



The 500- Calorie/ Day Diet Phase

In order for you to lose weight, it is critical that you take the hCG as prescribed, as well as follow the diet without any substitutions or additions. If you do not, you will not lose, and may even gain weight.

Remember this is only for a short time, you are not going to need to follow this diet for the rest of your life, so please do not cheat! If you do, you will not see long-term weight loss, and you will most likely gain the weight lost back within 6-9 months.

Basically the daily diet consists of eating 2 servings of protein, vegetable, bread, and fruit. You do not need to eat them all at once; some people have the fruit servings for breakfast and afternoon snack instead of with their meals. You also need to drink a least eight 8oz glasses of water every day.

Allowable Foods

When you first start the program, sometimes it is tough to remember the items you can and cannot eat, but also to be within the maximum 500 allowable calories.

The following nutritional information comes from the USDA National Nutrient Database. You should always consult the nutritional information on the specific products you purchase; it can be significantly higher or lower.

Drinks

Item	Amount	Calories
Tea (Green)	8 ounces	0
Tea (Black)	8 ounces	2
Coffee	8 ounces	2
Skim Milk	1 tablespoon	15

Chicken (100g, 3.5 ounces)

Item	Calories
Boneless, skinless chicken breast	114

Beef/ Veal (100g, 3.5 ounces)

Item	Calories
Veal (top round)	107
Steak (flank)	137

Fish/ Seafood (100g, 3.5 ounces)

Item	Calories
Sole	91
Sea Bass	97
Halibut	110
Flounder	91
Tilapia	96
Mahi Mahi	85
Lobster	90
Crab	84
Shrimp	106

Vegetables- Raw (1 cup)

Item	Calories
Spinach	7
Chard	7
Chicory	7
Beet-greens	7
Romaine Lettuce	9
Tomatoes	32
Celery	19
Fennel	27
Onions	46
Red Radishes	19
Cucumbers	16
Asparagus	27
Cabbage	22

Melba/ Toast/ Grissino (Quantity 1)

Item	Calories
Grissini Breadstick	20
Melba Toast Plain	12
Melba Toast Wheat	19

Fruit

Item	Quantity	Calories
Apple with Skin	1 Medium	95
Orange	1 Large	86
Strawberries	1 Cup	46
Grapefruit	½	32.5

Spices and Apple Cider Vinegar

Item	Quantity	Calories
Salt	1 teaspoon	0
Black Pepper	1 teaspoon	5
Onion Powder	1 tablespoon	24
Garlic Powder	1 tablespoon	32
Chili Powder	1 tablespoon	24
Paprika	1 tablespoon	20
Marjoram	1 tablespoon	5
Parsley	1 tablespoon	1
Basil	1 tablespoon	.5
Oregano	1 tablespoon	10
Apple Cider Vinegar	1 tablespoon	3

Sweeteners

Stevia - no other sweetener like sugar or agave.

Please remember that the total daily intake must not exceed 500 calories if the best possible results are to be obtained, and that the daily ration should contain 200 grams of fat-free protein and a very small amount of starch (ex. Melba toast OR breadstick only).

Keep the Following in Mind

- All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It can be broiled, stir-fried, boiled, or grilled without additional fat (use non-stick pans).
- Eat two different proteins each day (ex. Do not have chicken for lunch and dinner; rather have chicken for lunch and fish for dinner)
- The fruit or breadstick may be eaten between meals instead of with lunch or dinner. 2 small apples are not an acceptable exchange for "1 medium apple"

- The diet used in conjunction with hCG must not exceed 500 calories per day, and the way these calories are attained is critical. For instance, if you drop a fruit serving and eat an extra breadstick you may not be consuming any more calories, but you will also not lose weight. There are a number of foods, particularly fruits and vegetables, which have the same or even lower calorie values than those listed above, and yet they interfere with the regular loss of weight under an hCG, presumably owing to the nature of their composition (ex. High starch). Pimento peppers, okra, artichokes, and pears are examples of these.
- Even though the approved food list refers to 1 cup servings of a vegetable, it does not preclude you from eating a cup and a half at a meal, as long as it is within the daily caloric intake.
- Be careful not to eat an lean or regular beef. For red meat, you can eat extra lean beef, or preferably veal. Try to limit red meat to no more than 2 times per week. The fish must also be lean, so avoid fish like herring, mackerel, tuna, salmon, eel, trout, sardines, etc. which all have a high fat content. Also avoid all canned, dried, smoked, or pickled fish.
- Where the Italian breadsticks (grissini) are not available, one Melba toast may be used instead. A Melba toast has about the same weight as a very porous grissini.
- It is critical that you drink 64oz of water per day, your body needs all of this on this diet. A recent study also shows that drinking 2 cups of water before a meal helps dieters lose weight and keep it off. Tea, coffee, plain water, or mineral water are the only drinks allowed, but they must be taken in any quantity and at all times.
- The juice of one lemon daily is allowed for all purposes
- One of the best ways to make the most out of the 500 calories/ day phase is to use approved spices. The protocol states you can use salt, pepper, apple cider vinegar, mustard powder, garlic, basil, parsley, thyme, or marjoram. One note of caution: always use spices in their pure form. For example some spices contain sugar or cornstarch.
- Apple cider vinegar is the only vinegar that can be used on this diet, Balsamic has a high sugar content, so do not use this or any other vinegars.
- Salt intake. It should be noted that in order for the body to hold one teaspoon full of salt, the body requires one quart of water, as it cannot accommodate salt in any higher concentration. Thus, if a person eats that amount, his weight will go up by more than two pounds as soon as this salt is absorbed from his intestine. An increase in the intake

of salt is one of the most common causes for an increase in weight from one day to the next. This often occurs when you are eating out. Such an increase can be ignored; provided it is accounted for. Finally, experiment with different kinds of true salts; Himalayan salt, smoked sea salt, Celtic, etc.

Vegetarian's

Strict vegetarians present a special problem because milk and curds are the only animal protein they can eat. To supply you with sufficient protein of an animal origin you must drink 500 cc. of skimmed milk per day, though part of this ration can be taken as curds. As far as fruits, vegetables, and starches are concerned, the diet is the same. You cannot have your regular intake of vegetable proteins from leguminous plants such as beans or from wheat, nuts, or customary rice. As a result of these severe restrictions, your average loss is about half of non-vegetarians.

Many patients ask why eggs are not allowed. The contents of two good sized eggs are roughly equivalent to 100 grams of meat, but the yolk contains a large amount of fat. Very occasionally, eggs: boiled, poached, or raw, will be allowed to patients who develop an aversion to meat, but in these cases they must add the white of three eggs to the one they eat whole. Where cottage cheese made with skimmed milk is available, 100 grams may occasionally be used instead of the meat, but no other cheeses are allowed. Eating eggs usually slows down weight loss.