

***hCG Maintenance Program***

Congratulations on completing the hCG phase of the program! The next 3 weeks are crucial; this is when your body will create a new “set point”. Remember, the purpose of this phase is not to lose weight, but to maintain your last injection day weight.

Here are some guidelines for the maintenance phase:

* Continue the 500 calories/day diet for 3 DAYS after your last injection. This is to make sure all the hCG is out of your system.
* Increase your calories to between 1,000-1,500 a day.
* No sugar or starches!!!
* Weigh yourself every day; you must remain within 2 pounds of your last injection day weight.
* If your weight goes over or under by 2 pounds from your last injection day you must do a steak day. A steak day consists of skipping breakfast and skipping lunch, drinking plenty of fluids (water, coffee, tea) all day, and eating a 14 oz. steak for dinner with a tomato or followed by an apple.
* Drink at least 2 liters of water a day, keep drinking 2 glasses of water before each meal.
* Use any lotions and cosmetics you like!
* Dairy and nuts can be eaten in moderation, about 1-2 servings a day.
* There are no strict limitations on protein, but try to choose lean cuts of meat.
* Eat breakfast within an hour of waking (make sure you eat a protein with breakfast, it’ll keep you full longer).
* Resume regular exercise.
* Eat low GI fruits include apples, oranges, peaches, pears and berries.
* Watch your portion size!

**Examples of Simple Carbohydrates (sugars):**

White sugar, brown sugar, honey, maple syrup, molasses, corn syrup, beer (contains barley malt), sweet white wines or hard liquor (red wine is ok), fruit juice (high in fructose).

**Examples of Complex Carbohydrates (Starches):**

Grains (even "whole" grains), rice, cereals, flour, cornstarch, breads, pastas, muffins, bagels, crackers, and "starchy" vegetables such as slow-cooked beans (pinto, lima, black beans), carrots, parsnips, corn, peas, potatoes, French fries, potato chips.

**Fruits and Veggies to Enjoy:**

• Rhubarb  
• Strawberries  
• Cranberries  
• Raspberries  
• Blackberries  
• Blueberries  
• Grapefruit  
• Melons  
• Apricots  
• Plums  
• Peaches  
• Pears  
• Guava  
• Cherries  
• Apples  
• Papaya  
• Sprouts (bean, alfalfa, etc.)  
• Greens – lettuces, spinach, chard, etc.  
• Hearty Greens - collards, mustard greens, kale, etc.  
• Herbs - parsley, cilantro, basil, rosemary, thyme, etc.  
• Bok Choy  
• Celery  
• Radishes  
• Sea Vegetables (Nori, etc)  
• Cabbage (or sauerkraut)  
• Mushrooms  
• Jicama  
• Avocado  
• Cucumbers (or pickles without added sugars)  
• Asparagus  
• Green Beans and Wax Beans  
• Broccoli  
• Cauliflower  
• Peppers  
• Summer Squash   
• Scallions or green onions  
• Bamboo Shoots  
• Leeks  
• Brussels Sprouts  
• Snow Peas (pods)  
• Tomatoes  
• Eggplant  
• Artichoke Hearts  
• Fennel  
• Onions  
• Okra  
• Spaghetti Squash  
• Celery Root (Celeriac)  
• Carrots  
• Water Chestnuts  
• Pumpkin

**Foods to Avoid**

* Beets
* Corn
* Parsnips
* Peas
* Plantains
* Potatoes
* Winter squash
* Grapes
* Candy
* Pasta
* Breads
* Oranges
* Pineapple
* Bananas
* Dried fruit
* Mango
* Sugar
* Soda
* Juice

Always read the labels and make sure it is sugar free and low carbohydrate. Aim for less than 10-15 net carbs a day (net carbs is carb count minus fiber). Carbohydrates are a direct reflection of sugar, so if it is low in carbs it’s safe to assume its low in sugar.

Once you’ve completed these 3 weeks, call and book your appointment to have your Resting Metabolic Rate tested. Then you’ll know precisely how many calories you need to consume to maintain your weight.

After 3 weeks on this low sugar/carb diet, you can SLOWLY add sugar and starch into your daily menu. It’s always better to avoid white enriched flour, try to choose whole grains instead. Choose low GI foods such as beans, lentils, nuts, pasta, brown rice, sweet potatoes, steel-cut or large-flake oatmeal, oat bran, Red River cereal, 100-per-cent bran cereals, yogurt, milk and unflavoured soy milk.

When choosing snack, chose fruits and protein-rich snacks nuts (watch your portion size), soy nuts, edamame, hard-boiled eggs, part-skim cheese, yogurt and soy milk.

Keep weighing yourself every morning. It’s important that you don’t gain more than 2lbs since your last injection weight. If you do, do a Steak Day right away.

Fit in 30 minutes of exercise every day, whether it be walking around the block, or skiing, you must keep active.

And remember, everything in moderation is the key to successful long term weight management!!!!

For more information and recipes on maintenance, refer to your Patient Guidebook.