



VIBRATIONAL HCG

TOTAL BODY TRANSFORMATION GUIDE

Our step-by-step guide will help you understand how the Vibrational HCG diet works.

Here are your keys to success, showing you how to maximize your ability to lose weight and keep it off!

Genesis Herb Garden
704-782-1650
www.genesisherb garden.com

Table of Contents

Behind the Science.....	2
Losing Weight the Healthy Way.....	4
Getting Started.....	6
HCG Shopping List.....	7
Phase 1: Eat More, Lose More.....	8
Phase 2: Low Calorie Diet.....	9
Low Calorie Intake.....	10
Phase 2: Approved Foods Chart.....	11
A Day in the Diet.....	12
“Don’t Cheat” Strategies.....	13
16 Plateau Breaking Tips.....	14
How to Advance to Phase 3.....	16
New Body Weight Maintenance.....	16
Phase 3: Metabolism Boosting Chart.....	17
Phase 3: Do’s and Don’ts.....	18
Frequently Asked Questions.....	19
Control 10X.....	20
Gourmet HCG Recipes.....	21-33
Chicken Strawberry Salad.....	22
Chicken Cabbage Chili.....	23
HCG Burger.....	23
Fried Cabbage.....	24
Mustard Baked Chicken.....	24
Mustard Chicken Wraps.....	25
Ginger Vinaigrette Cucumbers.....	25
Garlic Shrimp.....	26
Baked Italian Steak.....	26
New Fashioned Meatloaf.....	27
Lemon Garlic Broccoli.....	27
Beef Stuffed Tomato.....	28
Sweet & Spicy Coleslaw.....	28
Garlic Shrimp Stir-Fry.....	29
Un-Fried Tilapia.....	29
Chicken Fajita Soup.....	30
Chicken Broccoli Casserole.....	30
Curried Cauliflower.....	31
Green Bean Toss.....	31
Creamy Ranch Dressing.....	32
De-Light Vinaigrette.....	32
Honey-Lime Dressing.....	32
Strawberry Shortcake.....	33
Fruit Medley.....	33
Applesauce with Cinnamon.....	33
Calorie Index Chart.....	34-35
Diet Journal Sample.....	36

How The Science Works

While we all love to eat, when we eat more calories than our bodies can use, the extra calories become stored as fat. With a healthy metabolism, this normal fat is available to be called on and used for extra energy when the body doesn’t have food accessible. Your desire (hunger) or need for food or this extra energy is intricately tied to your brain chemistry. Your hypothalamus senses you need energy, and issues the brain neurotransmitter neuropeptide with the message “eat carbohydrates.” That surge is what you experience as “hunger.” Once the hypothalamus senses you’ve eaten enough carbohydrates, it releases serotonin to tell the body, “enough carbohydrates.”

However, when someone continually consumes more calories than their body can use, their hypothalamus is over taxed and becomes “dysfunctional.” Overtime, with a “dysfunctional” hypothalamus, those extra calories become stored as abnormal fat. *Most commonly this fat is stored in your belly, hips, thighs and buttocks.*

Fat Types

There are three types of fat in the human body, The first kind of fat is structural fat which provides protection for the body’s major organs and joints and is not burned for metabolism. The second kind of fat is normal fat reserves which are spread all over the body. These first two types of fat are needed for good health.

The third kind of fat found in the body is called abnormal stored fat. This fat is kept in storage under the skin and around the organs as a “spare fuel supply.” In an overweight person, it tends to collect in places like the hips, buttocks, upper arms, abdomen, knees, ankles and neck.

Three Pounds of Fat



This example shows you what three pounds of this fat looks like. Basically, the size of a cantaloupe. Melted down this would fill approximately 3 coffee mugs. Think about it...Where is this fat stored on you? Locked away and forgotten? Abnormal Fat is inaccessible to the body, no matter how much diet and exercise you do to get rid of it, it may never go away.

So what is HCG you may ask? HCG stands for *Human Chorionic Gonadotropin*. It is a complex amino-peptide molecule that naturally occurs with very high levels during pregnancy.

HCG triggers the hypothalamus to attack the Abnormal Fat. In essence , the hypothalamus opens the fat storage doors, allowing the fat to be mobilized and burned up rapidly by the body. After using HCG and a 500 Calorie Diet has resulted in an average of 1/2 to 2 pounds of fat per day being burned.

HCG is responsible for keeping a pregnant woman's blood continually saturated with food, regardless of whether she eats or not. Otherwise a period of starvation might hamper the steady growth of the embryo. When you are under the influence of HCG and you only eat 500 calories, the body gets this "food" from your fat stores.

When you combine the influence of Vibrational HCG and a Very Low Calorie Diet, it forces the body to burn up Abnormal Fat deposits. HCG triggers the diencephalon region of the brain to use abnormal fat for the body's daily caloric needs.

3 Major Benefits of Abnormal Fat Release

1. You will lose weight (1-2 lbs daily).
2. Your stored fat will help support your daily caloric needs.
3. You will burn fat from areas that are typically hard to reduce (waist, hips, thighs and buttocks).

HCG is "muscle preserving" which means the resulting weight loss is all abnormal body fat and does NOT effect your muscle tissue or the structural fat you need to support your joints, the pads of your feet and your internal organs. However, if you chose to use a low calorie diet WITHOUT the influence of HCG it would be UNHEALTHY because your muscle tissue and the vital, structural fat, could be compromised.

How the Low Calorie Diet Works

Without taking Vibrational HCG, a low calorie diet alone would not be a healthy way to lose weight. However, the Vibrational HCG drops allow you to get the additional calories needed from your body's own white toxic fat. Dr. Simeon, the developer of this diet, who helped tens of thousands of patients lose weight and keep it off, reminds us: "Under the effect of HCG the body is always able to obtain all the calories it needs from the abnormal fat deposits, regardless of whether it uses 1,500-4,000 per day. The participant is living to a far greater extent on the fat which he/she is losing than on what he/she eats."

While taking the Vibrational HCG drops, strictly follow the low calorie diet protocol each day for at least 23 but no longer than 40 days. This will help your body transition to a new lower body weight and lower "set-point", which is your body's new comfortable weight. Once you have either reached your desired weight or have completed 40 days, on the drops, begin Phase II.

Losing Weight the Healthy Way

Vibrational HCG is NOT the HCG Hormone that comes in the injections.

Not all HCG is created equally. Unfortunately, many low cost producers of Homeopathic HCG have saturated the market with poor quality products that are often ineffective.

Genesis Herbs, takes pride in providing our customers with the highest quality and the most effective product on the market. Vibrational HCG is an organic, glycerin based, vibrational compound produced in a FDA Approved manufacturing facility.

There are many companies offering discounted Homeopathic HCG products. Consumers of these products quickly find they have wasted, both time and money, only to end up with a 1 ounce, alcohol based bottle, full of fillers, making it highly unstable and quite often ineffective.

HCG Injections vs. Drops

HCG injections can cost anywhere from \$400-\$800 for one cycle which generally is a 30 day supply. If you do the average three cycles per year you can spend up to \$2400.00. Additionally, complications can ensue from the injections such as infection, high blood pressure, blood clots and other serious side effects. This created a need for a less expensive and less painful method to receive the benefits of HCG. That's when homeopathic HCG was created.

Why You Don't Want Homeopathic HCG Drops

The idea is that if you take the homeopathic HCG multiple times a day it should have the same effect as one shot of the pharmaceutical HCG that is injected once a day. Unfortunately, the bond of HCG to the alcohol, can be very ineffective. Alcohol, definitely lowers the cost but it dries the cell membranes and hardens them, slowing the ability for the HCG to be absorbed. This is precisely why some people that have tried HCG drops have not had great success or have remained hungry on the Low Calorie Diet.

Why Vibrational HCG is the BEST choice!

In an attempt to counter these issues, Genesis Herbs has introduced, Vibrational HCG. Vibrational HCG is a pharmaceutical grade product manufactured in the United States in a federally registered pharmaceutical laboratory that is in full compliance with FDA regulations, ensuring a safe and effective product.

~ First, Vibrational HCG, created using a glycerol based vibration drop formula that is a colorless, odorless lubricating liquid that is widely used in pharmaceutical formulations for its ability to hydrate cells, in turn improving their absorption rate. This creates more than ten (10x) times the absorption of the HCG signature than an alcohol based product, making it the most effective liquid drops on the market. Using this technology provides a higher quality product that is safe, highly stable, able to withstand x-ray machines, heat and does not require refrigeration after opening, although it is suggested.

~ Second, medicinal grade HCG is bonded with the glycerine at a 1 time dilution solution, making our product incredibly powerful, 20 times more potent than homeopathic HCG.

~ Third, Ionic-Iodine is layered into the blend, giving the thyroid what it needs to boost energy. On Vibrational HCG you will have plenty of energy even though you are only consuming 500 calories.

~ Fourth, botanical raw extracts including Peppermint, Hoodia, essential oils and Gymnema leaf are layered into the blend. These ingredients have been proven to curb appetite and suppress sugar cravings at the anatomic and atomic levels. Ensuring that you'll never feel hungry on Vibrational HCG.

Benefits of Using Vibrational HCG

With a Very Low Calorie Diet, you can lose between 1/2 to 2 pounds of fat per day without exercise.

If you have more weight to lose you can re-repeat the protocol more than once to lose as much body fat as you need to.

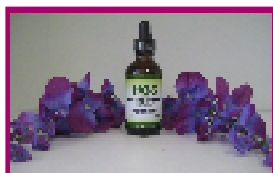
If you follow the protocol you'll be able to re-set your hypothalamus to its functional state and in turn your metabolism allowing your body its natural ability to keep the weight off permanently.

Many people that have lost weight have been able to reduce or start weaning themselves off certain medications. (Always consult your physician before changing medication.)

Every person we have seen that has followed the protocol has seen success.

HCG Ingredients Include

Vibrational HCG
Elemental Iodine
Hoodia Cactus
Gymnema Leaf
Cornsilk Thallus



Swedish Digestive Bitters

Bladderwrack
Kelp
Black Walnut Hulls
Cascara Sagrada
B-Complex Vitamins

Getting Started

Starting this weight loss program is no different. Make sure to weigh yourself every morning, naked, just after you have emptied your bladder. It is extremely important to weigh yourself **every day** to make sure that you are losing weight and not hitting a plateau (2 or more days in a row without weight loss).

To estimate how long you should expect to be on the Vibrational HCG drops, subtract your goal weight from your starting weight and multiply that by 1 lb. per day.

Starting Weight: ___ (-) Goal Weight: ___ (x1) = ___ Days

Take Your Before Photo Today



How to take the drops

Step 1: Fill your dropper and squeeze out 10 drops.

Step 2: Place the drops under your tongue and hold for 1 minute.

Step 3: Do not eat or drink 20 min before or after taking the drops.

"If you fail to plan, you are planning to fail"

- Benjamin Franklin

HCG Shopping List

- Whole Food Multi-Vitamin **
- B-12 Sublingual **
- Organic Coffee (If you are a coffee drinker) **
- Stevia (regular or flavored) or Xylitol (No other substitutes) **
- Organic Green Tea (High Antioxidants & Zero Calories)
- Braggs Apple Cider Vinegar **
- Apples (The HCG Diet and apples, go hand in hand)
- Lemons
- Oranges
- Red Grapefruit
- Strawberries (Avoid frozen fruits, many times they have been pre-cooked with added sugar)
- Romaine Lettuce
- Cabbage
- Asparagus
- Cucumbers
- Sweet Onions
- Green Onions
- Celery
- Fresh Spinach (Bagged or Loose)
- Garlic Cloves
- Tomatoes (Beefsteak & Cherry, have the best taste)
- Melba Toast
- Grissini Bread Sticks
- Salsa or Hot Sauce (No added sugar, should have less than 1 carb of sugar per serving)
- Natural Sea Salt **
- Braggs Amino Acids **
- Variety of other spices: Garlic powder or minced, Basil, Parsley, Cumin, Rosemary, Onion powder, Cayenne, Chili powder, etc. (Nothing with Sugar)
- Chicken Broth (Low sodium, use lightly when cooking instead of oils)
- Beef Broth (Low sodium, use lightly when cooking instead of oils)
- Chicken Breast or Tenders (Dark meat tends to have higher fats, so avoid: wings, drumsticks and thighs)
- Lean Ground Beef and Chicken (At least 93% lean, we encourage more chicken, less beef)
- Lean Steak
- Shrimp, Lobster, Crab (These 3 items should be consumed at most twice a week while on Phase 2)
- Tilapia (or other white fish, NO Tuna or Salmon on Phase 2)

** Available at Genesis Herb Garden

The More You Eat The More You Lose

Phase I: Days 1 - 3

*Women: For best results, begin the program on the first day after your menstrual cycle ends. **Take the drops 3 times a day, 30 minutes before or after your meal.** If Phase I were to have a motto, it would be "Eat, Drink, and Be Merry." During the first three days of the diet, while taking the Vibrational HCG drops, you need to eat as much high-calorie, high-fat foods as you can tolerate, without making yourself sick. Spread your eating throughout the entire day.

Your goal is to literally load fat into your system! We realize this is probably the first time you've heard a diet program recommend all-you-can-eat gorging. But, despite how contrary to common sense this may seem, it is absolutely necessary if you are to maximize your weight loss on this program or protocol.

Why is this so important? Because doing so jump starts your metabolism. In a sense, it puts your fat-burning metabolism into high gear. It also builds up your energy reserves by ensuring that your body's normal fat reserves are well stocked. You may feel you can skip this process, but if you do, your weight loss will be slower and the restricted calorie part of the diet (Phases II & III) will be more difficult for you to endure. Perhaps you're worried you'll put on extra weight that will be hard to get rid of, but it has been our experience that any weight that may have been gained in this fat loading process is lost within two days of the Low Calorie part of the diet.

Calories per Day 4,000 to 5,000 No its NOT a TYPO

In Dr. Simeon's book, Pounds and Inches, he states "It is a fundamental mistake to put a patient on 500 Calories as soon as the HCG is started, as it seems to take about three days before abnormally deposited fat begins to circulate and thus become available." You read it right. You need to try and consume between 4,000 to 5,000 calories of High Fat/Calorie Foods each day during your loading phase.

Examples include: Bread with lots of butter, Chocolate, Cheesecake, Pastries, Whipped cream, Ice cream, Fried foods, Bacon, Sausage, Pasta, Eggs, especially the yolks, Mayonnaise, Sour cream, Cream cheese, Milk (Whole), Dairy foods in general, pizza, fast food, burgers & fries.

Low Calorie Diet Days

Phase 2: Day 4-24 or up to 44

Phase 2 consists of HCG intake and a very low calorie diet of 500 calories per day. Don't panic when you read "500 calories," you need to remember that even though you are eating only 500 calories a day, you are actually getting around 2000-3500 calories a day. This is because the Vibrational HCG causes your reserved fat cells to release about 1500-3000 calories into your system each day you take it. With the HCG you are able to eat a small amount but not feel as if you are starving. This is also why you can lose weight and inches so quickly and effectively without looking gaunt or drawn.

The last 3 days of phase 2, are done with the 500 calorie diet but no HCG. This is done so that all the HCG is sure to be out of your system before you begin eating full calories. Dr. Simeons wrote, "Even in the mildest cases of necessary weight loss, your body needs a minimum of 24 days of HCG to "set" the glands. If not, the weight will easily be regained."

No more than 40 doses of the HCG should be taken in one round. Immunity to the HCG may begin to build up if it's taken longer. This will cause your weight loss to slow down or stop.

The 500 calorie diet is done every day of the phase -- even the on the days you don't take HCG. Remember the last 3 days of this phase are done with out taking the HCG. Those 3 days you will not take HCG but you will continue the 500 calorie diet.

Again the final 3 days of dieting with no HCG is necessary to get all the HCG out of your system , If you start to eat normally on those last 3 days, you will put the weight back on.

If you need to lose more weight after completing Phase 3, a second round of Phase 2 can be done after waiting 4-6 weeks. It takes 4-6 weeks after using HCG before the immunity to it is diminished and the HCG becomes fully effective again.

During the 4-6 week waiting time, you should do 4-6 weeks of Phase 3. Then you may do Phase 2 again.

It is recommended that women do not take the HCG during their menstrual cycle.

The rate of weight loss, varies from person to person, but this is due to differences in body chemistry.

The Low Calorie Intake Days

Phase 2

*This is not supposed to be fun, It's supposed to be Effective!
NO substitutions or exceptions!*

First thing in the morning weigh yourself.

It is important to weigh yourself approximately the same time each morning, without clothes, and have already emptied your bladder. It is best to use a digital scale that measures to the tenth of a pound. Record your weight daily.

Continue taking the Vibrational HCG drops 3 times a day (30 min before or after your meal).

Begin your very low calorie diet.

Breakfast:

Tea or coffee in any quantity without sugar.
Only 1 Tablespoon of milk is allowed in 24 hours.
Stevia or xylitol may be used.

Lunch:

100 grams (4 oz.) of lean protein
2 cups of vegetables
1 serving Grissini Bread-sticks or Melba Toast
1 serving of fruit*

Dinner:

100 grams (4 oz.) of lean protein
2 cups of vegetables
1 serving Grissini Bread-sticks or Melba Toast
1 serving of fruit*

*Fruit may be eaten with meal or as breakfast or, for a snack.

Low Calorie Intake Days

Phase 2: Approved Foods

Any amount of tea, coffee, or water. The juice of one lemon daily. All natural, organic seasonings including: Sea salt (minimal), pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, oregano, etc.

Approved Beverages

Tea	Herbal tea	Green tea
Plain water	Mineral water	Coffee

Approved Proteins

White Chicken	Roast (Trimmed)	Veal
Fillet Mignon	Extra Lean Ground Beef	Sole
Monkfish	Tillapia	Cod
Flounder	Halibut	Lobster
Crab	Shrimp	Scallops

Approved Vegetables

Spinach	Fennel	Cucumber
Lettuce	Red Radishes	Bell Peppers
Zucchini	Cabbage	Tomato
Cauliflower	Onion	Chicory
Broccoli	Celery	Asparagus

Approved Fruits

Strawberries (6-9)	Apples	Oranges
1/2 Grapefruit	1/8 Cantaloupe	1 Lemon/Lime per day

Approved Grains

Melba Toast	Grissini Bread Sticks	Wasa Crisp Bread
-------------	-----------------------	------------------

Not Allowed

Oil, Butter, Dressings, Soda Pop (especially diet soda!!!), Alcohol, Crystal Light or any flavored drinks.

There are NO EXCEPTIONS, Don't Ask!!!

A Day in the Diet

(example)

Morning

Wake up, empty your bladder, weigh yourself and record the results. Drink 32 oz of liquid (tea, coffee or water) before lunch. Take the drops 30 minutes before or after breakfast.

Afternoon

Tomato basil soup with Melba Toast crackers and roasted garlic chicken. One handful (6-9) Strawberries. Take drops 30 minutes before or after lunch.

Evening

Cajun Halibut, asparagus, Grissini bread sticks, and cinnamon baked apples. Take drops 30 minutes before or after dinner.

Try to eat dinner before 6 pm

Notes:

- ~ Drink a minimum of 96 ounces of water per day.
- ~ Fruit may be eaten for breakfast or a snack instead of with lunch and dinner. Not more than four items listed for lunch and dinner may be eaten at one meal.
- ~ People who struggle with blood sugar problems find it helpful to eat one of the fruits in the morning and the other one mid-day.
- ~ If you eat the fruit or Melba toast at different time, again do not eat more than 2 per day.
- ~ You do not need to eat everything listed each day. You may skip a fruit, breadstick, or vegetable.
- ~ DO NOT skip proteins or water! Water is very important in flushing the toxins out of the body.
- ~ Fats, oils, creams, and ointments applied to the skin are absorbed and interfere with weight reduction by HCG just as if they had been eaten. It is recommended that you only use oil free lotion, soap, facial cleanser, and make-up that is made with only natural ingredients containing no lanolin or synthetic chemicals.

HCG Diet “Don’t Cheat”

Phase 2 Strategies

Well, I know it’s tempting. Sometimes you’re a little hungry? Sometimes just miss regular food, craving bread, sweets, anything and it’s just so tempting to think “Just this once” or “a few won’t hurt me” WRONG! This is one diet on the planet where you absolutely cannot or should not cheat. Now I know there are people out there blogging or posting about how to cheat successfully (shame on them) but the fact is, a single peanut eaten while on the low calorie HCG phase can totally mess up your weight loss, cause you to balloon up 3-5 pounds, or throw off your stabilizing on Phase 3. So here are a few suggestions on how to avoid cheating on the HCG diet.

1. Space out your meals and have a snack ready (your fruit, some raw celery sticks, etc). Try saving that second fruit serving for the evening if you get the munchies late at night. If you crave sweets, try a little milk chocolate stevia on your strawberries.
2. Drink extra water. Add some squeezed lemon and a little stevia. It taste good and it’s good for you.
3. Journal all the reasons why you want to lose weight. Remembering why you chose to lose the weight in the first place can really help you. For your family? Your kids? Your health? Looking good? Buying gorgeous clothes? REMEMBER!
4. Think about the end result. Visualize yourself at your goal weight, playing with your kids, buying that bikini. Finding a reason to stick it out is critical to making it happen.
5. Make some hot tea. A nice cup of herbal tea, oolong, or yerba mate with some stevia for sweetness or lemon can really take the edge off.
6. Take a walk. A brisk walk around the block will help you clear your head and redirect your thoughts back on to the program.
7. Get your family and friends on board. Many times people cheat because they are confronted with temptation by family and friends. Try to get your family and friends to be supportive and ask them kindly not to wave donuts under your nose or try to sabotage your diet efforts.
8. Join a support group. Having people to support you on the journey and who are going through what you are going through can really help you hold to your resolve.
9. **Most of all, remember that this is a temporary diet and the results are long lasting. You will not be on this diet forever. You will eat normal food and calories again.** Focus on the delayed gratification right now and think about how healthy and attractive you will be, the smaller clothes you will buy later, and stick with the plan. I promise you, it will all be worth it.

16 Plateau Breaking Tips

Tips that we have found very effective when following Phase 2 on the HCG Diet Protocol.

1. Increase your fluid intake to 2-3 quarts per day. Additional fluids will assist in promoting adequate digestion, help prevent constipation and may help to flush out toxins and fat.
2. Try increasing your protein by half an ounce. You may not be eating enough calories per day. Avoid consuming less than 550 calories daily because your body may go into “starvation mode” and store fat.
3. The “apple day”. Reduce your fluid intake by 1 quart and eat 6 apples throughout the day. This method typically will rid the body of excess fluids and most patients state they lose about 2 pounds. This method is not recommended on a continuous basis.
4. Limit your red meat serving to once per week. Red meat digests slowly in the bowel and may slow down weight loss.
5. Make sure you are not using garlic salt. Sea salt and garlic powder are acceptable. All seasoning salts or seasoning products should not be used when on the HCG diet.
6. Do not mix vegetables.
7. Cut out the allowable carbohydrate snacks such as Grissini bread sticks, Melba toast and Wasa crackers.
8. Do not eat the same protein, vegetable or fruit, twice in the same day.
9. Make sure there are no antibiotics or flavor enhancers in your chicken or other protein sources.
10. Do not eat any canned food products. These have preservatives and flavor enhancers that may slow down weight loss.

11. For women, your cycle may cause a weight gain of 2-5 pounds. Be aware of the date of your last menstrual cycle.

12. Dr. Simeons "steak day" plateau breaker is not recommended to be followed more than 1-2 times during the 6 week course. However, here is the process: Drink as much fluid as possible throughout the day and then enjoy a large steak for dinner. You may have 1 tomato and/or an apple with your steak. Many people have stated that they have lost about 2 pounds the following day.

13. If you are not having regular bowel movements, a fiber supplement is highly recommended to be taken daily. It is possible to hold 5 or more pounds of stool in the colon. High protein diets most often will cause constipation. If you have discomfort, Cascara Sagrada should be taken as needed. If you have not had a bowel movement in 2 days or longer, please contact us at 704-782-1650.

14. Raw Unfiltered Organic Apple Cider Vinegar is the star condiment on this diet. If you suffer from acid reflux or just dislike the taste, consider taking Apple Cider Vinegar Capsules. Apple Cider Vinegar has been scientifically proven to release fat within the body and contains similar properties that have been found in grapefruit.

15. Intense exercise is not needed for success on the HCG diet. If you have been lifting weights, you should consider cutting down your workouts to just walking on a treadmill for 30 minutes a day. Resistance training builds lean muscle mass. Lean muscle weighs more than fat and may skew your weight loss on the scale. Keep in mind that we do advise resistance training in Phases 3 and 4. However, it is best to wait until you have finished the Phase 2 HCG therapy.

~Getting on the Euro Body Shaper, at Genesis Herb Garden, would be an excellent way to replace your gym workout, it's not too intense, but does help tone and tighten the muscles, and burn fat.

16. Get enough sleep. Many patients have reported that not enough sleep has reflected little or no weight loss on the following day.



How You Advance to Phase III

If you reach your weight loss goal before 24 days, keep taking the drops and increase your daily caloric intake to 800-1000 calories through day 24. Please be careful to still only eat foods from the approved list.

If you do not reach your weight loss goal before 24 days, continue taking the drops and stay on the low calorie diet through day 40, or until you reach your goal, whichever ever comes first.

If you have more weight to lose, you can begin another protocol cycle after Phase III. DO NOT skip Phase III as this is crucial for your weight loss to be a success and to not gain the weight back.

New Body Weight Maintenance

Phase 3 (3 Weeks):

VERY IMPORTANT: For the first 3 days off the Vibrational HCG drops you must continue the 500 calorie diet.

After you have taken your last day of the drops you need to rid your body of all the Vibrational HCG or else you will begin to gain weight on the Phase III diet.

Consume between 1,200 to 2,000 calories per day to help maintain your new weight "set point." Make sure to stay within 2 pounds of that weight.

This is the most critical part of your weight loss program. During Phase II of the diet your metabolism drops very low (because of the low caloric intake), increasing the risk of weight gain. Increase your metabolism back to normal by eating more of the right foods. You need to eat the same type of foods as on your low calorie diet and gradually introduce additional fruits, vegetables and proteins into your diet without sugar or starches. Some people are able to add small amounts of dairy back into their diet at this point (make sure you weigh yourself every morning to ensure you are not gaining weight. If you are, cut out the dairy immediately). It is important to double the amount of protein during this period (NO pastas, pastries, candy, etc.)

It is crucial that you maintain this diet for THREE WEEKS

NOTE: If you gain more than 2 lbs. at any point during Phase III, have a steak day. This will cleanse your body, usually helping to lose 3-4 pounds. How Dr. Simeon's figured that out, we don't know... but it works! Drink only water all day. For dinner, eat one large (lean) steak with either a tomato or an apple.

21 Day Metabolism Boosting Diet

Approved Proteins: (The more organic meat you eat, the better!)

Eggs	Turkey	Beef	Liver
Lean Pork	Lamb	Veal	Hamburger (Lean)
Lobster	Scallops	Crab	Shrimp
Halibut	Sole	Cod	Monkfish
Trout	Red Snapper	Tuna	Mahi-Mahi

Approved Vegetables: (All raw and organic, no canned vegetables)

Lettuce	Bell Peppers	Bean Sprouts	Cauliflower
Mustard Greens	Tomatoes	Turnip Sprouts	Rhubarb
Squash	Cucumbers	Chard	Radishes
Broccoli	Celery	Egg Plant	Zucchini
Spinach	Kale	String Beans	Onions
Asparagus	Cabbage	Mushrooms	

Approved Fruits: (Limit 2 servings of fruit per day)

Apples	Oranges	Strawberries (6-9)	1/2 Grapefruit
1/8 Canteloupe			

Approved Grains: (Limit 2 servings of grains per day)

Melba Toast	Grissini Bread Sticks	Wasa Crisp Bread
-------------	-----------------------	------------------

Add: Protein Shakes and low-fat dairy products (in moderation) may be added at this point as long as they are organic and have no artificial flavors or sweeteners.

Dressings: Butter, olive oil, vinegar or low-calorie Italian dressing that are organic may be used as well as non-salt organic seasonings and herbs.

Liquids: You need to drink between 64-96 oz of water each day. You are allowed two cups of coffee or tea, 4 cups if decaffeinated. Unlimited Green Tea. You may begin to have an occasional glass of wine with dinner.

ABSOLUTELY stay away from sodas or the weight will start to come back!

Do's and Don'ts

Phase 3

Things you MUST do:

- ~ Weigh yourself daily
- ~ Take Probiotic Eleven
- ~ Drink one-half to one gallon pure water
- ~ Use organic raw Apple Cider Vinegar daily
- ~ Walk one hour per day outside
- ~ Do a colon cleanse
- ~ Eat breakfast
- ~ Eat at least six times per day
- ~ Finish dinner three hours before bed
- ~ Eat organic food
- ~ Eat at least one apple daily
- ~ Eat grapefruits often
- ~ Take digestive enzymes with food
- ~ Eat in a relaxed atmosphere, sitting at a table
- ~ Eat slowly and chew thoroughly
- ~ Take Omega-3s daily
- ~ Use stevia or xylitol
- ~ Eat a salad with lunch and dinner
- ~ If you gain two pounds or more use the skipping meals and steak day or apple day method

Things you MUST NOT do:

- ~ No sugar or starch
- ~ No store bought bottled, canned or carton juice
- ~ No fast food, regional or national chain restaurant food
- ~ No highly refined and super highly refined foods, including white sugar and white flour
- ~ No meat, poultry, or dairy with growth hormone
- ~ No monosodium glutamate (MSG)
- ~ No artificial sweeteners, such as NutraSweet and Splenda
- ~ No trans fats, such as hydrogenated or partially hydrogenated oil
- ~ Don't worry about calories, fat, carbs or sodium

Things STRONGLY SUGGESTED you do:

- ~ Take a whole food supplement daily
- ~ Do yoga
- ~ Use a rebounder or mini trampoline often
- ~ Do resistance training often
- ~ Get twenty minutes of sun daily
- ~ Use a Infra-Red Sauna often
- ~ Take a fiber drink
- ~ Add hot peppers or hot salsa to food
- ~ Take I-Carnitine
- ~ Take Nutri-Calm
- ~ Sleep eight hours per night
- ~ Take flax
- ~ Sing
- ~ Go dancing
- ~ Laugh often
- ~ Play with pets or children
- ~ Play a musical instrument
- ~ Give and get hugs often

Things STRONGLY SUGGESTED you do NOT do:

- ~ Limit ice cold drinks
- ~ Limit exposure to air conditioning
- ~ Limit exposure to fluorescent lights
- ~ Limit carbonated drinks
- ~ Limit restaurant food
- ~ NO products with propylene glycol or sodium laureth sulfate
- ~ Don't watch, read, or listen to ads for food or restaurants
- ~ NO diet, low carb, low fat, nonfat, or "lite" food
- ~ Never use a microwave
- ~ Limit homogenized and/or pasteurized dairy products
- ~ No farm raised fish

Frequently Asked Questions

Q.) How much weight can I lose?

A.) When following the Vibrational HCG protocol allow for up to 2 pounds of weight loss per day. If you have less to lose or are approaching your goal weight, you may slow down to ½ a pound a day.

Q.) How can I survive on 500 calories per day?

A.) Vibrational HCG allows your body to release 1,500 to 4,000 calories from the white toxic fat that is stored in your body. With the additional 500 calories you eat you will have 2,000 to 4,500 calories to burn for energy.

Q.) Will I feel hungry all the time?

A.) If you follow the protocol and properly load the first three days while taking the Vibrational HCG drops, you should not experience hunger. The appetite suppressant in the drops is very effective. Many find they feel satisfied with the food they are getting in the 500 calories. If hunger does occur increase the number of drops taken each time.

Q.) Can I work out while taking the HCG?

A.) Low-impact cardiovascular exercise three times a week for 30 minutes is recommended as a way to increase the weight loss. However, you are free to exercise up to 90 minutes a day. Stay away from lifting heavy weights until you have reached your goal weight and are in Phase III. Once reached, the best form of exercise is circuit training [50% cardio & 50% resistance training].

Q.) Should I take my medications?

A.) You should continue any medications your physician has prescribed for you. And, as with any weight loss program you should consult your physician before beginning the program.

Q.) Do I have to quit smoking?

A.) The protocol is very specific and needs to be strictly adhered to. If you are a smoker, we recommend cutting back as much as you can without putting undo stress on your body. We don't want you going through withdrawals while you are also doing the low calorie diet.

Q.) Should I eat more if I work out or have a very physical lifestyle?

A.) The only time we recommend increasing your caloric intake is if you are working out more than an hour a day doing weight training or circuit training. If that is the case you may want to increase your protein to 6 oz. per meal instead of 4 oz. Otherwise, if you feel hungry, increase your dosage by one or two drops each time.

Q.) Does Vibrational HCG, need to be refrigerated?

A.) Your Vibrational HCG does not need to be refrigerated. Some like to refrigerate it just because they prefer the taste of the flavors when they are cold.

Q.) If I have taken HCG shots before, what is the amount of Vibrational HCG that I should take?

A.) 30 Drops = 125 IU; 36 Drops = 150 IU; 42 Drops = 175 IU; 48 Drops = 200 IU

Take Control of Your Cravings & Boost Your Energy

Recommended for Phase III & Maintenance

~ Control 10X, by Genesis is everything you need to support appetite relief and weight control in one convenient blend. Because it is delivered in liquid form, Control 10X bypasses your digestive system and goes straight into the bloodstream and cells for optimal effect. This means you can rest assured that you are receiving the most comprehensive and safe weight control product available world wide.

~ All of our ingredients are listed with the US Pharmacopeia and the US Food and Drug Administration (FDA). They have all been scientifically verified to help support overall health in adults and children.



Ingredients Include

Hoodia Cactus	Thyme
Gymnema Leaf	Guarana Seed
Skullcap	Yerba Mata
Lobelia	Vitamin C
B-Complex Vitamins	Vitamin D3
Multi-Complex Vitamins	PABA
Trace Minerals	Choline
Peppermint	Calcium
Wintergreen	Magnesium

Citrus Bioflavonoids

Chicken Strawberry Salad



HCG Gourmet Recipes



Dressing

- 2 T. fresh squeezed orange juice
- 2 T. fresh squeezed lemon juice
- 1-2 t. xylitol

Combine ingredients well.
Chill until serving.

Salad

- 1/4 c. Braggs Amino Acids
- 2 T. fresh squeezed orange juice
- 1 clove garlic, minced
- 2 green onion, thinly sliced
- 1/2 lb. chicken breast
- 4c. raw spinach
- 8 strawberries, sliced
- 1/2 med. red onion sliced, rings separated

In a gallon ziplock bag combine, Braggs Aminos, green onions, orange juice, and garlic. Add chicken and seal bag. Marinate in refrigerator for 2-24 hours, turning occasionally.

Remove chicken from bag and reserve marinade. Grill or broil chicken for 8-10 minutes, turning once and brushing with marinade.

Cook until chicken is tender and no longer pink. Cool chicken slightly. Place spinach, 2 cups each, onto serving plates. Slice chicken and place on top of spinach, top with strawberries and red onion rings. Shake dressing and drizzle evenly over two salads.

Makes 2 servings Calories: 195 per serving Fat 3g

Chicken Cabbage Chili

1lb. chicken breast, cooked and shredded
12 cups shredded cabbage
8 cups chicken broth
1 (14oz.) can diced tomatoes with green chilies
1 clove garlic, minced
1/2 medium onion, chopped
1-2 t. chili powder
1-2 t. cumin
Sea salt and pepper to taste

In a large stock pot, add cabbage, broth, tomatoes and chilies, garlic and onion. Bring to boil. Add spices and reduce heat to low. Simmer uncovered, stirring often, until cabbage is tender. Add cooked and shredded chicken at last few minutes of cooking to heat through.

Makes 4 servings (3 cups each) Calories: 187 per serving Fat: 3g

HCG Burger

1lb. (95%) lean ground beef or veal
4 Wasa Multi-Grain Flatbread
1/2 medium onion, sliced
1 medium tomato, sliced
20-24 pickle slices
4 lettuce leaves
Yellow or Spicy Brown mustard
Seasonings of your choice
Sea salt and pepper to taste

Divide ground beef into 4 equal portions. Shape each portion into an oblong patty, about the size and shape of the flatbread. Season patties, and grill or broil the patties until no longer pink. Spread, each of the flatbreads with mustard and top with cooked patties, onion, tomato, pickle, and lettuce. you can also serve wrapped in lettuce.

Makes 4 servings Calories: 216 per serving Fat: 6g

Fried Cabbage

8 cup cabbage, shredded
1 medium, red onion, slivered
3 cloves garlic, minced
1/2 T. Mrs. Dash Garlic & Herb Blend
Sea salt to taste

Heat a large non-stick skillet over medium heat and mist lightly with olive oil spray. Add cabbage, onion, garlic, and seasonings. Stir and fry for 4-6 minutes or until cabbage is crisp-tender.

Makes 4 servings Calories: 44 per serving Fat: 0g

Mustard Baked Chicken

1lb. chicken breast
1/2 cup brown mustard
1 T. Braggs Amino Acids
1-2 t. xylitol

Preheat oven to 425
Lightly mist a shallow baking dish with olive oil spray. Place chicken, smooth side up into the baking dish. In a small bowl stir together, mustard, Braggs Amino Acids, and xylitol. Brush mustard mixture generously over each chicken breast. Bake uncovered for 20 minutes or until no longer pink, brushing with mustard mixture half way through cooking.

Makes 4 servings Calories: 140 per serving Fat: 3g

Mustard Chicken Wraps

- 1lb. ground chicken breast*
- 2T. mustard, yellow or dijon
- Sea Salt and pepper to taste
- Paprika to taste or color

Mix all ingredients well. Shape into 4 equal, 4oz. patties. Grill or broil as would a hamburger. Serve in a lettuce wrap, or to cut fat and calories, use for the HCG burger. You can also use this recipe crumbled and browned in a skillet. Wrap in lettuce with your choice of other vegetables, or serve over chopped salad greens.

*Note: Choose your chicken breast from the butcher section of your grocer and ask the butcher to grind them, if you don't have a way of grinding for yourself.

Makes 4 servings Calories: 135 per serving Fat: 3g

Ginger Vinaigrette Cucumbers

- 4 large, cucumbers, peeled and sliced
- 1 small, red onion, slivered
- 2 medium, tomatoes, sliced into sections
- 1 T. fresh grated ginger
- 1 cup, Apple cider vinegar
- 1/3 cup, water
- Sea salt and pepper to taste

Combine all ingredients in a medium bowl.
Stir well and chill overnight, stirring occasionally.

Makes 4 servings of 1 c. each Calories: 28.5 per serving Fat: 0g

Garlic Shrimp

- 1lb. raw shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1 (14.5oz) can crushed tomatoes
- 1 medium lemon, juiced
- 1 T. xylitol
- 1 T. dried parsley
- Sea Salt and pepper to taste

Place shrimp in a large bowl with the garlic, salt and pepper. Toss well to mix. Heat a large non-stick skillet over medium-high heat. Lightly mist with olive oil spray. Add the shrimp and garlic, and stir for 2 minutes, or until shrimp are pink. Reduce heat to medium, add the crushed tomatoes, lemon juice, xylitol, and dried parsley. Cook, stirring occasionally, for 3-4 minutes and heated through.

Makes 4 servings Calories: 102 per serving Fat: 1g

Baked Italian Steak

- 1lb. lean sirloin steaks, 4oz. each
- 1/2 t. sea salt
- 1/2 t. pepper
- 1 t. garlic powder
- 1 (14oz) can diced tomatoes
- 1 medium onion, halved and sliced
- 4 cups zucchini, sliced
- 1 t. Italian seasoning

Preheat oven to 350F. Sprinkle steaks evenly on both sides with salt, pepper, and garlic powder. Preheat a large skillet over medium heat, and mist lightly with olive oil pan spray. Place steaks into skillet and cook briefly until browned on both sides. Transfer steaks to a baking dish. In a large bowl, combine tomatoes, onion, zucchini, and Italian seasoning. Pour evenly over top of steaks. Cover dish with foil, bake for 1-2 hours or until steaks are tender.

Makes 4 servings Calories: 214 per serving Fat: 6g

New Fashioned Meatloaf

1lb. (95%) lean ground beef or veal
1/2 cup spinach leaves, chopped
1/2 medium onion, minced
1 large egg white, lightly beaten
1/2 t. sea salt

2 t. horseradish
2 t. Italian seasoning
1 t. Worcestershire Sauce
1 clove garlic, minced

Preheat oven to 350F

Light mist an 8-1/2" X 4-1/2" X 3" non-stick loaf pan with olive oil spray. Set aside. In a large mixing bowl, add beef or veal, spinach, onion, egg white, horseradish, Italian seasoning, Worcestershire sauce, garlic, and salt. With hands or a fork, mix well. Transfer the mixture to the prepared loaf pan. Press evenly into the pan, patting to top flat. Bake for 30 minutes, or until no longer pink. Let meat loaf sit for 10 minutes before cutting into 8 slices.

Makes 4 servings (2 slices each) Calories: 165 per serving Fat: 5g

Lemon Garlic Broccoli

4 cups broccoli florets
1 medium lemon, juiced
1/4 t. sea salt
1/4 t. pepper
1 clove garlic, minced

Steam broccoli over medium-heat until tender.

Meanwhile, in a serving bowl, combine lemon juice, sea salt, pepper, and garlic. Add broccoli. Toss to coat and serve immediately.

Makes 4 servings (1 cup each) Calories: 37 per serving Fat: 0g

Beef Stuffed Tomato

1 lb. (95%) lean ground beef
4 large tomatoes
1/2 medium onion, chopped
2 stalks celery, chopped
1 small zucchini, grated
1 clove garlic, minced
1 t. cumin
Sea salt and pepper to taste

Preheat oven to 350F. Cut tops off tomatoes, scoop out pulp and reserve. Brown ground beef in a large skillet over medium-heat. Add tomato pulp, onion, celery, zucchini, garlic, and seasonings. Cook and stir until vegetables are tender. Remove from heat. Lightly mist a shallow baking dish with olive oil spray and place each tomato into the baking dish. Stuff each tomato shell equally with the meat mixture, spooning any leftover into the bottom of baking dish.

Bake for 20-30 minutes. Serve each with leftover meat from baking dish spooned around the tomato.

Makes 4 servings Calories: 205 per serving Fat: 5g

Sweet & Spicy Coleslaw

6 cup green cabbage, shredded
2 cup red cabbage, shredded
2 medium tomatoes, seeded and chopped
6 green onion, coarsely chopped
1-2 jalapeno peppers, seeded and finely chopped
1/2 cup Apple cider vinegar
2 T. xylitol
Sea salt and pepper to taste

Combine cabbage, tomato, green onion, and jalapeno in a large serving bowl. In a small bowl mix, vinegar, xylitol, and salt. Stir well until xylitol and salt are dissolved. Pour over cabbage and toss well. Cover and chill at least 2 hours before serving. Toss again before serving.

Makes 4 servings (2 cups each) Calories: 54.5 per serving Fat: 0g

Garlic Shrimp Stir-Fry

1 lb. raw shrimp, shelled and deveined
1 medium onion, sliced and separated into rings
2 stalks celery, cut into 1/2 inch pieces
12 spears asparagus, cut into 1/2 inch pieces
2 cup broccoli, chopped into small pieces
2 cup cauliflower, chopped into small pieces
4 cloves, garlic, minced
1/2 cup Braggs Amino Acids
2 T. xylitol
Dash crushed red pepper

Lightly mist a large skillet with olive oil spray and preheat over medium-high heat. Add onion, celery, asparagus, broccoli, and cauliflower. Cook and stir until vegetables are almost tender. Add shrimp, Braggs Aminos, crushed red pepper, and xylitol. Cook and stir for 3-5 minutes or until shrimp is pink and opaque.

Makes 4 servings Calories: 125 per serving Fat: 0.5g

Un-Fried Tilapia

1 lb. Tilapia, or other white fish
4 T. finely ground Melba toast, process in a blender or food processor
1 t. dried thyme
1 t. dried basil
1/2 t. garlic powder
1/2 t. lemon pepper
1 t. Blackening seasoning, or to taste

Preheat oven to 400F. Lightly mist a baking sheet with olive oil spray. Put Melba crumbs and all seasonings on a plate. mix well. coat both sides of fish fillets with crumb mixture and transfer to baking sheet. Place baking sheet on bottom rack of oven. Bake for 20 minutes or until fish flakes and is golden brown. Serve with a lemon wedge.

Makes 4 servings Calories: 115 per serving Fat: 2.5g

Chicken Fajita Soup

1 lb. chicken, cooked and shredded
6 cups chicken broth
4 large zucchini, sliced
1 (14oz.) can diced tomatoes with green chilies
1 medium onion, chopped
1 clove garlic, minced
1 T. Fajita or other Mexican seasoning
1/4 c. fresh snipped cilantro
Sea salt and pepper to taste

In a large stock pot combine chicken broth, zucchini, tomatoes with chilies, onion, garlic, and seasoning. Bring to boil over medium-high, reduce heat. Simmer covered for 15-20 minutes or until zucchini is tender. Stir in cooked chicken, heat through. Just before serving stir in snipped cilantro.

Makes 4 servings (2 cups each) Calories: 190 per serving Fat: 3g

Chicken Broccoli Casserole

1lb. chicken breast, cubed
2 cups chicken broth
8 cups broccoli florets
3 ribs celery with leaves, chopped
1/2 medium onion, chopped
1 t. dried parsley
1/2 t. dried thyme
1/2 t. dried majoram
Sea salt and pepper to taste

Preheat oven to 350F

Lightly mist a 9" X 13" baking dish with olive oil spray. Layer cubed chicken evenly in bottom of baking dish. Layer broccoli, celery, and onion evenly over top of chicken. Sprinkle herbs, salt and pepper over all. Pour chicken broth over. Cover with foil and back for 1-2 hours, until chicken is tender and no longer pink.

Makes 4 servings (2 cups each) Calories: 205 per serving Fat 3g

Curried Cauliflower

4 cups cauliflower florets
1/4 cup chicken broth
1/2 medium onion, sliced and separated
1 t. curry powder
Dash crushed red pepper flakes
Sea salt to taste

Steam cauliflower, until crisp-tender.

Heat a medium saucepan over medium heat. Add onions and chicken broth, cook and stir until onions are just tender. Stir in curry powder, red pepper flakes, and salt to taste. Remove from heat, add cauliflower and toss to coat well.

Makes 4 servings (1 cup each) Calories: 35 per serving Fat: 0g

Green Bean Toss

1 lb. fresh green beans
1 T. fresh ginger, peeled and finely chopped
1 medium red onion, slivered

Dressing

4 t. dry mustard powder
1 T. cold water
2 T. Braggs Amino Acids
2 T. Apple cider vinegar

Trim and cut green beans into 1-inch lengths. Cook in rapidly boiling water, about 5 minutes or until crunchy-tender. Drain beans, immerse in cold water to stop the cooking until they are cool. Drain well.

In a medium bowl, whisk the dressing ingredients until well blended. Add green beans, ginger, and red onion to dressing, toss well. Serve immediately.

Makes 4 servings (1 cup each) Calories: 52 per serving Fat: 0g

Creamy Ranch Dressing

1 cup fat free cottage cheese
1/4 t. garlic powder
1/4 t. onion powder
2 t. Apple cider vinegar
1/4 cup skim milk
1 t. chopped chives

Puree all ingredients in a food processor or blender.

Refrigerate in tightly sealed container.

Makes approx. 1-2 sups (2 T. per serving) Calories: 20 per serving Fat: 0g

De-Light Vinaigrette

1 cup chicken broth
1/4 cup green onion, chopped
1/4 cup fresh parsley, stems removed
1 clove garlic, minced
1 t. Dijon mustard
2 T. Apple cider vinegar
1/4 t. dried dill

In a covered blender, combine all ingredients. Cover tightly and blend until smooth. Refrigerate for at least 2 hours. Serve over salad greens or use a marinade for meats.

Makes approx. 2 cups (2 T. per serving) Calories: 10 per serving Fat: trace

Honey-Lime Dressing

1/4 cup fresh squeezed lime juice
1/4 cup Apple cider vinegar
2 T. local honey
2 T. fresh cilantro, finely chopped
2 cloves garlic, minced

Mix all ingredients in a small bowl until combined. Refrigerate.

Also makes a great marinade for chicken and fish.

Makes approx. 3/4 cup (2 T. per serving) Calories: 31 per serving Fat: 0g

Strawberry Shortcake

1-2 Plain Melba toast
 6 Strawberries, sliced
 1-2 Tablespoons xylitol

Mix together strawberries and xylitol. Cover and chill for 10-15 minutes. Serve with or on Melba Toast.

Makes 1 serving Calories: 60 per serving Fat: 1g

Fruit Medley

1/2 Apple, cubed
 1/2 Grapefruit or Orange, cut in to pieces
 10 medium strawberries, sliced
 Juice from 1/2 lemon or lime
 1-2 Tablespoons xylitol

In small bowl, mix together lemon/lime juice and xylitol, until the xylitol is dissolved. In medium bowl put fruit, then drizzle lemon/lime glaze and toss to coat.

Makes 2 servings Calories: 65 per serving Fat: 1g

Applesauce with Cinnamon

1 Apple
 1/2 t. cinnamon
 Pinch of nutmeg
 Xylitol to taste

Peel and puree apple in a food processor. Add in cinnamon and xylitol. Serve chilled.

Makes 1 serving Calories: 70 per serving Fat: 0g

Calorie Index

ALWAYS weigh or measure your food when it is raw.

Meat

Chicken	4oz. Boneless, skinless breast	130
White Fish	4oz. Raw, boneless	90
Shrimp	4oz. Raw	70
Beef	4oz. 95% lean ground	155
Veal	4oz. Lean sirloin	193
Crab	1 cluster, with 4-5 legs	120
Lobster	4oz. Raw tail, no shell	105

Vegetables

Spinach	1 cup, Raw	7
Beet Greens	1/2 cup, Raw (2oz. cooked)	20
Lettuce, Romaine	1 cup, chopped	10
Tomato	1 whole, medium 5oz.	25
Celery	1 rib, 2.2oz.	10
Onion, yellow	1 med., 4oz.	48
Radish	10 whole	7
Cucumber	1/2 cup, slices	8
Asparagus	10 med, spears, raw	33
Cabbage	1 cup shredded, raw	17
Chard	1/2 cup, raw (3oz. cooked)	18
Broccoli	1 cup raw (3oz. cooked)	30
Cauliflower	1 cup raw (3oz. cooked)	25
Zucchini	1/2 cup, sliced raw	14
Peppers, bell	1/2 cup raw, chopped	20

Fruits

Apple	1 small, 5oz	55
Orange	1 small, 5oz.	45
Strawberries	6 medium	20
Grapefruit	1/2 with flesh, 6oz.	55
Lemon	1 medium 3oz.	25

Calorie Index

ALWAYS weigh or measure your food when it is raw.

Grains

Melba Toast	1 toast	20
Wasa Multigrain	1 flatbread	45

Other

Fat free sour cream	2 Tablespoons	25
Fat free yogurt	1/2 cup	62.5
Olive oil pan spray	1 second spray	0
Chicken broth	1 cup, made from bouillon	5
Beef broth	1 cup, made from bouillon	5
Tomato Sauce	1/4 cup	20
Tomato Paste	2 Tablespoons	25
Dill pickle	1 small	5
Egg white	1 large	16
Garlic	1 clove	4
Lime	1 medium	20
Mustard	1 teaspoon	5
Horseradish	1 teaspoon	2
Braggs Amino Acids	1/2 teaspoon	0
Apple Cider Vinegar	1 Tablespoon	0
Xylitol	1 teaspoon	10
Stevia	5-8 drops or 1/4 teaspoon	0

These recipes are based on the HCG Diet.

Diet Journal Sample

Day 1-3

Gorge All Day

Weight _____

Food

Beverages

Notes

Day 4-28 or up to day 40

Low Calorie Intake Day

Weight _____

Lunch

Dinner

Fruit & Beverages

Notes

Genesis Herb Garden

231-B Branchview Dr. NE

Concord, NC 28025

704-782-1650


www.genesisherbgarden.com



PEOPLE ARE TALKING

You've probably already heard the HCG buzz from today's Hollywood elite, top news and media outlets or your friends and family.

People just like you are **losing up to 45 lbs. in as little as 30 days** on Vibrational HCG by Genesis Herbs, without the cost or side effects of prescription drugs. **And, they are keeping it off!**



Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Actual weight loss for individuals following the HCG weight loss protocol may vary from person to person.

Each person's actual experience will depend on the reasonableness of their weight loss goal, the time they allow themselves to lose the weight to attain their weight loss goal, their age, state of health, how closely they follow the weight loss protocol, and subsequent weight loss cycles followed, any limitations placed on them by their health care professional due to the above or any other factor.