**500 Calorie Plan**

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**The HCG Diet**

This is an explanation of the HCG diet as it was originally set forth by Dr. Simeons, and also the current thought on how the diet may work in different circumstances. We will bring you through the process from start to finish, so that you have an excellent idea of how to complete this program.

**Using the HCG Diet**

The recommended dosage of HCG is 10 drops, 3 times daily. It is best not to eat or drink anything for fifteen minutes before or after taking a dose of HCG, and you should apply the drops under your tongue and wait at least fifteen seconds before swallowing. Generally people take their first dose of HCG when they wake up, and wait six to eight hours between each dose, or simply divide doses in 3 applications. You should keep the dropper clean and store the bottle in a cool dry place, or the fridge if you prefer.

It is important to weigh yourself every morning to track your progress, and it is best to weigh yourself under the same circumstances each day. If you weigh yourself after you have emptied your bladder one day, then you should continue to do so. It is also generally preferred to weigh in before eating breakfast. You should avoid weighing yourself throughout the day as weight fluctuates constantly and is affected by many factors. The most accurate account of your weight loss will come from consistently weighing yourself at the same time each day. You should also be getting seven to eight hours of sleep each night to be well rested and less likely to feel the need for extra food.

**Days 1-3**

For the first three days of taking the HCG drops you must basically stuff yourself with fatty foods, eating to capacity. This is in order to make sure your fat stores are sufficient to complete the diet effectively. If this step is not taken, you are likely to feel tired or hungry during the diet whereas having completed it you should feel fine throughout. You should eat frequently of highly concentrated foods such as milk chocolate; pastries with whipped cream sugar; fried meats, particularly pork; eggs and bacon; mayonnaise;bread with thick butter and jam; etc. This “gorging” period can become uncomfortable, but it is necessary for the effectiveness of the program.

**Days 4-23, or 4-40**

At this point you should be on a diet of 500 calories a day. If you wish to lose more than 15 pounds this period will last 36 days, if you wish to lose less than 15 pounds it will be for 20 days. The diet as laid out by Dr. Simeons is as follows:

**Breakfast**: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or other sweeteners may be used.

**Lunch**: One each of the following

1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken must be removed from the bird.

2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.

3. One breadstick (grissino) or one Melba toast.

4. An apple or an orange or a handful of strawberries or one-half grapefruit.

**Dinner**: The same four choices as lunch.

These meals may be seasoned, but only within the following restrictions. The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing. Though there is no salt restriction, it should roughly be the same amount everyday as a sudden increase in salt can result in weight gain. If beef is used as the chosen meat, it should not contain marbling as it is impossible to cut off that type of fat, but rather leaner beef is preferred. Otherwise, it is best to stick to the other meat choices.

For the choice of an apple it is best to eat only one, despite relative size, as two smaller apples do contain more calories than one larger one. As for the chicken breast, you must realize that this means only chicken, not another fowl, and only the breast, not the wings or thighs.

It is highly recommended that you obtain an accurate kitchen scale with which to weigh your meat as accuracy does count. No matter what you may rationalize as allowable, it is best to see the above restrictions as exact. In fact, it is even suggested, especially at the beginning of the diet, that you check the list of allowable foods and amounts often, perhaps even making a checklist to make sure you don`t accidently use the same component twice.

You are only allowed to drink water, coffee, or tea with artificial sweeteners while on HCG. Actually, it is expected that you should be drinking 2 liters of water a day in order to remain hydrated and to avoid retaining water. Drinking too much coffee without water can be harmful as coffee can act as a diuretic and therefore dehydrate you. Maintaining proper hydration is very important for the success of this diet and should be maintained at all times.

**Possible Substitutions**

There are some possible substitutions available to those who can’t or won’t eat what is on the above list, but they are few and could affect your weight loss. For instance, in rare cases you may substitute one whole egg and three egg whites, poached or boiled, or otherwise cooked without additives, for a serving of meat. The only cheese allowed is cottage cheese made from skimmed milk, 100 grams of which could also be substituted for the meat.

Vegetarians may still use HCG, simply substitute 500 ml (roughly 17 oz) of milk or curds as their protein base. However, vegetarians tend to lose less overall because of the sugar content in milk. Dr. Simeons did not create a vegan diet for HCG, though sticking to his rule of 500 calories with 200 grams of fat-free protein and a small amount of starch should give similar results. However, all foods not listed on the above list might have different compositions that can adversely affect the diet and cause weight loss to be slower, or less effective.

You may also split your meals to eat more consistently throughout the day, for instance you can save an apple in order to have it before you go to bed, or keep a breadstick for an afternoon snack. However, meals cannot be separated in order to have an extra breadstick for dinner, all meal sizes are the maximum amount you should be eating at one time. If ever you feel that you are full enough that you do not need to eat everything allowable for the day that is fine as well.

**Other Restrictions**

Cosmetics containing fats and oils can have an adverse affect on the HCG diet as your skin will absorb and metabolize a portion of these ingredients. Though this is less important than dietary requirements, if you notice that you are not losing as much as expected, or even experience weight gain during the diet, it may be your cosmetics, shampoos and other beauty products which are the cause.

**Exercise**

While exercise is not necessary or recommended while on the HCG diet it can be allowable. The most allowable instance when exercise can be used with HCG is when you have exercised regularly before the diet you can continue the same amount of exercise while using HCG. It is not recommended that you begin an exercise regimen in conjunction with the HCG diet, as this can cause you to burn more calories than your body is used to while at the same time eating much less. Even when continuing a regimen begun well before using HCG, people sometimes are hungrier than they would be with a less active lifestyle. Some people recommend that if you do exercise you should be eating 1000-calories a day, but it is best to attempt the 500-calorie diet at first, and change this if you are finding yourself too hungry. If after a week of taking HCG, and this includes the binge period, you find yourself unusually hungry it might be advisable to somewhat increase your diet. One way to increase your diet is to add an extra apple, 150 grams of meat, or two or three extra breadsticks. If you are particularly concerned about diet options, or are unsure of the proper amount based on your activity level, it is always best to consult a physician.

Some people, towards the end of the program, experience muscular fatigue. This means that though they experience no shortness of breath or exhaustion, they feel as if their muscles are working harder to accomplish the same task. According to Dr. Simeons this is because, in those who have lost a lot of weight, their muscles are now too long for their now thinner limbs as they no longer have to reach past the excess fat. This causes the muscles to need to contract more in order to move the limb, and therefore takes more energy. This problem should resolve itself soon after the end of treatment as the muscles adjust.

***Some Initial Reactions***

If you experience headaches in the first few days of the diet, this is normal and should resolve itself soon. As the body fat liquefies toxins are released into the bloodstream, and this could cause headaches or a queasy feeling, but as you continue the diet eating more simple foods these symptoms should disappear. In fact, you should sleep better, wake up rested, and have renewed energy within the first week.

You should not repeat this low 500 calorie diet for at least 6 weeks. Preferably, begin the 1200 calorie Fat Burner Diet and add more protein, additional fruits and vegetables, and an exercise routine.

Wishing you much success on your journey to a healthier weight, renewed energy, and a happier life.

The Staff @ Slimagin.com

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