

HCG Protocol for Phase 3

You must understand that it is in this phase that your Hypothalamus which is located in your brain is re-setting itself! It controls your metabolism among other things. Phase 3 must be followed for 6 weeks. Absolutely no carbohydrates in the first 3 weeks and introducing them slowly back into your diet the 2nd 3 weeks always weighing yourself daily to insure no weight gain!

Weigh yourself at home on the day of your last injection (liw). Remain on the 500 calorie diet for 72 hours after your last injection. You must stay within 2 lbs of your liw weight if you wish to maintain during this phase. If continued weight loss is desired this can be discussed! Start adding to your caloric intake slowly making sure to add to your protein intake. Do not try to follow a low calorie diet in this phase as it could set your metabolism at the lower calorie rate. You want to train your body to accept the higher calories.

***You must eat a lot of protein in your first few days of phase 3! Your body is low on protein at this time and needs to be replenished.**

***Weigh yourself daily.** You are training your body to maintain your new weight. If at any time you are two pounds over you are to have a **steak day**. A **steak day** allows for no breakfast or lunch but eating the largest steak that you can eat and an apple or a tomato at dinner.

***Do not eat** carbohydrates, that is sugar, rice, bread, potatoes, pastries, cereal, crackers etc. Grissini bread sticks are also a carbohydrate!

*More than 4 grams of sugar per serving counts as a sugar.

*More than 13 grams of carbohydrate counts as a starch.

*Some vegetables such as beans and legumes contain more carbohydrates but also contain significant protein and fiber. These can be eaten in moderation.

*** Corn, peas, yams and sweet potatoes not allowed.**

*Condiments must be checked to be sure that they are within the 4/13 guidelines!

*If you use tartar sauce, make your own with dill pickle relish and mayo or salad dressing.

*Jams and jellies are not allowed in this phase, nor are sweet pickles.

*All meats, chicken and fish are permitted though using caution with processed meats such as bacon, hot dogs of any kind, deli meats, jerky and pulled porks.

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***Dairy in moderation! Plain yogurt with your own added fruit or Carbmater from Kroger. Lowfat cheeses!**

***Fruit in moderation.** Berries and apples are preferred. Bananas, pineapple and melons are high in sugar so must be treated with caution.

***Nuts and seeds in moderation!** Raw is preferred.

*Juices are not allowed with the exception of Aloe vera, lemon, lime, grapefruit, orange, tomato and V8 and these are in moderation.

***Only broth based soups. None allowed with thickening agents or noodles!**

*Fats and oils are permitted in moderation.

*You may now take any supplements that you were previously taking.

*Any physical activity is allowed at this time.

IT IS ESSENTIAL THAT YOU FOLLOW PHASE 3 AS CLOSELY AS YOU FOLLOWED THE 40 DAY PROGRAM. NOT DOING SO MAY RESULT IN PUTTING THE WEIGHT BACK ON.

WE RECOMMEND THAT YOU PURCHASE B12 or MIC-2 INJECTIONS DURING PHASE 3. B-12 is FIVE (5) FOR \$50 OR TEN (10) FOR \$100. MIC-2 is (5) for \$100 RECOMMENDED TWICE A WEEK. DOING THIS ALLOWS YOU TO COME IN WEEKLY FOR WEIGHT CHECK INS WHICH HELPS TO INSURE THAT YOU ARE FOLLOWING PHASE 3 CORRECTLY!

PLEASE FEEL FREE TO CONTACT OUR OFFICE DURING PHASE 3 IF YOU HAVE ANY PROBLEMS OR CONCERNS!