

The Simeons hCG Weight Loss Plan

The Plan that Absolutely Works!

1) Intro

The **Simeons hCG Weight Loss Plan** is pretty simple once you understand it. The bottom line is that it works and millions of people have used it to lose a lot of weight. But if you don't follow the guidelines closely, you probably won't get the results you were hoping for. People typically lose 10-20 lbs in a short round of the hCG Program (3 weeks) and 15-40 lbs in a long round of the hCG program (6 weeks). Women typically will lose .5 to 1 lb per day. Men typically will lose 1+ pound per day. And, unlike other diets, you will keep the weight off if you follow the rules and continue to live the healthy lifestyle that it teaches you. Plus you will not lose much muscle weight on this program. Your major weight loss will be fat weight loss.

This is called the Simeons hCG Weight Loss Plan because it was founded by Dr. Simeons in the 1950s in Europe and was used for effective weight loss in obese boys back then. Later it was used for the Royalty, and the Rich & Famous for weight loss. Later, it was introduced in the U.S. and took off in a large way in 2007. Dr. Simeons wrote a detailed book about his Weight Loss Plan in the 1950's named "Pounds and Inches". You can google it and read it if you would like to read the original plan. It is very detailed, so beware!!! :-)

This weight loss plan will reset your metabolism from a slow metabolism to a fast metabolism when it is completed. It actually resets your hypothalamus gland (responsible for metabolism) to a high metabolism so that your body will burn food faster and more efficiently at the end of the program.

NEWSFLASH!!

This Weight Loss Plan costs: \$350 to \$800+ in Weight Loss Clinics. **PLEASE DO NOT BREAK THE RULES** to make sure you get the most out of your hard work and investment. **ALSO, we use the genuine name brand pharmaceutical hCG injections. DO NOT USE THE hCG Over-the-Counter DROPS. THEY DO NOT WORK.**

2) Simeons hCG Weight Loss Plan Summary

There are 3 basic phases of the weight loss plan:

Phase 2 or P2, LOSE IT!

Phase 3 or P3, STABILIZE IT!

Phase 4 or P4, LIVE IT!

Where is Phase 1????

There used to be a Phase 1 in the original diet where dieters do some things to prepare for the diet. Phase 1 is typically not done anymore.

Here are the basic 5 steps to the plan:

P2 - Phase 2 – LOSE IT!

(3 weeks or 6 weeks) - NO bad CARBS, NO FAT/OIL, NO SUGAR, TAKE SUPPLEMENTS (Optional), (no exercise or light exercise)

Step 1. 2 Loading Days (eat til you bust/fatty foods) – Inject hCG for 2 days. Eat anything and in any quantities. With a good multi-vitamin and with other optional supplements (stop oily vitamins).

Step 2. 21 Days to 40 Days (or 46 if skipping injection 1 day per week) days Low Calorie Diet (VLCD) – Very Low calorie diet (approx. 500 calories) with hCG injections and with a good multi-vitamin and with other optional supplements (stop oily vitamins). Your body releases 1000 - 1500+ calories of abnormal fat per day for your additional nutrition. The hCG makes this “release” happen.

(The long program is 46 days if you choose to skip an injection each week. This is optional. See more details to follow.)

Step 3. 3 additional days of VLCD/Low Calorie Diet (or 72 hrs after last injection) – Low calorie diet, **no** hCG injections, take supplements (hCG is still in system for 72 hours). It takes 3 days (72 hrs) for the hCG to leave your system.

P3 - Phase 3 – STABILIZE IT!

(3 weeks) - NO SUGAR, NO STARCH, NO bad CARBS (FATS OK, all regular vitamins, regular exercise)

Step 4. 3 Weeks (21 days) Stabilization/Maintenance Phase - No hCG injections, stop diet supplements, take usual vitamins, exercise away!! Approximately 1000-1500 calories per day max. Recommended: Week 1 – 1000 cals, Week 2 – 1200 cals, Week 3 – 1500 cals). You will have a new list of foods to choose from. Be sure to notify your coach when you reach Phase 3, if you need assistance. **PHASE 3 IS THE MOST CRITICAL PART OF THE WEIGHT LOSS PROGRAM.** You are locking in your amazing weight loss during this phase.

P4 - Phase 4 – LIVE IT!

(After your weight loss plan is completed and weight goal is reached) – EATING CLEAN & HEALTHY

Step 5. Once you have reached your weight loss goal and have completed P3, Phase 4 (P4) is the lifestyle, exercise, and nutrition choices you follow for the rest of your life. In P4, you will re-introduce starches and sugars back into your system. You will have learned healthier eating habits on this program and will want to continue many of the same program nutrition choices moving forward. In the long-run, it is best to keep those high carb starches and sugars (bad carbs) to a minimum in your new nutrition and lifestyle. But never deprive yourself of any food, go ahead and have one cheat day, if desired, in a week, then just go back to healthier “clean eating” for the other 6 days.

Optional Repeat Round of P2 and P3

To reach your weight loss goal, you may repeat a round of P2 and P3. You must wait a minimum of 6 weeks in between injections for repeated programs/rounds. This means you must wait at least 3 weeks after you are done with Phase 3 (P3), to begin another round of P2 and P3. **We have this 6 week break to prevent your body from becoming immune to the hCG hormone and it's weight loss effects.**

Just remember, start with Phase 2 (P2) which is 2 load days (with hCG injections), then 21 to 40 Low Calorie Diet (VLCD) days (with hCG injections), then 3 days no hCG with Low Calorie Diet (VLCD). Then move to Phase 3 (P3) Stabilization for 3 weeks. If necessary, after a 3-week break, you may repeat another round of P2 and P3 until you reach your weight loss goal (but, you must wait another 3 weeks before beginning the next P2 round). Then celebrate and maintain your new weight FOR LIFE in Phase 4 (P4)! It's not that difficult at all.

Reminder: This weight loss plan will reset your metabolism from a slow metabolism to a faster metabolism when it is completed. It actually resets your hypothalamus gland (responsible for metabolism) to a higher metabolism so that your body will burn food faster and more efficiently at the end of the program.

The Basic Phase 2 (P2) Low Calorie Diet Program

The Phase 2 (P2) Low Calorie diet plan (VLCD) is pretty simple. Each day you will have:

- 2 servings of protein, 100 grams each (1 per meal)
- 2 servings of vegetables (1 per meal)
- 2 servings of fruit (1 per meal)
- 2 Melba toast or breadsticks (1 per meal)

You are allowed many meats, vegetables, and fruit. But you must ONLY eat the items on the hCG Phase 2 (P2) Food List. There are some other details to follow that you will find in this document. For a complete list of foods, refer to your "Simeons Weight Loss Plan P2 Food List/Shopping List" contained in your kit.

3) Why Use the hCG? What does it do?

Due to very poor eating habits and low-quality foods and additives today, most people have upset their hypothalamus gland and have set their metabolism to a very low metabolism. The hypothalamus gland is one of the major glands, in the brain, responsible for your hunger and metabolic rate (it controls the pituitary, which controls the thyroid gland). When your metabolism is slow, you will store more abnormal fat reserves and will gain weight and many times become overweight or obese. The Simeons hCG Weight Loss Plan resets your hypothalamus to a higher metabolism. After completion of the Simeons hCG Weight Loss Plan, through better eating and weight loss, you will burn food faster and have less cravings for the rest of your life.

The Simeons hCG Weight Loss Plan works in 3 ways:

- a) It resets your hypothalamus gland to a high metabolism so that you will burn fat better after the program. And you won't store as much abnormal fat as you used to. And you will not have the hunger cravings that you had before.
- b) It removes the Abnormal Fat Reserves FIRST, unlike other weight loss programs. And you will not lose muscle as is seen in other diet programs. See types of fat below.
- c) The hCG releases 1000 to 1500+ calories into your system each day from your body fat reserves. (This is why you are not hungry when you are eating a low calorie diet each day)

There are 3 types of fat in your body:

Type 1 - Structural Fat - Fills in the gaps between organs and other areas of body (like a filler to protect the organs, the arteries, keeps the skin smooth and tight (under skin), creates pads under feet that allows us to walk).

Type 2 - Normal Reserve Fat - A normal reserve of fuel that can be easily accessed when we don't get enough to eat.

FUN FACT: If type 1 and 2 fat were packed to capacity in our bodies, we would never be obese.

Type 3 - Abnormal Fat Reserve - This is a reserve of fuel, but unlike the normal fat reserves, it is not available to the body in a nutritional emergency. It is locked away in a fixed deposit and is not kept in a "current account" as is the Normal Fat reserve. It is an accumulation of this type of fat that makes a person overweight or obese. In women, this is the fat in the belly, arms, butt, thighs, face/chin. In men, it is the belly fat, face/chin, etc. The abnormal fat reserves are created from excess consumption of carbohydrate calories in a day. Excess bad carbs create these terrible abnormal fat reserves. Americans consume too many bad carbs. That is why the US is the fattest country in the world. This is due to fast food, processed foods, sweets, and large portions.

When an overweight person tries to reduce by starving themselves (without hCG), they will first lose the normal fat reserves. Next, they will lose the structural fat reserves and sometimes muscle. Then only at a last resort, the body will begin to burn the abnormal fat reserves. The abnormal fat is the LAST to be burned under starving/low caloric conditions.

In other diet plans, without hCG, you will lose normal fat and structural fat first. With the Simeons hCG Weight Loss Plan, the hCG makes you lose the abnormal fat reserves FIRST! This is what the hCG controls. This is why we must have the hCG in our system for this weight loss program. The belly fat is usually the first to go in the Simeons hCG Weight Loss Plan. And on this diet plan, very little muscle weight is lost as in other diet programs. **WOO HOO!!!**

KEY POINT: When you use hCG, you will not be hungry or have cravings (sometimes you are a little hungry only the first few days). Your body will supplement any missing calories and nutrition easily from your abnormal fat reserves. Along with the 500 calorie daily diet, the hCG will release 1500 - 2000 calories of abnormal fat into your system daily. So you are receiving 2000-2500 calories of nutrition per day. The body fat contains loads of vitamins and minerals to nourish you, this is why you are not hungry! In fact, after you complete your program, you will no longer have the strong food cravings that you had in the past and you will have a higher metabolism because you have reset your hypothalamus gland to a higher metabolism. Hence, you will burn your food at a higher rate and not store as much fat as you did in the past. It is critical to follow the 500 calorie diet closely so that the **hCG release** happens as it should. **But, remember, you are not really counting calories, you are measuring portions (3.5 oz meat, 1 portion vegetable, 1 portion fruit, 1 melba toast). It's easy. So don't worry about the calorie counting!**

4) More Phase 2 (P2) and Phase 3 (P3) Info

PHASE 2 / P2 – LOSE IT!

First let's go over how the Simeons hCG Weight Loss Plan works and why you take hCG. The Weight Loss plan consists of three Phases that are equally as important: **Phase 2, Phase 3, and Phase 4.**

Phase (P2) of the Weight Loss Plan is called the "hCG Phase" when you take the hCG product/injections. hCG is taken because evidence shows that it helps keep your hunger down while targeting the abnormal fat storage areas of your body (on men, the stomach area / on women, stomach, arms, butt, thighs). The hCG releases 1000-1500+ calories into your system daily from your fat storage areas. See section titled: "Why Use The hCG?". That section describes the types of fat in your body and how hCG works.

Concurrently while you are taking the hCG, you are on the low-calorie diet (the VLCD). Many people refer to it as the "500 calorie diet" but when in fact it is not 500 calories and in fact **you DO NOT count calories at all.** Counting calories is a pain and really doesn't work too well. The VLCD is simply a choice of foods that you weigh out in the proper amounts so you know you are eating the right portions. During this part you eat **no fat/oil, no sugar, and no starch (no bad carbs, only good carbs).** Even though you are not eating many calories, **you will not be hungry** because your body is taking the remaining calories you need (1000-2000 calories) from your abnormal fat storage areas. hCG helps your body do this. This is called the "hCG fat release". Hence you lose weight!!

(Each day you take hCG, your body releases about 1000-1500+ calories of stored fat. The stored fat, added to the 500 calories per day diet, adds up to 2,000+ calories per day that you are processing. Most individuals will be very satisfied with this number of daily calories. Plus, the stored fat that is being released is full of vitamins, nutrition, and minerals that is also nourishing your body.)

For each meal (lunch and dinner/no breakfast) you choose from a list of foods. You get **one (1) choice of one** protein/meat of 100 grams (3.5 ounces), **one (1) choice of one** vegetable, **one (1) choice of one** fruit, and **one (1)** melba toast OR **one (1)** grissini breadstick. You also drink 2 liters of electrolyte water and spring water per day (64 oz / Smart Water, Trader Joe's, other). You can have any zero-calorie tea or coffee sweetened with pure stevia (NO OTHER ARTIFICIAL SWEETENERS), and you can drink as much of that as you like all day.

Phase 2 (P2) of The *Simeon's Weight Loss Plan* is done in 23 to 40+ days. You can do a short or long program depending upon your weight loss goals. Women will typically lose .5 to 1 lb per day on the program. Men usually lose around 1+ pounds per day.

There are other Phase 2 (P2) guidelines that need to be followed, but that's the basics of Phase 2 (P2) of the Weight Loss Plan. Before you start the program, however, you need your hCG product. We use the hCG injections because they are proven to be the most effective and accurate method of intake and very easy and quick to administer once per day.

At the start of any P2 round you will do 2 "gorge" or "loading" days. (You start your hCG doses/injections on the "loading days"). On the loading days you "load" by eating as much as you can and whatever you'd like (Dr Simeons said: "Eat to capacity"). It is recommended to eat a lot of fatty foods during these 2 days. When you do the load days, this tells your body that you have enough fat to lose and it's OK to start to unlock the storage of fat that you have, so on the upcoming VLCD days you will lose fat and not muscle.

On the start of the third day you begin the VLCD. For breakfast you can have coffee or tea. Then for lunch you have your typical VLCD diet and then do the same for dinner. Or you can also spread out your meals and have your fruit from lunch mid-morning or afternoon. You can spread out your meals, just make sure not to eat more food than is allowed. Some people save their fruit from dinner and have it a little later. And many times, eat their apple from lunch in mid-morning. At this time, you eat no sugar (bad carbs), no starch, and no fat/oils. You can have good carbs such as the fruit that is on the plan and the melba toast/grissini.

You also must drink 2+ liters (64 oz) of electrolyte and spring water per day (Smart Water/Trader Joes). The water helps carry the fat and toxins out of your body, helps you detox, and keeps you hydrated. **THE WATER IS VERY IMPORTANT** so don't skip it. Also, while on this diet, you don't need to exercise. In fact, it usually works better if you don't. You can do light exercise like walking 30 mins per day, swimming, light yoga, or light weights are OK, but beyond that it's really not needed. Many people don't exercise at all and they do great. This plan really doesn't need exercise to be successful. If you exercise, you just do not want to do anything that works up a sweat. You do not want to burn up the low number of calories that you are consuming each day. When you exercise too hard, sometimes your muscles will retain water, which translates to no weight change on the scale or a stall in your weight loss.

In Phase 2 (P2), once you hit your goal weight or your end day (remember not to go past day 40 or 46 if skipping injections) you will stop your hCG product/injections and do 3 more days on the VLCD diet (or 72 hrs after your last injection). You do this to make sure all the hCG product is out of your system before moving to the stabilization phase, Phase 3 (P3). Then after those 3 days you start Phase 3 (P3), the stabilization phase, which is no sugar or starches. You can add fat/oils back into your diet in this phase. And you can mix foods. You can eat larger portions. Plus, you can exercise. You want to start slowly as you raise your portions and calories. In Phase 3 you are eating about 1100-1500 calories per day. In P3, you gradually add calories back into your diet as follows: Week 1 – 1100 cal, Week 2 – 1300 cal, Week 3 – 1500 cal.

PHASE 3 / P3 – STABILIZE IT!

Phase 3 (P3) of the program is called the "Stabilization Phase" (or "Maintenance Phase") which is the 3 weeks immediately after Phase 2 (P2). In Phase 3 (P3) you can eat no starch and no sugar (bad carbs) but you will eat about 1100-1500 calories maximum per day, you can mix the food, and you add fat/oil back into your diet. You want to start slowly as you raise your portions and calories. In P3, you gradually add calories back into your diet as follows: Week 1 – 1100 cal, Week 2 – 1300 cal, Week 3 – 1500 cal. **THIS IS THE MOST CRITICAL PARTS OF THE hCG PROGRAM.** This is where you maintain the weight you just lost in Phase 2 (P2). After Phase 3 (P3) is completed, you can, optionally, do another round of P2/P3. So, although you are limited to 40 days in a row of hCG, you can do as many rounds of P2/P3 as you need to reach your weight loss goal. A round equals Phase 2 (P2) and Phase 3 (P3). So, a round will be 6 weeks (short) or 9 weeks (long). We've seen people lose 200+ pounds and they just do multiple rounds to achieve this. You just can't go past 40 injections in a round because your body could get used to the hCG and it could become less effective. You can add back the oily vitamins and body lotions with oil in Phase 3 (P3). **Also, you must wait 3 weeks between additional rounds of P2/P3 (wait 3 weeks after P3).**

There is a good "**P3toLife**" program that you can purchase on the hcgchica.com website. Many people swear by this program and it makes P3 much easier as it gives you daily step-by-step instructions, recipes,

and strategies to help you stabilize your weight loss that you achieved during Phase 2/P2. Here is the link: <https://p3tolife.com> (Use coupon code: **SAVE** for \$50 off!)

5) Phase 2 (P2) - Daily Vitamin Supplements – (Order before you begin program, if choose to take)

In Phase 2 (P2), while on hCG injections, you don't have to stop your normal vitamin supplements. But you do need to remove any oily supplements like fish oil, vitamin E, etc. The Yerba Mate Tea is packed with vitamins and minerals so be sure to drink one cup each day (morning recommended). It does contain caffeine. It is highly recommended to take a good Whole Food Multi-Vitamin daily (to take during diet and for life). Here is a great Multi-Vitamin to choose:

VITAMIN CODE Whole Food Multi-Vitamin (2-4 per day) (Brand: **Garden of Life**). There are 4 options as follows: *Women, Women 50 & Wiser, Men, Men 50 & Wiser*. Make sure you choose the right one for you.

This **Vitamin Code** multi-vitamin contains all of your raw and whole food essential vitamins plus enzymes and probiotics. The enzymes and probiotics assist greatly with any constipation that may occur while on Phase 2/P2 of this weight loss plan.

Also, you may add the following OPTIONAL supplements (listed below) while you are taking your hCG. They each aid in weight loss. **YOU ARE NOT REQUIRED TO ADD THESE SUPPLEMENTS, THEY ARE OPTIONAL.** **NOTE: During Phase 2, if your muscles begin to ache or cramp, take potassium/magnesium each day. And make sure you are drinking your 64 ounces of electrolyte and spring water.**

You may stop taking the supplements below and go back to all of your usual supplements when you are off of the hCG and in Phase 3 (P3). If you choose to take the suggested supplements below, **Amazon** is a good place to purchase them. They all assist with weight-loss and re-setting your hypothalamus gland. You can also purchase most of them at health food stores or Sprouts or Whole Foods, etc.

- a) **Acetyl-L-Carnitine**, 500 mg per Vcap (1 or 2 per day) (Brand: **NOW**)
- b) **Potassium Magnesium-Citrate**, 70mg Mag, 99mg Pot per capsule (2 per day) (Brand: **Pure Encapsulations**)
- c) **B12/B Complex, MIC, Lipotropic Injections** (1 to 2 per week during Phase 2/P2). These also aid in weight loss. Ask your coach about these if you are interested. Your coach will assist you in obtaining these.
- d) **B-12/B-Complex Patch** (daily during Phase 2/P2) (Brand: **PatchMD**). Use 1 for 24 daily during Phase program. Place on clean dry skin (back, shoulder, hip, arm) are most common places to wear patches). Best B-12 patch is: Methylcobalamin.
<https://www.patchmd.com/b12-energy-plus-topical-patch.html>

In Phase 3 (P3), you do not take these supplements and can go back to all of your normal vitamin supplements. You can continue with the Lipo B MIC or B12 Patches once per week. These do assist in giving you more energy and assist with weight loss.

6) Phase 2 (P2) - Medication

You may continue to take any current medications that you are on.

7) Recipes and other hCG Info on Internet and other support

There are many great recipes on the internet. Just google "hCG P2 recipes" (or P2 recipes) or "hCG P3 recipes" (or P3 recipes). Or google "hCG P2 grocery list", etc. There is tons of hCG info on the internet. Just google any question that you have! Also, there are loads of P2 and P3 recipes on Pinterest. **Or, you may contact your coach with any questions and assistance with meal plans, anytime, via text, phone, or email. Contact info: Text/phone: 480-371-0116 or email: phxhealthcg@gmail.com**

8) Phase 2 (P2) - More Weight Loss Plan Guidelines - **PLEASE READ AND FOLLOW**

Phase 2 (P2) General Information & Helpful Hints

- * **EVERY MORNING ROUTINE: PEE, WEIGH YOURSELF (naked), LOG YOUR WEIGHT, take HCG INJECTION (preferably at same time of day).** Log your weight each day on log sheet (You should lose .5 to 1+ lbs per day)
- * **ALWAYS KEEP hCG LIQUID/VIAL COLD IN THE REFRIGERATOR AND KEEP IT IN THE DARK.** Do not let it get warm. Some people leave it out on counter accidentally after their injection. **Be sure not to do this.** The hCG will not work if it gets warm. The sunlight can degrade the hCG. You can put aluminum foil around your hCG vial to keep it in the dark.
- * A P2 hCG short program is about 23 days, a P2 hCG long program is approx 42 - 48 days. Average weight loss for women is approx 10-15 lbs on a short program, 15-30+ on a long program. For men it is higher.
- * Make a list of your favorite motivational quotes and a list of the MANY REASONS WHY YOU WISH TO LOSE WEIGHT. Keep these items nearby and refer to them often to remind yourself that you are doing something wonderful for yourself.
- * If you wish, take a photo of yourself and measure yourself before the diet. Put measurements on log sheet.
- * Your starting dosage of hCG is 150 IUs per day. This is the 15 mark on your injection syringe.
- * Each day you take hCG, your body releases about 1500-2,000 calories of stored fat. The stored fat, added to the 500 calories per day diet, adds up to 2000-2500 calories per day that you are processing. Most individual will be very satisfied with this number of daily calories. Plus, the stored fat that is being released is full of vitamins and minerals that is also nourishing your body.
- * Because you are getting around 2,000 - 2,500 calories per day, you should not be hungry when on hCG. Many people actually forget to eat their meals when on this weight loss program (due to lack of hunger). If you are hungry, you will want to adjust your hCG dosage. If you are hungry after about 4-5 days into P2, you have the option to adjust your dose.

HOW TO ADJUST DOSAGE: If you are hungry earlier in the day then you should lower your dosage a tiny bit (from 15 to 14). If you are hungry in the evening or later in the day, raise your dosage (from 15 to

16). Then observe if you are hungry over the next 2 days. Make small adjustments to arrive at the the dosage that is right for you where there is no hunger.

- * Sometimes people feel a little nausea or have headaches the first few days of the hCG program. This is usually due to the fact that the diet does some de-toxing of the body. Your body stores toxins in fat cells. Hence, during P2, with the 1500-2000 calories release of fat, creates this detox. Which is a good thing! This side effect should go away after a few days.
- * Before you begin the P2/P3 program, try your best to choose a 6 to 9-week period when you will be free from as many cheating distractions as possible (vacations, events, holidays, etc). We all have very busy lives, and it is never easy to find the best timing, so don't over-worry and do your best. You will also learn how to travel and do holidays when you are on the weight loss plan. This is actually good to experience what it is like to eat less on vacations, at events, etc. You will learn a lot about your eating habits and how to keep your weight down over these periods in your life.
- * You will need a digital bathroom scale and a food scale (digital is best) for this weight loss program.
- * For women, if you get your period, read the section re: menstruation. It is best to start the diet right after your period (if you can).
- * Purchase supplements ahead of time (Amazon has good prices). See supplement section below or your coach can send you info on supplements and where to get.
- * Plan your next food shopping trip around diet. See attached VLCD FOOD List or refer to your Shopping List/Food List in your kit. In general, VLCD contains no sugar, no starch, no fat. No artificial sweeteners. Read labels!
- * If you mix your own hCG, your glass mixing vial holds approx 25+ days of 150 IU shots. Always use a new vial for a new mixed batch of hCG. With 3-wk kit you can inject for 21-23 days. With 6-wk kit you can inject shots for up to 40 days. You only do 40 days max on any round of hCG.
- * You, in fact, don't have to exercise at all during P2. If you wish, you can do exercises that don't work up a sweat (ie short walks, swimming, yoga, light weights, etc). You don't want to burn the small number of calories that you eat per day. If you exercise too much, it can make you hungry. And it can cause weight loss stalls. You don't want either of those to happen.
- * For convenience, you can prefill hCG syringes and keep them wrapped in foil/in dark in syringe box (provided in kit) in the fridge and in the dark. (You can also put foil around the whole box rather than inside). Not required, just makes things easier in the AM. Also, when traveling, you can bring prefilled syringes with you (not your entire hCG supply). But you must keep them cold during travel and at your destination. If at a hotel, you can usually get a free refrigerator in your room if you say it is for medication.
- * When doing the long program, 40 days, you can choose to skip 1 injection per week if you desire. It is not required, but some people do it. If you do this, pick 1 day (like Sunday) when you will always skip an injection. Then you will go about 46+ days on the diet, rather than 40. You don't skip injections on the short program.
- * You never want to do more than 40 injections in an hCG round (long program). You do not want to develop an immunity to the hCG.
- * If you do hit a stall in your weight loss for over 3-4 days, you have the option to do an "Apple Day". Apple Day: starting at noon, eat 6 apples until noon the next day. Don't drink as much water over this timeframe. Only if you are thirsty. You will usually lose approx 2 lbs over this time. Another strategy, to

move the scale, is to remove the fruit from your daily diet and double up on the vegetables. See if this helps. Some people do not eat the fruit at all and get good results (they double up on vegetables). That is another strategy to lose more weight (for some people).

- * If you are mixing your hCG, do not throw out your Bacteriostatic Water. Keep it. You can use it for another round in the future. Put a date on the bottle when you open it and store it in a cool/dark place (refrigeration not necessary). Bacteriostatic water is good for 30 days after it is opened.
- * Make containers of herbal teas and keep in the refrigerator. You may drink the teas throughout the day and also use them to cook meats and vegetables.
- * Always season the pan before cooking meats with salt, pepper, herbs. This helps the meat not to stick. Add a few tablespoons of water, tea, or broth for added moisture for the meat or vegetables. (Reminder: Do not use any cooking sprays).
- * Keep a quart or more of sweet lemonade or sweet tea (sweetened with stevia) to quench your thirst and to ward off any sweet cravings.
- * Use flavored liquid stevia to sweeten coffee, teas, salad dressings and lemonade. There are many flavors to choose from at the stores.
- * Make a coffee and tea bar in your kitchen. Keep calorie-free stevia sweeteners out and use them freely as flavorings for drinks and cooking.
- * A very good website for recipes and loads of hCG info is: hcgchica.com.

Phase 2 (P2) Diet Program Guidelines

- * You cannot eat bad sugars/carbs, no starch, no fats/oils. Read ingredients on labels. Only eat items on your P2 Food list.
- * In P2 you are on VLCD (very low-calorie diet, see page 15). But you don't really count calories, you just measure out portions. If you like to count calories, eat close to 500 calories per day. For Lunch and Dinner, you have the following: 100 grams of protein (3.5 ounces), 1 fruit portion (1 orange, ½ grapefruit, handful of strawberries, 1 apple), 1+ cups of one vegetable (you can go higher on vegetables because they are so low in calories), 1 melba or 1 grissini breadstick. You do not repeat the same foods for lunch and dinner.
- * Only eat the foods listed in the Phase 2 (P2) VLCD program. See page 15. Also, refer to the Simeons Weight Loss Plan Food List & Shopping List (supplied in your kit) as a good reference.
- * No bad artificial sweeteners are allowed. No Sucralose (splenda/yellow), no aspartame (equal/blue), no saccharin (sweetnlow/pink). The only sweetener that you can use is **pure stevia** (with no other sugar substitute additives). The best stevia in packets is "Sweet Leaf Natural Stevia" (at Frys, Sprouts). The drops are best. Sweet Leaf brand Stevia Sweet Drops are great and so are Sprouts brand Stevia Drops. Trader Joes has drops also. Many stevia makers put additives in packets. Drops usually don't have additives. Read the labels.
- * Be sure you drink 64 oz of water per day. Make sure some is electrolyte water. The other water should be spring water. This is very important as you are flushing a large amount of fat and toxins out of your body each day. Both are at Trader Joes, Sprouts, other. (Smart Water, Trader Joes Electrolyte, etc)

- * The meat you eat should be weighed raw, before cooking. It is best to weigh it on a digital food scale. Trim all visible fat from meat. Meat can be boiled, baked, grilled, without the addition of fat.
- * Your vegetables can be steamed, baked, raw, or sautéed (in water, tea, or broth only – no oil).
- * Alcohol is not allowed on the program. If you have to drink alcohol, have one or two (max) vodka (or gin, tequila, white rum) and soda with lime/lemon or 1 glass of wine. Then skip your fruit portion for that meal (lunch or dinner). Trade 1 fruit for 1 alcohol beverage. Drink water between cocktails. It helps quench your thirst and you will drink your cocktails slower and want less. You will get more of an alcohol buzz when you are on P2 of this diet (since you are not eating much), so be VERY careful with any drinking. TRY NOT TO CHEAT IF POSSIBLE. Beware, alcohol can cause a stall in your weight loss.
- * Use no oils on your body. Use oil-free lotion. There are many oil-free lotions. Trader Joes Oil Free face lotion is a good one and low cost. Use it on entire body and face. Any oils put on the skin are absorbed into the body. Use oil-free makeup and oil-free soaps (dial, ivory, etc). We have no fats in our P2 diet program for a reason. This is so that the hCG will release the maximum amount of fat from our fat storage areas in our body each day.
- * No massages. Usually massages use massage oils or lotions that contain oil. Also, during a massage the actual action of the massage can disrupt the delicate hCG fat release science that is going on in your body.
- * Remove any oily vitamins from your diet (like fish oil) from your daily vitamins.
- * You can use low-sodium, fat free chicken, beef, vegetable broth to perk up recipes. Just make sure there are no sugars/carbs or fats in the broth. Very few calories.
- * In the beginning, check every meal against your Phase 2 (P2) Food List and Guidelines. Do not leave it to memory. Put a copy of the food lists on your refrigerator to help you. It will also help the other people in your household to know what you are eating.
- * Two (2) small apples does not equal one large apple. Only eat one apple. The size is not important.
- * Chicken Breast does not mean the breast of any other fowl. Nor does it mean wing or drumstick. No dark meat chicken is allowed. It contains more calories and more fat.
- * Do not add any oils, such as cooking oil, butter, dressings, or non-stick cooking sprays (PAM) to your foods while on Phase 2 (P2).
- * Monitor your food intake each day and log the foods that you eat each day. Make sure you are not eating more than 500 calories in a day. There are many apps that help you count calories as well as websites.
- * Some people can eat Miracle Noodles/Shiratake Noodles (0 calorie noodles) to bulk up soups and recipes. These are great! (at Sprouts in cooler section, near tofu, DO NOT buy tofu type). \$1.99 each. Or google to find other brands like "Miracle Noodles". Watch your weight to see how the noodles affect your weight. If you see a stall in weight loss, that lasts more than 3 days, do not eat them.
- * Read labels. Make sure no sugar or starch in the products you are consuming. Also, make sure only sweetener ingredient is pure stevia.
- * There are many P2 and P3 recipes online. Just search.

- * You can spread your meals throughout the day. Example: have your lunch apple mid-morning before noon. Have your dinner strawberries as a late-night snack. Frozen strawberries are a nice treat!
- * Make sure you drink 1 cup of Guayaki Yerba Mate tea per day. It helps with weight loss and is packed with vitamins and minerals. It does have caffeine.
- * You can put cinnamon on apples to spice them up. Just don't use the cinnamon with the sugar added. Add stevia instead.

* 3 possible side effects:

- 1) You may become constipated during the diet. You may take a laxative (ie correctol) for relief, smooth move tea, or a sea salt cleanse (or anything else that works for you). Also, highly recommended: Take **Garden of Life VITAMIN CODE Multi-Vitamin** (with probiotics) daily (2 to 4 per day). More info in supplement section.
- 2) You may be hungry the first few days of the program. Drink lots of water. It will aid in relieving any hunger. (You should not be hungry after the first few days.)
- 3) A small number of people might feel nauseas or have a headache on the first few days of P2. This is normal and it is because you are releasing a large amount of fat into your system daily. Your fat stores contain loads of good stuff: nutrients, vitamins, minerals. But your body also stores toxins in your fat cells. The nausea or headaches are a result of your body detoxing and releasing toxins into your system (not seen by your body for a while). The feeling of nausea or headaches should only last a short time and are completely normal for some people. It is very important to drink your 64+ ounces of water per day to flush out the fat and toxins in the best possible way.

* You can have the juice of one lemon or lime per day.

* You may use as many seasonings as you want (as long as there is not sugar in the seasoning).

Phase 2 (P2) Diet Foods ON THE GO!

- * Because people work and sometimes have little time to prepare meals, you can make a week's worth of hCG diet foods all at once on your days off. Do meal-prepping. This will free up a lot of time and is very easy.
- * Buy fruits for the week and put them in one place, ready to eat. Pre-cut apples, oranges and grapefruit. Put the fruit in plastic bags so that they are ready to go.
- * Buy vegetables for the week. You can even pre-cook the vegetables and bag them.
- * Purchase all meat for the full week. They can be portioned, cooked or raw and put into freezer bags and frozen til they are ready to cook or eat.
- * Consider marinating beef or chicken in 1 cup Tamari and 1 cup water. Add spices to the liquid and let sit in the refrigerator for 2 days. Cook the meat on low heat with a little liquid and you will produce meat that is very tender. The leftover liquid can be used as a sauce for the vegetables or the meat as long as it is well cooked.

9) More Phase 2 (P2) Notes a) What to do when your weight plateaus/stalls

Sometimes during the program your weight loss may stall or plateau (stay the same) for several days. There is typically no need to worry, you should actually celebrate because the exciting news is that you

have just lost 10+ pounds and your body is staying at that lower weight for a few days. Typically, after the plateau, you will continue to lose weight as long as you are following the VLCD plan. But if you would like to "break through" the plateau quicker there are 2 strategies. One is called an APPLE DAY, the other is a VLCD Modification.

Apple Day

On the day you choose, starting at noon that day to noon the next day you will eat 6 apples only. And you will minimize liquids. Only drink if you are thirsty (after an apple). People typically will lose 1-3 lbs after an apple day and break through their plateau. Resume the normal program after you have completed the apple day. You can also just eat apples during a single day. Then resume the VLCD the following day.

VLCD Modification

A good way and another way to get your weight loss moving quicker is to do a VLCD modification.

Modification: Over a 1-day period, do not eat any fruit in your meals. Eat another P2 vegetable instead of your fruit. This typically helps you move the numbers on the scale.

b) Phase 2 (P2) and Menstruation

For the ladies: It is best to start weight loss program and the injections right after your period. See instructions below for injections during your period.

During your period, if you are using hCG injections, here's how you stop the hCG. Don't stop the injections just because you're "supposed" to begin your period today. Wait until you have started your period but continue to eat the low-calorie diet (VLCD). Once your period is heavy, go without the hCG injection. Once your flow becomes light then you may begin taking the hCG injections again. If your heavy flow days last longer than 3 days, if necessary, you may begin to add some fatty foods back into your diet continuing to stay away from sugar and starch. Then, once your flow becomes lighter start taking the hCG and go back to the VLCD once more. Many people only skip 2 injections when at heaviest flow level. And be sure to complete your full course of 40 hCG injections if you are on the long program.

10) Phase 3 (P3) – STABILIZE IT - PLEASE READ AND FOLLOW

THIS PHASE IS VERY VERY CRITICAL AND MUST BE FOLLOWED CAREFULLY. THIS IS HOW YOU KEEP THE WEIGHT OFF.

* No hCG injections during this phase.

* Eat approximately 1100-1500 calories per day. You want to start slowly as you raise your portions and calories. In Phase 3, gradually add calories back into your diet as follows: Week 1 – 1100 cals, Week 2 – 1300 cals, Week 3 – 1500 cals. There is a good "**P3toLife**" program that you can purchase on the hcgchica.com website. Many people swear by this program and it makes P3 easier as it gives you daily step-by-step instructions, recipes, and strategies to help you stabilize your weight loss that you achieved during Phase 2/P2. Here is the link: <https://p3tolife.com>

* No sugar or starch is allowed. This includes ice cream, candy, bread, rice, starchy vegetables (beans, potatoes, sweet potatoes, carrots, beets, corn, artichokes, avocados, peas), chocolate, crackers, gravy, pizza crust, tortillas, tortilla chips, soft drinks, diet soft drinks, etc. Refer to the Phase 3 Food documents supplied in your kit for more guidelines on Phase 3 Foods you can eat and foods you cannot eat. **Follow those guidelines carefully.**

* Eat 3 meals per day plus 2 snacks. Slowly add more calories in this phase. **DO NOT STAY ON THE VLCD diet.** You now need to eat breakfast. A high protein breakfast is best with vegetables and some

fruit. Limit carbs at breakfast. It slows down your metabolism. Protein burns more calories and speeds up your metabolism at the start of the day.

* You may now add fatty foods to your diet and you may mix ingredients in any dish. These include eggs, butter, dairy, salad dressings, oils, natural peanut butter (no sugar added), nut butters (no sugar added), almond butter (no sugar added), nuts, cheese, au jus, pork, turkey, bacon, all meats and fish, etc. Fruit is OK too. Just don't eat too much. Stick with berries or apples. Fruit has a lot of sugar/carbs. Only drink small amounts of fruit juice because they are loaded with sugar. Suggestion: Mix small amount of fruit juice with sparkling water to create your own soft drink.

* Be careful with nuts and cheese in the beginning of P3. Some people have a weight-gain reaction to these items. Test these items out gradually. And also, stay away from beans in P3 (they are very high in carbs and calories).

* Read labels and make sure you are eating items with low carb counts. And make sure there are no artificial sweeteners in the ingredients (Sucralose/Splenda, Aspartame/Equal, Saccharin/Sweet'N'Low). The food companies sneak these things into foods to show a low carb count.

* Weigh yourself each morning (naked) and log your weight as you did in Phase 2 (P2).

* **If you gain more than 2 lbs in one day (over your P2 Lowest Daily Weight/LDW) you MUST do a STEAK DAY. This will jog your weight down by 1-3 lbs the next day.**

(Your P2 lowest daily weight or **LDW** is your weight on the morning of your last VLCD day. This is 72 hrs after your last hCG injection).

STEAK DAY: Eat nothing all day until afternoon. Then eat a very large steak for dinner. You may drink any allowable drinks all day long. If you are still hungry after your steak, you may eat an apple or a tomato. You will lose 1 to 2+ lbs by the next morning.

(FYI, there are alternatives to the standard STEAK DAY. Contact your hCG Weight Loss Coach for more information.)

* You may use oils on your skin. You may go back to your usual moisturizers, makeup, soaps, etc.

* You may go back to all of your usual vitamin supplements.

* You may exercise as much as you want. Go crazy!!

See the next page for the complete Phase 2 (P2) Low Calorie Diet plan (VLCD). It is on one page so that you can use it as a quick reference guide or put it on your refrigerator.

HAVE FUN!! You will love your bathroom scale for the first time!! AND..... ONE MORE THING....

For the maximum results, do your best to..... FOLLOW THE RULES! :-D

11) Phase 2 (P2) VLCD - Very Low-Calorie Diet

(Start after 2 Load days with injections, when on injections, and 3 days or 72 hrs after last injection)

DO NOT FEAR! YOU DO NOT HAVE TO COUNT CALORIES!! This name is not truly accurate because WE NEVER COUNT CALORIES on this diet. We just work with portions. This is just the terminology that was used in the original plan.

Reminder:

EVERY MORNING ROUTINE: PEE, WEIGH YOURSELF (naked), LOG YOUR WEIGHT, take INJECTION.
ALWAYS KEEP hCG LIQUID/VIAL COLD IN THE REFRIGERATOR AND KEEP IT IN THE DARK. Do not let it get warm. Some people leave it out on counter accidentally after their injection. **Be sure NOT to do this.**

Breakfast

No Food. You may consume as much of the following fluids as desired: Coffee, Any Tea (Yerba Mate Green Tea, Oolong Tea, Iced Tea (unsweetened), etc), Electrolyte Water and Spring Water (**mandatory: 64 ounces**). You may have one tablespoon of skim milk per day (in your tea or coffee). **Be sure to have 1 cup of Yerba Mate Green Tea per day (in morning is best, provides energy and vitamins and helps you lose weight).** **Only use pure stevia as your zero-calorie sweetener. DO NOT USE any of the other artificial sweeteners.** Note: Typically, no food at breakfast, but you may pull a food from lunch into the breakfast timeframe if desired. But you cannot eat that item at lunch. You can also do the same in the afternoon or later evening (pull a food from dinner).

All Day

Any coffee or tea (as above). **BE SURE TO DRINK 64+ OUNCES OF ELECTROLYTE WATER AND SPRING WATER PER DAY** (Smart Water, Trader Joe's, other). **Also, make sure you drink one cup of Guayaki Yerba Mate tea per day. The tea is full of vitamins and minerals and helps with weight loss. It does contain caffeine.**

Lunch

Eat 3.5 ounces of any **ONE (1)** of the following meats: skinless chicken breast, beef or veal, deer or elk, buffalo, wild game, white fish (sole, halibut, tilapia, sea bass, red snapper, flounder), lobster, crab, or shrimp. Occasionally, meat can be replaced by 3 egg whites and 1 yolk. **(NO salmon, Tuna, or Mahi Mahi)**

Choose **ONE (1)** of the following vegetables: asparagus, cucumber, cabbage, spinach, celery, tomatoes, onion, romaine lettuce, chard, chicory, beet greens, bok choy, green lettuce, collard greens, chickory greens, fennel, red radishes, mustard greens, kale, napa cabbage, mixed lettuce. You can have any reasonable amount of vegetables.

Choose **ONE (1)** of the following fruits: apple (1), strawberries (handful), orange (1), grapefruit (one half).

Choose **ONE (1)** breadstick (grissini) or **ONE (1)** melba toast.

Dinner

All of the same choices as lunch, but you cannot choose the same items as lunch.

Daily Vitamin Supplements - Optional

In Phase 2 (P2), while on hCG injections, you don't have to stop your normal vitamin supplements. But you need to remove any oily supplements like fish oil. The Yerba Mate Tea is packed with vitamins so be sure to drink one cup each day (morning recommended). You may add the following supplements while you are taking your hCG, but not required. They aid in weight loss. **NOTE: If your muscles begin to ache or cramp, take potassium/magnesium each day.** See Vitamin supplement details on page 7.

1) Acetyl-L-Carnitine (1 or 2 per day)

3) Potassium Magnesium-Citrate (2 per day)

2) B-12 Patch or B12 Lipo injections (Patch: Daily / Injections: 1-2 per week)