



BONUS!
PRINTABLE
FOOD
PLANNER

JUMPSTART YOUR HCG JOURNEY

STARTING YOUR HCG DIET

MIXING GUIDES | RECIPES
PHASES | EXPERT TIPS
FREE RESOURCES

AMY SUMMERS FOR



TABLE OF CONTENTS

01

INTRODUCTION TO THE HCG DIET

Explore the history of the HCG diet, key figures behind its rise, and how celebrities have embraced it.

02

HOW THE HCG DIET WORKS

Understand the science behind HCG and its fat-burning effects.

03

THE PHASES OF THE HCG DIET

Learn the three phases of the HCG diet and how to navigate them.

04

GETTING STARTED: ESSENTIALS YOU'LL NEED

Find out what supplies you need to begin your HCG journey.

05

HCG MIXING & INJECTION GUIDE

Step-by-step instructions for mixing and injecting HCG safely.

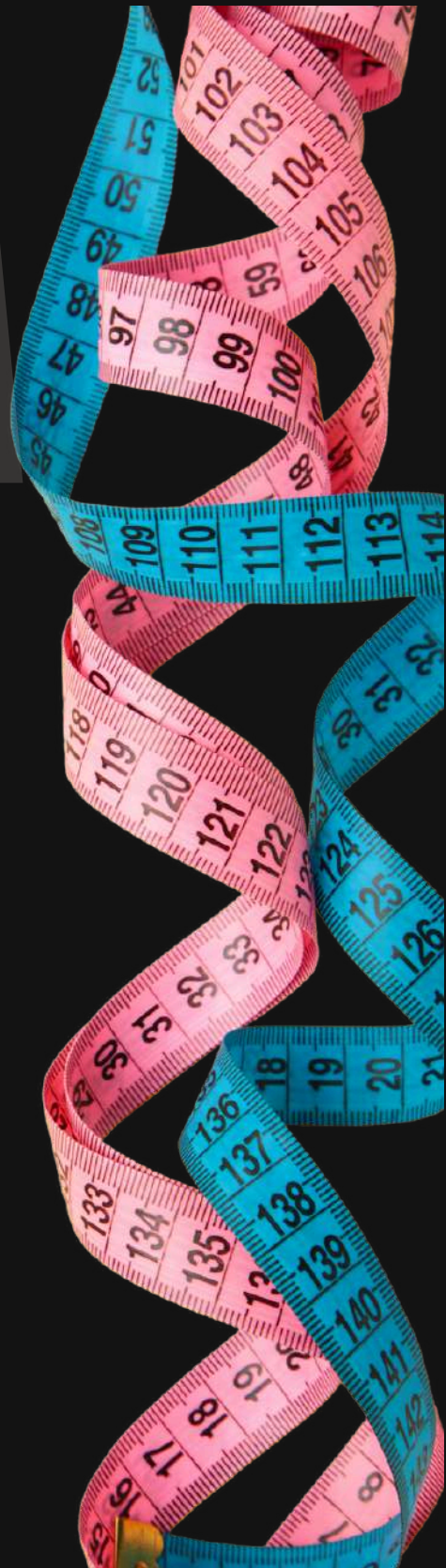


TABLE OF CONTENTS

06

SAMPLE MEAL PLANS AND LOW-CALORIE RECIPES

Explore simple meal plans and recipes for your HCG diet.

07

FREQUENTLY ASKED QUESTIONS (FAQS)

Answers to common questions about the HCG diet and protocol.

08

COMMON MISTAKES TO AVOID

Avoid common pitfalls that could slow your progress on the HCG diet.

09

INSPIRATION

Real results from people who followed the HCG Diet Injections Protocol.

10

CONCLUSION, NOTES, RESOURCES

Your Journey Begins!





HEY, AMY HERE

If you've tried countless diets with little success, you're not alone.

Many of us get stuck in a frustrating cycle of losing and regaining weight, often feeling overwhelmed by strict, unrealistic plans. That's where the HCG diet stands out. It's simple, effective, and helps you shed weight without constant hunger or exhaustion.

This guide is for those ready to start fresh, offering everything you need to know about the HCG diet without overwhelming you. Together, we'll explore how the diet works, what you need to begin, and practical steps to succeed.

Let's take that first step toward lasting weight loss and a healthier you.

Amy xoxo

LET'S DO IT!



INSPIRATION

**PROGRESS IS NOT
ACHIEVED BY *luck*
OR ACCIDENT, BUT
BY WORKING ON
YOURSELF *daily.***

NOV 2016

INSPIRATION

FEB 2019

CHAPTER



NUMBER 1

INTRODUCTION TO THE HCG DIET

1 PAGE

LET'S
DIVE IN

WHAT YOU WILL LEARN

Discover the origins of the HCG diet, how it works to promote effective fat loss, and why it has become a popular choice for weight management today.

INTRODUCTION TO THE HCG DIET

**Welcome to the start of your journey
with the HCG Diet!**

Dr. A.T.W. Simeons, a British physician, first introduced the concept of the HCG diet in the 1950s. He discovered that Human Chorionic Gonadotropin (HCG), a hormone naturally produced during pregnancy, could be used to help people lose weight by mobilizing stored fat for energy.

His findings were documented in his book, Pounds and Inches, which became the foundation for the HCG diet protocol.

The diet gained renewed popularity in the early 2000s when Kevin Trudeau, a well-known author and TV personality, promoted it extensively in his book, The Weight Loss Cure.

This brought the HCG diet into the spotlight for a new generation. Even Dr. Oz discussed the HCG diet on his show, contributing to its widespread attention.

The HCG diet is more than just a low-calorie diet; it leverages the body's natural processes to achieve effective fat loss while preserving lean muscle. By combining HCG with a very low-calorie diet (VLCD), individuals can lose weight without feeling excessively hungry or experiencing significant muscle loss.

Dr. Simeons' unique approach to weight loss through hormone regulation made the HCG diet stand out from other weight loss methods of its time, and it continues to do so today.



CHAPTER



NUMBER 2

HOW THE HCG DIET WORKS

3 PAGES

LET'S
DO IT

WHAT YOU WILL LEARN

Understand how the HCG hormone targets fat, regulates appetite, and preserves muscle, while exploring why rigorous exercise is minimized during the diet.



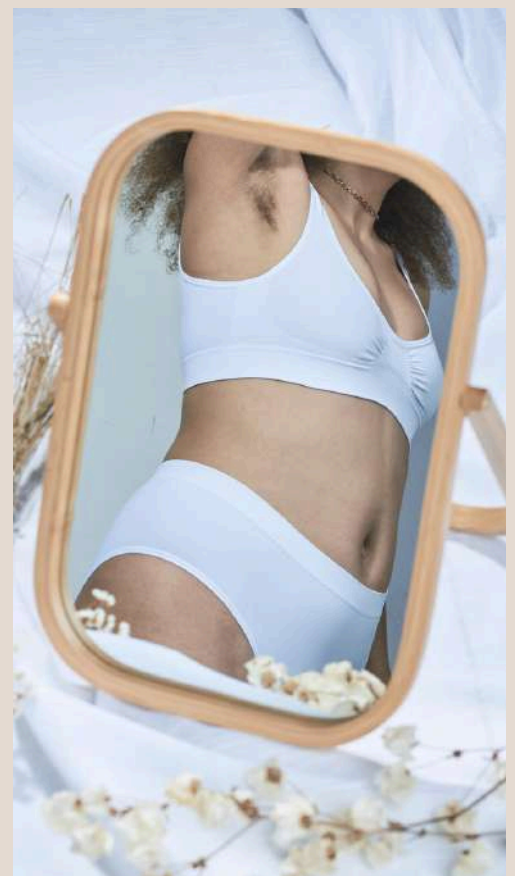
HOW THE HCG DIET WORKS

The Role of HCG in Weight Loss

The HCG diet revolves around the use of the Human Chorionic Gonadotropin hormone to aid in weight loss. But what exactly does HCG do?

- **Mobilizes Stored Fat:** HCG targets the stubborn fat stored in problem areas—like the abdomen, thighs, and hips—making it accessible for the body to use as energy. This is why many people experience rapid fat loss in those areas.
- **Preserves Muscle Mass:** Unlike other diets, the HCG diet prevents the body from breaking down muscle tissue. This is important because maintaining lean muscle mass helps keep metabolism stable and ensures that most of the weight loss comes from fat.

The key is combining HCG with a very low-calorie diet (VLCD) of 500-800 calories per day. The HCG helps the body transition smoothly into fat-burning mode without feeling deprived or exhausted.



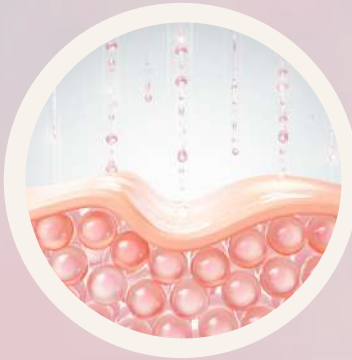
ROLE OF THE HYPOTHALAMUS

HCG is believed to interact with the hypothalamus to influence several key processes:



APPETITE SUPPRESSION

HCG may interact with the hypothalamus to reduce feelings of hunger, making it easier to adhere to a very low-calorie diet (VLCD).



FAT MOBILIZATION

It's suggested that HCG signals the hypothalamus to mobilize stored fat, making it available for energy use.



METABOLIC REGULATION

Some theories propose that HCG alters the body's metabolism through hypothalamic interaction, potentially encouraging the use of stored fat for energy while maintaining a normal basal metabolic rate despite the low-calorie intake.



HYPOTHALAMIC RESET

Dr. Simeons theorized that the hormone could "reset" the hypothalamus, potentially normalizing metabolism for long-term weight management.



FAT BURNING WITHOUT MUSCLE LOSS

The HCG diet targets fat, not muscle, even under significant caloric deficits. HCG directs the body to utilize stored fat for energy, preserving lean muscle mass. This process helps maintain metabolic rate and strength, reducing the likelihood of regaining weight. By preserving muscle, the HCG diet allows for significant fat loss without sacrificing muscle tone or strength.

EFFICIENT WEIGHT LOSS WITH MINIMAL HUNGER

The HCG protocol achieves rapid weight loss while minimizing hunger sensations. Unlike traditional low-calorie diets, HCG activates your body's fat-burning mechanisms to release stored nutrients, providing over 2000 calories daily from fat stores. This supplements the 500 calories consumed through food, allowing most dieters to experience minimal hunger after the first few days.

EXERCISE ON THE HCG DIET

During the HCG diet's low-calorie phase, avoid rigorous exercise to prevent exhaustion or even collapse. Stick to light activities:

- **Opt for Mild Activities:** Limit exercise to gentle activities like walking, which should not exceed 15 minutes to maintain a healthy circulation without overexertion.
- **Flexibility Workouts:** Engage in light yoga or stretching to keep muscles toned without excessive strain.
- **Avoid Intense Exercises:** Steer clear of heavy aerobics and weight lifting, as these can disrupt the hormonal balance and success of the diet.

CHAPTER



STRUCTURE
OF THE HCG
DIET

Phases

NUMBER 3

THE PHASES OF THE HCG DIET

4 PAGES

LET'S
DIVE IN

WHAT YOU WILL LEARN

Learn how each phase of the HCG diet works and what steps you need to take for successful weight loss.

THE PHASES OF THE HCG DIET

The HCG diet protocol consists of distinct phases, each playing a crucial role in your weight loss journey. Understanding these phases is essential for success on the diet.

01

PHASE 1: LOADING PHASE - DURATION: 2 DAYS

The loading phase, also known as the "gorging" phase, prepares your body for the low-calorie diet to come.

Start taking HCG on the first day and continue daily.

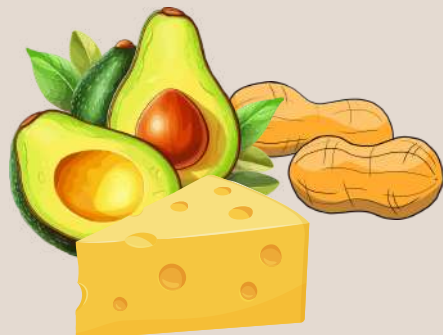
Purpose:

This phase helps build up fat reserves that will be used during the low-calorie phase, reducing initial hunger and making the transition easier.

Key Points:

- Eat as much high-fat food as possible
- Focus on fatty foods like:
 - Avocados
 - Nuts
 - Cheese
 - Fatty meats
 - Butter and oils
- Aim to gain 2-3 pounds during this phase

While loading with high-fat foods, avoid excessive sugary items and focus on natural fatty foods instead.



THE PHASES OF THE HCG DIET

The HCG diet protocol consists of distinct phases, each playing a crucial role in your weight loss journey. Understanding these phases is essential for success on the diet.

02



PHASE 2: VERY LOW CALORIE DIET (VLCD) DURATION: 30-60 DAYS (DEPENDING ON WEIGHT LOSS GOALS)

This is the main weight loss phase of the diet. **Continue daily HCG administration.**

Key Points:

- Restrict calorie intake to 500-800 calories per day
- Follow a specific list of allowed foods:
 - 100 grams of lean protein (chicken breast, white fish, lean beef)
 - Two servings of vegetables
 - Two small fruits
 - Two Melba toasts or grissini breadsticks
- Drink at least 2 liters of water daily (0.5 gal)
- Avoid all oils, fats, and sugars

Allowed Beverages:

- Water
- Coffee (black)
- Tea (unsweetened)
- Apple cider vinegar (1-2 tbsp per day)

Important Notes:

- Weigh yourself daily
- Expect to lose 0.5 to 1 pound per day on average
- Do not exercise intensively during this phase
- If weight loss stalls for 4 days, you may do an "apple day" (see FAQs for details)



03

PHASE 3: STABILIZATION PHASE

DURATION: 3 WEEKS

This phase helps to stabilize your metabolism for long-term maintenance. **HCG is NOT taken during this phase.**

Key Points:

- Gradually increase calorie intake
- Avoid sugar and starches
- Introduce healthy fats back into your diet
- Continue weighing yourself daily
- Maintain weight within 2 pounds of your last injection day weight

Foods to Avoid:

- Sugar in any form (including honey, agave, etc.)
- Starches (bread, pasta, rice, potatoes)
- High-sugar fruits

Foods to Introduce:

- Eggs
- Full-fat dairy
- Nuts and seeds
- Avocados
- Olive oil and coconut oil

If your weight fluctuates more than 2 pounds:

1. Perform a "Steak Day":
 - Skip breakfast and lunch
 - For dinner, eat a large steak with an apple or tomato

HCG DIET PHASES

PHASE 4:

MAINTENANCE

DURATION: ONGOING

This is your new lifestyle phase to maintain your weight loss. HCG is **NOT** taken during this phase.

Key Points:

- Gradually reintroduce all food groups
- Continue to avoid refined sugars and processed foods
- Monitor your weight regularly
- If weight gain occurs, return to Phase 3 eating for a day or two

Tips for Success:

- Focus on whole, unprocessed foods
- Continue to drink plenty of water
- Introduce regular exercise
- Be mindful of portion sizes

Remember, the success of the HCG diet relies on strictly following each phase. Deviating from the protocol can impact your results and potentially lead to regaining weight.



YOU??

PERSEVERANCE

FORTITUDE

DETERMINATION

PERSISTENCE

TENACITY

RESILIENCE

CHAPTER



NUMBER 4

**GETTING STARTED:
WHAT DO YOU NEED?**

3 PAGES

LET'S
DO IT

WHAT YOU WILL LEARN

Learn how to gather the right supplies, prepare your environment,
and set yourself up for success on the HCG diet.

GETTING STARTED YOUR HCG JOURNEY

ESSENTIAL SUPPLIES

Before beginning the HCG protocol, ensure you have all necessary components:



BASIC REQUIREMENTS

- Digital scale for weighing yourself
- Food scale (measures in grams)
- Digital thermometer
- Water bottle (2-liter capacity)
- Food diary or tracking app

HCG KIT COMPONENTS

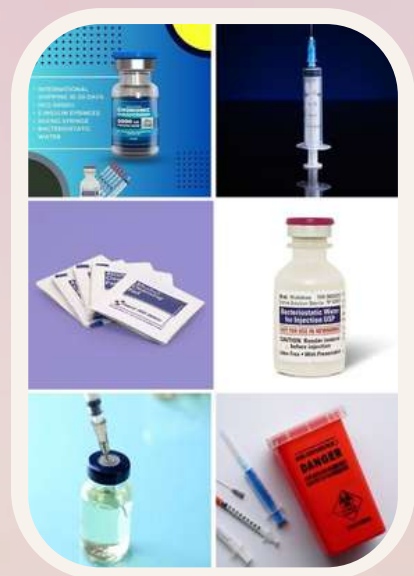
- Medical-grade HCG (5,000 IU or 10,000 IU)
- Bacteriostatic water (30ml vial)
- 10ml Sterile glass mixing vial (amber preferred)
- Large mixing syringe (30cc or 40cc) with long needle
- Alcohol prep pads or just rubbing alcohol with gauze

ADMINISTRATION SUPPLIES

- Daily injection syringes (either option):
 - For subcutaneous: 29g-33g x ½" insulin syringes
 - For intramuscular: 25g-30g x 1" syringes
- Extra needles for changing after drawing HCG
- Sharps disposal container

SUPPORT MATERIALS:

- Protocol guide
- Food diary
- Meal planner
- Weight tracking chart





PREPARING YOUR ENVIRONMENT

KITCHEN SETUP

- Clear pantry of prohibited foods
- Stock allowed foods:
 - Lean proteins
 - Approved vegetables
 - Permitted fruits
- Organize meal prep containers
- Setup and familiarize with food scale

STORAGE REQUIREMENTS

- Refrigerator space for mixed HCG
- Clean, dry area for supplies
- Cool, dark place (or fridge) for unmixed HCG



Clear your kitchen of all sugary and starchy foods, including hidden sources in condiments and processed items. Stock up on organic proteins and produce when possible, and prepare portion containers in advance. Your food scale should measure in both grams and ounces for accurate 100-gram (3.5 oz) protein portions.

Store mixed HCG in the refrigerator between 36-46°F where it stays potent for up to 30-40 days. Never freeze HCG. Keep unmixed HCG powder at room temperature (59-86°F) away from light and moisture, or keeping it in the fridge is also possible.

USAHCG.COM

HCG DIET KITS

THE HCG DIET KITS PROVIDE ALL NECESSARY SUPPLIES FOR THE HCG PROTOCOL

- ✓ Highly Purified Human Chorionic Gonadotropin (5,000 IU)
- ✓ Mixing and administration supplies
- ✓ E-Book & Food Planner

Our kits are designed for home use, eliminating the need for frequent clinic visits.

They contain everything required to start and maintain the HCG diet regimen. For more information or to purchase a kit, visit www.usahcg.com.

VISIT PAGE

RELATED PRODUCTS



FREE
SHIPPING
OPTIONS!



CHAPTER



NUMBER 5

HCG MIXING & INJECTION GUIDE

5 PAGES

LET'S
DIVE IN

WHAT YOU WILL LEARN

Learn how to prepare the daily HCG
injections .

STEP BY STEP HCG MIXING & INJECTION GUIDE



IMPORTANT NOTES BEFORE STARTING

- **Never freeze HCG vials** - store unmixed vials in dark drawer or refrigerator.
- Once mixed, HCG must **stay refrigerated** at all times except for daily injection.
- **Mix only** the amount you intend to use within 30-40 days.
- Minimize time mixed solution stays at room temperature.
- All mixing must be done with the large 3ml syringe and 1.5" needle - daily injections use insulin syringes.
- Daily dosage ranges from **125-200 IU** - **more is not better** and may decrease effectiveness. Recommend to **start with 150 IU** daily shots.
- Keep all supplies sterile and **secure from children**.
- **Note: 1ml = 1cc**



REQUIRED SUPPLIES

- **HCG vial 5000 IU** (rubber-topped), Appearance: spongy white tablet at bottom of vial.
- **Bacteriostatic water** (10-30ml)
- 10ml **sterile mixing vial**
- 3ml **mixing syringe** with detachable 1.5" needle
- **1ml daily injection (insulin) syringes with ½" needle length** (29-31 gauge), best to have markings from 10-100
- Alcohol swabs, or use **gauze with rubbing alcohol**.



[USAHCG.COM kits include essential mixing supplies and starter insulin syringes. Customers can conveniently order additional insulin syringes and other items as needed from Amazon through these links:](#)

[SYRINGES](#)

[BACTERIOSTATIC WATER](#)

[STERILE MIXING VIALS](#)

STEP BY STEP HCG MIXING & INJECTION GUIDE



1. PREPARE WORK AREA

- **Clean** surface with alcohol
- **Wash hands** thoroughly
- Gather all supplies (see previous page)



2. DISCARD SODIUM CHLORIDE AMPULE

- The sodium chloride solution included with your HCG is meant for single-dose use only.
- Bacteriostatic water is required instead for maintaining sterility during multiple daily doses over several weeks.
- You can safely discard this vial.



3. PREPARE VIALS

- **Remove plastic cover** from HCG vial to expose rubber top
- **Clean** all rubber tops with alcohol
- HCG vial
- Mixing vial
- Bacteriostatic water bottle

STEP BY STEP HCG MIXING & INJECTION GUIDE



4. PREPARE LARGE SYRINGE

- Attach 1.5" needle to 3ml syringe
- This longer needle is essential for reaching the bottom of vials



5. CREATE SPACE IN HCG VIAL

- Using 3ml syringe with needle attached: **Draw out 1ml of air** from HCG vial
- Remove needle **while holding** plunger
- This creates space for mixing water



6. FIRST DILUTION

Using same 3ml syringe with 1.5" needle:

- **Draw 1ml bacteriostatic water** (turn bottle upside down while doing it)
- Insert drawn water **into HCG vial** through rubber top
- Inject slowly
- **Swirl gently** to dissolve (don't shake)

STEP BY STEP HCG MIXING & INJECTION GUIDE



7. TRANSFER TO MIXING VIAL

Using same 3ml syringe with 1.5" needle:

- **Draw entire 1ml of solution** from HCG vial (no need to turn vial since needle is long enough to reach bottom)
- Insert needle into sterile 10ml mixing vial
- Press plunger until all of the solution was added



8. ADD BACTERIOSTATIC WATER

Initial dilution **resulted in 1ml in your mixing vial** - now add:

- 125 IU/day: Add 7 ml more bact. water (total 8 ml).
- 150 IU/day: Add 5.70 ml more (total 6.70 ml).
- 175 IU/day: Add 7.60 ml more (total 8.60 ml).
- 200 IU/day: Add 6.5 ml more (total 7.5 ml).

-
- 125 IU/day → **0.2 ml** per injection → 40 days (5,000 IU ÷ 125 IU).
 - 150 IU/day → **0.2 ml** per injection → 33 days (5,000 IU ÷ 150 IU).
 - 175 IU/day → **0.3 ml** per injection → 28 days (5,000 IU ÷ 175 IU).
 - 200 IU/day → **0.3 ml** per injection → 25 days (5,000 IU ÷ 200 IU).

** 0.2/0.3ml = 20/30 on a 1ml insulin syringe with markings 10-100

125 IU/DAY
0.2ml

150 IU/DAY
0.2ml

175 IU/DAY
0.3ml

200 IU/DAY
0.3ml

DURATION:
40 DAYS

DURATION:
33 DAYS

DURATION:
28 DAYS

DURATION:
25 DAYS

NOTES: 1ML = 1CC

THESE MIXING RATIOS WORK FOR A 5.000 IU HCG VIAL. USING 10.000 IU VIALS IS NOT RECOMMENDED FOR INDIVIDUAL USE, SINCE THE MIXED SOLUTION MAY EXPIRE BEFORE THE COURSE WAS COMPLETED.

STEP BY STEP HCG MIXING & INJECTION GUIDE



9. BEFORE STARTING

- Plan to inject at same time each day
- Have sharps disposal container ready



10. PREPARE DAILY SHOT

- Use insulin syringe (not mixing syringe)
- Clean mixing vial top with alcohol
- Turn vial upside down
- Draw 0.2ml/0.3ml (20/30 units on insulin syringe)
- Avoid air bubbles



11. INJECTION

- Clean injection site with alcohol pad or gauze, let dry completely
- Pinch fat area between fingers
- Insert needle almost perpendicular
- Press plunger slowly
- Return HCG to refrigerator immediately
- Rotate injection sites daily
- Dispose used syringe in sharps container

INSPIRATION

STAY FOCUSED ON YOUR OWN

unique

JOURNEY AND CELEBRATE YOUR



progress.



INSPIRATION

CHAPTER



NUMBER 6

**SAMPLE MEAL PLANS AND
LOW-CALORIE RECIPES**

3 PAGES

LET'S
DO IT

WHAT YOU WILL LEARN

Explore simple meal plans and recipes for your HCG diet.
Download our free recipe e-book to discover more delicious
protocol-approved meals.



PHASE 2 SAMPLE MENUS AND RECIPES

Daily Food Allowance

- 2 portions of 100g/3.5oz lean protein
- 2 portions of vegetable
- 2 small fruits
- Optional: 2 Melba toast/grissini breadsticks

Sample Menu 1

- Breakfast: Half grapefruit
- Lunch: 100g grilled chicken with lettuce salad, 1 Melba toast
- Snack: 6 strawberries
- Dinner: 100g white fish with spinach, 1 breadstick

Sample Menu 2

- Breakfast: Orange
- Lunch: 100g chicken with cabbage slaw
- Snack: Apple
- Dinner: 100g lean beef with tomato and asparagus

Quick Recipe Ideas

CHICKEN SLAW:

- 100g chicken breast
- Fresh cabbage, shredded
- Apple cider vinegar
- Seasonings to taste

SEASONED FISH:

- 100g white fish
- Fresh lemon juice
- Herbs and spices
- Grilled or baked without oil

Sample Menu 3

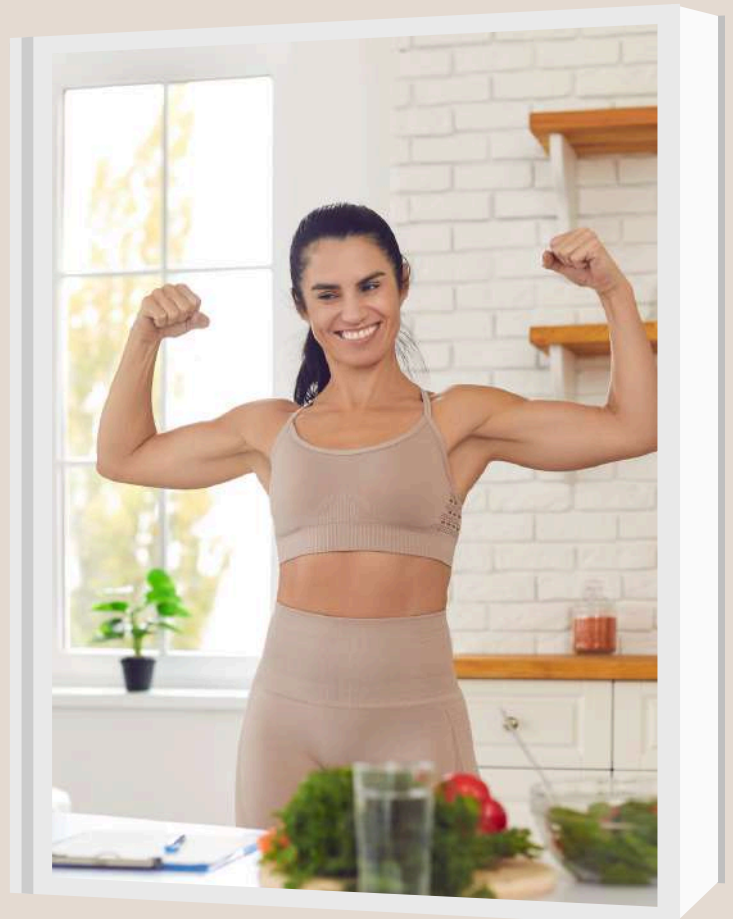
- Breakfast: Half grapefruit
- Lunch: 100g shrimp with asparagus, 1 Melba toast
- Snack: Apple
- Dinner: 100g lean ground beef with tomato salad, 1 breadstick



PHASE 2 SAMPLE MENUS AND RECIPES

TIPS FOR SUCCESS

- Drink plenty of tea and water between meals
- Use apple cider vinegar in dressings for flavor
- Keep pre-measured proteins ready in freezer
- Use food scale for accurate portions
- Season foods well with allowed spices
- Divide protein portions throughout day if needed
- Keep allowed snacks ready for hunger moments
- Pre-cook meats and store in portions
- Make flavored water with lemon/orange
- Use stevia if sweetener needed



PHASE 2 SAMPLE MENUS AND RECIPES

ADDITIONAL TIPS & SEASONINGS



FLAVOR ENHANCERS:

- **Apple cider vinegar** with "mother"
- Fresh herbs (basil, parsley, cilantro)
- **Bragg's aminos** instead of soy sauce
- **Organic spices** without additives:
 - Cayenne pepper
 - Garlic powder
 - Onion powder
 - Black pepper
 - Cumin
 - Paprika

UNIQUE TIPS:

- **Crush Melba toast** for "breading" texture
- Use **tea varieties** for different flavors
- **Grill proteins** in foil packets for moisture
- Chill oranges for dessert-like treat
- Make **cabbage "rice"** for variety
- Save **lemon/orange zest** for seasoning

DOWNLOAD FREE EBOOK



CHAPTER



NUMBER 7

FREQUENTLY ASKED QUESTIONS

3 PAGES

LET'S
DIVE IN

WHAT YOU WILL LEARN

Get answers to common questions about the HCG diet protocol to ensure your success on this weight loss journey.

FREQUENTLY ASKED QUESTIONS

Get answers to common questions about
the HCG diet protocol.

Weight Loss Questions:

- **How much weight can I expect to lose?**
 - Most people lose 0.5 to 1 pound daily during Phase 2
 - Individual results may vary
 - Weight loss can be faster in first week
- **Will I feel hungry on 500 calories?**
 - HCG helps mobilize stored fat for energy
 - Most report minimal hunger after first few days
 - Loading phase helps reduce initial hunger
- **Can I exercise while on protocol?**
 - Light walking is permitted
 - Avoid strenuous exercise in Phase 2
 - Normal exercise can resume in Phase 3
- **What if I hit a plateau?**
 - It's normal to have 4-6 day plateaus
 - Can do "apple day" after 4 days of no loss
 - Weight loss usually resumes naturally
 - Continue protocol as directed
 - Will I lose muscle on 500 calories?
 - HCG protects muscle tissue
 - Protocol targets abnormal fat
 - Structural and normal fat are preserved





FREQUENTLY ASKED QUESTIONS

Medical Questions:

- **Can diabetics do this protocol?**
 - Yes, with doctor supervision
 - Many report improved blood sugar levels
 - Monitor glucose levels closely
 - May need medication adjustment
- **What about thyroid conditions?**
 - Consult doctor first
 - Can continue thyroid medication
 - May need dose adjustments
 - Monitor symptoms carefully
- **Can I take my regular medications?**
 - Most medications can be continued
 - Check with healthcare provider
 - Birth control pills are permitted
 - Avoid hormone replacements
- **Are there any side effects?**
 - Mild headache first few days possible
 - Temporary fatigue during adjustment
 - Most side effects resolve quickly
 - Report unusual symptoms to doctor
- **Do I need doctor supervision to start?**
 - Recommended but not required
 - Important if you have health conditions
 - Have blood work done if possible
 - Inform your doctor of the protocol
- **Is HCG safe during menstruation?**
 - Protocol can continue during cycle
 - Weight loss may slow temporarily
 - No need to stop HCG injections
 - Track measurements instead of weight
- **Can I do this protocol with high blood pressure?**
 - Many report improved blood pressure
 - Monitor readings regularly
 - Continue prescribed medications
 - Inform healthcare provider



FREQUENTLY ASKED QUESTIONS

Protocol Questions:

- **What foods are allowed/not allowed?**
 - Lean proteins: chicken breast, white fish, lean beef
 - Select vegetables: spinach, tomatoes, lettuce, celery
 - Limited fruits: apple, orange, strawberries, grapefruit
 - No oils, sugars, or starches permitted
- **How do I handle social situations?**
 - Plan ahead for events
 - Bring protocol-approved foods
 - Eat before social gatherings
 - Stay hydrated with water
- **What if I accidentally cheat?**
 - Return to protocol immediately
 - Don't try to compensate by eating less
 - Continue normal HCG dosage
 - May see temporary weight fluctuation
- **How long is a typical round?**
 - est. 30 -60 days (min/max protocol length)
 - can be slightly increased if severe obese
- **How long should I wait between rounds?**
 - Minimum 3 weeks after Phase 2
 - 6 weeks after first round
 - 8 weeks after second round
 - Longer breaks for subsequent rounds
- **How long is a typical round?**
 - how much weight you need to lose:
 -
 - For 15 pounds or less: 23-day protocol
 - For more than 15 pounds: 40-43 day protocol
 - Maximum weight loss per round: 34 pounds (some may achieve 40 pounds if very obese)

CHAPTER



NUMBER 8

**COMMON MISTAKES
TO AVOID**

2 PAGES

LET'S
DO IT

WHAT YOU WILL LEARN

Learn about potential pitfalls that could hinder your success on the HCG diet.

COMMON MISTAKES TO AVOID

HCG Diet Foods to Eat - Phase 1: Loading		
HEALTHY FATS	DAIRY	CARBOHYDRATE
<ul style="list-style-type: none"> avocado nuts (eg almonds, walnuts) extra virgin olive, flaxseed oil olive oil coconut oil atty fish (eg mackerel) ut butter dark chocolate 	<ul style="list-style-type: none"> Whole milk Full fat yogurt Full fat cottage cheese (cheesecake) Full fat cottage cheese Heavy cream Butter Full fat sour cream Full fat cream cheese Whipped cream 	<ul style="list-style-type: none"> Spaghetti White rice Baguette Round loaf bread Crackers Bagels Panels into the baguette Bruschetta Cheese (high sugar varieties) Pastries (danishes, buns, etc.) Cookies (assorted types) Biscuits Flour (flour or cream pie) Muffins Pie (apple or cream pie) Pretzels Tortillas Pasta (fusilli or tubetti)
PROTEINS	SWEETS	
<ul style="list-style-type: none"> Shrimp steak Dark shrimp Salmon Chicken thighs (with skin) Ground beef (80/20 fat) Beefsteak (80/20 fat) Jackfruit Dark shrimp Salmon steak (steak) Scallops 	<ul style="list-style-type: none"> Ice cream (vanilla flavor) Chocolate bars Cakes (baked or frozen) Cookies (assorted types) Brownies Pie (apple or cream pie) Pudding cups Candy (assorted varieties) Milkshakes or chocolate spreads Gourmet desserts 	

HCG Diet Foods to Avoid - Phase 1: Loading		
LEAN PROTEINS	LOW-SUGAR FRUITS	VEGETABLES
<ul style="list-style-type: none"> Lean beef Lean chicken Lean fish Lean pork Lean turkey Lean venison Lean lamb Lean goat Lean bison Lean elk Lean moose Lean caribou Lean reindeer Lean muskox Lean bison Lean elk Lean moose Lean caribou Lean reindeer Lean muskox 	<ul style="list-style-type: none"> Berries Kiwi Papaya Cantaloupe Watermelon Melon Apricots Peaches Plums Sour cherries 	<ul style="list-style-type: none"> Spinach Lettuce (varieties like Romaine or leaf lettuce) Cucumbers Celery Pepperoni Red peppers (green, red, or yellow) Broccoli Cauliflower Zucchini Tomatoes Green Beans Mushrooms Radishes Kale
BEVERAGES	WHOLE GRAINS	
<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> White Bread 	

FOLLOWING THE PROTOCOL

- **Changing the Diet:**
 - Do not alter or substitute foods
 - Each food was specifically chosen for a reason
 - Seemingly innocent swaps can stall progress
 - Even "healthy" alternatives can disrupt weight loss
- **Inaccurate Measurements:**
 - Weigh all proteins raw (100g/3.5oz)
 - Use a digital scale, not estimation
 - Measure all portions precisely
 - Even small errors add up
- **Skipping Loading Days:**
 - Loading is essential, not optional
 - Focus on fatty foods, not sugary ones
 - Proper loading prevents early hunger
 - Full loading helps mobilize fat stores

HCG ADMINISTRATION

- **Improper Mixing:**
 - Follow mixing instructions precisely
 - Use correct dilution ratio for your dosage
 - Improper concentration affects results
 - Keep track of storage time
- **Inconsistent Timing:**
 - Take HCG at same time daily
 - Schedule meal times consistently
 - Skip one day per week on longer protocols
 - Be precise with 72-hour transition to Phase 3



COMMON MISTAKES TO AVOID

HIDDEN SABOTEURS



- **Cosmetics and Toiletries:**
 - Avoid oil-based products completely
 - Check ingredients in makeup
 - Switch to oil-free moisturizers
 - Be cautious with lotions and sunscreens
- **Hidden Ingredients:**
 - Watch for added sugars in medicines
 - Check spice blends for additives
 - Beware of "sugar-free" products with other sweeteners
 - Read ingredient labels carefully
- **Neglecting Phase 3:**
 - Phase 3 is crucial for long-term success
 - Must be followed for full 21 days
 - No sugar or starch during this period
 - Daily weighing is essential

NOTES:

Oils applied to the skin are absorbed into the bloodstream, which can interfere with how the HCG mobilizes fat stores. Even small amounts of oils from cosmetics and toiletries can slow weight loss or cause unexpected gains during the protocol. Using oil-free alternatives ensures consistent results.

CHAPTER



NUMBER 9

INSPIRATION

2 PAGES

LET'S
DIVE IN

WHAT YOU WILL LEARN

Transform your body and life - see real results from people who followed the HCG Diet Injections Protocol.

INSPIRATION



Inspirational **JOURNEYS**





CONCLUSION: YOUR HCG JOURNEY BEGINS

The HCG protocol can offer a path to significant weight loss when followed correctly. By combining the power of HCG with the low-calorie diet, you can achieve remarkable results that may have seemed impossible with other methods.

IMPORTANT HEALTH CONSIDERATIONS

Before starting, please note that the HCG protocol is not suitable for:

- Pregnant or nursing women
- Children under 18
- Those with active cancer
- Individuals with severe heart conditions

While many health conditions actually improve during the protocol, always consult with your healthcare provider before beginning, especially if you have existing medical concerns.



GET READY! YOUR NEXT STEPS



1. ORDER YOUR KIT

Visit USAHCG.com to purchase your complete HCG kit

2. PREPARE YOUR ENVIRONMENT

Stock up on approved foods and supplies

3. SET YOUR START DATE

Choose a time when you can fully commit

4. PLAN YOUR LOADING DAYS

Prepare for your first two high-fat days

5. FOLLOW THE PROTOCOL EXACTLY

Remember that strict adherence brings the best results



FINAL TIPS FOR SUCCESS

- Keep this guide handy for reference
- Weigh yourself daily at the same time
- Take regular progress photos
- Celebrate each milestone
- Remember that thousands have successfully transformed their bodies and health with this protocol

Download

FREE RESOURCES

CLICK & DOWNLOAD EACH PDF - PRINT IF NEEDED



01

'POUNDS & INCHES'

THE ORIGINAL HCG DIET PROTOCOL
BY DR. A.T.W. SIMEONS

02

HCG DIET FOOD PLANNER

WHAT TO EAT AND WHAT TO AVOID

03

LOW CALORIE RECIPES

EASY TO FOLLOW RECIPES AND
PREPARATION GUIDE

Thank you **FOR READING**

**CONGRATULATIONS ON COMPLETING THIS STEP
TOWARDS REDEFINING YOUR LIFE!**



AMY SUMMERS
NUTRITIONIST
AUTHOR

COPYRIGHT © 2024 BY AMY SUMMERS. ALL RIGHTS RESERVED.

NO PART OF THIS PUBLICATION MAY BE REPRODUCED, DISTRIBUTED, OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, INCLUDING PHOTOCOPYING, RECORDING, OR OTHER ELECTRONIC OR MECHANICAL METHODS, WITHOUT THE PRIOR WRITTEN PERMISSION OF THE PUBLISHER, EXCEPT IN THE CASE OF BRIEF QUOTATIONS EMBODIED IN CRITICAL REVIEWS AND CERTAIN OTHER NONCOMMERCIAL USES PERMITTED BY COPYRIGHT LAW. FOR PERMISSION REQUESTS, CONTACT ME AT: AMYSMRS@PROTON.ME

**WWW.USAHCG.COM
@USAHCGCOM**

[illegible]

Enjoy the process