



# Guidelines for the HCG cure

# General

- Prevent interruptions of the HCG cure.
- Eat like you are used to during the first 2 days. Because the hungry feeling doesn't disappear until after taking the third tablet you can keep following your normal food pattern during the first 2 days. After the last day of using the HCG supplement you do need to follow the diet for 2 days until all active substances have completely left your body.
- Plan the cure in such a way that you have as little tempting dinners and social obligations involving lots of food as possible.
- Ensure enough exercise and fresh air
- Eat/drink sour fruit during the evening of day 2 (about 3 pieces) so the intestines will take off the slags
- Drink enough water and/or herbal tea; about 2 litres per day.
- Start the morning by drinking a large glass of water.
- Eat biological: Although not obligated according to the official HCG cure protocol, biological food is seen as a sensible approach and it's said that it simplifies the cure and improves the results.
- During the HCG cure, avoid all food supplements containing sugars or fat. Such as, for example, fish oil but also cough syrup and throat lozenges.
- Take a daily dose of multi-vitamins.
- Take a daily dose of calcium tablets.
- Tip: a visit to the sauna stimulates the effect of the cure.

# Diet during the HCG cure

## Breakfast

Start with drinking a glass of water, perhaps with a tablespoon of fresh lemon juice in it.

Lemon juice starts the intestines and is favourable for the fat breakdown.

Coffee or tea without sugar (sweetener is allowed, soberly), without coffee milk or milk powder (one tablespoon of normal milk is allowed per day).

In principal, breakfast is not necessary during the HCG cure. If you feel very faint, eat an apple or an orange.

## Lunch

100 grams of chicken fillet, turkey fillet, beef, white fish (tilapia, pangash, sole, cod, plaice, monk fish, coalfish), crab, shrimps, lobster, muscles or oysters. You can prepare this to your own taste but without the use of butter, margarine, oil, etc.

If you prefer using a cold lunch you can choose 100 gram of grilled roast beef, ham, smoked beef or smoked chicken fillet/turkey fillet.

If wanted, the meat or fish can be replaced by one whole egg or 2 eggs without the egg yolk.

All meat- and fish varieties that are not mentioned above are not allowed during this diet.

Further you can eat unlimited vegetables. For vegetables you can choose all leaf vegetables, all sorts of cabbages, tomato, bean sprouts, celery, fennel, onion, radish, asparagus, cucumber, broccoli, cauliflower, chicory, artichokes, rhubarb, blanching celery, garlic and Spanish peppers.

Mushrooms and paprika's and beets are allowed but keep in mind that you can retain more water and they can make you hungrier.

All vegetables need to be fresh or deepfreeze, so not from a can or tin.

Marrow, eggplant, carrots, corn and all pulse crops are not allowed during this diet.

To prepare your lunch you can use fresh lemon juice, vinegar, salt, pepper, paprika, nutmeg, chervil, garlic and fresh herbs.

Don't use fat to prepare your meals. To prepare meat, use the micro-wave, grill, oven or a non-stick pan. If wanted you can add a teaspoon of bouillon and some water.

## Dinner

For dinner you can choose from the same products as lunch.

Try, not just for your health but also to make the diet easier to follow, to vary allot.

## Snacks

As a snack you can eat two apples and/or oranges, two breadsticks (or rice cakes or Melba toast) and two cups of fat-free bouillon per day.

If you are very hungry you can eat slices of cucumber or radish, bits of cauliflower, paprika, celery and tomatoes. This will not influence your diet.

## Drinking

Coffee, tea, mineral water. You must drink a minimum of two litres per day to clean your body.

## Not to be used during the HCG diet

Salmon, tuna, herring, mackerel, eel, all dried and sweetened fish and sour fish.

# Recipes

## Apple day and dewatering soup

Follow an apple-day or make a dewatering soup when no weight loss has taken place during more than 3 following days.

### Apple-day

Eat, divided over one day, a total of 6 green apples. Hereby, the fat -metabolism is broken through and the weight will continue to decrease.

### Dewatering soup

Eat this during lunch and dinner when you feel like you are retaining water.

#### Ingredients

- 6 onions
- 3 tomatoes
- 2 paprika' s
- 6 stalks of blanching celery
- 1 bundle of celery
- 1 white cabbage
- Bean sprouts ( possibly)
- Pepper, oregano, thyme, basil, bay leaf and/or other fresh herbs at taste
- **NO** salt

#### Preparation

Wash the vegetables and cut them into pieces. Bring to a boil in enough water and let it soak for an hour. Season with the herbs. If wanted, the soup can be mashed. The combination of vegetables breaks down the fat as a result of which you can use the soup unlimitedly.



## Stuffed paprika's

### Ingredients

- 100 grams of meat cuts
- Paprika' s
- Half an onion
- Garlic
- Pepper, salt and basil

### Preparation

Mash the meat cuts and mix it with the snipped onion, garlic, pepper, salt and basil. Cut the tip of the paprika' s and hole them out. Fill the paprika' s with the meat mixture.

Cook the gilled paprika' s in the oven in about 45 minutes at 180 degrees Celsius.

## Grilled steak with blanched cauliflower and broccoli

### Ingredients

- 100 grams of steak
- 75 grams of broccoli, only the rosettes
- 75 grams of cauliflower, only the rosettes
- 1 tablespoon of chicken stock ( fat-free)
- Pepper, salt and nutmeg

### Preparation

Season the steak with a bit of salt and pepper. Grill the steak (or bake in a non-stick pan). Place a row of broccoli and a row of cauliflower rosettes in a micro-wave bowl. Sprinkle the stock on it, cover the plate with plastic foil and pinch some holes in it. Prepare the broccoli and the cauliflower in the micro-wave at full power for 5-6 minutes until al dente. Season with pepper, salt and nutmeg.



## Roast beef with spicy cucumber salad

### Ingredients

- 100 grams of grilled roast beef
- Half a cucumber
- 1 tablespoon of lemon juice
- Half a teaspoon of sambal ( only Conimex sambal oelek is allowed)
- Salt and Pepper
- A few strips of red paprika

### Preparation

Roll the slices of roast beef and put them on a plate. Grade the cucumber, put the graded cucumber in a strainer and put a bit of salt on them. Let the bitter moisture from the cucumber drain in about 10 minutes. Mix the cucumber with the lemon juice and the sambal. Garnish the salad with the strips of paprika. Serve the salad with the roast beef.

## Stir-fried steak

### Ingredients

- 100 grams of steak
- 1 cloth of garlic
- Half a teaspoon of sambal ( or fresh Spanish peppers)
- Stir-fry vegetables of choice
- Salt and Pepper

### Preparation

Cut the steak in strips and bake them in the wok during about 5 minutes with the garlic, sambal, salt and pepper. Add the vegetables and stir-fry until all is done.

Several stir-fry meals can be created this way by replacing the steak with for instance, chicken fillet or fish and by constantly choosing different stir-fry vegetables and fresh herbs to your own taste.



## Cooked chicken fillet with Turkish salad

### Ingredients

- 100 grams of chicken fillet
- (Chicken)stock ( fat-free)
- 1 large cluster tomato, without the seeds, cut into small cubes
- 1 red paprika, without the seeds, cut into small cubes
- 1 red pepper, without the seeds, cut into small rings
- 1 small onion, finely chopped
- Half a tablespoon of finely chopped parsley
- 5 leaves of mint, finely chopped
- Half a tablespoon of lemon juice
- Salt and pepper
- Large leaves of ( iceberg) lettuce

### Preparation

Boil the chicken fillet in a pan with the stock until done. Mix the cut tomato, paprika, red pepper and the onion together in a bowl. Add parsley, mint and lemon juice. Season the salad with salt and pepper and serve on the lettuce-leaves.

## Hamburgers

### Ingredients

- 100 grams of low-fat beef
- Garlic
- Minced herbs ( small amount)

### Preparation

Mix the garlic and/or minced herbs through the beef. If wanted, add a finely chopped onion, paprika or Spanish pepper. Make hamburgers out of the minced mixture and prepare them on the grill.

Delicious with a salad or grilled vegetables.





## Chicken or shrimp skewers

### Ingredients

- 100 grams of chicken or shrimp
- 1 small onion
- 1 cluster tomato
- Half a paprika
- Fresh lemon juice
- Fresh herbs to your taste

### Preparation

Cut the onion, tomato and paprika into large bits. Put pieces of chicken or the shrimps with the pieces of onion, tomato and paprika on the skewers. Season with herbs of choice and lemon juice. Grill the skewers for about 10 minutes.

Also nice to go on the barbecue!

## Fish fillet with baked tomatoes

### Ingredients

- 100 grams of fish fillets of choice ( choose from the allowed varieties of fish mentioned before)
- Tomatoes
- Lemon juice
- Salt and Pepper

### Preparation

Sprinkle lemon juice over the fish fillet and season with a bit of salt and pepper. If wanted, use some extra herbs to your taste. Wrap the fish in tinfoil and let it cook in the oven in about 30 minutes. Meanwhile, shortly bake the tomatoes in a non-stick frying pan (without butter or oil) shortly on both sides with a bit of salt and pepper. Serve the tomatoes with the fish fillet.



## Vegetable omelette

### Ingredients

- 1 whole egg and 2 eggs without the egg yoke
- Half an onion
- 1 tomato
- Half a paprika
- Fresh Spanish pepper at taste
- Fresh herbs at taste
- Salt and pepper

### Preparation

Cut the onion, tomato, paprika and Spanish pepper into small pieces. Mix the vegetables with the eggs and season with the fresh herbs and pepper and salt. Fry the omelette in a non-stick pan and serve with slices of cucumber or a small salad.

Variation tip: use a different vegetable through the omelette. A stir-fry vegetables mixture also tastes very good!

Also make a delicious meal-salad with chicken or shrimps, or what about meatballs (prepared the same as the hamburgers) in a delicious sauce of fresh tomato with herbs to your taste?

# VARY AND ENJOY!



# Stabilization period

As Dr. Simeons points out it will take about 3 weeks for your weight to stabilize after the HCG diet.

During these 3 weeks, often referred to as the “stabilization period” it is very important to follow the guidelines for low-carbohydrate nutrition. You can extend this period, without problems, and to gain an optimal result, to 6 weeks.

Slowly extend your food pattern. Your body is no longer used to eating a lot and will therefore be satisfied with about 900 calories the first couple of days. You can slowly extend this by using an extra potato, a bit more low-fat meat, more vegetables etc.

## General tips:

- Drink enough water
- Walk an hour per day
- Eat 2 (organic) apples and an (organic) grapefruit per day.
- Use 2 teaspoons of cold-pressed, extra virgin coconut oil per day.
- Use apple-vinegar every day (also available in capsules).
- Drink organic green tea (such as Wu Long tea) and organic chamomile tea.
- Sleep 7 to 8 hours per night.
- Use a good breakfast.
- Try to eat something 6 times per day. This is better than 3 large meals.
- Use probiotics (for example in Yakult, etc).
- Use multi-vitamins
- Use vitamin E
- Use fish oil
- Add hot peppers to your food
- Add cinnamon to your food
- Eat a salad with lunch and dinner
- Follow a fruit day/apple day if the weight of the last diet day has risen with more than 3 kilo. During a fruit day eat 6 green apples or oranges (or three of each) divided over the day.

# Low-carbohydrate nutrition

## What is low-carbohydrate nutrition?

Low-carbohydrate nutrition is based on low-calorie nutrition. You can almost eat normal again; however, fewer calories than you were used to before the cure.

## The principles of low-calorie nutrition

In order to lose body-weight we must not lose muscles or water, but fat. This can only be done by either eating less calories or by burning more calories. Of course, a combination of both will give the best result.

To keep functioning optimal and stay healthy, your nutrition should keep containing all nutritional substances your body needs. Your body needs proteins, fat and carbohydrates, as well as enough vitamins and minerals.

However, there are food products that do not or hardly contain these substances and provide a lot of calories.

These substances are:

- Sugar and sugar-containing products such as candy, cookies, pastry, fresh drinks, lemonade, sweet bread fillings, chocolate and such.
- Fats and high-fat products such as butter, margarine, oil, cooking products, mayonnaise, sauces, cream, nuts, fat meats, fat meat-and fish varieties, nuts, fried products, snacks and such.
- Alcohol and products containing alcohol.

In a calorie-limited nutrition we try to eat both less and different: so as little as possible of the products we actually do not need.

In many cases we can use alternative products:

- Sugar can mostly be replaced by sweeteners and fresh drinks are often also available in a 'light' version.
- As sweet bread filling one can choose light-jam or fresh fruit. However, savory bread filling is recommended.
- Butter and margarine can be replaced by low-fat margarine or cold-pressed coconut-oil.
- Fat meats, pâté, sausage (spread) etc can be replaced by low-fat meats and low-fat pâté.
- Regular cheese can be replaced by less fat cheese: instead of 48+ there is also 20+ and 30+ cheese or Edam cheese.
- The gravy can be made with less butter. You can also grill or roast meat.

In your diet it's the intention that the amount of carbohydrates is also limited to prevent increase in weight. 'Carbohydrates' is a collective term for starch and sugars.

This can mostly be found in three groups of food products:

1. Bread and bread substitutes such as biscuit rusk, crackers, gingerbread, rye bread, French bread, toast, pap, currant bread, muesli etc.
2. Potatoes and potato substitutes such as rice, macaroni, spaghetti, noodles, rice-noodles, pulse crops, bread etc.
3. Fruit and fruit juices.

Low-carbohydrate nutrition doesn't mean you are no longer allowed to use the above mentioned products but that you limit the use of them. A "normal" nutrition contains about 200-300 grams of carbohydrates per day; low-carbohydrate nutrition contains around 100 grams of carbohydrates per day.

Tips in order to maintain the diet more easily

- It's important that you don't skip any meals and divide your food as regularly over the day as possible. Hereby you will less quickly have the tendency to eat the so-called 'wrong products' (a piece of cheese, a cookie, a handful of nuts, etc).
- Whole meal products make you feel full more quickly than the "white" products. Besides, these products stimulate the intestines whereby they help to prevent congestion.
- Preparation methods whereby little to no butter or oil is needed: grilling, cooking, poaching, stewing, barbecuing, steaming, microwave-oven, cooking with a Teflon-pan, etc.  
In short, numerous possibilities!
- The volume of the meals can be enlarged by for example using two types of vegetables instead of one. You can also eat extra raw vegetables with your meals, for example, in the form of a tomato and cucumber on top of the low-fat bread filling or a salad to go with the meal. There are instant-dressings for sale that don't contain any fat.
- If you are very hungry you can use slices of cucumber, radish, pieces of cauliflower, strips of paprika, stalks of blanching celery, tomatoes, daikon, gherkins, silver onions and vegetables in sour.
- You must drink enough; a minimum of 1.5 liters per day, because the waste products that are released during weight loss will otherwise enter your body too concentrated. Headache can be a result of this.

You can freely use the following drinks:

- Tea or coffee without sugar, possibly with skinny milk and sweetener
- Source water, Mineral water, possibly added with lemon juice for flavouring
- Skinny bouillon, home-made and de-greased, or from a cube.
- Light fresh drinks
- Vegetable juice, tomato juice

A modest use of sweeteners is allowed. Never exceed the amount that is pointed out on the package of these products and a general rule is: the fewer the better. Sorbitol and Fructose, or diet products these substances are processed in are less suitable for use in a weight-loss diet because these substances also provide calories. Therefore limit the use of these products as much as possible.

# Example of low-carbohydrate nutrition (about 900-1100 calories)

## Breakfast

- 1 slice of bread or replacement and 1 cracker covered with (diet) low-fat margarine and covered with 2 slices of low-fat bread filling.
- Tea or coffee without sugar.

## Lunch

- 2 slices of bread or replacement covered with (diet) low-fat margarine and covered with 2 slices of low-fat bread filling.
- If wanted, a portion of raw vegetables without oil or mayonnaise.
- Tea or coffee without sugar
- A glass of low-fat milk, butter milk or skinny yoghurt without sugar.

## Snack

- Tea or coffee without sugar
- A portion of fruit.

## Dinner

- If wanted, a cup of de-greased stock
- A piece of low-fat meat (100-150 grams), fish or chicken.
- Low-fat gravy or sauce.
- A portion of raw vegetables without oil or mayonnaise.
- A portion of vegetables without butter or sauce.
- 1 or 2 potatoes or replacement.

## Dessert

- A portion of fruit.

## During the evening

- Tea or coffee without sugar
- A glass of low-fat milk, butter milk or low-fat yoghurt without sugar.

# Variation during the stabilization period

To bring variation into your nutrition, you can decide what to eat with the help of the lists below. Pay attention, the amounts are also mentioned. With a carbohydrate-limitation it is important that you follow the bread variations, potato variations and fruit variations very accurately.

## Bread variations

Instead of one slice of bread you can take:

- 2 pieces of crisp bread or crackers
- 2 biscuit rusks
- 1 slice of rye bread
- 3 slices of French bread
- 4 Melba toasts
- 1 slice of gingerbread
- 1 slice of currant bread without almond-paste
- 2 small matzos or 1 large one
- 150 ml of pap made from low-fat milk with a binder
- 150 ml of low-fat yoghurt with 2 tablespoons of unsweetened muesli

## Low-fat bread filling

For low-fat bread filling and cheese about 15 grams per slice are calculated

Low-fat meats are:

- Roast beef/smoked beef
- Unlarded liver
- Low-fat fricandeau
- Tartar
- Low-fat ham/low-fat shoulder-ham/raw ham
- Boiled tongue
- Collared chicken or turkey

## Cheese variations:

- 20+ or 30+ cheese (spread)
- Edam cheese
- light Boursin, light Paturain
- Cottage cheese
- Camembert, brie ( no cream brie)
- Parmesan cheese



### Other bread filling:

- A boiled egg now and then
- Jam without added sugar
- Fresh fruit such as strawberries, slices of apple
- Sandwich-spread
- Low-fat curd-cheese with herbs

### Low-fat meat, fish or chicken

From a nutritional point of view, 50-100 grams per day is enough

#### Low-fat meat varieties:

- Low-fat beef
- Low-fat minced meat
- Steak, steak tartar
- Roast beef
- Fillet of beef, pork tenderloin
- Low-fat veal
- Pork oyster
- Liver

#### Low-fat fish varieties:

- Cod, coal fish fillet
- Haddock
- Plaice
- Sole
- Tuna ( fresh or in water)
- Shrimps
- Crab, lobster
- Muscles/marling

#### Low-fat varieties of wild and poultry:

- Chicken or turkey, without skin or edges of fat
- All parts of chicken or turkey, collared
- Rabbit, hare, deer, pheasant, partridge etc.

## Gravy and sauces

Just as with stock, it's possible to scope off the clotted fat layer off the cold gravy. You can make a fat-free sauce by binding low-fat gravy or stock with, for example, wheat or binder. You can season the sauce with herbs, spices and flavorings such as tomato-puree, onions, paprika, curry-powder, garlic, peppers etc.

For baking meat and fish you can apply this rule: 1/10 part of the weight of the meat, fish or chicken of butter and margarine is enough to bake in. That means that you can bake 100 grams of meat in 10 grams of butter or margarine. Low-fat margarine contains too much water to use as a baking product.

## Vegetables

All varieties of vegetables are allowed, fresh as well as deepfreeze and from can or tin. It is recommendable to use a portion of raw as well as a portion of cooked vegetables every day. The raw vegetable, salad or raw vegetables can be flavored with an instant-dressing without oil.

## Potato replacements

Instead of 1 potato you can use:

- 1 slice of bread
- 3 tablespoons of cooked rice = 1 tablespoon of uncooked rice
- 3 tablespoons of cooked Chinese noodles, spaghetti, macaroni = two tablespoons uncooked
- 200 grams of cooked pulse crops = 50 grams uncooked
- 300 ml of pea soup or brown bean soup
- 100 grams of corn

You can use a portion of baked potatoes or French fries once every 14 days, however, no more than the agreed amount. Using pre-baked oven fries is recommendable.

## Milk products

It is important that you use milk products on a daily basis (because of the proteins, calcium and vitamins). For this you can choose from:

- Low-fat milk or skinny milk ( possibly with cocoa powder and sweetener)
- Butter milk
- Skinny yoghurt without sugar ( possibly with sweetener)

## Fruit

1 piece of fruit means:

- 1 apple, orange, grapefruit or pear
- 10 grapes
- Half a banana
- 3 prunes or apricots
- 2 peaches
- 450 grams of melon
- 300 grams of strawberries
- 150 grams of cherries, berries
- 2 mandarins
- 2 slices of fresh pineapple

## Products that are free to use are

- Coffee and tea without sugar ( possibly with low-fat coffee-milk)
- Source water, mineral water, light fresh drinks
- De-greased stock
- Tomato juice, vegetable juice
- Raw vegetables with de-greased dressing

# Tips after the cure

Did you reach your target weight? Then of course you want to keep this weight!

Good nutrition is necessary for our health. These simple tips will help make it easier for you to keep your health and weight:

- Don't go grocery-shopping on an empty stomach and don't buy more than you need. It is recommendable to make a grocery-list in advance. Buy as little candy and snacks as possible.
- Divide your meals regularly throughout the day. By eating something every 3 or 4 hours there is no time for that nagging hungry feeling. Do not skip any meals!
- Try to eat slowly. If you eat slowly, take small bites and chew well, you will be satisfied faster.
- It is recommendable to eat at a regular place, for example at the dining table and not in front of the TV. While eating don't do anything else, such as reading or watching TV, but concentrate on the food, taste and enjoy it.
- Try to snack as little as possible while cooking and only take one portion.
- Alcohol provides a lot of energy. Wine for example, contains sugars from the grapes and alcohol. Both provide calories. Besides, alcohol often makes you feel hungry. It is not necessary to leave all alcoholic drinks but use them soberly.
- Weigh yourself once a week, in the morning.
- Try to move a minimum of half an hour every day. While exercising, your energy-use will be increased. Choose exercise you like and can keep up for a while, for example, firm walking, cycling or swimming.
- Fresh air and enough sleep are very good for both body and mind.
- Don't reward yourself with food but for example with a nice movie, good book or an afternoon of shopping.

# Tips for eating out

- Eat slowly and enjoy
- When you are going out to eat with an empty stomach chances are you are going to eat too much, therefore don't skip any meals in advance and moreover, eat something small (piece of fruit, bowl of yoghurt, slice of crisp bread) before you go out.
- Try to decide what to eat while you are at home.
- Maintain the portion sizes from home as much as possible.
- Don't eat too much French bread and don't cover it with (herb) butter.
- Don't order any coated meals. Suitable preparation methods are grilling, stewing or from the oven.
- Ask if it's possible to serve the sauce separately or ask to serve it without sauce. Choose red sauces, these contain less energy than the cream sauces.
- All vegetables and also raw vegetables are a good choice.
- Drink mostly water, light fresh drinks, tea or coffee and limit to 1 glass of alcohol.



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