HCG Diet Tips: Lose 50 Pounds Guaranteed

By HCGDiet.com

HCGDiet.com

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Welcome to the ultimate HCG Diet guide! Here, you'll learn the tricks that you won't find in Dr. Simeon's original manuscript or in most HCG diet guidebooks.

At HCGDiet.com, we have a team of diet coaches who have talked to hundreds of successful HCG dieters

to find what works and what doesn't. The information in the book comes directly from successful HCG Triumph clients.

We are so confident that the tips in this book will help you maximize your weight loss, that we guarantee your success.

If you follow the diet protocol and implement the tips and tricks from this book, we guarantee you will lose 50 pounds in 100 days using HCG Triumph. If you don't lose 50 pounds in 100 days, we will give you a \$15 credit to HCGDiet.com!

Remember, we are with you every step of the way; all you have to do is start.



Phases of the HCG Diet

Heather lost 70 pounds using HCG Triumph!

To begin your weight loss journey, you should know exactly how the HCG Diet works. There are three phases, each with a specific goal. We'll introduce the basics of each phase here and then explore tips and tricks in later sections.

Phase 1 Days: 1 & 2 Drops: Yes Foods Allowed: Anything high in fat Notes: The purpose of this Phase is t

Notes: The purpose of this Phase is to introduce the HCG Formula to new fats. HCG attaches itself to the new fats as they are stored in your body. This means that as you begin to lose weight, the HCG is able to target fat storage in the stomach, back, thighs, and arms; problem areas which seem impossible to get rid of with other diets. Skipping these first days usually results in slower progress and fewer inches lost.

Phase 2 Days: 3-26, 3-40, 3-52 (depending on the program you're using) Drops: Taken until day 23, 47, or 49. No drops are taken for the last 3 days of Phase 2. Foods Allowed:

chicken	spinach	Melba Toast
lean beef	chard chicory	Melba Snacks
veal	beet greens	Triumph Slim Shakes
albacore tuna (in water)	salad	stevia
Boca Burgers	tomatoes	mustard
lobster	celery	vinegar
shrimp	fennel	Mrs. Dash Seasoning
crab	onions	spices
white fish	red radishes	garlic
strawberries	cucumbers	cilantro
grapefruit	asparagus	coffee
oranges	cabbage	green tea
apples	Grissino Breadsticks	water

Notes: This portion of the diet requires strict adherence to Dr. Simeon's protocol. You'll eat 500 calories per day of low-fat, low-sodium food. You are allowed two fruit servings, two vegetable servings, two protein servings, and two Melba Toast or Grissino Breadsticks per day. These servings can be split up throughout the day, but not eaten all at once.

Phase 3 - Maintenance Phase

Days: Three, four, or six weeks after finishing Phase 2

Drops: No

Foods Allowed: There are a lot more options here. All meats are allowed, and you can slowly add in dairy products such as yogurt and cheese. No starchy foods such as breads, pasta, rice, potatoes, winter squash, corn, green beans, grapes, bananas, or watermelon.

Condiments are allowed; just avoid those with added sugar or ones that are high in carbs.

Notes: When you get to Phase 3, ease these foods into your diet. Do not overdo your intake on the first day. The point of this phase is for your metabolism to adjust to your new weight. This is done by gradually increasing caloric intake while still maintaining healthy habits. You should be eating between 1000-1500 calories per day. Keep drinking a lot of water and keep in mind that carbs are an enemy in this particular Phase.

With a better understanding of the phases of the HCG Diet, we want to answer some of the most frequent questions we are asked by both HCG beginners and veterans.

1. Q: How is it possible to eat only 500 calories and not starve?

A: This is only possible with the help of the HCG formula drops which release stored fat. On the low calorie diet, your body burns the released fat for energy. Using a low quality formula or no drops at all, your body would lose weight from muscle mass as opposed to fat.

2. Q: What do I do if I cheat?

A: You will probably gain a little weight back. But the quickest fix is to get on track again. Weight correction techniques, like apple days, are not meant for cheats. Your solution is to increase water intake and be patient as your body recovers.

3. Q: My period came early/ is longer, is that normal?

A: Many women experience this. Fat produces estrogen. Your period comes when your estrogen levels are at their lowest. So if you're losing fat, your estrogen levels are changing. This means that you may experience some irregularities in your cycle. Don't panic! Just ride it out with a bottle of water and a walk around the block.

4. Q: My weight has been up and down for the last 4 days, is that a stall?

A: Not necessarily. Stalls are being the same weight for 4 or more days, not fluctuating. Most likely your body is adjusting to your new weight, or reacting to a food you ate. Be patient and stay one protocol. Your body will release the weight as long as you are staying on track.

5. Q: Can I use Splenda (sucralose)?

A: No, Splenda is not recommended because of the chemicals it contains. When you're on the HCG diet, you're cleansing your body of toxins and preservatives. Eating fat-free, calorie-free, low-carb dressings or jams means you're adding chemicals back into your system. This doesn't necessarily mean that you're going to stall (though some do), it just means you're missing out on detoxing and maximizing your health during the diet.

6. Q: Is hair loss normal?

A: It's not normal for your hair to fall out; usually it's a sign of malnourishment. The best solution is a biotin supplement in addition to your multivitamin. Make sure you are eating all your servings of food, including some of the approved vegetables that are higher in nutrients, such as spinach.

7. Q: What happens if I miss a dose?

A: HCG stays in your system for 3 days. If you miss one dose, continue at your next scheduled dose time. Don't double up. If you miss a whole day of drops, just start when you can. If you miss more than 3 days of drops, you will need to start again from Phase 1.

8. Q: I am feeling weak/tired is that normal?

A: This is normal the first week of the diet. Your body is going through withdrawal. If you continue to feel this way beyond the first week, try spreading your meals out like the below example.

For Breakfast: -One fruit serving For Lunch: -Veggie and protein serving For Snack: -One Melba Toast For Dinner: Veggie and protein serving For Snack: -One Fruit serving.

If the fatigue persists, take the vitamin B12 included with most kits.

9. Q: Where is the best place to buy drops?

A: You want quality drops with appetite suppressants and amino acids. Designed to make the diet

easier by giving your body the energy and appetite control it needs, HCG Triumph drops have a formula unlike any other on the market. Most people lose 1-2 pounds per day using HCG Triumph drops.

10. Q: Where do I read more about the diet?

A: Before beginning the HCG diet, it is important to read Dr. Simeons' *Pounds and Inches* book. As the creator of the HCG diet, Dr. Simeons wrote a manuscript containing the diet protocol. The book is available for free download online and is a great resource for any HCG dieter.

Now that you've been introduced to how the diet works, we're going to teach you all of the secrets you need to maximize your weight loss and have the body you've been dreaming about. Grab a pen and a notebook; you'll want to take notes.

PART ONE: STARTING THE DIET & LOADING



Chapter 1: Mental Preparation

Phase one of the diet is the beginning of your success. Not only are you physically preparing your body for the HCG diet, but this is the phase when you want to start mentally preparing for your weight loss journey as well.

Mental preparation plays an important role in your ability to stay focused during the low-calorie portion of the diet. On difficult days, when you're tired and craving junk food, the goals you set and your motivation for starting the diet may be the two things that help you through.

Let's start with setting goals.

Setting goals is incredibly motivating; especially for people who are determined or competitive. Think of setting goals like playing a game. Paul Meyer developed a technique for setting goals called the S.M.A.R.T. principle.

How to make your goals S.M.A.R.T.:

Make them SPECIFIC

Instead of just saying, "I want to lose weight," be more specific. Say, "I want to lose 30 pounds on my next round of HCG." The specific number brings the goal to life. Instead of a vague destination, you know exactly where you are going.

Make them MEASURABLE

Tracking progress is essential to reaching your goals. It's amazing how seeing your progress written down can motivate you to continue. How are you going to track your goal? Using a scale and a tape measure is great, but don't forget to track your numbers somewhere easily accessible.

Make them ACHIEVABLE

This step is all about being realistic. You can set a specific goal that you can measure, but if it isn't attainable, you won't reach your goal no matter how specific or measured it is. For this section, say something about why your specific goal is going to work. For example, "I lose an average of 1-2 pounds per day and I will be dieting for 30 days. My goal is 30 pounds."

Make them RELEVANT

When setting a goal make sure you know what you're doing and why you're doing it. What will this change, and why is it important? If you're trying to lose weight, it may be, "I am pre-diabetic and losing weight will help prevent diabetes"

Make them TIME SENSITIVE

By creating a deadline for your goals, you create a sense of urgency and importance. Make this deadline realistic and specific. For example, "I want to lose 30 pounds by Thanksgiving of this year" is great! Set up countdowns to the deadline and hold yourself accountable.

Take 20 minutes, grab your pen and paper and write down your goals using the S.M.A.R.T. method. One of these goals may look like this:

"I want to lose 50 pounds using HCG Triumph. I will keep track of pounds and inches lost in a notebook. I

will start January 1, 2013 and my deadline for this goal is June 1, 2013."

This goal is specific, measurable, achievable, relevant and time sensitive.

Once you've written down your goals, put them somewhere visible. One common place our diet coaches recommend is next to your full-length mirror. This way you see them on a daily basis.

There may come a point where you need to adjust or rewrite your goals. Just because your goal changes (maybe your deadline is shortened by a vacation), doesn't mean you should throw in the towel! Reevaluate your achievable options and keep going.

Staying Positive

What does your typical bad day look like? If it's in front of the television surrounded by ice cream, potato chips and a box of pizza, it's time for an adjustment. We all have bad days; and we all have moments of weakness. When those moments come along during the HCG Diet, your typical bad day coping mechanisms won't work. One day of binging can set you back a week on your weight loss journey. Food won't fix the upsetting situation, but an attitude adjustment just might!

Here are five ways to stay positive and avoid binging.

1. Exercise - As hard as it is to work out when you just want to curl up on the couch, sometimes the best workouts happen when you are frustrated, sad or angry. Exercise releases endorphins which make you happy, so not only will the workout help you get your mind off whatever is bothering you, it will also change your mood on a chemical level. Pull yourself out of your funk, put on some running shoes, and leave all your frustrations on the treadmill.

2. Dream of your happy future - It's a little more complicated than dreaming about it, it's actually dreaming then writing. When you're feeling like giving up on your goals, take a half hour to write down a scenario in the future once your goals are accomplished. How do you feel? What has changed? Would you go back to where you were before reaching your goal? Don't just imagine and write, try to feel what it would be like to reach your goal weight. How amazing does it feel? Is it worth what you're going through now?

3. Volunteer – Personal pity parties will never bode well for your diet. Maybe things in your life are extremely bad, but dwelling on the negative things in life usually leads to unhealthy eating. Instead of putting the focus on yourself during a bad day, find someone who is having a rough time and go out of your way to do something nice for them. It really puts into perspective how much good there is in your life when you take the time to be the good in someone else's.

4. Find inspiration -It's always nice having people to look up to. Get online and search for blogs written by people who are trying to lose weight, just like you. See what they do when they are having a hard time. Try reaching out to them with an email and ask for some encouragement. It is an incredible relief knowing that someone out there has gone through what you are going through and has made it out alive.

5. Avoid dwelling on the negative - When you're frustrated, it's easy to dwell on the bad in a situation. Everything may seem awful, but things probably aren't that bad. Take a step back and ask yourself: -What have I learned
-What will I do differently
-Does thinking about this all night make the situation better?
-Is feeling upset helping or worsening the situation?

Bad days are one of the realities of life. Some bad days will be worse than others. While the initial response will be to hide away and binge to avoid the problem, you'll thank yourself the next day when you choose a more positive route. Not only will you stay focused on your diet, but you'll get over that bad day much faster.

Once you're mentally prepared, with goals in mind and determination to outlast even the toughest days, it's time to start the first part of the diet.

Chapter 2: Loading Recommendations

The purpose of loading is to prepare your body to absorb the HCG formula into your fat stores. It is critical to your success. During the loading phase you will indulge in high fat foods. There are two ways of doing this: healthy fat loading or indulgent fat loading. Healthy fat loading aims to fill your body with nutritious fats that come from foods like nuts, cheese, milk, salmon, peanut butter and avocados. Indulgent fat loading aims to reduce cravings during the low calorie portion of the diet. By gorging on unhealthy, indulgent foods your body becomes sick of them, and will crave the healthy foods that you eat on Phase 2.

Whichever type of loading you choose to do, remember that the more sugar you eat the more likely you are to experience a detox headache when you move into Phase 2 of the diet. Also remember to take your drops during this phase. The drops attach to all the fats you are eating and are then transported your fat stores. If this is your second or third round doing HCG, you may want to consider doing three days of loading instead of two. Our HCG diet coaches have seen several customers have better success on later rounds when they take an extra day to load.

The loading phase can be one of the most exciting times of the diet because it marks the first step of a major lifestyle change! Take the time to mentally prepare yourself for the road ahead, enjoy every bite of your loading foods, and look forward to a total transformation.

PART TWO: VERY LOW CALORIE DIET



Chapter 3: Beginning Phase 2

- All your preparation from Phase 1 is about to pay off! Phase 2 of the HCG Diet is incredibly rewarding when done correctly. Most people lose a pound per day during this phase.
- Eating 500 calories a day isn't easy, but there are things you can do to make it easier. We want you to get the most out of this program. Pay close attention to the tips we've included in this section because they aren't found in Dr. Simeons' manuscript. The information we cover (everything from menus to detox baths) can dramatically increase your weight loss.
- In order to make your first week as easy as possible, we've provided a menu for your first 7 days on HCG.

Monday	Apple	100 Grams Chicken	100 Grams Lean Beef in a patty
	1L Water	1 T. Mustard	1 T. Mustard
		1 Sliced Cucumber	1 cup lettuce with ½ diced tomato
		1L Water	1L Water
		3 p.m. Snack:	Dessert: Strawberries with stevia
		2 Melba Snacks	1L Water
Turadau	Orange	100 Grams Lean beef patty	100 Grams Tilapia w/lemon juice
Tuesday	1L Water	1 T. Mustard	1 cup Broccoli
		1 large tomato diced	2 Melba Snacks
		1L Water	1L Water
		3 p.m. Snack:	Dessert: Strawberries with stevia
		2 Melba Snacks	1L Water
Wednesday	Apple	Triumph Slim Shake (1 scoop)	Phase 2 Chili
weunesuay	1L Water	1 Cup Cucumber	2 Melba Snacks
		1L Water	1L Water
		3 p.m. Snack	Dessert: Strawberries with stevia
		2 Melba Snacks	1L Water
-	Orange	Phase 2 Chili	100 Grams Chicken
Thursday	1L Water	1L Water	1 cup Spinach chips
			½ Tomato
			1L Water
		3 p.m. Snack:	Dessert: Strawberries with stevia
		2 Melba Snacks	1L Water
F iles	Apple	Chicken Lettuce wraps	100 Grams Tilapia w/lemon juice
Friday	1L Water	(chicken & salsa, wrapped in	6 Asparagus spears
		lettuce)	2 Melba snacks
		1L Water	1L Water
		3 p.m. Snack:	Dessert: Strawberries with Stevia
		2 Melba Snacks	1L Water
Saturday	Orange	100 Grams Lean Ground Beef	100 Grams Chicken
	1L Water	1 cup spinach	1 cup Broccoli
		½ tomato, diced	1L Water
		1L Water	
		3 p.m. Snack:	Dessert: Strawberries with Stevia
		2 Melba Snacks	1L Water
	Apple	Triumph Slim Shake (1 scoop)	100 Grams Beef in a patty
Sunday	1L Water	1 Tomato, diced	1 cup Spinach chips
		1 Water	½ tomato, diced
		IL WOLL	2 Melba snacks
			1L Water
		3 p.m. Snack:	
		2 Melba Snacks	Dessert: Strawberries with stevia
			1L Water
	L	1	

Now that you don't have to worry about what you're eating, you can focus on implementing all the tips in this section.

Let's jump in!

Chapter 4: Curbing Cravings

The first seven days on the HCG Diet are the hardest. HCG Triumph drops are great because they contain powerful appetite suppressants; but during the first week, your body is still absorbing the formula. Because of this, you may experience intense cravings. Take this simply as a sign that your body is detoxing. These cravings usually don't last long. But if they do, implement the following three steps:

Step 1: Identify the ten foods you crave most.

A sample list may look like this:

- 1. Cake
- 2. Milk
- 3. Cream cheese
- 4. Nutella
- 5. Spaghetti Os
- 6. Guacamole
- 7. Mashed Potatoes
- 8. Ranch
- 9. Cheese Fries
- 10. Enchiladas

Step 2: Avoid situations where everyone will be eating foods you have on your list, or develop alternatives for staying focused in those situations. These alternatives should be things you think about beforehand that are easy to remember. Obviously you can't avoid every situation that involves food, but try the best you can. Check out these sample alternatives:

-If I know some of my coworkers are going out for lunch, I'll jump into a time consuming project right before they leave so I'm more likely to decline the invitation.

- I'll plan my lunches ahead of time so I'm never rushing to grab whatever I can find.

-If there is a family celebration, I'll explain to the host what I can and can't eat. I'll ask them to help me be good.

-I'll avoid sitting by the kitchen

- If a friend wants to hang out, we'll plan what we're doing before we leave (walking, shopping, bowling, watching movies). This will help to avoid our default activity of going out to eat.

These tactics are pretty simple, but they prepare you to tackle even tougher choices and always come out on top.

Step 3: Create a list of foods that are diet approved, and still satisfy cravings. This list should counter your cravings list.

For example:

1. If I crave cake, I drink Triumph Slim vanilla.

- 2. If I crave milk, I drink a glass of water.
- 3. If I crave cream cheese, I substitute cottage cheese for one of my proteins.
- 4. If I crave Nutella, I drink Triumph Slim chocolate and add a couple drops of Trulicious chocolate stevia.
- 5. If I crave Spaghetti Os, I eat the amazing Phase 2 chili found in the guidebook.
- 6. If I crave guacamole, I eat pico de gallo.
- 7. If I crave mashed potatoes, I eat cauliflower (see Additional Vegetables section of the HCG Triumph

Guidebook).

- 8. If I crave ranch, I mix up the special vinaigrette dressing from the guidebook.
- 9. If I crave cheese fries, I make some spinach chips.
- 10. If I crave enchiladas, I have a chicken salad with pico de gallo.

Stock your house with your alternative foods and throw away any food that is going to tempt you.

You don't have to cave for cravings! Use distractions or substitute a healthy snack for your craving. Keep in mind that nothing tastes as good as skinny feels.

Chapter 5: Protein Substitutions

The approved proteins from Dr. Simeons' original protocol include chicken, veal, white fish, shrimp, lobster and crab. If you're a vegetarian, or have allergies to any of these, it's still important to make sure you're getting in both servings of protein each day. There are plenty of options that will give you the nourishment you need without hindering your weight loss.

Eggs are acceptable on the HCG Diet. Most HCG guidebooks recommend combining one whole egg with three egg whites. However, eating two boiled eggs is also an option. Doing so replaces one of your protein servings for the day. Some clients even see an increase in weight loss when they eat eggs instead of chicken or beef. If you experience light-headedness your body may be in need of a protein-rich substitute such as eggs.

Cottage cheese is another protein substitute commonly used on the HCG Diet, but choose it wisely. For Phase 2, you want fat free cottage cheese. If you accidentally use full fat, it may cause a stall. Measure out 100 grams of fat free cottage cheese to replace 100 grams of meat. Use this substitute in moderation; frequent use may result in stalls.

The HCG Diet Coaches have talked to many dieters who use vegan burgers as a protein supplement. This is also a great option. We generally recommend Morningstar or Boca Burger brands. Avoid options that are breaded or extremely high in sodium. Black bean burgers and Chik'n patties are commonly used as well. These vegan burgers can be found in the freezer section of most grocery stores. They are high in protein and great for a quick meal since they are microwavable.

There aren't many protein shakes that conform to HCG standards. Most of the ones found in popular health supplement stores contain sucralose or other artificial ingredients. HCGDiet.com has formulated a shake that is low calorie, all-natural, and delicious. This HCG approved shake, Triumph Slim, is great for meals on the go, and people who need more protein options.

If using a protein substitute, be sure to keep in mind that



your body may tolerate some of the above options better than others. For example, boca burgers worked very well for one of our clients, but she found that she couldn't use cottage cheese as a substitute without gaining a little weight.

Remember that your body needs a good source of protein to function properly on Phase 2. It's just a matter of finding the right options that work best for your body.

Chapter 6: Cheating and Corrections

It is absolutely possible to complete Phase 2 without cheating. Besides proving to yourself that your willpower is stronger than any fleeting craving you may have, you give yourself a greater chance of reaching your weight loss goal if you practice self-discipline, and never cheat. We understand, however, that there are instances when you may slip up. This doesn't mean that all your hard works is undone. Slipping up is no excuse to quit. There are two steps to getting back on track. First, understand what to expect. Second, be patient.

When you go off protocol on the HCG Diet, the HCG formula attaches to the sugars and fats that you eat. You will most likely gain weight. This is one of the consequences of cheating. Much like loading weight, cheat weight can come off pretty quickly. Most assume an apple day is the proper correction, but in reality apple days are only for stalls lasting longer than 4 days.

If you gain weight after cheating, try this: increase your water intake by one liter a day and add 2 Tbs. apple cider vinegar to the extra water you drink.

The next day, go back on protocol! Mentally this will be difficult. Your body will be craving unhealthy food and the number on the scale may seem discouraging. But you can do it! Once you're back on track do not skip servings in an attempt to lose your cheat weight more quickly. Skipping servings won't help. In fact, it may slow you down. This is where you need patience. You may lose the extra weight slowly, or it could come off after one day. Ride it out and commit to staying focused so you don't have to go through a similar situation again.

Unfortunately for some, cheating can cause stalls that last a few days. If you experience a stall because of a cheat, you can either wait four days to do an apple day or try one of the following tricks:

The detox bath

A detox bath is a way to get your body relaxed and help it reset. There are several types of baths out there. Some are more extreme than others. It's important to find one that's going to give you safe results. The bath below is a great way to rid your body of water retention and some of the extra toxins you picked up during your cheat.

Epsom Salt & Ginger Bath

Stir one cup of Epsom Salt with 2 Tbs. ginger. Add to a hot bath and soak for 30 minutes.

It is incredibly important to stay hydrated during and after your bath. Have water available to drink while you soak. Make sure you don't bathe longer than 30 minutes as this may cause dehydration.



The bath isn't just for cheats. It can actually be used once a week as a way to detox and relax.

The Cali Kicker

The second super-efficient stall breaker is called a Cali Kicker. The Cali Kicker jump starts your

metabolism and works so well that the results may seem too good to be true.

Cali Kicker

8 oz Warm Water 1 Tbs. Lemon Juice 1/8 t. Cayenne Pepper 1/2 Stevia Packet

Mix it all up and drink! You can also add a tablespoon of unfiltered apple cider vinegar to improve digestive system function and aid in shedding any water weight you may have gained; but it's not necessary.

While both of these tricks work very well, you can avoid using them altogether by sticking to the protocol. Remember, each day on the HCG Diet is an opportunity to lose a pound. Don't let one day go to waste!

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Chapter 7: Things Worth Noting

Soda on the HCG Diet

Believe it or not, soda addiction is just as real as food addiction. Drinking soda can be the hardest habit to kick during the HCG Diet. Even diet soda flavors are not allowed on Phase 2 or 3 of the program.

While diet soda may seem like a safe, zero-calorie drink, it can have some negative side effects on HCG dieters.

Some of these side effects include:

-Breakouts -Dry Skin -Back pain -Headaches -Bloating -Irritability

-Trouble sleeping



If those effects aren't reason enough to avoid it, here are four more reasons:

Soda Destroys Your Teeth. The acidity of these beverages erodes enamel and can also turn teeth from white to gray or yellow.

Ingredients in soda such as sodium and phosphorus interfere with your body's ability to absorb calcium and are linked to osteoporosis.

Soda contains some questionable ingredients. There's a lot of controversy surrounding BVO and Aspartame. Unfortunately many sodas contain these ingredients. Aspartame has been proven to cause stalls with HCG weight loss. Even back in the 1950s, Dr. Simeons intentionally left Aspartame off the approved sweeteners list.

Think of the money you'll save when you stop drinking soda. If you drink 3 sodas every day of the week, you will spend nearly \$20. If you break the habit now while you're on the diet, you can save over \$1000 after one year! Funds for a new wardrobe, anyone?

If you are really craving something bubbly, look for Zevia sodas. Zevia is an all-natural beverage sweetened with stevia. It can be found in most health food stores.

Working Out on the HCG Diet

As people begin to eat better, the next logical step is forming regular exercise habits. Some HCG programs recommend no physical activity while on the VLCD, but that is an inaccurate recommendation. Working out on Phase 2 of the HCG Diet has many benefits; it just needs to be done correctly.

With our clients, the HCG Diet coaches see 3 different post workout experiences:

- 1. Working out and experiencing gain the next day
- 2. Working out and experiencing a gain 2-4 days later
- 3. Working out and experiencing a normal loss

We'll examine the first and second experiences in detail

In the first experience, we see a workout followed by a gain the very next day. Gaining the day after a workout during the VLCD usually means your body burned too many calories. When you are on a low calorie diet your body is using everything you eat as fuel. A difficult workout requires more fuel than what is offered which will ultimately trigger "starvation mode". In this state, your body holds on to any calories it's given as a survival instinct because it believes food is extremely scarce. To avoid this, decrease the intensity of your workout. Make sure your workouts are not burning more than a couple hundred calories per day.

In the second experience, we see a workout followed by a gain a few days later. This type of situation is different than the first. Usually this experience is accompanied by muscle stiffness. When you do a workout that leaves your muscles sore, chances are your body is retaining fluid in your muscles to help repair the small tears incurred during the workout. Doing an unfamiliar workout can result in a gain up to 3-4 pounds. These gains usually don't occur until the third or fourth day. Just because your weight may go up after a workout doesn't mean it's because you burned too many calories. It could just be your body responding to the hard work you did.

Walking, jogging, yoga, and light weight lifting are all acceptable for the HCG Diet. As long as you aren't feeling dizzy or light headed, and you aren't exercising for too long, there's no reason you shouldn't be active on the diet.

If you are interested in doing more intense workouts, you may want to consider eating an extra serving of protein before you exercise. We've had some clients do this successfully. It's just about finding the right balance for your body. Because of fluid retention, it may take a few days before you know if you have achieved that balance.

Ease your way into your exercise program but don't be afraid to push yourself once you know what's working for you.

Using Makeup

During the HCG diet you are required to make a lot of sacrifices. For women who wear makeup, the thought of giving up our favorite concealer and foundation is daunting.

Dr. Simeons, in his manuscript *Pounds and Inches*, states, "No medicines or cosmetics other than lipstick, eyebrow pencil, and powder may be used."

Because most cosmetics were oil based in the 50s, Dr. Simeons was pretty clear cut on what was allowed and what wasn't on Phase 2 of the HCG Diet.

In the 70s, new cosmetics were developed. Oil free alternatives started popping up in stores around the world. Because these oil free alternatives, such as mineral makeup, were developed after the protocol was written, there is no mention about their use during the HCG Diet.

We've created a list of modern products to provide you with a more up to date idea of what to have in your makeup bag during Phase 2.

Foundation & Bronzer

Most liquid foundations and bronzers contain oil. Using liquid foundations and bronzers is discouraged on Phase 2. Many makeup brands make mineral foundation and bronzing powders that give coverage very similar to liquid products. Some brands start as low as \$9.

Eye Shadow

A lot of clients use their regular eyeshadow with no problems. We only recommend switching if you use a cream based eyeshadow. If you're worried about your brand, mineral eyeshadows are the safest option. These can start as low as \$5.

Eyeliner

Eyeliner does contain oil, but it is very minimal. Many clients continue use of their regular eyeliner without problems.



Mascara also contains oil. Because of the texture of eyelashes, it's very unlikely that you will absorb much of that oil into your follicles.

Blush

Instead of using a cream blush, opt for a mineral blush. You'll get the same results without the added risk of oil absorption. You can find mineral blush for as low as \$10.

Lip Stuff

Most lip balms have oil in them, and because they are applied to your lips there's a good chance that this oil will get into your system. Many of our clients use different brands with no problems. However, since each person is different, we can't say here what will work for you and what won't. If you absolutely need your to use lip balm, test out your favorite brand and see if it affects you. Use this product in moderation and do not apply it more than a couple times per day.

The most important beauty products to change will be the ones with oil that come in direct contact with large areas of your skin. This small sacrifice can result in better weight loss results and, as an added benefit, fewer breakouts to worry about.

Some clients don't change anything about their morning makeup routine. It's hard to say what effect it has on their weight because they never know how much more they could have lost if they hadn't used it!

And Finally, Never Forget These Four Tips!

We've gone over what you can eat, how you can avoid cravings, what to do when you cheat or stall, how you can work out, and which cosmetics are acceptable. We hope after all this you're feeling better prepared to lose 50 pounds!

There are four final points the HCG Diet Coaches want to share with you before moving on to Phase 3. These pieces of advice are so critical to your success that it's a very good idea to write them down and



make sure you remind yourself of them every single day.

1. Track your progress. It is important to track how much you are losing. Write down your starting weight, current weight, and total loss on a sticky note every day. Save these sticky notes in a place where you spend a lot of time, maybe near your work desk or in your car. This is a very tangible way to see your progress. Remember, only weigh once per day and try to keep your weigh-in times consistent. We recommend weighing first thing in the morning after using the restroom.

2. Don't compare. Follow the success of others, but don't feel pressured to duplicate their accomplishments. There are hundreds of blogs about losing weight, and plenty of HCG dieters. It's very easy to look at others who are losing weight quickly and get frustrated. Unfortunately, this frustration can build up until it sabotages your progress. While it is great to connect with other people and share success and experiences, don't let someone else's achievements negatively impact your diet. Your body is not their body. Sometimes you will lose weight faster, sometimes you will lose weight more slowly. This is not a competition.

3. Take each day one pound at a time. There may be days when you don't lose any weight, which is very difficult to deal with. As long as you are following the program, your efforts will add up to a fantastic reward. On the days you don't lose, take a deep breath and commit yourself to a day of hard work and determination. Don't throw away all your good days because of one bad day.

4. Do it for you.

Losing weight to please others never works. When you finally decide that you deserve to be happy and healthy, losing weight becomes a lot easier. Don't think of dieting as torture. You are giving yourself a gift by removing the weight that has caused you so much physical and emotional stress. We've gone over a lot of information here. Don't forget to refer back to this section any time you have a question or need some encouragement. Applying these tricks to your weight loss journey will ensure you get the most out of the experience. You're changing your way of thinking and your daily habits. As a result, you will be rewarded with a healthier mind and body. After you reach your goal weight, the next step is maintaining.



Part Three: Maintaining Your Weight Loss

Chapter 8: Beginning Phase 3

We realize that there isn't much information online about the maintenance phase of the HCG Diet. The lack of information about Phase 3 should not imply that it is any less important or can be skipped. Phase 3 is critical to maintaining all of your hard work from Phase 2. We've done the research on the best ways to maintain your weight loss so you don't have to.

Just like in the previous section, we've included a menu for you. This Phase 3 menu will help transitioning into maintenance easier. It should not be used until your second week in Phase 3.

Brookfast	Lunch	Diaman	
Breakfast	Lunch 5 oz. Chicken Breast	Dinner Taco Salad	
1/2 c. Raspberries			
1/2 c. Plain Greek Yogurt	1 ½ c. Broccoli	-5 oz Ground Beef	
1 packet Stevia		-2 c. Lettuce	
		-1/4 c. Salsa	
		-1/8 c. Cheddar Cheese	
Snack: 1 sliced Green Pepper	Snack: 2 slices Swiss Cheese	Snack: Apple slices	
		TOTAL DAILY CALORIES: 1,119	
Breakfast	Lunch	Dinner	
1/2 Grapefruit	2 Boca Spicy Black Bean Burgers	5 oz. Chicken Breast	
2 boiled eggs	1 T. Mustard	1 Bell Pepper	
	1 Tomato	¼ Onion	
	2 slices Cheddar Cheese	4 Large Lettuce Leaves	
		Snack: Pepper Jack Cheese Stick	
Snack: Celery Sticks	Snack: 1 c. Strawberries	TOTAL DAILY CALORIES: 1,076	
Breakfast	Lunch	Dinner	
1/2 c. Blueberries	5 oz. Ground Turkey Burger	4 oz. Salmon	
½ c. Plain Greek Yogurt	2 c. Lettuce	6-9 Asparagus Spears	
1 Packet Stevia	1/2 Tomato	1/2 Lemon	
	1/2 Cucumber	1 T. Tartar Sauce	
Snack: Raw Cauliflower florets	¼ c. Cheddar Cheese	Snack: 1 Slice Swiss Cheese	
2 T. Ranch	Snack: Orange	TOTAL DAILY CALORIES: 1,248	
Breakfast	Lunch	Dinner	
Omelet	5 oz. Chicken Breast	5 oz. Lean Steak	
- 1 whole egg, 2 egg white	Cucumber Slices	Steamed Broccoli and Cauliflower	
-2 T. Milk	Cherry Tomatoes	1 T. Steak Sauce	
- 2 T. Cheddar Cheese			
-2 T. Pico de Gallo		Snack: Strawberries	
-Diced Green Pepper	Snack: 2 Slices Cheddar Cheese	TOTAL DAILY CALORIES: 1,225	
Snack: Sliced Apple			
Breakfast	Lunch	Dinner	
1/2 c. Raspberries	2.5 oz. Turkey	2 Boca Burgers	
½ c. Plain Greek Yogurt	2.5 oz Ham	Dill Pickle	
1 Packet Stevia	2 c. Lettuce	1 T. Mustard	
	1/8 c. Shredded Cheddar	4 Large Lettuce Leaves	
	2 T. Ranch	4 Tomato slices	
Snack: 15 Pepperoni Chips	Snack: ½ Grapefruit	Snack: Pepper Jack Cheese Stick	
	-	TOTAL DAILY CALORIES: 1,181	
Breakfast	Lunch	Dinner	
½ c. Blueberries	5 oz Chicken	5 oz. Ground Beef	
2 boiled eggs	1 Green Bell Pepper	½ c. Tomato Sauce	
	½ c. Cherry Tomatoes	1 C. Spaghetti Squash	
Snack: ½ c. Cottage Cheese	Snack: Orange	Snack: 2 slices Swiss Cheese	
Be onese		TOTAL DAILY CALORIES: 1,167	
Breakfast	Lunch	Dinner	
Breakfast	Lunch	Dinner 4 oz. Salmon	
2 eggs, scrambled	1 large Tomato	4 oz. Salmon	
2 eggs, scrambled 4 slices Low Sodium Turkey	1 large Tomato ½ c. Cottage Cheese	4 oz. Salmon Steamed Broccoli	
2 eggs, scrambled	1 large Tomato	4 oz. Salmon Steamed Broccoli ½ Lemon	
2 eggs, scrambled 4 slices Low Sodium Turkey Bacon	1 large Tomato ¼ c. Cottage Cheese Strawberries	4 oz. Salmon Steamed Broccoli ½ Lemon 1 T. Tartar Sauce	
2 eggs, scrambled 4 slices Low Sodium Turkey	1 large Tomato ½ c. Cottage Cheese	4 oz. Salmon Steamed Broccoli ½ Lemon	

In addition to the menu, we have other tips and tricks in this section. We will discuss what you can and can't eat, what to do if you gain and how you can develop a workout routine.

Chapter 9: Eating to Maintain

The purpose of Phase 3 is to reintroduce healthy fats into your diet. This requires quite an adjustment. In Phase 2 you avoided all oils and fats. When adding healthy fats back into your diet during Phase 3, it's easy to add too much too quickly resulting in weight gain. When done right, the Maintenance Phase is a healthy way to add more variety to your diet. However, this needs to be done slowly in order to avoid unnecessary gains. During this portion of the diet you should be eating 1000-1500 calories of healthy, low-carb food each day. The food in Phase 3 is specific, just like it is in Phase 2.

Here are your 3 keys for adding food back into your diet:

-Slow and steady wins the race -The 2 pound rule -Remember, low-fat does not mean low-carb

Let's examine each one of these more closely.

Slow and Steady wins the Race

Phase 3 opens up a world of possibilities. More fruits and vegetables, more meat options and even dairy products! The HCG Diet Coaches speak to many people who are so excited to add in new foods that they add too many too quickly. This ultimately results in a gain and can be very discouraging. We don't want that to happen to you.

During your first week of Phase 3, don't jump to 1500 calories on your first day. The best way to transition to more calories during your first week is by doubling the servings of food you were eating on Phase 2. This means 4 protein servings (100 grams each), 4 fruits, and 4 veggie servings. During this first week you can add one new food, preferably on the third or fourth day. This may seem excruciatingly slow, but it will be well worth it.

The second week you can add in 2-3 new foods and increase your caloric intake to 1100-1200. The third week add 3-4 foods and increase caloric intake to 1200-1400, and so on. You will have variety in your diet, you just have to gradually work that variety in. Most people are in maintenance for three to six weeks. By the last week you should be able to eat any approved, healthy, Phase 3 food without having an adverse reaction on the scale.

The 2 Pound Rule

Let's say during the third day of your first week of Phase 3 you decide to add in Swiss cheese. You eat two thin slices for a total of 70 calories. Your total caloric intake is 1016 for the day. The next morning you go up .7 pounds. While your initial response may be panic, try to remember the 2 pound rule.

If your ending weight was 135, you can expect your weight to fluctuate between 135 and 137. As long as you don't go up more than two pounds, you have no cause to worry.

When people go up a few ounces following the addition of a new food, they tend to avoid that food in the future. We recommend trying that new food one more time before avoiding it. Picture it this way, you meet someone new and you're told her name as well as her basic information. The initial introduction is a little overwhelming and you don't have time to absorb the information you just

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This is the same for adding food back into your diet. You may try something once and gain because your body doesn't remember how it's supposed to process this food. Trying it one more time the next day provides your body with another opportunity to reacquaint itself with how this new food is going to fuel your body.

We will talk about what to do if you go up more than two pounds in the next section.

Remember, Low-fat Doesn't Mean Low-carb

There is a great misconception amongst dieters that if something is low fat it is good for you. The HCG Diet coaches want to clear this up. Just because something is labeled low-fat, does not mean it's a better option than full fat. Let's look at an example:

Name brand Ranch Dressing (full fat) 2 Tablespoons 140 calories 14 grams fat 2 grams carbohydrates

Name brand ranch dressing (no fat) 2 Tablespoons 80 calories 0 grams fat 6 grams carbohydrates

The fat-free ranch has triple the carbohydrates! On Phase 3, carbohydrates are the enemy, not fat. If something contains sugar it will be high in carbs. If something is listed as fat free, it is also likely high in carbs. When you are going grocery shopping, read the labels of everything to make sure that you are choosing the healthiest options. Reading food labels is a habit best formed now. It may take a couple extra minutes to compare products, but ultimately your body will thank you.

Chapter 10: Correcting Weight Gains on Phase 3

Stabilizing on the HCG diet can be incredibly frustrating. One day you're down half a pound and the next day you're up 3/4 of a pound. Sometimes one type of cheese makes you gain and a different type doesn't. Unlike phase 2, where stepping on the scale was rewarding and exciting, weigh-ins for phase 3 can sometimes be unpredictable and stressful. While some fluctuation is to be expected (as mentioned earlier), you should never let a gain of more than two pounds go unchecked.

Here we'll teach you several options for correcting a more than two pound gain for Phase 3.

What is a steak day?

The same day that you see a gain of more than two pounds from your Phase 2 ending weight, you eat nothing for breakfast or lunch. For dinner you have a large steak (no weight is specified, but we recommend 10 oz or more), and either a raw apple or a raw tomato. Water is to be consumed in large quantities throughout the day.

What are the alternatives?

Alternatives to steak days are often called correction days.

Egg Day

You will eat 10 eggs through the day. You can cook them however you please, just avoid adding too many toppings. During an egg day you should also drink a lot of water.

High Protein Day

This alternative has a little more variety than the egg day. For breakfast, eat two eggs. For lunch, you eat 6 oz of chicken and a green vegetable. For dinner you can either eat 6 oz of steak or fish with a green vegetable. The purpose of this day is to keep things simple, avoid toppings and dairy.

Steak & Cheese Day

This is for people who aren't quite over the 2 pound mark but are headed there. For breakfast you eat two eggs, for lunch you eat a huge steak, for dinner you eat a large helping of cheese.

Going up a couple pounds isn't the end of the world on Phase 3. With the right correction techniques, you will be back to your ending weight in no time!

Chapter 11: Eating out on Phase 3 of the HCG Diet

When you're on a diet, eating out can be very difficult. Not only is it difficult to find nutritious food at most restaurants, but all that unhealthy food can be tempting. Because of this, the HCG Diet Coaches recommend avoiding dining out as much as possible. But, realistically, there are circumstances in which you will have no other option. Dining out is no excuse to lose focus. It is completely possible to enjoy an occasional meal out while still maintaining your new weight.

Decide now what you can and can't eat and which restaurants you feel in control at. If you are making plans to go out with friends or family, offer your suggestions and let them know why you prefer these places. Ask them to help you stay on track while you're there. These are easy ways to focus yourself in situations where unhealthy food is easily accessible.

One of the easiest, Phase 3 friendly options served nearly everywhere is salad. When ordering a salad during Phase 3, make sure you skip the croutons and sugary dressings. Get something with protein such as grilled chicken or boiled eggs. Try adding banana peppers, jalapenos, raspberries, blueberries, or cottage cheese to your salad. These are healthy toppings that can be used as dressing alternatives. Because these options are so packed with flavor, going without dressing doesn't seem like a sacrifice.



If you don't want a salad, many restaurants serve fish, chicken, or steak with vegetables. When ordering one of these dishes, avoid breaded fish and chicken and ask them to hold all the sauces. There are generally a lot of carbohydrates in gravies and barbecue sauces. Remember to avoid carrots, potatoes, and peas as all of these are also high in carbohydrates.

Here's another helpful tip: try going somewhere where you can sit down and enjoy your food. Sitting down gives you the opportunity to eat slowly. This will help you avoid overeating. Many restaurants serve double the normal serving sizes, which can lead to overindulgence. To avoid this, ask for a box as soon as your food is brought to the table. Put half of your meal in the box to save for later.

Finally, if you do eat out, try to keep track of your calories as best you can. Even though it will be an estimation, calorie-counting apps like MyFitnessPal are great for showing the nutritional values for dineout dishes.

The less you eat out the easier it will be to stick to protocol, but we want to remain realistic. You won't always be in the comfort of your own kitchen, but you still have the ability to choose healthy options.

Chapter 12: Phase 3 Exercise Plan

You've already started to change your eating habits, the next step in achieving permanent weight loss is changing your exercise habits.

If you're like most of the clients the HCG Diet Coaches have worked with, you have a mound of obligations on your plate. Maybe you work long hours, have a family, and belong to community organizations. All of those things demand so much of your time. We understand that adding exercise to your already heaping pile of responsibilities can be overwhelming.

The reason exercise is overwhelming is because you are thinking about it like a chore; another awful task to be done. But that's not what exercise is at all! Exercise is an incredible way to reward yourself after a long day of hard work. Nothing beats the feeling of accomplishment, pride, and the rush of happiness from the release of endorphins brought on by a challenging workout.

There are many factors that go into developing a workout plan. We understand that each of our clients is on different levels of physical ability. However, we wanted to provide a sample workout. The below workout includes a variety of exercises. The dance/hip-hop videos and Couch to 5K training program can be found online. We've provided the toning circuit sequence below the schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1						
Couch to 5K training program	Hip-hop video	Couch to 5K training program	Hip-hop video	Couch to 5K training program	Go for a walk, swim, bike ride or hike.	Hip-hop video
Toning circuit		Toning Circuit		Toning circuit		
Week 2						
Couch to 5K training program	Hip-hop video	Couch to 5K training program	Hip-hop video	Couch to 5K training program	Go for a walk, swim, bike ride or hike.	Hip-hop video
Toning circuit		Toning circuit		Toning circuit		
Week 3						
Couch to 5K training program	Dance video	Couch to 5K training program	Dance video	Couch to 5K training program	Go for a walk, swim, bike ride or hike.	Dance video
Week 4						
Couch to 5K training program	Dance video	Couch to 5K training program	Dance video	Couch to 5K training program	Go for a walk, swim, bike ride or hike.	Dance video
Arms & Abs		Legs & Abs		Arms & Legs		

The level of difficulty can easily be decreased or increased based on personal capabilities.

Toning Circuit Repeated Twice		
Jumping Jacks	20	
Pushups	5	
Calf Raises	10	
Crunches	10	
Squats	10	
High Knees	20	
Reverse Crunches	15	
Russian Twists	25	
Plank	30 Second	
Side Plank	15 Second	

You can make your own plan by picking a variety of exercises you enjoy and alternating them every other day. Whether you use our plan or create your own, the important thing is that you continue exercise even beyond Phase 3 of the HCG Diet.

Chapter 13: Bonus Tips and Resources

Phase 3 is an exciting time in your HCG Journey. We've walked you through the basics of the phase, the do's and don'ts of adding foods, and many other valuable pieces of information. There are just a few more things we want to share.

We'll start with these three pieces of advice from the HCG Diet Coaches:

1. Experiment, and track your experiments. For instance, maybe the only cheese that doesn't give you problems is Swiss cheese. Maybe you can tolerate zucchini, but not spaghetti squash. The point is, if you don't try new things you could be missing out on some added variety.

2.Don't be alarmed if you lose more weight. Some people lose 5-10 pounds during Phase 3. If you experience this, it actually means that your metabolism is engaging in a healthy way. You can either continue losing or up your calories in order to maintain your Phase 2 ending weight.

3. Don't just count calories, count fats, carbs, sodium and protein. It's important to know what you are consuming each day. You may not realize how many carbs you're eating just from fruits. The numbers easily add up, but you'll never know if you never count!

Looking for healthy ideas and motivation? Check out these great websites:

www.fitsugar.com www.greatist.com www.self.com www.hcgdiet.com/blog www.myhcgtriumph.blogspot.com

The most important thing you can remember as you begin to transform your body, is that the power to change your life lies in your hands. We can give you all the tips and tricks you need, but what success on this diet really comes down to is your commitment to bettering yourself. If you really want it, make it happen. We've given you the tools to succeed, now go get started!

Part Four: What's next?



The HCG Diet Coaches have given you all the tips you need to have success with the HCG Diet. Now all you need is the product and support to help you reach your goal.

Your weight loss journey starts today. Call 877-485-1030 and mention the HCG Diet Tips and Tricks book to receive 40% off an HCG Triumph kit. You will also receive a free consultation with one of the HCG Diet Coaches!

Remember, we guarantee that you will lose 50 pounds in 100 days using HCG Triumph, following diet protocol, and implementing the tips and tricks from this book. If you don't lose 50 pounds in 3 months, we will give you \$15 credit to HCGDiet.com! All you have to do to redeem this guarantee is call 877-485-1030.

A new you is just 100 days away! What are you waiting for?