



## **HCG Weight Loss Program**

***Our program will teach you about the nutrition fundamentals and lifestyle changes that are required to successfully keep the weight off.***

Weight accumulation is a significant medical condition and cannot be treated by an inexperienced "Diet Counselor" in some corner diet center with a "one size fits all" kind of program. The HcG Weight Loss Program has helped hundreds of people achieve their weight loss goals.

***Since no special food purchases are required, this is also one of the most cost effective and safest ways to lose weight and keep it off.***

Unlike many other "fad" diet programs that are advertised, our HcG Weight Loss Program does not require that you purchase expensive, pre-packaged meals. Instead, we will give you specific menus, recipes and foods that can be purchased at any grocery store. As with most plans, the foundation of our HcG Weight Loss Program is a low-calorie specific regimen. Our plan teaches you the best food choices to ensure your body gets everything it needs. Despite the reduction in calories, you will feel great and have lots of energy.

***We provide all the necessary assistance to ensure your weight loss journey is successful – starting DAY ONE.***

When you join our HcG Weight Loss Program, you will receive a *comprehensive and complete solution* to ensure your success. In addition to our best-in-class practices and advice, you will also receive the following prescription medications – all of which are included in the price of our program:

- A daily dose of easy-to-use HcG (Cream, injection or pellet) to help facilitate the fat loss process.
- An appetite suppressant to effectively combat the hunger pangs that typically come with the start of any weight loss program.
- A weekly shot of Lipotonics Plus – an innovative combination of fat burning amino acids. These injections will be given by your health care professional during your weekly visit.
- Weekly weigh-ins, progress monitoring, coaching/counseling, etc. that keep you focused and progressing to your goal. In between visits, we recommend that patients use the [livestrong.com](http://livestrong.com) diet and activity journal.

***You must treat this medical condition with the supervision of a trained medical team.***

***All of the instructions must be followed exactly. This will require true dedication from you.***

***Your Diet Team is dedicated to your weight loss goals. We are here to help you.***

## Overview

The HcG Weight Loss Program is a physician-supervised program that has three distinct components:

1. A low calorie diet, which is mildly ketogenic and glycemic-index controlled
2. Specially formulated prescription medications to help ensure your success:
  - HcG Cream – this transdermal (absorbs directly through the skin) cream helps to facilitate and expedite the fat-loss process.
  - Phentermine, Phendimetrazine or another appetite suppressant to help combat and control hunger pangs and cravings.
  - Lipotonics Plus – a blend of B-Vitamins and amino acids to help burn fat.
3. A physician and self-managed monitoring program of coaching and counseling that keeps you involved, focused and motivated.

The HcG Weight Loss Program addresses several of the common weight loss problems by supporting the metabolism hormonally during the program.

Three common reasons why diets fail:

1. Constant hunger
2. Fatigue and lack of energy
3. Metabolism plummets, and the patient quickly regains the weight

The HcG Weight Loss Program effectively addresses these concerns by:

1. Curbing appetite naturally
2. Increasing metabolism and energy
3. Improving the patient's sense of well-being
4. Affecting the brain to secrete endorphins and serotonin – the 'feel good' hormones
5. Releasing fat from peripheral fat cells

You can expect significant – and fast - results from our HcG Weight Loss Program:

1. Rapid weight loss through this physician monitored program
2. Lose significant body fat and not lean muscle mass
3. Maintenance program to help keep the weight off

***Our HcG Weight Loss Program is a low-calorie eating plan  
which includes specific food choices.***

***Complaints of hunger, fatigue or depression common to many diets  
are eliminated or drastically reduced.***

***Our HcG Diet does not consist of pre-packaged or processed food,  
but offers food lists for meals without preservatives.***

## Guidelines

The duration of our program is 39 days, and includes weekly visits to the health care provider's office. Expected average weight loss for women during the plan is 15-20 pounds; men can expect to lose an average of 20-25 pounds for the same 39 day period. A six week transitional phase should follow this 39-day program - no HcG should be used during this period. Patients are encouraged to continue the good eating habits and lifestyle changes they have made during the 39 day plan.

### Major Components of the program include:

- Initial consultation and subsequent weekly visits in weeks two, three and four.
- EKG's (not required if EKG has been performed within the last year).
- Complete Blood Count, Electrolyte Panel, Lipid Panel (not required if done recently).
- HcG Cream, injections or pellets
- FDA approved Appetite suppressant.
- Weekly Lipotonics Plus Injection (B12/B6 injections - fat burning amino acid shots).
- Weekly weight-ins, progress monitoring, counseling/coaching, etc.
- Food Sensitivities Screening ( by ALCAT) – *Optional*.

***Please see the HcG Value Proposition Handout for Financial Options***

***The very nature of this diet provides for some quick and dramatic results. Early success - supported by monitoring and education - helps patients maintain their commitment and adherence to the program.***

***Check your schedule. Try to plan the diet to avoid vacations or other family events that will make it more difficult for you to follow the program.***

***We hope to have the privilege of helping you safely, naturally and effectively lose weight and gain optimal health.***

## The Eating Plan: Food Choices and Recommendations

As with most weight loss plans, the foundation of our HcG Weight Loss Program is a low-calorie regimen.

### Breakfast

If possible, limit your first meal of the day to coffee or tea (black preferred). A protein shake (whey protein powder) made with eight ounces of water and a quality, no-carbohydrate protein powder may be consumed for breakfast, but this makes the process less effective.

### Lunch, Dinner and Snacks

A complete meal will include your choice of one item from each of the following groups. You may have the protein and vegetable selection together and move the fruit selection for a snack later in the day.

#### Lean Protein Selection

- 3.5 ounce serving of lean: Turkey Breast, Chicken Breast, Veal, London Broil, Buffalo Tenderloin, Tilapia, Halibut, Sole, Perch, Orange Roughy, Lobster, Shrimp, Crab, Cottage Cheese (made with skim milk), One whole egg and three egg whites. Meat and fish may be grilled, broiled, baked or boiled.

#### Vegetable Selection

- Do not combine vegetables at a meal. Eat until you feel full. Select one vegetable from the following: Spinach, Turnip greens, Celery, Chard, Chicory, Beet Greens, Lettuce, Broccoli, Fennel, Onions, Scallions, Cabbage, Radishes, Leeks, Cucumbers, Asparagus, Cauliflower, or Tomatoes

#### Fruit Selections

- Fruit choices: Green apple, blueberries or grapefruit.

### Other Recommendations

- Alcohol is not recommended, however, if consumption is desired, a maximum of 2-5 oz. glasses of dry red wine, or 1-2 oz drinks of hard liquor three times per week.
- Focus on drinking 3 liters (100 oz) of fluids per day. The majority of fluid intake should be water but you may have tea, coffee, diet soda or sparkling water. Diet soda should be limited to one 12 oz. soda per day, or eliminated altogether.
- One 8 ounces of skim milk may be used in a protein shake or as you choose.
- You may use the juice of one lemon per day however you choose.
- You may season foods with salt, pepper, herbs or spices.
- When sweetening foods or drinks, artificial sweeteners are recommended.
- One tablespoon of virgin olive oil is allowed per day. For best results fats, butters, oils or aerosol oils are not recommended.
- Two tablespoons of fat free salad dressing per day may be used on vegetables or may be used to marinate meats. Be careful because some fat-free dressings are higher in carbohydrates (sugars).
- Vinegars: Balsamic or Rice vinegar may be used as desired.
- A small amount of extra virgin olive oil may be used with vinegar or Dijon mustard to make a salad dressing.
- There are no substitutions for the foods listed - even if the substitute food has the same caloric value - as it may stop the weight loss process.
- Meals listed may be eaten in any order.
- Anything not consumed may not be carried over to the following day.
- There is no objection to breaking up the meals any way you choose. Five to six small meals per day is recommended. Choose something from your list every few hours during the day.
- Discuss all changes or additions of vitamins, food supplements or medications with your health care provider.
- If you do not already take a multivitamin, begin taking one. Also, begin taking 500 – 1000 mg of calcium/vitamin D per day.

## Maintenance Phase

After completing the 39 day HcG Weight Loss Program, you will transition to the Maintenance Phase, which will be a lifetime program. Your eating plan will focus on foods with a low glycemic index.

### To maintain goal weight:

- Eat four to six small meals per day.
- Drink two to three liters of water per day.
- Choose foods with a glycemic index of 55 or less; include fruits such as blueberries, green apples, cherries; vegetables should include broccoli, cabbage, mushrooms, onions, peppers, sweet potatoes and any type of lettuce (list follows).
- Avoid anything white or processed.
- Remember portion size (palm of hand size).
- Increase protein serving to 8 oz.
- Each meal to include Protein/Carbohydrates/Fat.
- Snack to include only two of the three food groups mentioned above (preferably a combination of protein and fat, or protein and carbohydrates).
- You may now select all meats and fish.
- You may use salad dressing up to one tablespoon per day.
- One meal may be in the form of a meal replacement shake to help maintain goal weight.
- Perform mild aerobic activity for 10-39 minutes (walking, tread mill, cross trainer biking, etc.)

### Sample Menu:

- Breakfast: One low-carb meal replacement shake
- Snack: One medium apple and twenty raw almonds
- Lunch: Caesar salad with fish or chicken - 1 tablespoon dressing
- Snack: One medium green apple & 20 raw almonds –or- 1 teaspoon of almond/cashew butter
- Dinner: Fish or chicken, salad and green vegetable
- Snack: Nuts, hardboiled egg, etc.

## Frequently Asked Questions

- 1. Is the diet safe?** Yes, and you will be closely monitored by the physician and their staff.
- 2. Is the diet hard?** Patients report the HcG Weight Loss Program was easy given the variety of food selection listed, and weekly appointments with their Diet Team gave them the support they needed.
- 3. What is the Glycemic Index?** The Glycemic Index is a method of ranking carbohydrates in foods to tell us if that food will make our blood sugar levels rise quickly, moderately, or slowly. The sugars in foods with a low GI number are released more slowly into the bloodstream causing blood glucose levels to rise and the fall more slowly than foods that have a higher GI number.
- 4. Will the office visits take a lot of time?** Each visit will take approximately 39 min.
- 5. Is it expensive?** Compared to the other programs that require purchasing prepackaged meals for up to six months, the HcG Diet is much less. The prepackaged food is full of preservatives. Our lifestyle change is built on “Real Food” for “Real People.”
- 6. How much weight can I expect to lose?** Your physician will determine which program and the duration that best suits your needs for optimum weight loss.
- 7. Is the weight loss guaranteed?** Instructions are provided during the HcG Diet and on the maintenance phase, but adapting these lifestyles is up to you.
- 8. Will I have to exercise?** Yes. Exercise is a key portion of any weight loss program.
- 9. How much should I exercise?** 10-30 minutes of aerobic activity each day is recommended.
- 10. Will support be offered?** Yes. You will be scheduled for weekly appointments to review your progress. Advice will be offered on menu selection and recipes. Feel free to speak with the Diet Team regarding any questions.
- 11. Will I be provided with a list of foods?** Yes. See the “Food and Meal Combination” in your brochure.
- 12. Should I stay on the cream after the diet?** No, the HcG cream will eventually stop working.
- 13. Will I lose muscle on this plan?** No. The TIFM HcG Diet is formulated to focus on body fat.
- 14. How will I not get bored with the food?** There are many food combinations that provide a variety of choices. Planning your meals ahead is a great idea and will save you time.
- 15. What other foods can I eat beside what’s on the diet?** It is not recommended; refer to diet “Instructions”
- 16. If I eat less or go on a fast will I lose more?** This diet program has been specifically formulated to support your metabolism during the changes that take place on the diet. Eating less or doing a fast is not recommended.
- 17. I am vegetarian, what can I eat?** You may choose any items list on “Food and Meal Combinations.”
- 18. What foods are on the Maintenance?** Foods that have a glycemic index below 55.

## Examples Of Low Glycemic Index Food (less than 55)

Plain Yogurt	14
Artichoke	15
Asparagus	15
Broccoli	15
Cauliflower	15
Celery	15
Cucumber	15
Eggplant	15
Green Beans	15
Lettuce, all varieties	15
Peppers, all varieties	15
Snow peas	15
Spinach	15
Young summer squash	15
Zucchini	15
Peas, dried	22
Pearl barley	25
Grapefruit	25
Chickpeas	33
Green Apples	38
Tomato soup, tinned	38
Chickpeas, tinned	42
Brown rice, instant	46

## Simple Food Ideas

### Chicken Soup

Use fat free chicken or beef broth, then add one of the following cooked meats: chicken, beef, turkey or shrimp. For a vegetable you may add one of the following: spinach, celery or leeks. Season to taste and bring to a boil and simmer until vegetable are tender.

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### Wraps

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Use Napa cabbage and use one the following cooked meats: chicken, turkey or shrimp. Use sections from 1/2 pink grapefruit with its juice. Chop a few leaves of Napa cabbage and mix with other ingredients, let marinate several hours, then fill several large cabbage leaves with mixture.

### Southern Style Dish

Use Shrimp or fish, spice them up using Cajun spices. Place them over turnip greens.

### Scampi

Use shrimp and broccoli with Walden Farms scampi sauce.

### Side salad

Peel cucumbers length wise and continue to make cucumber “ribbons”. Mix brown rice, wine, vinegar, salt, pepper, and ApothéSweet to taste. Add some fresh chopped ginger root for a refreshing side salad.

### Green salad

Marinate shrimp in lemon juice with several tbsp of crushed fennel seeds, cumin seeds, and a pinch of turmeric. Marinate for about 10 minutes, skewer, and grill. Serve over green salad.

### Omelet

Place 1 whole egg and 3 additional egg whites and pre-cooked vegetables of your choice into a quart freezer bag. Squeeze to mix. Bring a pot of water to a boil, then drop bag into water and boil for 13 minutes.

### Cole slaw

Use cabbage, rice wine vinegar, and ApothéSweet to taste.

### Cole slaw 2

Use raw red cabbage, Balsamic vinegar, and ApothéSweet to taste.

### Dessert

Cut green apples into wedges and sprinkle with cinnamon and ApothéSweet.

## Dressing Recipes

### *Citrus dressing*

¼ cup apple cider vinegar  
1 cup water  
1 tsp lemon

1 pkg Stevia  
½ tsp garlic powder

### *Dill Dressing*

1/3 cup apple cider vinegar  
2 T. water  
2 T. dried basil  
1 T. dried dill

1 t. garlic powder  
1 t. dry mustard  
1 t. onion powder

Mix all ingredients in a blender and mix well.

### *Vinaigrette Dressing*

¼ cup apple cider vinegar  
½ cup water  
2 shakes celery salt

2 shakes onion salt  
Ground pepper to taste  
2 pkg Stevia

### *Fresh Herb Vinaigrette*

½ cup balsamic vinegar  
1 tbsp chopped fresh parsley  
1 tbsp chopped fresh basil  
1 tbsp chopped fresh thyme

½ teaspoon salt  
¼ teaspoon pepper  
½ cup olive oil

Preparation: Whisk together balsamic vinegar, parsley, basil, thyme, salt, and pepper. Gradually whisk in olive Oil, whisking until vinaigrette is smooth

## Other Recipes

### ***Channing Greek Hamburgers***

1 ½ lb (24 oz) lean turkey burger or ground veal  
2 tbsp olive oil  
3 garlic covers, minced  
3 tbsp red wine (dry Burgundy type)  
2 tsp oregano  
2 tbsp Dijon mustard

Mix the meat with the listed ingredients.  
Cook as per your favorite method.  
Makes 6 servings.

### ***Chili***

4 oz lean ground turkey (less than 7% fat)  
1 – 2 cup chopped tomatoes  
½ cup water  
2 cloves garlic crushed and minced  
Pinch of garlic powder  
Pinch of onion powder  
1/4 tsp chili powder  
Pinch of oregano  
Cayenne pepper to taste(optional)  
Salt and pepper to taste

Brown ground turkey in small frying pan, add onions and garlic, stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced - the longer it cooks, the more tender and flavorful it becomes. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste. Makes 1 serving (1 protein, 1 vegetable)  
Phase 3 modifications: top with cheddar cheese and one dollop of sour cream.

### ***Crunchy Sweet Apple Chicken Salad***

4 oz. chicken cooked and diced  
½ green apple diced  
3 stalks celery diced  
3 tbsp lemon juice  
1/8 tsp cinnamon  
Salt and pepper to taste  
Dash cardamom  
Dash salt  
Stevia to taste  
Wedge of lemon

Mix ingredients together, sprinkle with Stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon. Makes one serving (1 protein, 1 vegetable, ½ fruit). Maintenance modifications: Add chopped almonds. Mix in low sugar Greek yogurt.

### ***Apple Slaw***

1/3 cup cider vinegar and 2 tsp olive oil  
1 tsp ApothéSweet or Stevia  
1 tsp Dijon mustard  
¼ tsp salt  
¼ tsp pepper  
7 cups shredded red cabbage  
1 ½ cups diced green apples (2 medium)

Combine first seven ingredients in a large bowl, stirring with a whisk until blended. Add cabbage and apple; toss well. Cover and chill thoroughly, tossing occasionally. Tip: If you want to add a little more tartness to this salad, you can make it with Granny Smith apples. Makes 2 servings

### ***Baked Portabella Mushrooms***

4 large Portabella mushrooms, cleaned and stemmed.  
1 tbsp extra virgin olive oil  
2 gloves garlic, minced  
2 tbsp balsamic vinegar  
½ cup chopped fresh thyme leaves  
Salt and pepper to taste

Preheat oven to 350 degrees. Lightly score top of mushroom caps in a diamond pattern. Cut a shallow X in the center where stem was Attached. Over medium heat, heat olive oil and Garlic until fragrant. Remove from heat, strain and let cool. In a small bowl, whisk together Olive oil, balsamic vinegar and thyme. Add salt and pepper to taste.

Place mushrooms, gill side down, on an oiled Baking pan. Drizzle olive oil mixture over the top. Bake 15 minutes, turn over. Bake another 10 to 15 minutes until tender. Remove from oven and service whole or sliced. Makes 2 servings.

