

SURE SUCCESS WEIGHT LOSS
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The premise of the diet/protocol is three-fold:

- 1). a person can consume a nominal amount of outside calories while using the HCG, lose weight and not be hungry
- 2). the protocol tends to rid the body of "abnormal" fat rather than sub-cutaneous or organ-cushioning fat
- 3). patients will typically keep the weight off for an extended period of time rather than immediately re-gaining it as seen in most "diet" programs.

PHASES OF THE HCG DIET

PHASE I - TREATMENT

- Treatment Phase of the program – Start HCG
 - Days 1 and 2 are “Gorge Days”
 - Eat as much fatty food as possible (without making yourself sick) during these two days in order to help prevent hunger in the initial days of treatment
 - Treatment with HCG Days 3-40 (depending on your personal treatment phase)
 - Calories are restricted during treatment with HCG to 500 calories per day (VLCD) Very Low Calorie Diet, while maintaining adequate fluid intake of 2-3 liters per day. While you are on HCG your body is releasing 1,500-4,000 calories from abnormal fat stores into the bloodstream and you are actually getting between 2,000-4,500 calories per day.
 - Coffee, tea, water, and soda water are acceptable drinks during this part of the protocol
 - Lean meats and specific fruits/vegetables are recommended during the treatment phase. Except for specific grains, starches and sugars are not allowed (see attached sheet for acceptable food choices).
 - Treatment with NO HCG Days 41-43 but continue eating 500 calories daily

PHASE II – MAINTENANCE – 3 weeks

- Maintaining your new weight post-treatment phase
 - During this phase, you continue to maintain your diet of lean meats, fruits/vegetables minus starches/sugars, but there are more options and more calories allowed (see attached sheet for acceptable food choices).
 - NO starches and NO sugars for the first 3 weeks of the Maintenance phase
 - Weighing yourself every morning is critical during this phase, and if you gain more than 2 pounds from your last HCG treatment day weight, you will need to perform a “steak day”.
 - “Steak Day”
 - Skip breakfast and lunch, but take plenty to drink
 - Evening: Eat a huge steak with only an apple or a raw tomato

PHASE III – SLOWLY REINTRODUCE STARCHES/SUGARS – 3 weeks

- Keyword for this phase is SLOWLY moving into the later phase in order to “reset” your body’s weight set point and keep the weight off!
- Continue weighing yourself daily and performing a steak day if you’ve gained more than 2 pounds over your last HCG day weight
- GRADUALLY introduce sugars and starches into your diet→continue to be judicious in monitoring these! After being away from them for so long, you won’t have as much of a craving for them as you used to, but it is important to introduce them slowly to prevent you from regaining any weight.

Sample Meal Plans During Different Phases of the HCG Weight Loss Protocol

- PHASE I – TREATMENT PHASE
 - Gorge Days 1 & 2 – Lots of Fats:
 - Cream cheese bagel with bacon and sausage and a ham/cheese omelet
 - Donut with whipped cream and strawberries
 - Pork chop, potato with sour cream, roll with butter and buttered vegetable
 - Ice cream with Oreos
 - Fettuccini, cheese bread, and salad with regular dressing
 - Days 3-40 HCG Treatment (500 Calorie Phase)
 - Sample Menu
 - Breakfast
 - Tea or coffee, 1 tbsp. 2% milk
 - Lunch
 - Orange roughly (grilled) – 100 grams weighed raw
 - Asparagus
 - Medium sized apple
 - Melba toast
 - Dinner
 - Steak (grilled) – 100 grams weighed raw
 - Spinach
 - Strawberries
 - Grissini breadstick
 - Protein Options: Chicken, veal, lean beef/steak, buffalo, lobster, crab, shrimp, ahi tuna and white fish (tilapia, cod, etc.)
 - Fruit Options: apple, orange, grapefruit, strawberries
 - Vegetable Options: lettuces, spinach, asparagus, cabbage, tomatoes, cucumbers, chard, onions, beet greens, red radishes, celery, fennel, chicory greens
- MAINTENANCE PHASE – 3 weeks
 - Sample Menu
 - Breakfast: 2 eggs, cantaloupe
 - Lunch: Hamburger with cheese, mayo, ketchup & pickle, grilled onions, small salad with regular dressing
 - Dinner: Steak, ½ potato with sour cream, green beans, small salad with regular dressing
 - Snacks: Apple with peanut butter, organic trail mix, peanuts, almonds
 - Other Acceptable Snacks
 - Fruits, vegetables, celery/apple with peanut butter, cottage cheese
 - Sugar-free/Fat-free Jello or Pudding