

HC-SLIM

weight management

Guide Booklet

rose cook

WEIGHT MANAGEMENT

First Round

Start Date: _____

Start Measurements:

Thighs: _____

Hips: _____

Waist: _____

Upper Arm: _____

Second Round

Start Date: _____

Start Measurements

Thighs: _____

Hips: _____

Waist: _____

Upper Arm: _____

Welcome.

Congratulations on your decision to do the HCG Diet, and to take charge of becoming a better and new you. First and foremost to get the best results from your diet you can't cheat yourself. Be sure to read this instruction manual. Follow the guidelines of the diet and you **will** see results.

People often want to know what's the catch? Well it's discipline and consistency, but don't worry, you can do it just like many others.

This manual will give you instructions, tips, recipes, and be your guide for success on your weight-loss journey.

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Program Overview

The HCG diet program is divided into 3 phases.

1. Loading Phase (2 days).

Some call these the "binge" or "gorge" days. You start taking the HCG drops on Day 1. For these first 2 days, you must eat the most fattening foods you can until you are completely full. Concentrate on foods high in fats and oils, rather than sugar.

2. Core Phase (13-43 days).

On the morning of Day 3, you begin the 500 calorie per day diet. You also continue taking the HCG drops at the specified dosage. The length of this phase depends on how much weight you want to lose.

Stop taking the HCG drops 3 days before you finish the Core Phase. Continue on the 500-calorie-per-day diet for these 3 days. This is important as your body transitions from phase 2 to phase 3, and eliminates the high level of HCG in your body.

3. Maintenance Phase (21 days).

Slowly increase your food intake and begin eating any foods that you want, except sugars, starches, or artificial sweeteners. Your metabolism is still trying to stabilize during this phase. Therefore, watch your weight closely, and slowly increase or decrease your calorie intake at a rate that allows you to maintain your new lower weight. The new intake of food is 1500 calories per day.

Starting the diet

With the exception of menstruating women, you can start your HCG diet program whenever you want.

Menstrual Cycle - The ideal time for you to start your HCG diet program is the first day after your period ends. If that doesn't work for you, you can also start at least 10 days before your period. The important thing is that you don't want your period to fall during the Loading Phase. During your period your weight loss may slow or even stall. This is normal and don't let it discourage you. Continue with the diet as per normal during your cycle. You can do an apple day as explained later in this guide. This can help kick start the weight loss again.

Length of the Diet Program - You can design your Diet Program so it lasts anywhere up to 50 days, depending on how much weight you want to lose.

Doing more than one round - You can do two 26 day courses back to back, but after this time you must wait 4 Weeks before starting a new course. On the second round of the 26 day course you can skip the loading phase. In the case of completing a 40 day course you must also wait 4 weeks before starting a second round. In these instances it is recommended doing 4 weeks of the maintenance phase instead of 3 weeks.

The Phases of the Diet in detail

Phase 1 - Loading Phase

(First 2 Days)

Some call these the "binge" or "gorge" days. Most overweight people are extremely low on needed reserve fat, while having an excess of abnormal fat. On these days, you will saturate your bloodstream with the nutrients your body needs to restock your reserve fat to ease hunger as you transition into the Core Phase.

Length: This phase lasts for your first two days only.

HCG Intake: Take the drops 3 times a day. Breakfast, lunch and dinner. Measure out 8 drops (or 0.38ml) onto a spoon and place the HCG under your tongue, hold for 1-2 minutes before swallowing. Do not eat or drink anything for 15mins.

Diet: Eat to capacity the most fattening foods you can. Fish and chips, Takeaway style foods, Deep Fried foods etc.. Concentrate on foods high in fats and oils, rather than sugary sweets. It takes the HCG several days to release enough fat stores to sustain you on a 500-calorie- per-day diet.

Weigh-In: On the morning of your first day, record your beginning weight and girth measurements. Empty your bladder first, and wear clothing of the same weight each time you weigh yourself.

Phase 2 - Core Phase

(Up to 50 days)

This is when you start Dr. Simeons' 500 calorie a day diet. By now, HCG is ready to quickly move stored fat into your bloodstream to make up your body's energy needs. You should start losing weight very quickly, especially for the first week of the diet.

Length: This phase can last anywhere from 13 to 48 days, depending on how much weight you want to lose.

HCG Intake: (Same as phase 1) Take the drops 3 times a day. Breakfast, lunch and dinner. Measure out 8 drops (or 0.38ml) onto a spoon and place the HCG under your tongue and hold for 1 minute before swallowing. Do not eat or drink anything for 15mins.

Diet: This is the start of the 500 calorie a day diet. This begins on the third day, after the 2 days of eating high fats foods. You'll find more details about Phase 2 later in this book. Drink 2-3 litres of water per day. **Stop taking the HCG drops 3 days before you finish Phase 2.** Continue on the 500-calorie-per-day diet for these 3 days. This is important as your body transitions from phase 2 to 3 and eliminates the high level of HCG in your body.

Weigh-In: Continue to weigh yourself each morning and record it. Don't get too concerned over day-to-day fluctuations. Instead, look at

your overall weight loss or average loss per day since starting the Core Phase. If your weight loss slows heavily or stops for more than 3 days, perform an apple day to break the stall.

Apple Day: An apple day is used to break a plateau in your weight loss. Eat up to 6 large apples starting at lunch time and finishing at lunch time the following day. Do not have lunch on these days but continue with dinner as per normal on the second day.

Only drink enough water to quench your thirst during these 24 hours. You can also drink green tea during this time. An apple cider drink can also assist in breaking stalls. Stir 2 tbsp of apple cider in one large glass. This can be done in conjunction with the apple day.

Keeping Regular - It is very common while on this core phase to have a bowel movement every 2-3 days. It is important to keep regular. Drink plenty of water and if needed take a laxative such as psyllium. Stay away from products that contain sugar or flavourings.

Exercise: No vigorous exercise is allowed during this phase. If you feel up to it, some form of light aerobic exercise such as walking is okay. Don't overdo it. Otherwise you may start to feel weak and tired, and your weight loss may stall.

Allowed Foods and drinks - See over for choices

Phase 3 - Maintenance Phase

(21 days)

The purpose of this phase is to get your metabolism stabilised at your new weight. During these 3 weeks, your brain's fat-control center resets and your ending weight stabilises.

Length: This phase lasts for 21 days.

Diet: Slowly increase your food intake and begin eating any foods that you want, except sugars, starches, or artificial sweeteners.

Your metabolism is still trying to stabilise during this phase. Therefore, watch your weight closely, and slowly increase your calorie intake at a rate that allows you to maintain your new lower weight. Dairy, nuts, vegetables, and fruits of all kinds are allowed, but limit the amount of very sweet fruit. After this phase, slowly add starch and sugars back into your diet.

Weigh-In: Weigh yourself each morning. You should stay within 1-1.5 Kgs either side of the weight you recorded on the first day of this phase. If you exceed that limit, reduce or increase your calorie intake until you are back to within the 1-1.5 Kg limit.

HCG Diet Food Choices for Phase 2

Years of research has been spent to come up with a healthy, balanced diet that was as attractive as possible, without jeopardizing the loss of weight while under HCG treatment.

Every item has been carefully considered for maximum weight loss. The guidelines in this book have been carefully prepared based on Dr. Simeons' diet protocol.

The total daily caloric intake during the Core and Transition Phases should not exceed 500 calories, made up of the foods described below:

Proteins

Eat 2 servings during the day, but not at the same time. Meat can be cooked by broiling, grilling, or boiling, but don't use any additional fat or oils during cooking. A George Foreman Grill is a great option. Do not eat 2 of the same proteins in the same day. Example: Beef for lunch then fish for dinner.

Serving size: One serving is (100 grams), weighed raw. Remove all visible fat first. Use a food scale to help get the correct weight.

Allowed Items: Beef and lamb cuts - Make sure all visible fat has been removed.

Chicken - Boneless, skinless chicken breast only.

Seafood - You can use crab, crayfish, lobster, shrimp, or any fresh white fleshed fish.

Canned tuna packed in water can also be used.

Vegetables

Eat 2 servings during the day. Best if eaten with the protein for lunch and dinner.

Serving size: One serving is *either* 2 cups of leafy vegetables OR 1 cup or other vegetables. Measured before cooking.

Allowed items: Asparagus, alfalfa sprouts, Cabbage, celery, Cauliflower, Broccoli, Brussel Sprouts, Cucumber, Lettuce, Spinach, Onion, Red radishes, Leek, Silver beet, or Tomato (1 medium sized).

One item per serving. NO mixing of vegetables to create one serving. Based on the original study, having only one type of vegetable per meal/serving had the best results.

Fruits

Eat 2 items anytime during the day, but not at the same time.

Serving size: Varies depending on the fruit.

Allowed items: One apple, 10-12 Strawberries, one medium orange, or one half of a grapefruit.

Small apples actually have more calories than large ones, so two small apples do not equal one regular apple. Don't substitute other fruits even if they are low in calories. The chemical makeup of other fruits interfere with how your excess fat will be eliminated.

Use only fresh fruit. Not Dried, frozen or canned.

Starches

Eat 2 items anytime during the day, but not at the same time.

Serving size: 1 Arnotts Cruskits Light or 1 Healtheries Corn Thins

Allowed items: Arnotts Cruskits Light. Gluten free option is Healtheries Corn Thins.

Fluids

It is recommended that you drink 2-3 litres of water per day.

Allowed items: Plain water, green tea, herbal tea, black tea and coffee with no sugar. Stevia may be used as the sweetener. One table spoon of milk is allowed per day. While Alcohol is not advised, vodka, soda water and lemon will do the least damage. This should be consumed very sparingly.

Not Allowed: Any other alcoholic drinks. No sweeteners other than stevia. No creamers or milk substitutes including powder milk.

Seasonings

You can freely use any of the allowed seasonings:

Allowed items: Salt, pepper, vinegar, mustard powder, sweet basil, garlic, parsley, thyme, marjoram, and most other herbs and spices. The juice of one lemon or lime is allowed per day.

If you do use salt, try to use about the same amount each day. A sudden increase in salt may cause water retention.

Pre made dry "Masterfoods" seasonings available from the super market are also allowed. But used sparingly as they may contain a lot of salt.

Not allowed: Do not use butter. Do not use ANY type of oil.

Sugar, Fat and Oil

Sugar, fat, and oil in ANY form are not allowed.

Allowed items: Stevia, a natural sugarless sweetener. This can be bought at the super-market it is made by "Equal", called Stevia.

Not allowed: Sweeteners. Do not use aspartame, Nutrisweet, acesulfame, sucralose, Splenda, or any other chemicalised sugars as sweeteners. Truvia is also not allowed, as it contains a type of sugar.

Fats and oils: Do not use butter. Do not use ANY type of oil, including fish oil, olive oil, butter, coconut oil, cooking oil, palm oil, etc.

Do not use pre-made (from the supermarket) dressings of any kind, even fat-free salad dressing.

Lotions and other skin products containing fats or oils are not allowed.

Neutrogena have an oil free range. Refrain from using oil based make-ups and foundations.

Lip and Eye make up is fine to use.

Any shampoo and condition is fine to use if rinsed out thoroughly afterwards. Leave in conditioner is discouraged.

Aveeno also have a great range of products including approved sunscreen

Vegetarian Options

The vegetable, fruit, and starch servings are the same as the main protocol. Only the protein servings are different.

Protein Serving Substitutions for vegetarians:

1 serving of a protein shake. Choose a brand which is approved for the HCG Diet. It must contain at least 10 grams of protein per serving but no more than 60 calories. Must contain no other sweetener except Stevia.

1 soy patty, no more than 110 calories.

1 whole egg mixed in with 3 egg whites. Yolks are high in fat and the whites are very low.

1/2 cup of fat-free cottage cheese. Warning: This option may slow your weight loss. No other cheeses are allowed.

1 Cup of fat-free milk for one protein serving. This choice will likely slow your weight loss.

130 Grams of Tofu, no more than 110 Calories

Your Daily Schedule

When figuring out your daily schedule, three things are absolutely required:

1. Weigh yourself first thing every morning. Tracking your weight is important to your success, but remember that day-to-day fluctuations are normal.

You can download your own HCG Diet Tracker at:

www.hcgsecrets.co.nz/tracker

2. Take your first dose of HCG right after weighing yourself, then follow your chosen dosage schedule the rest of the day.

3. Don't eat two of the same food type together. For example, two starch servings cannot be eaten in the same meal.

Other than these 3 key points, you can design your schedule to fit your needs. Many people use one of the following schedules:

Daily Schedule Example 1

- 1. Weigh Yourself:** As soon as you get up in the morning, empty your bladder, weigh yourself, and record your weight.
- 2. Take First Dose of HCG:** Right after weighing yourself, take your first dose of HCG drops.
- 3. Breakfast:** Fluids (tea, coffee, water).
- 4. Snack:** One fruit.
- 5. Lunch:** One protein, allowed vegetable, and one starch.
- 6. Snack:** One fruit.
- 7. Dinner:** One protein, allowed vegetable, and one starch. Ideally between 5-7 PM.

Fluids should always be taken throughout the day, not just at breakfast or meals.

Daily Schedule Example 2

1. Weigh Yourself.

2. Take First Dose of HCG.

3. Breakfast: One fruit with fluids (tea, coffee, water)

4. Lunch: One protein, allowed vegetable, and one starch.

5. Dinner: One protein, allowed vegetable, one starch, and one fruit.

Daily Schedule Example 3

1. Weigh Yourself.

2. Take First Dose of HCG.

3. Breakfast: Fluids (tea, coffee, water).

4. Lunch: One protein, allowed vegetable, one starch, and one fruit.

5. Dinner: One protein and allowed vegetable.

6. Snack before bed: One starch and one fruit.

What If I Make a Mistake?

Sometimes, despite your best intentions, you may find yourself having eaten something that's not in the diet protocol. Maybe you forgot or weren't thinking clearly, or maybe you simply gave in to temptation. What do you do now?

First of all, don't panic! This is not the end. You can recover and still have a very successful diet program.

The important thing is to get back on track right away. You may find that your weight stalls or even goes up the next day, but don't let that get you down.

Follow the diet strictly the next several days, and your weight will go back down.

When you finish the course of treatment and look at your overall weight loss, you will be glad that you didn't let this temporary setback stop you.

If you choose to use Control or Powerslim while on The HCG Diet

PowerSlim - Take one capsule in the morning and another in the afternoon. These will help eliminate and break stalls in your weight loss.

Control - Control is a natural appetite suppressant. Take 1 in the morning and another in the evening.

Dealing With Hunger

Although many people feel no hunger at all while using HCG, others feel mild hunger or more at some point on the 500-calorie diet. There are several things to keep in mind to help you combat this issue if it happens to you.

Some people experience some hunger during the first few days or the first week. This hunger can be diminished or completely avoided by proper loading. It is imperative that you take the loading days seriously. The fats consumed during the loading days saturate your bloodstream with nutrients to sustain your body during the first week of the 500-calorie diet and will ease hunger during the transition. Hunger during the first week is almost always the result of improper loading.

During the first week and beyond, it is important to recognize the difference between feeling hungry and feeling empty. During the 500-calorie diet, the volume of food you eat is small, and your stomach will often be empty. However, actual hunger pains will be mild or absent while taking HCG due to the amount of calories circulating in your system from the large amounts of fat being released. You will often find that even tiny servings will satisfy you. Finally, it is a normal function of your body to feel hunger for a period of time before a meal. This feeling can be difficult to adjust to for those who may be used to eating snacks or meals regardless of bodily needs. 18

Checklist For Weight Loss Plateau

If your weight loss has stalled, it could be a natural occurrence. For many people, weight loss happens in a stair-step fashion (large weight loss followed by less or no weight loss, followed by large weight loss, and so on). On the other hand, even minor dietary or protocol errors can cause an interruption in weight loss. Read over the following tips to help figure out what may be causing you to plateau

Make sure nothing has been added to your chicken or other protein sources. They can be injected with some forms of sugar or fats even in the supermarket.

Make sure you're getting enough sleep. Some clients have reported that when they stay up late and get up early, the scale reflects little to no weight loss. Less sleep will also increase the feeling of hunger during the day.

Try taking 2 Tablespoons of apple cider vinegar (ACV) per day. One of the many benefits attributed to ACV intake is increased weight loss.

For women, your period may be starting. Weight loss usually slows or even stops during your period.

Carefully check all condiments and seasonings for any form of sugar. Watch out for tricky scientific names for sugar, such as erythritol.

If you have started or switched medications, you may plateau for a few days while your body gets used to the change. However, if the plateau continues and all the other plateau-breakers don't work, you may want to ask your physician if you can go back to the previous medication or perhaps try another kind.

If you are getting a cold or flu, this can sometimes cause a stall.

You are not required to eat all 500 calories each day, especially if you aren't feeling hungry. You can try dropping one or both of the starch or fruit items.

Motivate Yourself

Remember to weigh yourself each morning and record it. Take your measurements on a weekly basis and record them. Seeing the daily and weekly changes will help keep you motivated.

Take before and after pictures of yourself. You will be surprised at the change your body has made once you have completed the program.

Keep a food journal. This is a good way to keep track of what foods work best for your body. If you stall or plateau, your food journal might help you figure out why.

Other important information

Vitamins: Taking a multi vitamin or Vitamin B complex is highly recommended while on the HCG Diet.

Side Effects: There are no serious side effects known to be associated with HCG itself, but the 500-calorie diet sometimes has side effects simply because it's usually such a drastic change from participants' former eating habits. Side effects may include:

-Headache: Some people experience headaches during the first week. You are free to use the pain medication of your choice to treat headaches.

-Rash (very rare): As your body consumes fat, normal toxins are released into your body. Because of the speed at which your body consumes fat on the HCG diet, these toxins can build up and cause a minor rash. Commonly know as a detox rash.

-Leg cramps (rare): Cramps may occur due to the lack of potassium in the Core Phase diet. Potassium tablets can be bought from a pharmacy.

-Nutrition: Nutrition deficiencies shouldn't be a problem when the diet protocol is followed correctly. You get nutrition from the fat cells your body consumes. According to Dr. Simeons from the original study, "Only the actual fat is burned up; all the vitamins, the proteins, the blood, and the minerals which this tissue contains in abundance are fed back into the body."

Massage: No massage is allowed during the program. Mechanical manipulation of fat deposits causes damage to the fat cells and does more harm than good.

Hunger: Try drinking a lot of herbal/green tea or 3-4 litres of water per day.

If at anytime you experience anything that concerns you or a serious headache that lasts longer than a few days, you should stop taking the HCG and consult with your doctor. Women who are pregnant or breast feeding cannot do the HCG Diet

Phase 3 (Maintenance)

After finishing the last day of the 500-calorie diet, you begin the 3-week Maintenance Phase. The purpose of this phase is to stabilize your metabolism at its new level and finish resetting your brain's fat-control center. It takes about three weeks for your Core Phase ending weight to become stable.

Following the instructions for this phase is extremely important.

Length: This phase lasts for 21 days.

Diet: Intake is about **1500 calories**. During these 21 days you are allowed to eat almost any food you choose, with exception to the following:

1. No sugar. This means no concentrated or manufactured sugar, such as dextrose, sucrose, honey, molasses, corn syrup, high fructose corn syrup, etc. You are allowed to eat fruit, but be careful of very sweet fruits.

2. No starch. Starches are foods like breads, pastas, white rice, potatoes, corn, etc. Dr. Simeons said, "If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally . . . but as soon as fats and starch are combined, things are very liable to get out of hand."

3. No sweeteners, except stevia.

4. No fast food, trans fats, or nitrites.

We strongly suggest adding foods back in one at a time, monitoring how you feel, and measuring their effect on your weight as you go along. You may add dairy (i.e. milk and cheese), nuts, vegetables, and fruits of all kinds back into your diet. Make sure your diet is well balanced. Be careful to get enough protein every day during this phase. Protein deficiency causes water retention, which increases your weight. You may increase your food intake to a level that allows you to stay at your Core Phase ending weight. Everyone's needs are different. Many people find that they can't eat as much as they expect during the Maintenance Phase.

On the other hand, some people mistakenly try to eat very little, hoping to lose even more weight. Absolutely do not try to continue the 500-calorie diet because it will not be enough for your body's needs anymore.

Remember that the point of this phase is to maintain and stabilize your current weight, not lose or gain additional Kilos.

You must eat around 1500 calories. Use an online calorie counter such as www.myfitnesspal.com to calculate your daily food intake.

Start off slow, watch your weight, and adjust your calorie intake as needed

Weigh-In: In addition to knowing your approximate caloric intake, be guided by the scales in what and how much you eat. In other words, weigh yourself every morning just as you did during the other phases, that is, when you first get out of bed and after emptying your bladder.

Keeping the Weight off

After the 3-week Maintenance Phase, you begin eating a normal healthy diet, and transition into a healthy lifestyle at your new weight. During this period you may cautiously add starches one at a time, as guided by morning weighing. Keep your sugar intake as low as possible. For best long-term results:

1. Eat a well balanced diet of protein, vegetables, fruits, and grains. Stay away from fast foods, trans fats, nitrites, and sweets.
2. Keep your calorie intake within reasonable limits for a person of your age, build, and activity level.
3. Continuing to weigh yourself each morning will help you maintain your new weight. If you start to gain, you'll be able to do something about it right away.
4. Establish a routine of activity and exercise suitable for your condition. Choose activities you enjoy and can keep up with long-term.

A combination of resistance weight training and aerobic exercise is highly recommended.

Remember, the long-term benefits of losing weight and keeping it off are monumental in terms of better health, financial benefits, happiness, and enhanced quality of life. If you fall back into previous unhealthy eating habits, no exercise, and so on, you will quite likely gain back the weight you went to so much effort to lose.

The HCG diet has given you a jump-start to a new and healthy life in the long term. You can eat good things for your body and still enjoy the extras every once in a while.

*"You now have the tools
and the knowledge to be
successful at maintaining
your new healthier way of
life"*

Recipes

While it is very acceptable to have 100 grams of the approved meat and one type of allowed vegetable portion cooked by itself. We have also included recipes that you can also use.

These recipes are for phase 2 of the diet. They can also be used on phase 3 if you increase the portion sizes to allow for the 1500 calorie limit.

Marinades and Spices

Drinks and Desserts

Vegetables

Main Dishes

Marinades and spices

Strawberry White Balsamic

Vinaigrette

*2-3 large strawberries 1/2 Tbsp minced garlic
1/2 cup white balsamic/wine vinegar*

Puree in a blender. This dressing is great on salads, cucumbers, strawberries and even some meat.

Sea Food Seasoning

*1Tbsp ground bay leaves
1/2 tsp ground ginger
2 1/2 tsp celery seeds 1/2 tsp paprika
1 1/2 tsp dry mustard 1/2 tsp red pepper
1 1/2 tsp black pepper
3/4 tsp ground nutmeg
1/2 tsp ground cloves
1/4 tsp ground cardamom*

Mix all ingredients & store in an air-tight container.

Cajun Seasoning

*1 Tbsp chili powder 1/2 tsp dried oregano
1 Tbsp paprika 1/2 tsp dried thyme
1 tsp garlic powder 1/2 tsp cayenne pepper
1 tsp onion powder
1/2 tsp freshly ground pepper*

Combine and store in an air-tight container.

Mexican Seasoning

1/2 Tbsp chili powder 1 tsp garlic powder
2 tsp onion powder 1 tsp paprika
1 tsp ground cumin
1 tsp ground oregano

Mix all ingredients & store in an air-tight container.

Onion Soup Mix

1/2 cup dehydrated minced onion
1/2 tsp celery seed
1 Tbsp onion powder

Combine all ingredients. Store in air-tight container.

Marinade

2 tsp lemon juice 1 1/2 tsp spice blend
1 tsp fresh cilantro 3/4 tsp chili powder

Rub into meat or use as a marinade.

Salad Dressing

2/3 cup apple cider vinegar
1 tsp water
1 tsp lemon juice

Add to taste: salt, pepper, dried shallots, garlic powder, onion salt, chives, dried cilantro, parsley and basil.

Mock Shake In Bake

1/2 cup minced dehydrated onions

1/8 tsp oregano *1/4 tsp coriander*

1/8 tsp paprika *1/4 tsp thyme*

1/8 tsp black pepper *1/8 tsp salt*

1/4 tsp red pepper flakes

Place all ingredients in food processor or grinder

1. Grind to a powder and Store in airtight container.

TIP: Use this as a coating on your meat before you cook it. Dampen the meat, then coat. This is great on chicken, fish, shrimp, even steak or burgers. This makes several portions

Easy Homemade Broth

100g chicken or beef (you can add more chicken you just need to track your portions)

ADD THESE TO TASTE:

parsley thyme basil oregano onion
powder rosemary bay leaf garlic

1. Fill saucepan 3/4 full with water & bring to boil.
2. Add chicken and seasonings & boil for 20 min.
3. Remove boiled chicken and serve or refrigerate to save for later.
6. Strain out seasonings & cool to room temp.
8. Skim fat off surface (if any).
9. Refrigerate broth.
10. Once cold, skim the fat from the top.
11. Store in refrigerator or freeze for later.

Drinks and Desserts

Strawberries and Cream

10-12 Fresh strawberries

2 Tbsp milk

Stevia to taste

Slice strawberries and blend with milk. Add Stevia to taste.

Orange Julius

1 Orange

water (as needed)

Stevia

1 handful ice

1. Peel orange and place orange sections in blender.
2. Add about a handful of ice.
3. Blend.
4. Add stevia to taste
5. Blend to desired consistency.
6. Add water as needed

TIP: Place in the freezer and in about an hour you have orange sorbet!

Baked Apple

*1 apple
cinnamon
water*

*ground nutmeg
ground cloves*

1. Preheat oven to 350
2. Core apple leaving about 3cm in the bottom. Do NOT core all the way through.
3. Place apple in baking dish .
4. Fill apple with 1/4 tsp cinnamon, 1/8 tsp ground cloves, dash nutmeg, and 2 tsp water (water should almost reach top of apple adjust as needed)
5. Pour 1/2 cup water, 1/2 tsp cinnamon, 1/4 tsp ground cloves, and 1/2 tsp nutmeg around apple in the baking dish .
6. Bake for 45 min - 1 hour
7. Serve immediately.

Frozen Fruit Slushy

*1 serving fruit
stevia to taste*

*water (small amount)
1 handful ice*

Blend in a blender.

Lemonade (Favorite)

1 cup water

Stevia to taste

Fresh squeezed lemon juice

Mix and Enjoy

Strawberry Sorbet

9 large strawberries

stevia to taste

juice from 1 lemon

water (as needed)

1. Freeze fresh strawberries for about 1 hour.
2. Blend fresh frozen strawberries, lemon juice & stevia in blender until very well blended.
3. Serve immediately or put in the freezer to firm up and be a strawberry sorbet!

Frozen Strawberry Lemonade

1 cup frozen strawberries

1/3 cup lemon juice

Stevia to taste

1 cup ice

Blend in blender until smooth.

Strawberries/Orange Smoothie

9 large strawberries

1/2 orange

3/4 cup crushed ice

1 handful frozen spinach leaves (optional)

'you won't be able to taste them!

Stevia to taste

Blend in blender until smooth.

Vegetables

Sauteed Baby Spinach

1/2 bag baby spinach

4 Tbsp homemade chicken stock

1 clove minced garlic

Saute garlic in 1 Tbsp of chicken base or water. Add remaining base and spinach and toss until it starts to get soft.

Remove before it becomes mushy

Cucumber Salad

1 large cucumber 1/2 tsp onion salt

4 Tbsp apple cider vinegar

1 Tbsp dried parsley

1/4 tsp garlic powder dash of pepper

Stevia (to taste)

Combine vinegar, spices and stevia. Toss with cucumbers and marinate for 1 hour in refrigerator.

Radish Salad

1 cup of red radishes, sliced

1 Tbsp dehydrated minced onion

salt/pepper

1 Tbsp parsley

lemon juice

Combine all ingredients in bowl and refrigerate 30 mins to 1 hour before serving.

Lemon Ginger Asparagus

1 cup of asparagus

3 cloves minced garlic

1/2 cup water

lemon zest

1/2 Tbsp fresh minced ginger root

black pepper

1. Preheat pan over MED heat.
2. Snap off woody ends of asparagus spears and discard .
3. Snap spears into 2-3 pieces.
4. Add garlic and ginger to the pan and cook for 2-3 mins.
5. Add asparagus and water. Bring to a boil for 5 mins.
- 6 . Remove asparagus and top with lemon rind and pepper.
7. Serve.

Steamed Cabbage

2 cups of cabbage

1/2 tsp spicy mustard

juice from lemon half

salt/pepper to taste

1. Place cabbage in steamer. Cover and steam 5-10 mins, until slightly tender.
2. In small bowl, combine spicy mustard and lemon
3. Place cabbage in bowl. Add lemon/mustard
4. Sprinkle with salt/pepper
5. Serve immediately

Main Meals

Asian Salad

2 cups chopped romaine lettuce

1/2 cup orange

100g cooked chicken breast

1/4 tsp garlic salt

Toss and sprinkle with crushed up Cruskits Lite.

Boiled Shrimp

100g shrimp *1/4 cup apple cider vinegar*

2-3 cups water (cover shrimp in pan)

2 Tbsp seafood seasoning

1. Add water, apple cider vinegar, sea food seasoning and shrimp to saucepan over MED heat.
2. Let water come to slow boil. When shrimp start floating, remove from heat and drain .
3. Immediately place shrimp in ice water for 1 min.
4. Drain and serve immediately or chill.

Spicy Shrimp Cucumber Salad

100g Shrimp *1/2 tsp wasabi powder*

1/2 Tbsp rice vinegar *1 Cuskits (grounded)*

1/2 Tbsp mustard

Cucumber peeled & sliced

Combine rice vinegar, spicy mustard, and wasabi powder. Add remaining ingredients, toss and serve.

Curry Shrimp

100g shrimp

1/2 tsp curry powder

1 onion chopped (allowed amount)

1/4 tsp cumin

1 tsp garlic paste(3-4 cloves minced)

salt and pepper to taste

1/8 cup water

1. Preheat pan over MED heat.
2. Add onion and garlic. Cook until translucent. 5-10 mins.
3. Add shrimp, seasonings, and water. Mix and stir fry until cooked through.
4. Serve.

Rosemary Garlic Steak

100g steak

1 tsp garlic paste (3 -5 cloves minced)

1 Tbsp rice vinegar

1 Tbsp rosemary

1 Tbsp of thyme

1. In small dish, add rice vinegar. Add steak and coat.
2. In small bowl, combine rosemary, garlic & thyme. Rub on both sides of steak.
3. Place steak in small dish, cover, and refrigerate 4 hours overnight.
4. Grill to preference.

Lemon Chicken Soup

100g cooked chicken breast (diced & shredded)

Juice from one lemon

1 tsp thyme

Chopped spinach (allowed amount)

sea salt to taste

2-3 cups home made broth (See Marinades)

ground white pepper

1. Preheat saucepan over MED heat
2. Combine all ingredients
3. Bring to a boil, then simmer 20 min.
4. Serve.

Wasabi Whitefish

100g white fish

1/2-1 tsp wasabi powder

1/2 tsp ginger

1 Tbsp spicy mustard

1. In small dish, combine spicy mustard and wasabi powder. Mix in ginger.
2. Add fish to dish and coat.
3. Let stand for 15-30 mins

Grill 4-5 mins on a Grill/George Foreman Grill until fish begins to flake.

Or you can broil for 5-10 mins depending on thickness of fish.

Lemon Mustard Broiled Chicken

100g chicken

1/2 tsp black pepper

juice from lemon half

1/2 tsp oregano

1 Tbsp spicy mustard

1/4 tsp cayenne pepper

1. Pre heat broiler.
2. Broil one side of chicken 5-10 mins until slightly browned
3. In small bowl, add the rest of the ingredients and mix well.
4. Spoon mixture on to chicken. Flip over and coat other side .
5. Broil uncooked side 5-10 mins or until no longer pink.

Baked Cajun Chicken

100g chicken

1/2 Tbsp milk

1/2 tsp cajun seasoning

1. Preheat oven to 180C
2. In small dish, coat both sides of chicken with milk.
3. Place chicken in glass baking dish.
4. Sprinkle top with cajun seasoning.
5. Bake uncovered 20-30 mins until chicken is no longer pink.

NOTE: This includes 1/2 tsp of your daily allowance of milk.

Garlic Chicken

100g chicken

diced onion

3-5 cloves of garlic

juice from 1/2 lemon

black pepper to taste

1. Preheat oven to 180C
2. Heat non-stick saucepan over MED heat.
3. Add the onion. Stir constantly until tender. (Approx. 5-10min)
4. Transfer onions to a glass baking dish.
5. Place chicken on top of onions.
6. Squeeze on lemon juice and sprinkle with pepper.
7. Place garlic around and on the chicken.
8. Cover tightly either with lid or foil
9. Cook 30-45 mins or until chicken is no longer pink.

TIP: You don't have to eat the onions as your veggie (it's primarily for flavor). Just eat the chicken and add the veggie of your choice .

Lemon Rosemary Chicken

100g chicken

1/2 lemon

1/2 tsp rosemary

1/4 tsp pepper

1-2 cloves minced garlic

1. Heat non-stick pan over MED-HI heat.
2. In small bowl, grate lemon peel.
3. Add lemon juice, rosemary, pepper, and garlic.
4. Toss in chicken.
5. Place chicken in skillet. Cook until juices run clear.

Meatballs

100g steak (ground into mince)

1 Tbsp Cruskits light (ground into powder)

1 Tbsp milk

1. Preheat oven to 210C
2. Combine all ingredients in bowl.
3. Form into 3 meatballs (makes about 6-7).
4. Place in baking dish or non-stick baking sheet and cook for 10min turning halfway through cooking time.

Blackened Chicken Salad

100g chicken tenders

1/4 tsp thyme

1 tsp paprika

1/4 tsp white pepper

1/2 tsp onion powder

1/4 tsp black pepper

1/2 tsp garlic powder

1/4 tsp ground red pepper

1/4 tsp oregano spinach or greens (as allowed)

1. Combine all spices and rub on chicken.
2. Grill until no longer pink.
3. Serve over spinach or lettuce.

Lemon Pepper Fish

100g white fish *1/4 tsp salt*
juice from lemon half *1/4 tsp cumin powder*
1-3 cloves minced garlic *1/8 tsp turmeric*
1/2 tsp black pepper

1. Place fish in small bowl. Add garlic, black pepper, salt, cumin, and turmeric. Coat sides.
2. Cover and marinate at 1 hour in fridge.
3. Preheat oven to 200C
4. Place the fish in a non-stick baking dish, and cover with the marinade.
5. Bake 10-20 minutes depending on thickness, until fish easily flakes.
6. Squeeze with lemon juice.

Orange Ginger Chicken

100g chicken (diced) *1/2 tsp basil*
black pepper *juice from lemon half*
1 orange (quartered) *3 cloves minced*
garlic *1 Tbsp fresh ginger root (about*
2cm long piece, peeled & minced)

1. Preheat pan over MED heat.
2. Sprinkle chicken with pepper.
3. Add chicken to pan and stir fry until brown on all sides (Approx. 5-10 mins)
4. Add garlic and cook for 1 min.
5. Squeeze juice of orange quarters over chicken.
6. Peel and separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well, cover and simmer for about 20-30 min.

French Onion Soup

1 onion (thinly sliced)

1/4 tsp black pepper

2 cup beef broth (see recipe)

3-4 cloves minced garlic

1. Preheat non-stick saucepan over Med heat.
2. Place onions and garlic in pan and cook uncovered 5-10 min.
3. Cook 10-15 mins until onions are caramelised.
4. Add beef broth and bring to boil.
5. Reduce heat to simmer, cover, and cook 20 min.
6. Add black pepper and serve.

Taco Salad

2 cups chopped Fancy lettuce

1/4 tsp chili seasoning

100g lean ground beef

Crushed Up Cruskits Lite

1/2 tsp garlic salt

Saute ground beef and spices. Sprinkle on top of lettuce and top with crumble Cruskits.

Shopping List:

Protein:

Lean Beef

Canned Tuna (Pack in water)

Chicken

Lean Lamb

White Fish

Vegetables:

Asparagus

Cabbage

Cauliflower

Brussel Sprouts

Lettuce

Onion

Leek

Tomato

Alfa Sprouts

Celery

Broccoli

Cucumber

Spinach

Red radishes

Silver beet

Fruit:

Apples

Orange

Strawberries

Grapefruit.

Seasonings:

Masterfoods Dry Seasoning

Lemon

Your choice of dried Herbs & Spices

Snacks:

Arnotts Cruskits Light and/or Healtheries Corn

Thins

Sweeteners:

Stevia, such as Equal Stevia

rose cook

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