

FREE REPORT
7 Secrets to Losing 3lbs
Per Day ~~\$37~~ VALUE!



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Secret # 1

Secrets for sticking to the 500-calorie diet

This is a protocol of not just food, but mental preparation as well. This also involves planning of how you are going to handle the day-to-day situations that will derail you, the roadblocks you may come across, and how you are going to handle them. People will ask you questions, be prepared to plan your meals...etc

Take the time to memorize the protocol and make sure your schedule is ready to take on your new diet. Spend time planning your meals and shopping for the foods allowed on the protocol.

In the beginning it is best not to totally rely on your memory and check every meal against the diet list before starting to eat. Keep a food diary with everything you eat and the times it was consumed. Include your morning weight and how much was lost from the day before.

Track your liquids (variety and amount). Try to keep a running account of calories so you ensure you remain within the 500 calories. Since you will be eating many of the same things, it is great to buy and cook your meat portions in advance. It saves time in the long run and helps you stick to the diet.

It's great idea to keep a few "snacks" readily available for when a craving hits:

Slice up an apple and mix Stevia with cinnamon and dip the apple slices.

Create a strawberry smoothie: ice water, strawberries, Stevia (optional), lemon juice (optional).

Crunchy snack: celery sticks OR cucumbers

For the fast meal: precook some chicken (weigh your portions first) and wash and dry full heads of lettuce, store these in the refrigerator. These preparations ahead of time allow you to prepare a quick dinner of chicken salad. Make a dressing out of lemon, apple cider vinegar and fresh pepper. This is great when you want an enormous portion; it's difficult to eat too much lettuce (low calories).

Don't be afraid of hunger because hunger is a feeling (physical sensation) not a fact.

Remember that the HCG is providing more than enough fat and nutrients to meet your needs.

Secret #2

Secret Tips for Decrease Hunger Increase Metabolism:

Drink 2 big glasses of water

Space your meals throughout the day so you are constantly eating

You can have coffee/tea in the morning when you wake-up (8:00am)

Eat an apple at mid-morning (10:00am)

Have a California Kicker drink at **Juice of 1 half lemon-* ounce hot water-1/10 tsp cayenne pepper sweetens to taste with Stevia** (12:00) Watch YouTube Video
<http://www.youtube.com/watch?v=zqvWYWDpC3s>

Eat your lunch mid afternoon (2:00)

Eat your second grissini late afternoon (4:00)

Eat dinner in the evening (6:00)

Your second fruit in the late evening (8:00)

Another Have a California Kicker drink at **Juice of 1 half lemon-* ounce hot water-1/10 tsp cayenne pepper sweetens to taste with Stevia** (12:00) Watch YouTube Video
<http://www.youtube.com/watch?v=zqvWYWDpC3s>

The California Kicker drink will increase your metabolism, and decrease water retention, this tip alone to increase your weight loss by and extra pound.

Coffee and teas tend to curb your appetite

Phentermine is a prescribed appetite suppressant many choose to use during the diet. You can speak with your doctor about this if it has not already been prescribed to you.

Hoodia is an herbal suppressant that is available for those who wish not to take Phentermine, or are not able to take phentermine. You can speak to your physician about this.

You can be prepared and make teas for the week. Some teas to use are Yerba Mate, Chai or Chocolate, Oolong, Chamomile, Green tea, (these are all organic). Put a gallon of spring water in a large pot and use 3 – 5 teabags and a few drops of Stevia. Allow it to sit for a while to cool off then move it to the refrigerator. Label each tea if you make more than one tea at a time.

If you cannot live without soda, make your own using sparkling water and flavored Stevia. DO NOT drink Diet sodas as they contain Aspartame.

Be precise in your counting of calories and weighing of food; One tenth of an ounce can make a big difference.

Secret #3

Secret to Managing Cheating:

By managing cheating you will experience more consistent weight loss, which when averaged out over the 26 and 43 day cycle should bring you closer to a 1.5lbs loss per day!

Do not be afraid of cheating. You always have complete control whether you give into temptation or not. Just because someone else has cheated does not mean you will cheat as well. Many, many people have followed this plan without cheating, and you can too. Prepare yourself for the fact that you will *want* to cheat, but *acting* on the thought is solely your decision.

Expect to have cravings, be hungry and moody and expect to want to cheat, these expectations will let you be prepared to control the cravings, hunger, moods and cheats. Prepare yourself for these feelings, but know that the decision to deviate is yours.....stay strong and remember that only you are accountable for everything you put into your mouth.

If you go forward and cheat, you will have to take responsibility for that cheat. It may leave you feeling guilty and unsatisfied. Cheating (even what may be perceived as just a small slip-up) is a mistake you will pay for up to 3-5 days. This can be 3 -5 days of the scale going up, or staying the same, potentially you could even gain more than if you were not on HCG. This makes cheating on this plan a waste of time and money.... NOT WORTH IT!

If you use food as an emotional crutch, you will find it difficult to cope without that crutch while on the 500 calories. You need to fill the empty spot with something healthy that you can enjoy both on and off the protocol. This will not only reduce cravings, but also help you maintain your healthy weight into the future. Some possibilities include crafting, painting, walking, gardening, reading, visiting with friends (encourage friends to be creative and find activities to enjoy together that do not revolve around food)

Create a cabinet in your kitchen and a designated shelf in your fridge which supports your diet.

To get your mind off of wanting to cheat, focus your attention on something else. You can: take a walk, go to the library, go to a movie, visit with friends, brush your teeth, clean a closet, read a book, etc....

It is also nice to find a support system, whether it is through an online group, a buddy who is following the diet with you, family member(s), etc. Join our weekly/ biweekly question and answer sessions for those following this plan. Just make sure you have someone to stop you from cheating.

Secret #4

The Secret To Managing Stalls, Gains, and Fluctuations:

This protocol must be followed exactly as described. The slightest deviation from our recommendations could affect your ability to lose weight and is immediately detectable at the daily weighing. Pay attention to weight gains; they usually signify an error in the protocol.

Keep a detailed food journal and look for patterns of foods that cause you not to lose, or to lose fantastically. Some people have had problems losing with tomatoes and oranges (but some people have no problem at all). Since everyone is different, you need to monitor your own body and see what works or doesn't work for you.

Eating too many calories or foods not on your list can cause problems. Weight gains/stalls may take a few days to kick in. For example, you could mix your veggies for a few days and assume there is no problem based on what the scale reads, but then a stall or gain can suddenly reflect the breaking of the rules.

Many people believe a stall comes out of nowhere, but it is usually caused by something. If more salt is eaten in the food you prepare and your body isn't used to that sodium level, your blood volume will increase to handle the extra, which will translate into a gain because your body is retaining water to boost that blood volume. Watch your salt intake.

Sensitivity / allergies to foods may cause weight stalls. Listen to your body.

Not drinking enough water: Must drink half of your body weight in ounces. Also be aware that many things contain sugar or fats that we may not realize as: chewing gum, mints, vitamins, cough syrups, etc.....

Secret #5

Secret To Breaking Through A Plateau: This can occur with anyone and can last 4_6 days. If you lose more than the average you may plateau sooner. The plateau always corrects itself and should not cause you to worry. If however you wish to break up the plateau after three days it is permissible to do an apple day with a detox bath. An apple day consists of only eating 6 apples while drinking your normal fluids. No other types of food are eaten during this day.

A Detox bath consists of 1 pound Epson salts - 1 box of Baking Soda –Very Hot water for 20 minutes. Add the Juice from ½ fresh orange and Sea Salt. You should see a 1_2lb weight loss the next morning.

Secret #6

Secrets To Melting Away 2lbs of fat Per day:

Use a Real Sauna Sweat Suit

By using a "Real Sauna Sweat Suite this causes a thermogenic like reaction in the body by increasing you overall body temperature; which also causing massive sweating. The releases water from around and between the fat cells. This also can increase you weight loss by 1 to 2 lbs additional per day. This sweat excretion process through perspiration stimulates the entire body, thus helping to rid the body of excess water weight gain, and evenly melts away unwanted body fat! This weight loss process works just like the expensive "saran wrap" body treatments offered at exclusive health spas.

THE REAL SAUNA SWEAT SUIT **Mel Away an Extra 1 TO 2 Pounds A Day!**

<http://REALSAUNASUIT.HCGDIETFATLOSS.COM>



Secret #7

Creating A Negative Calorie Impute: By burning 500 calories a day, you will essentially be burning only fat a fuel. This can be done with one 30 minute session on a treadmill. 30 minutes on a treadmill at 3.2 to 3.5 MPH with a 15% incline will burn approximate 425 to 525 calories. This will neutralize the 500 vlcd days and force your body to use more fat as fuel and increase your weight loss by an addition pound a day.

Drink allowable drinks all day have a green tea, water and woo long tea throughout the day!

Importance of not doing a lot – doing a lot of exercise could hinder weight loss.

When you build muscle, the muscle surrounds itself with water to heal and build. This can cause temporary weight gain, and also interfere with weight loss. It is best to just do mild exercising while on the diet, and begin with more strenuous exercise in the stabilization phase.

Walking, mild swimming, zero resistance biking – generally 30 -45 minutes 3 times a week is sufficient.

Seven Deadly Sins While on The HCG Diet!

1. **Sugar-Eating ANYTHING with sugar:** the slightest amount of sugar ingested while on the HCG diet could cause a stall in weight loss for up to 3 days or more!
2. **Not hydrating properly:** Not drinking enough water and fluids will cause dehydration. The more water your body needs, the more water your body will hold on to. By properly hydrating your body, you will release more water and lose more weight!
3. **Excess Exercise:** Over working the muscles will cause the need for your muscle to repair the damage. The muscles will surround itself with water so they can heal and build more muscle. This process will cause you to gain weight and keep your weight loss erratic.
4. **Vitamins and oils:** many HCG dieters do not heed the warning of not taking over the counter supplement and vitamins. Some of these supplements contain oils which are high in calories, like Omega 3 fatty acids, and Flax-seed oil. These oils can increase your daily caloric input which can cause weight gain. Only take prescribed medication if you must in order to treat a chronic health condition.
5. **Using Artificial Sweeteners: Fat Free Products.** There are few people who can resist the taste of sweet foods. However, the use of these sweeteners can lead to problems such as [dental cavities](#), [obesity](#) and the health complications related to being overweight and obese (for example, type 2 [diabetes](#), [hypertension](#), and heart disease). For these reasons and more, the use of these products will inhibit your maximum weight loss while on the HCG diet protocol.

Fat Free Products: Fat substitutes are chemical compounds incorporated into foods to give them the qualities of fat, like moisture retention and texture. More than 90% of American adults reported eating low or reduced-fat food and beverages, many of which contain fat and cause fat to increase in the body.

What is the simple change that keeps the weight off forever?

How you re-introduce your body to a normal balances and healthy diet will determine if you will keep the weight off long term; my weight has stayed within 7 pound of my HCG diet phase 3. It is two years this May 2010. These are the key secrets to keeping the Weight Off Forever!

Keep in mind; you have been on a 500-calorie diet for weeks now. **Do NOT go crazy** and start eating 2500 calories on the 1st day after. **Sneak up to it.** Here is an example.

- First, find out **your calorie limit:** Women, this equates to **11 times your current weight, Men 12 times your current weight.**

- Example: For a woman whose current weight is 150 lbs, multiplied times 11 is 1650 calories a day.

- Example: for a man whose current weight is 200, multiplied times 12 is 2400 calories a day.

Week 1 - OK, so for **week 1** after your 500 calorie diet, **work your way up to** about 800-1000 calories a day. Remember no sugar, starches and low carbohydrates. Yes, you can eat fats during this time, but don't overdo it. • Continue to drink lots of water. You can now eat 3+ meals a day.

- You can use butter, oil or cooking spray in your frying pan, just use it sparingly!
- Your protein intake will increase to about 6-8 oz per meal or up to 600 calories per day. Your salad can now be a mixture of all your favorite things that you want in the salad, just no sugars, and starches.
- Try to **eat a little at each meal** and try to get in a **mid morning** and **mid afternoon** snack.

Week 2 - Then for **week 2**, increase your daily calorie count to about 1000-1500 calories per day. Do this by adding in more veggies. Maybe some soups, cheese, peanut butter, nuts and other low carbohydrate type foods.

Week 3 - Then by **week 3 you can** work your way up to your total calorie limit. You should be eating 5 or 6 little meals a day. Eat breakfast, a mid morning snack, Lunch, a mid-afternoon snack and Dinner. You might get away with a light dinner snack. Weigh yourself every day and do not allow for more than a 2-pound gain. If there is, do a Steak day! This means skip breakfast and lunch on that day. At dinner, you are to eat a large steak an apple or a raw tomato. You may drink as much water as possible throughout the day.

The next day when you wake up, weigh yourself, and you should have dropped back down by at least 1 pound. Make sure you are weighing every day from the beginning of this phase. We cannot stress the importance of this. Many people think that they do not need to weigh themselves every day, and that they will be able to notice any weight gain. This is not necessarily true. Even if you are traveling, you need to take a scale with you and weigh yourself every morning to ensure you stabilize your weight.

Now, to add in the starches and sugars Sugars and Starches (the carbohydrates) are the **danger zone!** Reintroduce these too fast, and you may have a weight gain. So to avoid that, this is what we have learned. **ADD them SLOWLY!**

Week 4 - So, for week 4 after your 500-calorie diet, add in the **one carbohydrate food** that you missed the most. Eat bread, pasta, potato or whatever, **but just one**. Then, the next day, stop that one and add another one. **Do not eat two carb foods in the same day during week 4**. Only eat one carb food per meal. Just change your carbohydrate from day to day. Weigh yourself the next day and see if there are any weight changes. If so, try cutting the portion in half for the next time.

Week 5 - For week 5, **combine 2 carb foods** in the same day, **but not at the same meal**. Eat Bread with a sandwich for lunch and a potato for dinner or what

Week 6 - For week 6, **start combing the carbs during the same meal**, but do this 1- day at a time. By the end of week 6, you should be eating a good, healthy, well rounded, high fiber, lower fat, diet within your calorie limit without worrying about gaining weight! **Avoid over-eating;** (stay within your calorie limit) avoid eating **both a high fat and high carb** meal. You may get away with a high fat meal or a high carb meal but high fat and high carb together are a bad combination.

The Healthy Lifestyle Portion control guidelines:

- Measuring portions when eating regular meals – This is a habit you will have developed during the HCG diet, and it is a good one to keep. You do not need to be fanatical about measuring, but this will help you gauge how much food you are actually eating. You will become accustomed to looking at food and know the portion size, and this will help you when you eat at restaurants. So many times restaurant portions are so large, that we do not realize we are probably eating 2 and . meals at one sitting.
- Eating until the hunger sensation is gone, not until the “stuffed” sensation occurs
 - this is a problem many people have. It takes about 30 minutes for the satiety sensation (the sensation of being full) to set in after you have eaten a meal. If you eat till you feel completely full, you have overstuffing yourself. Eat normal sized portions and watch your caloric intake, and you will be able to be full without feeling like a stuffed pig.
- “Eating to live, not living to eat.”
 - this is the best advice I can give you. If you can begin to look at food as necessary fuel for your body instead of a treat, it will help you make the right choices. You will choose nutrient rich foods that will nourish your body over foods that are only made to satisfy the taste buds.
- Don’t be afraid to indulge – Now, I say this with the greatest caution. Some people can go to a birthday party and have only once slice of cake with a little ice cream without craving more later. Others will have non-stop cravings once they have tasted their favorite food again. My suggestion is that if you can control yourself, don’t be afraid to eat ice cream, pizza, or whatever else you like, but not on a regular basis. If you are one of those people that cannot stop once you have tasted it, then do your best to stay away from trigger foods. Maybe find something else to indulge in every now and then that you know you will not crave. This diet is wonderful, because it will break you of any old habits that led to your weight gain, and you don’t not want to reintroduce those habits again.

Healthy eating guidelines:

- Balance of nutrients: A healthy diet includes proteins, fats and carbohydrates. A healthy diet also includes veggies, fruits, grains (unless allergic), some sort of protein source (meat, soy, eggs, legumes, nuts etc.) fats, and adequate nutrients (such as vitamins and minerals).
- Cutting out any of the food groups can leave you unbalanced and unhealthy.
- Whole foods should be included in every diet: Foods in their natural form from the earth (i.e. veggies, fruits, unprocessed meats, and whole grains).
- Avoid any known food allergies. If you are unsure if you have any, we can run lab work to help you find out.

Protein:

- “Variety is the spice of life” - By this I mean eat a variety of protein sources, such as meat, chicken, beans, nuts, legumes, fish, eggs, soy, and dairy. This will allow you to rotate through food, and not eat the same thing every day.
- Meat: this includes beef, chicken, turkey, pork, and most other animal sources (excluding fish). Game meat and/or organically grown meat are the BEST meat to eat on a regular basis. You can find organic ranchers selling organic buffalo, venison, chicken, beef, ostrich, lamb, and pork on the Internet at cheaper prices than in stores. Try to steer clear of / reduce your intake of processed meat products such as hot dogs, sausage, pepperoni, bacon, bologna, salami, and beef jerky. It is always best to eat whole foods, such as choosing steak or chicken over hot dogs and beef jerky. Also, the lower fat choices of meat are preferable, as beef is high in saturated fat. You can find cuts of beef that are lower in fat, or choose another alternative such as poultry (without the skin).
- Nuts: It is best to eat peanuts that are roasted, but all other nuts are more nutritious in their raw form. It is OK to eat roasted nuts, but the raw nuts are a better choice. Trader Joe’s has one of the best selections for raw nuts at an affordable price. There are many types of nuts / seeds to choose from: walnuts, sunflower seeds, pumpkin seeds, cashews, pecans, filberts, almonds, brazil etc.
- Nut Butters: The best choice for nut butters is almond butter, cashew butter, and tahini. If you choose peanut butter, it is important that you get a good peanut butter with no added sugar or partially hydrogenated oils. Almost every grocery store sells these kinds of peanut butter. It is usually referred to as natural, but CHECK the INGREDIENTS. In natural peanut butters, the oil separates, so you have to mix it before using it. It helps if you store these in the fridge; that way the oil will naturally be mixed in with the nut butter and not sit on top (of course you have to mix it first before sticking it in the fridge).
- Beans, peas, and lentils: These are a great source of protein and fiber at the same time. There are many different ways to eat beans and lentils in order to satisfy any taste bud. If you have trouble digesting beans, then use BEANO or digestive enzymes as bean digestive aids. If you have not had much experience with beans in your diet and fear the gas effects of beans, these are a few things you can do to reduce such effects: Soak the beans in water overnight, then throw that water out and use new water to cook them in; in the beginning, cook beans one type at a time, so you can learn which ones you can tolerate well and which ones produce excessive gas. Every person is different in his / her bean tolerance.
- Fish: Avoid FARMED FISH if at all possible. Oily fish are the best to eat; 2 – 3 times a week is ideal. Some examples are salmon, herring, cod, trout, sardines, and halibut. You can also eat canned fish, but try to avoid tuna and make sure salmon is wild caught (check the can for wild caught Alaskan salmon). Farmed salmon is referred to as “Atlantic Salmon” and contains high amounts of toxins. It also has less health benefits. If you cannot afford or find wild caught salmon, then choose another fish. The healthiest cooking options for fresh fish are broiling, baking, and grilling. Fish with high environmental toxin contents are tuna steaks, mackerel, catfish, sturgeon, swordfish, and shark. These fish should be avoided. All fish are a bit contaminated, but some more than others. Other fish options are perch, red snapper, orange roughy, and tilapia. They do not contain good oils in them, but they do not have a high content of toxins, so they are OK to eat. Shrimp, clams, mussels, crab, lobster and so forth are also OK to eat.

- **Eggs:** Eggs are an excellent source of protein. One extra large egg had 8 gm of protein and one medium egg has 6gm of protein. Eggs are labeled in many different ways. The two main things you want to look for are “organic” and “free range”. Another label to look for is “Omega-3,” but the first two are more important. Most supermarkets these days will have these types of eggs available. Supposedly healthier ways to cook eggs, if you are concerned about cardiovascular disease, are soft-boiled, sunny side up, or poached. However, I would not be too concerned with cooking methods as long as you are not frying or adding unhealthy ingredients.

- **Soy:** Soy products can help protect against breast cancer, prostate cancer, balance out female hormones, and lower cholesterol. Soy can lower the functioning of the thyroid; so if you have a thyroid condition, do not use this as your main source of protein. In general, I would not suggest overdoing soy. A good rule to live by is, “Everything in Moderation.” There are different types of soy:

- a. **Tofu** (firm or baked), **tempeh**, **miso soup**. Buying firm or baked tofu and slicing and dicing and adding to recipes (soups, stir fries, casseroles, lasagnas, etc.) are an easy way to go. There are many different types of cookbooks out there with recipes to try as well.

- b. **Soy meat analogs:** soy hotdogs, soy sausage, soy bologna, soy pepperoni, canadian bacon, soy burgers, and soy bacon. I do not recommend eating this type of soy on a regular basis, but it is a good substitute every now and then.

- c. **Soy dairy alternatives:** UNSWEETENED soymilk, soy cheese, soy yogurt, soy ice cream and soy sour cream. Many soymilks can be very high in sugar, so check your ingredients.

- d. **Roasted soy nuts and Edamame:** (cooked soybeans ready to eat). These are great to have as a snack.

- e. **Soy Nut Butter**• Dairy: Dairy is a fine source of protein if you do not have any digestive issues with it. I would not suggest this to be your primary source of protein. The first and main rule with dairy is CHOOSE ORGANIC. Regular dairy products contain pesticides, added hormones, and antibiotics. I have found that changing to organic dairy versus regular will alleviate digestive problems for some people. If you can only afford some things as organic in your diet, dairy should be near the top of your list. Almost all grocery stores carry organic milk. The second rule of dairy is: DO NOT EAT ARTIFICIAL CHEESES (Velveeta, Pasteurized Process Cheese Foods, and American cheese. They contain very little nutritional value, and there are so many other better options for cheese.

_ For Cheese, it is best to buy low fat (made with some skim milk). Farmer’s Cheese and Ricotta cheese are two good choices because they are naturally low in fat.

_ For Milk, you can use skim milk, or the lowest fat milk you can.

_ For Yogurt, it is best to use PLAIN and add your own fruit. All fruited yogurts contain high amounts of sugar, even if they are organic. Use Stevia to sweeten the yogurt.

_ Creams of all kinds should usually be avoided, due to the high saturated fat and caloric content. It is OK to use them every now and then, but do not use this as a staple in your diet. You will also need to watch out for

cream soups and alfredo sauces, because they use cream as a main ingredient. Choosing light sauces or vegetable based sauces (tomato) is a better alternative to cream based sauces.

- Eat the proteins that work best with your body and digestion. If you are unsure which ones they are, then keep a diet diary to evaluate any digestive symptoms you may have (bloating, gas, constipation, diarrhea, heart burn, etc.)
- Protein intake should be at least 0.8gm/kg. One pound = 2.2kg, so divide your weight by 2.2 and then multiply it by 0.8 to find out how much protein you need per day. Most people think they need a lot more protein than they actually do. You should calculate how much you need for your body, and add in more if you are doing heavy weight lifting or training for something, such as a marathon.

Fats:

- Good oils should be a fundamental part of any diet. They contain essential nutrients in them that are a necessity for us to be healthy (Omega-3 and Omega-6 oils). There are also oils we need to avoid entirely that can be damaging to our bodies. Neutral oils, found in dairy and fat, are OK in moderation only.
- Bad Oils – AVOID Partially Hydrogenated Oils (PHOs), otherwise known as trans fat (trans fatty acid), Vegetable Fat, and Vegetable Shortening. This type of oil is added to a large amount of processed food, and is VERY UNHEALTHY TO EAT. You must READ your labels, and do not buy food with this in it.

Examples of foods with PHOs in regular grocery stores are: margarines, and other fake butter products, Crisco/shortenings, cookies, crackers, peanut butter, candy, pastries/muffins, butter-flavored microwave popcorn, Cool Whip, potato chips, tortilla chips, non-dairy creamers, and basically most frozen and prepared foods. At health food stores or health aisles in grocery stores, you can find most of the above foods without the PHOs in them. PHOs are what make certain foods bad, and the foods themselves are not bad. Other oils on a label besides PHOs are fine. • Good Oils – Butter (organic), extra virgin olive oil, Flax seed oil (do not cook with it, but it can be added to salads), Coconut oil, and unrefined, high oleicsafflower oil (if it does not say those words on the label, then it is not the right kind of oil). If you cannot have dairy, you can buy Earth Balance instead of butter and margarine. DO NOT EAT SOY MARGARINE!!

- Essential fatty acids: Your body needs a daily amount of essential fatty acids (EFAs, otherwise known as Omega-6s and Omega-3s). Oily fish are a good way to consume these (salmon, sardines, etc) and flax seed oil is high in EFAs. Most people need to supplement with EFAs on a regular basis (as discussed in Phase 2. If you do not meet your daily needs, your body will continue to crave large amounts of fatty foods (like chocolate, ice-cream, and fried foods).
- Monounsaturated fats: There are three kinds of fat in food – saturated, polyunsaturated, and monounsaturated oils. Good places to find Monounsaturated oils are olive oil, avocados, nuts (almonds and hazelnuts) and seeds (sesame seeds and pumpkin seeds). It is best to cook with oils that are monounsaturated, because they have the highest oxidation threshold; i.e. they remain stable at higher temperatures and do not easily become hydrogenated or saturated.

Grains:

- The first rule of grain **is** always use **WHOLE GRAINS**. Whole grain options are 100% whole wheat or other grain bread, brown and wild rice, and any whole grain product (crackers/pasta/pancakes/muffins, whole wheat bagels, etc.) Numerous stores have whole grain mixes for muffins, pancakes, waffles and more • Wheat is a widespread food allergen, so try to limit this in your diet. It is ideal to limit wheat intake to once or twice a week, but this is difficult for most people. I suggest limiting wheat to one serving per day, and using other grains/beans/lentils as alternative sources for carbohydrate and fiber intake. Other grain options are: oats, spelt, millet, barley, rye, corn, amaranth, quinoa, teff and rice. Remember, “Everything in moderation” and “Variety is the spice of life.”

- Cereals: For Hot cereal, any unsweetened one is good. Choices are oatmeal and cream of rye/rice/wheat. Do NOT use sweetened instant packets. You may add fruit and Stevia to make great flavors for hot cereal (such as fresh berries and vanilla cream Stevia to oatmeal). For cold cereals, there are many options of healthy cereals at health food stores and healthy aisles at supermarkets. Plain Grape Nuts, Perky’s Nutty Rice, and Unfrosted Shredded Wheat are the only regular cereals that are whole grain, sugar free and don’t have any partially hydrogenated oils (see oil section for explanation).

- Crackers: Buy whole grain crackers without partially hydrogenated oils. Other options are Plain Rye-Krisp/ Rye-Vita, WASA, Ak-Maks, rice and popcorn cakes. For rice cakes, Hains/Health Valley brands are good, but eat only the plain variety in the Quaker Oats brand.

- Avoid any known food allergies.

Veggies:

- It is **IMPORTANT** to eat at least **5 – 9** servings of vegetables everyday (a serving is a cup). Fresh or frozen vegetables can be used, although fresh have more nutrients. Avoid canned vegetables, because they have no nutritional value and may have added sugars. If you boil vegetables, it will decrease their nutritional value (it’s OK sometimes, but do not only eat boiled vegetables). Better lettuce options versus Iceberg lettuce are: red or green leaf, romaine, spinach, kale, cabbage, collard greens, beet greens, mustard greens, etc. A good rule of thumb is “The darker the green the better.” Eating raw veggies is best, for they contain the highest amount of nutrients and enzymes. If you have problems digesting raw veggies, then cook before you eat. Good cooking options are: stir fry, steam, or bake them. An easy way to add veggies into a diet is to add vegetables to your sandwich at lunch, eating a baked potato or half a squash and some cooked veggies at dinner, and snacking on carrots, celery, or cherry tomatoes. You can also shred or grind up veggies and add them to sauces to get kids to eat veggies they hate. Vegetables are also a source of fiber, so increasing veggie intake increases fiber in your diet.

- Cruciferous family vegetables are a nourishing vegetable choice. Examples are: (broccoli, cauliflower, brussel sprouts, radish, cabbage, onions, and garlic. Colors are good: mix up your veggie colors by including orange, yellows, greens, and purples, because different colors contain different vitamins and minerals. Many green options have been listed already. Good orange veggie choices are: carrots squash, yams, and sweet potatoes. Remember, everything in moderation. **ALL** veggies have their value and you should strive both for frequency of intake and diversity.

- Salads are a good way to get fresh vegetables into your diet. You can make them interesting and different, so you don't get bored with the same old salad every day. Good salad additions to spice up the flavor are pickles, olives, sunflower seeds, raisins, dried cranberries, fresh strawberries, grated cheese, and raw nuts. The ideal choices for salad dressings are olive oil or flax seed oil with vinegar (balsamic is a great choice) or lemon juice, Italian, Caesar, and different vinaigrette dressings. Personally, I like the brand called "Annie's" There are a variety of choices for flavors and most do not have added sugar or bad oils. You can find these in the healthy aisles at grocery stores, Trader Joe's, Whole Foods, Wild Oats, Sprouts, and Henry's Market. Another great brand is Spectrum at Fry's Marketplace (Smith's) grocery stores (in the healthy food aisles).

Avoid heavy dressings like blue cheese, thousand island, and Fat Free dressings. If you are choosing healthy brands of dressings, then the fat in them is good fat (see oils section for more explanation.)

Fruits:

- Fruit intake should be one or two pieces a day. Eat fresh fruit versus juices, dried fruits, canned fruit, etc. Fresh fruit has the most fiber and the least amount of sugar. If you do choose dried fruits, read the ingredients to make sure there is no added sugar or sulfites. If you choose juices, then make sure there is no added sugar. When choosing fruits and vegetables, look up the 12 most toxic and 12 least toxic list. If you cannot afford organic, then avoid the 12 most toxic and eat from the 12 least toxic (or choose the 12 most toxic to be the only organic ones to buy).

Drinks:

- Drinks to limit: Soda, sweetened ice tea drinks (Arizona, Lipton, Snapple), sweetened fruit drinks (Ocean Spray, Crystal Light, Kool-Aid, PowerAde, Gatorade, etc.) energy drinks (Red Bull, Monster, etc.) and cocoas/hot chocolate/chocolate milk/flavored milk. Many drinks that claim to be "healthy herbal" drinks are also very sweetened. Remember, READ LABELS, even on your beverages.

- Drinks that are acceptable: water; **unsweetened** fruit juices (no more than 6 – 8 oz./day, and you can dilute with water to make 12 – 16 oz./day; unlimited veggie juices (low salt V-8, tomato juice or fresh squeezed veggie juice; do not over do it on the carrot and beet juices because they have a higher sugar content); cow/goat/soy/rice/almond/oat milk (check ingredients to make sure there is no added sugar); herbal and Green tea (that you steep yourself; if you cannot have caffeine then do not drink Green tea); plain sparkling mineral waters/club soda/ seltzer water/ (add lemon juice or a splash of fruit juice to it for a better flavor); and Coffee substitutes. A great drink is mineral water with added Stevia flavors (such as vanilla, root beer, or chocolate raspberry). They are very refreshing, and satisfy any soda cravings.

- Water: Drink at least . your weight in ounces of water per day. For every caffeinated drink, add an extra 8oz. of water per day.

*****Sugars:*****

- Negative effects of sugar: Sugar depresses the immune system for up to 5 hours eating it. It is a major source of inflammation in our bodies. It causes imbalances in blood sugar level, and can lead to diabetes

when consumed in large quantities on a regular basis. Considered to be one of the factors in severe cases of PMS in women.

- **LIMIT AS MUCH AS POSSIBLE (OR JUST AVOID): WHITE AND BROWN SUGAR, HONEY, AND ARTIFICIAL SWEETENERS (INCLUDING SPLENDA).** Honey should be used sparingly, because it is sugar (just in a natural form). Other names that white sugar goes by on labels: sucrose, glucose, fructose, dextrose, maltose, corn syrup solids, and high fructose corn syrup solids. Stay away from corn syrup of any kind. Watch out for hidden sugars. Most low fat and non – fat foods are high sugars. **READ YOUR LABELS,** and you will do fine.
- **Glycemic index** – The glycemic index explains the difference between different carbohydrates by ranking carbs according to their effect on our blood sugar levels. Choosing low glycemic carbs – the ones that produce only small fluctuations in our blood sugar and insulin levels – helps by reducing your risk of heart disease and diabetes and is the key to sustainable weight loss. A website you can use to look up the glycemic index on food is: <http://www.glycemicindex.com/>.
- **Stevia:** Stevia is a sweetener that I prefer for my drinks. It can also be used on food. Stevia is an herb that is about 3000 times sweeter than sugar (remember this is when adding to food). It's a natural sweetener, and does not add any sugar or calories to your food. A brand that I like is Sweet Leaf liquid Stevia. It comes in regular flavor, and a variety of other flavors, such as French, chocolate, toffee nut chocolate raspberry, lemon drop, and root beer. People have even used this to sweeten homemade ice cream to make a healthier treat. Be careful when adding at first, and do just a little at a time. If you over do the Stevia it can actually have a bitter taste. Some people do not like the taste of Stevia at all, because it is different from sugar, but if you are looking for a sweetener alternative, it is worth trying. It tastes a little different than sugar, but it can satisfy a sweet tooth.
- Other sweet options are: fruit, unsweetened fruit juice, a small serving of unsweetened dry fruit (raisins, dates, cranberries, etc.) all-fruit jams, all-fruit syrups, or 100% Maple Syrup. I would still limit these to one serving per day (check serving size on jams and syrups) except for Maple syrup (which is better used less often due to high sugar content like honey). • Substitute sweeteners for baking are: un-sulfured blackstrap molasses; blue agave syrup; date sugar; Mystic Lake Fruit Concentrate and/or Fruitsource (pineapple syrup); Brown Rice Syrup; Malted Barley Syrup. These are great to help lower the sugar content in your baked goods, so when you do eat sweet things, they are still healthier.
- Blue agave syrup is another sweetener option that is natural and low on the glycemic index. You can find this at most health food stores or in the healthy aisles of grocery stores like Fry's (Smiths).
- Sweet tooth: If you have a big sweet tooth, I find it best to have 1- 2 days a week where you allow yourself to have one normal sized treat, so you do not end up binging on junk food down the road.

Remember to have fun and try new and different foods. This is your chance to experiment with new recipes and to revamp old recipes to make them healthy and tastier.

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