

hCG diet



Tip of the Week

Maximize your Weight Loss / Break that Plateau

Add 1 - 2 cups of green tea every day

Increase your water (get as much down as you can) at least half your body weight in ounces.

Change up the fruit (don't eat the same fruit twice on the same day).

Check all spices and even your brand of stevia for sugar. Check on page 28 in your booklet for common hidden sugars you may have missed.

Cut back on beef. Use the chicken and fish for a few days.

Don't mix your vegetables. It's only one vegetable for each meal.

Add the recommended magnesium on page 27 of your booklet daily to keep from being constipated, or for any muscle aches, fatigue, and for a more restful sleep. Do not go over the recommended amount.

Try Smooth Move organic tea when constipation is troubling your system. (use magnesium as a solution first)

Leave out your bread sticks or melba toast for a couple of days. If you don't really care about having the bread sticks or melba toast just leave it out of your daily eating for the duration of the drop days.