

Day 1 and 2 – Fat Loading Days with hCG

Take your measurements and “before” pictures! Start taking the HCG drops in the morning. Using your calibrated dropper, take SIX 0.5 ml doses of HCG per day, spaced evenly throughout the day, for a total of 3.0 ml per day (6 x 0.5 ml = 3.0 ml).

Eat as much fat as you can handle all day long. Focus on fats for loading, avoid sugar and starches. See list of fat foods. Head over to the local Micky you knows for a grease burger and fries (One last time)

Very Low Calorie Diet (VLCD) WITH hCG drops

Minimum 21 days, Maximum 55 days

Continue taking the HCG drops at a dosage of 3.0 ml per day spaced evenly throughout the day. Follow the food guidelines for VLCD as outlined in Pounds and Inches. You must stay on the VLCD with drops for a minimum of 21 days. You may continue for as long as you wish, up to 55 days. When you are ready to transition to maintenance, record your weight on morning of the last day that you take the drops. This will be your LDW (last drop weight) that you will use in Maintenance for the 2-lb steak day rule.

Transition to Maintenance - VLCD WITHOUT drops for 72 hours

Stop taking the drops and continue on the VLCD for 72 hours from the time of your last dose. If your last dose was at 7:00 p.m. on Tuesday, that means you can have an maintenance 1 dinner at 7:00 on Friday. This allows the HCG to leave your system. If you get extremely hungry on Day 3, double your protein but stick with the VLCD food list. Take your measurements and celebrate your progress!

Maintenance 1 (M1) - No Sugar, No Starch for 21 days

Increase your minimum calories to your BMR (basal metabolic rate) and eat a variety of high-protein foods and fruits and vegetables. The leading cause of weight gain in M1 is not eating enough and putting your body into starvation where it stores rather than eliminates. Your food choices are expanded in M1, but you MUST avoid all sugars and starches, including Melba toast/grissini. Your goal is to stabilize at your new setpoint weight so you don't start gaining again once you start eating normally. Don't try to keep losing or you won't create that setpoint weight. If your weight goes higher than 2.0 lbs above your LDW, complete a steak day. The M1 Food List should be consulted for every meal and snack.

Maintenance 2 (M2) - Slowly add sugars/starches back into your diet for 21 days

In M2, you will slowly add carbohydrates to your daily diet. If you do this carefully and follow our M2 Guide, you should have no problem transitioning to a normal eating plan after three weeks of M2. After you complete both Maintenance 1 and Maintenance 2 you are free to move in to life phase or do another round of the HCG. Continue to follow the 2-pound steak day rule for permanent weight loss results. Congratulations on completing your round!