

## Eating While On the HcG Diet

While there isn't very much eating while on the HcG, there is eating. And it's very strict eating. Sticking to it is much easier if you give yourself some variety. That's why finding good, simple, yummy recipes appropriate for the program is so important.

There are several options you can use to add variety through beverages. We suggest the very simple flavored water. Pour some water in a glass, choose your favorite flavor stevia drops and add to taste. This is so simple and easy that many dieters overlook. And it can be just what you're looking for when you're craving something sweet, but refreshing that won't kill your diet.

If you're looking for a way to spice up your serving of fruit for the day try adding some cinnamon and heat. The Warm Cinnamon Apple takes only minutes and you'll appreciate how different it is from the typical fruit presentation when you're on the low calorie diet that goes hand in hand with the HcG drops.

Take your fresh apple and cut it in half. Sprinkle cinnamon across the tops of both halves. We like it absolutely covered. There are no carbs in cinnamon after all. Put them on a plate and place it in the microwave. Cook them for 2 to 3 minutes and then pull them out and enjoy!

For the main meal try Meat in Tomato Sauce. Slice up 1 or 2 tomatoes and saute them on medium for about 5 minutes. While they are cooking, smooch them a bit with a spoon back. Take you 100 grams of lean meat (whatever type of meat you choose: chicken, beef, etc) and grill it up. After the 5 minutes of cooking and occasionally smushing the tomatoes should be a consistency of spaghetti sauce. Mix the meat of your choice in with your sauce and add some spices. We suggest: 1/4 tsp of garlic salt, 1/4 of onion salt, 1/4 tsp of italian seasoning. (make sure there are no carbs thrown in here).

When you are on a very low calorie diet like the one presented making your foods count is vital. You will have a much higher success rate if you don't feel deprived so having something interesting and filling on you plate makes a huge difference.

### 4 Things to do While on the HcG Diet

One of the main questions that gets discussed by potential HcG dieters is "What do I do while I'm on the diet?" We offer some helpful tips:

1. Go to work. HcG dieters find that it's easy to stick to the diet if you pack your lunch. Use the cookbook and package the meals in single servings so you can take them to work.
2. Eat with your family. Don't let being on the HcG diet disrupt sitting down together as a family to have dinner. Make recipes from the cookbook that they'll enjoy such as the very lean roast or the chili or soup. There are a lot of recipes that receive high accolades from kids and spouses alike.
3. Go out with your friends. Don't avoid social gatherings. Once you get used to the plan you'll find that almost any gathering or restaurant you can choose healthy items that are HcG appropriate, For instance, order a raw vegetable salad with fat-free dressing on the side. Drink a lot of water with lemon.
4. Enjoy dessert. Just because you're dieting doesn't mean you can't have dessert. the original "sweets" were fruits after all. We suggest trying the Warm Cinnamon Apple. It's the perfect finale to any meal whether you're dieting or not.

The point is.. the list of what to do on the HcG diet isn't limited. Live your life. Do what you do. Function as normal. You'll find it's not so difficult at all once you decide you're going to eat right regardless of where you are, who you're with and what you are doing. Don't over analyze it. Just go with it and enjoy your results.



## Sample Diet

Drink lots of water! (At least 2 liters)

First 2 days eat LOTS of fattening food! This is very important to jump start the metabolism and sets the level of the HcG. Eat all day!! During this time you are also taking the HCG drops. 6 drops 6 times a day. Take HcG drops for 23 days, then no drops for the last three days, but continue the diet until all HcG is flushed from your system until you reach day 26.

### Breakfast:

Tea or coffee in any quantity without sugar, Only one tablespoonful of milk is allowed in 24 hours. Stevia may be used.

### Lunch:

1. 100 grams of meat for example: BEEF, CHICKEN BREAST, TURKEY, FRESH WHITE FISH, LOBSTER, CRAB, OR SHRIMP
2. VEGETABLE: choose one of the following- spinach, asparagus, cabbage, green salad, tomatoes, celery, fennel, onions (all kinds), chicory, beet-greens, red radishes, cauliflower, broccoli, cucumbers or chard.
3. One breadstick (grissino) or one Melba toast.
4. An APPLE or a handful (6-9) of STRAWBERRIES or one-half GRAPEFRUIT, ORANGE (you may have your fruit with your breakfast or as a snack) you get 2 a day and can eat them when you want to.

### Dinner:

The same choices as Lunch.

Tea, coffee, plain water or mineral water are the allowed and they may be taken in any quantity and at all times. the juice of one lemon daily is allowed for all purposes. Salt (minimal), pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning. But NO OIL, BUTTER or DRESSING.

	MON	TUES	WED	THUR	FRI	SAT	SUN
BRKFAST	Allowed fruit	Coffee or tea	Allowed fruit	Coffee or tea	Allowed fruit	Allowed fruit	Coffee or tea
LUNCH	Chicken lettuce wraps	Salad and turkey	Melba toast w/ tomatoes and shrimp	Chicken and salad	Chicken and salad	Chicken creole cucumber salad	Green onion Burger
DINNER	Fish and Veggies	Turkey Burgers	Ground chicken and tomato Soup	Lean Steak and Grilled Onions	Chicken Cabbage soup	Beef Lettuce tacos	Shake'n Bake Fish and Veggies

The above list and samples are just examples of how this diet kind of works. You can get the complete book called **HcG Diet Direct Recipe Guide** or recipes online.