

HCG Phase 2

- ❑ Take photos of yourself front, back, side, before and after in your underwear so you can see your results.
- ❑ Measure Yourself Before: ___Calf ___Thigh ___Hip
 ___Waist ___Chest ___Bicep
- ❑ Weigh yourself same time every morning after urinating.

Day 1 and 2 Take drops or injections as directed by your medical provider and eat as much as you want to build up your fat reserves. It takes 2 days for HCG to start working.

Day 3 Breakfast: Tea
Lunch: 100 grams organic meat from choices list.
 1 handful of veggies from choices list
 1 fruit from choices list or save for between meals.
Dinner: Same as lunch, choose different menu; never eat two of same meal in the same day.

Remember: Drink TEA! Walk! DeStress cd's, etc
 No medicine, cosmetics, lotions, cold beverages, etc
 Do Thai Massage since no lotion is required.
 For women, start after menses cycle. Or at least 10 days before next menses: no injections during menstruation (page 96)

Day 4 to 45 Same as Day 3, continue for 21 to 45 days only. Take six weeks off, eating normal diet without sugar or starch before continuing if you like the results.

Continue diet **exactly** for 2 days after last injection as this is how long it takes HCG to leave the body.

- ❑ Measure Yourself After: ___Calf ___Thigh ___Hip
 ___Waist ___Chest ___Bicep

Choices for **Protein**: 100 grams (weighed raw) of grilled {no oil or fat} organic chicken, beef, veal, wild Chilean sea bass, flounder, sole or halibut.

Choices for **organic vegetables**: Spinach, Chard, Beet greens, Lettuces of any kind, Tomatoes, Celery, Fennel, White-yellow or red onions, Red radishes, Cucumbers, Asparagus, or cabbage.

Choices for **organic fruit**: apple, grapefruit, handful of strawberries.

Choice of **organic seasonings**: 1/2 of organic lemon, pepper, raw apple cider vinegar, sea salt, garlic, basil, parsley, thyme, marjoram, etc. Absolutely no oil, butter, dressing.