

## INTRODUCTION

Dr A.T.W. Simeons was a British doctor who spent most of his life helping combat disease and obesity. He discovered and developed the HCG diet protocol, helping thousands safely lose weight in problem areas such as waist, hips and thighs. His discovery is the reason for this e-book. If you are interested in the science behind the diet I recommend your read his book ["Pounds and Inches"](#) for more details.

I started my career as a teacher and then later became fascinated with the topic of health and wellness as pertaining to weight loss. This led into a weight loss coaching career with a passion for helping people like you and me who struggle in this area.

To know me on a personal level is to know that I am one who likes to get to the root of a problem. That is what the HCG diet will do. It deals with the root cause of obesity which is a **dysfunctional hypothalamus** in most cases.

When your hypothalamus is not operating correctly it will cause intense and constant hunger, low metabolism, food cravings, and abnormal excessive storing of fat. The protocol for the HCG diet is very precise and exact and to succeed with this diet you will need a **step by step plan**.

The light at the end of tunnel or end result is a **reset** of your **hypothalamus!** Wouldn't it be great to no longer have to worry about every bite of food you eat and whether or not you will gain weight because of it.

My purpose and goal for you and your success is to give you a daily plan to follow so that you will know what to do each step of the way. I will be your personal on-line coach and do my best to make this diet as simple and enjoyable as possible. This diet has **4 phases** and I will go over each phase in detail so you have a complete understanding of what to expect.

## What is HCG?

HCG is a complex amino-peptide molecule that naturally occurs in very high levels during pregnancy. Dr Simeons discovered that HCG is responsible for keeping a pregnant woman's blood continually saturated with nutrients from stored fat regardless of whether she eats or not, to ensure the steady growth of the embryo.

This is why when you are under the influence of HCG and a very low calorie diet it forces your body to burn up excess fat for your daily caloric needs.

HCG is "**muscle preserving**" which means the resulting weight loss is all body fat and not muscle or structural fat that is needed for healthy joints and organs.

The most important part of this diet is using a **quality HCG product** with the proper dosage so that you can stick to the low calorie diet.

### 3 Signs that your HCG product is working are....

1. You should have no hunger if you ate to capacity on your load day
2. You feel lighter and clear - headed
3. You have more energy

### 3 Reasons Why You Should Not Use Homeopathic HCG Drops

As of June 2011, the FDA made it illegal to market "Homeopathic" HCG for the purpose of weight loss and I will explain why.

1. Homeopathy takes pharmaceutical grade HCG and dilutes it over and over again in an attempt to bind the diluted HCG to an alcohol base with the idea that taking the homeopathic multiple times a day will give you the same effect as one shot.
2. Every time a bottle is impacted it becomes more diluted. So if a bottle is dropped or moved in shipping too many times it could become so diluted that it is rendered completely ineffective.
3. Alcohol dries your cell membranes and hardens them, slowing the ability for the HCG to be absorbed by your body

### 3 Reasons Why Vibrational HCG is Best

1. **Energetic Vibrational**s are not the same as homeopathic dilutions. Instead a **medicinal grade HCG** is bonded with glycerol (an all-natural lubricating liquid widely used for its ability to hydrate cells in turn improving their absorption rate.)
2. It is manufactured using a patented technology which enables the energetic signature of the **HCG** to be placed within a glycerin base at only a 1X dilution making it 20X more potent than a homeopathic **HCG**.
3. All of the qualities found in a **pharmaceutical grade HCG** are transferred by **direct Vibrational signature** to the glycerin liquid - keeping all the wonderful benefits of **real HCG**. This electro chemical bond is far stronger and the effect of transport like X-rays or sunlight does not diminish its effectiveness making it more stable than a homeopathic.

**Vibrational HCG** is by far the most scientifically advanced form of **HCG** on the market with a **superior delivery** method when compared to injection formulas.

The Vibrational form of **HCG** is safe, FDA approved and recognized all over the world for its effectiveness as a weight loss product.

Remember what I said before that the only way this diet will work is by using a **quality HCG product**. I have chosen a company Called [thetree4life](http://thetree4life.com) because they meet all of my standards for a quality **HCG**. The benefits of this product are....

- Ionic iodine to **support the thyroid**
- Peppermint to **aid digestion**
- Hoodia to **help with food cravings**
- Gymnema Leaf to **balance blood sugar**
- Amino acids which help to **balance hormones**

## 8 Things to Do Before You Start

Having a structured plan in place before you start the HCG diet is a critical step if you want to reach your goals. The following list will help you stay focused and encouraged as you see and document the progress you are making.

1. **Purchase a food scale** to weigh your meat portions.
2. Purchase a **digital bathroom scale** to weigh yourself daily, first thing in the morning.
3. Purchase your HCG. See **"3 Reasons Why Vibrational HCG is Best."**
4. Familiarize yourself with the **"Foods Allowed"** if you plan on using your own menu.
5. Print a copy of **"My Daily Journal"** to record your progress for the number of days you will be on the diet.
6. Print a copy of **"Take your picture"** and follow the directions.
7. Print a copy of each **"Weekly Menu Shopping List"**.
8. Set aside a day of the week for planning and cooking your meals as laid out in my **"Quantity Cooking Menu Plan"**.

# My Daily Journal

Target Weight \_\_\_\_\_

(See BMI chart)

Daily Weight \_\_\_\_\_

(First thing in the morning)

## Measurements - Weekly

	Week 1	Week 2	Week 3	Week 4
Chest	_____	_____	_____	_____
Waist	_____	_____	_____	_____
Hip	_____	_____	_____	_____
Thigh	_____	_____	_____	_____

## Daily Food Intake

(Record what you eat)

Meal - 1 \_\_\_\_\_

(Fruit & tea or coffee)

Meal - 2 \_\_\_\_\_

(Protein & vegetable)

Meal - 3 \_\_\_\_\_

(Protein & vegetable)

Meal - 4 \_\_\_\_\_

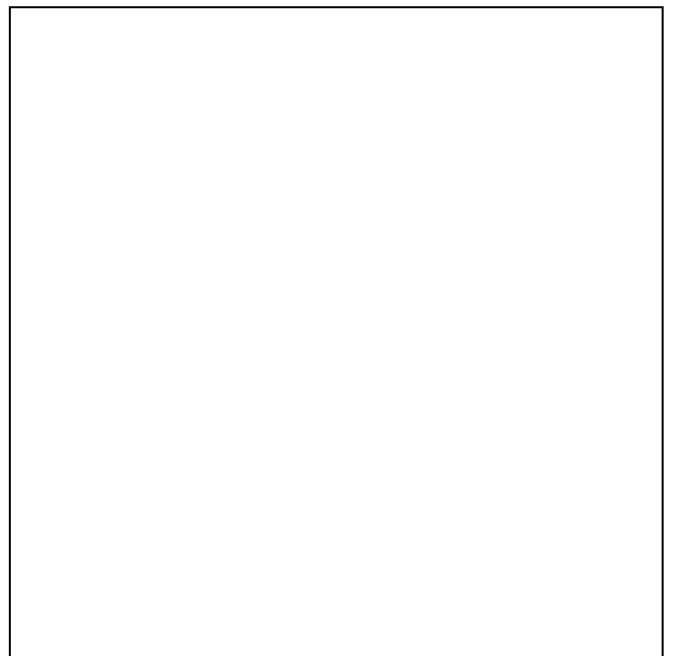
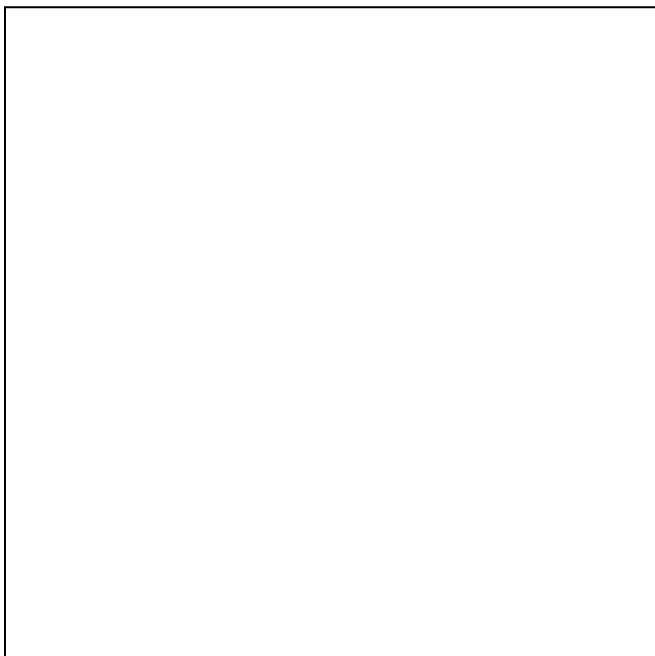
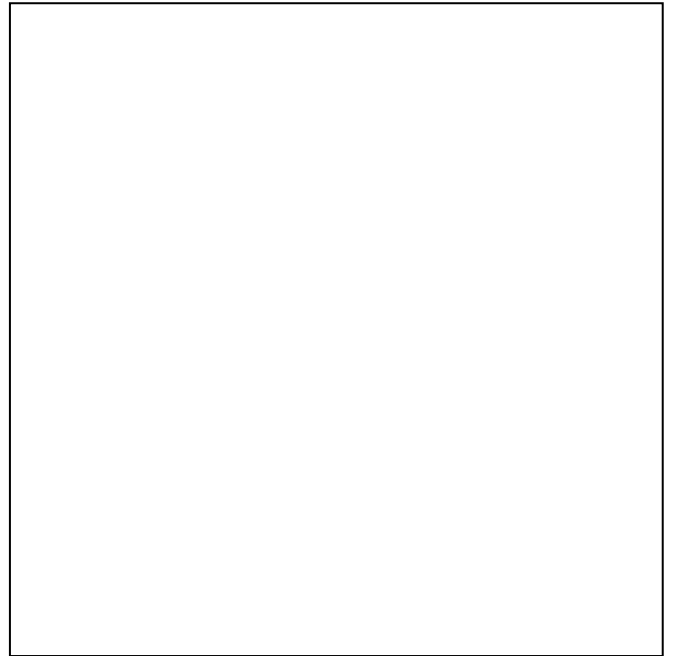
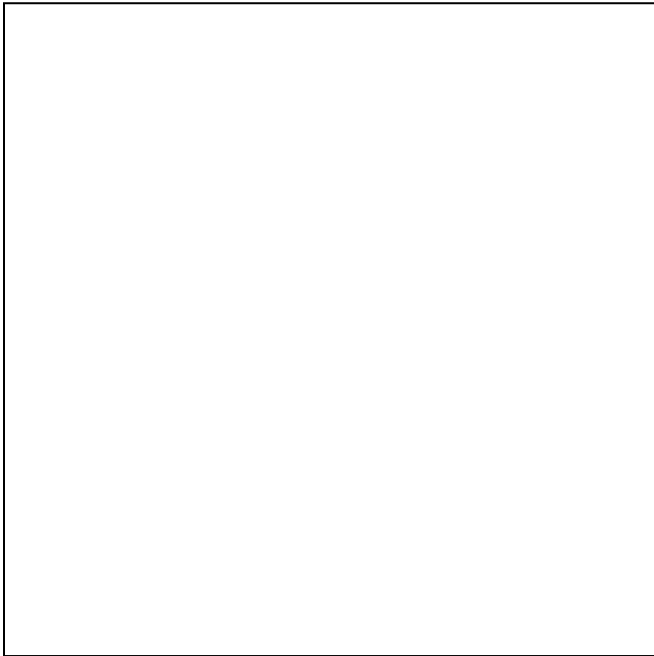
(Fruit - afternoon or evening snack)

Plateau Yes \_\_\_\_\_



## TAKE YOUR PICTURE

- Be sure to wear clothing that will show your physique
- This photo is for you, no one else (unless you decide to share it later)
- Be sure to get all four poses of face, front full body, back full body & profile



# TAKE YOUR MEASUREMENTS

(1 x Weekly)

Date \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Dress Size \_\_\_\_\_ Top Size \_\_\_\_\_ Pant Size \_\_\_\_\_

## Body Measurements

	Week 1	Week 2	Week 3	Week 4
Date	_____	_____	_____	_____
Chest	_____	_____	_____	_____
Waist	_____	_____	_____	_____
Hip	_____	_____	_____	_____
Thigh	_____	_____	_____	_____

**Chest** This is the fullest part of the chest for the man and the bra line for a woman.

**Waist** This is at the natural belt-line for men and women.

**Hip** This is the fullest part of the hip/abdomen area for men and women.

**Thigh** This is the fullest part of the thigh.



## Body Mass Index Chart

To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight. The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
<b>58</b>	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
<b>59</b>	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
<b>60</b>	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
<b>61</b>	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
<b>62</b>	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
<b>63</b>	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
<b>64</b>	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
<b>65</b>	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
<b>66</b>	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
<b>67</b>	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
<b>68</b>	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
<b>69</b>	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
<b>70</b>	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
<b>71</b>	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
<b>72</b>	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
<b>73</b>	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
<b>74</b>	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
<b>75</b>	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
<b>76</b>	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

**BMI 19-24.9 = Normal    BMI 25-29.9 = Overweight    BMI 30-35 = Obese**

If you cannot see your weights on this chart go to this [BMI Chart](#) link to calculate your BMI.

## 14 Important HCG Diet Tips

1. Read "**Pounds and Inches**" by A.T.W. Simeon.
2. Read "**The Weight Loss Cure They Don't Want You To Know About**" by Kevin Trudeau.
3. Weigh yourself first thing in the morning and record in "**My Daily Journal**" page.
4. Take accurate measurements once a week to track your progress.
5. Keep track of what you eat in a "**Daily Food Journal**". It can help determine if a particular food is causing a problem with your weight loss.
6. Space out your meals to help keep your blood sugar stable.
7. You may skip breakfast and start your first meal at noon according to Dr. Simeons. Do what feels best.
8. **Choose organic** as much as possible to avoid growth hormone, pesticides and toxic chemicals.
9. **Drink** plenty of **purified water** to help flush out toxins that get released when excess fat is mobilized.
10. You must have at least 1 bowel movement daily. If not, a good product I recommend to gently bring relief is called **Natural Calm**.
11. If your weight stays the same for **4 days in a row** it is called **a stall**. Do an **apple day** on the 4th day as explained on "**My Daily Journal**" page.
12. If the **apple day** does not correct your weight loss stall, read "**14 Secrets To understanding and Breaking A Stall**" to help determine the root cause.
13. If you cheat, stop cheating and get right back on the diet.
14. If you still have questions, read my "**Frequently Asked Questions**" page.

## 14 Secrets to Understanding and Breaking a Stall

1. **Candida Overgrowth** may cause your body to go into survival mode making weight loss very difficult. Some common symptoms are; Recurring **Yeast Infections, Sugar Cravings, Fatigue, Brain Fog, Headaches, and Digestive Issues such as Gas and bloating** to name a few. I strongly recommend that you purchase "[Candida Buster Tea](#)" found at [www.dherbs.com](http://www.dherbs.com) or if you prefer taking a pill, Kevin Trudeau recommends "[Three Lac](#)" found at [www.allhealthtrends.com](http://www.allhealthtrends.com).
2. **Low Thyroid** may also inhibit weight loss. Some common symptoms are; **Fatigue, Depression, Modest Weight Gain, Cold Intolerance, Dry Coarse Hair, Dry Skin, Increased Cholesterol Levels,** and **Vague Aches and Pains**. **Iodine** is an essential element needed for **Normal Thyroid Function**. Two good book's I recommend you read if you suspect you may have a thyroid problem are "**Iodine: Why You Need It, Why You Can't Live Without It**" & "**Overcoming Thyroid Disorders**" by David Brownstein.
3. **Hidden sugars, Fats or Carbohydrates** in your food. Be sure to **Read Your Labels**.
4. **Limit Red Meat** to one time a week. Eat more fish and poultry as an alternative.
5. A **Correct Mineral Balance** is vital for the efficient functioning of the thyroid and adrenal glands. Both glands are closely linked to your ability to lose weight. Try adding "[Coral Calcium](#)" to your daily routine. Go to [www.coralsupreme.com](http://www.coralsupreme.com) and read why you may need this essential supplement.
6. Eliminate all **Food Additives** such as **Nitrites, MSG,** and Artificial **Sweeteners**.

7. A **Clogged or Sluggish Liver** has been found in virtually all obese people tested. This leads to improper metabolism of fat, slowing of digestion, increased appetite, and is partially responsible for food cravings. I recommend you do a [Liver Flush](#) after you complete Phase 3 of the HCG diet protocol.
8. **Diet pills, Birth Control Pills, Smoking and Medication** may interfere and stop your weight loss.
9. **Lack of Sleep.** You need seven or eight hours every night.
10. **Increase Protein** to .5 ounces and make sure it is organic with no additives.
11. **Do Not Mix** your **Vegetables & Eliminate Bread Sticks and Melba Toast.**
12. Consider adding **A Brisk Walk** for 30 minutes a day.
13. **No Oil, Butter, Dressings, Soda Pop, Alcohol, Crystal Light** or any **Flavored Drinks.**
14. **Women** - your cycle may be coming into play and cause weight gain. Be aware of your last menstrual cycle date.

## Frequently Asked Questions

### 1. How do Vibrational HCG drops work?

**Vibrational HCG** triggers your **hypothalamus** to release and mobilize the abnormal (toxic) fat you are carrying and use as energy or "food" to meet your daily caloric needs. If you follow the low calorie diet exactly you can expect to lose 1-2 pounds a day in hard to lose areas such as waist, hips thighs and buttocks.

### 2. Is this diet healthy?

Even though the diet only permits 500 calories to be consumed daily, your body actually has access to thousands of calories in the form of body fat. This makes the **HCG diet** both healthy and safe.

### 3. Is weight loss with HCG safe for men?

While it is true that **HCG** is produced in large quantities during pregnancy, **HCG** is present in the bodies of both men and women pregnant or not. **HCG** is a perfectly safe and an extremely effective way for both men and women to lose weight quickly.

### 4. Are Vibrational charged HCG drops as effective as HCG injections.

**Vibrational charged HCG drops** are as effective as an injection for weight loss because 30 drops are the equivalent of **125 I.U. of HCG**. This is the standard injection according to Dr Simeons, no matter what you weigh. The only difference is that **Vibrational charged HCG** drops are far less expensive and do not require a doctor's prescription.

### 5. How important is sticking to the 500 calorie diet?

The purpose of the 500 calorie diet is to trick your brain to burn off excess stored fat instead of food for the purpose of your daily energy and nutrient requirements. The caloric restriction is necessary for the **HCG to work at maximum efficiency**. If you choose to increase your calories with other food choices, you will not get the same results of fat loss due to the fact that your brain will know you are taking in food.

### 6. Does Vibrational HCG work the same for everyone?

If you are able **follow the diet exactly** while under the influence of a **quality HCG** product, it will absolutely work for you too. If you do not lose weight read **14 Secrets To Understanding And Breaking a Stall.**

7. How much weight loss can I expect to lose while on the program?

Everyone is different but the **average weight loss** is 1/2 - 1 pound per day. It depends on many factors such as how much weight you have and how much you need to lose. Often people lose 7 - 14 pounds in the first week therefore you should have at least 12 pounds to lose to be able to stick to the 26 day program necessary to **reset your hypothalamus**.

8. What is the hypothalamus?

The **hypothalamus** is the **master regulator** of our **metabolism, thyroid function and appetite**. Although you may be eating healthy and exercising on a regular basis, weight loss may be extremely difficult due to a slow metabolism and food cravings. This is why the **HCG** diet works **so well. It will reset your hypothalamus back to a normal state.**

9. Will I feel hungry on this low calorie diet?

It is common to feel mild hunger during the first few days. If you find yourself struggling in this area I recommend you check out a product called **Miracle Noodles** found at [www.miraclenoodle.com](http://www.miraclenoodle.com). It is made of a natural healthy fiber called **Glucomannan** with **0 carbohydrates** and **0 calories**.

10. Is it OK to skip a meal or protein at one of my meals?

**No**, you must not skip any of your meals or **protein**. It is important for **blood sugar balance** and **losing fat**, not muscle.

11. Is it normal to get a headache during the first week?

You may experience a headache during the first week due to the fact that your body is releasing fat cells very quickly and putting you through a major detox. **Drink plenty of purified water** and add a **calcium** and **magnesium** supplement to your protocol.

12. Can I wear make-up?

You may use **mineral makeup, pressed powders** or an **oil free foundation**. **No lotions, moisturizers, or liquid make-up with oil**. **HCG is very sensitive to oil, creams and fats** and could slow or **stop your weight loss**. Eye make-up and lipstick are fine if they have no oil. Alba makes an oil free moisturizer that is great for face and body.

13. Will I experience any changes in my menstrual cycle by taking HCG?

There should not be any changes to your cycle, however **it is best** to start your **HCG** drops **after** your **menstrual cycle is complete**.

## HCG Diet Tea Recommendations

Adding tea to your daily routine is not only extremely healthy for you but could also assist you with your weight loss goals. This page will explain the different choices there are and how you can benefit from them.

### Best Weight Loss Tea

1. **Oolong Tea** also known as (Wu-Long tea) will help to boost your metabolism, suppress sugar cravings and burn more body fat. The benefits of this Tea go beyond just weight loss. Go to [www.wulongforlife.com](http://www.wulongforlife.com) and discover for yourself all the health benefits this Tea has to offer.
2. **Eleotin tea** was formulated by scientists at the Diabetes Research Center in Alberta Canada. The purpose of this tea was created to help prevent and cure both type I and type II diabetics. This tea works by regenerating your insulin receptors in the pancreas, liver and muscle cells. Eleotin tea helps give your body the ability to restore your blood sugar levels back to normal. This tea is a bit pricy but it is because it has high quality ingredients and extensive research. I highly recommend this tea if you are dealing with blood sugar issues. You can find this tea at [www.eastwoodcompanies.com](http://www.eastwoodcompanies.com).
3. **Green Tea** is known to increase metabolism, burn fat and regulate blood sugar. The benefits of adding this Tea to your daily routine are quite extensive. The most important are it fights free radicals and slows the aging process with just 2 cups per day. Green Tea protects against cancer and disease by boosting your immune system. Another important benefit is it reduces plaque and bacteria in the mouth which helps fight tooth decay.
4. **Yerba Mate** helps to suppress your appetite and is a good alternative to coffee. Other benefit includes, helps with depression, improves cognition and memory and has anti-inflammatory properties. Yerba Mate is also rich in minerals.
5. The last weight loss teas I would like to mention are **Natural Diuretic Teas**. If you experience a stall in your weight loss while on the HCG diet it may be due to water gain. The following teas will help. **Dandelion Tea** not only helps shed water weight but also provides the added benefit of helping with high blood pressure and liver disorders. Dandelion Tea is one of the richest sources of beta carotene which neutralizes free radicals. It is also helpful in treating poor digestion and improves gall bladder function. **Corn silk Tea** is a gentle diuretic and helps with bloating and water retention. It supports the kidneys and helps with urinary tract infections.

## PHASE 1: PREP AND LOAD

Before you begin this phase you may need to consider cleansing if you are showing signs of a toxic body. See my article [HCG Diet Plan](http://www.natural-remedies-and-cures.com) at [www.natural-remedies-and-cures.com](http://www.natural-remedies-and-cures.com).

The **prep and load phase** is considered the **first day** of your diet. You will begin by taking your HCG according to the directions. Next you will eat as many high fat foods as possible.

This is the **most important part** of the diet if you want to succeed with the low calorie protocol, so **do not skip** it. The purpose of this phase is to help your body make the transition from carbohydrate burning to fat burning faster when you start the 500 calorie diet after day two.

If you do this phase properly you will experience little to no hunger because your body will get all the nutrition it needs from your stored fat.

### BEST LOAD DAY FOODS

Almonds or Almond butter	Avocados	Avocado oil
Brazil Nuts	Cheese - full fat	Eggs
Flax Seeds	Hazel Nuts	Heavy Cream
Herring	Macadamia Nuts	Mackerel
Mayonnaise - full fat	Olives	Olive Oil
Organic Peanut Butter	Peanuts	Pumpkin Seeds
Salmon	Sardines	Sunflower Seeds
Trout	Tuna	Walnuts

**Day 1 & 2:** Take your HCG drops according to the directions. Now begin by eating as much fatty foods as possible.



## Phase 2: HCG Diet Foods Allowed

### Approved Proteins

- You must eat 2 servings of protein daily, preferably organic and grass fed.
- No more than 4 oz of lean protein per meal.
- Do not eat the same protein choice for dinner as you did for lunch

Chicken Breast (skinless)	Extra Lean Ground Beef	Roast (lean & trimmed)
Filet Mignon	Flounder	Cod
Tilapia	Halibut	Sole
Veal	4 oz Low Fat Cottage Cheese	Eggs (1egg + 3 egg whites)

### Approved Vegetables

- You may eat 2 servings daily

Asparagus	Beat Greens	Bell Peppers
Broccoli	Cabbage	Cauliflower
Celery	Chicory	Cucumbers
Fennel	Garlic	Kale
Onion	Parsley	Radishes
Romaine Lettuce	Spinach	Spring Mix
String Beans	Tomatoes	Zucchini

### Approved Fruits

- You may eat 2 servings daily at separate meals.

Apple	Orange	Grapefruit
6-9 Strawberries	1 Lemon/Lime per day	1/8 Cantaloupe

### Approved Grains

- You may eat 2 servings daily at separate meals.

Melba Toast	Grissini Bread Sticks	Wasa Crisp Bread
-------------	-----------------------	------------------

### Approved Beverages

- You may Include 1 Tablespoon of milk in your coffee daily & Use only **Stevia** as a sweetener

Green Tea	Coffee	Spring or Mineral Water
Eleotin Tea	OO-Long Tea	Herbal Tea
Parsley Tea	Dandelion Tea	Fennel Tea

## Phase 2: The Low Calorie Diet Begins

You will begin the low calorie diet on **day 3** through **day 23** and stop taking your drops **after day 21**. If you reach your weight loss goal before **day 21** **you must** continue taking the drops through **day 21**, however you may increase your calories by increasing your portion size.

If you still have more weight to lose you will begin the low calorie diet on **day 3** through **day 43** and stop taking your drops **after day 41**.

It takes 2 days for the **HCG** to be cleared from your body and that is the reason for staying on the low calorie diet for 2 days after you stop your drops.

## Phase 2: HCG Diet & Drops Protocol

### Small Amount of Weight to Lose

**Day 3 - 23** - Begin low calorie diet & stop HCG drops **after day 21**.

### More Weight to Lose

**Day 3 - 43** - Begin low calorie diet & stop HCG drops **after day 41**.

The next 2 pages is a **4 week menu plan** that I prepared for you to follow. I recommend you print a copy of these pages and put them on your refrigerator. That way you will have an idea of what you will be eating during the duration of this diet.

Following the **4 week menu plan** will be weekly grocery lists and recipes that follow. Print a copy of the grocery list to take with you when you go shopping. I recommend you shop for one week at a time so your vegetables will be fresh.

After the diet you will begin Phase 3 which I will explain later in this book. For now all I want you to do is set aside one day each week to plan and cook your meals.

Part of the success of this diet is having a plan in place so it will be hard for you to cheat.

<b>Week 1</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Breakfast	Tea or Coffee & water	Tea or Coffee & water	Tea or Coffee & water	Tea or Coffee & water	Tea or Coffee & water	Tea or Coffee & water	Tea or Coffee & water
Snack	Apple	Apple	Grapefruit	Apple	Apple	6-9 Strawberries	Orange
Lunch	Mexican tomato soup X 2 & 1 slice of melba toast	L.O. Freezer Fish & roasted asparagus	Spinach chicken salad W strawberry vinaigrette	L.O. Ginger garlic beef stir fry	L.O. Freezer fish & spiced spinach	L.O. Beef W cabbage & 1 slice melba toast	L.O. Waldorf salad & 1 slice melba toast
Snack	Grapefruit	Grapefruit	Melba toast	6-9 Strawberries	Grapefruit		
Dinner	Freezer fish X 2 & mixed greens	L.O. Mexican tomato soup & 1 slice of melba toast	Ginger garlic beef Stir Fry X 2	Freezer fish X 2 & spiced chard & 1 slice of melba toast	Beef W cabbage X 2 & 1 slice melba toast	Waldorf salad W Chicken X 2	Beef W braised chard X 2

<b>Week 2</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Breakfast	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or Coffee & water
Snack	Apple	Apple	Orange	6-9 Strawberries	Apple	Apple	Orange
Lunch	L.O Beef W braised chard	Five flavor fish W asparagus salad & 1 slice M.T.	Chicken grapefruit salad	L.O. Broccoli beef S.F.	L.O. Chicken vegetable soup & 1 slice M.T.	L.O. Five flavor fish W garlic kale	L.O. Vegged-up ground beef
Snack	Grapefruit	Grapefruit	1 slice M.T.	Apple	Grapefruit	6-9 strawberries	Apple
Dinner	Chicken lettuce wrap	Warm cabbage slaw W chicken	Broccoli beef S.F. X 2	Chicken vegetable soup X 2 & 1 slice M.T.	Five flavor fish W garlic kale X 2	Vegged-up ground beef X 2	Five flavor fish & spiced spinach

<b>Week 3</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Breakfast	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water	Tea or coffee & water
Snack	Apple	Apple	6-9 Strawberries	Apple	Apple	Apple	Orange
Lunch	Spaghetti & meat balls X 2	L.O. Stuffed chard rolls	Honey mustard cod X 2 & steamed broccoli	L.O. Chicken meatball soup & 1 slice M.T.	L.O. Honey mustard cod & spicy kale	Sweet & sour meatballs & mixed greens W S.V.	L.O. Hamburger W Swiss chard garlic & oregano
Snack	Orange	Grapefruit	Apple	Grapefruit	Orange	1 slice M.T.	Grapefruit
Dinner	Stuffed chard rolls X 2 & 1 slice M.T.	Spaghetti & meatball & 1 slice M.T.	Chicken meatball soup X 2 & 1 slice M. T.	L.O. Honey mustard cod & spicy kale X 2	Sweet & sour meatballs Steamed spinach X2 1 slice M.T.	Hamburger W Swiss chard garlic & oregano X 2	Honey mustard cod & steamed broccoli & 1 slice M.T.

<b>Week 4</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Breakfast	Tea or coffee & water	Tea or coffee & water	Berry spinach smoothie & tea or coffee	Creamy strawberry smoothie & tea or coffee	Spinach egg frittata & tea or coffee	Fried eggs & turkey bacon & tea or coffee	Omelet or smoothie & tea or coffee
Snack	Apple	Grapefruit	Grapefruit	Hardboiled egg	Fruit salad	Apple	Apple
Lunch	Chicken tomato basil soup & 1 slice M.T.	Citrus sole & steamed broccoli	Turkey & cheese roll up in lettuce leaf	L.O. Roast chicken & mashed potatoes & green beans	L.O. best salmon ever & Cole slaw	L.O. chicken broccoli Alfredo & green salad	L.O. tuna casserole & spinach & strawberry salad
Snack		Apple	Apple W almond butter	Celery & hummus	Apple	Grapefruit	Grapefruit
Dinner	Citrus sole X 2 & steamed asparagus & orange	Chinese chicken salad & 1 slice M.T.	Roast chicken & cauliflower mashed pot. X2 & steamed asparagus	Best salmon ever X 2 & Cole slaw	Chicken broccoli Alfredo X 2 & green salad	Tuna casserole & steamed artichoke	Hamburger patty W melted jack cheese & Waldorf salad

## HCG DIET SUCCESS TIP

Set aside one day to prepare your meals for the week. This is the best way I know of to help you stay committed to following this strict diet. You can easily make each recipe separately by adjusting the quantity if you choose.

## WEEK ONE: RECIPES

Mexican Tomato Soup W Chicken X 2

Freezer Fish x 4

Ginger Garlic Beef Stir Fry X 2

Spinach Chicken Salad W Strawberry Vinaigrette

Beef W Cabbage X 2

Waldorf salad W Chicken x 2

Beef W Braised Chard X 2

## SHOPPING LIST

### MEAT

**1 & 1/4 pound boneless, skinless chicken breast or (20 ounces)**

**1 pound sole or cod**

**1 & 1/2 pound organic grass fed beef**

### CONDIMEMNTS

**Apple cider vinegar**

**Bragg's liquid amino**

**Organic lemon juice**

## **PRODUCE**

**Apples - 6**

**Asparagus - 1 bunch**

**Basil - fresh**

**Cabbage - 8 cups chopped**

**Celery - 5 cups chopped**

**Chard - 2 bunches**

**Cherry tomatoes - 2 cups**

**Cilantro - 1 bunch**

**Cucumber - 1 cup**

**Garlic - 23 cloves**

**Ginger - 2 inch piece**

**Grapefruit - 3**

**Green onion - 1 bunch**

**Jalapeno pepper - 1 optional**

**Lemons - 4**

**Mixed greens - 6 cups**

**Onion - 1 & 1/2 cups chopped**

**Oranges - 2**

**Parsley - 1 bunch**

**Spinach - 4 cups or 1 bunch**

**Strawberries - 26**

**Shallots - 2 tablespoons**

## **BREAD**

**Melba toast**

## **CANNED, BOXED & JAR**

**28 ounces organic Mexican style tomatoes**

**1 box 32 ounce organic chicken broth**

**1 small can green chilies**

**1 small jar capers**

**Organic beef, chicken & vegetable broth concentrate \* (see recommendation below)**

**(\* better than bouillon is the brand I recommend)**

**Stevia**

## **SPICES**

**Cardamom**

**Cayenne**

**Chili powder**

**Cinnamon**

**Cumin**

**Garlic powder**

**Himalayan pink salt or sea salt**

**Montreal steak seasoning or \* (see homemade recipe below)**

**Dry mustard**

**Nutmeg**

**Onion powder**

**Paprika**

**Pepper**

**\* homemade Montreal steak seasoning - 2 teaspoons garlic powder, 1 tablespoon coriander seeds, 2 tablespoons coarse pink salt, 1 tablespoon + 1 teaspoon of the following, dill weed, paprika, pepper & or cayenne. Combine all in a coffee grinder or blender until smooth.**

## Quantity Cooking

### Chicken

1 1/4 pounds chicken breast - divided into 5 4 ounce servings

### Marinade

2 tablespoons grated lemon rind

3 tablespoons fresh lemon juice (1 1/2 lemons)

3 cloves garlic, minced

1 teaspoon pink salt or sea salt

1/2 teaspoon pepper

1. Combine above ingredients in a zip lock bag. Place chicken inside and seal. Marinate in the refrigerator 15 to 30 minutes or as long as you like, turning bag occasionally.

2. Remove chicken from bag, discard marinade. Place chicken in a baking dish and bake at 375 degrees approximately 15 minutes or until no longer pink inside.

3. Let cool then place 3 servings of chicken in 3 separate freezer bags and freeze for spinach chicken salad and chicken salad with apple later in the week. 2 pieces of chicken will be used for Mexican tomato soup.



## Mexican Tomato Soup with Chicken

14 ounces Organic Mexican style diced tomatoes

1 box 32 ounces organic chicken broth

1 small can green chilies

1 small onion, diced

1 cup celery, diced

1/2 cup cilantro, chopped

Salt & pepper to taste

Chili powder to taste

1 jalapeno pepper - seeded & chopped, optional

1. Combine all the above ingredients and bring to a boil, then simmer until vegetables are tender.

2. Divide soup evenly into 2 separate containers.

3. Add 1 serving of chicken to each container.

Serve for lunch with 1 slice of Melba toast. Refrigerate the other serving for Wednesday's dinner.

## Quantity Cooking

### Freezer Fish

1 pound sole or cod divided into 4 four ounce servings

### Prepare salsa

2 cups cherry tomatoes, quartered

1 tablespoon apple cider vinegar

1 cup cucumber, chopped

2 teaspoons grated lemon rind

3 tablespoons fresh basil

1 teaspoon pink salt or sea salt

2 tablespoons capers

1/4 teaspoon pepper

2 tablespoons shallots, chopped

1. Combine all the above ingredients and divide into 4 equal servings. Place one serving of fish in each serving of salsa. Freeze 3 separate servings in freezer bags. Leave one out for dinner.

2. To cook heat a large skillet over medium high heat. Put fish and salsa in a pan and cook for two minutes on each side or until the fish flakes easily.

Serve with Mixed Greens, Roasted Asparagus, Garlic & Onion Spiced Chard, & Spiced Spinach

## Roasted Asparagus

2 cups asparagus - Roasted in the oven at 400 degrees for 10 minutes & remove from the oven

### Add to Asparagus

2 tablespoons parsley, chopped

1 teaspoon grated lemon rind

1 tablespoon fresh lemon juice (1 lemon)

1/8 teaspoon salt

1/8 teaspoon pepper

\* You can replace asparagus with 2 cups of tomatoes, chopped.

## Quantity Cooking Beef

1 1/2 pounds of organic grass fed beef or buffalo divided into 6 4 ounce servings

Place each serving in a freezer bag and freeze or

Wrap in freezer paper and label

## Ginger Garlic Beef Stir Fry

2 servings of beef thawed and sliced

2 to 4 cloves of garlic

2 inch piece of ginger, sliced thin or minced

4 cups cabbage, chopped

1 medium onion, chopped - approximately 1 cup

1 cup celery, chopped

1 cup organic beef broth

1. Stir fry vegetables in beef broth until crisp tender, about 2 minutes.

2 Add beef and cook until desired doneness.

\* put one serving in refrigerator for leftovers.

## **Spinach & Chicken Salad**

### **With Strawberry Vinaigrette**

4 ounces cooked chicken, chopped

6 strawberries

2 cups spinach

1. Combine chicken and spinach with 4 sliced strawberries and place in a bowl

### **Strawberry vinaigrette**

2 strawberries

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

1/4 teaspoon each of salt, pepper, onion powder, garlic powder, and dry mustard

Dash of cayenne - optional

1. Blend until smooth and pour over your salad

## Beef with Cabbage

2 servings 4 ounces of beef thawed and sliced

4 cups cabbage cut in strips

1 cup organic beef broth

2 tablespoons apple cider vinegar

4 tablespoons Bragg's liquid aminos

4 tablespoons lemon juice

4 cloves garlic, minced

2 tablespoons green onion, chopped

Salt and pepper to taste

Stevia to taste

1. In a skillet over medium high heat, stir fry beef until cooked through then remove from the pan.

2. Combine the remaining and stir fry until cabbage is crisp tender. Add more water if needed.

Add the beef and divide into 2 servings. Put one serving in the refrigerator for leftovers.

## Garlic and Onion Spiced Chard

1 bunch chard, washed stemmed and chopped

1 tablespoon apple cider vinegar

1/2 cup vegetable or chicken broth

4 tablespoons lemon juice

6 cloves garlic, chopped

Salt and pepper to taste

2 tablespoons onion, chopped or 1 teaspoon onion powder

1. In a frying pan add the chard, broth, onion or powder, garlic and vinegar and Sauté over medium heat for 3 to 5 minutes or until crisp tender.
2. Add lemon juice, salt and pepper and mix well.

Serve

## Spiced Spinach

2 cups spinach

1/4 cup chicken broth or water

4 tablespoons lemon juice

2 clove garlic, minced

1/4 teaspoon paprika

Pinch of cumin

Pinch of lemon zest

Salt and pepper to taste

1. Heat a large skillet over medium high heat
2. Combine all the ingredients and sauté for 2 minutes then serve hot.

\* You can substitute with beet greens



## Waldorf salad With Chicken

2 4 ounce servings of cooked chicken, chopped

2 apples, diced

3 cups celery, diced

6 tablespoons lemon juice

1/2 teaspoon cinnamon

Dash of nutmeg, cardamom and salt

1. Mix all the ingredients together and divide into two equal servings. Put one serving in refrigerator for leftovers.

2. Serve on a bed of mixed greens and a lemon wedge

## Beef with Braised Chard

2 4 ounce servings of beef, thawed

Montreal steak seasoning - homemade or bought (see recipe)

1 bunch chard, chopped (4 cups)

4 tablespoons chicken broth

2 tablespoons apple cider vinegar

4 green onions, chopped

4 cloves garlic, minced

4 tablespoons cilantro, chopped

1. Heat a large skillet over medium heat. Rub beef with steak seasoning on both sides. Cook until done. Separate into two bowls.

2. Add chicken broth to the skillet and deglaze. Add garlic, green onion, cilantro, and apple cider vinegar. Cook 2-3 minutes then add the chard. Finish cooking until the chard is wilted and liquid is almost gone.

3. Divide into 2 equal servings and place inside the bowls. Put one serving in refrigerator for leftovers. Serve

## WEEK TWO: RECIPES

Beef with Braised Chard (leftovers)

Chicken Lettuce Wrap

Five Flavor Fish X 4

Asparagus salad

Warm Cabbage Slaw W Chicken

Chicken Grapefruit Salad

Quick & Handy Hamburger Mix

Broccoli Beef Stir Fry X 2

Chicken Vegetable Soup X 2

Garlic Kale X 2

Vegged-up Beef X 2

Spiced Spinach

## SHOPPING LIST

### MEAT

**1 & 1/4 pound boneless, skinless chicken breast or (20 ounces)**

**1 pound halibut or tilapia**

**1 pound organic grass fed ground beef or buffalo**

### CONDIMENTS

**Apple cider vinegar**

**tamari (low sodium)**

**Organic lemon juice**

**Braggs liquid aminos**

## **PRODUCE**

**Apples - 6**

**Asparagus - 1 bunch**

**Basil - fresh**

**Broccoli - 4 cups florets**

**1 large head cabbage - 6 cups chopped**

**Celery - 2 stalks**

**Cilantro - 1 bunch**

**Garlic - 17 cloves**

**Ginger - 1 inch piece**

**Grapefruit - 4**

**Green onion - 1 bunch**

**Kale - 4 cups chopped**

**Lemon - 1**

**Mixed greens - 2 cups**

**Onion - 1 small red**

**Onion - 4 medium yellow**

**Oranges - 2**

**Parsley - 1 bunch**

**Romaine lettuce - 1 head**

**Spinach - 2 cups**

**Strawberries - 1 16 ounce basket**

## **BREAD**

**Melba toast**

## **CANNED, BOXED & JAR**

**Beef broth - 2 cups**

**Chicken broth - 6 & 1/4 cups or (52 ounces)**

**Canned tomatoes - 28 ounce can**

**Stevia**

## **SPICES**

**Cayenne**

**Chili powder**

**Chinese 5 spice**

**Cumin**

**Garlic powder**

**Italian herb blend**

**Onion powder**

**Paprika**

**Pepper**

**Pink or sea salt**

**Poultry seasoning**

**Dried thyme**

## Lettuce Wraps

4 ounces cooked chicken, chopped

1 teaspoon fresh ginger, minced or 1/2 teaspoon powder

2 cloves garlic, minced

2 green onions, chopped

1/2 cup chicken broth

1 teaspoon Chinese 5 spice

1 tablespoon apple cider vinegar or lemon juice

1 tablespoon tamari, (low sodium) or Bragg's liquid aminos

Romaine lettuce leaves

1 In a skillet over medium heat sauté ginger, garlic & onion in chicken broth until softened. Add chicken and remaining ingredients. Cook 5 minutes more.

2. Remove from the heat, place in romaine lettuce leaves and roll.

## Quantity Cooking

### Five - Flavor Fish

- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 4 four ounce fish filets rinsed and patted dry

1. Pre heat oven to 425 degrees
2. In a small bowl, stir together the ingredients, except the fish
3. Coat fish on both sides and place in a 9 X 13 baking dish
4. Bake 10-12 minutes or until it flakes easily with a fork

\* Leave one serving out and freeze the other 3 servings in freezer bags for later in the week.

## **Asparagus Salad W Italian Vinaigrette**

2 cups asparagus spears, trimmed

1/4 cup chopped red onion

2 tablespoons chopped fresh basil

### **Italian Vinaigrette**

1/4 cup chicken broth

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

1/2 teaspoon Italian herb blend

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1. Combine & simmer the vinaigrette ingredients in a saucepan on low for 5 minutes so flavors can blend together.

2. Steam asparagus for 2 minutes and remove and dry on a paper towel. Cut in 1 inch pieces & transfer to a bowl.

3. Add onion basil & vinaigrette, mix well. Serve



## Warm Cabbage Slaw W Chicken

4 ounce chicken breast, sliced

2 cups slivered cabbage

2 green onions, sliced

1 large garlic clove, minced

1/4 cup chicken broth

1 tablespoon apple cider vinegar

1 teaspoon tamari (low sodium) or Bragg's liquid aminos

Pinch of cayenne

1. Put in a large skillet over medium heat combine green onion, garlic, and chicken. Cook about 2 minutes, stirring often.
2. Add remaining ingredients & simmer for 2-3 minutes or until chicken is cooked through.
3. Pour over cabbage & toss.

## Chicken & Grapefruit Salad

4 ounces chicken breast

1 teaspoon tamari, (low sodium)

2 cups mixed salad greens

1/2 cup grapefruit sections

2 tablespoons red onion, chopped

### Dressing

Whisk together the following ingredients

1/2 cup grapefruit juice

1 teaspoon Stevia or 1 packet

1 teaspoon apple cider vinegar

Pinch of cayenne

1. Heat a skillet over medium high heat - cook chicken 2 minutes on each side or until no longer pink. Add tamari to coat chicken & transfer to a plate. Slice into strips.

2. Place salad greens in a bowl, top with grapefruit sections, onion & chicken strips.

3. Pour dressing over and serve.

## Quantity Cooking

### Quick & Handy Hamburger Mix

1 pound organic grass fed extra lean ground beef

1 medium onion, diced

3 cloves garlic, minced

Salt & pepper to taste

1. In a large skillet, cook lean ground beef with onions over medium heat. Add salt & pepper - cool. Divide into 4 equal servings.

\* Leave 2 servings out and freeze the other 2 servings in freezer bags for later in the week.

## Recipes

Broccoli Beef Stir Fry X 2

Vegged-up Beef X 2

## Broccoli Beef Stir Fry

2 serving quick & handy hamburger mix

4 cups broccoli florets

1 cup beef broth for stir frying

4 tablespoon tamari

2 packets Stevia or (2 teaspoons)

1. In a heated wok over medium high heat add broth and broccoli and stir fry for about 2 minutes.

2. Add quick & handy hamburger mix, tamari & Stevia, Mix well. Cover & reduce heat to medium low. Cook 3 minutes more or until broccoli is a crisp tender.

Serve

## Chicken Vegetable Soup

8 ounces (1/2) pound of cooked chicken, chopped

2 celery stalks, chopped

1 medium onion, chopped

2 cloves garlic, chopped

28 ounces organic canned tomatoes

4 cups chicken broth

Salt & pepper to taste

1 teaspoon cumin

1 teaspoon poultry seasoning

\* Garnish with cilantro & parsley

1. Combine all the ingredients in a large pot and bring to a boil.

2. Reduce to a simmer & cover for 30 minutes. Serve

## Garlic kale

4 cups kale, chopped

1 medium onion, chopped

6 large cloves of garlic, minced

1/2 cup chicken broth for sautéing, more if needed

Pinch of cayenne - optional

1 cup Melba toast bread crumbs - optional

1. Heat a large skillet over medium high heat; add 2 tablespoons chicken broth and sauté onion for 3 minutes or until soft, stirring often.
2. Stir in garlic & cook for 1 minute.
3. Stir in bread crumbs & cook until lightly browned. Transfer to a bowl.
4. In the same skillet add the kale & Remaining chicken broth. Reduce heat to medium and cook covered about 6 minutes or until the liquid is absorbed and the kale is tender, stirring occasionally. Stir in the bread crumb mixture and cayenne.
5. Divide into 2 equal servings. Place one serving in the refrigerator for leftovers tomorrow.

## Vegged-Up Ground Beef

2 servings quick & handy hamburger mix thawed or 1/2 pound organic grass fed beef, browned with onion, garlic and salt& pepper to taste.

1 medium onion, sliced

4 cups cabbage, chopped

Salt, pepper & garlic powder to taste

1 cup beef broth

1. Heat a large skillet over medium high heat, add beef broth and onion. Cook until slightly softened. Add beef & spices & heat through. Reduce heat to medium heat

2. Add cabbage, cover and cook until wilted (about 3 minutes).

3. Divide into two equal servings, cool, and then place in the refrigerator for leftovers tomorrow.

## WEEK THREE: RECIPES

Spaghetti & Meatballs X 2

Stuffed Chard Rolls X 2

Honey Mustard Salmon X 4

Chicken Meatball Soup X 2

Spicy Kale X 2

Sweet & Sour Meatballs X 2

Mixed Greens W Strawberry Vinaigrette

Hamburgers X 2

Swiss chard W Garlic & Oregano X 2

## SHOPPING LIST

### MEAT

**1 & 1/2 pounds ground chicken breast**

**1 pound organic grass fed beef or buffalo**

**1 pound sole or cod**

### CONDIMENTS

**Apple cider vinegar**

**Bragg's liquid amino**

**Tamari (low sodium)**

**Organic lemon juice**



## **PRODUCE**

**Apples - 6**

**Broccoli florets - 4 cups**

**Cabbage - 4 cups chopped**

**Celery - 2 cups chopped + 2 stalks**

**Chard - 1 bunch**

**Dill - fresh - 4 tablespoons or dried - 2 teaspoons**

**Garlic - 20 large cloves**

**Ginger - fresh 2 tablespoons minced or dried 2 teaspoons**

**Grapefruit - 3**

**Kale - 1 bunch**

**Lemons - 2**

**Mixed greens - 2 cups**

**Onion - 3 medium + 2 large**

**Oranges - 3**

**Italian parsley - 1 bunch**

**Spinach - 2 cups**

**Strawberries - 1 basket**

**Tomatoes - 2 cups chopped**

## **CANNED, BOX & JAR**

**Beef broth - 2 cups**

**Chicken broth - 6 & 1/2 cups**

**Dijon mustard**

## **BREAD**

**Melba toast**

## **CANNED, BOXED & JAR CONT.**

**1 package onion soup**

**Stevia**

**2 6 ounce cans organic tomato paste**

**2 28 ounce cans organic tomato puree**

## **SPICES**

**Basil**

**Bay leaves**

**Cayenne**

**Dill**

**Garlic powder**

**Onion powder**

**Oregano**

**Pepper**

**Sage**

**Sea salt or pink salt**

## Quantity Cooking

### Chicken Meatballs

1 1/2 pounds ground chicken breast

1 egg white

1 small onion, diced

1 package onion soup mix or your favorite seasonings

2 tablespoons ground sage

1/4 cup finely crushed bread crumbs - made with Melba toast

1. Mix all the above ingredients together. Divide the meat into 6 equal portions using a food scale. Roll each portion into a ball.

2. Bake at 375 degrees for approximately 20 minutes or until browned, or freeze separately and bake later as needed.

### Recipes

Spaghetti & Meatballs X 2

Chicken Meatball Soup X 2

Sweet & Sour Meatballs X 2

## Quantity Cooking

### Italian Cooking sauce

**Makes approximately 8 cups**

2 cans 28 ounces organic tomato puree

2 cans 6 ounces organic tomato paste

2 1/4 cups chicken broth

6 large cloves of garlic, minced

2 celery stalks with leaves, chopped

1 tablespoon each of the following spices; pink salt or to taste, oregano, basil, rosemary, parsley, or 1/2 cup fresh parsley, chopped.

2 bay leaves

1 teaspoon Stevia or 2 packs

1/2 teaspoon cayenne & pepper

1. In a large pot combine the tomato puree, tomato paste & 2 cups chicken broth. Bring to a boil, reduce to simmer

2. Heat a large skillet over medium heat with 1/4 cup chicken broth. Add onion, garlic and celery & sauté until tender. Add to the simmering pot with the remaining ingredients. Simmer for about 30 minutes. Place 4 cups of sauce in the refrigerator and freeze the rest.

## Spaghetti & Meatballs

4 cups Italian cooking sauce

2 serving of meatballs

2 cups cabbage shredded and lightly steamed

1. Combine the sauce and meatballs in a sauce pan and heat through.
2. Divide into 2 equal servings and put one in the refrigerator for tomorrow's leftovers.
3. Serve over 2 cups of lightly steamed cabbage.

## Stuffed Chard Rolls

2 servings of quick and handy hamburger mix (see recipe in week two)

2 or more large chard leaves - any kind

2 cups beef broth

2 cloves garlic, minced

1/4 teaspoon basil, oregano, onion & garlic powder

Cayenne pepper to taste

Salt & pepper to taste

1. Lightly steam chard leaves until slightly soft. Wrap one serving hamburger mix in chard leaves burrito style.
2. Place wraps in a baking dish and cover with broth and spices.
3. Bake at 350 degrees for 20 minutes or until heated through.
4. Leave one serving in the refrigerator for tomorrow's leftovers

## Quantity Cooking

### Honey Mustard Cod

Four, 4 ounce servings cod filets

2 tablespoons snipped fresh dill or 1 teaspoon dried

2 tablespoons Dijon mustard

1 teaspoon Stevia or 1 packet

1. Put fish in small bowl together with dill, Dijon & Stevia and Coat fish with the mixture on both sides.
2. Grill or broil about 6 inches from the heat about 6 minutes or until desired doneness.
3. Leave two servings out and freeze two servings for later in the week.

## Chicken Meatball Soup

2 servings of chicken meatballs

4 cups chicken broth

4 tablespoons Bragg's liquid aminos

2 tablespoons apple cider vinegar

2 cups celery, chopped

2 cups of tomato, chopped

4 cloves garlic, minced

2 bay leaves

Pinch of cayenne

Salt & pepper to taste

1. Bring chicken broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken meatballs. Reduce to a simmer for 30 minutes

2. The last 10 minutes of cooking, add celery and chopped tomato.

3. Divide into two equal servings, put one serving in refrigerator for tomorrow's leftovers



## Spicy Kale

1 bunch of kale, stemmed and chopped

1 tablespoon chicken broth

1 medium onion, chopped

2 large cloves garlic, minced

1 tablespoon fresh ginger, minced

Pinch of cayenne

2 tablespoons low sodium tamari

1 teaspoon sage

Pepper to taste

1. Steam kale until crisp tender, about 3 - 5 minutes

2. While kale is steaming, sauté onion, garlic & ginger over medium heat about 5 minutes and transfer to a bowl.

3. Add steamed kale, tamari, pepper & sage. Mix well then divide into 2 equal servings. Put one serving in refrigerator for tomorrows leftovers.

## Sweet & Sour Meatballs

2 servings chicken meatballs - thawed

1 lemon & orange, with rind

2 cups water

2 tablespoons Bragg's liquid aminos

4 tablespoons apple cider vinegar

2 tablespoons onion, minced or 2 teaspoons dried

2 tablespoons lemon and or orange zest

2 teaspoons garlic powder

Pinch of cayenne

Stevia, salt & pepper to taste

1. Place orange and lemon with rind in water in a saucepan. Bring to a boil & reduce to a medium boil for about 10 minutes

2. Remove lemon & orange from the water and let cool. Scrape out the middle of the orange and lemon along with the pulp (white part), and return to the saucepan.
3. Add the meatballs, spices, onion & Stevia to taste. Cook until the liquid is reduced by half.
4. Divide into 2 equal servings. Put one serving in the refrigerator for tomorrows leftovers.

## **Mixed Greens & Strawberry Vinaigrette**

### **Strawberry Vinaigrette**

1 cup strawberries

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

Stevia to taste

Dash of sea salt

Pinch of cayenne - optional

Pepper to taste

1. Combine all the above ingredients in a blender and blend until smooth.
2. Pour over mixed greens and garnish with sliced strawberries.

## Swiss chard With Garlic & Oregano

1 bunch Swiss chard, stemmed & chopped

2 tablespoons chicken broth

4 cloves garlic, minced

1 teaspoon oregano, dried

2 teaspoons Bragg's liquid aminos

Salt and pepper to taste

1. Heat chicken broth over medium heat & sauté the onion and garlic for 2 minutes. Add the chopped chard, cover and cook for 2 more minutes or until it starts to wilt.

2. Stir in the oregano, salt & pepper and cook a few more minutes or until the chard is a crisp tender.

3 Remove from the heat and stir in the Braggs liquid aminos.

4 Divide into 2 equal servings and put one serving in the refrigerator for tomorrows leftovers.

## WEEK FOUR: RECIPES

Chicken Tomato Basil Soup

Citrus Sole

Chinese Chicken Salad

Berry Spinach Smoothie

Crockpot Roast Chicken X 2

Turkey & Cheese Roll-ups

Cauliflower Mashed Potatoes X 2

Creamy Strawberry Smoothie

The Best Salmon Ever X 2

Cole Slaw X 2

Spinach & Egg Frittata

Berry Fruit Salad

Chicken Broccoli Alfredo X 2

Tuna Casserole

Omelet with Mozzarella, Shitake & Turkey Bacon

Spinach & Strawberry Salad

Waldorf salad

## SHOPPING LIST

### MEAT

1 1/2 pounds boneless skinless chicken breast

1/2 pound sole

Sliced turkey breast

1 roasting chicken

2 salmon filets (wild caught)

Turkey bacon

2 tuna filets or 2 12 ounce cans albacore tuna

1 hamburger patty (organic grass fed beef or turkey)

### CONDIMENTS

Apple cider vinegar

Bragg's liquid aminos

Lemon juice

Lime juice

Mayonnaise

Mustard

Olive oil, (cold pressed extra virgin)

## **PRODUCE**

**Apples - 8 organic**

**Artichoke - 1**

**Asparagus - 1 bunch**

**Basil fresh - 2 tablespoons**

**Bib lettuce - 1 head**

**Blueberries - 1/2 cup**

**Boston or bib - 8 leaves**

**Broccoli florets - 6 - 8 cups**

**Cabbage 1 head green & 1/2 head red**

**Cauliflower - 1 head**

**Celery - 1 bunch**

**Cherry tomatoes - 1 basket**

**Cilantro - 1 bunch**

**Garlic - 1 head**

**Ginger - 1 inch piece**

**Grapefruit - 4**

**Grapes - red 1 cup**

**Green beans - 2 cups**

**Green onion - 1 bunch**

**Lemons - 2**

**Mixed greens - 1 bag pre-washed**

**Onion - 2 yellow & 1 red**

**Orange - 1**

## **PRODUCE**

**Parsley - 1 bunch**

**Sage - 1 tablespoon fresh**

**Shitake mushrooms - 1/2 cup**

**Spinach - 2 bags pre-washed**

**Strawberries - 1 basket**

**Zucchini - 1**

## **BREAD**

Melba toast

## **CANNED, BOX & JAR**

2 12 ounce cans albacore tuna

Almond butter

Chicken broth - 2 cups

Strawberry whey protein powder (Jay Robb's)

Stevia

1 14.5 ounce can organic diced tomatoes

## **Spices**

Cayenne

Garlic powder

Italian seasoning

Lemon pepper - optional

Nut Meg - optional

Onion powder

Paprika

Pepper

Sage

Pink salt or sea salt

Thyme

## **BAKING**

Sliced almonds - 1/4 cup

Walnuts - 1/4 cup

## **FREEZER & DAIRY**

Mixed berries - 1 bag

Blueberries - 1 bag

Butter

Cheddar cheese - 1 pound

Jack cheese - sliced

Feta cheese

Heavy cream - 1 1/2 cups

Eggs

Parmesan cheese - 3 cups

Sour cream - 16 ounces

Strawberries - 1 bag



## Chicken Tomato Basil Soup

4 ounces boneless skinless organic chicken breast

1 14.5 ounce can diced tomatoes

2 cups organic chicken broth

2 tablespoons basil, chopped or 2 teaspoons dried

1 packet Stevia or to taste

1/4 teaspoon Worcestershire sauce

Pinch of cayenne

1/4 to 1/2 cup fresh cilantro or parsley, chopped

1/4 teaspoon salt

1. In a medium sauce pan combine all the ingredients except cilantro or parsley & salt. Bring to a boil and reduce to simmer for 15 minutes, stirring occasionally.

2. Remove from the heat. Stir in cilantro and salt.

## Citrus sole

2 four ounce fish filets, such as sole or tilapia, rinsed & patted dry

2 tablespoons lemon juice

2 tablespoons lime juice

1 1/2 tablespoon fresh squeezed orange juice

1. Preheat oven to 375 degrees
2. Put in a small bowl whisk together lemon juice, lime juice and orange juice.
3. Thoroughly coat the fish and place in a baking dish. Bake for 15 minutes or until fish flakes easily with a fork.
4. Put one serving of fish in the refrigerator for tomorrow's leftovers.

## Chinese Chicken Salad

4 ounce boneless skinless organic chicken breast

2 cups cabbage

3 tablespoons Bragg's liquid aminos

1 tablespoon apple cider vinegar

1 tablespoon minced green onion

1 clove garlic, minced

Fresh grated ginger to taste or a dash of powdered

Pinch of cayenne

1 packet Stevia or to taste

Sea salt & pepper to taste

1. Brown the chicken with lemon juice, 1 tablespoon Braggs, garlic, green onion, Stevia and a pinch of cayenne.

2. Slice the cabbage into fine strips and steam until crisp tender, about 2 minutes. Put steamed cabbage in a serving bowl.

3. Add the chicken, ginger, salt & pepper and chill. Sprinkle with the remaining Braggs.

## Berry Spinach Smoothie

1/2 cup heavy cream

1/2 cup purified water

1/2 cup frozen strawberries

1/2 cup frozen blueberries

1/2 cup ice

1 cup packed spinach

1 scoop Jay Robb's whey strawberry protein powder

Blend until smooth - makes 3 cups

## Turkey Roll - ups

Bibb leaf lettuce

1 tablespoon mayonnaise

1 tablespoon mustard

1 - 2 slices turkey breast

1 slice cheese - jack, cheddar, or mozzarella

1. Spread mayonnaise and mustard on a large Bibb leaf or lettuce of your choice.
2. Lay the turkey slice with the cheese on the lettuce leaf and roll.

## Crock Pot Roast Chicken

4 teaspoons sea salt

2 teaspoons paprika

1 teaspoon cayenne or to taste

1 teaspoon onion powder

1 teaspoon thyme

1 teaspoon garlic powder

1 teaspoon lemon pepper or black pepper

1 roasting chicken - thawed

1. Mix all the spices together in a bowl then rub on outside and inside of the chicken
2. Put the chicken in a zip lock bag and marinate in the refrigerator for a few hours or even overnight.
3. Put the chicken in the crock pot, do not add liquid. Cook on low for 8 to 10 hours

## Cauliflower Mashed Potatoes

1 head cauliflower, chopped into florets

1/4 cup heavy cream or more if desired

Sea salt and pepper to taste

Pinch of nutmeg - optional

2 tablespoons butter

1. Steam cauliflower until tender, about 15 minutes.
2. Puree in a blender with cream, butter, salt, pepper and nutmeg if desired. Add more cream if necessary.

## **Creamy Strawberry Smoothie**

1/2 cup water

1 cup ice

1 scoop Whey strawberry protein powder

1 egg

2 tablespoons cream

2 strawberries

Blend water and ice first then add the egg, whey protein powder, strawberries & cream, blend until smooth, serve.



## Best Salmon Ever

2 tablespoons olive oil

2 salmon filets (wild caught)

1 medium onion, sliced thin

1 lemon to squeeze over the fish

Thyme, garlic powder, sea salt & pepper to taste

1. Pre heat oven to 425 degrees, lay filets on a glass baking dish or cookie sheet.
2. Drizzle with olive oil and rub both sides with the above spices.
3. Lay the onion slices on top of the fish. Squeeze the juice of the lemon on top of the fish.
4. Bake about 15 minutes or until the fish flakes easily with a fork.
5. Put one serving in the refrigerator for tomorrows leftovers.

## Multicolored Coleslaw

1/2 head red cabbage, shredded

1/2 head green cabbage, shredded

1/2 red onion, chopped

1 zucchini, shredded

1 carrot, peeled and shredded

Juice of 1 lemon

1 teaspoon sea salt or pink salt

1 tablespoon mustard

3/4 cup mayonnaise or 1/2 cup olive oil

1. Shred vegetables by hand or use a food processor and put in a medium size bowl.
2. Combine lemon juice, salt, mustard, and mayonnaise or olive oil and pour over the vegetables.
3. Refrigerate about 2 hours to develop flavors.

## Homemade Mayonnaise

3 egg yolks

2 tablespoons Dijon mustard

1 teaspoon lemon juice

Pinch of sea salt

2 cups olive oil

1. In a blender combine yolks, mustard, lemon juice and salt. Blend until smooth
2. Slowly add olive oil in the blender while still running in a small steady stream.

**\* Very important to add olive oil slowly or it will not emulsify**

3. Adjust taste with lemon juice and salt if needed.

## **Spinach & Egg Frittata**

2 cups spinach, chopped

1 egg + 2 egg whites

1/4 teaspoon Italian seasoning or more to taste

Sea salt & pepper to taste

1. In a large skillet over medium heat add the spinach plus 2 tablespoons water, Cook until spinach has wilted, about 1-2 minutes. Sprinkle with salt and pepper and reduce heat of skillet to medium low.

2. In a small bowl whip the eggs and Italian seasoning then pour into the skillet. Cover and cook until set.

## **Berry Fruit Salad With Cream**

1. Combine fresh or frozen mixed berries with cream or half and half.

2. Add Stevia to taste if you choose.

## Chicken Broccoli Alfredo

4 tablespoons olive oil or butter

2 teaspoon garlic powder

2 teaspoon onion powder

Sea salt & pepper to taste

1 pound boneless, skinless chicken breast cut into bite size pieces

4 - 6 cups broccoli florets, chopped

4 tablespoons sour cream

2 cups parmesan cheese

2 cups heavy cream

1. Sauté chicken in a skillet over medium heat seasoned with garlic powder, onion powder, salt and pepper until no longer pink.

2. Add broccoli to the skillet and sauté 2 more minutes.

3. Add cream, sour cream and parmesan and bring to a boil. Reduce heat and simmer for 10 minutes. Divide into 2 equal servings and put one in refrigerator for tomorrow's leftovers.

4. Serve with mixed greens with feta and cherry tomatoes and vinaigrette.

## Tuna Casserole

2 12 ounce cans albacore tuna or 2 tuna filets

1 medium onion

1 cup celery, chopped

1/2 cup mayonnaise

1/2 cup sour cream

1 cup grated cheddar cheese + (1/4 cup for topping)

1/4 cup grated parmesan cheese + (2 tablespoons for topping)

1-2 tablespoons fresh parsley, chopped

Sea salt, pepper, onion & garlic powder to taste

Preheat oven to 400 degrees

1. Mix all the above ingredients except the topping.
2. Pat into a sprayed 8 X 8 baking dish. Top with remaining cheese. Bake 30 - 40 minutes or until golden brown.
3. Serve with a vegetable of your choice.

## Omelet with Cheddar, Shitake & Turkey Bacon

1 tablespoon olive oil

1/2 cup shitake mushrooms

2 slices turkey bacon

3 eggs

1/4 cup heavy cream

1 tablespoon butter

1/2 cup cheddar cheese or your choice of cheese

1 tablespoon finely chopped fresh sage or 1/2 teaspoon dried

Sea salt & pepper to taste

1. Sauté mushrooms in oil over medium heat until golden brown. Remove from skillet and set aside.
2. Add turkey bacon and cook until crisp. Remove from pan and set aside.
3. In a medium bowl, whisk the eggs, cream, sea salt and pepper. Melt the butter in a skillet over medium heat. Add the egg mix and gently stir until the eggs begin to set.
4. Reduce heat to low then add mushrooms, bacon, cheese & sage on 1/2 of omelet. Cover and cook until done then fold in half and serve.

# Spinach & Strawberry Salad

## Dressing

1/4 cup olive oil

1 packet Stevia

2 tablespoons apple cider vinegar

Sea salt & pepper to taste

## Salad

1 bunch of spinach or 1 bag pre-washed

1/4 cup sliced almonds

1/2 cup celery, diced

1 tablespoon green onion, chopped

8 strawberries, sliced

1. Combine dressing in a jar and shake well.
2. Put almonds in a skillet over medium heat and stir until they are golden brown. Remove from the heat.
3. Toss spinach, celery, green onion & fruit in a salad bowl. Add dressing & almonds and toss.



## Waldorf salad

2 tablespoons mayonnaise

1 tablespoon lemon juice

2 small apples, cubed

1 cup red grapes, halved

1/4 cup coarsely chopped walnuts

1 stalk celery, sliced

8 Boston or Bibb lettuce leaves or your choice of lettuce

1. Combine mayonnaise and lemon juice in a medium bowl. Add apples & grapes and mix well.
2. Add walnuts & celery and toss.
3. Serve on a bed of lettuce leaves.

## PHASE 3 - STABILIZATION PHASE

This phase is relatively simple and begins on day 24 or day 44. This is exactly 72 hours after your last dose of HCG. This phase is when the hypothalamus is reset to a normal state, resulting in a higher metabolism and prevention of abnormal storing of fat.

For **21 days** or day 24 - 44 or day 44 - 64 you can eat as much food and any type of food you choose with the following exceptions.

- **No sugar** or sweetener of any kind except Stevia.
- **No starch** - cornstarch, white flour, wheat flour, pasta, bread, tortillas, oatmeal, polenta, rice, peas, corn, lentils, pita bread, pretzels, corn chips, potato chips, yams, potatoes, pancakes, muffins, breading on fish or other protein, beans, grains, acorn squash, butternut squash, cereals, granola, popcorn, taco shells, croutons, rice cakes, cream of wheat, & cornmeal.
- **No trans fats**, including hydrogenated or partially hydrogenated.
- **No artificial sweeteners**, including aspartame, sucralose, NutraSweet, splenda, or saccharin.
- **No artificial chemicals or preservatives** including nitrites or MSG.

The good news is that because no carbohydrates (starches) are to be eaten, fats can be indulged in more liberally. A word of caution, as soon as fats and starch are combined during this phase weight starts to come back.

## **Number One Rule: Weigh Yourself Daily First Thing in The Morning**

**The goal of phase 3 is to maintain your new weight loss, not to lose more weight.**

As long as your weight **stays within 2 pounds** of the weight you reached on the last day of your HCG dose or **day 21 or 41** you are doing fine. If at any time during the 3 week stabilization phase your weight increases past 2 pounds **you must correct immediately** with a **steak day**.

### **Steak Day**

**The same day** that your weight goes beyond 2 pounds you must **skip breakfast and lunch** but drink plenty of water. In the evening you are to eat a large steak (organic & grass fed) if possible, followed with an apple or raw tomato. This rule only applies to your morning weight.

#### **Meat substitutes for a steak day**

Chicken or fish have been used successfully as a meat substitute for a **steak day**.

### **Analyzing a Weight Gain in Phase 3**

**If you find you are still gaining weight even after a steak day try the following solutions;**

1. Check all the foods and beverages you are consuming for **hidden sugars & starches**.
2. Analyze your daily calorie count, percentage of your proteins, fats and carbohydrates consumed daily & adjust if necessary. You can do this by going online for a free diet and weight loss journal at **www.fitday.com**

## Important Phase 3 Information

**Retention of water** in your body also known as **hunger edema** is a sign of **protein deficiency**.

To correct this problem you simply need to consume some lean protein by doing a **steak and cheese day**.

- 2 eggs for breakfast
- a large steak for lunch & dinner
- followed by a large helping of cheese

2 pounds can vanish overnight along with your swollen ankles.

## Helpful Phase 3 Suggestions

- Continue to plan your meals weekly to help you stay true to phase 3 of your diet, see the resource section of this book for ideas.
- Make sure to eat enough lean protein and a minimum of 1500 calories.
- Continue to eat 2 apples and one grapefruit a day.
- Drink plenty of purified water in the amount of 1/2 your body weight in ounces.
- Add a calcium supplement to your diet to help regulate the way your body stores fat and the PH level of your blood which impacts weight gain.
- Drink organic green tea, yerba mate, and oolong & chamomile tea daily in any quantity you desire.
- If you want to supplement your diet and do not know where to start, go to **[www.7supplementsyouneed.com](http://www.7supplementsyouneed.com)**. Dr Jonny Bowden has some good advice.

## More Helpful Phase 3 Suggestions

- Take 1-3 teaspoons of raw organic apple cider vinegar daily.
- Continue to keep a food journal.
- Do not skip breakfast.
- Finish your dinner 3 1/2 hours before bedtime.
- Get enough sleep, ideally 7-8 hours each night.
- Exercise; like walking, yoga, resistance training, or rebounding are excellent choices.
- Do not consume GMO foods. You can find a list at [www.NonGMOshoppingGuide.com](http://www.NonGMOshoppingGuide.com)
- If you are unable to eat organic then do your best to stay away from the [Dirty Dozen](#)

- |                          |                            |
|--------------------------|----------------------------|
| 1. Apples                | 7. Grapes - Imported       |
| 2. Celery                | 8. Sweet bell peppers      |
| 3. Strawberries          | 9. Potatoes                |
| 4. Peaches               | 10. Blueberries - Domestic |
| 5. Spinach               | 11. Lettuce                |
| 6. Nectarines - Imported | 12. Kale/collard greens    |

- **The following is a list of the least sprayed vegetables & fruits I call the [Clean 15](#)**

- |               |                          |                    |
|---------------|--------------------------|--------------------|
| 1. Onions     | 6. Sweet peas            | 11. Cabbage        |
| 2. Corn       | 7. Mangos                | 12. Watermelon     |
| 3. Pineapples | 8. Eggplant              | 13. Sweet potatoes |
| 4. Avocados   | 9. Cantaloupe - Domestic | 14. Grapefruit     |
| 5. Asparagus  | 10. Kiwi                 | 15. Mushrooms      |

## PHASE 4: MAINTENANCE

**CONGRADULATIONS!** You made it this far. If Phase 1-3 were done correctly you should be experiencing the following benefits:

- Intense and constant hunger, **gone!**
- Feel full even after eating smaller portions at each meal.
- Food cravings, **gone!**
- Metabolism reset to burn your calories more efficiently.
- No more abnormal storage of fat.
- Increased energy.
- Sleep more soundly.
- Glowing with vibrant health.
- Depression, stress and anxiety lifted.

The main goal for **phase 4** is to **SLOWLY** begin to add starch and sugar back into your diet.

Begin by adding one new food back at a time. If that particular food is a stressor to your body there will be an increase in your pulse. Simply do the following **Allergy Test** to determine if the food you consumed is right for your body.

### Allergy Test

1. Take your resting pulse rate (count pulse for 6 seconds then add a 0)
2. Eat the suspected food in its simplest form
3. Wait 20 minutes then retake your resting pulse

If your resting pulse rate is 10+ points or higher, then your need to avoid that food.

## Most Common food Allergies

### Top 7

1. Wheat
2. Cow's Milk
3. Sugar
4. Corn
5. Soy
6. Eggs
7. Peanuts

### Guidelines to Keep The Weight Off Permanently

1. Continue to drink plenty of purified water
2. Eat organic as much as possible to avoid growth hormones, antibiotics & chemicals.
3. Minimize fast food, it tends to be loaded with chemicals, sugars & starches
4. Doing a [liver gallbladder flush](#) will ensure a healthy digestion and keep your weight stable. It also increases metabolism and makes permanent weight loss very easy.
5. Take digestive enzymes with your meals.
6. Avoid highly refined sugars which include; high fructose corn syrup, corn syrup, sucrose, and dextrose. All are known to cause weight gain.
7. No Tran's fats. This includes hydrogenated or partially hydrogenated.
8. No artificial sweeteners. This includes NutraSweet, splenda, aspartame & sucrolos.
9. No MSG or nitrites.
10. Avoid lotions, shampoos, conditioners & soaps that contain propylene glycol & sodium laureth sulfate. They are highly toxic and are known to cause weight gain.

## Still More Weight to Lose

**Begin Phase 2 again (Round 2)**

**The following list is for those who need to do multiple rounds of HCG**

**Round 1 - 6 week break (3 weeks of phase 3 & 3 weeks of Phase 4)**

**Round 2 - 8 week break (3 weeks of phase 3 & 5 weeks of phase 4)**

**Round 3 - 12 week break (3 weeks of phase 3 & 9 weeks of phase 4)**

**Round 4 - 20 week break (3 weeks of phase 3 & 17 weeks of phase 4)**

**Round 5 - 6 month break (3 weeks of phase 3 & 5 months + 1 week of phase 4)**

With this protocol it is possible to lose 100 pounds or more without developing an immunity to HCG.



## Resources

### Books

[Pounds and Inches](#) - A.T.W. Simeons

The Weight Loss Cure They Don't Want You to Know About - Kevin Trudeau

Iodine: Why You Need It, Why You Can't Live Without It - David Brownstein

Overcoming Thyroid Disorders - David Brownstein

### Phase 3 Cook Books

"The New Atkins for A New You"

"The Carbohydrate Addict's No Cravings Cookbook"

### Websites

[www.thetree4life.com](http://www.thetree4life.com) - Vibrational HCG

[www.dherbs.com](http://www.dherbs.com) - Candida Buster Tea

[www.allhealthtrends.com](http://www.allhealthtrends.com) - Three Lac

[www.coralsupreme.com](http://www.coralsupreme.com) - Coral Calcium

[www.miraclenoodle.com](http://www.miraclenoodle.com) - Free Food & Fiber Supplement

[www.wulongforlife.com](http://www.wulongforlife.com) - Weight Loss Tea

[www.eastwoodcompanies.com](http://www.eastwoodcompanies.com) - Eleotin Tea

[www.naturalvitality.com](http://www.naturalvitality.com) - Calm

[www.fitday.com](http://www.fitday.com) - Free Diet & Weight Loss Journal

[www.7supplementsyouneed.com](http://www.7supplementsyouneed.com) - Dr Jonny Bowden