



HCGtablets®

The real weight loss solution

DIET ADVICE



Guidelines for the HCG Tablets cure

General

- Prevent interruptions of the HCG Tablets cure.
- Eat like you are used to during the first 2 days. Because the hungry feeling doesn't disappear until after taking the third tablet you can keep following your normal food pattern during the first 2 days. After the last day of using the HCG Tablets you do need to follow the diet for 2 days until all active substances have completely left your body.
- Plan the cure in such a way that you have as little tempting dinners and social obligations involving lots of food as possible.
- Ensure enough exercise and fresh air
- Eat/drink sour fruit during the evening of day 2 (about 3 pieces) so the intestines will take off the slags
- Drink enough water and/or herbal tea; about 2 liters per day.
- Start the morning by drinking a large glass of water.
- Eat biological: Although not obligated according to the official HCG-cure protocol, biological food is seen as a sensible approach and it's said that it simplifies the cure and improves the results.
- During the HCG Tablets cure, avoid all food supplements containing sugars or fat. Such as, for example, fish oil but also cough syrup and throat lozenges.
- Take a daily dose of multi-vitamins.
- Take a daily dose of calcium tablets.
- Tip: a visit to the sauna stimulates the effect of the cure.

Taking in the HCG Tablets

- Take 1 HCG Tablet per day, with water, preferably in the morning.
- Save the remaining tablets in a dark, cool place, out of the reach of children.

Vitamin B12

- Take 1 tablet of Vitamin B12 per day, with water, after a meal.

Diet during the HCG Tablets cure

Breakfast

Start with drinking a glass of water, perhaps with a tablespoon of fresh lemon juice in it.

Lemon juice starts the intestines and is favorable for the fat breakdown.

Coffee or tea without sugar (sweetener is allowed, soberly), without coffee milk or milk powder (one tablespoon of normal milk is allowed per day).

In principal, breakfast is not necessary during the HCG Tablets cure. If you feel very faint, eat an apple or an orange.

Lunch

100 grams of chicken fillet, turkey fillet, beef, white fish (tilapia, pangash, sole, cod, plaice, monk fish, coalfish), crab, shrimps, lobster, muscles or oysters. You can prepare this to your own taste but without the use of butter, margarine, oil, etc. If you prefer using a cold lunch you can choose 100 gram of grilled roast beef, ham, smoked beef or smoked chicken fillet/turkey fillet.

If wanted, the meat or fish can be replaced by one whole egg or 2 eggs without the egg yolk.

All meat- and fish varieties that are not mentioned above are not allowed during this diet.

Further you can eat unlimited vegetables. For vegetables you can choose all leaf vegetables, all sorts of cabbages, tomato, bean sprouts, celery, fennel, onion, radish, asparagus, cucumber, broccoli, cauliflower, chicory, artichokes, rhubarb, blanching celery, garlic and Spanish peppers.

Mushrooms and paprika's and beets are allowed but keep in mind that you can retain more water and they can make you hungrier.

All vegetables need to be fresh or deepfreeze, so not from a can or tin.

Marrow, eggplant, carrots, corn and all pulse crops are not allowed during this diet.

To prepare your lunch you can use fresh lemon juice, vinegar, salt, pepper, paprika, nutmeg, chervil, garlic and fresh herbs.

Don't use fat to prepare your meals. To prepare meat, use the micro-wave, grill, oven or a non-stick pan. If wanted you can add a teaspoon of bouillon and some water.

Dinner

For dinner you can choose from the same products as lunch.

Try, not just for your health but also to make the diet easier to follow, to vary allot.

Snacks

As a snack you can eat two apples and/or oranges, two breadsticks (or rice cakes or Melba toast) and two cups of fat-free bouillon per day.

If you are very hungry you can eat slices of cucumber or radish, bits of cauliflower, paprika, celery and tomatoes. This will not influence your diet.

Drinking

Coffee, tea, mineral water. You must drink a minimum of two liters per day to clean your body.

Not to be used during the HCG diet

Salmon, tuna, herring, mackerel, eel, all dried and sweetened fish and sour fish.