

## **hCG Friendly Product Guide**

It is of utmost importance to be aware of the spices you are using and cooking with. Some contain sugar, corn starch or flour as an ingredient. Be aware of the not-so-common names for sugar. The following is a list of acceptable spices:

### **Recommend**

McCormick Garlic Pepper Grinder  
McCormick Italian Seasoning  
Reese All Purpose Steak Salt  
Spice Island Herbes De Provence  
Spice Island Ground Chipotle Chile  
Tony Chachere's Original Creole Seasoning

### **Use with Caution**

McCormick Herb Chicken Seasoning  
McCormick Steakhouse Seasoning Grinder  
McCormick Italian Herb Seasoning Grinder  
McCormick Broiled Steak Seasoning Salt  
McCormick Rotisserie Chicken Seasoning  
Spice Classic Soul Food Seasoning Salt  
Spice Classic Steak Seasoning Salt  
Spice Classic Poultry Seasoning  
Weber Grill Creations N'Orleans Cajun

### **Common & Not-so common names for sugar:**

Please be sure that these are not in any of the spices that you are using.

Barbados Sugar

Barley Malt

Beet sugar

Brown sugar

Buttered syrup

Cane-juice crystals

Cane sugar

Caramel

Carob syrup

Corn syrup

Corn syrup solids

Date sugar

Demerara sugar

Dextran

Dextrose

Diatase

Diastatic malt

Ethyl maltol

Fructose

Fruit Juice

Fruit juice concentrate

Galactose

Glucose

Glucose solids

Golden sugar

Golden syrup

Grape sugar

High-fructose corn syrup

Honey

Invert sugar

Lactose

Malt

Malt syrup

Maltodextrin

Maltose

Mannitol

Molasses

Muscovado

Panocha

Refiner's syrup

Rice Syrup

Sorbitol

Sorghum syrup

Sucrose

Sugar

Treacle

Turbinado Sugar

Yellow Suga

Anything ending in syrup or "ose" and some ending in "trin" should be avoided!

## Facial/Cosmetic/Body Guide

### Cosmetics

Oil-Free base/foundation lines  
Bare Essentials  
Max Factor Pancake  
Raw Minerals

### Where to Find

Grocery Stores  
Health Food Stores  
Internet

### Deodorants

Baking Soda  
Crystal Deodorants  
Thai Deodorant Stick

### Soap

Dial  
Ivory  
Zest  
Jason's  
Baking Soda  
(we recommend not using  
soap with x-tra moisturizers)

### Face Soaps/Make-Up Removers

Arbonne  
Neutrogena Oil Free Cream Cleanser  
Witch Hazel

### Shampoos/Conditioners

Aubrey Organics  
Fiji Organic Virgin Coconut  
Oil for Body, Massage/Hair  
Life Extension (some)  
Magik Botanicals

### Skin/Lip Moisturizers

#### Alba Oil Free Facial Moisturizer

Aloe Vera Gel 100%  
Baby Oil  
Corn Huskers Lotion  
Curel Continuous Comfort, Fragrance Free  
Mineral Oil  
Neutrogena Oil Free Facial Lotion  
St. Ive's Vanilla Lotion

### Toothpaste

Baking Soda  
Tom's of Maine

**For pop drinkers.** Use carbonated water with Liquid Flavored Stevia. We have many flavors for purchase. Carbonated/seltzer waters must be free of chemicals sweeteners!

### Salad Dressings:

Vinaigrette Dressing  
½ c. apple cider vinegar  
½ c. water  
2 shakes celery salt  
2 shakes onion salt  
Ground pepper  
20 drops clear stevia

Lemon Dressing  
¼ c. apple cider vinegar  
1 c. water  
1 T. fresh lemon juice  
25 drops clear stevia

## **Diet Boosters**

**Organic is Best**

**Smooth Move Tea**

**Braggs Amino Acid**

**(tastes like soy sauce)**

**Braggs Apple Cider Vinegar**

**(take 1-2 tbs of vinegar daily)**

**Filtered or purified water**

**(tap water has chlorine which affects thyroid)**

**Fresh Fruits & Vegetables**

**(preferably no canned or frozen)**

**We recommend starting the Smooth Move Tea on the first day of the diet protocol!!**

## **“Most Common Errors”**

- Not loading enough fat during gorge days (day 1 thru 3). This helps with hunger and crankiness during first week of low calorie phase.
  - Mixing vegetables. Must be strict with calorie count of mixed vegetables!
  - No gum, mints unless flavored with stevia-count calories!
  - No diet drinks.
  - Only lean cuts of beef 2-3x's per week. (93% or better fat-free)
  - Weight of protein must be pre-cooked.
  - Eating same protein/vegetables/fruit for lunch and dinner. Vary these.
  - Not drinking enough water. Drink at least 2-3 quarts of allowed liquids per day.
  - Weigh in same type of clothes and at home weigh before eating or drinking.
  - Be aware that excessive exercise is not promoted during the hCG diet. No more than 20 minutes of cardio vascular would be recommended as to avoid putting your body into starvation.
- Avoid eating at restaurants due to the way meats have been processed to add flavor.**