

Mastering HCG Diet - Phase 2

Audio link==> Download audio: <http://tinyurl.com/hcgdietbasics>

Phase 2 is the very low calorie diet. Now, what it consists of is specific lean proteins and specific vegetables that work together synergistically in the body to help release the fat and also give you all the nutrients you need.

It is really important that you don't try to create your own diet. Believe it or not, this diet is not very forgiving at all. Sometimes even the slightest deviation from the diet can cause you not to lose weight, to stall.

And whenever you decide to cheat on this diet, you will stall your weight anywhere between three to five days and some people have done it for longer than that. Having personally been stuck at the "no weight loss stage" for up to three to five days, I know it is not very forgiving.

I think it's very simple to follow this diet. It's in black and white. The best thing to do is to print it out and keep it with you. If you don't see it on there, the answer is no. I have so many people ask me, "What about this food?" No. "What about that?" No.

If it's not on the diet and it's not in black and white, it's not allowed. This advanced HCG weight loss system has a 100% success rate if you just simply follow it. It's similar to building a table for my kids. You get the construction plan, you take out the pieces, you follow the instructions, you put all the bolts in there, make sure all the bolts and screws are all there so that the table would be sound and steady; very simple.

With that said, let's focus on the shopping list, and the things you need to put together.

- HCG
- Either an HCG mixing kit - either sublingual, which is oral drops, or injections
- **Buy HCG and HCG Mixing Kits Here ==>**
<http://hcgbodyforlife.com/>

Those are the two keys of the puzzle.

Video Link ==>

<http://www.youtube.com/watch?v=SzG61otOV3M>

The other thing that makes it possible for you to complete the diet with ease is a body weight scale. The scale is going to be your barometer of your progress for the rest of your life.

You need to have a scale because you need to know when you're losing weight and when you're not. Because if you don't lose on any given day, it is an indicator that something went wrong the day previously.

Maybe you ate something, you did something, you shifted up something, you took too much of a portion, or you snuck a cough drop and you didn't realize what you were doing.

You also need to have a digital food scale. You need to weigh your portions. This is actually a habit that's going to save you for the rest of your life. Portion control is the key to maintaining our bodies.

We usually cook too much, eat too much, regret it later, and sit back and feel uncomfortable and go, "Oh, I shouldn't have eaten that much." Well guess what? If you only cook what you need, only prepare the foods you need which is what this diet teaches you to do; you will only eat what you need to be comfortable and to feed yourself.

The scale is important because you have to weigh everything. And when I mean everything, not your vegetables per serving.

Vegetables are controlled by a handful of this and handful of that. Your handful for your body is your portioned control. But

when it comes to proteins, meat and fish, you need to measure them.

You can't have more than the correct portions for each protein source (See food chart pdf) Measure out the exact amount of the right ounces for the proteins on any given meal. The scale is absolutely essential.

Now some of the things that they never talked about in the original protocol that have been very beneficial are supplements. I'm going to go over some things that make your life a lot easier.

Organic extra virgin coconut oil

Kevin Trudeau introduced this in his revised version of the HCG Diet. It's a lifesaver because it covers a couple of different things. No. 1, you can't use any oils on this diet on the original protocol except for this organic coconut oil.

Organic coconut oil has a great deal of benefit to you that I didn't know about until I started doing this protocol. It actually promotes weight loss. It controls your cholesterol. It helps you with your immune system, proper digestion, your metabolism; it relieves kidney problems, and helps with heart disease and blood pressure.

Not only does it taste good with your food, you can actually cook your food in one teaspoon per serving. Let's say if you're cooking for one person, one teaspoon of coconut oil. But that goes a long way in the pan to sauté onions and garlic and your meats and your veggies and actually makes cooking and preparing a meal very, very nice.

The coconut oil also doubles as a body lotion to moisturize your skin because you can't use any makeup, any lotions, any oils, any shampoos. The point is we're trying to rid your body of all the chemicals that cause you to gain weight. So, a lot of people ask, "What the heck am I going to use?"

Now there are some organic soaps and organic toothpaste and shampoo you can use throughout the protocol and it's just a small sacrifice for a great and huge benefit.

Not only can you cook with it, but you can actually put it on your skin and it works wonders for all things. I had a rash that I would break out with and when I did the HCG diet it killed off the rash.

The coconut oil, along with the diet protocol and the clean living, actually killed the rash off. It's really important to get the coconut oil. It will save you in the long run because people always complain about the food is dry, they can't cook with just lemon juice. That's an important thing to know.

HCG Body for Life Food Choices

Download Our HCG Body for Life Food Chart

<http://tinyurl.com/hcgbflfoods>

When following our Advanced HCG Body for Life protocol your food choices might appear slightly limited. After all, you will be ingesting around 550 calories with a maximum of 750 calories on days that you implement our strength training exercises.

Exercising forces your body to release between 1,500 – 2,500 or more calories every day of compulsory excess fat stores. The other part of the equation (other than HCG itself) is the types of foods you eat to provide your body with the required 550 calories. These have been identified as the foods that will return you to your ideal weight set point.

The Importance of Food Quality...

Some say that it is critical that the foods you do eat must be pristine and organic. The reason for this argument is partly due

to the chemical adulterants, preservatives and pesticides found in many commercially processed foods. Research has been shown that these chemicals are some of the main causes why our body's natural supply of HCG is depleted in the first place. Although most people will lose weight without eating organically; organic HCG Body for Life dieting appears to deliver better overall weight loss results than chemically process foods.

Getting Started On the HCG Body for Life Diet...

In the morning you'll be limited to unsweetened, **organic black coffee or solid tea** (one table spoon of milk is allowed however, or Lucerne Non-Fat Sugar Free creamer is an option). You have a number of options when it comes to tea:

Again, it is critical that the water used has been filtered and purified to remove any contaminants such as chlorine or fluoride; both are common in typical city water supplies.

Let's Do Lunch and Dinner...

When designing our program, like Dr. Simeons we identify pure proteins that aid in restoring balance to the body. These **lean meats, beef, bison, veal**, should be of the organic free-range type whenever possible, Free-range, organic beef which are accessible at featured item in most whole Foods grocery stores and can be more costly than its conventionally counterpart.

The other protein options are

- **White Fish**
- **Sea Bass**
- **Cod**
- **Crab Meat**
- **Flounder**
- **Haddock**
- **Halibut**
- **Lobster**
- **Red Snapper**
- **Shrimp**
- **Tilapia**

- **Lemon Sole**
- **Monk Fish**
- **Whiting**
- **Scallops,**
- **Lean Turkey**
- **Chicken Breast**

You need to avoid types of fish that are high in mercury like, deep-sea cold-water fish such as salmon tuna or Icelandic cod and salmon

Of course, you will need your servings of fruits and vegetables as well. Along with your beef serving, you can select any one of the following:

Remember not to add any kind of fat (such as butter or oil) other than your 1 tsp. of **organic coconut oils**. They can be either grilled, boiled, oven baked or steamed.

Fruit choices include...

You must not add sugar to the however Stevia is a great replacement.

- **Apples**
- **Strawberries**
- **Grapefruit**

It is also recommended, like your meat, poultry and fish, that your fruit and vegetables be organic as well whenever possible.

Vegetables

Choose from:

- **Spinach**
- **Chard**
- **Chicory**
- **Beet Greens**
- **Lettuce**
- **Tomatoes**
- **Celery**
- **Fennel**

- **Onions**
- **Radishes**
- **Cucumbers**
- **Asparagus**
- **Broccoli**
- **Zucchini**
- **Cabbage**
- **Chives**
- **Brussels Sprouts**
- **Mushrooms**

Do mix different types of vegetables in a serving. Some people find some combinations of vegetables bring larger daily releases than others while others find that some of this vegetable inhibits their weight loss. Asparagus, chives, zucchini and broccoli work well and can produce a diuretic effect which could help to release excess fluids from your body.

Something to Remember...

It's undeniably critical to make sure that your diet is amply diverse from one day to the next. For example, if you eat Sea Bass and spinach for lunch; you'll want to have chicken and cucumbers for dinner, and then maybe, beef and tomatoes for lunch the following day.

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Liquid or powder stevia

This is going to be your sweetener of choice and very few people have said that they don't like it. But stevia is your lifesaver because my wife Jayne has created some amazing deserts in Phase 3 that you would die for not using any sugars.

I'm talking about Key Lime pie, a strawberry, banana and raspberry tart with nuts as the crust. I could go on and on. It's amazing. But stevia is also what you can put on your strawberries and grapefruit, and on your apples with some cinnamon on it. And basically make your desserts after your meals in Phase 2 delicious and you can stay within the protocol without feeling that you are missing out on anything.

Green tea

Woolong tea

Yerba-Mate tea

Green teas not only help with your appetite, they help speed up your metabolism.

You're going to want to use these teas and mix them together if you like. You can drink them all day long to make sure your appetite stays under control. Depending on how much energy

they're exerting some dieters may feel bouts of hunger and these teas help suppress their appetite.

Multivitamin

A multivitamin is optional. However it is recommended for those who may be anemic, or who have maintained previous diets low in vegetables. To be honest with you, I believe that all the green vegetables and protein you're eating gives all the nutrients you need. I've had people suggest that taking a multivitamin has been very beneficial to many dieters on the protocol.

I'm going to throw it out there because you know what -- you know, just because it doesn't apply to me, it may apply to other people. You may want to choose your best multivitamin you can find and to take it daily.

Acetyl L-Carnitine

Great supplement. This supplement helps take your fat and transform it into energy. It's going to actually take away some of the lethargy that people get sometimes on this diet.

Some people react differently to the diet. For me, my energy level was crazy; I was bouncing off the walls. On most days, I was on the treadmill in the morning and I was jogging at night because I just had too much energy.

Jayne on the other hand was dragging for the first five or seven days. The L-Carnitine is going to give you energy, help mobilize fat, and help you with your weight loss. It's going to help release that fat, turn it into energy.

And anything we can do to push the scale from 1 pound a day average to a pound and a half to 2 pounds can make a huge difference in your weight loss depending if you're doing a 26 day cycle or a 43-day cycle. You'll want to take L-Carnitine as a part of your daily regimen. It's excellent.

Vitamin B6 or vitamin B12

Take vitamin B6 or vitamin B12 either via shots or methyl-B12 which is under the tongue. Some people have suggested that they've gotten better weight loss by mixing their HCG shot with a vitamin B12 shot.

Methyl Vitamin B same thing, but it goes under your tongue so it's like your sublingual vitamin B. That is another option. I personally like the B12 shots, and used them the last time I completed the protocol. It not only improves the weight loss but is also helped with Jayne's energy levels and helped her to feel great on the protocol during our last phase.

If you have an opportunity to implement the B12, then do so, I have gotten tons of feedback from our members who highly recommend it as well. I highly recommend adding B12 to your HCG diet regiment because it has clearly helped many dieters with their energy levels, weight loss, and overall feeling of wellbeing.

Unfiltered apple cider vinegar or Braggs

Braggs is a pure amino acid. It actually is kind of salty. It takes the place of salt. If you're sensitive to salt this will take the place of salt and also give you flavor on your vegetables.

And the apple cider vinegar is actually very, very good for your body. It helps with acid reflux. It also helps with your digestion. Some people after a week or two of having just apple cider vinegar on their vegetables find it difficult to endure throughout the entire protocol.

Having the Braggs as a backup to swap them out is a tremendous asset to you. You definitely need to have the apple cider vinegar or the Braggs liquid aminos to put on your vegetables unless you like them plain and dry. I recommend that you sauté your vegetables with coconut oil, onions and garlic.