

The Four Phases of the HCG 500 Calorie Diet

Before you embark upon your HCG weight loss diet, it is important that you clearly understand the 4 phases of Dr. Simeons' diet protocol. While we have attached his original writings, we have also created an easy to understand manual to ensure you will lose weight using BioMazing™ HCG. By combining BioMazing™ HCG diet drops with these four easy-to-follow phases, you're sure to achieve the unbelievable results you have been waiting for. Note: strenuous exercise during the diet is not recommended.

WARNING: DO NOT ATTEMPT THIS 500-CALORIE DIET WITHOUT COMBINING IT WITH HCG DROPS. NOT ONLY WOULD THIS BE EXTREMELY DANGEROUS TO YOUR HEALTH, IT WOULD FORCE YOUR METABOLISM INTO HYBERNATION MODE AND YOU WOULD NOT LOSE ANY WEIGHT.

Phase 1: Loading (2 Days)

While not required, BioMazingHCG.com recommends that you perform a colon cleanse prior to starting your HCG diet. This will eliminate toxins from the body and allow your metabolism to work at maximum capacity.

You should start Phase 1 by beginning to take your BioMazing™ HCG diet drops.

- Place 10-12 drops under tongue and hold for 60 seconds. Swallow the residual liquid. Wait 10 minutes before eating or drinking. (Repeat 3 times daily.)

During this phase it is important to consume a high-fat, high-calorie diet — this helps the HCG properly absorb into your system. You will also need this fat for energy during Phases 2 and 3 of the diet. *Recommended foods include butter, pork, cream, chocolate, bread, peanut butter and cake.*

Phase 2: Maintenance (21-40 Days)

Now that you have stocked up on fat and the HCG is absorbed into your body, it is time to begin Phase 2. During this phase you will continue to take your BioMazing™ HCG drops as recommended, but you will now begin The 500 Calorie Diet.

You should be losing ½-3 pounds a day during this time, so the duration of this Phase is directly related to how much weight you need to lose.

- For those hoping to lose 15-20 pounds — continue with 500 Calorie Diet for 21 days
- For those who need to lose more than 20 pounds — continue with 500 Calorie Diet for up to 40 days
- If you still have weight to lose after 40 days, you should stop the HCG diet drops and the diet for 3 weeks before resuming

NOTE FOR THOSE WHO FOLLOW THE 6-WEEK COURSE: Because there is chance you may develop immunity to the HCG, we recommend you only consume the HCG drops for 6 days out of the week. During the 7th day, if you do develop hunger pangs, all-natural Hoodoba® diet pills will help eliminate your appetite.

Follow the protocol closely for best results. Do not consume any item not on this list. Do not use any products on the skin that contain oil. We have created some delicious recipes for you as well.

Protein — Two 100 Gram Servings / Day

NOTE FOR VEGETARIANS: If you do not eat meat, you should consume either 8 ounces of milk, ½ cup of cottage cheese or ½ cup of non-fat plain yogurt as your protein.

Chicken Breast	Crab
Steak	Lobster
Extra Lean Ground Beef	Shrimp
White Fish	Veal

Make sure to cut off fat before cooking. Do not use any oils or sugar during preparation. Do not consume the same protein for both lunch and dinner.

Vegetables — Two Servings / Day

Note: Dr. Simeons' original protocol is not specific about serving portions. One serving is approximately 2 cups of green salad, ½ cabbage, 1 cucumber, 1 tomato or 1 onion. DO NOT MIX VEGETABLES.

Green Salad	Tomatoes
Cabbage	Onions
Spinach	Red radishes
Celery	Fennel
Asparagus	Chicory
Cucumbers	Chard
Beet greens	

Bread — Two Servings / Day

- 1 slice of Melba toast
- 1 Grissini Breadstick

Fruit — Two Servings / Day

- 1 Apple
- 1 Orange
- 1 Handful of Strawberries
- ½ Grapefruit

Beverages — Unlimited

Try to consume at least 2 liters of fluid / day.

- Black Coffee
- Tea
- Water (Preferably Distilled Water)
- Sparkling Water
- Sweeteners (Stevia and Saccharin ONLY)

Spice & Seasonings — Unlimited

You can use any spices that do not contain sugar. Make sure you carefully examine the ingredients of everything you eat to ensure you do not consume any restricted items.

*Gum is allowed on The 500 Calorie Diet as long as it is made with xylitol.

Phase 3: Stabilization (21 Days)

Phase 3 is when you discontinue the use of your BioMazing™ HCG diet drops and begin to increase caloric intake. During this time you should continue to avoid sugar and starch. Be sure to add foods back into your diet slowly — this way you know how your body reacts to different dietary items.

Now that you have finished The 500 Calorie Diet and the HCG diet drops, it is likely that you will have developed a taste for healthier, more nutritious foods. You may notice that your body doesn't digest certain foods well — you should avoid these items from now on.

Phase 4: Keeping the Weight Off

Now that you are down to your desired weight, you should continue to weigh yourself every morning. If you noticed you have gained 2 or more pounds, you should immediately have a steak day.

- During a steak day you do not eat or drink anything throughout the day except for water. At dinner, you will eat a large steak, and later on that night you may have either an apple or a tomato.
- The next morning you should be back down to your lowest achieved weight

Now that you have finished your HCG diet, it is likely that you have developed healthier eating habits and feel mentally and physically recharged. Try to maintain your new lifestyle to the best of your ability. You may realize that some of your favorite foods no longer taste good to you. This is entirely normal — it's a sign that your body has trouble digesting these foods. Respect your body's desires and continue to eat nutritious foods that make you feel good.