



Quick Loss Success Plan

Remember, you cannot change your outcome overnight, but you can change your direction overnight.



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Step by Step Instructions

Step 1: Read Manuscript

Before starting the diet, you should read the manuscript written by Dr. A.T.W. Simeons, M.D. entitled “Pounds and Inches – A New Approach To Obesity”. It explains in great detail, the background, reasoning, science, and steps for the diet.

Step 2: Determine Your Protocol Start Date

The HCG protocol has 4 phases. Phase 2 of the protocol consists of limiting your diet to 500-550 calories from a compilation of VERY specific foods.

This phase lasts 21-40 days.

This is when you select your start date. In determining your start date you want to keep 3 main things in mind.

1. Make sure the date you choose allows you enough time to get yourself prepared by planning your menu and purchasing the right foods to enable success.
2. Make sure that you plan 23+ days of time with limited social or travel engagements. It can be very difficult to follow this protocol while traveling or when in high profile social gatherings where it seems inappropriate to not be participating in the same food as everyone else.
3. For women, you may want to plan around your monthly cycle. Most women naturally gain weight due to water retention right before and during their menstruation. We recommend you begin taking the drops immediately following the last day of menstruation. It is important to know yourself however. If you feel like you need to begin immediately, while you are motivated, then begin immediately and then follow the rules in the protocol for during your menstruation. It may impact your weight loss during those days, but it is better than not going through the process at all!

Step 3: Prepare

Because of the very specific dietary restrictions of the HCG protocol, it is critical that you prepare in advance for the days to come.

- Create your menu
 - Go Shopping
 - Pre-cut your meat into 4-6 ounce pieces. The original protocol calls for 4 ounce pieces; however, as you plan your diet using the 'Menu Planner', you want to make sure you are eating around 550 calories, which sometimes requires 5 or 6 ounces of meat instead of 4 ounces. So as you plan your menu, determine the size of meat you will need and pre-cut.
 - Eliminate temptations
 - Schedule your time properly
 - Read through the 'Success Tips' as well as the 'Frequently Asked Questions' for the most updated information. This can be a VERY helpful tool to address your questions ahead of time!
- **Helpful Hint**** - try to avoid social gatherings that include food. It is very difficult to watch others eating while on this strict diet.

Menu Planning

As an added reminder that can really help you succeed, we have learned that in order to help the body have good digestion we must eat the right combinations of foods. Deficiencies occur if food is not properly digested and absorbed. Toxicity occurs when undigested food "sits" too long in our digestive system where it begins to rot, ferment and putrefy, creating toxins. Each of the four food categories (fruits, protein, starch, and vegetables) has different digestive requirements. For example: Proteins digest in an acid environment, whereas starches digest in an alkaline environment, making it impossible to digest. Your digestive system has the ability to create either environment, but cannot create both at the same time. If you eat both types of food at the same time, you cannot digest either one well and "rotting" begins. Fruit is easy to digest and is meant to pass through the digestive system quickly. If not, such as when combined with protein or starch, the fruit sugar ferments in the stomach, often manifested by bloating and gas. Because of these various requirements, we recommend isolating your fruit, eating it by itself and not with your proteins and vegetables. As you plan your menu, remember the calories provided are consistent with the appropriate portion sizes of 4 ounces of protein, protocol specified veggies, and an average or medium sized piece of fruit. This will be important as you monitor your average calories. If you would like to be more specific, that is great, but keep in mind the basic rules of the diet are designed to keep you on track so just be aware of your calories and you will do great.

Sample Menus

Day 1:

Meal - Eggs (1 egg w/ yolk and 3 egg whites) with Tomato slices (1 cup)

Snack - Grapefruit (1/2)

Meal - Cucumber slices with pickling salt (2 cups) and Melba Toast (1-2 slices)

Snack - Apple

Meal - Grilled chicken breast (4 ounces) with lemon juice

Day 2:

Meal - Cottage Cheese (5 ounces)

Snack - Strawberries (10)

Meal - Lettuce with vinaigrette (2 cups) and Melba Toast (1-2 slices)

Snack - Orange

Meal - Grilled steak (4 ounces) with steam asparagus (2 cups)

Day 3:

Meal - 1/2 Grapefruit

Snack - Melba Toast (1-2 slices) w/ Lemonade (juice from 1 lemon, stevia, water)

Meal - Cucumber slices (2 cups) with Tuna Fish (canned in water - 4 ounces)

Snack - Strawberries (10)

Meal - Baked Chicken Breast (4 ounces) with steamed cabbage (2 cups)

Day 4:

Meal - Eggs (1 egg with yolk, 3 egg whites)

Snack - Strawberry smoothie (10 frozen strawberries w/ water and stevia - blend)

Meal - Sliced Radishes with pickling salt (2 cups) and Melba Toast (1-2 slices)

Snack - Apple

Meal - Steamed Shrimp (4 ounces) with celery sticks (2 cups)

FLUIDS

It is recommended that the majority of your fluids should be water. You can also have 1 Tablespoon of milk and the juice of 1 lemon each day whenever you want. You should drink at least 2 liters of fluids every day. You can drink these at any time in any amount. Your choices are: Filtered water
Mineral water
Tea
Coffee.

SNACKS You can have one grissini breadstick or one melba toast (plain) anytime during the day. These are often hard to find, but can be located in the cracker aisle of many grocery stores. If you are struggling to find these, you can purchase them on the SHOP page.

SEASONINGS You can season your meals with salt (pickling, canning, or sea salts), pepper, vinegar, mustard powder, garlic powder, onion powder, (absolutely no garlic or onion salt), sweet basil, parsley, thyme, marjoram, ginger, garlic, etc. **ABSOLUTELY NO** oils, butter, or dressings. The key to spices is to make sure there are no oils, sugars, or salts. You may use fresh garlic, onion, ginger, etc. as long as it is used only as a seasoning and not a main ingredient. You may also use a small amount of mustard and vinegar to help provide flavor to your foods. Remember to use the recipe section to get good ideas on how to keep your food interesting.

FOOD CHOICES

- You can have 2 protein selections per day but not together at the same time.
- You can have 2 fruit selections per day but not together at the same time.
- You can have 2 vegetable selections per day but not together at the same time.
- You can split your servings up and eat it at different times as long as you never mix 2 meats, never mix 2 vegetables, and never mix 2 fruits together.
- Do not choose the same meat, fruit, or vegetable twice in the same day. (If you eat only a 1/2 of a portion, you may eat the other half at a later time in the day)
- Eat only food that is on the following approved list. You can mix your meals however you choose as long as you follow the following rules:

The Doctors have added a rule to be followed. They have found that people who follow this rule have a faster rate of weight loss -- You should isolate your fruits, always eating them by themselves, and do not eat starches and proteins together. We have learned that in order to help the body have good digestion you must eat the right combinations of foods. Deficiencies occur if food is not properly digested and absorbed. Toxicity occurs when undigested food “sits” too long in our digestive system where it begins to rot, ferment and putrefy, and creates toxins. Each of the four food categories (fruits, protein, starch, and vegetables) has different digestive requirements. For example: Proteins digest in an acid environment, whereas starches digest in an alkaline environment. Your digestive system has the ability to create either environment, but cannot create both at the same time. If you eat both types of food at the same time, you cannot digest either one well and “rotting” begins. Fruit is easy to digest and is meant to pass through the digestive system quickly. However, if fruit is not eaten alone, such as when combined with protein or starch, the fruit sugar ferments, often manifested by bloating and gas. Because of these various requirements, we recommend isolating your fruit while on the diet, eating it by itself and not with your proteins and vegetables. We recommend eating your fruit alone and then waiting about 1 hour before eating again. *If you are trying to increase your calories to 550, you can eat 1 full grapefruit in a day but you should only eat 1/2 at a time. It is important to note with your fruit, that all fruit is a different size

and therefore has varying calorie counts based on that size. The original Dr. Simeon's protocol does not specify a fruit size, but simply states that you cannot substitute two small pieces of the same fruit, it just must be one piece of the specified fruit, and you may have two fruits per day. We adhere to this eating rule but would advise you to note the size of your fruit when considering your calories for the day. The calories provided in the menu creator are based upon a medium or average size of the specified fruit.

Meat

- Beef (steak, extra lean ground beef, or a roast) 100 grams (4 ounces) per serving, weighed raw, grilled or baked
- Buffalo
- Chicken Breast (boneless / skinless)
- Cottage Cheese* (occasionally)
- Crab
- Deer
- Elk
- Eggs* (occasionally)
- Lobster
- Shrimp
- Tuna (canned in water)
- Veal
- Wild Chilean Sea Bass
- Wild Flounder
- Wild Sole
- Wild Halibut

Vegetables

- 2 cups
- Beet Greens 2 cups
- Cabbage 2 cups
- Celery 2 cups
- Chard 2 cups
- Chicory Greens 2 cups
- Cucumbers 2 cups
- Fennel 1.5 cups
- Lettuce (any kind) 2 cups
- Onions (white, yellow, red) 1 cup
- Red Radishes 2 cups

- Spinach 2 cups
- Tomatoes 1 cup
- Tomatoes (cherry) 1 cup

Fruit

- Apple (1)
- Grapefruit (1/2*)
- Orange (1)
- Strawberries (10)

*Eggs may be used, but not more than 3 times per week - boiled or poached - to patients who develop an aversion to meat, when eggs are used a portion size is considered 1 whole egg and 3 egg whites.

*Cottage cheese may also occasionally be used instead of the meat, but not more than 3 times per week. It must be made from skimmed milk, and 100 grams is a portion size. It is not necessary to eat everything on these lists. Anything may be deleted if you want. However, no substitutions or additions to these lists can be eaten. It is VERY IMPORTANT to realize that portion sizes are SPECIFIC. For example, it says 1 apple. 2 small apples are not an acceptable exchange for "1 apple." Now that being said,

Important Highlights:

The original HCG diet protocol calls for a 500 calorie diet, however, in building HCGQuickLoss System, we worked in close collaboration with a natural healthcare clinic that has been having success with thousands of patients on a daily basis. In their clinic, they have noticed that the average person loses more weight when they consume 550 calories as opposed to 500. (This does not mean you eat additional foods, simply consume a slightly larger portion size of the foods you are already eating.) Please keep in mind that this is designed to be precise, but not to take away from the simplicity of the diet. For example, you don't need to be overly concerned about plus or minus 10 calories based upon varied fruit sizes.

If you would like, start the protocol at 500 to try it. Just recognize that if you are overly hungry you may want to add an additional 50 calories. Again, you do this by slightly increasing your portion size, for example, eat 2, 5-ounce portions of meat instead of 2, 4-ounce portions. Again, please keep in mind that the diet is laid out to be simple...2 fruits, 2 veggies, 2 proteins a day. Just be

aware of your calories and keep them closer to 500 or 550 than not. The more exact you choose to be the better; however, being approximate and simple will still yield great results.

It is also important to note that in Dr. Simeon's protocol, he outlines 2 meals per day. In working in conjunction with the natural healthcare clinic, we learned that they found greater success when people consumed 4 meals per day as it kept people from feeling hungry, helped overcome the need for emotional eating, and continued to maintain a healthy metabolism.

Step 4: Begin

Like all great things, it happens one day at a time by focusing on the basics. Take time to understand the basic things you **MUST** do on days 1 & 2 of your HCG protocol.

- TAKING THE DROPS
- DAYS 1 & 2: GORGE DAYS

Taking the drops.

You will start taking the drops on day 1, which is your first gorge day. Do **NOT** have anything to eat or drink for 30 minutes before each meal. When you take the drops, take them under the tongue, wait 15 SECONDS, then SWALLOW.

Starting on day 1 through day 23: take 10 drops, 3 times per day

Step 5: Gorge

Day 1 and 2: Gorge Days.

A person cannot stay comfortably on a 500-calorie diet unless their normal fat reserves are reasonably well stocked. For this reason, during your first 2 days of taking the drops you must eat the most fattening foods you can. This is called gorging. Some suggestions are chocolate, pastries, fried foods, fatty meats, nuts, avocados, etc. This is a necessary step. It may seem counter-productive, but skipping this will actually make your weight loss more difficult. Basically, eat as much fatty foods as you can, especially anything you think you are going to crave in the next month.

Here is an example outline of a gorge day:

Breakfast: French Toast w/ whipped cream and strawberries, bacon, orange juice

Mid-Morning Snack: Doughnut w/ a glass of chocolate milk

Lunch: Cheeseburger, fries, chocolate milkshake;

Mid-Afternoon Snack: Chocolate covered pretzels, candy or chocolates, w/ soda

Dinner: Pizza with extra cheese, fried chicken, chocolate milk, pie with whipped cream and ice cream

Late-Night Snack: Ice cream with favorite topping and cookies

Step 6: Diet

Day 3 - 23+: Diet Days.

Days 3-23+ are your 500-550 calorie days of the protocol. During this part of the protocol, very specific eating patterns should be followed in these areas:

Key Tips

You should not eat after 7:00 pm. You can continue to drink water, but do not consume whole foods after 7:00 pm. Do not eat breath mints or chew gum. If you need to chew gum, the only approved gum is Trident, original or spearmint.

Step 7: Finish Phase

As you finish the days of taking the drops, you should continue the 500 calorie diet for 3 days after discontinuing the drops. This is due to the fact that it takes a few days for the HCG to leave your system, and you do not want to consume too many calories while the HCG is still in your body.

STEP 8: MAINTENANCE PHASE (Follow for 3 weeks following drops)

Congratulations on making it this far! We know the HCG protocol can be difficult but it is also very rewarding if you faithfully follow it.

Now you have come to maintenance phase. It is just as important to be perfect during the maintenance phase as the first two phases because it is during this part that you are teaching your body to reset, pushing it to function as it was meant to function by consuming and using calories as opposed to storing them as fat. While on the maintenance phase, you now need to consume 1400-1600 calories per day.

During the maintenance phase, you may now moderately eat anything you want except Sugars and Starches. These should be avoided for 3 weeks. The key sugars and starches to avoid include sugar, rice, breads, potatoes, pastries, crackers, etc.

Some other key tips for this phase include limiting, not going without, but limiting dairy products such as milk, yogurt, butter, and cheese. Another strong suggestion from the doctors is to add to

your diet omega 3 and 6 fatty acids. These can be consumed through foods like olive oil, fish oil, raw nuts, seeds, legumes, and green leafy vegetables.

After working with thousands of people and seeing what works, we also recommend following 4 simple eating rules while on the HCG protocol, during the maintenance phase, and following the diet to assure no weight gain. These rules come from the books *Never Be Fat Again* and *Never Be Sick Again* by Raymond Francis.

RULE 1: Eat fruit alone. (Acid fruits with nuts and seeds, okay. Acid fruits with sweet fruits, okay, although acid fruits should be consumed first. Eat melons alone, except with other melons.) Eat the following fruits by themselves, about 1-2 hours before or after the meal. Sweet Fruits: Bananas, currants, figs, dates, raisins, prunes, dried fruits, grapes Acid Fruits: Lemons, oranges, grapefruits, other citrus fruits, kiwi, plum, pineapple, mango, papaya, all berries, nectarines, apples, cherries, pears, apricots, peaches Melons: Cantaloupe, casaba, Crenshaw, honeydew, banana melon, watermelon

RULE 2: Vegetables with proteins, okay Protein: Eggs, meat, fish, fowl, nuts, seeds, avocado, coconut, sprouts, milk products Vegetables: Asparagus, tomatoes, okra, green beans, green peas, broccoli, Bell peppers, Brussels sprouts, cabbage, lettuce, celery, cucumber, beets, eggplant, spinach, mushrooms, zucchini, radish, artichoke, beets, carrots, cauliflower, chives, ginger, garlic, leeks, onion, shallots, scallions

RULE 3: Vegetables with starches, okay Starch: Corn, wheat, barley, rice, buckwheat, millet, oats, dried peas and beans, potatoes, yams, squash, flour (pasta/bread/pastries), sugar Vegetables: Asparagus, tomatoes, okra, green beans, green peas, broccoli, Bell peppers, Brussels sprouts, cabbage, lettuce, celery, cucumber, beets, eggplant, spinach, mushrooms, zucchini, radish, artichoke, beets, carrots, cauliflower, chives, ginger, garlic, leeks, onion, shallots, scallions

RULE 4: NO protein with starches

(avoid meat and potatoes, spaghetti and meatballs, fish and rice, etc.)

REMEMBER, it is important to allow your body to become accustomed to your new weight. Your body is not yet stable at the new weight and you should continue to weigh yourself every morning (after emptying your bladder). If your weight increases by more than 2 pounds during this 3-week period, you should do the following:

On the same day as you notice your weight increase, skip breakfast and lunch but have plenty to drink. Then, for dinner, eat a large steak and an apple or tomato.

This works to re-stabilize your weight and keeps your body at its new weight.

TYPICAL DIET ON MAINTENANCE PHASE (REMEMBER: No sugars, No starches)

Breakfast: 2 Egg Omelet with onions, tomatoes, peppers, and turkey
Mid-morning snack: Apple slices
Lunch: Tuna with tomatoes in lettuce leaves, with green salad
Mid-afternoon snack: Celery slices with peanut butter
Dinner: Grilled chicken breast with salsa, salad with regular dressing
Late-night snack: Sugar free pudding

Follow the maintenance phase for 3 weeks.

Once you have taught your body to be comfortable in keeping your new weight, it is time to slowly add sugars and starches back into your diet. Remember, the key word here is SLOWLY! We know it is exciting to get to eat some of your favorites again, but don't forget that it is likely those "favorites" that created the need for HCG in the first place! A typical day on this portion may look like this

Breakfast: 2 eggs w/ ham and vegetables
Mid-morning snack: Cantaloupe
Lunch: Lettuce wrap with meat, cheese, mayo, ketchup, pickle, and onions with small onions and a small salad with dressing
Mid-afternoon snack: Nuts, raisins, grapes
Dinner: Steak with steamed vegetables
Late-night snack: Celery sticks with peanut butter :

Enjoy Your New Lifestyle!

After the program, most people will live with reduced appetites and should have no trouble keeping the weight off. They feel more energy and vitality because they are carrying around less weight and unhealthy fat. Often times, other aspects of health are often impacted such as cholesterol and blood pressure which can also help you feel an overall vibrance and health.

If you feel that you would like to lose more weight, you can do the protocol again. As long as you have completed the full protocol, including the 3-week maintenance phase, and then the final 3 weeks of slowly adding sugars and starches then you are fine to begin again. If for any reason you did not complete the entire protocol the first time, it is important that you wait 6 weeks from the time you ended your last day of drops in order for your body to not build up a resistance to the HCG.

You can continue this process as many times as you need until you have reached your desired weight and size.

Success Tips

1. Drink enough water.

You should be drinking 2 Liters of fluids per day. The quality of the water is important. Tap water most often contains unwanted chemicals. It is recommended that you drink purified, spring, or mineral water.

2. Get enough sleep.

This will impact your success more than you can imagine. You need to be getting 8 hours of sleep each night. This needs to be the right kind of sleep as well, which means the earlier the better! We recommend 10:00 bed time, 10:30 at the latest and awake at 6:00 or 6:30 respectively.

3. Take 10 drops 30 minutes before a meal.

This means, when you are using the HCG drops, that you don't eat or drink anything 30 minutes before you put the drops under your tongue.

4. Do not eat after 7:00 pm.

You may continue to drink water, but make sure that you are getting all of your calories in before 7:00 pm.

5. Plan ahead!

Nothing can thwart your success like not being prepared for your meals. Use the My Menu link on this site to prepare your weekly menu, then shop for all food items each week so you have your food on hand.

6. Use approved toiletries.

We want to stress the importance of this. It seems like a small thing. How big of a difference can your shampoo really make right? However, It can be THE difference between success and failure. Be very aware that you using approved shampoo, conditioner, lotion, soap, make-up, toothpaste, and deodorant. A list of approved toiletries is in the 'Personal Care & Beauty Products'.

7. Do NOT skimp on your two gorge days!

Obviously you are doing this to lose weight, so it might seem counter-intuitive that you would gorge yourself with unhealthy, fatty foods for your first two days. But you must trust the system. It works. Too many people get so concerned about this that they skimp on their food intake these first two days. If you do that, your regular fat stores are not sufficiently stocked to endure throughout the diet. This can cause you to feel very hungry and struggle for several days on the diet.

8. Do NOT eat breath mints, and only chew approved gum

While you are not technically eating these items, they do contain sugars and other compounds that your body will respond to while on HCG, and they can impact your weight loss. If you need to chew gum, the only gum approved for this diet is Trident, original or spearmint.

9. Avoid social functions during the dieting phase

One of the greatest downfalls of people on HCG is going to a social, group function where eating is part of the plan! Many people don't want to make a public spectacle out of their goals to lose weight and others still do not want to face all the questions and comments about dieting. So, to avoid the questions, they eat thinking they will just eat a little bit...but it often sets them back for days.

10. Do NOT eat too much American Beef.

While American beef is an approved food, it is also much higher in fat content than European beef. It should be eaten moderately and you should look for 95-96% lean if you do it eat. This can be found at most grocery stores. Other sources of lean red meat can be: Bison, Elk, & Deer (all very lean meats).

11. Be consistent with your weights and measures.

When you weigh yourself, try to do so about the same time, in the same clothes, under the same circumstances so that your weight can be as accurate as possible. I recommend weighing without clothes, first thing in the morning, immediately after waking up and using the bathroom. The same is true of measurements. Be consistent in where you hold the tape and how tight you pull it around your body so that you are getting accurate measurements.

12. Read the diet rules in "The Protocol" regularly

It is imperative that you follow the diet rules as exactly as possible. It's easy, as you go, to stray from the rules without even knowing it. We strongly encourage you to review the protocol page thoroughly before beginning.

13. Prepare meals ahead of time

It is very helpful if you weigh and cut your protein ahead of time. Then freeze it in individual serving sizes so that making your meals are not so time consuming. It is also a good idea to cook more than you can eat, and store the rest for quick future meals.

14. Personal Care and Beauty Products on the HCG Diet

On the HCG protocol, it is not just what goes in your body that matters, but also what goes ON your body. Oils and fatty substances can be absorbed through the skin. You must use ONLY approved personal care and beauty products while following the HCG protocol.

ADDITIONAL DETAILS

- You can use lipstick, powder and such lotions that are entirely free of fatty substances.
- You can use Brilliantine on the hair but it must not be rubbed into the scalp.
- Sun-tan oil is prohibited, unless you are working with one of our partner salons that have specifically approved lotions and oils for sun tanning.
- No massage OR massage oils of any kind.
- Aspirin and birth control are allowed on the Simeons HCG Diet, but please note that if these are used while following the protocol it may have a slight impact on your results. If you use condoms as a form of birth control, you should use condoms with no lube during your diet phase. Lubed condoms may impact your results.

Approved Products and Brands:

Deodorants: Thai Stick, There deo stick, crystal deodorant (wet crystal and apply), baking soda (we recommend Arm & Hammer, but it must be original, non-scented), Dove (original, non-scented).

Lotions and Dry Skin: Coconut oil, plain mineral oil (has no nutritional value), most baby oils are mineral oils or try lotions/moisturizers with a mineral oil base. An example product would be Neutrogena Oil Free Moisture (sensitive skin). Neutrogena has an entire line of Oil Free products that are readily available and can be used.

Eyelashes: Consider getting your eyelashes tinted to replace mascara, although most mascara is not prohibited. Roux Lash And Brow Tint Kit in Brown and Black

Toothpaste: Tom's toothpaste, baking soda, spray toothpaste, baking soda Tom's of Maine

Soaps: Zest, Ivory, Dial, Jason's, Arm & Hammer Baking Soda, Zest Bath Soap, Dove (make sure your soap is the original, non-scented version of the selected brand) Face Soaps and makeup removers: Jason's products, JASON Natural Satin Soap, Neutrogena Deep Clean Cream Cleanser (oil-free), Neutrogena makeup remover.

Shampoo and Conditioner: Natures Gate Aloe Vera, Aubrey Organics, Arm & Hammer Baking Soda, Life Extension Products

Frequently Asked Questions

Question: What do I do during my menstrual cycle?

Answer: The day you start your heavy bleeding or flow, stop taking the drops for 2 days, but continue on the diet. After 2 days begin the drops again. For example, if you have a 7 day cycle, but your first 2 days are just light spotting, stop the drops on day 3 when your heavier flow begins.

Question: Can I still exercise while taking HCG?

Answer: Yes, we recommend that you walk for 25-30 minutes twice per day. We have found that people who do not exercise lose an average of ½ inch per pound, and people who do exercise lose an average of 1.5 to 2 inches per pound. So let's lose as many inches as possible!

Question: Can I eat at a restaurant while on HCG?

Answer: You can, but we don't recommend it. It is very difficult to eat only approved foods at a restaurant. Sometimes foods that you think are approved have been cooked in a non-approved way. Why tempt yourself? Remember - be perfect!

Question: How do I find approved toiletries?

Answer: There is a list of approved toiletries found in the Personal Care section, most of which can be found at a local retailer or health foods store. Just remember, no products with oils or fats in them.

Question: What do I do if I have hit a plateau in my weight loss?

Answer: As doctors, we have found that our patients who plateau many times just need a slightly higher dose, or sometimes they have overworked or exhausted adrenals. The first thing we do is increase the hCG dose by 3 drops. For example, if you were taking 10 drops 3 times per day, now you would take 13 drops each time.

Question: What can I drink while on HCG?

Answer: Water, water, water. You can also drink the other approved drinks like coffee, tea, or fresh squeezed lemonade. However, some people want to drink everything but plain water so they end up not getting enough.

Question: What are some spices I can use on my food?

Answer: Any spices that do not have salt or sugar mixed in. Check the ingredients!

Question: What are the best things to eat on my gorge days?

Answer: The fattier the better. We suggest you eat plenty of anything you think you will miss or anything you have been craving. Also, keep in mind that it doesn't have to be unhealthy fatty foods. Examples of healthy fatty foods are nuts, eggs, cheese, or avocados.

Question: What do I do if I am feeling constipated?

Answer: We suggest first increasing your magnesium levels with a good magnesium supplement. If that is not enough, we recommend Smooth Move Tea.

Question: What if I have dry skin & I can't find an approved lotion?

Answer: There are many approved products at your local Target or Wal-Mart, such as Neutrogena's oil-free products. Also, you can find Jason's products at local health stores, such as The Good Earth. If you still cannot find an approved product, we recommend using baby oil, baby lotion, or mineral oil.

Question: What kind of Melba Toast can I have?

Answer: The regular flavor. Another thing to keep in mind is that for some reason round melba toast seems to usually contain sesame seed oil and will hinder your weight loss. So we recommend the rectangular shaped melba toast

Question: Is stevia the only sweetener that can be used?

Answer: It is the only sweetener we recommend.

Question: The book mentioned hair loss; will this be an issue for me?

Answer: Because we use a homeopathic remedy of HCG, we don't have many that experience loss of hair. However, if this does become a problem, we recommend the use of Cobalacin, a natural B12 and Folic Acid supplement to counteract the effects of hair loss.

Question: Can I do this diet if I am pregnant or nursing?

Answer: It is NOT recommended in either situation.

Question: What age is too young, and what age is too old?

Answer: Everyone is different. That is why, if it is questionable, we normally like to seek your doctors advice.

Question: What about my current prescription medications?

Answer: We recommend monitoring your medications with your Medical Doctor. We have seen patients' blood pressure, cholesterol, and high sugar levels decrease as they lose weight and eat healthy. All other medications do not tend to inhibit the effect of HCG.

Question: My sister wants to try the diet. She is on Coumadin blood thinner. She had surgery in March of 2009 and had blood clots. Is she a candidate for the HCG diet?

Answer: We have many patients on blood thinners on this diet that are doing very well. HCG does not interfere with blood thinners and their actions. But again we suggest that you talk to your Doctor first if you are on any medications.

Question: I have been getting muscle cramps and spasms since I started doing the diet. Is this normal? What can I do?

Answer: We have noticed that our patients have a tendency to get low in magnesium while on the diet. We recommend using Standard Process Magnesium Lactate. Start with taking 1 capsule 3 times a day.

Question: I am on the hCG. The last 6 days I have been light headed, cannot focus, and am really sleepy.... What do I do for that?

Answer: When we have seen people get light headed it is typically due to a lack of adrenal support. We live in such a high stress society that as we start to turn on the endocrine system by using HCG the adrenals need a little extra support. We suggest Standard Process DRENAMIN for that support.

Question: What would happen if I had a diet soda once a day during the diet?

Answer: You will not get nearly the results. You may still lose some weight, however the soda can inhibit the effects of the hormone. One of the main purposes of the diet is to establish healthy eating patterns and eliminate unhealthy habits. We would encourage you to try to replace that diet soda with herbal teas and/or homemade lemonades, and of course, LOTS of water!

Question: I have had heartburn is there anything that I can take to help to relieve it?

Answer: In our office we like the product line Standard Process. They have a product Okra Pepsin. Take 2 capsules 20 min. before meals and it should help alleviate the heart burn.

Question: I am just curious about ground lean turkey? Is it ok or not? I know turkey is often not stripped of its natural oils when packaged but seemed like lean ground turkey should be ok since lean ground beef is!?

Answer: In all of our testing of patients this year we have not had any patients test good with turkey of any kind while taking the drops.

Question: What is the protocol for testing if I suspect I have become pregnant while using HCG drops?

Answer: You have to cease taking any HCG product for 5 days before taking a pregnancy test. This will allow enough time for the body to eliminate any HCG therefore ensuring an accurate test.

Question: Does it hinder weight loss when I take the drops and only wait 5 minutes (instead of 10)?

Answer: Yes, due to the fact that it is a homeopathic formula, you must let the drops sit under the tongue for at least 10 seconds for maximum absorption. Then, you don't want any additional foods or fluids to hinder that absorption for at least 10 minutes. The less you wait, the less calories the drops will pull out of the system, causing more hunger and less energy.

Question: What amount of time do you recommend between treatments? The book says 6 weeks, why?

Answer: Between round 1 and round 2 we recommend 3 weeks if you are taking the homeopathic drops. If you are doing the actual hormone drops or shots we also recommend the 6 week time period. Between rounds 2 and 3 we have found that our patients need a 4 week time period. Between rounds 3 and 4 we recommend a solid 6 weeks.

Question: How does having a yeast infection affect me on the HCG diet?

Answer: We have noticed yeast interfere many times with weight loss while on the diet. The best thing to do if you feel you have yeast is to get on a pro-biotic such as acidophilus. These good bacteria acidify your system, and yeast can't survive in an acidic environment.

Question: I gained 3/4 of a lb on the gorge phase. Is this normal?

Answer: Yes, that is normal. In fact some of our patients have gained up to four or five pounds in those two days. No worries though, you'll lose it all within one or two days on the low calorie phase.

Question: Can I put the drops in a glass of water?

Answer: You cannot have anything to eat or drink 10 min. before or after you take the drops. By putting drops in water you will completely destroy the effectiveness of the homeopathic remedy.

Question: If I forgot to take drops before one of my meals on a gorge day, will it throw off the entire diet??

Answer: It shouldn't throw it off too much, if at all. Just continue on and try not to skip anymore.

Question: What should I do if my weight keeps stalling? Yes, I'm using the Drenamin.

Answer: Have you gone through and are you following the tips from the docs? Are you getting 8 hours of sleep? Are you getting at least 2 liters of water? Are you eating the full amount of your calories? Have you been having regular bowel movements? (Magnesium Lactate works great for this scenario). Are you watching the type of salt you are using? Have you tried an apple day?

Question: I have seen some conflicting information. So here is my question. Can I lose more than the 2 lbs during the maintenance phase? I don't know why this would be harmful, because if I'm eating good and exercising wouldn't it be natural to lose more?

Answer: The one reason we like the HCG diet is that we are resetting the entire endocrine system. It turns the body on and allows everything to work the way it is suppose to. We have a lot of our patients continue to eliminate 1 to 2 pounds a week on their maintenance phase. We feel that it is a wonderful thing. Once a body is working the way it should, it then becomes a scenario of input versus output.

Question: Is it okay to lift weights during phase two?

Answer: For most people, lifting during Phase Two, aka the 500 calorie phase will be pushing it a bit. Your blood sugar will be in a delicate balance during this phase, and pushing your body too hard can tend to lower your sugar too much. However, if you've been lifting before the diet and your body is conditioned, you will be able to lift to some degree, but we recommend easing back on the intensity: higher rep and lower weight. Ultimately, you'll be the best judge here. If you start lifting and after a short while start to feel symptoms of low blood sugar, such as being light headed, weak, or shaky, then you know you'll need to back it off a bit.

Question: If I do not get to 500 calories or even close and I have eaten all I should for the day, what do you recommend?

Answer: You have not eaten all you should if you are less than 500 calories. Do not be afraid to modify for your body. Example: Use a little larger protein portion or veggie portions to make sure you get enough calories. We personally feel that it is very crucial to overall health and future to success in keeping it off to get the full calories in.

Question: Are tuna and wild caught white cod ok to eat? It is difficult to find some of the other fish in our area without breaking the bank.

Answer: These are excellent choices. Just remember on the tuna that it needs to be in water and not oil.

Question: Is the HCG diet okay for people with heart disease or diabetes?

Answer: We have found this diet to be life changing for people with both issues. Often times obesity is a large contributor to both heart problems and diabetes. Through eliminating fat, we have seen many people be able to reduce their medications in both fields. That being said, we would always recommend that someone with these problems consult their physician before beginning the protocol.

Question: My mouth gets really dry. Since I can't chew gum or have breathe mints, do you have any suggestions to get rid of the dry mouth?

Answer: After testing all our patients we have found that Trident gum (spearmint (green box) and original (blue box)) test great with this diet.

Question: If I follow the diet, and don't find out what is stalling my weight loss, will the HCG drops eventually correct the problem, and allow me to lose weight? And how long does it usually take to correct the problem, let's say it might be toxins, or yeast, for example?

Answer: The HCG diet will not resolve a toxin, yeast, etc. problems. These types of issues must be resolved on a one-on-one basis. Time depends on what type of issue we are working with. We encourage everyone to work with us or your personal practitioner to determine how to get beyond the issues that are creating the stall.

Question: Is it okay to scramble 1 egg and 3 egg whites together and cook them in a non-stick pan?

Answer: We recommend that you eat your eggs boiled, or poached. You may have scrambled eggs, however, it is imperative that you remember not to use butter, oils, or milk, and that you maintain only 1 egg with yoke and 3 egg whites.

Question: I have a question about the maintenance phase (the phase after the very low calorie phase): I know I can resume use of my "banned" products, and can now use salt, and other items such as sweetener in place of the stevia, etc. Would it be helpful if I continued to ban my "oil products" and continued to steer clear of the regular salt, sweeteners, etc? I mean, if you ban those products during the low calorie phase, and if using them means gaining .5 or 1 lb, then I'm thinking I should continue to keep those items off my diet and out of my regime if I want to "maintain" my weight loss. Will using my banned products and other items (salt, sweetener, etc) hinder my maintenance phase? (Make me gain 1-2 lbs?)

Answer: I still would encourage you to continue the use of pickling or canning salt. It is actually one of the healthiest salts on the market. Processed sweeteners are another great thing to avoid. A list of healthier sweeteners include: Agave, Xylitol, Stevia, Molasses, Dark brown sugar, Pure cane, to list a few. Oil has not proven to be a problem once you stop the HCG.

Question: Can sea salt be used if canning or pickling salt is not found?

Answer: Yes. Sea salt can be used to replace canning or pickling salt. As with all salts, you don't want to overuse as it can cause water retention, but to the degree that you use it as a basic seasoning you should be great.

Question: As far as choices go, I was wondering about Squid and Octopus, would they be a valid food choice?

Answer: Squid and Octopus are both white fish so they should be fine. This would all be in the way they were cooked. These fish are most often eaten after being deep- fry cooked which would not be acceptable. However, if they were steamed or baked they should be fine choices.

Question: Can we have Peanut butter? If so, How much? What brand is recommended?

Answer: You are not the first person to ask. But sorry, peanut butter is off limits.

Question: I was mulling over spices and was wondering about mustard, not the powder but the one like French's classic, the ingredients show about all it really boasts is some salt/sodium, would that be something we can use? I was experimenting the other day using it and still lost weight but thought I would get your opinion on it.

Answer: We have recently experimented with this one, and Yes, you can have up to 1 Tablespoon of mustard per day and still have the same success. So enjoy!

Question: I drink a lot of purified water. At home I also like to drink some San Pellegrino, which is bottled water with gas. Is that okay?

Answer: While on the drops we recommend just the purified water.

Question: Hello! I just ordered the drops and am preparing to shop for the things I need for this diet. I see lots of recommendations for shampoo, deodorant and toothpaste, but nothing for cosmetics. Where can I find approved makeup such as blush, eye shadow, eyeliner? Is there anything I can use? Thanks!

Answer: We have seen most makeup tests ok with the exception of blush. Use a powdered base mineral foundation, nothing liquid.

Question: I am nearing the end of my first round and I know I have to stay with 500 cal for 3 days after for the HCG to clear and gradually move back up (800 cal etc.) for 3 weeks but my question is after the 3 week waiting period and I start the second round, first off do I do the first 2 days as gorge days again?

Answer: First off, at the end of the 3 days for the HCG to leave the system, you need to increase your calories up to 1400 to 1600 calories immediately not gradually (refer to step 8 under the diet). Then you should wait at least 4 weeks before beginning another round. We recommend doing the 23 day cycle beginning with 2 gorge days again.

Question: My question is what is the best thing to do when you stall for 3 days? On day 7, 8, & 9 I remained about the same except for a few oz. The first 2 days I lost 4 lbs. Funny thing is on those first 3 days I ate 3 proteins by mistake...Do I just need to be more patient or can I do something to kick start the weight to start coming off even a tiny bit at a time? My daughter on a different plan says she can eat 4 apples in one day to help a stall. Could I try this? I have lost about 6 lbs.

Answer: One of the things we use in an apple day. This is when is you get to eat up to six apples during the day. Continue to take your drops three times a day. You don't want to drink any water on that day except to help take any vitamins or meds you may be on or to help take the edge off a really bad thirst. Another thing to question is the amount of sleep you are getting--sleep plays a big role in this protocol--or where you are at in your monthly cycle. The few days before you start can cause you to stall out. Try the apple day, you may also want to try increasing your drops by 3 drops.

Question: Hi, I am just starting my diet today. Will it affect my diet by taking my synthroid 150mcg. each day? I have been on it for 9yrs.

Answer: It may slow the results some but most people do just fine when they have to take meds. The only meds that we recommend careful monitoring of are blood sugar meds and blood pressure meds.

Question: I was wondering about Salt substitutes, I came across one and tasted it, it seemed fine no real difference that I could see. I noticed it was made of potassium chloride and some other ingredients and wanted to know your opinion of them.

Answer: We recommend that you use the pickling salt or the sea salt while on the drops.

Question: I know and understand that honey would be extra, but what are your thoughts and a minimal amount to flavor something so I can stand to eat it?

Answer: You can use stevia as a sweetener. Also most spices are okay to use.

Question: Hi! I am just wondering about pain medication is it safe to take or should I stop taking it for my time on the HCG? I have been taking it before I started my diet for back pain, so now I just wonder if I will be ok with it or not? Thank you so much!

Answer: Most meds are okay with the HCG; just know that they can slow down the weight elimination.

Question: Hi! I just have a question about a medication that I take it is called suboxone I am just wondering if it is ok to take this medication with the HCG? Thank you so much!

Answer: The only meds that we worry about is for blood sugar and/or blood pressure. If you are taking meds for these we encourage very careful monitoring of blood sugar and/or blood pressure. Any other meds should be fine but they can slow down weight elimination.

Question: I am currently on the maintenance phase, it is mentioned that if your weight increases by more than 2 pounds to skip breakfast and lunch then have a steak and apple or tomato. What I was wondering is that 2 pounds total the whole 3 weeks or is that at a time I.E. 201 one day and 203 the next?

Answer: The protocol actually states anytime you go 2.1 pounds above the last weight on the HCG you can do a steak day.

Question: Ok, just wondering if anyone has said that their menstrual cycle has changed during or after doing the HCG protocol.

Answer: We have had a few women that their cycle has changed while doing the protocol; however, it is VERY uncommon and it will balance itself out within the next month. Be sure to follow the 4 rules to eating. If you have your veggies you will find that sugar will not be that big of an issue.

Question: Can more drops be taken twice a day instead of taking the drops 3 times per day?

Answer: It is best to take the drops 3 x a day.

Question: I have hypoglycemia and am on day 5 of 23. This afternoon I had the signs of low blood sugar and ate my apple to try to correct this. After about 15 minutes of no signs of getting better, I finally ate a few pieces of candy. What do you recommend I do in this situation so that I do not have to go off the diet with candy to correct it?

Answer: On Dr.'s tips you will read about our suggestion of adrenal and sublingual folic acid B12. Very crucial in helping to balance the body to eliminate low blood sugar issues. I would also recommend increasing your calorie intake to 550 calories a day. (larger portion sizes) If you are taking any blood sugar medications that will also create these issues.

Question: Has your product been properly tested to be disease free? Several places online state HCG is not viable (is worthless) if alcohol is in the solution. Before starting the HCG diet with my friends I need to know:

1. Is your product certified to be disease free? 2. Is HCG viable if alcohol is in the solution? 3. Where can I find documentation on your product's disease free certification and on the viability of HCG when alcohol is in the solution?

Answer: I can truly appreciate your concerns. Let me explain a few things that should help to ease your concerns. First of all, the disease element of HCG is prominent in the marketplace largely because there is plenty of HCG that is being brought through the black market and is literally taken from the urine of pregnant women in third world countries! This is not the case with our HCG. Our HCG is a homeopathic remedy, which means it is not the actual hormone, but rather the fingerprint of the hormone, created to work inside the body exactly as the hormone works. We use one of the largest and most reputable homeopathic manufacturers in the United

States and we follow manufacturing good practices and quality assurance measures. Because of this, we can tell you that there is no disease. There is an alcohol base in this product because that is how a homeopathic product suspends the energy or "fingerprint" of the product. We have worked with thousands of patients both in our clinic and through our web system and feel confident that we have a quality system in place that works. I hope that these answers calm your concerns.

Question: I would like to buy some shrimp to have...Sam's club has the cooked shrimp in the bags...do you think this acceptable to use or does it have too much sodium?

Answer: Most of that packed shrimp is loaded with sodium and slows you down while doing the protocol

Question: I have a couple of questions. I have a friend who I just discovered is doing HCG as well only thru another website. Her version is homeopathic as well but there seems to be differences in the diets. Example...she cannot have TUNA as they say that the processing of Tuna requires it to be soaked in Salt. Also...she is not allowed to have any supplements. I am having success on this diet but I'm not sure I am as successful as I should be and now I'm wondering if I am sabotaging myself. I am taking ONE Adrenal supplement, 1 Cobalcin tablet and 1 Probiotic tablet a day. I am very constipated and so I am now taking 1 Magnesium (250mg) tablet a day. I drink water all day with the exception of a Diet Lipton Green Tea (sometimes 2) and follow the diet strictly. I have lost 10lbs in 10 days HOWEVER I lost 8 of the pounds the first 2 days. Should I not be taking the supplements?

Answer: You should increase your supplements 6 adrenal; 2 cobalycin; 1 probiotic; and 4 magnesium. This comes after we have worked with 1000s of clients these supplements have helped them all. We don't know what other site your friend is on and if this comes from a doctor, but our protocol has come from our working directly with our clients. We have not had any difficulties with people using tuna either. You wouldn't want to eat it daily, but we haven't had anyone test negatively to the tuna.

Question: I have been on the diet and doing the infrared treatments since April 22nd. As you can see I am not having much luck. My weight keeps bouncing back and forth and

the inches aren't really coming off either. I have had a gastric by-pass so my body is used to eating a limited amount of food. Can you suggest anything that might get things moving?

Answer: Vitamin D3 (5000I.U. capsules) take 2 morning and 2 evening Are you taking the drenamin and the cobalacin? The other thing we have had to really watch is your potassium levels. The 4th thing we see often is an overgrowth of yeast as we release all the stored fats we are also releasing a lot of toxins. These toxins are what produce a lot of excess yeast in the digestive tract.



Recipes

HCG Diet Phase Recipes

Each recipe provided utilize HCG approved foods, however, some of the recipes combine all 3 food groups, where we recommend the general rule of thumb is to isolate your fruits. That being said, most of the recipes can be prepared without one or two of the ingredients and be just fine, and using all 3 together occasionally will not impact your weight loss efforts but it may keep you on the diet!! These recipes are provided as suggestions and ideas to spark your creativity and are not required to be successful with HCG.

Entrees

Waldorf Salad

Ingredients:

- 1 Apple
- 2 stalks Celery
- 4 oz Chicken Breast
- 1/2 Lemon

Instructions: Dice apple and celery and add to serving bowl. Chop cooked chicken breast into bite size cubes and stir together. The juice of 1/2 lemon can be squeezed over the ingredients for added flavor. Enjoy.

Cucumber Apple Salad

Ingredients:

- Cucumbers, full portion, lightly peeled and diced
- Granny Smith Apple (diced)
- Apple Cider Vinegar to taste
- Stevia to taste)
- 3 Tablespoons lemon juice
- Salt to taste

Instructions:

Mix together and let rest a few minutes.

Spiced Asparagus

Ingredients:

- Asparagus
- minced ginger root (about 1/2 tablespoon)
- minced garlic (about 3 cloves)
- lemon zest
- black pepper

Instructions: Put garlic and ginger root in a pan on medium heat. Cook for 3 minutes. Break tender part of asparagus into about 3 pieces and put in the pan with 1/2 cup water. Boil for 5 minutes. Take out asparagus and sprinkle with lemon zest and pepper.

Asparagus Bake

Ingredients:

- asparagus
- minced garlic (1-2 cloves)
- parsley (1/2 teaspoon)
- oregano (1/4 teaspoon)
- black pepper

Instructions: Heat oven to 400 degrees. Spread asparagus spears in a baking dish (with a lid). Sprinkle on the seasonings. Cover and bake 15-20 minutes.

Whitefish and Asparagus

Ingredients:

- your choice of whitefish
- asparagus
- lemon (1)
- oregano (1 teaspoon)
- pickling salt
- pepper

Instructions:

Place asparagus spears on a sheet of aluminum foil. Sprinkle with salt and pepper. Place fish on top of asparagus. Combine lemon juice and oregano and pour over the fish. Fold up the foil so it won't leak and bake for 15 minutes (until fish is completely cooked). If you want you can cook on the BBQ grill.

Seasoned Steak

Ingredients:

- steak
- rice vinegar (1 Tablespoon)
- rosemary (1 Tablespoon)
- minced garlic (3-5 cloves)
- crushed red pepper (optional) 1/2 teaspoon

Instructions: In a dish, pour rice vinegar over the steak. In a different dish, combine the rosemary, garlic, and red pepper, then rub this mixture on both sides of the steak. Cover and refrigerate at least 4 hours. Cook on the grill or broil to your liking.

Lemon Tomato Crockpot Roast

Ingredients:

- beef roast
- tomatoes
- lemon
- stevia (optional)
- garlic powder
- onion powder
- pickling salt (optional)
- pepper

Instructions: Cut roast into your portion sized pieces. Place roast pieces in crock pot. Cut tomatoes and place in crock pot. Add 1 cup water. Squeeze lemon juice over roast and tomatoes. Sprinkle with desired amounts of garlic powder, onion powder, and small amounts of pickling salt and pepper. Add stevia for a sweeter taste. Cook on low for 8 hours.

Onion Crockpot Roast

Ingredients:

- beef roast
- minced onion (1/2 cup)
- onion powder (1 Tablespoon)
- pickling salt
- pepper

Instructions:

Cut roast into portion sized pieces. Place in crock pot and add 1 cup water. Add minced onion. Sprinkle onion powder, pickling salt, and pepper. Cook for 8 hours on low.

Cucumber Steak

Ingredients:

- Steak
- lemon (1/2)
- cilantro (chopped)
- cucumber

- garlic (2-3 cloves minced)
- ground white pepper (1/4 teaspoon)
- red pepper flakes (optional) 1/4 teaspoon

Instructions: Peel and slice cucumber into a bowl. Squeeze lemon onto cucumbers. Chop cilantro and sprinkle onto cucumbers. Mix, cover, and place in the refrigerator. Slice your steak portion into very thin slices. Place steak in a bowl, and sprinkle on the garlic, white pepper, and red pepper. Rub into steak well. Place steak in a pan with a little water on Med-High heat. Cook to your liking. Serve with cucumbers.

That's a Spicy Meat Ball

Ingredients:

- ground beef
- minced dried onion (1/3 cup)
- coriander (1/4 teaspoon)
- thyme (1/4 teaspoon)
- red pepper flakes (1/4 teaspoon)
- oregano (1/8 teaspoon)
- paprika (1/8 teaspoon)
- black pepper (1/8 teaspoon)
- salt (1/8 teaspoon)

Instructions: Grind all ingredients (except ground beef) in a grinder or food processor. Form your portion of ground beef into 1 inch meat balls. Roll in ground spice mixture and place in baking dish. Cook on 425 for 10 minutes (turn halfway through).

Steak Balls

Ingredients:

- ground steak
- melba toast (1 piece ground into powder)
- milk (optional) 1 tablespoon
- parsley (1/8 teaspoon)
- onion powder (1/4 teaspoon)
- basil (1/8 teaspoon)

- oregano (1/8 teaspoon)
- minced garlic (1 clove)
- pickling salt (dash)
- pepper (dash)

Instructions:

Heat oven to 425. Combine all ingredients in a bowl, and then form the mixture into 1 inch balls. Place in a baking dish (glass is best) and cook for 10 minutes, turning half way.

Meat Ball Cabbage Soup

Ingredients:

- 1 serving meat balls (see recipe for meat balls)
- 2-3 cups chicken broth (see recipe for chicken broth)
- cabbage
- cilantro

Instructions: Bring broth to boil in a sauce pan. Add pre-cooked meatballs and a serving of cabbage. Cover and simmer 20-25 minutes. Top with fresh chopped cilantro.

Chicken Broth

Ingredients:

- chicken
- parsley
- onion powder
- garlic
- thyme
- rosemary
- oregano
- basil
- bay leaf
- pickling salt
- black pepper

Instructions: Fill a sauce pan 3/4 full with water. Bring to a boil. Add desired amounts of all ingredients. Boil for 20 minutes. Remove chicken and save for later. Remove anything floating.

Cool to room temperature and skim away any fat. You can use with other recipes, eat, store in refrigerator, or freeze for later use.

Stir-Fried Cabbage

Ingredients:

- cabbage
- broth (see chicken broth recipe)
- black pepper

Instructions: Shred cabbage. Add cabbage and 2 Tablespoons broth to a pan on Med-High heat. Stir fry for 3 minutes (or until as tender as you like it). Sprinkle with black pepper.

Curry Chicken Soup

Ingredients:

- chicken (small cubes)
- onion (diced)
- 2 cups broth (see broth recipe)
- minced garlic (3 cloves)
- curry powder (1/2 teaspoon)
- cinnamon (1/4 teaspoon)
- pumpkin pie spice (1//4 teaspoon)
- pickling salt
- black pepper

Lemon Chicken Soup

Ingredients:

- chicken (cooked and shredded)
- chopped spinach
- 2-3 cups broth (see broth recipe)
- 1 lemon
- pickling salt (dash)
- black or white pepper (dash)

Instructions: combine all ingredients (squeeze lemon) in a sauce pan over medium heat. Bring to a boil, then reduce heat and simmer for 20 mins.

Chicken Chili

Ingredients:

- Chicken (cooked and shredded)
- 2-3 cups broth (see broth recipe)
- Onion (chopped)
- minced garlic (4 cloves)
- cumin (1/2 teaspoon)
- oregano (1/4 teaspoon)
- cloves (1/8 teaspoon ground)
- red pepper flakes (1/4 teaspoon)

Instructions: Put all ingredients in a pot on MED-HIGH heat. Bring to a boil, then reduce heat and simmer for 30 mins. You can choose to cook this in a crock pot. Cooking in a crock pot allows you to use uncooked or frozen chicken.

Southwestern Chicken Soup

Ingredients:

- Chicken (cooked and chopped)
- minced garlic (3-4 cloves)
- cumin (1 teaspoon)
- onion powder (1/2 teaspoon)
- chili powder (1/2 teaspoon)
- cayenne pepper (1/4 teaspoon)
- tomato (diced)
- 2-3 cups broth (see broth recipe)
- cilantro (fresh chopped)

Instructions: Heat pot over MED-HIGH heat. Put in garlic and cook for 3 minutes. Add all other ingredients and bring to a boil. Reduce heat and simmer for 20 minutes.

Celery Soup

Ingredients:

- celery
- 2 cups broth (see broth recipe)
- parsley (1 teaspoon)
- stevia
- paprika (1/2 teaspoon)
- pickling salt (1/2 teaspoon)
- dill (1/2 teaspoon)
- thyme (1/2 teaspoon)
- cayenne pepper (dash)

Instructions: Chop celery and boil for 5-10 minutes until tender. In a saucepan on MED heat, sauté celery with all spices for 2 minutes. Then add broth. Cover and simmer for 20 minutes.

Onion Soup

Ingredients:

- onion (thinly sliced)
- 2 cups broth (see broth recipe)
- minced garlic (3-4 cloves)
- stevia (1/2 teaspoon)
- black pepper

Egg Drop Soup

Ingredients:

- 1-1/2 cups chicken broth
- 1 serving celery-finely chopped
- 1 tsp minced onion
- 2 egg whites
- oriental seasoning to taste

Instructions: Bring broth and celery with seasonings to a boil in a sauce pan until celery is tender. While broth is still boiling stir in egg whites a little at a time. When eggs are cooked serve hot and season to taste with Bragg Liquid Aminos (optional) to get the soy sauce taste.

Steamed Cabbage

Ingredients:

- cabbage
- lemon (1/2)
- pickling salt
- pepper

Instructions: Place cabbage in steamer. Steam until slightly tender (5-10 minutes). Place cabbage in bowl, squeeze lemon over cabbage and sprinkle with salt and pepper.

Shrimp Cabbage

Ingredients:

- shrimp
- cabbage
- onion powder (1/2 teaspoon)
- pickling salt and black pepper

Instructions: Preheat pan over MED-HIGH heat. Shred cabbage. Add cabbage and a little water to the pan. Stir fry for about 3 minutes until slightly tender. Remove cabbage and place in a bowl and sprinkle with salt and pepper. Turn heat down to MED. Add shrimp, onion powder, and garlic. Stir fry shrimp until done. Serve over the cabbage.

Almost an Egg Roll

Ingredients:

- chicken
- big cabbage leaves (2-3)
- shredded cabbage (1-2 cups)
- onion salt (1/8 teaspoon)
- garlic powder (1/8 teaspoon)
- Asian spices (1/8 teaspoon)
- stevia to taste

Instructions: Steam large cabbage leaves for 10 minutes, but halfway through move over to make room in the steamer and add shredded cabbage. When done, remove shredded cabbage and put into a mixing bowl. Add all other ingredients (except large leaves). Mix well, then tightly wrap in large cabbage leaf.

Orange Chicken

Ingredients:

- chicken chunks
- orange
- minced garlic (2-3 cloves)
- ginger root (1 Tablespoon)
- basil (1/2 teaspoon)
- black pepper

Instructions: Sprinkle chicken with pepper. Put chicken in a pan over MED heat. Brown on all sides (5-10 minutes). Add garlic and cook for another minute. Squeeze juice of orange over chicken, then peel and add the orange pieces into the pan. Add ginger and basil. Stir well and simmer for 20-30 mins.

Bayou Chicken

Ingredients:

- chicken
- milk (1/2 Tablespoon)
- melba toast (1-2 pieces)
- Cajun seasoning (1/2 teaspoon)

Instructions: Place chicken in a baking dish. Grind Melba toast to powder. Add Melba toast powder to the milk and then coat both sides of the chicken. Sprinkle the chicken with the Cajun powder. Bake uncovered on 350 for approximately 25 minutes until center is not pink.

Grandma's Chicken

Ingredients:

- chicken
- onion (diced)
- garlic (3-5 whole unpeeled cloves)
- lemon (1/2)
- black pepper

Instructions: Heat oven to 350 degrees. Put the onion in a pan over Medium heat. Stir constantly until the onion is tender (5-10 minutes). Pour the onions out into a glass baking dish. Put chicken on top of the onions. Squeeze on lemon juice and sprinkle with pepper. Put the garlic cloves around and on the chicken. Cover completely and bake until the chicken is fully cooked (30-45 minutes).

Chicken Green Salad

Ingredients:

- chicken
- paprika (1 teaspoon)
- onion powder (1/2 teaspoon)
- garlic powder (1/2 teaspoon)
- oregano (1/4 teaspoon)
- thyme (1/4 teaspoon)
- black pepper (1/4 teaspoon)
- ground red pepper (1/4 teaspoon)
- fresh spinach or lettuce

Instructions: Combine all spices and rub onto the chicken. Grill or bake the chicken. Pull apart and serve over the salad greens.

Balsamic Chicken Lettuce Wraps

Ingredients:

- chicken
- large lettuce leaves
- garlic (1 clove)
- balsamic vinegar (3 Tablespoons)
- onion powder (1/4 teaspoon)

- pickling salt (1/4 Tablespoon)
- pepper (1/4 Tablespoon)
- ginger (1 Tablespoon)

Instructions: Cut chicken into chunks. Mix with all other ingredients (except lettuce leaves). Place mixture in a foil-lined oven pan. Cook on 350 until chicken is thoroughly cooked. Spoon cooked mixture into lettuce leaf and enjoy!

South West Chipotle Chicken

Ingredients:

- chicken breast
- cilantro
- Mrs. Dash southwest chipotle seasoning
- pickling salt

Instructions: Cut chicken into little cubes. Boil in frying pan with 1-2 cups water. Add the seasoning and salt to taste.

Cucumber Salad

Ingredients:

- cucumber (peeled and sliced)
- apple cider vinegar (1 Tablespoon)
- dill (1 teaspoon)
- stevia drops (to taste)
- black pepper

Instructions: Combine all ingredients in a bowl and mix very well.

Crab Cakes

Ingredients:

- crab meat
- Melba toast (2)

- parsley (1 teaspoon)
- tarragon (1/2 teaspoon)
- paprika (1/2 teaspoon)
- lemon juice (1/2 teaspoon)
- cayenne pepper (1/4 teaspoon)
- pepper (1/4 teaspoon)

Instructions: Grind Melba toast into a powder and set aside. In a bowl combine crab meat and remaining ingredients. Mix, then form into patties. Coat each side of the patty with the Melba toast powder. Put into a skillet over MED heat, for about 3 minutes each side (until slightly brown). Or you can use a George Forman grill.

Lemon-Peppered Fish

Ingredients:

- your choice of whitefish
- lemon (1/2)
- minced garlic (1-3 cloves)
- black pepper (1/2 teaspoon)
- pickling salt (1/4 teaspoon)
- cumin powder (1/4 teaspoon)

Instructions: Place fish in bowl. Add all ingredients except lemon. Rub into fish. Cover and let marinate in fridge for 30 minutes. Place in a baking dish (non-stick) cover with the remaining marinade. Bake until fish is completely cooked (about 15 minutes). Squeeze lemon over fish and enjoy.

Shrimp Stuffed Tomato

Ingredients:

- cooked shrimp (your portion)
- tomato
- half lemon
- parsley (1 Tablespoon)
- pickling salt and pepper

Instructions: Cut up shrimp into small pieces. In a bowl, combine shrimp, parsley, lemon juice, salt, and pepper. Cover and let marinate for 30 minutes in the refrigerator. Cut off top of tomato. Scoop out the inside of tomato. Combine some of the tomato insides with the shrimp mixture. Fill tomato with shrimp mixture and enjoy

Sea Tomato Soup

Ingredients:

- fish, crab, or seafood of your choice
- tomato
- 2 cups broth (see broth recipe)
- minced garlic (2-3 cloves)
- 1 bay leaf
- dehydrated minced onion (1 teaspoon)
- parsley (1 teaspoon)
- oregano (1/4 teaspoon)
- basil (1/4 teaspoon)
- rosemary (1/8 teaspoon)
- pickling salt (dash)
- pepper (dash)

Instructions: Combine minced onion, parsley, oregano, basil, and rosemary in a grinder or food processor and grind up. Add the ground up seasonings and all other ingredients (except seafood) into a saucepan. Bring to a boil then reduce heat, cover, and simmer for 30 minutes. Add seafood and bring to a boil again. Reduce heat, cover and simmer for 10 more minutes. Remove the bay leaf and eat.

Tomato Omelet

Ingredients:

- eggs (your portion)
- tomato (sliced)
- pickling salt
- pepper

Snacks

Apple Sauce

Ingredients:

- apple
- cinnamon
- stevia (optional)

Instructions: Peel and dice apple. Place apple in small Crockpot or similar. Add 3 Tablespoons water. Add cinnamon. Cook a minimum of 2 hours. Mash or blend. If you want a sweeter apple sauce, add Stevia to taste. Refrigerate to cool.

Cucumbers and Vinegar

Ingredients:

- cucumber
- pickling salt
- apple cider vinegar

Instructions: peel and slice cucumbers into a medium sized bowl. Sprinkle with pickling salt and toss. Wait for 3 minutes, and splash with apple cider vinegar. Enjoy room temperature or cold.

Baked Cinnamon Grapefruit

Ingredients:

- grapefruit
- cinnamon
- stevia

Instructions: Cut the grapefruit in half. Cut the fruit part out of the peel (do not damage the peel), and place in a bowl. Sprinkle the fruit pieces with stevia and cinnamon. Mix well, and place back in the grapefruit peel. Broil in the oven for 3-5 minutes until caramelized.

Dressings

Balsamic Vinaigrette

Ingredients:

- balsamic vinegar (1/3 cup)
- water (2 Tablespoons)
- dried thyme (2 Tablespoons)
- pickling salt (1/4 teaspoon)
- pepper (1/4 teaspoon)
- dried basil (1 Tablespoon)
- garlic powder (1/4 teaspoon)

Instructions: Add everything in a blender and mix well

Citrus Dressing

Ingredients:

- apple cider vinegar (1/4 cup)
- water (1 cup)
- lemon juice (1 Tablespoon)
- stevia to taste
- garlic powder (1/4 teaspoon)

Instructions: Mix all ingredients in a blender.

Drinks

Lemonade

Ingredients:

- lemon
- stevia
- water

Instructions: Squeeze lemon into a glass. Remove any seeds. Add desired amount of stevia. Fill glass with water. If you want lemon slush, add ice and blend.

Hot Chocolate

Ingredients:

- 1 1/2 cup hot water
- 1 Tbsp Milk
- Chocolate Raspberry Stevia Drops (to taste - approximately 16)

Instructions: Mix and Enjoy!

Almost a Mojito

Ingredients:

- lime
- mint
- stevia
- water

Instructions: Crush a few mint leaves in a glass. Add lime and stevia. Fill with ice and water

Orange Freeze

Ingredients:

- orange
- Ice
- stevia
- water (if needed)

Instructions: Place peeled orange in blender. Add ice cubes to taste, stevia to taste, and water to taste.

Strawberry Smoothie

Ingredients:

- frozen strawberries

- stevia
- water

Instructions: Place 5 frozen strawberries in a blender. Add water to the level of the top of the strawberries. Add stevia to taste. Blend and enjoy.

Desserts

Apple Delight

Ingredients:

- apple
- fresh squeezed lemon juice (optional)
- cinnamon
- stevia (powdered)

Instructions: Preheat oven to 400 degrees. Peel and slice the apple. Place in a small baking dish. Sprinkle with lemon juice, cinnamon, and stevia to taste. Cover and bake for 20 minutes.



HCG Maintenance Phase Recipes

Congratulations on making it through the diet portion of the protocol. In the maintenance phase it is often difficult to think of things to eat because you WANT to eat things like pasta, bread, and rice! Remember, to truly reset your body and keep these results long-term, you MUST be strict to the no sugars, no starches rule of the maintenance phase.

With our maintenance phase recipes, you simply click on the food in the left hand column that you are looking for, and have a look at some of the creative ways to prepare your meals. We hope this will be a great tool for helping you stick to your maintenance phase!

Each recipe is HCG friendly and most of the recipes can be prepared without one or two of the ingredients and be just fine. These recipes are provided as suggestions and ideas to spark your creativity and are not required to be successful with HCG.

Maintenance Phase Food Ideas

Breakfast

- Omelet w/ eggs, turkey, pepper, onions, tomatoes, cilantro
- Scrambled eggs w/ 1/2 grapefruit
- Apples, raspberries, blueberries
- Ham slice w/ fresh fruit

Mid-Morning Snack

- Cup of mixed fruit
- Cottage cheese
- Apple slices w/ peanut butter
- Celery slices w/ peanut butter

Lunch

- Fresh chicken slices wrapped with lettuce and tomato
- Tuna salad w/ melba toast
- Grilled chicken with mango salsa
- Chef salad w/ choice of meat, egg, veggies and dressing

Mid-Afternoon Snack

- Trail mix
- Dried fruit
- Fruits and/or veggies

Dinner

- Bunless Hamburger w/ all the fixins•
- Steak w/ corn on the cob, salad, and fresh fruit
- Roast with fresh tomato, onion, and cilantro
- Shredded pork taco salad
- Taco soup or homemade chili (limit beans)

Late-Night Snack

- Sugar-free pudding
- Sugar-free Jello
- Carrots & Celery (or other veggies) with light dip or dressing
- Popcorn (very light butter)

Recipes

Stir Fry

Ingredients:

- Steak Chunks
- Zucchini
- Yellow squash
- Water chestnuts
- Snow peas
- Teriyaki seasoning or marinade

Instructions: Slice desired amounts of vegetables into a skillet. Cook on medium until tender. Place meat chunks into a different skillet and dash or pour on Teriyaki seasoning (according to taste). Cook on Medium heat (stirring often) until meat is cooked. Add together and enjoy.

Approved Cheese Burger

Ingredients:

- 4 oz ground beef
- Tomato slices
- cheese slice
- Onion slice
- Salt and pepper (dash)
- Large lettuce leaf

Instructions: Form ground beef into a hamburger patty. Cook to desired wellness. Place in lettuce leaf. Add all toppings and wrap with lettuce. Enjoy!

Turkey (or Chicken) Lettuce Wrap

Ingredients:

- Thin slice of cooked turkey or chicken
- 1 slice provolone cheese
- 2 slices tomato

- Mustard
- Large lettuce leaf

Sweet Apple Chicken Salad

Ingredients:

- 4 oz chicken (cooked and diced)
- 1 apple (diced)
- 3 celery stalks (diced)
- Walnuts or almonds (chopped)
- 3 Tablespoons lemon juice
- 1/8 tsp cinnamon
- Dash of nutmeg
- Dash of cardamom
- Stevia to taste
- Wedge of lemon

Instructions: Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

Hot Chicken Salad

Ingredients:

- 6-8 boneless skinless chicken breasts (cooked and cubed)
- 2 Cups celery (sliced)
- 1 cup almonds (sliced)
- 3/4 cup mayonnaise
- 1 tsp lemon juice
- Salt and Pepper to taste
- 12 oz package shredded cheddar cheese

Instructions: Combine first 6 ingredients in an ungreased 13"x9" baking dish. Top with cheese, then bake, uncovered, at 350 degrees for 45 minutes. Makes 6 to 8 servings

Ranch Chicken

Ingredients:

- 1 Tbsp butter
- 4 boneless skinless chicken breasts
- 2 cups ranch dressing (hidden valley is best for phase 3 compliance)

Instructions: In a large skillet, melt butter. Place chicken in skillet over medium heat. Pour ●●● of the dressing over the chicken; allow breasts to brown slightly before turning over. Coat the other side of chicken with remaining dressing. Cover and reduce heat to simmer for 10 to 15 minutes, or until chicken juices run clear. Makes 4 servings.

BLT Salad

Ingredients:

- Salad greens
- 3 slices bacon (diced)
- 1 tomato (diced)
- 1/2 cucumber (peeled and sliced)
- 1 cup bean sprouts
- Chopped red onion to taste
- 1/2 cup mozzarella cheese (shredded)

Instructions: Combine all ingredients in large bowl. Toss and add your choice of dressing.

Banana Pancakes

Ingredients:

- 1/2 banana
- 1 egg
- 1/4 tsp vanilla
- 1/8 tsp cinnamon

Instructions: Preheat non-stick pan over LO-MED heat. Combine all ingredients in food processor. Pulse 2-3 times. Pour into non-stick pan to make 2-3 pancakes. Flip as needed. When cooked through, top with butter, Stevia & cinnamon or homemade berry syrup.

Four-Cheese Roasted Eggplant Casserole

Ingredients:

- 1 eggplant
- 1/4 cup olive oil
- salt and pepper to taste
- 1/3 cup ricotta cheese
- 1/3 cup cottage cheese
- 1/3 cup shredded parmesan cheese
- 1 Tbsp dried chives
- 1 cup tomato sauce
- 1 cup mozzarella cheese

Instructions: Preheat oven to 425 F. Place a rack in a pan or on a cookie sheet. Cut the ends from an eggplant and remove the skin. Slice lengthwise into 1/4" thick pieces. With a basting brush, coat both sides of each piece with olive oil. Sprinkle with salt and pepper. Place on rack in the oven and roast for 8-10 minutes or until done. Cover with foil. In a bowl, combine ricotta, cottage cheese and Parmesan Cheese with chives. Stir well. Prepare an 8 X 8 casserole dish with non-stick spray. Spread 1/2 cup sauce in casserole dish. Take each slice of eggplant and spread with roughly 2-3 Tbsp cheese mixture. Roll eggplant and place seam-side down in casserole dish. Repeat with the rest of the eggplant. If there is excess cheese, distribute between both rows of eggplant rolls. Top with the rest of the sauce* and mozzarella cheese. Bake for 15 minutes at 450 F, or until cheese is melted and slightly golden.

Simple Shredded Pork Tacos

Ingredients:

- 2 pounds boneless pork roast (or beef)
- 1 cup salsa (Pace picante sauce has no sugar)
- 4 oz (1 can) chopped green chilies
- 1/2 tsp garlic salt
- 1/2 tsp black pepper

Instructions: Place all ingredients in slow cooker. Cover; cook on Low 8 hours, or until meat is tender. To serve, use 2 forks to shred pork. Works great as a taco meat, but for the maintenance phase use for taco salad instead.

Baked Fish with Parsley

Ingredients:

- 1 pound fish filets
- 1/2 cup butter (melted)
- 2 Tbsp lemon juice
- 1/4 cup onion (minced)
- 1-1/2 tsp Worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp dried parsley

Instructions: Place filets in a lightly greased 13"x9" baking dish. In a small mixing bowl, blend together remaining ingredients and pour over fish. Bake, uncovered, at 350 degrees for 30 minutes. Makes 4 to 5 servings.

Chili

Ingredients:

- 4 oz ground beef (lean)
- 1 cup chopped tomatoes
- 1/2cup water
- 2 Tbsp minced onion
- 2 cloves garlic (crushed and minced)
- Pinch of garlic powder
- Pinch of onion powder
- 1/4 tsp chili powder
- pinch of oregano
- Cayenne pepper to taste (optional)
- Salt and pepper to taste

Instructions: Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste. Makes 1 serving (1 protein, 1 vegetable or fruit)

Phase 3 modifications: Top with cheddar cheese and a dollop of sour cream.

DRESSINGS

Homemade Berry Syrup

Ingredients:

- 1 cup berries of choice
- 1/8 cup water
- Stevia to taste

Instructions: Combine all ingredients in small sauce pan Mix over medium heat until berries begin to dissolve. Serve over pancakes, waffles, etc.

DESSERTS

Pie Crust

Ingredients:

- 6 oz Pecans
- 2 oz Walnuts
- 3 Tbsp Butter
- Stevia to taste

Instructions: In food processor, combine all ingredients and pulse until it reaches desired consistency. Press down into 9" pie dish.

Pumpkin Pie

Ingredients:

- 1 can pumpkin
- 2 eggs
- 1 can evaporated milk
- Stevia to taste
- 1 tsp cinnamon
- 1/2 tsp salt

- 1/2 tsp nutmeg
- 1/4 tsp ginger
- 1/4 tsp cloves
- unbaked pie crust

Weekly Meal Planner

Weekly Meal Planner						
Sunday	Breakfast	Lunch	Dinner	Snack		
	Monday	Breakfast	Lunch	Dinner	Snack	
		Tuesday	Breakfast	Lunch	Dinner	Snack
			Wednesday	Breakfast	Lunch	Dinner
Thursday	Breakfast	Lunch		Dinner	Snack	
	Friday	Breakfast	Lunch	Dinner	Snack	
Saturday		Breakfast	Lunch	Dinner	Snack	