce, or more to taste
 - ◆ 6 drops Capella Coconut flavor drops
 - ◆ 5 drops KAL Pure Stevia
 - ◆ 1/4 teaspoon dried oregano
 - ◆ Salt and pepper to taste
 - ◆ 2 teaspoons chopped parsley leaves
 - ◆ 1 teaspoon chopped cilantro leaves
1. Carefully break the steamed fish into bite-size pieces and place in a glass bowl. Add the sliced onions and gently toss together.
 2. In a small bowl whisk together the lemon juice, hot sauce, Capella and Stevia drops, oregano, salt, and pepper. Pour over the fish mixture, use spatula to gently coat, and refrigerate for 1 to 2 hours.
 3. Just before serving, stir in parsley and cilantro

Makes one serving. Each serving has 180 calories
(1 protein, 1 vegetable, 1 lemon)



Greek Cinnamon Chicken

Fabulous flavors abound in this quickly prepared chicken stew with aromatic hints of the Mediterranean.

- ◆ 7 oz (200 g) boneless chicken breast, cut into bite-size pieces
 - ◆ Salt and pepper to taste
 - ◆ 2 medium tomatoes, cored, seeded and diced
 - ◆ 2 garlic cloves, minced
 - ◆ 1 cup Basic Chicken Broth (see recipe above)
 - ◆ 5 drops Capella Hot Cinnamon Candy
 - ◆ Dash ground cinnamon
 - ◆ 1/4 teaspoon turmeric
1. Heat a nonstick skillet over medium-high heat. Season the chicken pieces with salt and pepper and lightly fry in the skillet until no longer pink on the outside, about 2 minutes. Add the tomatoes and garlic, stir to combine, and continue cooking for 2 minutes more.
 2. Add the remaining ingredients, bring to a simmer, reduce to low and cook covered until the chicken is cooked through and the sauce has thickened, about 15 minutes.
 3. Taste for seasoning and serve immediately.

Makes two servings. Each serving has 150 calories
(1 protein, 1 vegetable)



Italian Herbed Stewed Tomatoes

Delicious as a side for beef, chicken, or fish, this classic vegetable dish is livened up with the fresh flavor of herbs and garlic.

- ◆ 2 medium tomatoes, cored and diced
 - ◆ 1/4 cup Basic Chicken Broth (see recipe above)
 - ◆ 6 drops Stevia Grape flavor drops
 - ◆ 3 drops Stevia Lemon Drop flavor drops
 - ◆ 2 garlic cloves, minced
 - ◆ 1/4 teaspoon minced onion flakes
 - ◆ Salt and pepper to taste
 - ◆ Pinch dried oregano
 - ◆ 1 teaspoon each finely chopped fresh parsley, basil, and marjoram
1. Place the tomatoes in a medium saucepan. In a small bowl combine the broth and Stevia drops, and pour over the tomatoes. Add the garlic, onion, flakes, salt, pepper, and oregano, bring to a simmer, and allow to cook, stirring often, until the tomatoes begin to break down but still hold their shape, 10 to 12 minutes.
 2. Add the chopped fresh herbs, stir well to combine, and cook a further 2 minutes on low. Serve immediately.

Makes two servings. Each serving has 40 calories
(1 vegetable)





Crunchy Curried Chicken Salad

Mild curry flavors and sweet apple bring out the best in this delicious main course chicken salad that's sure to delight.

- ◆ 3.5 oz (100 g) cooked chicken breast, diced
- ◆ 2 Tablespoons Basic Chicken Broth
- ◆ 1 Tablespoon milk
- ◆ 1/4 teaspoon mild curry powder
- ◆ 4 drops Capella Amaretto flavor drops
- ◆ 4 drops KAL Pure Stevia
- ◆ Salt and pepper to taste
- ◆ 1 cup diced celery
- ◆ 1 medium apple, cored and diced

1. Place the chicken in a medium bowl. In a small bowl whisk together the broth, milk, curry powder, Capella and Stevia drops, salt, and pepper. Pour over the chicken, toss to coat, and set aside for 20 minutes.
2. Fold in the celery and apple, and serve immediately.

*Makes one serving. Each serving has 225 calories
(1 protein, 1/2 vegetable, 1 fruit, 1 milk)*



Chicken & Spinach Meatloaf

Moist and delicious this terrific meatloaf is hearty and satisfying with a touch of garlic and a hint of sweet apricot.

- ◆ 6 cups baby spinach leaves
- ◆ 2 garlic cloves, minced
- ◆ Salt and pepper to taste
- ◆ 14 oz (400 g) ground chicken breast
- ◆ 1/2 teaspoon dry mustard
- ◆ 1 teaspoon onion flakes
- ◆ 2 breadsticks, crushed into crumbs
- ◆ 1/4 cup Basic Chicken Broth (see recipe above)
- ◆ 1 Tablespoon Braggs liquid aminos
- ◆ 10 drops Stevia Apricot Nectar flavor drops

1. In a nonstick skillet over medium high heat, cook the spinach and garlic with a little water until wilted. Season with salt and pepper and set aside to cool.
2. Preheat the oven to 350 degrees F.
3. Transfer the spinach mixture to a cutting board and chop coarsely. Place in a large mixing bowl with the ground chicken, mustard, onion flakes, and breadstick crumbs and mix well with your hands. In a small bowl combine the broth, liquid aminos and Stevia, add to the chicken mixture, stirring well to combine.
4. Transfer to a nonstick loaf pan and pat down firmly and evenly. Cover with foil and bake until the internal temperature is 165 degrees F, about 40 minutes. Remove from the oven and rest for 5 minutes before slicing and serving.

*Makes 4 servings. Each serving has 130 calories
(1 protein, 1/2 vegetable, 1/2 breadstick) (1/2 vegetable)*



Oven Roasted Fennel with Fresh Herbs

Fennel is just as delicious if not more so when cooked rather than raw, and here it gets extra flavor from roasting and finishing with herbs and citrus.

- ◆ 1 medium fennel bulb, tough stems removed, fronds reserved
- ◆ 1/2 to 1 cup Basic Chicken Broth (see recipe above)
- ◆ Salt and pepper to taste
- ◆ Juice of 1/2 lemon
- ◆ Juice of 1/2 orange
- ◆ 4 drops each Stevia Lemon Drop and Valencia Orange flavor drops
- ◆ 1 teaspoon each finely chopped fresh mint, parsley, and basil

1. Preheat the oven to 375 degrees F.
2. Slice the fennel bulb into 1/4-inch thick pieces, cutting downward from the top. Cut out the tough stem area, but keep the slices intact.
3. Place the fennel in a single layer on a nonstick baking sheet with a rim. Pour 1/2 cup of the broth over, season with salt and pepper, and roast in the oven, turning occasionally, until the fennel is crisp tender and slightly golden around the edges, 25 to 30 minutes. Add a bit more broth if needed to prevent sticking.
4. Meanwhile, in a small bowl combine the lemon and orange juice, Stevia drops, and chopped herbs. When the fennel is cooked, transfer with a spatula to a serving dish and pour the prepared citrus herb dressing over. Serve immediately.

*Makes one serving. Each serving has 100 calories
(1 vegetable, 1/2 fruit, 1/2 lemon)*



Zesty Steak Sauce

When a juicy, lean steak is on the menu, dazzle your taste buds with this perfect dipping sauce on the side. Great with grilled chicken too.

- ◆ 2 tomatoes, cored, seeded, and chopped
- ◆ 2 Tablespoons apple cider vinegar
- ◆ 2 Tablespoons Braggs liquid aminos
- ◆ 8 drops Capella Raspberry flavor drops
- ◆ 15 drops KAL Pure Stevia
- ◆ 1/2 teaspoon each garlic and onion powder
- ◆ Frank's Hot Sauce to taste
- ◆ Salt and pepper to taste

1. Combine all ingredients in medium saucepan and cook over medium-low heat, stirring until thick.
2. Using a handheld immersion blender or a regular blender, puree sauce until smooth. Set aside to cool.
3. Taste for the addition of salt or Stevia, transfer to an airtight container, and refrigerate up to 1 week.

*Makes four servings. Each serving has 35 calories
(1/2 vegetable)*



 **Apricot Soy Glazed Shrimp**

Sweet apricot flavored Stevia is just the ticket for this super flavorful skewered shrimp dish that's sure to satisfy.

For the Glaze:

- ◆ 1/2 cup strongly brewed apricot-flavored herbal tea
 - ◆ 10 drops Stevia Apricot Nectar drops
 - ◆ 5 drops KAL Pure Stevia, or more to taste
 - ◆ 1/3 cup Braggs liquid amino acids
 - ◆ 1 garlic clove, minced
 - ◆ 1 Tablespoon finely chopped fresh ginger
1. Make the glaze by combining all the ingredients in a small saucepan and simmering until slightly reduced and thickened, about 5 minutes. Set aside.
 2. Thread the shrimp on bamboo or metal skewers. Prepare an indoor or outdoor grill with a nonstick rack.
 3. Grill the shrimp, while brushing frequently with the glaze, until pink, about 2 minutes per side. Transfer skewers to a serving plate. Boil remaining glaze for 1 minute and pour over cooked shrimp. Serve immediately.

Makes one serving. Each serving has 120 calories (1 protein)

 **Basic Beef Broth**

Look for beef round cubes and trim off visible fat.

- ◆ 14 oz. bottom round roast or beef round cubes
 - ◆ 1/2 large onion, roughly chopped
 - ◆ 1 large celery stalk with leaves, roughly chopped
 - ◆ 1 medium tomato, roughly chopped
 - ◆ 2 garlic cloves, roughly chopped
 - ◆ 1 3-inch sprig rosemary
 - ◆ 4 sprigs parsley
 - ◆ 1 sprig thyme
 - ◆ 1 bay leaf
 - ◆ 8 cups water
 - ◆ 1 Tablespoon Braggs liquid amino acids
 - ◆ Salt and pepper to taste
1. Place all ingredients in a large soup pot and bring just to a boil over high heat.
 2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours.
 3. Remove beef pieces with tongs and set aside.
 4. Strain broth, discard vegetables and keep refrigerated or frozen.

Makes about 4 cups.

 **Sole w/ Strawberry Mint Salsa**

- ◆ 3.5 oz (100 g) Sole fillet or other white fleshed fish
 - ◆ Salt and pepper to taste
 - ◆ 1 Tablespoon finely chopped fresh mint
 - ◆ Juice of half a lemon
 - ◆ 2 Tablespoons organic red wine vinegar or apple cider vinegar
 - ◆ 4 drops Capella Cool Mint
 - ◆ 8 drops Stevia Berry
 - ◆ 10 medium strawberries, stemmed and diced
1. Preheat an oven broiler to high. Line a baking sheet with foil and place fish in middle. Season with salt and pepper.
 2. In a small bowl combine the chopped mint, lemon juice, vinegar, and Capella and Stevia drops. Add the strawberries, toss to coat and set aside.
 3. Broil the fish until cooked and just flaking, about 5 minutes.
 4. Transfer to a plate, spoon the strawberry salsa over, and serve immediately.

Makes one serving; each serving has 130 calories. (1 protein, 1 fruit, 1/2 lemon)

 **Florida Chicken Fillets**

- ◆ 3.5 oz (100g) chicken breast fillets
 - ◆ Salt and pepper to taste
 - ◆ 1/2 grapefruit, seeds removed and roughly chopped, juice reserved
 - ◆ 1/4 cup water
 - ◆ 8 drops Stevia Valencia Orange
 - ◆ 1 teaspoon finely chopped parsley leaves
1. Heat a nonstick skillet over medium-high heat. Season the fillets with salt and pepper, add to the skillet, and cook, browning slightly, about 3 minutes per side.
 2. Meanwhile, combine the reserved grapefruit juice, water, and Stevia in a small bowl. Stir in the chopped grapefruit.
 3. Add the grapefruit mixture to the pan, stir to coat the fillets, cover, and continue to cook over low heat for 3 to 5 minutes.
 4. Transfer the cooked fillets and grapefruit sauce to a serving dish, sprinkle with the parsley, and serve immediately.

Makes one serving; each serving has 165 calories. (1 protein, 1 fruit)





Spicy Shrimp Curried Coconut Soup

- ◆ 7-ounces raw medium or large shrimp, shelled, tailed, and deveined
 - ◆ 1 1/2 teaspoons hot curry powder
 - ◆ Dash of hot paprika
 - ◆ Salt and pepper to taste
 - ◆ 3 cups Basic Fish Broth
 - ◆ 1 cup water
 - ◆ 1 teaspoon peeled and finely chopped fresh ginger
 - ◆ 15 drops Capella Coconut
 - ◆ 1/8 teaspoon plain liquid Stevia
 - ◆ 2 Tablespoons milk
 - ◆ 2 teaspoons chopped fresh cilantro leaves
 - ◆ Dash Frank's hot sauce (optional)
1. Roughly chop the shrimp and place in a medium mixing bowl. Toss with 1/2 teaspoon of the curry powder, the paprika, salt, and pepper, and set aside.
 2. Combine the remaining curry powder, broth, water, ginger, Capella drops, and Stevia in a large saucepan. Bring to a boil over high heat then reduce to a simmer, stirring occasionally, and cook for 5 minutes.
 3. Add the seasoned shrimp, stir well, and continue to cook at a low simmer until the shrimp is pink, about 4 minutes.
 4. Stir in the milk and cilantro and taste for the addition of salt and pepper.
 5. Serve with a dash of Frank's hot sauce, if using.

Makes 2 servings; each serving has 125 calories. (1 protein, 1 milk)



Basic Fish Broth

- ◆ Shells and tails from 1 pound raw shrimp
 - ◆ 1/2 small onion, chopped
 - ◆ 1 medium celery stalk with leaves, chopped
 - ◆ 1/4 fennel bulb with fronds, chopped
 - ◆ Small handful parsley sprigs
 - ◆ Small handful dill sprigs
 - ◆ 1 bay leaf
 - ◆ 5 cups water
 - ◆ Salt and pepper to taste
1. Place all ingredients in a medium soup pot and bring just to a boil over high heat.
 2. Reduce heat to a very low simmer and cook, covered with a lid, for 1 hour.
 3. Strain broth and keep refrigerated or frozen if not using immediately.

Makes about 3 cups



Super Strawberry Spinach Salad

- ◆ 3 cups fresh baby spinach
 - ◆ 10 strawberries, stemmed and thinly sliced
 - ◆ 1/3 cup organic red wine vinegar
 - ◆ 6 drops Stevia Berry
 - ◆ 4 drops Capella Sweet Strawberry
 - ◆ Salt and pepper to taste
1. Combine the spinach and strawberries in a salad bowl.
 2. In a small bowl, whisk together the vinegar and Stevia and Capella flavor drops. Pour over the salad and toss well to coat. Season with salt and pepper, and serve immediately.

Makes one serving; each serving has 55 calories. (1 vegetable, 1 fruit)



Super Vanilla Cream Soda

- ◆ Add 5 drops Capella French Vanilla and 8 drops Clear Stevia to 8 oz. (1 cup) sparkling water, such as Perrier. Stir well, add ice, or blend with ice as a slushy, and enjoy.



Cinnamon Baked Apple

- ◆ 1 firm apple, such as Gala or Golden Delicious
 - ◆ Dash of ground cinnamon
 - ◆ 1/2 cup Super Vanilla Cream Soda
 - ◆ 1 teaspoon crushed Apple Crisp snacks
1. Preheat oven to 375 degrees F.
 2. Stem and core apple using a melon-baller or grapefruit knife and place in a small baking dish.
 3. Sprinkle the cinnamon on top and pour the soda inside and around the apple.
 4. Bake until fork tender but still firm, about 40 minutes.
 5. Just before serving, sprinkle with the crushed apple crisp snacks.

Makes one serving; each serving has 95 calories. (1 fruit)



HCG Diet Maintenance 1 Meal Plans

M1 Week 1 **Approximate calories – 1545 / Approximate protein – 117.6**

Breakfast:	2 large eggs cooked in olive/coconut oil, 1 plum
Mid-morning snack:	Whey protein shake (2 scoops) w/1/2 cup mixed berries & 1 tbsp Coconut oil
Lunch:	Grilled chicken (4 oz) on a salad of greens, bell pepper, onions, tomato and avocado, topped with sugar-free salsa or pico de gallo.
Mid-afternoon snack:	One serving unseasoned pork rinds w/diced tomato & avocado dip
Dinner:	Salmon drizzled w/olive oil, 1 cup green beans, salad w/oil & vinegar dressing.
Evening snack:	1 orange

M1 Week 2 **Approximate calories – 1560 / Approximate protein – 111.6**

Breakfast:	2 large eggs, 4 slices bacon
Mid-morning snack:	1 cup cottage cheese (full fat) w/1 whole mandarin orange
Lunch:	Hamburger patty (4 oz) topped with 1 tomato, chopped onion and mustard, green salad w/olive oil & vinegar dressing
Mid-afternoon snack:	Whey protein shake (1 scoop), ½ cup mixed berries, 1 tbsp coconut oil
Dinner:	Filet mignon (3 oz), ½ cup cauliflower, ½ cup green beans
Evening snack:	Apple w/2 tbsp peanut butter

M1 Week 3 **Approximate calories – 1550 / Approximate protein – 106.6**

Breakfast:	2-egg omelet with ½ c each zucchini, onion, chopped tomatoes, 1 tbsp parmesan cheese, 1 oz mozzarella cheese; 1 orange
Mid-morning snack:	Almonds
Lunch:	Grilled fish (4 oz), ½ c onions, ½ c peppers, ½ c mushrooms sautéed in olive oil, 1 c green beans
Mid-afternoon snack:	Whey Protein shake (1 scoop) w/1 cup strawberries & 1 Tbsp coconut oil
Dinner:	Pork loin chop (4 oz), broccoli, salad with olive oil & vinegar
Evening snack:	1 med (3.5 oz) peach w/ ½ c Greek yogurt

Note: The higher your BMR calorie requirement, the higher your protein requirements.

Adding 1 ounce of beef, pork, poultry and fish will add 6-9 grams of protein.

Adding 1 egg will add approximately 7 grams of protein.

Adding 1 scoop will add approximately 18 grams of protein (check the label of your product).



HCG Diet Maintenance 1 Recipes

After sticking to the strict protocol in VLCD, these flavorful ideas for M1 meals will no doubt tickle your taste buds. Be sure to monitor both your “Caution” selections and calorie counts as you progress each week. Although the calorie counts given are as accurate as possible, please consult nutritional labels of specific products when using to be sure. You can find more recipes [on our website](#) under the Diet Information tab.



Tangerine Cinnamon Tea

This soothing hot brew will make you feel cozy while the delicious aromas waft through the house.

- ◆ Juice of 2 tangerines
- ◆ 1 small cinnamon stick
- ◆ 6 drops Stevia Valencia Orange flavor drops
- ◆ 1 teabag, black or orange pekoe
- ◆ 1/2 cup boiling water
- ◆ Clear Stevia to taste
- ◆ 3 drops Stevia Lemon Drop flavor drops

1. In a small saucepan combine fresh tangerine juice, cinnamon, and Stevia drops. Stir well and bring just to a simmer over medium-low heat. Set aside.
2. Steep the tea in the water in a mug for 2 to 3 minutes and remove the bag. Stir in the tangerine mixture, add Stevia to taste, and serve. Makes one serving. Each serving has 60 calories, 0g fat, 0g protein, 10g carbs

M1 Caution Modification: Stir 2 Tablespoons pureed mango into the tangerine mixture when heating.

M1 Caution Modification: Add splash of half and half



Chocolate Raspberry Ice Milk

Dark and decadent cocoa powder provides the intensity in this easy to make frozen dessert.

- ◆ 3 Tablespoons unsweetened cocoa powder
- ◆ 2 cups plain unsweetened almond milk
- ◆ 1/2 teaspoon plain liquid Stevia
- ◆ 3 drops Capella Raspberry flavor drops
- ◆ 1/2 cup roughly chopped fresh raspberries

1. Place the cocoa powder in a medium bowl and slowly whisk in the almond milk until smooth, with no lumps. Stir in the Stevia and taste for sweetness.
2. Pour into an ice cream maker and, following the manufacturer's instructions, churn until thick and creamy. Alternatively, pour the mixture into a 9 x 13-inch metal pan, place in the freezer, and whisk or stir, every 15 minutes, until thick and creamy. Add the raspberries during the final few minutes.
3. Transfer to an airtight container and keep frozen for up to 5 days. Makes four servings. Each serving has 37 calories, 2g fat, 3g protein, 5g carbs.

M1 Caution Modification: Replace half the almond milk with whole milk



Maple Bacon & Egg Scramble

The delicious flavor of maple enhances this delightful scramble that's perfect for a quick morning meal.

- ◆ 2 slices cooked bacon, crumbled (Caution food!)
- ◆ 2 large eggs
- ◆ 1 Tablespoon almond milk
- ◆ 3 to 5 drops Capella French Toast flavor drops
- ◆ 6 drops clear Stevia
- ◆ 1/2 teaspoon olive or coconut oil

1. In a small bowl whisk together the eggs, almond milk and Capella and Stevia drops.
2. Lightly coat the bottom and sides of a medium nonstick skillet with the oil and heat over medium heat. Pour in the egg mixture, add the bacon, and scramble until just set, 1 to 2 minutes. Transfer to a plate and serve. *Makes one serving. Each serving has 212 calories, 15g fat, 16g protein, 0g carbs.*

M1 Caution Modification: Stir in 1 oz diced brie cheese just before serving.



Gingerbread Chai

Soy milk provides the richness, while flavor drops add a unique and delightful flavor to this version of chai made with black tea.

- ◆ 1 cup unsweetened plain almond milk
- ◆ 1 teabag, black or orange pekoe
- ◆ 2 whole cloves
- ◆ 1 cinnamon stick
- ◆ 4 whole black peppercorns
- ◆ 10 to 12 drops clear Stevia
- ◆ 4 or 5 drops Capella Gingerbread flavor drops

1. Bring almond milk to a boil in a small saucepan. Remove from heat and stir in teabag, cloves, cinnamon, peppercorns, Capella and Stevia drops.
2. Keep warm and allow to steep for 5 minutes.
3. Strain and serve. *Makes one serving. Each serving has 40 calories, 4g fat, 7g protein, 4g carbs.*

M1 Caution Modification: Replace almond milk with half and half or whole milk





Bloody Salsa Maria

For those who like it hot, here's a deliciously tangy version of a bloody Mary made with salsa.

- ◆ 6 oz tomato juice
- ◆ Juice of 1/2 lime
- ◆ 6 drops Stevia Valencia Orange flavor drops
- ◆ Dash Frank's Hot Sauce
- ◆ 1 Tablespoon prepared salsa, not chunky-style
- ◆ Pinch of celery salt
- ◆ A skewer of fresh vegetables (cherry tomatoes, bell pepper, cucumber and carrot rounds) for garnish.

Combine the drink ingredients in a tumbler; stir well. Add ice and garnish with the fresh vegetable skewer. Makes one serving. Each serving has 60 calories, 0g fat, 0g protein, 10g carbs

M1 Caution Modification: Add 1/4 cup orange juice.



Melted Peppermint Patty

Chocolate and mint are always great partners and here they join up for a wonderful creamy creation made with soymilk and flavorful Capella drops.

- ◆ 1 cup unsweetened plain almond milk
- ◆ 1 1/2 Tablespoons unsweetened cocoa powder
- ◆ 3 to 5 drops Capella Dutch Chocolate Mint
- ◆ 12 or more drops clear Stevia
- ◆ Mint sprig for garnish

Combine all the ingredients, except for the mint sprig, in a small saucepan and bring just to a boil over medium heat, whisking occasionally. Pour into a mug, garnish with the mint sprig, and serve. *Makes one serving. Each serving has 70 calories, 4g fat, 8g protein, 7g carbs.*

M1 Caution Modification: Replace the almond milk with whole milk



Caesar's Grilled Green Goddess Salad

Creamy avocado is the base for the delicious dressing that replaces the usual Caesar recipe. Use this on other salads and as a topping for grilled chicken and seafood.

For the Dressing:

- ◆ 1 avocado, peeled, seeded, and diced
- ◆ 1 Tablespoon lemon juice
- ◆ 8 to 10 drops Stevia Lemon Drop flavor drops
- ◆ 2 Tablespoons unsweetened plain almond milk
- ◆ 1/4 cup olive oil
- ◆ 2 Tablespoons fresh parsley leaves
- ◆ 1/2 teaspoon prepared mustard
- ◆ Pinch of sea salt and pepper to taste

- ◆ 2 Romaine lettuce hearts
 - ◆ Olive oil for brushing
 - ◆ Sea salt and pepper to taste
1. Make the dressing by combining all the ingredients in a blender and pureeing until smooth. Transfer to an airtight container and keep refrigerated.
 2. Slice the romaine hearts in half the long way and carefully trim the core ends without allowing the leaves to detach.
 3. Have ready a grill on medium heat, lightly brush the cut sides of the romaine hearts with a little oil and season with salt and pepper, if using. Grill the hearts cut side down just until grill marks are visible and the cut leaves have slightly warmed and wilted.
 4. Transfer to serving plates and drizzle the dressing on top. Serve immediately. Makes four servings. Each serving has 206 calories, 21g fat, 4g protein, 2g carbs.

M1 Caution Modification: Replace the almond milk with light or regular mayonnaise.



Hearty Beef Stroganoff

A delicious and creamy sauce engulfs tender strips of steak in this wonderful version of an old favorite.

- ◆ 1 Tablespoon olive oil
- ◆ 1 lb. beef round steak, trimmed and cut into 1/2-inch strips
- ◆ Salt and pepper to taste
- ◆ 1 medium onion, diced
- ◆ 1 package (10 oz) white mushrooms, wiped clean, stemmed, and halved
- ◆ 1 cup tomato sauce
- ◆ 8 drops Stevia Grape flavor drops
- ◆ 1 cup beef broth
- ◆ 1/2 cup unsweetened plain almond milk

1. Heat the oil in a large non-stick skillet over medium-high heat. Add the beef, season with salt and pepper, and cook, stirring occasionally, until lightly browned, about 5 minutes. Remove beef with a slotted spoon and set aside.
2. Add the onion to the skillet and cook, stirring often, until softened, about 3 minutes. Add the mushrooms to the skillet and cook 2 minutes more.
3. Stir in the tomato sauce, Stevia, and broth, bring to a boil, add the browned beef, and reduce the heat to low. Cook, covered, until beef is fork tender, about 1 hour. Occasionally stir to prevent sticking.
4. Use a slotted spoon to transfer the meat and mushrooms to a warm serving bowl. Add the almond milk to the skillet and whisk to combine. Allow to simmer and thicken for 2 minutes. Taste the sauce for seasoning and pour over the beef and mushrooms. Serve immediately. Makes four servings. Each serving has 270 calories, 13g fat, 29g protein, 8g carbs.

M1 Caution Modification: Replace the almond milk with light or regular sour cream.





Creamy Broccoli Soup

This nutritious smooth and creamy soup has a hint of zesty lemon and a cheddar cheese upgrade.

- ◆ 1 1/2 lb. broccoli, cut into florets and pieces
- ◆ 1 medium onion, roughly chopped
- ◆ 3 cups chicken or vegetable broth
- ◆ Dash paprika
- ◆ 12 drops Stevia Lemon Drop flavor drops
- ◆ 1 cup unsweetened plain almond milk
- ◆ Salt and pepper to taste

1. In a large soup pot combine the broccoli, onion, broth, paprika and Stevia drops. Bring the broccoli mixture to a boil, reduce the heat to low, and simmer until the vegetables are tender, about 25 minutes.
2. Add the almond milk to the soup pot and continue cooking for 2 minutes. Remove from the heat and begin ladling into a blender. Working in batches, blend until smooth and transfer to a clean saucepan.
3. Reheat the blended soup and season to taste with salt and pepper before serving. *Makes four servings. Each serving has 90 calories, 2g fat, 6g protein, 13g carbs*

M1 Caution Modification: Top each serving with 1 oz shredded cheddar cheese.



Cinnamon Danish Pancakes

If you're missing the comfort of breakfast griddle treats, these easy to make pancakes will definitely fill the void.

- ◆ 2 Tablespoons vanilla whey protein powder
- ◆ 3/4 teaspoon baking powder
- ◆ 1/2 teaspoon ground cinnamon
- ◆ Dash each ground nutmeg and ginger
- ◆ 1 large egg, slightly beaten
- ◆ 1 teaspoon coconut or light olive oil
- ◆ 6 drops Capella Cinnamon Danish Swirl flavor drops
- ◆ 15 drops clear Stevia, or more to taste
- ◆ 1 Tablespoon water or almond milk

1. Stir together protein powder, baking powder, and spices. In another bowl stir together the remaining ingredients. Combine the wet and dry ingredients together, stirring with a fork, and set aside.
2. Heat a nonstick pan or griddle and lightly oil to prevent sticking. Divide the mixture into 2 pancake mounds and cook until golden on both sides, turning when bubbles appear around the edges. Serve immediately. *Makes one serving. Each serving has 165 calories, 18g fat, 11g protein, 3g carbs.*

M1 Caution Modification: Top with a teaspoon of butter or cream cheese. (205 calories)



Sesame Peanut Salad

This popular Chinese salad gets a boost of flavor!

- ◆ 3 green onions, thinly sliced
- ◆ 1/2 yellow or orange bell pepper, thinly sliced
- ◆ 2/3 cup fresh snow peas, thinly sliced
- ◆ 1/2 cup shredded carrots
- ◆ 2 cups fresh bean sprouts
- ◆ 2 teaspoons coconut oil
- ◆ 1/3 cup Bragg's liquid amino acids
- ◆ 2 Tablespoons unsweetened rice vinegar
- ◆ 6 drops Capella Peanut Butter flavor drops
- ◆ 5 drops Capella Coconut flavor drops
- ◆ 1/4 teaspoon clear Stevia drops

1. In a large bowl toss together the green onions, bell pepper, snow peas, carrots, and bean sprouts.
2. In a small bowl whisk together the oil, liquid aminos, vinegar, and Capella and Stevia drops. Pour over the vegetable mixture and toss well to coat. Season with salt and pepper, and chill for one hour before serving. *Makes four servings. Each serving has 100 calories, 7g fat, 1g protein, 8g carbs*

M1 Caution Modification: Replace the coconut oil with sesame oil and whisk 1/4 cup peanut butter into the dressing before pouring over the vegetables.



Quick Tartar Sauce

This homemade version features fresh aromatic herbs and the piquant flavor of pickles and capers.

- ◆ 1 cup cottage cheese
- ◆ Juice of 1/2 lemon
- ◆ 4 drops Stevia Valencia Orange flavor drops
- ◆ 5 drops clear Stevia
- ◆ 1 Tablespoon capers, drained and chopped
- ◆ 2 Tablespoons chopped dill pickle
- ◆ 2 teaspoon finely chopped fresh parsley leaves
- ◆ 1 teaspoon finely chopped fresh tarragon leaves
- ◆ Dash Frank's Hot Sauce
- ◆ Salt to taste

1. In a blender combine the cottage cheese, lemon juice, Stevia, capers, pickles, parsley, tarragon, and hot sauce and puree until smooth.
2. Transfer to an airtight container and taste for the addition of salt. Refrigerate for at least 1 hour before using. Keep refrigerated for up to 3 days. *Makes 8 servings. Each serving has 25 calories, 1g fat, 4g protein, 1g carbs*

M1 Modification: Replace half the cottage cheese with light or regular mayonnaise or plain Greek yogurt.





Pork Tenderloin with Blueberry Sauce

Pork always pairs well with fruit and here it teams up with luscious blueberries for a wonderful entrée that simple and satisfying.

- ◆ 1 Tablespoon coconut or olive oil
- ◆ 1 unseasoned pork tenderloin (about 1 to 1 1/2 lbs.)
- ◆ Salt and pepper to taste
- ◆ Dash ground coriander
- ◆ 2 cups fresh or frozen blueberries
- ◆ Juice of 1/2 lemon
- ◆ 1/2 cup water
- ◆ 6 drops Capella Blueberry flavor drops
- ◆ 8 drops clear Stevia or more to taste
- ◆ 1 teaspoon each chopped fresh parsley, thyme, and sage

1. Preheat the oven to 400° F.
2. Heat the oil in a large nonstick skillet over medium-high heat. Season the tenderloin with salt and pepper, and the coriander, and brown in the skillet on all sides. Transfer to a medium roasting pan and place in the oven to finish cooking for 20 to 25 minutes or until an internal read thermometer reaches 140°
3. Meanwhile combine the remaining ingredients, except for the chopped herbs, in the same skillet and cook over medium-low heat, stirring often, until the berries begin to break down and create a sauce-like consistency. Stir in the herbs, set aside and keep warm.
4. When the tenderloin is done, allow to rest on a cutting board for 10 minutes before slicing and serving with the sauce. Makes 4 servings. Each serving has 250 calories, 6g fat, 28g protein, 12g carbs

M1 Caution Modification: Replace the water with orange juice and/or swirl in a teaspoon of unsalted butter before serving the sauce



Quick Pan-Fried Chicken and Gravy

Ready in minutes, you'll definitely love this version of a Southern favorite served up with a creamy, delicious white gravy. Count as a Caution selection.

- ◆ 1 lb. thin sliced chicken breast cutlets
- ◆ Salt and pepper to taste
- ◆ 2/3 cup almond flour
- ◆ 1 teaspoon paprika
- ◆ 3 Tablespoons coconut or light olive oil
- ◆ 2/3 cup chicken broth
- ◆ 1/3 cup unsweetened almond milk
- ◆ 6 drops Stevia Vanilla Crème flavor drops

1. Season the chicken cutlets with salt and pepper. In a shallow bowl, stir together all but 2 tablespoons of the flour with the paprika.
2. Heat the oil in a large nonstick skillet over medium-high heat. Generously dredge the cutlets in the flour mixture and fry in the hot oil until golden brown, about 4 minutes per side. Transfer to paper towels to drain and pour off all but 2 tablespoons of the remaining oil.
3. Whisk in the reserved 2 tablespoons of flour to form a paste, cooking over medium heat. Slowly add the chicken broth, whisking constantly, to prevent lumps. Add the almond milk and Stevia and cook over low, stirring constantly until thickened, about 2 minutes more.
4. Place the cooked cutlets on serving plates. Taste the gravy for seasoning and serve immediately spooned over the chicken. Makes four servings. Each serving has 320 calories, 18g fat, 27g protein, 2g carbs

M1 Caution Modification: Replace almond milk with half and half.



Apricot Blackberry Smoothie

Both fruity and creamy, you'll enjoy the refreshing combination of flavors in this healthy smoothie that's perfect for any time of day.

- ◆ 1 cup unsweetened plain almond milk, well chilled
- ◆ 1/2 cup diced fresh apricots
- ◆ 1/3 cup frozen blackberries
- ◆ 2 Tablespoons crushed ice
- ◆ 8 to 10 drops Stevia Apricot Nectar flavor drops
- ◆ Clear Stevia drops to taste

Combine all the ingredients in a blender and puree until smooth. Pour into a tumbler, taste for additional sweetness, and serve.

Makes one serving. Each serving has 120 calories, 4g fat, 8g protein, 18g carbs

M1 Caution Modification: Add splash of half and half



Vanilla Mint Mojito

Here's a refreshing mocktail that's easily upgraded to the real thing!

- ◆ 1 Tbls. packed fresh mint leaves
- ◆ 1 thin lime slice
- ◆ 1 Tbls. lemon juice
- ◆ 10 to 12 drops clear Stevia
- ◆ Crushed ice
- ◆ Splash of club soda
- ◆ Mint sprig for garnish
- ◆ 4-6 drops each Capella Cool Mint & French Vanilla flavor drops

1. In a heavy drinking glass combine the mint leaves, lime slice, lemon juice, and Capella and Stevia drops. Muddle (mash) until crushed and fragrant.
2. Add the ice, pour in the club soda, and stir well. Garnish with the mint sprig and serve. Makes one serving. Each serving has 10 calories, 0g fat, 0g protein, 1g carbs.

M1 Caution Modification: Add a splash of orange or grapefruit juice.





Creole-Style Green Beans

This dish will wake up your palate and add zip to any meal in spiced up and classically Creole style.

- ◆ Pinch of salt
 - ◆ 1 pound fresh green beans, ends trimmed
 - ◆ 3 Tablespoons olive oil
 - ◆ 1 small onion, chopped
 - ◆ 1 small celery stalk, ends trimmed and diced
 - ◆ 1 garlic clove, peeled and minced
 - ◆ 1 small fresh chili pepper, seeded and minced
 - ◆ One 15-oz can diced tomatoes, un-drained
 - ◆ 1 cup water
 - ◆ 8 drops Stevia Grape flavor drops
1. Bring a medium-size pot of water to a boil, add the salt, and cook the green beans until crisp tender, 10 to 12 minutes. Drain and set aside.
 2. Heat oil in a large skillet, add the onion and celery and cook, stirring, over medium-high heat until softened, 6 to 8 minutes.
 3. Add garlic and chili pepper, and cook a further minute. Add the green beans, tomatoes, water, and Stevia, bring to a simmer, and cook, stirring occasionally, until much of the liquid has been absorbed and the beans are fork tender.
 4. Add salt to taste and serve immediately. Makes four servings. Each serving has 185 calories, 11g fat, 5g protein, 16g carbs.

M1 Caution Modification: Stir in 1 cup cooked okra with the green beans



Turkey Picadillo

A Latin American favorite, this flavorful stew can also be made with leftover roasted chicken or duck.

- ◆ 1 Tablespoon olive oil
 - ◆ 1 medium onion, chopped
 - ◆ Salt and pepper to taste
 - ◆ 2 garlic cloves, minced
 - ◆ 1 1/2 cup roughly chopped cooked turkey breast
 - ◆ 1/2 cup pitted green olives, roughly chopped
 - ◆ Juice of 1 orange
 - ◆ 1/2 chicken broth
 - ◆ 6 drops Stevia Valencia Orange flavor drops
 - ◆ 1 1/2 cups no-salt-added canned diced tomatoes, with liquid
 - ◆ 1 bay leaf
1. Heat the oil in a stewing pot over medium heat. Add the onion, season with salt and pepper, and cook, stirring occasionally, until soft but not browned, about 4 minutes. Add the garlic and cook a further minute.
 2. Stir in the turkey, olives, broth, orange juice, Stevia, tomatoes with their liquid, and bay leaf, and bring to a simmer. Reduce the heat to low and simmer for 12 minutes, stirring occasionally.
 3. Taste for seasoning and serve immediately. Makes 2 servings. Each serving has 305 calories 14g fat, 34g protein, 25g carbs.

M1 Caution Modification: Add 2 Tablespoons golden raisins during the last 5 minutes of simmering.



Crustless Quiche with Sun Dried Tomatoes

No crust – no problem – in this great tasting dish that's easy to upgrade and always meatless for vegetarian eaters.

- ◆ 1 teaspoon olive oil
 - ◆ 1/2 cup whipped cottage cheese
 - ◆ 4 large eggs
 - ◆ 2/3 cup unsweetened plain almond milk
 - ◆ 6 drops Stevia Vanilla Crème flavor drops
 - ◆ Salt and pepper to taste
 - ◆ Dash of nutmeg
 - ◆ 1/2 teaspoon Herbs de Provence
 - ◆ 1/4 cup sun-dried tomatoes (not marinated) minced
1. Preheat the oven to 350° F. Lightly coat an 8 or 9-inch round cake pan with the oil.
 2. In a medium bowl whisk together the remaining ingredients and pour into the prepared cake pan. Bake until the quiche is set and lightly browned on top, 25 to 30 minutes. Cut into quarters and serve. Makes four servings. Each serving has 230 calories, 10g fat, 10g protein, 5g carbs.

M1 Caution Modification: Add 1/2 cup shredded Jarlsberg or Swiss cheese to the mixture.



Sensational Salmon Burger

This healthy and delicious alternative to the classic burger is perfect for the grill or broiler.

- ◆ 8 oz. boneless, skinless, salmon fillet, cut into large cubes
 - ◆ Salt and pepper to taste
 - ◆ 1 large egg white, slightly beaten
 - ◆ 1 Tablespoon lemon juice
 - ◆ 4 drops Stevia Valencia Orange flavor drops
 - ◆ 4 drops Stevia Lemon Drop flavor drops
 - ◆ 1/4 teaspoon Old Bay Seasoning
 - ◆ 2 teaspoons each chopped fresh dill and cilantro
1. Place all the ingredients in a food processor and using the pulse button, chop until just combined. Transfer to a cutting board or clean plate. Mold the salmon mixture into the shape of 2 burgers, place on waxed paper, and set in the fridge for 10 to 15 minutes.
 2. Heat a grill or broiler to medium-high. Lightly coat the grates or the bottom of a broiler pan with oil. Grill or broil the burgers until they are firm to the touch and lightly golden, 3 to 4 minutes per side. Serve immediately. Makes two servings. Each serving has 220 calories, 16g fat, 24g protein, 0g carbs.

M1 Caution Modification: Serve with a dollop of Quick Tartar Sauce (see above).





Pan-Seared Scallops with Orange Glaze

Large, soft and sweet scallops pair beautifully with the flavor of orange and ginger in this easy to prepare main dish.

- ◆ 1 Tablespoon olive oil
 - ◆ 8 oz. sea scallops, rinsed and patted dry
 - ◆ Salt and pepper to taste
 - ◆ 1 Tablespoon minced fresh ginger
 - ◆ 6 green onions, cut into 2-inch pieces
 - ◆ 1/2 cup sliced water chestnuts
 - ◆ Juice of 1 orange
 - ◆ 8 drops Stevia Valencia Orange flavor drops
1. Heat oil in a large nonstick skillet over medium-high heat. Season scallops with salt and pepper and quickly sear them in the hot skillet until lightly browned, about 2 minutes per side. Remove with tongs and set on a warm plate.
 2. Add ginger and green onions to skillet and cook, stirring, over medium-high heat, until slightly softened, about 3 minutes. Add water chestnuts and stir a further minute.
 3. Stir in orange juice and Stevia drops and bring to a simmer. Return scallops to skillet and stir well to coat. Cook a further minute over low heat and serve immediately. Makes two servings. Each serving has 240 calories, 7g fat, 21g protein, 16g carbs.

M1 Caution Modification: Just before serving swirl in 2 teaspoons softened unsalted butter.



Mexican Fish Tacos

Easy to make and fun to eat, this rendition of a popular Tex-Mex entrée is made with lettuce wraps to hold the filling.

- ◆ 1 Tablespoon coconut or olive oil
 - ◆ 8 oz. firm flesh fish fillets, such as haddock, cut into bite-size chunks
 - ◆ Salt and pepper to taste
 - ◆ 1 medium onion, sliced
 - ◆ 1 red bell pepper, seeded and sliced
 - ◆ 1 jalapeno pepper, seeded and chopped
 - ◆ 1 teaspoon chili powder
 - ◆ 1 teaspoon ground cumin
 - ◆ Juice of 1/2 lime
 - ◆ 3 or 4 drops Capella Coconut flavor drops
 - ◆ 1 Tablespoon chopped fresh cilantro
 - ◆ 4 large lettuce leaves, to serve
1. Heat oil in a large nonstick skillet over medium- high heat. Add fish chunks, season with salt and pepper, and cook, stirring often but carefully, until pieces are cooked through, about 3 minutes. Transfer to a bowl with a slotted spoon and set aside.
 2. Add onion, bell pepper, and jalapeno pepper to skillet; and cook over medium-high heat until somewhat softened, about 5 minutes. Return fish to skillet, sprinkle with chili powder and cumin, and cook, stirring often, just until heated through.
 3. Remove from the heat. Combine the lime juice and Capella, sprinkle over the fish. Top with the cilantro.
 4. To serve, spoon the fish mixture into the lettuce leaves and fold over taco-style. Makes two servings. Each serving has 200 calories, 7g fat, 21g protein, 8g carbs.

M1 Caution Modification: Top each "taco" with a dollop of sour cream.



Amaretto Macaroons

Moist coconut and delicious Capella Amaretto flavor drops come together in these delicious cookies.

- ◆ 1 1/3 cups unsweetened shredded coconut
 - ◆ 1 Tablespoon vanilla whey protein powder
 - ◆ 1/2 teaspoon salt
 - ◆ 8 drops Capella Amaretto flavor drops
 - ◆ 1/4 teaspoon clear Stevia drops, or more to taste
 - ◆ 2 large egg whites, slightly beaten
1. Preheat the oven to 325° F. Line a baking sheet with parchment paper.
 2. In a medium bowl, toss together the coconut, protein powder and salt, distributing well. In a small bowl combine the drops with the egg whites. Stir the egg white mixture into the coconut mixture and drop by teaspoon-full onto the prepared pan to form 24 cookies (close together is fine.)
 3. Bake until cookies are lightly browned on the edges, about 20 minutes. Transfer to a wire rack to cool. Makes six servings. Each serving has 72 calories, 9g fat, 1g protein, 4g carbs.

M1 Caution Modification: Substitute almond flour for the protein powder. (80 calories)



French Vanilla Parfait with Raspberries

Make these ahead and have on hand for a quick sweet breakfast treat to have after scrambled eggs.

- ◆ 1 cup whipped cottage cheese
 - ◆ 2 Tablespoons unsweetened almond milk
 - ◆ 4 or 5 drops Capella French Vanilla flavor drops
 - ◆ 6 or more drops clear Stevia
 - ◆ 1 cup fresh raspberries
 - ◆ 6 or 8 drops Stevia Berry flavor drops
 - ◆ Mint sprigs for garnish
1. In a medium bowl whisk together the cottage cheese, almond milk, Capella and clear Stevia until smooth. In a small bowl toss together the fresh raspberries and Stevia Berry drops.
 2. Decoratively layer the cheese mixture and raspberry mixture in two parfait glasses or champagne flutes and chill. Garnish with the mint sprigs before serving. *Makes two servings. Each serving has 130 calories, 3g fat, 14g protein, 12g carbs.*

M1 Caution Modification: Replace cottage cheese with plain yogurt and eliminate the almond milk.





Caramel Baked Pears with Ginger Cream

Sweet delicious pears bake up to perfection in this wonderful and warming autumn dessert.

- ◆ 1 teaspoon coconut oil
- ◆ 4 bosc pears, peeled, halved and cored
- ◆ 1/2 cup unsweetened plain almond milk
- ◆ 6 drops Stevia Vanilla Crème flavor drops
- ◆ 3 drops Capella Caramel flavor drops
- ◆ 1 cup whipped cottage cheese
- ◆ 4 drops Capella Gingerbread flavor drops
- ◆ 10 drops clear Stevia or more to taste

1. Preheat the oven to 375° F. Lightly oil the bottom of a medium glass or ceramic casserole dish.
2. Place the pears cut side down in the dish and bake in the oven for 20 minutes. Meanwhile combine the almond milk with the Vanilla and Caramel drops and pour over the pears. Continue to bake, occasionally basting, until the pears are fork tender and browned, about 20 minutes more.
3. In a small bowl beat together the cottage cheese with the remaining flavor drops. To serve, place 2 pear halves on a plate and top with a dollop of the flavored cheese. Makes four servings. Each serving has 145 calories, 5g fat, 8g protein, 15g carbs

M1 Caution Modification: Replace the cottage cheese with heavy cream and whip with the flavor drops.



Blueberry Cinnamon “Crumble”

Delicious blueberries bursting with sweetness and wonderfully satisfying.

- ◆ 2 cups fresh blueberries, washed
- ◆ 1/2 cup water
- ◆ Juice of 1/2 lemon
- ◆ 8 drops Capella Blueberry Cinnamon Crumble
- ◆ 12 drops plain Stevia, or more to taste
- ◆ Dash each ground cinnamon and nutmeg
- ◆ Almond milk for serving, sweetened with plain Stevia, if desired.

1. Preheat the oven to 350 degrees F. Combine the blueberries, water, lemon juice, and Capella and Stevia drops in a medium saucepan and bring to a simmer over medium heat.
2. Cook, stirring often, until the berries and liquid are just warmed through. Taste for additional sweetener and transfer to a medium shallow gratin dish.
3. Sprinkle the top with the cinnamon and nutmeg and bake until bubbly and thickened, about 25 minutes. Cool slightly before serving. Spoon into bowls and serve with a drizzle of almond milk around the edge. Makes four servings. Each serving has 50 calories, 0g fat, 0g protein, 11.5g carbs.

M1 Caution Modification: Dot with 1 Tablespoon unsalted butter before baking and/or serve with a dollop of whipped heavy cream sweetened with Stevia.



APPENDIX

HCG Diet VLCD-Safe Personal Care Products List

This is a list of oil-free options. If you use products not on this list, just check the ingredients for food oils, butters, creams, steroids or hormones. **As long as your products do not contain ANY of the oils on our [List of Food Oils to Avoid](#), they are safe to use during VLCD.**

Essential oils are fine to use during VLCD but we recommend that you avoid any ingredients listed as: “Essential Oil Blend.” These blends MAY contain carrier oils. Carrier oils are commonly food oils that are used to dilute essential oils, and they must be avoided during VLCD.

<p>Bar Soap:</p> <ul style="list-style-type: none"> ▫ Burt’s Bees Bay Rum Bar Soap ▫ Irish Spring Bar Soap – all varieties ▫ Ivory Bar Soap – Simply Ivory <p>Body Lotion & Sunscreen:</p> <ul style="list-style-type: none"> ▫ Aveeno Active Naturals Daily Moisturizing Lotion ▫ Aveeno Anti-Itch Concentrated Lotion ▫ Baby oil (mineral oil) ▫ Aloe Vera-100% gel ▫ Dove Cream Oil Intensive Body Lotion ▫ Neutrogena Norwegian Formula Body Moisturizer – Daily Therapeutic Lotion ▫ SunX sunscreen lotion SPF 30 ▫ Coppertone Kids Pure & Simple Sunscreen Lotion SPF 50 ▫ Coppertone Nutrashield Face Sunscreen Lotion, SPF 70 <p>Body Wash:</p> <ul style="list-style-type: none"> ▫ Aveeno Exfoliating Body Wash – Positively Radiant ▫ Giovanni (variety of scents & sizes) ▫ Jason Natural Fragrance Free Body Wash ▫ Coast Arctic Surf Body Wash ▫ Johnson’s 24 Hour Moisturizing Wash (Regular, Shower & Shave, Melt Away Stress & Deep Hydrating ▫ Mr. Bubble 3 in 1 Gentle Body Wash, Shampoo & Bubble Bath <p>Deodorant:</p> <ul style="list-style-type: none"> ▫ Crystalux Crystal Deodorant ▫ Crystal Body Deodorant Roll-on ▫ Thai Stick (crystal deodorant) ▫ Baking Soda ▫ Avon Cool Confidence Original Roll-on Anti-perspirant Deodorant ▫ Avon Ironman Roll- on Anti-perspirant Deodorant ▫ Dry Idea Roll- on Anti-perspirant Deodorant ▫ Kiss My Face Liquid Rock Roll- on Deodorant Fragrance Free <p>Facial Cleansers/Makeup Removers:</p> <ul style="list-style-type: none"> ▫ CVS Eye Makeup Remover Oil Free ▫ Neutrogena Oil-Free Makeup Remover ▫ Almay Facial Soap for Oily Skin (Bar) ▫ Cetaphil Gentle Skin Cleanser ▫ Clearasil Ultra Daily Face Wash ▫ Neutrogena Facial Bar Original ▫ Witch Hazel 	<p>Makeup:</p> <ul style="list-style-type: none"> ▫ Most loose-powder mineral makeup, such as Raw Minerals or Bare Escentuals ▫ All oil-free liquid foundations <p>Hair Care:</p> <ul style="list-style-type: none"> ▫ Giovanni organic shampoo & conditioner (available in the organic sections of WalMart & Target) ▫ Biosilk Silk Therapy Shampoo ▫ Jason Fragrance Free Daily Shampoo & Conditioner ▫ Biolage Conditioning Balm ▫ Dove Conditioner-all varieties ▫ Nexxus Emergencee Reconstructor ▫ Dove Smooth & Soft Anti-Frizz Hair Cream ▫ Jason Styling Gel (or, Texturizing Cream) - Aloe Vera & Bergamot ▫ Giovanni Root 66 Hair Spray ▫ Giovanni Styling Lotions & Gels ▫ Arm & Hammer Teeth Whitening Booster Toothpaste <p>Lipstick:</p> <ul style="list-style-type: none"> ▫ Revlon Super Lustrous ▫ L’Oreal Colour Juice Lipgloss ▫ L’Oreal Endless Lipcolour ▫ Cover Girl Outlast Lipcolor ▫ Max Factor Color Perfection <p>Lip Balm:</p> <ul style="list-style-type: none"> ▫ Avon Basics Care Deeply W/ Aloe ▫ CVS Chap-Block Medicated Lip balm ▫ Vaseline Lip Therapy ▫ Nexcare Cold Sore Treatment <p>Moisturizers:</p> <ul style="list-style-type: none"> ▫ Alba Botanica Hawaiian Skin Care, Green Tea Eye Gel ▫ Alpha Hydrox AHA Soufflé 12% Glycolic AHA ▫ Neutrogena Oil Free Moisture for Combination Skin ▫ Olay Regenerist Advanced Anti-Aging UV Defense Regenerating Lotion, SPF 50 ▫ Olay Sensitive Moisture Therapy Beauty Fluid for Sensitive Skin ▫ St Ives Elements Mineral Moisturizer, SPF 15 <p>Toothpaste:</p> <ul style="list-style-type: none"> ▫ Tom’s toothpaste ▫ Baking soda ▫ Spry toothpaste ▫ Jason Natural Tooth Gel
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Food Oils to Avoid in Your Personal Care Product Choices During VLCD

As a general rule, if any of these food oils are listed after the 8th ingredient on the product's ingredients list, then the product is fine to use.

Acai	Fish oil	Pine nut
Almond	Fish oil, cod liver	Pistachio
Amaranth	Fish oil, herring	Poppyseed
Apple seed	Fish oil, menhaden	Prune kernel
Apricot kernel	Fish oil, salmon	Pumpkin seed
Argan	Fish oil, sardine	Quinoa
Artichoke	Grapeseed	Ramtil
Avocado	Hazelnut	Rapeseed
Babassu	Hemp	Raspberry seed
Ben	Illipe	Rice bran
Blackcurrant	Jojoba	Royle (prinsepia utilis)
Borage	Kapok seed	Safflower
Borneo tallow nut	Kenaf seed	Sasha inchi
Bottle gourd	Lanolin	Sesame
Buffalo gourd	Linseed	Sheanut (shea butter)
Camellia	Macadamia	Soybean
Canola	Marula	Sunflower
Carrot	Mongongo	Supu assu
Carob	Mustard	Tea seed
Cashew	Oat	Thistle
Cassia	Okra seed	Tigernut
Castor	Olive	Tomato seed
Cocklebur	Palm	Ucuhuba (butter)
Coconut	Palm kernel	Vegetable oil
Cohune	Papaya seed	Walnut
Corn	Peanut	Watermelon seed
Cottonseed	Pecan	Wheat germ
Dika	Pequi	
False flax (Camelina sativa)	Perilla seed	



Do It Yourself Spa Treatments**How to Take a Detox Bath**

- ◆ Make sure you have at least 40 minutes set aside for your bath.
- ◆ Fill the tub with comfortably hot water, using a chlorine filter if possible.
- ◆ Add 2 cups or more of Epsom Salts
- ◆ Add 1 to 2 cups of Baking Soda
- ◆ Optional additions:
 - Ground ginger, don't over-do it!
 - [Your favorite essential oil](#)
- ◆ Swish all of the ingredients into the tub and soak for as long as you can, preferably 20 minutes. You should start sweating within the first few minutes, and the longer the better, up to 20 minutes. If you feel too hot, start adding cold water into the tub until you cool off. Sit in the cool water another 20 minutes, if you can. When you get out of the tub, move slowly and carefully, as your body has been working hard and you may get lightheaded or feel weak and drained.

Tips for Detox Bath:

- ◆ Take a large glass of water with you. Drink plenty of water before, during and after the bath.
- ◆ Don't eat immediately before or after the bath
- ◆ Relax for the rest of the day and allow your body to continue to detoxify & heal itself.
- ◆ Have your towel near the tub and ready so that you can wrap up immediately & continue to detox.
- ◆ You may shower off the Epsom salts, if desired but, it's not necessary and it benefits your body more if you wait until morning.
- ◆ Dry brush your skin before the bath for further benefits. Dry brushing explanation: http://www.naturalhealthtechniques.com/healingtechniquesdry_brushing_technique.htm

**Salt Foot Scrub**

- ◆ 1 cup sea salt or Epsom salt
- ◆ ½ cup of cold water
- ◆ 2 drops [pure lavender essential oil](#)
- ◆ Start gradually adding water to salt and lavender oil. The mixture should become a paste, not too liquid and not too solid.
- ◆ Rub the mixture onto your feet and soles with a circular motion
- ◆ Rinse with warm water and pat dry

**Sugar & Spice Facial Scrub**

- ◆ One tablespoon sugar
- ◆ Add a dab of any VLCD safe, non-astringent facial wash product
- ◆ Add a pinch of your favorite aromatic spice such as cinnamon or nutmeg, freshly ground is best
- ◆ Lightly massage scrub into facial skin (avoiding the eyes and mouth)
- ◆ Rinse with warm water and pat dry



The Many Faces of Sugar

It is critical to steer clear of sugar in VLCD and Maintenance 1. ***Always read labels!*** Here is a list of ingredients that are sweeteners, whether artificial or natural, to avoid:

Agave Nectar (Syrup)	Diastatic Malt	Isomalt	Sorbitol
Amasakke	Disaccharides	Lactitol	Sorghum
Bar Sugar	Erythritol	Lactose	Sorghum Syrup
Barbados Sugar	Ethyl Maltol	Levulose	Sucanat
Barley Malt	Evaporated Cane Juice	Malt	Succanat
Beet Sugar	Evaporated Cane Juice	Malt Extract	Sucralose
Blackstrap Molasses	Crystals	Malt Syrup	Sucrose
Black Sugar	Florida Crystals™	Maltitol	Sugar
Brown Sugar	Free Flowing Brown Sugars	Maltitol Syrup	Sweetener
Buttered Syrup	Fructose	Maltodextrin Maltose	Syrup
Cane Juice	Fruit Juice	Mannitol	Table Sugar
Cane Juice Crystals	Fruit Juice Concentrate	Mannose	Treacle
Cane Sugar	Galactose	Maple Syrup	Turbinado
Caramel	Galactose	Molasses	Turbinado Sugar
Caramel Coloring	Glucose	Monosaccharide	Unbleached Crystallized
Carob Syrup	Glucose Solids	Muscovado	Evaporated Cane Juice
Castor Sugar	Glucose Syrup	Organic Dehydrate Cane	Unbleached Evaporated
Confectioner's Sugar	Golden Sugar	Juice	Sugar Cane Juice Crystals
Corn Sweetener	Golden Syrup	Panocha	Unbleached Sugar Cane
Corn Syrup	Granulated Sugar	Polysaccharide	Unrefined Cane Juice
Corn Syrup Solids	Grape Sugar	Powdered Sugar	Crystals
Crystallized Cane Juice	Grape Sweetener	Rapadura	Washed Cane Juice Crystals
D-Mannose	High-Fructose Corn Syrup	Raw Cane Crystals	White Grape Juice
Date Sugar	(HFCS)	Raw Honey	Xylitol
Demerara	Honey	Raw Sugar	Xylose
Demerara Sugar	Hydrolysed Starch	Refiner's Syrup	Yellow Sugar
Dehydrated Cane Juice	Hydrogenated Glucose	Ribose	
Crystals	Syrup	Rice Extract	
Dextran	Hydrogenated Starch	Rice Malt	
Dextrin	Hydrolysate	Rice Syrup	
Dextrose (Glucose)	Invert Sugar	Saccharide	
Diatase	Jaggery	Saccharose	

While Dr. Simeons does state that saccharine (Sweet 'N Low) is allowed, we now know that artificial sweeteners, along with sucralose (Splenda), aspartame (NutraSweet and Equal) and acesulfame potassium (Sunett and Sweet One), are very toxic and may cause blood sugar spikes. If you have any question about that statement, we refer you to Dr. Mercola's book, *Sweet Deception*.

The only sweetener that is safe to consume during VLCD and M1 is Stevia. But be careful! Upon inspection you will find that brands like Truvia, Purevia, and Stevia in the Raw, claiming to be Stevia simply *contain* it, but it's mixed with other sweeteners. This can cause a stall in VLCD and a weight gain in Maintenance 1.

At this time, we recommend [three brands of Stevia](#): Sweetleaf, KAL and NOW, which are pure Stevia. Sweetleaf offers Stevia powder, tablets, liquid, and flavored liquids, as well as "Stevia Plus Fiber" that is safe for VLCD. KAL Stevia comes in liquid and powder, and some people report that it has no aftertaste, although others prefer Sweetleaf. You can find KAL (our favorite) at a discount in the [ThinNow store](#).



What is a Starch?

When you enter the Maintenance 1 stage of the HCG Protocol, you will continue to avoid sugar and starch. Many people are not sure what foods are starches. This list comes from the [Mayo Clinic website](http://www.mayoclinic.com).

Food	Serving	Food	Serving
Bread		Crackers and Snacks	
Bagel, large (4 ounces)	1/4 (1 ounce)	Animal crackers	8
Bread: pumpernickel, rye, unfrosted raisin, white, wholegrain	1 slice (1 ounce)	Graham crackers (2 1/2-inch squares)	3
Bread, reduced-calorie	2 slices (1 1/2 ounces)	Matzo	3/4 ounce
Chapati, small (6 inches across)	1	Melba toast	4 pieces
English muffin	1/2	Oyster crackers	20
Hamburger or Hot dog bun	1/2 (1 ounce)	Popcorn, low-fat microwave or popped with no added fat	3 cups
Pancake (4 inches across, 1/4-inch thick)	1	Pretzels	3/4 ounce
Pita (6 inches across)	1/2	Rice cakes (4 inches across)	2
Tortilla, flour or corn (6 inches across).....	1	Saltine crackers	6
		Snack chips, fat-free or baked: tortilla, potato	15 to 20 (3/4 ounce)
Cereals and Grains		Starchy Vegetables	
Barley, cooked	1/3 cup	Baked potato with skin	1/4 large (3 ounces)
Bulgur wheat, cooked	1/2 cup	Corn	1/2 cup
Cereal: bran, oats, spoon-size shredded wheat, sweetened	1/2 cup	Corn on the cob, large	1/2 cob (5 ounces)
Cereal, puffed, unfrosted	1 1/2 cups	Mashed potato	1/2 cup
Cereal, unsweetened, ready-to-eat	3/4 cup	Mixed vegetables with corn, peas or pasta	1 cup
Couscous	1/3 cup	Parsnips	1/2 cup
Granola, low-fat or regular	1/4 cup	Plantain, ripe	1/3 cup
Grits, cooked	1/2 cup	Pumpkin, canned	1 cup
Pasta, cooked	1/3 cup	Spaghetti/pasta sauce	1/2 cup
Quinoa, cooked	1/3 cup	Squash: acorn, butternut	1 cup
Rice, cooked: white, brown	1/3 cup	Succotash	1/2 cup
Tabbouleh, prepared	1/2 cup	Yam or sweet potato, plain	1/2 cup (4 ounces)
Wheat germ, dry	3 tablespoons		
Wild rice, cooked	1/2 cup		

