



**HCG**tablets®

The real weight loss solution

# STABILIZATION PERIOD



## Stabilization period

As Dr. Simeons points out it will take about 3 weeks for your weight to stabilize after the HCG diet.

During these 3 weeks, often referred to as the “stabilization period” it is very important to follow the guidelines for low-carbohydrate nutrition. You can extend this period, without problems, and to gain an optimal result, to 6 weeks.

Slowly extend your food pattern. Your body is no longer used to eating a lot and will therefore be satisfied with about 900 calories the first couple of days. You can slowly extend this by using an extra potato, a bit more low-fat meat, more vegetables etc.

### General tips:

- Drink enough water
- Walk an hour per day
- Eat 2 (organic) apples and an (organic) grapefruit per day.
- Use 2 teaspoons of cold-pressed, extra virgin coconut oil per day.
- Use apple-vinegar every day (also available in capsules).
- Drink organic green tea (such as Wu Long tea) and organic chamomile tea.
- Sleep 7 to 8 hours per night.
- Use a good breakfast.
- Try to eat something 6 times per day. This is better than 3 large meals.
- Use probiotics (for example in Yakult, etc).
- Use multi-vitamins
- Use vitamin E
- Use fish oil
- Add hot peppers to your food
- Add cinnamon to your food
- Eat a salad with lunch and dinner
- Follow a fruit day/apple day if the weight of the last diet day has risen with more than 3 kilo. During a fruit day eat 6 green apples or oranges (or three of each) divided over the day.

# Low-carbohydrate nutrition

## What is low-carbohydrate nutrition?

Low-carbohydrate nutrition is based on low-calorie nutrition. You can almost eat normal again; however, fewer calories than you were used to before the cure.

## The principles of low-calorie nutrition

In order to lose body-weight we must not lose muscles or water, but fat. This can only be done by either eating less calories or by burning more calories. Of course, a combination of both will give the best result.

To keep functioning optimal and stay healthy, your nutrition should keep containing all nutritional substances your body needs. Your body needs proteins, fat and carbohydrates, as well as enough vitamins and minerals.

However, there are food products that do not or hardly contain these substances and provide a lot of calories.

These substances are:

- Sugar and sugar-containing products such as candy, cookies, pastry, fresh drinks, lemonade, sweet bread fillings, chocolate and such.
- Fats and high-fat products such as butter, margarine, oil, cooking products, mayonnaise, sauces, cream, nuts, fat meats, fat meat-and fish varieties, nuts, fried products, snacks and such.
- Alcohol and products containing alcohol.

In a calorie-limited nutrition we try to eat both less and different: so as little as possible of the products we actually do not need.

In many cases we can use alternative products:

- Sugar can mostly be replaced by sweeteners and fresh drinks are often also available in a 'light' version.
- As sweet bread filling one can choose light-jam or fresh fruit. However, savory bread filling is recommended.
- Butter and margarine can be replaced by low-fat margarine or cold-pressed coconut-oil.
- Fat meats, pâté, sausage (spread) etc can be replaced by low-fat meats and low-fat pâté.
- Regular cheese can be replaced by less fat cheese: instead of 48+ there is also 20+ and 30+ cheese or Edam cheese.
- The gravy can be made with less butter. You can also grill or roast meat.

In your diet it's the intention that the amount of carbohydrates is also limited to prevent increase in weight. 'Carbohydrates' is a collective term for starch and sugars.

This can mostly be found in three groups of food products:

1. Bread and bread substitutes such as biscuit rusk, crackers, gingerbread, rye bread, French bread, toast, pap, currant bread, muesli etc.
2. Potatoes and potato substitutes such as rice, macaroni, spaghetti, noodles, rice-noodles, pulse crops, bread etc.
3. Fruit and fruit juices.

Low-carbohydrate nutrition doesn't mean you are no longer allowed to use the above mentioned products but that you limit the use of them. A "normal" nutrition contains about 200-300 grams of carbohydrates per day; low-carbohydrate nutrition contains around 100 grams of carbohydrates per day.

Tips in order to maintain the diet more easily

- It's important that you don't skip any meals and divide your food as regularly over the day as possible. Hereby you will less quickly have the tendency to eat the so-called 'wrong products' (a piece of cheese, a cookie, a handful of nuts, etc).
- Whole meal products make you feel full more quickly than the "white" products. Besides, these products stimulate the intestines whereby they help to prevent congestion.
- Preparation methods whereby little to no butter or oil is needed: grilling, cooking, poaching, stewing, barbecuing, steaming, microwave-oven, cooking with a Teflon-pan, etc.  
In short, numerous possibilities!
- The volume of the meals can be enlarged by for example using two types of vegetables instead of one. You can also eat extra raw vegetables with your meals, for example, in the form of a tomato and cucumber on top of the low-fat bread filling or a salad to go with the meal. There are instant-dressings for sale that don't contain any fat.
- If you are very hungry you can use slices of cucumber, radish, pieces of cauliflower, strips of paprika, stalks of blanching celery, tomatoes, daikon, gherkins, silver onions and vegetables in sour.
- You must drink enough; a minimum of 1.5 liters per day, because the waste products that are released during weight loss will otherwise enter your body too concentrated. Headache can be a result of this.

You can freely use the following drinks:

- Tea or coffee without sugar, possibly with skinny milk and sweetener
- Source water, Mineral water, possibly added with lemon juice for flavoring
- Skinny bouillon, home-made and de-greased, or from a cube.
- Light fresh drinks
- Vegetable juice, tomato juice

A modest use of sweeteners is allowed. Never exceed the amount that is pointed out on the package of these products and a general rule is: the fewer the better. Sorbitol and Fructose, or diet products these substances are processed in are less suitable for use in a weight-loss diet because these substances also provide calories. Therefore limit the use of these products as much as possible.

## **Example of low-carbohydrate nutrition (about 900-1100 calories)**

### **Breakfast**

- 1 slice of bread or replacement and 1 cracker covered with (diet) low-fat margarine and covered with 2 slices of low-fat bread filling.
- Tea or coffee without sugar.

### **Lunch**

- 2 slices of bread or replacement covered with (diet) low-fat margarine and covered with 2 slices of low-fat bread filling.
- If wanted, a portion of raw vegetables without oil or mayonnaise.
- Tea or coffee without sugar
- A glass of low-fat milk, butter milk or skinny yoghurt without sugar.

### **Snack**

- Tea or coffee without sugar
- A portion of fruit.

### **Dinner**

- If wanted, a cup of de-greased stock
- A piece of low-fat meat (100-150 grams), fish or chicken.
- Low-fat gravy or sauce.
- A portion of raw vegetables without oil or mayonnaise.
- A portion of vegetables without butter or sauce.
- 1 or 2 potatoes or replacement.

### **Dessert**

- A portion of fruit.

### **During the evening**

- Tea or coffee without sugar
- A glass of low-fat milk, butter milk or low-fat yoghurt without sugar.

## Variation during the stabilization period

To bring variation into your nutrition, you can decide what to eat with the help of the lists below. Pay attention, the amounts are also mentioned. With a carbohydrate-limitation it is important that you follow the bread variations, potato variations and fruit variations very accurately.

### Bread variations

Instead of one slice of bread you can take:

- 2 pieces of crisp bread or crackers
- 2 biscuit rusks
- 1 slice of rye bread
- 3 slices of French bread
- 4 Melba toasts
- 1 slice of gingerbread
- 1 slice of currant bread without almond-paste
- 2 small matzos or 1 large one
- 150 ml of pap made from low-fat milk with a binder
- 150 ml of low-fat yoghurt with 2 tablespoons of unsweetened muesli

### Low-fat bread filling

For low-fat bread filling and cheese about 15 grams per slice are calculated

Low-fat meats are:

- Roast beef/smoked beef
- Unlarded liver
- Low-fat fricandeau
- Tartar
- Low-fat ham/low-fat shoulder-ham/raw ham
- Boiled tongue
- Collared chicken or turkey

### Cheese variations:

- 20+ or 30+ cheese (spread)
- Edam cheese
- light Boursin, light Paturain
- Cottage cheese
- Camembert, brie ( no cream brie)
- Parmesan cheese

### **Other bread filling:**

- A boiled egg now and then
- Jam without added sugar
- Fresh fruit such as strawberries, slices of apple
- Sandwich-spread
- Low-fat curd-cheese with herbs

### **Low-fat meat, fish or chicken**

From a nutritional point of view, 50-100 grams per day is enough

#### **Low-fat meat varieties:**

- Low-fat beef
- Low-fat minced meat
- Steak, steak tartar
- Roast beef
- Fillet of beef, pork tenderloin
- Low-fat veal
- Pork oyster
- Liver

#### **Low-fat fish varieties:**

- Cod, coal fish fillet
- Haddock
- Plaice
- Sole
- Tuna ( fresh or in water)
- Shrimps
- Crab, lobster
- Muscles/marling

#### **Low-fat varieties of wild and poultry:**

- Chicken or turkey, without skin or edges of fat
- All parts of chicken or turkey, collared
- Rabbit, hare, deer, pheasant, partridge etc.

### **Gravy and sauces**

Just as with stock, it's possible to scope off the clotted fat layer off the cold gravy.

You can make a fat-free sauce by binding low-fat gravy or stock with, for example, wheat or binder. You can season the sauce with herbs, spices and flavorings such as tomato-puree, onions, paprika, curry-powder, garlic, peppers etc.

For baking meat and fish you can apply this rule: 1/10 part of the weight of the meat, fish or chicken of butter and margarine is enough to bake in. That means that you can bake 100 grams of meat in 10 grams of butter or margarine. Low-fat margarine contains too much water to use as a baking product.

## Vegetables

All varieties of vegetables are allowed, fresh as well as deepfreeze and from can or tin. It is recommendable to use a portion of raw as well as a portion of cooked vegetables every day. The raw vegetable, salad or raw vegetables can be flavored with an instant-dressing without oil.

## Potato replacements

Instead of 1 potato you can use:

- 1 slice of bread
- 3 tablespoons of cooked rice = 1 tablespoon of uncooked rice
- 3 tablespoons of cooked Chinese noodles, spaghetti, macaroni = two tablespoons uncooked
- 200 grams of cooked pulse crops = 50 grams uncooked
- 300 ml of pea soup or brown bean soup
- 100 grams of corn

You can use a portion of baked potatoes or French fries once every 14 days, however, no more than the agreed amount. Using pre-baked oven fries is recommendable.

## Milk products

It is important that you use milk products on a daily basis (because of the proteins, calcium and vitamins). For this you can choose from:

- Low-fat milk or skinny milk ( possibly with cocoa powder and sweetener)
- Butter milk
- Skinny yoghurt without sugar ( possibly with sweetener)

## Fruit

1 piece of fruit means:

- 1 apple, orange, grapefruit or pear
- 10 grapes
- Half a banana
- 3 prunes or apricots
- 2 peaches
- 450 grams of melon
- 300 grams of strawberries
- 150 grams of cherries, berries
- 2 mandarins
- 2 slices of fresh pineapple

## Products that are free to use are

- Coffee and tea without sugar ( possibly with low-fat coffee-milk)
- Source water, mineral water, light fresh drinks
- De-greased stock
- Tomato juice, vegetable juice
- Raw vegetables with de-greased dressing