

# Maintenance Phase – HCG Diet

Indian Lake Medical Weight Loss & Wellness, PLLC (615) 822 – 9002

T. Taylor Minchey NP-C Family Nurse Practitioner - Updated: November 19, 2015

Based on the Dr. Simeons Protocol

**It takes 3 days (72 hours) for the HCG hormone to completely cycle through your system;  
You must continue to eat 500 calories x 72 hours after your last HCG injection.**

During the maintenance Phase you will reset your hypothalamus. This is the most important Phase to keeping the weight off!  
**PRIMARY GOAL:** to maintain the same weight for 3 weeks; this allows the body to recognize its NEW SET POINT.

## **ALL STARCHES AND SUGARS ARE AVOIDED FOR THE FIRST 3 WEEKS!**

As you add new choices to your diet, keep a food record and note what reactions you had to the new items. Did you gain weight? Did you retain fluid? Did you have stomach upsets, gas, bloating or indigestion? Did you feel more hunger after eating, stay satisfied for shorter periods of time, have food cravings? Use these notes to develop your own personal list of foods that are OK, should be limited, or should be avoided

**Avoid:** sugar, breads, pastas, starchy vegetables (all potatoes, corn, dense squashes, carrots, and beets), rice, wheat, cereals, noodles, barley, any kind of flour, rye, food starch, etc. Beware of processed foods, because many will contain starches and sugars.

According to the HCG diet protocol, in this phase you should be able to reset your body weight set point and your hypothalamus. This phase will reset your metabolism to a high normal rate and eliminate future hunger and prevent abnormal future storing of fat in your fat cells! For the next 3 weeks or 21 days there is basically no sugar or carbs allowed.

## **AFTER THE 500 CALORIE PHASE OF THE DIET**

Your food options as well as you daily caloric intake increases over time. It is vital that you increase your caloric intake appropriately in the maintenance phase or you will begin to gradually gain weight.

**1<sup>st</sup> week:** 500 - 800 calories x 1 week  
**2<sup>nd</sup> week:** 800 – 1100 or 1200 calories x 1 week  
**3<sup>rd</sup> week:** MEN ONLY – 1500 calories

## **MEAL COMBINATIONS**

### **BREAKFAST**

Protein source (usually meat or eggs)  
Low carb vegetable (if desired)  
Fat source (optional)

Example: bacon or eggs  
Example: mushrooms for the omelet  
Example: cheese to make an omelet

### **LUNCH**

Meat or other protein source  
1 to 1 ½ cups of salad or cooked greens  
½ to 1 CUP of vegetables (if desired)  
Fat source (optional)

Example: grilled chicken  
Example: bagged salad greens  
Example: peppers, tomatoes, and celery for salad  
Example: blue cheese dressing (carb – smart)

### **DINNER**

Meat or other protein source  
1 to 1 ½ cups of salad or cooked greens  
½ to 1cup of vegetables  
Fat source (optional)

Example: roast beef  
Example: cooked spinach  
Example: green beans  
Example: butter for green beans, cheese sauce for spinach

# WEEKS 1 – 3

## WEEK ONE

**NO RICE, NO BEANS, NO BREADS, NO PASTA, NO POTATOES, NO CORN, NO CEREALS.**

- Work your way up to about 800 – 900 calories a day. Remember no sugar or starches.
- Continue to drink lots of water. You can now eat 3 plus meals a day.
- You can eat fats during this time, but don't overdo it. You can use butter, oil or cooking spray in your frying pan, just use it sparingly!
- Increase your proteins to 6-8 oz per meal per day.
- Mix as many vegetables in your salad as you desire; just remember no sugars or starches.
- Try to eat a little at each meal and try to get in a mid-morning and mid afternoon snack.

## WEEK TWO

(If no unusual weight gain – increase calorie allowance)

**Exercise required: Minimum of ½ hour walking a day.**

Meals same as week one except you can add some beans or brown rice to one meal (lunch or dinner) a day

- Breakfast: Protein/vegetable
- Lunch: Protein /vegetable. You can add beans or rice to this meal *OR* dinner. Fruit (optional)
- Dinner: Protein/vegetable. IF YOU DID NOT ADD beans or rice to lunch, you can for dinner.
- **Do not eat late at night. Try to finish your dinner around 6:00PM.**

Increase your daily calorie count to about 900 - 1000 calories per day. Add additional vegetables and foods (i.e., soups, cheese, peanut butter, nuts and other low carbohydrate type foods).

## WEEK THREE

**Exercise required: Minimum of ½ hour walking a day.**

Weigh yourself every morning.

Same meals as week two except you can add some beans or brown rice or potatoes or bread (two slices) to **two** meals a day.

You can double the amount of fruit as on the VLCD calorie diet. Fruits are always optional.

- Increase your calorie allowance to 1200 calories for women and 1500 calories for men.
- Eat 5 or 6 little meals a day. Eat breakfast, a mid morning snack, Lunch, a mid-afternoon snack and Dinner. You might get away with a light dinner snack.
- Very important to weigh yourself every day, don't skip this step. Don't allow for more than a 2- pound gain. If you gain do a Steak Day or an Apple Day as mentioned!

## MAINTENANCE PHASE TIPS

1. **EAT SOMETHING 4-6 TIMES PER DAY.**
2. **INCREASE PROTEIN – AT LEAST 100 GRAMS / DAILY**
3. Eat a large breakfast.
4. Finish your dinner 3½ hours before bedtime.
5. Daily take 1-3 teaspoons (or 2 Tbsp.) of raw apple cider vinegar, diluted with water. Many resources claim extensive benefits, particularly increased weight loss.
6. No highly refined and super highly refined foods, including white sugar and white flour.
7. Strongly suggested not to use products with propylene glycol, sodium laureth sulfate, and mineral oil.

## WEIGHT YOURSELF DAILY

It usually takes 3-4 weeks before the weight achieved by the end of the program becomes established.

## BEGIN AN EXERCISE ROUTINE.

During this period, it is important to establish an exercise routine that you will continue for the rest of your life. During this period, try to build lean muscle with targeted strength training.

### **DO NOT KEEP TRYING TO LOSE WEIGHT.**

The goal of the metabolic reset period is to maintain your new weight and increase muscle mass, NOT to lose more weight. You should be careful to not gain or lose more than three pounds from your lowest weight. This is very important because any weight that is lost during this time is at expense of normal fat, which is easily regained. Remember you are creating a new set point currently.

### **KEEP A DAILY FOOD JOURNAL.**

As you are adding foods back into your diet, it is a good idea to keep a daily food journal. This will help you detect problem foods. If you are still losing or maintaining nicely, then add some new fruits and berries, such as blueberries and cantaloupe. **If you gain weight or your weight begins to fluctuate**, reduce the amounts consumed or eliminate the latest foods added for a few more days to a week and then try them again.

### **DURING THE METABOLIC RESET PROGRAM YOU WILL ALSO DO THE FOLLOWING THINGS:**

Learn how individual foods affect your weight as they are added back into your diet.

Learn how to identify foods that cause you to gain weight.

Learn what portion sizes you can eat without gaining weight.

Learn how to make adjustments to both The kinds and amounts of food to maintain your new weight.

As you monitor your weight daily, fluctuations may occur--especially at the beginning of the program. It is important that when you see the scale start to tip one way or the other, you follow the guideline:

### **IF YOU SEE A WEIGHT LOSS OF 3LBS DURING THE METABOLIC RESET PERIOD.**

Increase vegetable consumption. Add vegetables like green beans, broccoli, cauliflower, Brussels sprouts, and other low glycemic vegetables to your diet.

### **IF YOU SEE A WEIGHT GAIN OF 3LBS—DO A STEAK DAY!**

#### **STANDARD STEAK DAY**

- skip breakfast and lunch entirely
- at dinner, eat a large steak (12-16 ounces) an apple or a raw tomato
- drink as much water as possible throughout the day
- weigh yourself the next day
- you should have dropped back down by at least 1 pound.

It is of utmost importance that this be done on the same day that the scale reaches 3 lbs over--not even postponed one day.

### **IF YOU SEE A STEAK DAY DRAWING NEAR, YOU CAN DO THE FOLLOWING, WHICH WILL USUALLY BRING YOUR WEIGHT DOWN A POUND OR SO THE NEXT DAY.**

- Drink lots of water that day;
- Don't eat until lunch;
- Have a whole can of tuna (water packed), or chicken with mayo on either lettuce or celery for lunch;
- Have a big portion of protein for dinner with a small salad and 0-1 carbohydrate dressing (ex. Ranch);
- If you are extremely hungry, you could also have 2 eggs for breakfast.

### **TO AVOID A STEAK DAY:**

If you find yourself nearing a 3 pound gain, you can do the following--this will usually bring your weight down about a pound the next day. Drink lots of water throughout the day. Don't eat until lunch. Have a whole can of tuna or chicken with mayo either on lettuce or celery for lunch. Have a big portion of protein for dinner with a small salad and salad dressing.

**Importance:** The maintenance phase involves stabilizing your body's metabolism at your new weight. This phase is just as important as the Fat Burning phase. You want to reset your metabolism at your new weight, so that your body does not fluctuate up or down on the scale. If you still need to lose more weight you may do a second round of hCG after this phase is completed.

You must weigh yourself every morning as soon as you rise, but after you have urinated.

Eat three meals a day. You may increase your meals in size and quantity, as long as you eat an adequate amount of daily calories to maintain weight.

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## WEEKS 4 – 6

**WEEKS 4-6:** You can now begin to add starches and sugars back into your diet. The best rule to follow is “everything in moderation.” More information about this will be provided. Sugars and Starches (the carbohydrates) are the danger zone! Reintroduce these too fast, and you may have a weight gain. So to avoid that, this is what we have learned. ADD them SLOWLY!

### Week 4

For week 4, add one carbohydrate food that you missed the most. Eat bread, pasta, potato or whatever, but just one. The next day, stop that one and add another one. Do not eat two carb foods in the same day during week 4. Only eat one carb food per meal. Just change your carbohydrate from day to day. Weigh yourself the next day and see if there are any weight changes. If so, try cutting the portion in half for the next time.

### Week 5

For **week 5**, combine **two carb foods** in the same day, **but not at the same meal**. For instance, you may eat bread with a sandwich for lunch and a potato for dinner.

### Week 6

For **week 6**, start **combining the carbs during the same meal**, but do this one day at a time. By the end of week 6, you should be eating a good, healthy, well rounded, high fiber, lower fat, diet within your calorie limit without worrying about gaining weight!

### AVOID OVER-EATING

Stay within your calorie limit; avoid eating **both a high fat and high carb** meal. You may get away with a high fat meal or a high carb meal but high fat and high carb together are a bad combination.

### Water

Each day our body requires an intake of around 2 L of water. *Coffee, tea, sodas, fruit juices, etc. actually add to the dehydration problem through their diuretic effects from caffeine and sugars.* Fresh fruit juice should be diluted with water (1:1) before consuming it, in order to gain its health benefits while offsetting its diuretic effect.

Add another glass of water of water for each cup of coffee, tea, and soda or fruit juice consumed. Add another glass of water for each half hour of exercise daily. Have in mind that heavier people need more water daily.

**REFERENCES** 1 “Pounds & Inches: A New Approach To Obesity”, Manuscript by A.T.W. Simeons, M.D. 2 *HCG Weight Loss Cure Guide by Pounds and Inches Away*, LLC, author Linda Prinster. 3 *The Weight Loss Cure “They” Don’t Want You to Know About* by Kevin Trudeau.

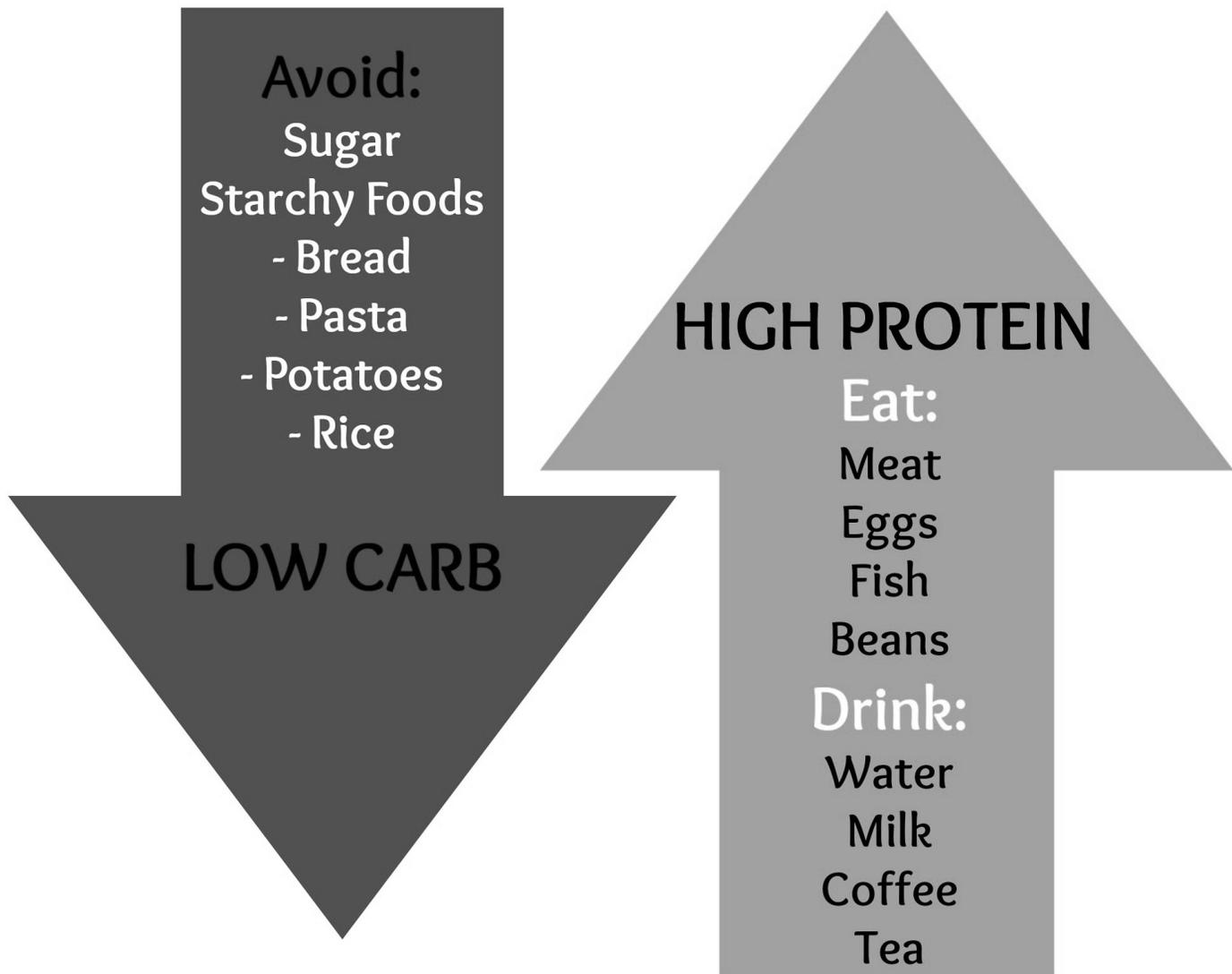
### WANTING TO DO MORE HCG...

*After each additional Phase 2 – 500 calorie phase, the maintenance phase should be made progressively longer.*

- After Round 1 – **6 WEEK TOTAL BREAK** (3 weeks of Phase 3 NO SUGAR + 3 weeks to stabilize = 6 weeks)
- After Round 2 – **8 WEEK TOTAL BREAK** (3 weeks of Phase 3 NO SUGAR + 5 weeks to stabilize = 8 weeks)
- After Round 3 – **12 WEEK TOTAL BREAK** (3 weeks of Phase 3 NO SUGAR and 9 weeks to stabilize = 9 weeks)
- Round 4 – **20 WEEK TOTAL BREAK** (3 weeks of Phase 3 NO SUGAR and 17 weeks to stabilize = 20 weeks)
- Round 5 – 6 months (3 weeks of Phase 3 NO SUGAR and 20 weeks to stabilize = 6 months)



# LOW CARB HIGH PROTEIN DIET



\*\*\*IF YOU SEE A WEIGHT GAIN OF 3LBS—DO A STEAK DAY