

The Complete hCG Diet Manual

The Most Trusted Provider of hCG Online!



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Congratulations on Beginning the hCG Diet!

Yes, there is finally a way to lose weight quickly and safely! The hCG diet was discovered & developed over 50 years ago by Dr. ATW Simeons. It has helped countless individuals lose weight, improve their health, and prepare to engage in a healthier lifestyle! As a company, we too have participated in the hCG diet and have felt our energy renewed and lives improved! We are very excited to be able to share this opportunity with you! We genuinely wish to help in creating a healthier world!

Over time, unwanted fat creeps into the body and slowly but surely deactivates our metabolism and de-charges our body's systems. Once our body becomes saturated with fat cells it begins to become drained of the energy that enables us to be active. Slowly, these toxins build up in our system which can have both physical and emotional repercussions.

Our goal is to provide you with the safest, highest quality product available on the market. Our manufacturing company, located in the U.S., has been manufacturing homeopathic remedies for healthcare professionals and clinics for over 20 years. We implement high quality standards for the manufacturing of each product in strict accordance with the Food and Drug Administration

(FDA) and the Homeopathic Pharmacopoeia of the United States (HPUS).

We are anxious to provide you with all the tools you will need for a successful weight loss experience! By providing you with the highest quality hCG, a complete diet manual, as well as access to our team of trained diet consultants, you have access to all the tools to help you succeed. We are here for you every step of the way!

The hCG diet is known for its ability to allow clients to lose ½-2 lbs a day (depending on how much weight an individual needs to lose), and eliminate inches quickly. However, this diet does take preparation, planning and fortitude. It is food and cosmetic specific. You can always contact our trained team of diet consultants via email, our Facebook page or by telephone **(801) 447-5415** with any questions. We are here to assist you in becoming a healthier, happier you!

Thank you for choosing us as your hCG provider!

We expect we have provided you with all you need to successfully eliminate those unwanted pounds and inches!



Preparing for the Diet

Mental Preparation

Recognize the Need to Lose Weight

It is difficult to succeed at anything without having a clear purpose for why you are doing it. We recommend taking the time to write down these reasons whether they are to improve your health, run with your kids, or fit into those pants from college still hanging in your closet. These goals will keep you motivated and committed throughout the diet protocol and likewise into the Lifetime Management Phase.

Track Your Success

We strongly recommend weighing yourself daily, first thing in the morning after eliminating and wearing roughly the same clothes each day. Remember to just weigh yourself in the morning as your weight will fluctuate throughout the day depending on your clothing and water/food you've been consuming. We strongly suggest using the charts at the back of our manual to track both your weight loss and inches lost. This will not only keep you mentally motivated by seeing your success but help you in pinpointing if a certain food tends to stall your weight loss etc...

Physical Preparation

Create an Inventory of Foods and Cosmetics that conform to the hCG Diet & if necessary, the Detox (see pgs. 6-9, 32-35, and 40-41).

Choose those foods that you enjoy most and calculate the amounts needed to complete the protocol. Meat can be cut into the appropriate serving sizes and frozen, to be prepared daily. Or if your schedule permits, they can be purchased fresh weekly.

Some vegetables and fruits can be stored longer than others, however, you will need to purchase these more on a weekly basis to ensure freshness. Organic fruits and veggies are not necessary, just recommended.

Find those lotions/cosmetics that will fit your needs and add them to your list.

Find those approved seasonings and fresh herbs and sweeteners that you enjoy and include them. Make sure you read the labels to make sure there are no added sugars or oils. We strongly recommend natural Stevia for use as a sweetener or sugar substitute. You can find the powder form at most grocers and liquid form at a whole foods market. The liquid may be added to water with ice for a flavored drink!

Prepare Meals One Week Ahead of Time

As with preparing by grocery shopping, it is just as important to be prepared when those cravings come with a healthy meal/snack. Have the Melba Toast, low calorie hCG diet approved protein shake, or an approved fruit. Remember to factor these snacks into your daily calorie allowances. We suggest grilling your meat ahead of time for the following week to assist you when a busy schedule might interfere. Grilling your meat, sautéing or baking with foil and water are the best options, **remember no added oils**. Being prepared will be a huge support as you are beginning this lifestyle change, especially in the initial days when those cravings are strongest. **So BE PREPARED!** This diet is only a few weeks, not months. You can do this!

HCG Detox Instruction Guide

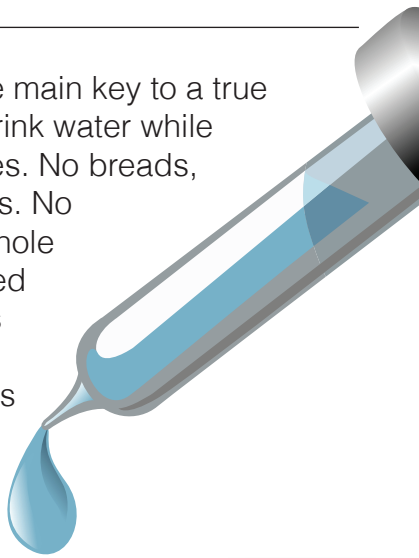
Recommended, not required.

The Detox should be done 7-10 days before beginning the hCG diet. This phase is to be taken in conjunction with the Detox Drops, NOT the Weight Loss Formula. Please remember to keep this phase as simple as possible. Remember, the detox phase is to simply aid in releasing unwanted toxins and helping your body prepare for the hCG Diet. The following foods are specifically chosen to flush toxins from your system. The Detox is not required, but definitely recommended as a pre-cursor to the hCG Diet. Most clients will experience an additional increase in weight loss when doing a detox immediately before. It is not uncommon to lose 5-7 lbs. during the Detox alone.



Eat the Right Foods: Whole foods are the main key to a true detox. Consume only whole foods. Only drink water while detoxing, no coffee, alcohol, soda, or juices. No breads, starches or sugars. No meats or fatty foods. No processed foods, cheese, milk, etc. Eat whole vegetables, whole fruits, and some polished grains. Stay away from starchy vegetables like potatoes and tropical fruits like pineapple, mango, etc. Stick with the foods listed in the description below.

hCG Detox Dosage: Take 10 -16 drops three times a day, fifteen minutes before or after meals. Take the Detox Drops for 7-10 days while detoxing.



Daily Menu:

Wake-Up:

Drink one cup of warm water with the juice of 1/4 lemon, this will stimulate the liver and help release digestive enzymes.

Breakfast:

One cup of hot oatmeal with one cup of fruit and 1/8 teaspoon of cinnamon.

Mid-morning Snack:

If hungry, eat an organic apple or pear and 10 unsalted raw almonds.

Lunch:

Eat one cup of legumes (lentils, split peas, beans, and chickpeas), one cup of cooked brown rice or quinoa, and one cup of raw or lightly steamed vegetables (include broccoli). For flavor, sauté onion, garlic, ginger, and turmeric in a teaspoon of olive oil and add to food, avoid salt. Drink a cup of ginger or licorice root tea (this will aid in digestion).

Mid-afternoon Snack:

If you are hungry, eat celery and carrot sticks with 2 tablespoons of hummus.

Dinner:

Steam 2 cups of mixed vegetables and eat with one cup of brown rice. Use the same flavorings as lunch. Drink a cup of ginger or licorice tea.

Before Bed:

Drink a cup of warm water with the juice of 1/4 lemon. Get to bed early.

Note: You do not have to eat all the food listed for each meal or in one sitting. *Eat until you are full*; it is not necessary to over-fill yourself. When you are participating in a body detox, it is best to eat smaller meals throughout the day. A good diet plan to follow for body detox purposes is: **three or more servings of vegetables**, with at least one of them being raw, and **three servings of raw, fresh or dried fruit**. Remember to try to **drink 1/2-1 gallon of water daily**.

Since they are able to clean out your digestive system effectively, raw fruits and vegetables are particularly suited for body detox. If you need to eat your vegetables in cooked form, try to include at least 1/2 of them raw. You may consider mixing raw vegetables with cooked.

During a detox you will most likely experience a headache by day 3-5 as your body eliminates the toxins. You may take ibuprofen for this. It's not uncommon to feel lightheaded or nauseous as your body cleanses. This should go away within 24-48 hours, leaving you feeling refreshed. Detox for 7-10 days and then begin the load days for the diet (see hCG Diet Instructions). If you are not following the detox with the hCG diet, it is okay to detox up to 15 days.

Supplements

Weight Off is an appetite suppressant and should be used solely for that purpose. Weight Off is not the hCG Weight Loss Formula. Weight Off is simple to use. Proper dosage, depending on hunger, is 5 to 20 drops three times a day. Take Weight Off between meals. We encourage taking Weight Off during the first week of the hCG Detox and the first week of the hCG Diet itself as hunger occurs.



Whole Food and Raw Food Vitamins are an amazing formulation that support your body and help to maximize your weight loss while on the hCG diet. They are unique in their ability to break down completely, enabling your body to fully absorb and digest these important nutrients. Do not just buy a bottle of hCG. The weight you lose may be from both abnormal fats and healthy tissues. Fifty years ago, at the discovery of hCG for weight loss by Dr. A.T.W. Simeons, food nutrition levels were far greater than today's foods. Five hundred calories today has a nutritional value of about 250 calories or less compared to fifty years ago. Five hundred calories will deprive your body of important nutrient compounds and minerals. Our Whole Food Vitamin not only includes all the essential vitamins and minerals, but excellent nutrients such as grape seed extract,

spirulina, flax seed powder, Co Q10, quercetin as well as digestive enzymes and a multitude of herbs. Our vitamins are also cold processed to ensure none of the essential nutrients are killed by heat during the process. One must supplement their hCG diet protocol with a sublingual, whole food, or raw food vitamin to ensure healthy weight loss.

B Vitamins – B Vitamins are recommended as a calorie restrictive diet support. They are also a great natural energy boost at any time! Reduce stress, cramping, and low energy levels naturally. Neither the B-Total nor the B Complete Balance Drops contain sugar or caffeine. Tastes like fruit punch! If you are buying just a bottle of hCG make sure to add this to your purchase.

Additional Supplements – Be sure to check our website often for new supplements to aid you in your weight loss goals! For all supplements, follow the instructions on the label making sure to not eat or drink anything 15 minutes before and after taking the hCG.

NaturalMedicalSupply.com's Diet Guide

Per Dr. A.T.W. Simeons Diet Instructions

Did you consult your physician?

We recommend this be your first step before starting any diet or weight loss program. The hCG diet has been known to help reset ones metabolism, balance blood sugars, reduce cholesterol, and many more positive effects. If you are taking any type of prescriptions, have any health concerns, or have any pre-diagnosed symptoms or illnesses we again suggest consulting your personal prescribing physician.

Know your weight loss objective.

Know your personal recommended Body Mass Index (BMI) for your weight and height. Know your target weight loss (15, 20, 50+ lbs.) Select the package that best fits your goal. We do not recommend going over 49 days consecutively, after this we would be concerned your body would build up immunity to the hCG. If your goal is to lose more weight, we suggest completing the 3 week Maintenance Phase and then waiting an additional 1-2 weeks of healthy eating before starting another protocol.

Know what you can and can't have while taking the hCG drops.

Do's

- * With your purchase from Natural Medical Supply you have already purchased the highest quality Homeopathic hCG on the market.
- * We recommend a high quality whole food or raw food multi-vitamin throughout your life, especially while on the hCG diet. For Phase 2 we suggest a good tablet or capsule. Both can be found at your local Whole Foods grocer. Try to stay away from liquid Vitamins A, D, E, and K during Phase 2, as well as fish oils. While these are all excellent in the Maintenance Phase and Lifetime Management Phase they may affect your weight loss in Phase 2.
- * We also suggest taking B12 daily. All our plans come with an excellent liquid B12. Follow the instructions on the label.
- * Remember to drink lots of water! We suggest ½-1 gallon a day. This will aid your body in flushing toxins from your system and keeping everything fluid.
- * We do suggest a light exercise regime during Phase 2. For example 30 min. light walking, pilates, or yoga. We do not suggest over exerting yourself during Phase 2 as the 500 calories a day will not support this.

Don'ts

- * Stay away from all oils and sugars during Phase 2 of the diet.
- * Alcohol is not approved for Phase 2 of the diet.
- * Try to avoid or minimize smoking during Phase 2 of the diet as it adds toxins to your body and can make it harder to lose weight.
- * Check all cosmetics etc... for oil and sugars. For more details see pages 40-41.

Choosing the Best hCG Diet Plan for You!

With so many choices, how do you decide which is right for you?

hCG Pellets – Small pellets dissolve under the tongue, contains essential amino acids, great for travel or work, do not need refrigeration, accurate dose every time, and no counting drops! Unopened, your hCG will last 5 years, however, once opened it has a shelf life of only 6 months.



hCG Diet Drops (Original Weight Loss Formula) – Sublingual drops absorb under the tongue, refrigeration not necessary, alcohol accelerates absorption and acts as a preservative, contains essential amino acids. **This is the original formula available online with L-Tyrosine (Stress Reducer).** Unopened, your hCG will last 5 years, however, once opened it has a shelf life of only 6 months.

Alcohol Free hCG Diet Drops – Sublingual drops absorb under the tongue, great formula containing cell salts (restless leg syndrome and cramping prevention), no alcohol, **once opened must be refrigerated at all times.** Unopened, your hCG will last 1 year, however, once opened it has a shelf life of only 30 days.

- * Choose any of our 21-26 day plans if you are looking to lose 15 to 26 pounds.
- * Choose any of our 40 to 49 day plans if you are looking to lose 25-49 pounds.



Dosage Instructions for hCG

The daily dose of hCG Weight Loss Formula is the same in all cases. Dr. Simeons states “...it proves satisfactory for a small elderly man of leisure or a hardworking muscular giant.” On top of the 500 calories eaten, the hCG will direct your body to take the additional needed calories from your unhealthy fat stores. It enables your body to mobilize its fat stores for energy.

Store your hCG in a cool dark place. Keep it out of direct sunlight for a long period of time as it may affect the potency of the hCG. Take your drops at roughly the same time every day to help maintain a balanced level of hCG in your system. It is best to take your doses 6-8 hours apart. This does not have to be in conjunction with your meals. You will receive an oral syringe with your order and we strongly suggest using this for your dosage for the drops. This is much more accurate than counting out drops. For the pellets, tap 8 into the lid and then empty under your tongue.

Proper dosage for the hCG

Original hCG – .36-.5ml 3x per day (14-16 drops 3x per day)

Alcohol Free hCG – .57ml 3x per day (20 drops 3x per day)

Pellets – 8 pellets 3x per day

Place the hCG under your tongue and hold it there for 15-20 seconds before swallowing to allow for maximized absorption. In the case of the pellets, it may take slightly longer for them to dissolve and then absorb. You do not need to take the hCG at meal times. For maximum absorption, **do not eat or drink anything 15-20 minutes before and 15-20 minutes after taking your hCG.**

Phase 1: **Days 1 & 2**

Loading Days

Begin taking the proper dosage on Day 1 and continue until Day 18, 20, 23 or 37, 40, 46 of the diet (depending on your plan). Days 1 and 2 are known as the loading days. These days are very crucial to the diet and doing them properly will not only ensure a better experience the first week, but many report increased weight loss throughout the protocol. You will consume your normal menu these days making sure to include those foods that are high in fat. Remember those calories found in fat are better than those found in sugary foods. Although all foods and drinks are allowed in this phase, don't make yourself sick.

It is not uncommon to gain 3-6 lbs. during this phase but you will lose them by day 5. Remember the weight will not stick, enjoy this phase!

Phase 2: **Days 3-21, 23, 26 or 40, 43, 49**

Weight Loss Phase

Phase 2 of the hCG diet, also known as the weight loss phase, requires great commitment and discipline. This is the most rewarding phase as it is where most of the weight will be lost. Hopefully you have prepared a few meals in advance and have read through your materials and Dr. Simeons' original hCG diet protocol. The purpose is to understand the diet in its entirety. Phase 2 of the hCG diet is more than just taking drops and eating 500 calories of food. There are foods specific



to the protocol as well as other variables such as eliminating cosmetics containing oils and which sugar substitutes can be used etc...

We realize eating only 500 calories a day you would lose weight even without the hCG. Simeons discovered that hCG triggers a response in the body which causes it to use abnormal fat stores for energy versus solely taking it from muscle tissue. Homeopathic hCG uses like versus like to create this response. While on Phase 2 with the reduced calories, Natural Medical Supply strongly encourages a **whole food or raw food multivitamin**. This allows you to make up the nutritional deficiencies in today's foods. Fifty years ago food and soil had mineral and nutrition levels 50 to 80 percent higher than what we have available to us today.

500 calories means 500 calories. No more, no less. Stick to the hCG Diet Approved Foods List found on pages 32-35 for the best results. You will notice breads, sugars, fatty foods, and starches are not allowed during Phase 2 of the hCG diet. *Dr. Simeons recommends not mixing vegetables in a meal, not eating sugars, and consuming minimal red meats.*

Chicken and fish will be your primary sources for protein. One may have limited amounts of lean beef while on the protocol. Measure your meats precooked. They should weigh approx. 100 grams or 3.5 oz. Make sure to drain all grease from cooked meats. **Do not eat the same meat twice in the same day.**

Measure your vegetables and count calories. If you find you are falling short on calories, slightly increase both protein and vegetables to make them up. If you come up short of the 500 calories, add in a 50/50 mix of vegetable and protein to make up the difference. Just increase your portions at your meal. **Do not increase Melba Toast, Grissini Breadsticks or fruits to make up the calories.**

When looking for a sweetener for your coffee or tea make sure to use **Stevia**. It is a natural sweetener and contains no aspartame and no sugar. It can be found at most grocery stores near the sugar substitutes. Most all other sweeteners are synthetic and unhealthy. Read labels on all seasonings to make sure they do not contain sugar and that they are low in carbohydrates.

Attention!

We recommend an **Apple Day**, should you see a weight loss plateau for more than 5-6 days.

What is an Apple Day? An apple day is something you can do to jumpstart your weightloss if you hit a plateau. Consume 6 medium sized apples in a 24 hour period without eating or drinking anything else except for water. Only drink enough water to stay hydrated. The following morning you should see a weight loss.



Last 3 Days of Phase 2

For the last 3 days of Phase 2 (days 19-21, 21-23, 24-26, or 38-40, 41-43, 47-49 depending on your plan) you will discontinue taking the hCG drops or pellets, yet continue on the 500 calorie diet. It takes about 3 days for the hCG to leave your body.

Typical Day on Phase 2 of the hCG Diet

Breakfast: Coffee, tea, water and a fruit.

Lunch: 100 grams of lean meat, vegetable, coffee, tea, or water.

Afternoon snack: Fruit, low carbohydrate (low starch cracker).

Dinner: 100 grams of lean meat (remember no same proteins in a day), vegetable, coffee, tea, or water.

Be sure to calculate your calories for the day! If you come up short of the 500 calories, add in a 50/50 mix of vegetable and protein to make up the difference. Just increase your portions at your meal.

* You may change the fruit schedule and have one for dinner instead of breakfast.

Two fruits should not be taken together. Two vegetables should not be taken together. You should also not mix your fruits and vegetables together. In short, no mixing vegetables, no mixing fruits, and no mixing fruits and vegetables.

Sample 500 Calorie Day Menu

DAY ONE

Breakfast

Calories

Tea or Coffee	5
1 Tablespoon 2% Milk with the Coffee	8
Juice of one Lemon with the Tea	3.5 per tablespoon

Lunch

Tilapia, Grilled (100 grams weighed raw)	94
Asparagus	30 per 1 cup

Snack

Medium Sized Apple	80
Melba Toast	20

Dinner

Steak, Grilled (100 grams weighed raw)	140
Spinach	14 per 2 cups

Snack

Strawberries	30 per 7 medium
Grissini Bread Stick	20

Daily Total Calories: 444.5

Sample 500 Calorie Day Menu

DAY TWO

Breakfast	Calories
Tea or Coffee	5
1 Tablespoon 2% milk with the coffee	8
Juice of one lemon with the tea	3.5 per tablespoon
Orange	60

Lunch	
Chicken Breast, Grilled (100 grams weighed raw)	110
Slaw (Cabbage w/ vinegar, water, and Stevia Dressing)	40

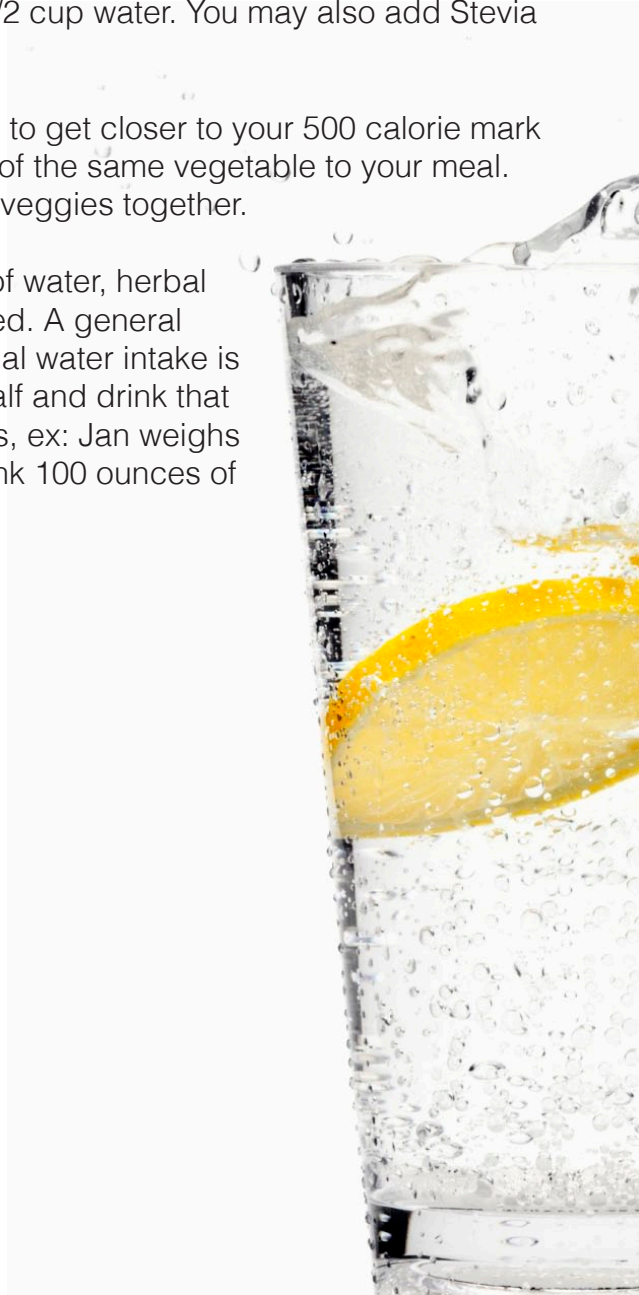
Snack	
Medium Sized Apple	80
Grissini Bread Stick	20

Dinner	
Shrimp, grilled (100 grams weighed raw)	110
Lettuce w/ apple cider vinegar, water, Stevia Dressing	15 per 1.5 cups

Snack	
Melba Toast	20

Daily Total Calories:	471.5
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- * We do suggest 2 Tablespoons of Unfiltered Apple Cider Vinegar daily. Mix it with at least 1/2 cup water. You may also add Stevia for a sweeter taste.
- * If you need more calories to get closer to your 500 calorie mark we suggest adding more of the same vegetable to your meal. Remember not to mix the veggies together.
- * Remember, any amount of water, herbal tea, and coffee is approved. A general guideline for your individual water intake is to divide your weight in half and drink that amount of water in ounces, ex: Jan weighs 200lbs, so she should drink 100 ounces of water a day.



Calorie Counter of hCG Diet Approved Foods

Seafood (avg. 98 calories)	Amount(s)	Calories
Cod	3.5 oz	83
Crab Meat	3.5 oz	100
Flounder	3.5 oz	90
Haddock	3.5 oz	88
Halibut	3.5 oz	110
Lobster	3.5 oz	98
Red Snapper	3.5 oz	110
Shrimp	3.5 oz	110
Tilapia	3.5 oz	94
Light Tuna (packed in water)	3.5 oz	100

Very Lean Beef (avg. 152 calories)	Amount(s)	Calories
93/7 Lean Ground Beef	3.5 oz	150
Cube Steak	3.5 oz	160
Sirloin Tip Steaks	3.5 oz	130
Top Round Steak	3.5 oz	166
Tri-Tip Steak	3.5 oz	154
Veal	3.5 oz	avg 114
Veal, Sirloin	3.5 oz	110
Veal, Loin Chop	3.5 oz	117

Chicken	Amount(s)	Calories
Chicken Breast	3.5 oz	87

Calorie Counter of hCG Diet Approved Foods

Fruit	Amount(s)	Calories
Apple	Small	55
Apple	Medium	72
Apple	Large	110
Lemon	1	24
Lime	1	20
Orange	Navel	69
Orange	Florida	65
Orange	California	59
Strawberries	12 Large	72
Strawberries	20 Medium	80
Pink Grapefruit	1/2 Large	53
Pink Grapefruit	1/2 Medium	41

Vegetables (avg. 18.8 calories)	Amount(s)	Calories
Asparagus	3.5 oz	20
Asparagus	2" tip	1
Asparagus	Small Spear	2
Asparagus	Medium Spear	3
Asparagus	Large Spear	4
Beet Greens	1 Cup Raw	8
Celery	3.5 oz	15
Celery	Medium Stalk	6
Cabbage	3.5 oz	24
Cabbage	1 Cup Shredded	17
Chard, Swiss Raw	1 Cup	7
Cucumber	3.5 oz	12
Cucumber	Small	19

Vegetables (avg. 18.8 calories)	Amount(s)	Calories
Cucumber	1 Medium	24
Cucumber	1 Large	34
Cucumber	1 English Long	60
Fennel	1 Cup Sliced	27
Lettuce, all varieties	3.5 oz	10
Lettuce, all varieties	1 Cup	8
Lettuce, all varieties	1 Small Head	32
Onions, Yellow	1 Medium Raw	64
Onions, Green	1 Stalk Raw	3
Onions, Red	1 Medium Raw	46
Red Radishes	3.5 oz	12
Red Radishes	1 Medium	1
Spinach, Raw	3.5 oz	20
Spinach, Raw	1 Cup	7
Spinach, Frozen	3.5 oz	23
Spinach, Frozen	1 Cup	41
Spinach, Cooked	3.5 oz	31
Spinach, Cooked	1 Cup	48
Tomato	3.5 oz	20
Tomato	1 Cherry	3
Tomato	1 Plumb	11
Tomato	1 Small	16
Tomato	1 Medium	22
Tomato	1 Large	33

Bread	Amount(s)	Calories
Grissini Breadstick	3 grams	12
Melba Toast	3 grams	12
Melba Toast	5 grams	20

* The juice of one lemon is allowed daily for all purposes. This does not count towards one of your fruits for the day.

Seasonings:

Salt, pepper, vinegar (no balsmic), mustard powder, garlic, sweet basil, parsley, thyme, marjoram, onion powder, oregano, rosemary, etc... may be used for seasoning, but no oil, butter or dressing. Use fresh herbs and spices where available. Check your favorite seasonings for hidden sugars and starches. This has led to frustration with some in not losing weight. Tea, water (we recommend at least 1/2 your weight in ounces), and coffee are the only drinks allowed.



Weekly Intake During 500 Calorie Phase Form

Make copies of this page...

Current Weight: _____ Day: _____

Breakfast: Tea Coffee Other _____

Misc: 1Tbs Milk 1 Lemon

Lunch: Protein: Chicken Veal Lean Beef
 White Fish (what kind?) _____

Fruit: Apple Grapefruit Orange
 Strawberries Other _____

Vegetable: Type: _____

Breadstick: Grissini Melba Toast

Dinner: Protein: Chicken Veal Lean Beef
 White Fish (what kind?) _____

Fruit: Apple Grapefruit Orange
 Strawberries Other _____

Vegetable: Type: _____

Breadstick: Grissini Melba Toast

Notes:

Weekly Intake During 500 Calorie Phase Form

Make copies of this page...

Current Weight: _____ Day: _____

Breakfast: Tea Coffee Other _____

Misc: 1Tbs Milk 1 Lemon

Lunch: Protein: Chicken Veal Lean Beef
 White Fish (what kind?) _____

Fruit: Apple Grapefruit Orange
 Strawberries Other _____

Vegetable: Type: _____

Breadstick: Grissini Melba Toast

Dinner: Protein: Chicken Veal Lean Beef
 White Fish (what kind?) _____

Fruit: Apple Grapefruit Orange
 Strawberries Other _____

Vegetable: Type: _____

Breadstick: Grissini Melba Toast

Notes:

Cosmetics While on the hCG Diet

Many find it hard to believe lotions, creams etc... that we place on our skin can be absorbed and effect our body just as if we had eaten them, however it is an essential part of Dr. Simeons diet protocol. During the hCG diet it is important you eliminate any lotions and cosmetics that may contain oil or fats. There are many products that fit within the protocol if you'll research them.

Following are a few:

Lips

Diet protocol does not restrict the use of lip products.

Clinique

Moisture Surge
Extra Oil free face moisturizers

Estee Lauder

Individualist: Double Wear: foundation (liquid & powder)

Neutrogena

Oil free moisturizers

Alba

Oil free face and body lotions

Mineral Wear Makeup

Makeup and Foundation that is oil free and 100% natural

Body Lotions

Body and Earth
Johnson's Baby Lotions
Aloe Vera is also a moisturizer that can be considered

Hair

Biologie
*Any type should be o.k. if you rinse thoroughly.

Deodorant

Strive for a natural deodorant available at most stores.

The following products may be used with moderation and caution:

Lanolin, Carmex, Petroleum Jelly, & Mineral Oil.



Phase 3:

Starting Day 22, 24, 27, or 41, 44, 50

3 Week Maintenance Phase

If you stuck to the strict hCG diet protocol you should have seen some amazing results and lost not only pounds but inches as well. Enjoy the new you! Remember, you still have another phase to go to ensure that your success from completing the hCG diet protocol is lasting.

Phase 3 of the hCG diet is potentially the most important. It is necessary to remain on this phase for 3 weeks, or roughly 21 to 28 days. During the Maintenance Phase you are training your body to accept a healthier nutritional lifestyle. It is extremely important to remain committed as one misstep could completely undo all the results from the sacrifices you made during Phase 2 of the hCG diet. During Phase 3 of the hCG diet you will re-introduce many foods to your diet. Gradually get your caloric intake up to 1500 calories. Adding about 300 calories per day, you would be up to 1500 calories by day 3 of Phase 3.

Keep in mind that if you go back to eating the same processed foods, junk foods, and fast foods that were consumed prior to the hCG diet protocol, the hypothalamus will lose its metabolic reset and you will likely see the weight come back on quickly. Try to include as much fresh and organic fruits and vegetables as possible. The primary focus of this phase will be on your protein consumption which should increase significantly from Phase 2 of the hCG diet.

Your protein consumption should be 100 to 150 grams of protein daily. As a guideline, try to maintain approximately 1 gram of protein per pound of your current weight. If you weigh 135 lbs you should try to eat near 135 grams of protein daily. Too much protein can have an adverse effect, so we do not recommend going above

the rule of 1 gram of protein per pound of body weight.

Note: During Phase 2 you were weighing your meat as the “protein.” In Phase 3, you are measuring the protein content of that meat (or legumes, cottage cheese, nuts, etc). The labels on your food packaging should indicate in grams how much protein is in the food.

How to Transition into Phase 3

1st week – Start slowly increasing your calories. Focus first on increasing calories through adding new vegetables and proteins. Some foods we have found to be great for the maintenance phase are: eggs, fish, chicken, turkey, low sugar beef jerky, buffalo wings, broccoli, cauliflower, celery, greens, peaches, cantaloupe, cherries, almonds and olive oil.

2nd and 3rd weeks – During these weeks you can begin to re-introduce minimal sugars and starches. Do this mainly through dairy products and fruits. For example: small amounts of cheese, cherries, blueberries, peaches, and cantaloupe. Remember to do this on an extremely conservative level. Your body hasn’t had these items for some time and will attempt to use the sugars for energy and store any fat in your diet.

The purpose of this Maintenance Phase is to commit your body to its new metabolism and weight. During Phase 3 of the hCG diet your weight should not change from day to day. You should weigh the same amount on the first day of the phase as the last.



Attention!

We recommend a **Steak Day**, should you see a fluctuation of more than 2 pounds over your weight on the last day of the very low calorie diet.

What is a Steak Day? A steak day is something you can do to get your body back to its final weight when you were on Phase 2, or the 500 calorie a day portion of the diet. Don't eat anything throughout the day until dinner. Drink only water, coffee, or tea. You may drink as much of those liquids as you like. For dinner in the evening eat a medium size unsalted steak weighing no less than 8 ounces and no more than 14 ounces. Immediately after eating the steak consume an uncooked medium sized apple or tomato. The following morning your weight should be lowered, and be close to the lowest point when you ended Phase 2. This can be done at any time post hCG diet, be it 3 weeks or 3 years.

***A Note on Alcohol –** Most alcoholic beverages have a very high sugar content. During Phase 3 of the diet you will want to avoid those beverages. If you do find an alcoholic beverage that has less than 5 grams of sugar per serving, you may try it, but with caution. We do encourage you to watch your weight carefully, and if you see a gain you should probably refrain from that alcoholic beverage until you are done with the Maintenance Phase.





Sample Menu for Maintenance Phase

Food Recommendations for Phase 3

	Sample Day 1	Sample Day 2	Sample Day 3	Sample Day 4
Breakfast	<ul style="list-style-type: none"> • 2 Eggs • Vidalia Onion cooked in Olive Oil • Cantaloupe 	<ul style="list-style-type: none"> • 2 Eggs w/ Turkey Sausage & Onions • Coffee w/ Creamer & Stevia 	<ul style="list-style-type: none"> • Cottage Cheese w/ Fruit or Cinnamon, sweetened w/ Stevia 	<ul style="list-style-type: none"> • 2 Eggs w/ Green Peppers, Onions, & Ham • Plum
Mid – Morning Snack	<ul style="list-style-type: none"> • Apple w/ Peanut Butter 	<ul style="list-style-type: none"> • Organic Fruit & Nut Trail Mix 	<ul style="list-style-type: none"> • Serving of Pecans 	<ul style="list-style-type: none"> • Organic Trail Mix
Lunch	<ul style="list-style-type: none"> • Chicken Breast w/ Grilled Onions • Small Salad w/ Regular Dressing* 	<ul style="list-style-type: none"> • Hamburger Patty & Pickles w/ Ketchup • Small Salad w/ Regular Dressing 	<ul style="list-style-type: none"> • Tuna Salad w/ Tomatoes on Lettuce • Small Salad w/ Regular Dressing 	<ul style="list-style-type: none"> • Ham w/ Green Beans • Small Salad w/ Regular Dressing
Mid – Afternoon Snack	<ul style="list-style-type: none"> • Organic Fruit & Nut Trail Mix 	<ul style="list-style-type: none"> • Serving of Almonds 	<ul style="list-style-type: none"> • Organic Trail Mix 	<ul style="list-style-type: none"> • Apple w/ Peanut Butter
Dinner	<ul style="list-style-type: none"> • Scallops • Cauliflower • Salad w/ Regular Dressing 	<ul style="list-style-type: none"> • Turkey Broccoli w/ a little melted Cheese • Salad w/ Regular Dressing 	<ul style="list-style-type: none"> • Grilled or Fried Pork Chops • Green Beans • Salad w/ Regular Dressing 	<ul style="list-style-type: none"> • Steak • Broccoli • Salad w/ Regular Dressing
Late Night Snack	<ul style="list-style-type: none"> • Nectarine w/ Sugar Free Yogurt 	<ul style="list-style-type: none"> • Apple w/ Peanut Butter 	<ul style="list-style-type: none"> • Peach w/ Brie or Cream Cheese 	<ul style="list-style-type: none"> • Almonds • Strawberries • Brie Cheese

* Refer to the Phase 3 hCG Diet Approved Foods list for approved dressings on page 22.

Phase 3 hCG Diet Approved Foods

Seasonings and Dressings

Extra Virgin Coconut Oil
 Extra Virgin Olive Oil
 Mustard (check ingredients)
 Hot Sauce (check ingredients)
 Spices (check ingredients)
 Ranch or Bleu Cheese (limited & not daily)

Vegetables continued...

Herbs
 Lettuce (Romaine or Mixed Greens)
 Onions (Walla Walla are delightful)
 Radishes
 Snow Peas
 Sea Vegetables

Vegetables (Whole Organic are recommended)

Avocado
 Asparagus
 Bamboo Shoots
 Bok Choy
 Broccoli
 Tomatoes
 Brussel Sprouts
 Cabbage
 Cauliflower
 Celery
 Chilies
 Summer Squash
 Zucchini
 Cucumber
 Mushrooms
 Okra
 Eggplant
 Fennel
 Greens
 Spinach
 Sprouts
 Green Beans
 Herbs

Proteins

Lean Steak
 Chicken
 Elk
 Healthy Proteins such as Hemp or Pea
 Turkey
 Venison
 Buffalo
 Grouse
 Game Hens
 Pheasant
 Fish (Salmon & Tuna are approved on limited basis)

Fruits (Whole Organic are recommended)

Honeydew Melon
 Cherries
 Cranberries
 Raspberries
 Plums
 Grapefruit
 Peaches
 Peach, canned in natural juice
 Apples (Fuji, Granny Smith, Gala are wonderful)

Fruits continued...

Pears (Asian Pears are great)
 Strawberries
 Tomatoes
 Prunes
 Cantaloupe

Dairy

Low Fat Cottage Cheese
 Low Fat, Low Sugar Yogurts
 Skim Milk
 Parmesan Cheese

Note: This is not a comprehensive list, but rather recommendations to help you make wise decisions.

Foods to Avoid while on Phase 3 of the hCG Diet

Breads

White Bread
 Bagel
 Whole Wheat
 Hot Dog Buns
 Hamburger Buns
 French Baguette
 Croissant
 Pita, White
 Wholegrain Pumpernickel
 Heavy Mixed Grain
 Sourdough Rye
 Sourdough Wheat

Beans

Kidney Beans (canned)
 Butter Beans
 Chick Peas
 Black-eyed Peas
 Yellow Split Peas
 Haricot/Navy Beans
 Lentils, Red
 Lentils, Green
 Pinto Beans

Dairy

Ice Cream
 Chocolate Milk
 Sweetened Yogurt
 Processed Cheese
 Custard

Vegetables (High Sugar or Starch)

Pumpkin
 Winter Squash (Butternut)
 Beets
 Bell Peppers
 Potatoes
 Corn
 Root Vegetables (Carrots)
 Parsnips
 Peas
 Lentils
 Yams

Processed Foods

Wheat Flour
 White Flour
 Instant White Rice
 Instant Mashed Potatoes
 Instant Noodles
 Tapioca
 French Fries
 Couscous
 Cornmeal
 Taco Shells
 Gnocchi
 Canned Potatoes
 Chinese (Rice)
 Baked Potatoes
 Wheat Pasta Shapes
 Meat Ravioli
 Spaghetti
 Tortellini (Cheese)
 Egg Fettuccini

Processed Foods continued...

Wheat Torillas
 Wild Rice
 Cornstarch

Cereals

Malt-O-Meal
 Cornflakes
 Frosted Flakes
 Branflakes
 All-Bran
 Oat Bran
 Coco Puffs
 Puffed Wheat
 Oats in Honey Bake
 Total
 Cheerios
 Rice Krispies
 Bran Buds
 Mini Wheats
 Nutrigrain
 Shredded Wheat
 Porridge Oats
 Rolled Oats
 Special K
 Natural Muesli
 Cream of Wheat
 Lucky Charms
 Froot Loops
 Apple Jacks
 Cinnamon Toast Crunch
 Product 19

NOTE: This is not a comprehensive list, but is to be used as an example, to help you make wise decisions.

Fruits	Temptations
Dehydrated Fruits	Pretzels
Watermelon	Rice Cakes
Kiwi Fruit	Donuts
Mango	Scones
Bananas	Muffins
Raisins	Honey
Papaya	Meal Replacement Shakes
Figs	Candy Bars
Pineapple	Most Multigrain Fruit Bars
Grapes	Sponge Cake
	Milk Chocolate
	Hummus
	Processed Cheese
	Popcorn
	Peanuts
	Cashew Nuts
	Jams and Jellies
	Chips (Baked or Fried)
	Crackers
	Soda Pop

Let us remind you how important Phase 3 is. It is necessary to remain on this phase for 3 weeks, or roughly 21 to 28 days.

Keep in mind that if you go back to eating the same processed foods, junk foods, and fast foods that were consumed prior to the hCG diet protocol, the hypothalamus will lose its metabolic reset and you will likely see the weight come back on quickly. Try to include as much fresh and organic fruits and vegetables as possible. The primary focus of this phase will be on your protein consumption that should increase significantly from Phase 2 of the hCG diet.

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Phase 4: Lifetime Management Phase

This is the lifetime maintenance of the program.

Continue to add all foods back into the diet, including starches and carbohydrates. Do add the carbohydrates in moderation and gauge your body's response to them. You have learned how to make healthy food choices, so continue to do so and to exercise regularly. Continue to eat healthy proteins such as nuts, eggs, whole grains and low fat meat. Strive to eat at least 5 servings of colorful vegetables and 4 servings of fruit per day. Stay away from heavily processed or fast foods. Weigh yourself often, and use the Steak Day if you have gained beyond your set baseline weight. Congratulations on completing the diet!

When to Begin Another Round of hCG

Congratulations on your completion of the hCG diet! First, we wish to remind everyone that the hCG diet is not a lifestyle. The hCG diet is merely a jumpstart to help you lose weight. To ensure the weight loss is lasting, one must complete the 3 week **Maintenance/Stabilization Phase** and make sure he/she doesn't gain any of the lost weight back during this time.

After completing the Maintenance Phase of the hCG diet, one needs to proceed with a healthy lifestyle including great eating habits and 30 minutes of exercise daily. This needs to be done for the rest of your



life to keep those results you sacrificed so much to obtain. After 2 weeks of the healthy lifestyle (Phase 4), monitor your weight. If you are losing weight, though it may be gradual, we recommend you continue on that path without the hCG diet. If you feel you need to do another round of the hCG diet we always recommend one consult with their physician and upon receiving approval begin another round.

After evaluating all of the above, to begin another round of hCG you should have at least 5 weeks between the end of your last day on Phase 2 and the first load day of your next round.

Condensed Instructions

hCG Diet Phase 1 Recap:

1. Start taking your recommended dose of hCG.
2. Most of your diet during this phase should consist of fatty foods.

hCG Diet Phase 2 Recap:

1. Continue taking your recommended dose of hCG.
2. Weigh yourself in the morning with roughly the same clothes on after eliminating.
3. Consume 500 calories per day from the Approved Foods List and as prescribed in the Phase 2 section:

Eat 3.5 oz of approved lean meat twice per day.

Eat no more than 2 approved fruits per day.

Measure your approved vegetables and do not mix them together.

Remember, no added oils or sugars in your approved seasonings.

Drink ½-1 gallon of water per day. (Coffee and tea are also allowed with no sugar and less than 1 T. of skim milk per day).

4. The last 3 days of Phase 2, do not take the hCG, but stay at the 500 calories. This allows the hCG time to exit your system before beginning Phase 3.

hCG Diet Phase 3 Recap:

1. You begin this phase the day after your last day of Phase 2 (The 500 calories a day phase).
2. You will no longer be taking the hCG at this time.
3. This phase will last for 3 weeks.
4. You will gradually increase your calories from 500 a day to 1500 a day.

5. You can reintroduce almost all foods back into your diet during Phase 3 except sugars and starches.
 - Sugars: Anything with 4 grams of sugar or more.
 - Starches: Anything with 13 grams of carbohydrates or more.
6. You can eat mixed vegetables again.
7. You can begin exercising again. Increase your exercise gradually to at least 30 minutes per day.
8. Monitor your weight every morning after eliminationg and before eating.

Before Beginning Another Round of the hCG Diet:

1. Complete the Maintenance Phase of 3 weeks.
2. Incorporate a healthy lifestyle of great eating habits and 30 minutes of exercise daily.
3. After 2 weeks of the healthy lifestyle monitor your weight. If you are losing weight, though it may be gradual, we recommend you continue on that path without the hCG diet. If you feel you need to do another round of the hCG diet we always recommend one consult with their physician and upon receiving approval begin another round.
4. After evaluating all of the above you should have at least 5 weeks between the end of your last day on Phase 2 and the first load day of your next round.

Most Commonly Asked Questions

Q – What supplements do you suggest for the hCG diet?

A – We always suggest a high quality Whole Food Vitamin, B Vitamins for energy, as well as starting with a detox when possible, and using the “Weight Off” Weight Loss Accelerator when you might need help controlling cravings and hunger.

Q – Can I exercise while on the hCG diet program?

A – We recommend a light exercise regimen. Speed walk no more than 30 minutes, a few days per week. Yoga, Pilates and resistant weight lifting are wonderful ways to keep your strength up. However, high calorie burning exercise such as running and aerobics are discouraged as it will cause your body to go into starvation mode. A 500 calorie a day diet does not support this kind of exercise. However, during the Maintenance Phase and throughout life, aerobic exercise is strongly encouraged!

Q – Why aren’t all fruits, vegetables, and lean meats on the Approved Foods List?

A – Dr. Simeons specifically chose those foods which aid in weight loss for the diet. There have been studies of foods not on the list and they tend to be higher in natural sugars and fats. Even small fluctuations in these values can cause your weight loss to slow or stall. You will get the best results by consuming just the approved foods.

Q – What do I do if my weight loss plateaus?

A – If the weight loss slows, you can try the following:

- Make sure you are getting enough water daily, we suggest 1/2-1 gallon a day.
- Watch your salt intake. Too much salt could cause you to

retain water.

- Double check your diet to make sure everything is conforming to Dr. Simeon's protocol.
- Do not mix veggies, no sugars in spices, no oils in cosmetics etc...
- Introduce 2 Tablespoons of preferably Unfiltered Apple Cider Vinegar to your daily regime. Mix with warm water and drink or use as a salad dressing mixed with water and stevia. Do not take undiluted as it may damage your teeth enamel. Apple Cider Vinegar is an excellent aid to your digestive track.
- Keep your bowel movements regular. It is not uncommon to go 3-4 days on this diet without a bowel movement, however, if it goes longer we suggest taking a Smooth Move Tea.
- Eliminate the fruits from two to one per day.
- If a plateau is hit for 5-6 days you may consider an Apple Day. In an Apple day you consume 6 apples within 24 hours with nothing else to eat or drink except water.
- You can also observe what we call a "mini steak day". If you are not feeling much hunger, you can observe the instructions for the "steak day" in the Maintenance Phase. Remembering to drink lots of fluids and only observe this if you are not feeling hunger.
- Make sure you are getting enough sleep. Not getting adequate sleep can affect the retention in your system.
- Double check your medications taking into consideration that if something new has been added, this may affect the plateau.

- If female, consider if your cycle is approaching. This may be adding to water retention and will pass.
- Try leaving out one or both bread sticks.
- Be aware that plateaus can occur at weights where you previously had a plateau.

Q – Should I take hCG during my menstruation period?

A – If you are taking the drops and you begin your period continue the program as usual. There are no side effects. Your body will retain water more during this time and you may not notice as much weight loss, this will even itself out over time. Try not to get discouraged. Try not to start the diet during your cycle if possible.

Q – Can I use cosmetics while on the hCG diet?

A – Fats and oils found in lotions and ointments applied to our skin are absorbed and can interfere with weight loss as if they had been eaten. While on this diet, stay away from these products. A little mineral oil (baby oil), lipstick and powder are fine. Oil free foundation, if free from fat, or a good mineral powder are also acceptable substitutes, see pages 40-41.

Q – What sweeteners can I use on the hCG diet?

A – The ONLY approved sweetener on the hCG diet is Stevia, an excellent natural sweetener that won't interfere with your weight loss. We do not suggest any artificial or chemical sweetener as they add toxins to your body and make it harder to lose weight.

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Natural Medical Supply's Disclaimer

Please be advised that NaturalMedicalSupply.com, LLC is not a medical facility, nor do we portray ourselves as such. The information provided in this manual is for your convenience and to increase your knowledge and understanding of Dr. Simeon's work in a simplistic fashion. It is recommended that you do your own personal research, consult your physician, keep him/her informed of your progress, and proceed with care. Homeopathic hCG helps to burn the "abnormal fat" that is stored around the hips, thighs, belly, upper arms, and throughout your body. It will leave the "structural fat," that can be found in the muscles and protecting the organs. The hCG diet protocol, as described by Dr. Simeons, consists of a very low calorie diet (VLCD) in combination with an hCG formula. During the 21-49 day protocol you will take a small amount of hCG into your body daily. Be aware that the hCG itself is not responsible for the weight loss and the FDA has not approved the use of hCG for the purpose of weight loss. When used in conjunction with a VLCD, hCG works synergistically in losing excess weight and fat and resetting the body's metabolism. HCG helps to balance the hypothalamus to modify how fat is metabolized making it possible to maintain a steady weight point. Anyone utilizing the hCG diet protocol should be aware that you are following this protocol at your own risk and the author accepts no responsibility for any damage or health issues as a result. Should you have health issues, questions or concerns please consult your physician before beginning use of hCG.

Remember to bookmark www.naturalmedicalsupply.com as we constantly add new recipes and content. You will also be able to refer to the instructions page if you have any questions regarding the hCG Diet.

Follow us on [Facebook](#)! We have a strong support group ready to help you complete your hCG diet journey. We randomly offer extreme discounts on hCG diet recommended products. Share your questions and success with others. We've found getting proper support increases the potential for success. When logged into Facebook just type: NaturalMedicalSupply.com into the Facebook search bar and select us.

We randomly select which of our clients' testimonials we will use to inspire others. You are not obligated to share your story with us, yet we greatly appreciate them. If we do use yours we will let you know. We use the success of our customers to encourage others in changing their lives. To share your story, email us at:

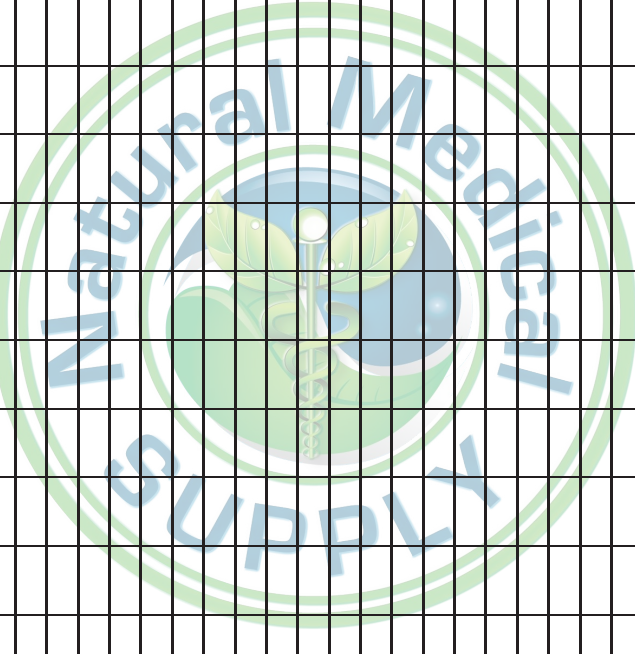
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You can inspire others how to lose weight on the hCG Diet!



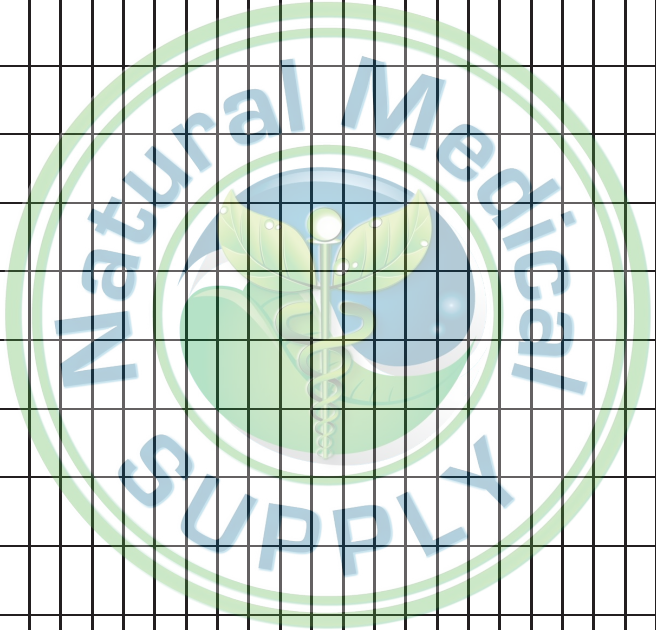
Weight Loss Calorie Intake Chart

Week	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Cal	Total Cal	Food	Total Cal	Food	Total Cal	Food	Total Cal	Food	Total Cal	Food	Total Cal	Food	Total Cal
Category	Food	Cal	Food	Cal	Food	Cal	Food	Cal	Food	Cal	Food	Cal	Food	Cal
Breakfast														
Snack														
Lunch														
Snack														
Dinner														
Snack														
Total daily calories														



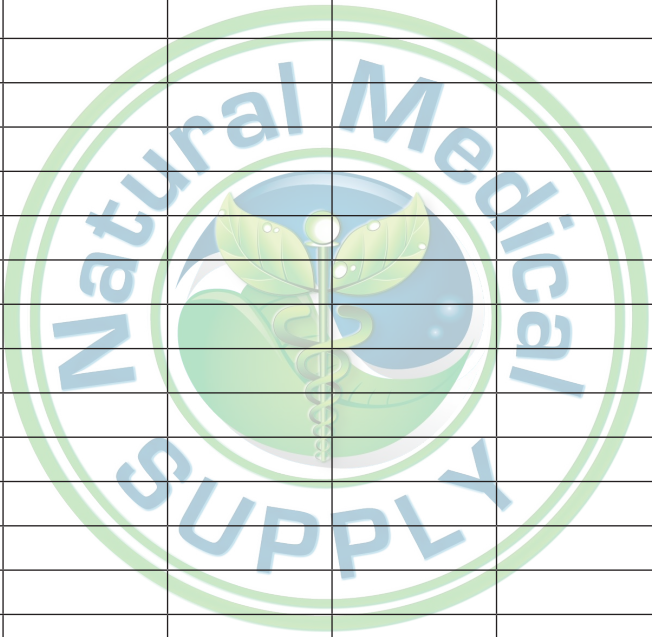
Weight Loss Calorie Intake Chart

Week	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		
Category	Food	Cal	Total Cal	Food	Cal	Total Cal	Food	Cal	Total Cal	Food	Cal	Total Cal	Food	Cal	Total Cal
Breakfast															
Snack															
Lunch															
Snack															
Dinner															
Snack															
Total daily calories															



Inches Lost Weekly Measurements

Date	Waist	Hips	Bust	Thighs	Arms



NOTES:

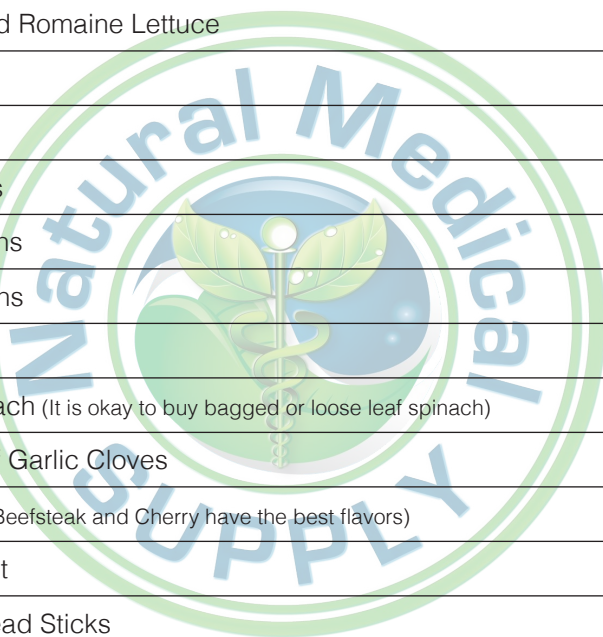


NOTES:



Natural Medical Supply Shopping List

- Whole Food Multi-Vitamin (This is a must as today's 500 calories has 1/2 the nutritional values of foods from 50 years ago when the hCG Diet was first discovered.)
- B-Complex (Vitamin B-6 and B-12)
- Organic Coffee (If you are a coffee drinker)
- Stevia Sweetener (No other substitutes, they contain synthetic ingredients)
- Green Tea (Try to get organic) High in antioxidant value and has zero calories
- Apple Cider Vinegar (Try to find unfiltered)
- Apples (The hCG Diet and the apple go hand in hand)
- Lemons
- Oranges
- Red Grapefruit
- Strawberries (Avoid frozen fruits, many times they have been pre-cooked with sugar added)
- Iceberg and Romaine Lettuce
- Cabbage
- Asparagus
- Cucumbers
- Sweet onions
- Green onions
- Celery
- Fresh Spinach (It is okay to buy bagged or loose leaf spinach)
- A couple of Garlic Cloves
- Tomatoes (Beefsteak and Cherry have the best flavors)
- Melba Toast
- Grissini Bread Sticks
- Salsa or Hot Sauce (No sugar added, should have less than 1 carb of sugar per serving)
- Natural Sea Salt



- Variety of other spices (nothing with sugar) garlic powder or minced, basil, parsley, cumin, rosemary, onion powder, cayenne, chili powder, etc.

- Chicken Broth (Low sodium, use lightly when cooking instead of oils)

- Beef Broth (Low sodium, use lightly when cooking instead of oils)

- Chicken Breast or Tenders (Dark meat tends to have higher fats so avoid: wings, drumsticks and thighs)

- At least 93% lean Ground Beef and Chicken (We strongly encourage more chicken, less beef)

- Lean Steak

- Shrimp, Lobster, Crab (These 3 items should be consumed at most twice a week while on Phase 2 of the hCG Diet)

- Tilapia (or other white fish, no fresh tuna or salmon on Phase 2 of the hCG diet protocol)



The Complete hCG Diet Recipes

The Most Trusted Provider of hCG Online!



These are just some of our favorite recipes. You may find a more detailed list on our site www.hcgcompletediet.com. We also suggest getting creative with those approved seasonings, fresh herbs and foods. Enjoy this time as your body is detoxing and becoming a healthier you!



Recipes for Phase 2 of Diet Protocol

Poultry Recipes

Apple Cider Chicken Wraps

Ingredients

- 100 grams chicken
- 2 medium green cabbage leaves
- 2 medium red cabbage leaves
- 1 garlic clove
- 3 T. apple cider vinegar
- 1/4 tsp. onion powder
- 1/4 T. sea salt
- 1/4 T. pepper
- 1 T. fresh ginger

Directions

Mix together finely grated ginger, garlic, onion powder, apple cider vinegar, salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly and then add the cabbage leaves and cook until cabbage is slightly cooked. Take the cabbage leaves and split the chicken mixture and place in cabbage leaves and roll into a wrap.

Blackened Chicken

Ingredients

- Makes 2 servings
- 1/2 tsp. paprika
- 1/8 tsp. salt
- 1/4 tsp. cayenne pepper
- 1/4 tsp. ground cumin
- 1/4 tsp. dried thyme
- 1/8 tsp. ground white pepper
- 1/8 tsp. onion powder

200 grams boneless chicken breast halves

Directions

Preheat oven to 350 degrees F (175 degrees C). Heat a cast iron skillet over high heat for 5 minutes until it is smoking hot. Mix together the paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder. Coat the chicken breasts evenly with the spice mixture. Place the chicken in the hot pan, and cook for 1 minute. Turn, and cook 1 minute on other side. Place the breasts on the baking sheet. Bake in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes.

Braised Vinaigrette Chicken

Ingredients

Makes 6 servings

600 grams (approx 6 boneless chicken breast halves)

ground black pepper to taste

1 tsp. garlic salt

1 onion, thinly sliced

1/2 c. apple cider vinegar

1lb stewed and diced tomatoes

1 tsp. dried basil

1 tsp. dried oregano

1 tsp. dried rosemary

1/2 tsp. dried thyme

Directions

Season chicken breasts with ground black pepper and garlic salt. Lightly coat a medium skillet with cooking spray and brown the onion and seasoned chicken breasts. Pour tomatoes and vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

Curry Chicken and Spinach

Ingredients

100 grams chicken
2 cups spinach
2 tsp. onion powder
1 garlic clove (minced)
1/2 cup chicken broth
1/4 tsp. salt
1/4 tsp. pepper
1 lime
1 T. curry powder

Directions

Mix chicken and all seasonings and 1/2 the lime and cook chicken through. Throw the spinach in for 1 minute and serve in a bowl and squeeze the other 1/2 of the lime on top.

Lemon Parsley Chicken

Ingredients

Makes 4 servings
400 grams (approx 4 skinless, boneless chicken breast halves)
1/2 cup lemon juice
1/2 teaspoon onion powder
1/8 teaspoon ground cayenne pepper
3 teaspoons dried parsley
ground black pepper to taste

Directions

Preheat grill for medium to high heat. Dip chicken in lemon juice and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice. Cook on the grill 10 to 15 minutes per side, or until no longer pink and juices run clear.

Beef Recipes

Low Cal Mustard Crusted Steak

Ingredients

100 grams filet or London broil
1 tsp. mustard powder
2 tsp. apple cider vinegar
1/4 tsp. salt
1/2 tsp. freshly ground black pepper
2 garlic cloves, minced

Directions

Mix all seasonings in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand 10 minutes. Broil steak to desired doneness. 3 to 4 minutes per side for medium-rare. Let stand 5 minutes before slicing and serving.

Filet Mignon with Braised Cabbage

Ingredients

100 grams Filet Mignon
1 cup cabbage, shredded
apple cider vinegar
lemon pepper
1 to 2 packets or 6 to 8 drops of stevia
rosemary leaves

Directions

Cook Filet Mignon in a stovetop grill pan. Drizzle a little vinegar and lemon pepper on top and sprinkle a few rosemary leaves before grilling. Make sure to not overcook. Slice very thin. Put cabbage in a small saucepan with enough water to allow to 'braise'...adding vinegar, lemon pepper and a packet or two of stevia to sweeten. Fold the cabbage over and over to cook evenly...do not overcook.

Marinated London Broil Steak & Salsa

Ingredients

100 grams London broil
1/6 cup apple cider vinegar or 1/6 cup distilled white vinegar
2 T. dried Oregano
3 T. garlic powder
1/4 tsp. salt
1/4 tsp. pepper
2 cups diced tomatoes

Directions

Marinate London broil with all seasonings for 1 hour. Season diced tomatoes and place 1/2 in the middle of the plate. Broil or grill steak to your temperature. Place on top of salsa and add the remainder of the salsa.

No Bean Chili

Ingredients

Makes 4 servings of meat and vegetable
400 grams lean, ground beef
3 cooked, peeled, and diced tomatoes
water or beef broth, to desired thickness
minced green onion, dried or fresh
garlic, more the better
chili powder
Italian seasoning
cayenne pepper
Emeril's Bam Original Essence
salt and pepper to taste

Directions

Brown ground beef. Stir and add spices to taste. Add tomato and broth. Simmer - the longer it simmers the more flavorful.

Fish and Seafood Recipes

Cajun Scallops (with a kick)

Ingredients

100 grams scallops or shrimp
1 lemon
1/2 tsp. dry mustard
1 tsp. pepper flakes
2 garlic cloves, minced
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. ground cayenne pepper
1/2 cup water

Directions

Mix together lemon juice, dry mustard, cayenne, garlic, salt, pepper and scallops. Fill a non-stick frying pan with water and place scallops and cover with lid for 10 minutes.

Cajun Style Tilapia

Ingredients

Tilapia filets, allowed amount
salt and pepper
cajun seasoning
lemon, thin slices

Directions

Preheat oven to 350 degrees F. Place a sheet of tin foil on a cookie sheet. Place tilapia filets on cookie sheet and season with salt, pepper, and cajun seasoning. Top with two lemon slices per filet. Bake in oven for 15 minutes or until fish is easily flaked with a fork.

Chilean Sea Bass

Ingredients

100 grams of sea bass fillets
2 cloves garlic, minced
1/2 of lemon
1/2 tsp. salt
1/2 tsp. lemon pepper
2 T. finely chopped cilantro
1/2 tsp. paprika

Directions

Arrange sea bass fillets in a single layer on foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt and lemon pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal. Bake at 450 degrees F for 20 minutes.

Chinese Steamed Fish

Ingredients

400 grams red snapper fillets
1/2 tsp. salt
1/2 tsp. ground black pepper
1 T. grated fresh ginger
1 tsp. low sodium soy sauce
1 tomato, quartered
1/2 fresh red chile pepper, seeded and chopped
2 sprigs cilantro, finely chopped

Directions

Bring about 1 1/2 inches of water to boil in a steamer fitted with a basket large enough for the snapper to lie flat. Season snapper with salt and pepper, and place in the steamer basket. Top fish with ginger, and drizzle with soy sauce. Place shiitake mushrooms, tomato, and red chile pepper in the steamer basket. Steam fish 15 minutes, or until easily

flaked with a fork. Sprinkle with cilantro. Soy sauce is almost pure salt so do not exceed recipe instructions. While on the hCG Diet salt causes weight retention.

Citrus Fish

Ingredients

Makes one serving (1 protein, 1 fruit)

- 100 grams white fish
- 1 T. minced onion
- 2 T. lemon juice
- lemon and orange zest to taste
- lemon and orange slices
- chopped parsley
- salt and pepper to taste
- stevia to taste

Directions

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees F. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

Citrus Mahi Mahi

Ingredients

- 100 grams mahi mahi
- 1 T. fresh lemon juice
- 1 T. fresh lime juice
- 1 garlic clove, minced
- 1/2 tsp. dried thyme
- 1/2 tsp. dried dill
- 1/4 tsp. pepper
- 1/4 tsp. salt

Directions

Mix together lemon juice, lime juice, garlic, thyme, and salt and pepper to taste. Place in a shallow dish, turn to coat and marinate at room temperature for 10 minutes. Heat grill pan or grill over medium heat. Cook for 3 to 4 minutes per side.

Citrus Shrimp & Greens

Ingredients

100 grams of shrimp
2 T. lemon juice
1 T. lime juice
3 T. apple cider vinegar
1 tsp. garlic powder
1 tsp. pepper
1/2 tsp. onion salt

Directions

Place shrimp in a bowl and mix together all ingredients and let it stand and marinate for 1/2 hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite salad greens.

Fruit and Salad Recipes

Apple Tilapia Salad

Ingredients

Makes 2 servings meat and vegetable
1 med. head lettuce, torn bite-size
2 c. diced apples, unpeeled
2 tsp. low sodium soy sauce
200 grams cooked tilapia
1 tsp. lemon juice
1/2 orange, juiced

Directions

In a large bowl, combine salad ingredients. Toss together. Combine the soy sauce, orange juice and lemon juice. Mix well. Toss with salad.

Autumn Tossed Salad

Ingredients

Makes 3 vegetable and 3 fruit servings

1 head lettuce, broken into bite sized pieces

3 tart apples, cored and sliced into wedges (do not peel)

1 green onion, chopped

Directions

In large salad bowl, add lettuce, apple slices and onions. At serving time, toss well with an hCG Diet approved salad dressing.

Baby Spinach Salad

Ingredients

Makes 2 vegetable servings

200 grams baby spinach greens

3 T. apple cider vinegar

1 T. dijon mustard

1 tsp. orange zest

1 T. orange juice (from squeezed orange)

1/2 teaspoon freshly grated ginger

salt and pepper to taste

pinch red pepper flakes

Directions

Whisk ingredients together and toss with baby spinach or mixed baby greens.

Jamaican Grapefruit

Ingredients

Makes 1 serving of fruit

1/2 grapefruit

cinnamon

1-2 pkg of stevia

Directions

Using a serrated edge knife, cut grapefruit in half as normally would and place on an oven safe dish and bake for 2 minutes. Cut around center core, rind, and partitions. Sprinkle with cinnamon and stevia.

Low Calorie Molded Perfection Salad

Ingredients

Makes 2 servings of vegetables

2 tbsp. unflavored gelatin

1/2 c. cold water

2 c. boiling water

1/4 c. apple cider vinegar

1/4 c. lemon juice

1/4 c. unsalted/no sugar tomato juice (squeeze your own fresh)

stevia to substitute for 1/2 c. sugar

1 c. cabbage, shredded

1 c. celery, diced

3 tbsp. pimento, chopped

3 tbsp. green pepper, chopped

Directions

Soak the unflavored gelatin in cold water until dissolved. Add the boiling water, vinegar, lemon juice, tomato juice, and stevia. Cool until mixture begins to thicken. Fold in the chopped vegetables. Pour into 1/2 cup molds and chill until ready to serve.

Oven Chicken Salad

Ingredients

Makes 2 servings meat and 2 vegetables

200 grams boneless skinless chicken breast

1/2 tsp. cayenne pepper (optional)

1/4 tsp. onion powder

1/4 tsp. salt

1/4 tsp. pepper

1/4 tsp. garlic powder

1/2 tsp. poultry season

2 cups spinach or lettuce

Vinaigrette Dressing:

1/4 cup apple cider vinegar

1/2 cup water

1 tsp celery salt

1 tsp. onion salt

1 tsp. pepper

5 drops or 1 pkg stevia

Directions

Mix all seasonings together and roll chicken in mixture so it is smothered and place on a foil sheet and wrap up nice and tight. Put on a cooking sheet and bake at 375 degrees F and bake for 20 to 30 minutes. Cut up in small pieces and measure 100 grams of chicken and put on a bed of spinach or lettuce and drizzle the vinaigrette dressing. Save the remainder of the chicken breast for another meal.

Overnight Tossed Salad

Ingredients

Makes 3 servings vegetables

- 1 sm. head iceberg lettuce (torn)
- 1/2 c. finely chopped red bell pepper
- 1/2 c. finely chopped celery
- 1/4 c. thinly sliced red onion rings
- 2 tsp. lemon juice

Directions

Layer first 4 ingredients in order given in 3 quart glass salad bowl and drizzle with lemon juice. Cover and refrigerate overnight. Before serving sprinkle with chicken, turkey or fish. Toss and serve with fresh ground pepper.

Soup Recipes

French Onion Soup

Ingredients

Makes 1 vegetable serving

- 1 vidalia onion
- 1 cup beef broth
- 1 tsp. garlic powder
- 1 tsp. onion salt
- 1 tsp. pepper
- 2 Melba Toast

Directions

Slice onion with an apple slicer to make wedges and to open up the onion. Season the onion and place it on top of a foil sheet. Add 1/4 cup beef broth, and wrap it up tightly. Place in a baking dish and bake at 350 degrees F for 1 hour. Make sure the onion is not too soft; you want it a little firm. Serve in a bowl with 2 cups of beef broth and 2 Melba Toast.

Green Onion Soup

Ingredients

Makes 2 vegetable servings

10 green onions

2 cups vegetable broth

1-2 tsp. liquid aminos

1 tsp. parsley

4 drops or 1 packet stevia

1/2 tsp. paprika

1/2 tsp. salt

1/2 tsp. dill

1/2 tsp. thyme

1/8 tsp. cayenne or red pepper flakes

1/8 tsp. celery seed

Directions

Briefly steam the green onions until tender. Preheat saucepan over medium heat. Chop steamed green onions. In a saucepan, sauté the green onions in a small amount of vegetable broth for a couple of minutes. Add the parsley, stevia, paprika, salt, dill, thyme, celery seed, and cayenne. Sauté 1-2 minutes more. Add remaining vegetable broth, reduce heat, cover and simmer 20-30 minutes. Makes a great side dish on the hCG Diet.

Really Easy Chowder

Ingredients

Makes 2 vegetable servings and 2 meat servings

1 (14.5 ounce) can diced tomatoes

3 stalks celery, chopped

1 teaspoon dried oregano

1 teaspoon dried basil

salt and pepper to taste

200 grams frozen tilapia, halibut or other white fish

Directions

In a medium sized stock pot place undrained tomatoes, celery, oregano, basil, salt and pepper. Bring to a boil over medium heat. Place frozen fish filets in pot. Reduce heat and cook for 10 to 15 minutes. Cook until mixture is heated through and fish is opaque and flaky. Thin with a little water if desired.

Beverage and Drink Recipes

Chilly Cocoa Cappuccino

Ingredients

Makes 1 serving

1 cup crushed ice

7 drops of peppermint stevia

7 drops of chocolate stevia

1 cup of coffee

Directions

Mix in blender until smooth. Pour into glass and serve.

Ice Cold Lemonade

Ingredients

Makes 1 serving

1/2 tsp. squeezed lemon juice

1/2 cup water

1/2 cup ice

5 drops of lemon stevia

Stir and enjoy!

Spicy Tomato Juice

Ingredients

Makes 1 serving
tomato, allowed amount
½ lemon, juiced
1 tsp. fresh cilantro, minced
1/4-1/2 tsp. garlic paste or 1 clove minced
1/4 tsp. cumin
1/4 tsp. sugar-free Worcestershire
1/8 tsp. celery seed
salt and pepper, to taste
tabasco, to taste

Directions

In blender, combine all ingredients and puree to desired consistency. Place in refrigerator until chilled or serve over ice.

Strawberry Lemon Slush

Ingredients

Makes 1 serving of fruit
12 oz. hCG Diet approved lemonade
4 to 6 strawberries, sliced
1 tsp. lemon juice
3 c. crushed ice

Directions

Whirl all ingredients in blender until smooth. Serving size 1 cup, 18 calories per serving.

Vegetable Side Dish Recipes

Wilted Spinach Salad

Ingredients

Makes 4 vegetable servings

400 grams raw spinach

1 med. onion, thinly sliced

1/3 c. apple cider vinegar

1 tbsp. (dry) prepared mustard

1/2 tsp. garlic salt

stevia to taste

1/8 tsp. pepper

Directions

To 1 lb. well washed and dried raw spinach (broken up and larger stems removed), add 1 medium onion, thinly sliced and separated into rings. Cover and chill in refrigerator.

For dressing: Add ingredients and heat the dressing until it starts to show steam. Just before serving, pour hot dressing over salad tossing gently to wilt greens.

Beet Greens or Asparagus

Ingredients

Makes 2 servings vegetables

2 T. chicken bouillon base

2 c. chopped beet greens or asparagus

dash of onion salt

Directions

Heat bouillon base on medium just prior to boiling. Reduce heat. Add vegetable and sauté a few minutes until tender. Sprinkle lightly with onion salt.

Lemon Garlic Chard

Ingredients

Makes 2 vegetable servings
2 c. roughly chopped Swiss chard
1 large or 2 small garlic cloves
4 T. water
fresh lemon juice
sea salt
pepper

Directions

Put 1 T. water in non stick pan and sauté garlic until tender; set aside. Pour remaining water into pan and add chard. Cook over medium heat for about 5 minutes, tossing occasionally. Drain off excess juice and return to pan adding in sautéed garlic. Before serving, give a squirt of lemon juice and a shake of salt and pepper.

Lemon Ginger Asparagus

Ingredients

Makes 2 vegetable servings
2 c. asparagus
1/2 c. water
1/2 T. fresh minced ginger root
3 cloves minced garlic
lemon zest
black pepper

Directions

Preheat pan over medium heat. Snap off woody ends of asparagus spears & discard. Snap spears into 2-3 pieces. Add garlic and ginger to the pan and cook for 2-3 minutes. Add asparagus and water. Bring to a boil for 5 minutes. Remove asparagus and top with lemon zest and pepper. Serve.

Steamed Cabbage

Ingredients

Makes 2 vegetable servings

1/2 small head cabbage

juice of half lemon

1/2 tsp. spicy mustard

salt/pepper, to taste

Directions

Place cabbage in steamer. Cover and steam 5-10 minutes, until slightly tender. In small bowl, combine spicy mustard and lemon juice. Place cabbage in bowl. Add lemon/mustard mix and toss. Sprinkle with salt and pepper. Serve immediately.

Dessert Recipes

Baked Apple

Ingredients

Makes 1 serving

1 apple

1 pkg stevia

1 T. cinnamon

1 T. water

1 tsp. cinnamon

Directions

Cut apple core almost through and mix together stevia and cinnamon with 1 T. water. Place apple on a sheet of foil and mold foil to cup the apple. Pour stevia and cinnamon mixture in the apple core and tighten foil securely around apple. Bake 350 degrees F for 45 minutes. Serve in a shallow dish and sprinkle cinnamon over the apple.

No Flour Apple Cobbler

Ingredients

Makes 1 serving of fruit

1 apple, sliced

1/8 tsp. cinnamon

1 pkg stevia

Topping:

1 tsp. cinnamon and 1 pkg stevia

Directions

Toss the above ingredients and arrange in oven safe dish. Bake at 350 degrees F for 15-20 minutes.

Berry Julius

Ingredients

Makes 1 serving of fruit

1 cup partially defrosted strawberries or 1 med orange

1 pkg stevia

5 drops orange stevia

5 drops vanilla cream stevia

Directions

Blend until smooth.

Dressings and Sauces Recipes

Vanilla Strawberry Sauce

Ingredients

Makes 1 serving of fruit

3 strawberries

3 drops vanilla creme stevia

Directions

Slice apple and arrange on a plate. Mash the strawberries with a fork and add vanilla creme stevia to make a sauce. Pour over the apple slices.

Apple Vinaigrette

Ingredients

Makes 8 servings

1/4 cup apple cider vinegar

2 T. water

2 T. dried thyme

1/4 tsp. salt

1/4 tsp. pepper

1 T. dried basil

1/4 tsp. garlic powder

Directions

Add all ingredients in a blender and mix well.

Strawberry Vinaigrette Dressing

Ingredients

Makes 1 serving of fruit

4 to 6 strawberries

1 T. apple cider vinegar

1 T. lemon juice
dash of salt
dash of cayenne (optional)
fresh ground black pepper to taste
stevia to taste

Directions

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper. Variations: use as a marinade or sauce for chicken.

Chicken Broth

Ingredients

Makes 12 servings* Count as 1/10th of a serving of meat

100 grams boneless, skinless chicken breast
8 cups water
4 cups water for later step
5 tsp. poultry seasoning
5 tsp. onion powder
4 garlic cloves
4 tsp. black pepper
3 tsp. sea salt
3 T. celery salt
1 cheese cloth
1 string

Directions

Mix all herbs and place in the cheese cloth wrap string around cloth to secure all herbs and place it in the stock pot with 8 cups of water and the chicken breast and boil for 35 minutes or until chicken breast is cooked. Place a strainer on top of a bowl with a coffee filter to strain broth to extract any fat from chicken breast and use the chicken for other recipes. Keep the cheese cloth to see if you need to continue to add more flavors to the stock for the additional 4 cups of water and

bring to a boil for additional 30 minutes. Set aside and chill. Use the broth for recipes for flavor and for a cup of broth before lunch and dinner.

Citrus Dressing

Ingredients

Makes 6 servings

1/4 cup apple cider vinegar

1 cup water

1 T. lemon

1 pkg stevia

1/4 tsp. garlic powder

Directions

Mix together, keep refrigerated.

Dill Dressing

Ingredients

Makes 8 Servings

1/3 cup apple cider vinegar

2 T. water

2 T. dried basil

2 T. dried dill

1 tsp. garlic powder

1 tsp. dry mustard

1 tsp. onion powder

Directions

Combine all ingredients in a blender and mix well.

Apple Cider Vinaigrette

1/3 c. apple cider vinegar
1 2/3 c water
2 T. Stevia
Salt and pepper to taste

Directions

Combine all ingredients in a blender and mix well.

Fresh Salsa

Ingredients

4 - 5 tomatoes
4 T. lemon juice
3 - 4 T. garlic, minced (Jar)
1/2 chopped green onion or 1 tsp Onion Salt (as a recommended alternative)
1/2 tsp. chili powder
1/2 tsp. Italian seasoning
cayenne pepper to taste
cilantro (fresh or dried) to taste
salt and pepper

Directions

Combine all ingredients together in a large bowl.

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