

*"Nothing tastes as good as The Skinny feels"*



# QUICK START GUIDE

[www.theskinnyhcg.com](http://www.theskinnyhcg.com)



## PHASE 1

### Days 1 - 2 LOAD DAYS

- Drops: Take the HCG as prescribed. Drops should be administered three times per day; morning afternoon and evening. Be sure to hold the HCG under the tongue for at least 15 seconds, then swallow. Do not eat or drink anything for at least 15 minutes before or after taking HCG.
- Drink: 1/2 - 1 gallon of water per day
- Food: Gorge yourself; eat as much as your stomach can handle. You can eat anything you want during this period. Foods high in fat and calories are encouraged. Have your favorite fatty, sugary, starchy, yummy foods. Be in a constant state of "STUFFED" for two days. This phase is very important - your body is preparing itself by storing fats to be used as fuel during the very low calorie diet.



## PHASE 2

### Day 3 and onward VLCD

*\*for best results the diet must be followed precisely\**

- Every morning, after you urinate and have a bowel movement, weigh yourself without clothes on. Keep a daily record of your weight.
- Keep taking your HCG as directed.
- Continue to drink 1 gallon of water every daily.

Be sure to take before and after pictures, you'll be impressed.

- Follow the eating schedule that follows:

#### BREAKFAST

Drink as much water, herbal tea, or coffee. Some choose to consume their fruit intake at this time.

#### LUNCH and DINNER

Eat one serving of the following protein weighed at 3.5 oz:

Lean beef or veal, buffalo, skinless and boneless chicken breast, tilapia, snapper and other lean white fish, lobster, shrimp, crab (Try to get low sodium meats). **NO OTHER PROTEIN** Season your meat with a half of a lemon, white or black pepper, sea salt, garlic, basil, parsley, thyme, marjoram, or any other herb. (no Pre mixed seasonings - they may contain hidden sugars)



You can have any of the following vegetables no more than 2 cups: Spinach, celery, chard, beet greens, lettuce of any kind, tomato's, fennel, any onion, red radishes, cucumbers, asparagus and cabbage. **NO OTHER VEGETABLES** These vegetables can be raw, steamed, grilled, pan roasted or gently boiled.

Use only HCG Approved dressings, apple cider vinegar, pepper, a half a lemon or mustard for dressing.

Drink as much herbal tea or water as you want.

***Absolutely no oils, butter, dressings of any kind.***

You can have 1 serving of any of the following fruits per day: oranges, medium apple, *half* grapefruit or 6-8 strawberries. You can eat these anytime throughout the day before or between meals as a snack.



## DIET DURATION

You should be on the program a minimum of 15 days in order to reset the hypothalamus gland and no longer than 45 days. Take 4 weeks off from HCG, eating a normal amount of calories except for refined sugars and starches. When you are finished with this step you can restart the HCG for another 3-6 weeks, if needed.



## ENDING THE DIET

- When you finish the HCG, stay on the 500 calorie diet for another 2 days as you will still have HCG in your system working for you.
- After those 2 days, you can go back to eating normal calories with the exception of eating refined sugars or starches for 4 weeks.



## PHASE 3

Be aware!! This phase is critical because this is when your body resets your metabolism and hypothalamus for your new body weight. You are supposed to stay within 2 pounds either up or down of your last diet day. If you go above the 2 pounds you are suppose to do what is called a steak day. Eat nothing but a steak as big as you want for dinner. The rest of the day you only drink water. The following day you should be back down under the 2 pound mark. If you go more than 2 pounds under weight, eat a forth meal that day. (still, no sugars and starches)

### DO'S AND DONT'S

- Exercise isn't necessary for the diet to work, but going for a 30 minute daily walk can help a little.
- No excessive exercising, you will get very hungry and fatigued.
- No over the counter meds, unless absolutely necessary.
- Do not skip a meal
- If it's not on this diet sheet, don't eat, drink or chew it.
- No sugars or starches of any kind.
- No over the counter or prescription Medications, (consult your physician or specialist before abstaining from any prescription medications.)
- Do take medications only if needed. ie, Insulin, sugar, blood pressure med's, heart med's, Tylenol, etc.





## HUNGER PAINS

- Mild hunger pains will vary from time to time from person to person and will usually last only for the first couple days of diet. Most will have no problem at all.
- The HCG promotes the mobilization of fat into body fuel which keeps your blood sugar stable throughout the day.
- If you find yourself getting hungry at the same time every day, eat one of your fruits about 30 minutes before the time you find yourself getting hungry each day. This should get rid of your hunger pains. You aren't losing weight or you feel constipated
- Do your HCG as usual throughout the day, drink 1 gallon of water throughout the day and then eat 6 apples throughout the day. No other foods or drinks.



- Remember only weigh yourself under the same circumstances as during your diet, so if you are 2lbs. heavier at 5 in the afternoon, that's okay. It is your morning weight, after you use the restroom, with no clothes that matters. Remember only weigh yourself under the same circumstances as during your diet, so if you are 2 lbs. heavier at 5 in the afternoon, that's ok. It your morning weight, after you use the restroom, with no clothes on that matters.

## DIGITAL SCALE

- Get a digital scale. You will need to weigh yourself every day. When weighing yourself, do it at the same time every day, also it should be under the same circumstances each day. For example, naked, after using the restroom around 8:00am.





## **COSMETICS**

- It is recommended not to use lotions and makeup which has oil in it, while you are on the HCG diet. If you can find makeup and lotions that are not oil based use that. If you don't want to go through the hassle, then don't. Makeup and lotion will not make or break your diet, it just helps.

## **MENSTRUATION (TOM)**

- Ladies, when you are menstruating, it's a matter of personal opinion. The original protocol suggests you quit taking the drops/injections/pellets but to continue eating on Protocol. Personally, I have continued with both although I found my cycle to last a bit longer, I had consistent losses with very little fatigue.

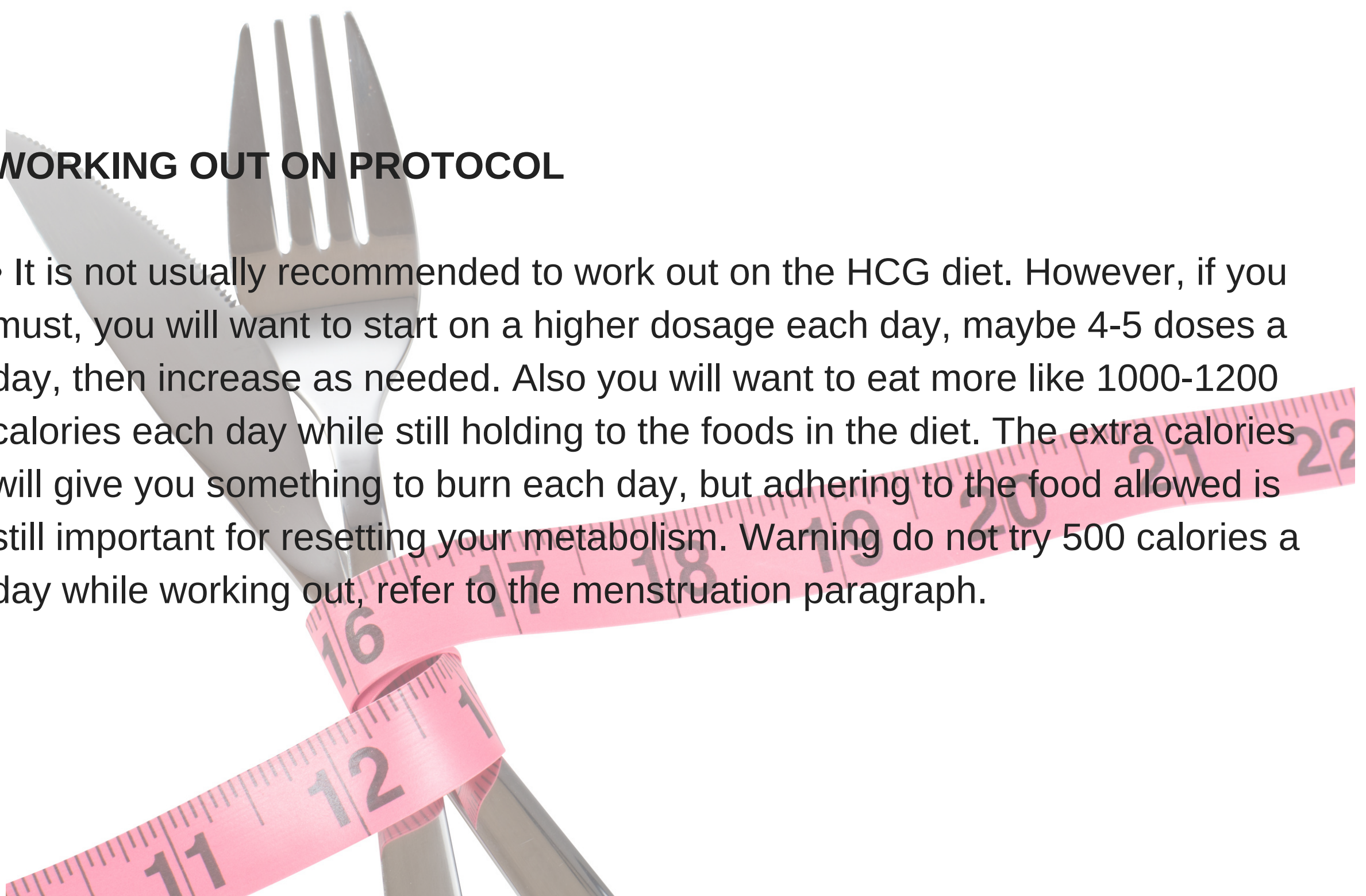
## **DOSES**

- It's important to note that everyone has different tolerances to everything. On average 3 doses a day is usually sufficient to start, but some find that after 2-3 weeks they start getting hungry a little. At this time you may need to add a dose more each day. Some people need up to 6 doses a day. Some continue with 3 doses each day for 40 days straight.

Remember listen to your body, it will tell you what you need. If you plan on going longer than 40 days, buy more HCG you will need to increase your doses to 6-8 times per day just to keep up with it.

## **WORKING OUT ON PROTOCOL**

- It is not usually recommended to work out on the HCG diet. However, if you must, you will want to start on a higher dosage each day, maybe 4-5 doses a day, then increase as needed. Also you will want to eat more like 1000-1200 calories each day while still holding to the foods in the diet. The extra calories will give you something to burn each day, but adhering to the food allowed is still important for resetting your metabolism. Warning do not try 500 calories a day while working out, refer to the menstruation paragraph.





## Getting Started

### SHOP THE ESSENTIALS

- Small food scale and 2 cups measuring spoon or cup - to ensure you eat the right port sizes
- Digital body scale - if you don't already have one be sure to invest a digital one to get an accurate body weight
- Soft measuring tape - track your body measurements and the inches you lose with your measuring tape!
- Weight Journal - Hold yourself accountable with daily weight entries. Write down what you weight daily! This helps you keep track of your progress and a record of gains.
- Support - Take advantage of The Skinny HCG support services. Sign up for coaching services, join the Private Facebook Group or visit [www.theskinnyhcg.com](http://www.theskinnyhcg.com) to complete the support form. You do not have to do this alone.