

Phase 3 HCG Diet

*Successful Stabilization
Plan Revealed*



Sonia E. Russell, LPN &
Candice Ekberg, NSCA-CPT, EMT-I

Phase 3 HCG Diet: Successful Stabilization Plan Revealed

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Table of Contents

Biography of Sonia E. Russell, LPN

Candice Ekberg, B.S. ESS, NSCA-CPT, EMT-I

Phase 3 HCG Diet: Successful Stabilization Plan Revealed

The Science behind Phase 3 Stabilization

BEGINNING PHASE 3

Phase 3 Food Guidelines for Optimal Stabilization

The Interval in Between Rounds

HOW TO BEGIN PHASE 4

Understanding Basal and Resting Metabolic Rates

Closing Notes from Sonia & Candice

PHASE 3 - RECIPES

Phase 3 Tracker

Appendix

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Biography of Sonia E. Russell, LPN



I am a nurse with over 14 years of clinical experience and was trained at UCLA Medical Center in California. As a professional hCG diet coach, I have researched and studied my 800 calorie protocol on thousands of patients in the clinical setting over the past 4 years. I developed the modified 800 calorie protocol to provide the dieter with a safer and more comfortable plan that has been proven to yield the same, if not better, weight loss results when compared to the original 500 calorie VLCD. My protocol also includes many improvements to the original phase 3 stabilization plan by the removal of certain foods that many dieters have been known to overindulge upon.

In 2007, my medical team and I began our internal patient testing and food trial studies on the 800 calorie plan with our patients in the clinical setting. It was in 2010 that a 6 week successful clinical study was performed by the American Society of Bariatric Physicians ASBP on the modified 800 plan.

<http://www.weightshop.net/documents/Bryman%20HCG%20Article.pdf>

In May 2011, I published our findings in my book developed specifically for the HCG dieter utilizing HhCG drops or Rx hCG entitled, *HCG Diet 800 Calorie Protocol* <https://www.ebookit.com/books/0000000680/HCG-Diet-800-Calorie-Protocol.html>

The 800 calorie plan has been proven safer, more tolerated and in most cases yields higher losses when compared to the original 500 VLCD.

I am also a co-author of the book entitled *The Best Diet You Have Never Heard Of - Physician Updated hCG Diet Removes Health Concerns* with two physicians, one of whom is a member of the ASBP. This book was written by medical professionals for the prescribing practitioner to utilize as a higher standard for Rx hCG weight loss therapy.

To view my HCG Diet eBook library visit <http://www.hcgdoctorsgroup.com/buy-now/800-calorie-protocol.html>

Facebook Support Group

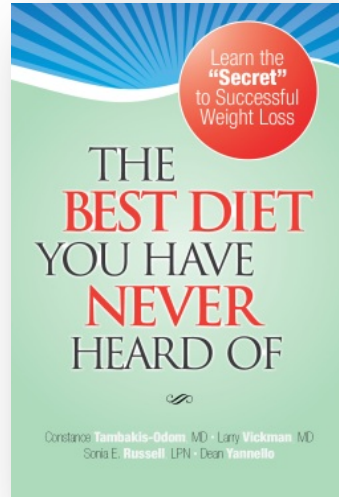
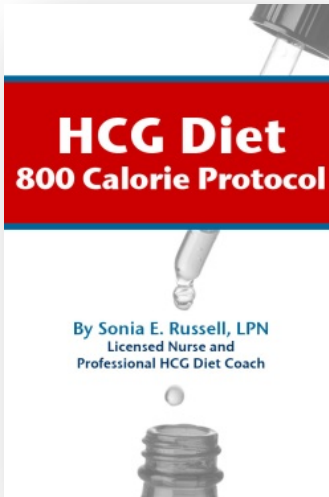
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My Pages on Facebook

HCG Diet 800 Calorie Protocol – page <http://www.facebook.com/groups/100738906691037/>

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Sonia E. Russell – personal page <http://www.facebook.com/inchesadmin>



Candice Ekberg, B.S. ESS, NSCA-CPT, EMT-I



I have been a certified personal trainer for 7 years and received my Bachelors in Exercise and Sport Science from the University of Utah. While at the U of U, I competed on the track and field team in the throwing events. After a long battle of being overweight, in 2009, I decided enough was enough. I wanted to lose my weight and started researching what diets were popular and in demand.

After lots of friends, family and clients started asking me about the HCG diet, I decided to research it and try it while writing about my experience on my website: www.bodybycandice.com. I lost 45lbs with HCG, 65lbs overall, and have kept it all off. In February 2011, the Rachael Ray Show found my website and invited me to appear on the show (March 10, 2011) to share my experience.

After the show aired, I had the privilege of working with hundreds of dieters. While the diet works, I still had my concerns. It was in June 2011 that I met Sonia E. Russell, LPN and learned about her *HCG Diet 800 Calorie Protocol*. This protocol has answered all of my concerns and has produced wonderful results. Since meeting Sonia, we have co-coached over a thousand dieters. With my concerns of the hcg + diet protocol being answered by Sonia's protocol, my personal emphasis has turned to helping dieters progress through phase 3 and 4. Beyond HCG: Phase 3 Support <http://www.facebook.com/groups/263487743703169/>

is where Sonia and I co-coach dieters how to stabilize properly. Beyond HCG P4: The Final Phase <http://www.facebook.com/groups/128830277216523/> is where we coach people on how to start incorporating healthy starches and carbs back into their daily lives.

Stabilization is the most important phase of this diet, hence why Sonia and I have created this plan. We want to eliminate the plague of chronic correction days and help teach dieters to keep the weight off for good. Not only am I bringing you this plan, I am currently co-authoring a book with St. Louis News Personality and Fitness Trainer, Monica Adams. Our book will focus on teaching people how to incorporate lifestyle changes that will help not only to keep the weight off for good, but to find the balance between mind, body and soul, for overall health and wellness. As a personal trainer, no matter what protocol you use, it is important to change your lifestyle to incorporate a healthy diet and physical activity for optimal results.

I also have my website www.diefatgirl.com where I talk about the mental and emotional aspects of dieting. I, myself, am a recovering emotional/binge eater and hope to share more of this journey in my up and coming book.

Phase 3 HCG Diet: Successful Stabilization Plan Revealed

Authored by: Sonia E. Russell, LPN & Candice Ekberg, NSCA-CPT, EMT-I

Stabilization is the most critical phase of the entire protocol that determines long lasting weight loss results. The purpose of Phase 3 stabilization is to reset your metabolic rate and stabilize within 2 pounds of your ending phase 2 weight. Once you begin eating normal foods, many dieters tend to throw everything out the window by over indulging and eating whatever is available. **DON'T DO THIS!** You will throw everything away that you have worked so hard for in phase 2! You have been eating 500-800 calories for the last 23 - 40 days and must use caution. Most dieters will stabilize within the first 10 days but some may take longer. Even if you do stabilize in the first 10 days, it is important to follow this plan for the full 21 days. Our P3 plan will reduce stress to the hypothalamus (a gland in the brain that regulates metabolism) by prohibiting the dieter to over-indulge on sugars, starches, grain breads, nuts, beans and limiting dairy. For the next 3 weeks you will need to focus on what you can and cannot eat.

Dr. Simeons's stabilization information, written over 50 years ago, is vague and open for interpretation. Dieters are often uncertain on how to effectively follow his suggestions and many fear they will gain the weight back. We have taken the guess work out of stabilizing by combining our years of hCG diet coaching, knowledge in nutrition and personal fitness, and nursing background to develop a structured and comprehensive phase 3 plan that will help you ensure stabilization, prevent the frustration of chronic correction days, avoid unnecessary additional rounds and the possibility of gaining any weight back.

The improvements to the phase 3 plan were originally developed in 2007 by Sonia E. Russell, LPN and her team of medical professionals. The plan was tested on patients over a 3 year period in the clinical setting and has proven to ensure proper stabilization without the need for a correction day.

The Science behind Phase 3 Stabilization

Theorized by: Sonia E. Russell, LPN

In Phase 3, the hypothalamus gland in the brain plays a key role in regulating the thyroid and adrenal glands. One of the major functions of this gland is to stabilize your new weight by resetting your metabolic rate in the 21 days of phase 3. You have 2 adrenal glands that are located next to each kidney. These glands are responsible for producing the hormone Cortisol which is often referred to as the "stress hormone." In times of stress, your Cortisol hormone rises and often times may cause fat storage. If you introduce large quantities of enriched breads and refined sugars abruptly in phase 3, your pancreas will need to produce a large amount of Insulin in order to bring down your blood sugar level within a healthy range. High Cortisol levels will cause Insulin to rise which often causes your body to store fat. This action will lower another hormone produced by the adrenals called DHEA (Dehydroepiandrosterone) which assists in regulating metabolism. Low DHEA may slow down your metabolic rate and weight gain may result. This disruption may cause your endocrine function to be overworked, thus causing the dieter to have difficulty stabilizing.

BEGINNING PHASE 3

After you have completed 72 hours without hCG in Phase 2, you will now begin Phase 3. You must increase your calories in this phase. In order to effectively do this you will need to do the following:

Basics

- Eat more fruits and veggies (aids in digestion and adds powerful antioxidants that provide essential vitamins/minerals)
- Increase your protein serving size (protein protects muscle, curbs the appetite and assists in fat burning)
- Eat 4-6 small meals (consuming frequent small meals will increase metabolism)
- Continue eating breakfast (eating breakfast will raise metabolism and assist in burning more calories throughout the day, elevates blood glucose levels to assist in maintaining energy and concentration throughout the day)

This plan was developed to add in allowable fats and jump right up to 1500 calories on P3, day one. This can be safely carried out, without the possibility of gaining weight, due to the omission of nuts, breads, beans, legumes and limiting dairy. However, we understand that most dieters prefer to slowly add back in their calories and that is fine. For dieters that want to stabilize at their new weight, during the next 3 weeks you must keep your weight within +/- 2 pounds of where you were when you stopped taking HCG. This will allow your hypothalamus to reset and establish your new weight as your normal weight. If you gain more than 2lbs, you may do a correction day (depending on the cause of gain). If you lose more than 2lbs, increase your food intake by 100-200 calories.

To gradually increase your calories when following the 500 or 800 calorie protocols, you may refer to the guide below:

WEEK 1: 900-1100 calories per day

WEEK 2: 1100-1300 calories per day

WEEK 3: 1300-1500 calories per day

WEEK 1: 900-1100 calories per day.

Work up to your estimated caloric need by beginning at 900 calories for this 7 day period and gradually increase your calories to reach 1100 by the end of week 1. (see food tracker)

WEEK 2: 1100-1300 calories per day.

Work up to your estimated caloric need by beginning at 1100 calories for this 7 day period and gradually increase your calories to reach 1300 by the end of week 2. (see food tracker)

By week 2, if you haven't already, you can start adding healthy oil fats such as avocados, cooking oils, whole eggs, and low moisture, skim mozzarella cheese. Full fats are allowed such as full fat, no sugar, salad dressing and mayonnaise. (Please make sure to observe the sugar and caloric content.) Some dieters may choose to add these back in the first week, just make sure you watch the scale and don't overdo it. We recommend to obtain optimal stabilization, especially if this is your last round, to hold off on adding in nuts, grain breads (sprouted or un-sprouted -aka, Ezekiel bread), beans, legumes and limit dairy in the 21 days of stabilization. All too often people over-indulge on these items can stress out the adrenals and engage a whole chain reaction leading to weight gain.

* If you MUST have nuts (which is NOT recommended) you must limit it to 1 serving per day (about 10-15 pieces)

WEEK 3: 1300-1500 calories per day.

Work up to your estimated caloric need by beginning at 1300 calories for this 7 day period and gradually increase your calories to reach 1500 by the end of week 3. (see food tracker)

Please keep in mind that everyone's body is unique. Some foods that may be agreeable to others may not be agreeable to you. You are encouraged to keep track of your food intake with the tracker provided on a daily basis. This way, if you have any issues during Phase 3, you can go back and pinpoint what food item(s) may have caused this.

CORRECTION DAYS

Our phase 3 plan was designed to assure your new stabilized weight by removing the foods that many over-indulge upon. Correction days are seldom needed when following our plan. A correction day is not to be utilized to justify cheating or planning a cheat day, rather it is to bring down an unknown gain or an accidental mishap. We do understand that mishaps may occur so we have approved the following correction day methods if you have gained more than 2 pounds from your last dose weight (LDW). *For women, do not attempt to utilize a correction day if your menstrual cycle has caused your weight to go above 2 pounds from your LDW. This is natural water retention and will eventually flush out when your menstrual cycle has ended.

Non-Fat Fage Yogurt Correction Day

Non-fat 0% Plain Greek yogurt contains probiotics that help to reduce intestinal inflammation, water retention, and bloating.

Brands allowed: Plain Fage, All Natural Brown Cow Plain, and Dannon Oikos Plain (Plain Greek Yogurt only with NO added fruit)

Directions: #2- 16 oz. tubs or #1- 32 oz. tub of approved 0% NON FAT PLAIN Greek Yogurt, divide into 8 oz. servings and add 2 oz. of fresh berries per serving (fresh strawberries or raspberries are preferred.) Eat 4 servings throughout the day. Your total caloric daily value is estimated at about 800-850 calories. Continue drinking your regular daily fluids.

Dr. Simeons' "Steak Day"

Directions: Drink plenty of fluids all day long and do not eat anything until dinner. When you can, eat a large steak cooked in oil or butter with an apple or a raw tomato. The next day, you should see your weight drop.

*Fasting all day is not so healthy for you, so the "steak day" should only be utilized for those that are unable to tolerate plain Greek yogurt.

* If you have issues with low blood sugar, you are permitted an apple for lunch, as per Dr. Simeons.

Sodium Overload

If you have mistakenly overindulged in a high sodium food product that has caused a gain above your 2 pound limit, you may consider this natural remedy to remove excess sodium and toxins.

Detox Bath:

1c Epsom salt

1c Sea salt (non-iodized)

2c Baking soda

Directions: Run a bath as hot as you can stand and soak for 20 minutes. You may wash your body with plain glycerin soap. Be sure to drink plenty of cold water while you are submerged in the tub, as an increase in sweating is expected. If you do not drink plenty of fluids, you may experience a slight headache.

Hot Lemon Water Detox:

2 lemons

Stevia

Directions: Drink an 8 oz. cup of hot water with the juice of half a lemon 4 times throughout the day. Add Stevia to sweeten if desired. Make sure your last cup of the day is right at bedtime.

Phase 3 Food Guidelines for Optimal Stabilization

PROTEINS:

You may eat any protein that you wish at this time. This includes: all beef, pork, lamb, white and dark chicken on or off the bone, turkey on or off the bone, any color fish, and all shellfish. Whole eggs are included. If there is a protein that we did not mention, it is allowed, such as kangaroo, ostrich, elk or buffalo. Deli meat is allowed but is STRICTLY cautioned, as most grocery stores do not have nutritional values on hand. Deli meats most often contain nitrites, preservatives, and high sodium levels that are often times over 600mg per serving. Deli meats should be reserved for an emergency situation only. We also caution against canned foods with the exception of organic tomato paste and tuna in water (*sodium must contain less than 140mg in a 4 oz. serving.*)

You may have a whey protein isolate shake for breakfast and increase your lunch protein to 5-7oz. Lunch should always be the biggest meal of your entire day. Your dinner protein portion should be around 4-5oz. It is always best to eat a light dinner when stabilizing. Avoid drinking a protein shake for dinner if possible due to the sugar content. The sugar obtained from protein shakes is useful for breakfast as it provides an abundance of fuel and energy that is needed to carry out your day.

DAIRY:

Dairy products are prohibited with the exception of 2 tablespoons of whole, low-fat, skim, almond and coconut milk daily. Low moisture skim mozzarella cheese is allowed daily in moderation.

DAIRY PROTEIN ALTERNATIVES:

Whole eggs are allowed but no more than 3 per serving. Naturally low fat, low sodium cottage cheese is allowed, 4 oz. serving once per day. The sodium content in a 4 oz. serving of cottage cheese should NOT exceed 140mg. (Lucerne cottage cheese is recommended). 8 oz. of non-fat or 2 % plain Greek yogurt is allowed per day. Recommended brands include: Plain Fage, All Natural Brown Cow Plain, and Dannon Oikos Plain. (Greek yogurt must be PLAIN only with NO fruit added.)

*You may NOT eat cottage cheese and non-fat/2% plain Greek yogurt on the same day. You must choose one or the other. No other dairy is allowed and there are no exceptions.

VEGETABLES:

You may have any color vegetable of your choice at this time except corn, yams, sweet peas, or soy beans. Your vegetable servings may now increase to 2.5 cups raw (condenses to 2 cups cooked) and should be consumed with lunch and dinner. Now you may mix your vegetables to your heart's content. In addition, you may add vegetables (ie. mushrooms and cauliflower) to a salad or in an omelet. Beans and legumes are prohibited.

FRUITS:

You may have any fruit that you wish except limit bananas (2-3 per week) as they are very high in carbs: up to 40g of carbs in one large banana. Pay attention to the list of low glycemic fruits and other foods that are listed in Sonia E. Russell's eBook: *HCG Diet 800 Calorie Protocol*. Try to eat only low glycemic fruits when possible. Although higher glycemic tropical fruits are not prohibited, just use with caution. You may eat up to 3 fruits per day.

BEVERAGES:

Drink the same as you did in P2. Drink half your body weight in ounces of water daily. Sugar free drinks are allowed now as long as they contain no sugar, low sodium and are low in calories. Drinks that contain Stevia are highly preferred. Only one glass of red wine per week is allowed (no exceptions).

SUPPLEMENTS:

A Multi-Vitamin/Mineral should be taken every day. In addition, Calcium carbonate and Vitamin D3 are suggested daily to protect lean muscle tissue. Loss of muscle tissue may slow down metabolism and weight gain is surely to result. It is important to remember that you do not have the hCG hormone in your bloodstream while in phase 3 to assist in protecting your lean muscle tissue.

*You must ask your doctor if you are able to take added calcium supplements especially if you have cardiac disease, thyroid disease, Lyme's disease, take blood thinners, or have kidney and liver problems. You must consult your doctor before taking the above suggested supplements and make sure you inform your doctor before beginning the HCG Diet.

*Calcium and Vitamin D assist in preserving lean muscle tissue while on a VLCD and are suggested to be taken only while on Phase 2 (23-40 days) and Phase 3 (21 days) which is a total of no more than 9 weeks.

FOODS TO AVOID:

ALL STARCHES AND REFINED SUGARS

Bread: white, wheat, whole grain, rye, pumpnickel, Ezekial

Crackers/breadsticks: wasa cracker, melba toast, grissini breadsticks

Legumes: beans, soybeans, edamame, sweet peas, lima beans, lentils

Nuts: all nuts, peanut butter

Potatoes: all potatoes, sweet potato, yams

Pasta: all pastas, rice, orzo, quinoa

Oats: oatmeal, cereals, protein bars, granola

Vegetables: corn

Fruits: * limit bananas (2-3 per week)

All refined sugars carob or dark chocolate

Flour: all flour, white, wheat, grain, almond and coconut flour, oopsie rolls, mug bread

Dairy: *avoid dairy products-see exceptions listed under dairy section

Canned foods: *all canned foods with the exception of organic tomato paste and low/no sodium tuna in water (under 140mg of sodium in 4 oz. can)

Beverages: regular soda, fruit juice from concentrate

Alcoholic beverages *limit to only one glass of red wine per week, no beer or hard liquor (no exceptions)

Oils: butter, margarine

PRODUCT LABEL INGREDIENTS TO AVOID

During all 4 phases of the Protocol, you should always be watching your labels for sugar content. The difference between natural sugar and added sugar is really the key to your success. In Phase 3 you will have natural sugars that are found in your fruits and other items. Be careful and make sure that they are natural and that none contain additives. There are so many names for sugar that are creatively hidden in food labels. Familiarize yourself with the names of hidden sugar additives with the list below to help you avoid “unintentional” cheating.

Brown sugar
Carob syrup
Corn syrup / Sweetener
Caramel
Date sugar
Demerara Sugar
Dextrin
Dextran
Dextrose
Fruit juice
Galactose
Glucose
High Fructose Corn Syrup
Maltitol
Maltodextrin
Maltose
Maple syrup
Molasses
Muscovado or Barbados sugar
Panocha
Powdered or confectioner’s sugar
Raw sugar
Rice Syrup
Saccharose
Sorbitol
Sorghum or sorghum syrup
Sucrose
Sucralose
Sugar (granulated)
Syrup

Treacle
Turbinado sugar
Xylose

*We recommend continuing with Stevia products in Phase 3.

COOKING OILS

*Be very careful with oils and do not over indulge. The following oils are allowed but please use sparingly. You may place your oil in a spray bottle so that you use less when cooking your meals.

(1 tbsp.)

Organic Coconut Oil	120 cal	Total fat: 14g	Saturated fat: 12.5g
Olive Oil Extra Virgin	120 cal	Total fat: 14g	Saturated fat: 2g
MCT Oil (Medium-chain triglyceride)	115 cal	Total fat: 14g	Saturated fat: 14g
Canola Oil	120 cal	Total fat: 14g	Saturated fat: 1g

SALAD DRESSINGS

Be very cautious with low-fat and fat free salad dressings. Marinades and rubs also fall into this category. Many contain added sugars and flavor enhancers that make the product taste better. It is best to select regular, higher fat versions. Many have no carbohydrates and no sugars. Always read the labels and watch out for starches and hidden sugars. Flax and Chia seeds are allowed in P3. Many dieters enjoy sprinkling these on their salads.

SPICES & SEASONINGS

All fresh spices can be used. Be very careful with seasonings that contain excess sodium levels such as garlic salt. Excess sodium intake can lead to water retention, so use sparingly or choose garlic powder instead. Always read labels on these products.

EXERCISE

Physical activity is needed in order to maintain weight loss. When you engage in physical activity, your body burns calories. The more intense the activity, the more calories you will burn. For many, finding time to exercise can be a challenge. To help increase activity throughout the day you can take the stairs instead of the elevator,

park in the furthest parking spot, or engage in more active household chores. Your goal is to move! Regular physical activity can also help prevent many health problems such as heart disease, stroke, type 2 diabetes, depression, certain types of cancer, and arthritis.

Phase 3 daily exercise may increase in intensity and duration, but only as tolerated. You may enjoy 30 minutes of light cardio aerobic exercise to include low impact aerobics, spinning, exercise DVD's, Yoga, Zumba, Pilates, swimming, biking, fast walking, jogging, or roller blading. If tolerated, light free weight resistance training is allowed.

We suggest having 1 of your fruit servings at least 45 minutes before your workout. Always bring bottled water with you and a fruit as needed for additional energy. Stop your workout immediately if you become short of breath, faint, dizzy, lightheaded or experience chest pain. For optimum nutritional timing, it is best to eat a light snack, such as a fruit, before your workout. Also consume a high protein meal or drink within 30 to 90 minutes post-workout. This will help aid in maximum nutrient absorption into the muscle tissue.

Building lean muscle tissue from resistance training and/or cardio aerobic exercise routines may reflect on the scale. If you plan to begin an exercise regimen in Phase 3, it is important to be aware that the additional weight is not due to fat pounds. Water retention, inflammation and swelling occur in order to repair trauma to the muscle tissue. Remember, muscle weighs more than fat, and muscle BURNS fat. To help reduce gaining on the scale due to the increase in lean muscle mass, we recommend increasing the intensity and duration of your workouts gradually. If your primary concern is your weight on the scale, we suggest continuing 30 minutes of walking or low impact cardio exercise daily, until you have completed Phase 3. Once you have completed Phase 3, then you can add resistance training. Whatever you decide to do, it is best to find an activity that you can enjoy for a lifetime.

COUNTING CALORIES IN PHASE 3

Lean Meat

1 oz.

Top Sirloin Steak	62 cal
Extra Lean Hamburger	48 cal
London Broil	52 cal
Chuck Steak	54 cal
Veal	61 cal
Lean Bison	49 cal
Lamb	52 cal

Shellfish

1 oz.

Clams	41 cal
Lobster	28 cal
Mussels	48 cal
Oysters	19 cal
Scallops	23 cal
Shrimp	22 cal
Crab	31 cal

Fish

1 oz.

Bass	41 cal
Bluefish	45 cal
Cod	29 cal
Grouper	33 cal
Halibut	31 cal
Herring	39 cal
Mackerel	74 cal
Orange Roughy	29 cal
Red Snapper	36 cal
Salmon	51 cal
Shark	50 cal
Tilapia	42 cal
Trout	53 cal
Tuna	52 cal
Mahi-Mahi	37 cal

Dairy & Eggs

Skim Milk (1 cup)	85 cal
1% Low Fat Milk (1 cup)	110 cal
2% Low Fat Milk (1 cup)	122 cal
Whole Milk (1 cup)	150 cal
Almond Milk (1 cup) *unsweetened	40 cal
Coconut Milk (1 cup) *unsweetened	50 cal
Whole Egg (1 large)	80 cal
Mozzarella Part Skim (1 oz)	72 cal
Cottage Cheese (4 oz) *less than 140mg of sodium	100 cal
Plain Greek Yogurt (1 cup) *0 % non-fat	80 cal
Plain Greek Yogurt (1cup) *2%	170 cal

Fruits

Apple (1 small)	55 cal
Apricot (4 small)	64 cal
Banana (1 small)	89 cal
Blackberries (1 cup)	74 cal
Blueberries (1 cup)	81 cal
Boysenberries (1 cup)	66 cal
Cantaloupe (1 cup)	54 cal
Cranberries (1 cup)	43 cal
Grapes (1 cup)	62 cal
Guava (1 cup)	112 cal
Honeydew Melon (1 cup)	61 cal
Kiwi (2 small)	92 cal
Mango (1/2 small)	67 cal
Peach (1small)	50 cal
Raspberries (1 cup)	60 cal
Strawberries (1 cup)	43 cal
Watermelon (1 cup)	70 cal

Beverages

8 oz.

Crystal Light	5 cal
Herbal Tea – unsweetened	0 cal
Lifewater	0 cal
Zevia - diet cola	0 cal

Lean Poultry

1 oz.

Chicken Breast (white meat)	47 cal
Turkey Breast (white meat)	48 cal

Cooking Oils

1 Tbsp *can vary by brand

Coconut Oil	120 cal
Olive Oil Extra Virgin	120 cal
MCT Oil	115 cal
Canola Oil	120 cal

Vegetables

6 oz.

Brussels Sprouts	48 cal
Cabbage	40 cal
Artichoke (1 large)	76 cal
Asparagus	59 cal
Avocado (100 g)	120cal
Broccoli	60 cal
Carrots	71 cal
Cauliflower	37 cal
Celery	42 cal
Collards	49 cal
Cucumber	30 cal
Eggplant	90 cal
Endive	36 cal
Green Onions	36 cal
Kale	48 cal
Lettuce (green)	30 cal

Vegetables, cont.

6 oz.

Mushrooms	42 cal
Peppers (all varieties)	50 cal
Spinach	41 cal
Winter Squash	60 cal
Tomato	30 cal
Turnips	40 cal
Watercress	22 cal

The Interval in Between Rounds

After completing Phase 2 using Rx hCG injections or Rx sublingual drops, dieters must take a 6 week break in between rounds. Stay in Phase 3 for the entire 6 weeks when planning to immediately start another round. We do not recommend 3 weeks of P3 and then 3 weeks of P4 prior to beginning a second round. Introducing P4 foods for only 3 weeks will allow an opportunity for the dieter to over-indulge. Thus, 6 weeks of P3 eating is highly suggested. When the dieter has reached their goal weight, they are required to stay in Phase 3 for the 3 week stabilization period and then advance to P4.

When Phase 2 has been completed using Homeopathic hCG drops or pellets, take a 3-6 week break in between rounds. A 6 week break is highly suggested, as the body needs time to rest and recover from restricting calories. Protein, vitamin, mineral and essential fatty acid deficiency may occur after 30 days on a low fat diet so a 6 week break is suggested for both Rx hCG and Homeopathic hCG dieters.

HOW TO BEGIN PHASE 4

You have now reached the final phase where you will begin introducing new foods, including grains and starches, while still using caution with sugars. You will need to continue increasing calories to meet your metabolic needs.

In Phase 4, you may slowly add back healthy starches to your diet. On day 1, begin with whole grains first and limit it to one grain daily for a minimum of 3 days such as Total Cereal for breakfast. Your weight should not change.

By day 4, you may add another healthy starch such as a sweet potato for lunch with your protein and veggie and do this for 3 more days. Rule of thumb: Never have 2 starches on your plate. Dinner should not contain any starches for the first few weeks. Adding starches in slowly is the key by taking baby steps. Here are some tips to help you transition into phase 4 with ease.

- Load your calories earlier in the day. Late day eating is very hard on your metabolism and encourages weight gain.
- Take your supplements. Under the supervision of your health care provider, increase the status of your health by taking omega 3 supplements, fish oils, CoQ10, antioxidants etc. All of these add to your health.
- Limit one healthy starch per day if possible. Stick to the recommended serving which is about the size of 1 ice cream scoop or the size of your fist.
- Try to eat healthy breads such as 100 % whole grains, multi-grains, Ekezial, sprouted or un-sprouted and whole wheat. Total Cereal is 100% whole grain. Adding 1 T of ground flax seed to your morning cereal will assist in preventing cardiac disease.
- Adding 1 tsp. of healthy cooking oil with every meal will help to curb your appetite.
- Always use brown rice not white.
- Try sweet potatoes instead of white, whole potatoes.
- Avoid using refined sugar/white flour starch when cooking. Use unsweetened coconut or almond flour instead.
- Avoid fried foods and fast foods.
- If possible, try to make your own favorite food items versus buying packaged products.
- Read your food labels so you know what you are buying. Avoid anything with corn syrup solids or high fructose corn syrup. HFCS is a major factor in weight gain. (Refer to the list of food label ingredients to avoid)
- Use Stevia as a sweetener. Stevia is a natural product and does not have the same metabolic effects as artificial sweeteners which can cause weight gain.
- Know the caloric values of your alcoholic beverages. They are not forbidden but there are lots of calories in a mixed drink (125 calories per ounce of hard spirit plus the calories of the mixer.)
- Always eat breakfast in the morning. Do not skip that meal. Use a meal replacement if you are not into cooking or in a rush.
- Eat your starches earlier in the day. This is easier on your metabolism and does not encourage late-night eating weight gain.
- Do not eat within 3 hours of bedtime. This encourages weight gain and acid reflux.

- When you buy groceries, do the majority of your shopping around the outside perimeter of the store. The fresh fruits, veggies, dairy and meats are stored there. Down the aisles are all the processed foods that are not so good for you.
- If you cannot manage fresh vegetables, buy frozen ones. They are generally fresh frozen, soon after picking to preserve nutrients.
- Limit your sweets intake to special occasions or once per week and then increase your exercise regimen the following day.
- Allow yourself a “cheat day” once a week and indulge at your favorite restaurant.
- Avoid foods that have a high glycemic load.
- Drink a minimum of half your body weight in ounces daily.
- Exercise is critical to weight maintenance; there is no getting around this fact.

Understanding Basal and Resting Metabolic Rates

Metabolism is controlled primarily by the hypothalamus and thyroid. Your Basal Metabolic Rate (BMR) is measured by calories/kilojoules. This includes the amount of daily energy expended while at complete rest with twelve hours of fasting to ensure the digestive system is inactive. The test is typically performed at a specialized testing facility while the subject is at complete rest and in an inclined position. Your BMR is measured by how many calories your body needs to sustain your current weight with just the functioning of your vital organs. This includes keeping your heart beating, inhaling and exhaling air, digesting food, making new blood cells, maintaining your body temperature and every other metabolic process in your body. Your BMR can be altered based upon your age, weight, gender, body composition or body fat percentage, menopause, exercise, diet, environment, external temperature, stress, and illness. While you can't control all factors that affect your metabolism, you can control a few such as diet, exercise, stress (to some degree) and body composition.

The method to obtain your Resting Metabolic Rate (RMR) is taken under less restricted conditions where the subject is not required to fast or sleep in a specialized facility prior to the test.

To help maintain your current weight in Phase 4, it is important to start increasing your calories to meet your current metabolic needs, including daily activity. It is also important to understand that everyone's body size, shape and weight are different. There are several equations available to estimate your BMR/RMR. Keep in mind, these are just estimations, and this is why it is important to watch the scale as you increase your calories. Candice has a BMR calculator available on her website: <http://bodybycandice.com/diet-calculators/> If you use the calculations on her site, be sure to add in your Daily Activity Level. Remember that your RMR/BMR is unique to you. For a more accurate measure of your BMR, some doctor's offices, fitness centers and gyms are able to perform this test with specialized equipment.

Closing Notes from Sonia & Candice

Your journey on the HCG diet has enabled you to prevent obesity related disease and improve the quality of your life. Those old eating habits are now in your past and you have acquired the necessary tools in order to maintain your current weight for the long term. Overindulging on carbs and sugar most often will cause de-stabilization of the dieter's metabolic set point. By prohibiting these food items, with several other modifications, our expanded phase 3 guide will enable you to carefully track your progress and lock in your new stabilized weight. Our purpose in creating this guide is to provide the dieter with clear and simple instructions on exactly how to successfully follow Phase 3 to ensure stabilization without the need for correction days or additional unnecessary rounds. Our goal is to educate the dieter on the fundamentals of nutrition, exercise and the utilization of our tools provided will assist you in maintaining your current weight now and for a lifetime.

PHASE 3 - RECIPES

Condiments

Avocado Dip - Great for dipping Veggies

5 avocados
2 cups of cottage cheese
2 cups of salsa (*refer to salsa recipe*)
½ juice of lemon
1 tsp. garlic powder
½ tsp. cumin
¼ cup cilantro
Sea salt and black pepper optional for taste

Cut avocados into chunks and place into a large bowl. Add cottage cheese. Add salsa, draining juice from salsa first. Squeeze juice from lemon into mixture. Add garlic powder and cumin. Hand mix lightly to keep mixture chunky. Add in cilantro, sea salt and black pepper for taste.

Creamy Dressing - Great on salads or use as a flavor enhancer on proteins

1 tsp. black ground pepper
½ tsp. of celery seed
½ tsp. dried dill
2 tsp. onion powder
2 cups of mayonnaise

Mix all ingredients together in a medium sized mixing bowl. Refrigerate. Let dressing sit for at least 6 hours for flavoring.

Cocktail Sauce

¼ cup of ketchup (*refer to ketchup recipe*)
1 tsp. horseradish
1 T lemon juice
Sea salt and black pepper optional for taste

Mix ingredients together. Add more horseradish, sea salt and black pepper as needed for desired taste.

hCG Sugar Free Ketchup

1 can of organic no sugar added tomato sauce
2 T onion powder
½ tsp. sea salt
½ tsp. vinegar
1 tsp. paprika
1/8 tsp. cinnamon
2 packets of Stevia

Mix all ingredients thoroughly in a medium sized mixing bowl. Store in a plastic squeeze bottle and refrigerate.

Meat or No Meat Tomato Sauce

10 medium to large tomatoes
1 large onion
4 cloves of garlic
2 T oregano
¼ cup extra virgin olive oil

Slice onion and place in a food processor or blender until minced. Add olive oil to a large skillet and heat on medium heat. When oil is hot, add minced onion and cook until onions are clear. Add garlic and reduce heat. Chop tomatoes into a blender or food processor. Pulse tomatoes for 30 seconds. Add tomatoes and oregano and simmer 30-45 minutes until sauce thickens.

Meat Tomato Sauce

1 lb. of meat of your choice

Cook meat thoroughly and add to recipe after adding tomatoes and oregano.

No Sugar Added Barbecue Sauce

1 ½ cups of no meat tomato sauce (*refer to recipe*)
2 large onions, minced
3 T lemon juice
1 tsp. sea salt
1 tsp. paprika
1tsp chili powder
¼ tsp. black ground pepper
¼ tsp. cinnamon
1/8 tsp. cloves

Combine all ingredients in a large cooking pot. Cover and heat on low for 35-45minutes, occasionally stirring. Refrigerate when done.

Spicy Salsa

2 tomatoes, diced
1 large red onion
3 T minced garlic
½ of a fresh jalapeno
1 cup of cilantro
Sea salt and black pepper optional for taste

Add all ingredients in a blender and pulse for 30 seconds. Add sea salt and black pepper for desired taste.

Taco Seasoning

4 T chili powder
1 T garlic powder
1 T onion powder
1 T dried oregano
1 T basil
2 T paprika
5 T ground cumin
1 T sea salt
1 T black pepper
½ T crushed red pepper flakes

Mix all ingredients thoroughly and store in an air tight container. Use 1-2 tablespoons per pound of desired meat.

Phase 3 - Soups & Salads

Bacon and Broccoli Salad

1 bag of thawed and drained frozen broccoli
½ cup shredded low moisture mozzarella cheese
½ pound of cooked and crumbled bacon
1 cup ranch dressing
½ cup chopped scallions
¼ tsp. ground black pepper
¼ tsp. sea salt

Mix all ingredients in a large mixing bowl. Chill in refrigerator at least 3 hours before serving.

Chicken BLT Salad

4 boneless chicken breasts grilled and cut in cubes
8 cups lettuce, chopped
2 cups cherry tomatoes
1 cup shredded low moisture mozzarella cheese
½ lb. of cooked and crumbled bacon
2 boiled eggs, chopped
1 cup ranch dressing
½ tsp. ground black pepper
¼ tsp. parsley

Separate lettuce on 4 serving plates. Add all ingredients in a large mixing bowl and mix thoroughly. Serve equal portions on bed of lettuce.

Chicken Salad

4 grilled boneless chicken breasts cut in cubes
4 celery stalks, chopped
1 cup of mayonnaise
½ tsp. sea salt
½ tsp. ground black pepper
2 T chives, chopped
½ cup dill pickles, chopped

Mix all ingredients thoroughly in a large mixing bowl. Refrigerate for 2 hours.

Marinated Tomatoes

1 lb. tomatoes cut in quarters
½ cup scallions, chopped
3 T parsley
¼ cup red wine vinegar
½ cup olive oil
1 T seasoning salt
1 T garlic salt
1 package of Stevia

Set tomatoes to the side. Mix all ingredients together. Toss in tomatoes and let sit at room temperature for 3 hours. Drain excess marinate and serve.

Tuna Salad

2 Tuna, drained
2 cups cherry tomatoes cut in halves
¼ cup scallions, chopped
½ cup mayonnaise
¼ tsp. dill weed
½ tsp. ground black pepper
¼ tsp. sea salt
2 T parsley

Mix all ingredients in a large mixing bowl. Chill 2 hours in refrigerator before serving.

Asian Beef Soup

1 lb. organic grass fed beef
1 lb. head bok choy
1 large onion, chopped
½ cup scallions, chopped
1 clove of minced garlic
4 cups of chicken broth (if canned read label for starch)
2 T reduced sodium soy sauce
Ground black pepper

Chop the bok choy separating stalks and leaves. Lightly coat organic olive oil in a 4-6 quart soup pot. Over low heat, brown onions, mushrooms, scallions, garlic and beef. Drain any excess grease. Add bok choy stalks and cook until almost tender. Add soy sauce and broth and bring to a boil. Stir in the bok choy leaves and cook until heated through. Season with black, ground pepper for desired taste.

Chicken Vegetable Soup

2 grilled and cubed chicken breasts
½ cup celery, chopped
2 small yellow squash, chopped
5 large mushrooms, sliced
2 cans of chicken broth (*if canned read label for starch and sodium*)
1 tsp. chicken bouillon cube, crushed
½ cup bottled or filtered water
2 T parsley, chopped
¼ tsp. black ground pepper
¼ tsp. sea salt
2 T heavy cream

Lightly coat organic olive oil in a 4-6 quart soup pot over low heat. Add all vegetables and cook approximately 5 minutes. Add chicken, broth, bouillon, bottled or filtered water, parsley, pepper, sea salt, and simmer uncovered for 10- 15 minutes. Add heavy cream. Then serve.

Goulash Soup

2 lbs. sirloin beef, cubed
1 large onion, chopped
3 minced cloves of garlic
2 T paprika
14 ½ oz. no sugar added tomatoes, diced
4 beef bouillon cubes (*low in sodium*)
1tsp of Stevia
½ tsp. marjoram
½ tsp. ground black pepper
1 zucchini, diced
1 green pepper, chopped
1 can of beef broth (*check label for starch and sodium*)
6 cups of bottled or filtered water
In a 4-6 quart soup pot

Lightly coat organic olive oil in a 4-6 quart soup pot over low heat. Brown beef, onion and garlic. Add paprika and stir to coat beef. Add remaining ingredients EXCEPT the zucchini and green pepper. Bring to a boil. Cover and simmer for 1 hour until beef is tender. Add zucchini and green pepper and simmer another 20 minutes.

Mushroom and Broccoli Soup

16 oz. of cooked broccoli
½ cup of heavy cream
½ cup bottled or filtered water
½ lb. mushrooms, sliced
14 oz. can beef broth (*check label for starch*)
½ tsp. ground black pepper
1 tsp. sea salt
1 minced garlic clove
1T minced onion

Lightly coat organic olive oil in a 4-6 quart pot. Preheat over low heat. Cook mushrooms, onion, garlic and seasonings until lightly brown. Add beef broth, bottled or filtered water and broccoli and bring to a boil. Cover and cook approximately 8 minutes or until the broccoli is tender. Puree with a hand held blender until smooth and then add in heavy cream and stir.

Tomato Bisque

2 cans of organic tomatoes
1 8oz. package of low moisture, skim Mozzarella cheese
2 tsp. basil
2 tbsp. heavy cream
1 package of Stevia
1/8 tsp. hot pepper flakes
¼ tsp. ground black pepper
¼ tsp. sea salt

Lightly coat organic olive oil in a 4-6 quart pot. Preheat over low heat. Cook tomatoes and spices for 5 minutes. Add Mozzarella cheese. Use hand mixer and blend. Add heavy cream and stir.

Phase 3 - Appetizers & Snacks

Deviled Eggs

8 hard-boiled eggs
½ cup of mayonnaise
2 T minced onion
2 T minced celery
1 tsp. mustard
1/8 tsp. sea salt
1/8 ground black pepper
Pinch of celery salt
Paprika

Cut eggs in half and remove yolks from whites and place in a mixing bowl. Combine all ingredients EXCEPT paprika. Mix thoroughly until smooth. Fill the egg whites with yolk mixture and then sprinkle with paprika. Refrigerate.

Extra Protein Deviled Eggs

Add a 6oz. can of drained tuna to recipe above

Mushrooms with Crab Stuffing

1 cup shredded Alaskan king crab or snow crab
1 tsp. lemon juice
¼ tsp. basil
¼ tsp. garlic powder
½ cup minced scallions
1/8 tsp. lemon pepper
½ cup grated Mozzarella cheese
24 large mushrooms

Pre-heat oven to 450 degrees. Wash mushrooms and remove stems. Set mushroom caps aside. Finely chop 12 of the mushroom stems. In a large mixing bowl combine the 12 finely chopped mushroom stems, crab, lemon juice, basil, garlic powder, scallions, and lemon pepper. DO NOT ADD CHEESE at this point. Mix thoroughly. Coat a large baking dish with organic olive oil. Fill mushroom caps with mixture and place in baking dish. Top with grated Mozzarella cheese. Bake for 20 minutes.

Mozzarella Crusted Squash

2 medium yellow squash, sliced
1 egg
¼ cup grated Mozzarella cheese

Coat a medium skillet with organic olive oil. Preheat on low heat. Whisk one egg in a bowl. Place grated Mozzarella cheese on flat plate. Dip squash slices into egg and then coat with Mozzarella cheese. Fry in skillet until both sides are golden brown.

Pork Stuffed Mushrooms

24 large mushrooms
1 lb. of pork sausage
8 oz. shredded low moisture mozzarella cheese
Sea salt and pepper to desired taste

Preheat oven to 350 degrees. Wash mushrooms and remove stems. Place mushroom caps aside. Preheat large skillet over medium heat. Chop stems finely and place in skillet with pork sausage. Cook until sausage is thoroughly cooked. Drain excess fat. Coat large baking dish with organic olive oil. Combine remaining ingredients and mix well. Fill mushroom caps with mixture and place in baking dish. Bake for 25 minutes.

Meat Lovers Pizza

2 packages of mushrooms, sliced
2 green peppers, chopped
1 onion, chopped
1 ½ cups meatless tomato sauce (refer to recipe)
½ lb. cooked Italian sausage
½ lb. cooked chicken breast cut and cubed in small pieces
15 slices of pepperoni
½ cup of cooked bacon crumbled
1 cup shredded low moisture mozzarella cheese

Preheat oven to 400 degrees. Spray bottom of baking pan with organic olive oil cooking spray. Arrange mushroom slices to cover bottom of the pan. Pour tomato sauce over the mushrooms. Add meats and vegetables in any order you prefer. Top with mozzarella cheese. Bake for 20 minutes.

Spinach Casserole

2 packages frozen spinach, thawed and chopped
2 cups cottage cheese
½ cup egg whites
½ cup grated mozzarella cheese
¼ tsp. ground black pepper
Paprika

Pre-heat oven to 375 degrees. Cook spinach until heated through. Drain thoroughly, squeezing out excess water. In a mixing bowl add cottage cheese, egg whites, ground black pepper and cheese. Mix thoroughly. Mix in spinach. Spray a 9 inch pie pan with organic olive oil cooking spray. Pour mixture into pie pan and sprinkle paprika and some additional mozzarella cheese. Bake for approximately 30 minutes or until firm and lightly browned at the edges.

Phase 3 - Breakfast

Bacon Cheese Quiche

6 eggs
2 tbsp. heavy cream
½ tsp. salt
¼ tsp. ground black pepper
¼ cup scallions, chopped
6 bacon slices, cooked
½ cup of shredded low moisture mozzarella

Preheat oven to 350 degrees. Lightly coat a large pie dish with organic olive oil. Combine eggs, cream and seasonings into mixing bowl and beat with a hand mixer. Pour mixture into pie plate. Place remaining ingredients on top. Bake 30-35 minutes.

Breakfast Stir-Fry

3 bacon slices, chopped
¼ cup onion, chopped
¼ cup green pepper, chopped
¼ cup red pepper, chopped
½ cup squash, chopped
2 eggs

Place bacon in a medium skillet. Cook bacon until it starts to brown and renders fat. Add onion, green pepper, red pepper and squash. Cook and stir over low heat until vegetables are tender and caramelized and bacon is cooked. Pour mixture onto serving plate. In same skillet fry 2 eggs and serve them over mixture.

Avocado Scrambler

2 eggs
½ red pepper, chopped
½ avocado, coarsely chopped
1 t grated mozzarella cheese
Sea salt
Ground black pepper

Spray small skillet with organic olive oil cooking spray. Preheat on medium heat. Add eggs to skillet and break yolks. Add a dash of sea salt and ground black pepper. Stir to scramble and continue stirring until eggs start to firm up. Add peppers and avocado and cook until egg firmness is desired. Sprinkle mozzarella cheese.

Spinach Omelet

2 eggs
1 cup baby spinach, chopped
2 T grated mozzarella cheese
¼ tsp. onion powder
¼ tsp. basil
1/8 tsp. ground nutmeg
Sea salt and ground black pepper to taste

Lightly coat skillet with organic olive oil. In mixing bowl beat eggs and stir in baby spinach and mozzarella cheese. Season with basil, onion powder, nutmeg, sea salt and ground black pepper. Pour mixture into skillet and cook approximately 3 minutes until partially firm. Flip with spatula and continue cooking approximately 3 minutes or to desired texture.

Phase 3 - Chicken

Balsamic Grilled Chicken

8 (4 oz.) boneless skinless chicken breast
1 cup bottled or filtered water
½ cup olive oil
2 T balsamic vinegar
4 tsp. dried onion flakes
1 tsp. oregano
1 tsp. basil
1 tsp. parsley
3 tsp. ground mustard
2 tsp. thyme
2 tsp. sea salt
2 tsp. ground black pepper

Mix olive oil, balsamic vinegar, oregano, basil, parsley, thyme, salt, pepper, bottled or filtered water and onion flakes in 1 gallon re-sealable plastic bag along with chicken breast. Allow chicken to marinate for at least a half hour. Preheat grill on medium heat. Place chicken on grill and sear both sides. Grill until fully cooked.

BBQ Chicken

1 lb. boneless skinless chicken breasts
1 cup no sugar added barbecue sauce (*refer to recipe*)

In a zip-lock bag, combine chicken with barbecue sauce. Coat chicken evenly and marinate in the refrigerator for 2 hours. Heat grill to medium heat. Grill chicken until fully cooked.

Chicken Burgers

1 lb. of ground chicken
1 egg
¼ cup mushrooms, cooked and finely chopped
½ cup onion, finely diced
1 cup spinach leaves, finely shredded
½ tsp. sea salt
½ tsp. ground black pepper

Mix all ingredients into a large mixing bowl and hand mix. Shape mixture into 4 patties.

Preheat grill on medium heat. Cook patties 5 minutes on each side or until fully cooked.

Chicken Fajitas

1 lb. boneless skinless chicken breasts cut into strips
4 tsp. sea salt
2 tsp. ground black pepper
2 tsp. cumin
2 tsp. chili powder
2 tsp. onion powder
2 tsp. garlic powder
1 cup of bottled or filtered water
2 green pepper, cut into strips
2 medium onion, thinly sliced
5 T lime juice
Salsa (*refer to recipe*)

Any allowed favorite toppings, lettuce, onions, tomatoes, black olives, etc.

In a zip-lock plastic bag combine the chili powder, salt, cumin, onion powder, ground black pepper, garlic powder, and bottled or filtered water. Add chicken, bell pepper and onion. Seal and knead gently to coat. Refrigerate for 15 minutes. Heat a large nonstick skillet on medium heat. Empty contents of bag into the skillet and cook. Stir occasionally until vegetables are crisp and tender and chicken is cooked through. Remove from heat. Serve.

Chicken Mozzarella

- 3 boneless skinless chicken breasts
- 1 cup onion, chopped
- 4 minced garlic cloves
- 3 cans of organic no sugar added diced tomatoes
- 1 T oregano
- 1 T basil
- 2 packages of Stevia
- 1 ½ cups shredded low moisture mozzarella cheese

Coat a large skillet with organic olive oil cooking spray. Preheat over medium heat. Add chicken breast, onions, and garlic to hot skillet, brown on both sides. When both sides are browned, add tomatoes, Stevia, basil and oregano to the skillet. Move the chicken around in the tomato sauce to coat all sides. Cook on medium heat uncovered for thirty minutes. This will thicken the sauce. Spread the low moisture mozzarella on top of the entire skillet. Cover and cook until cheese is melted.

Chicken and Spinach

- 4 boneless skinless chicken breasts, pounded flat
- 1 tsp. sea salt
- 1 tsp. desired seasoning
- ½ pound mushrooms, quartered
- 2 minced garlic cloves
- 1 bag of baby spinach

Season chicken breasts with sea salt and desired seasoning on both sides. Grill chicken and set aside. Coat a large skillet with organic olive oil and preheat on medium heat. Sauté mushrooms and garlic until tender. Add spinach to skillet and cook until just wilted. Stir occasionally when cooking spinach to stir up mushrooms from the bottom of skillet. Serve spinach mixture over grilled chicken.

Creamy Pepper Chicken

- 4 boneless skinless chicken breasts
- 1 tsp. minced garlic
- 2 tbs. heavy cream
- Ground black pepper

Sprinkle chicken breast with ground black pepper on both sides. Coat a large skillet with organic olive oil . Place skillet on medium heat and add chicken breasts and minced garlic, cover and cook 4-5 minutes. Turn chicken breasts over and reduce heat to low. Pour heavy cream on top of chicken breasts and in middle of skillet. Cover and continue to cook for 5-10 minutes until chicken is fully cooked and white all the way through.

Crock Pot Chicken Tacos

- 1 lb. boneless skinless chicken breasts
- 2 cups of salsa (*refer to recipe*)
- 4 T taco seasoning (*refer to recipe*)
- 1 lime
- 4 T cilantro, chopped
- Any allowed favorite toppings, lettuce, onions, peppers, black olives, etc.

Spray crock pot with organic olive oil cooking spray. Add salsa, taco seasoning, cilantro and squeeze out the juice from lime. Stir mixture. Add chicken. Cook on low for 8-10 hours. Remove chicken and shred. Place on serving dish and add any of your allowed favorite toppings.

Chili Chicken

- 4 boneless skinless chicken breasts
- 2 T extra virgin olive oil
- 2 T cilantro
- 1 T chili powder
- 1 T cumin
- 2 tsp. sea salt
- 2 minced garlic cloves
- 1/8 tsp. cayenne pepper
- ¼ cup green pepper, chopped
- 3 T red onion, diced
- ¼ cup tomatoes, diced
- ½ cup low moisture mozzarella cheese

Preheat oven to 400 degrees. In a mixing bowl, add extra virgin olive oil, cilantro, chili powder, cumin, sea salt, minced garlic, and cayenne pepper. Add the chicken and rub mixture on breasts until coated evenly. Coat a baking dish with organic olive oil. Place chicken in baking dish. Arrange green peppers, onions, and tomatoes over the chicken. Bake for 20 minutes. Top chicken with low moisture mozzarella cheese and return to oven for 5 minutes.

Healthy Chicken Stacker

- 1 grilled chicken breast
- 2 tomato slices
- 1 lettuce leaf
- 1 slice of onion
- 1 slice of low moisture mozzarella cheese
- 2 slices of sugar free bacon, cooked
- 1 T mustard

Slice chicken breast in half to make breast half the width. On one half of breast place slice of mozzarella cheese and then bacon. Place in microwave approximately 30 seconds or until cheese is soft. On remaining half of breast spread mustard and add tomato, onion and lettuce leaf. Add each breast together to simulate a sandwich with breasts acting as the bread.

Hot Wings

24 skinless chicken wings
½ cup extra virgin olive oil
¼ cup vinegar
1 tsp. Tabasco sauce
1 tsp. garlic sauce
1 cup ranch dressing
Celery stalks

In a mixing bowl combine oil, vinegar, Tabasco sauce and garlic powder. Marinate wings in mixture for 1 hour. Preheat oven at 400 degrees. Coat large cookie sheet with organic olive oil. Arrange chicken wings on cookie sheet. Keep marinade aside. Bake wings for 20 minutes. Baste with marinade and broil for 10 minutes or until brown. Turn wings over, baste and broil another 10 minutes. Serve with celery and ranch dressing.

Lemon Caper Chicken

2 lbs. of boneless skinless chicken breasts
1 T extra virgin olive oil
½ cup white wine
1 T lemon juice
1 tsp. grated lemon zest
2 T capers, drained, rinsed
Sea salt and ground black pepper for desired taste

Place large skillet over medium heat until hot but not smoking. Sprinkle chicken with salt and pepper. Add chicken to skillet and cook until browned, 4 to 5 minutes per side. Remove chicken from skillet; cover and keep warm. Add wine, lemon juice, lemon zest and capers to same skillet. Bring to a boil, lower heat and simmer 2 minutes, scraping up any browned bits from bottom of skillet. Pour sauce over chicken and serve immediately.

Tasty Chicken Bake

4 boneless skinless chicken breasts
8 pieces of cooked bacon coarsely chopped
1 cup mushrooms, sliced
1 minced garlic clove
½ cup shredded low moisture mozzarella cheese
Seasonings of your choice

Add flavor to chicken with seasonings of your choice. Grill chicken until thoroughly cooked. Preheat oven to 350 degrees. Coat a medium sized skillet with organic olive oil cooking spray. Preheat over medium heat and sauté garlic and mushrooms. Coat a baking dish with organic olive oil cooking spray. Place chicken breasts in baking dish. Top each breast with ¼ of bacon and mushrooms and then top with mozzarella cheese. Bake for 10 minutes.

Phase 3 - Fish & Seafood

Baked Salmon

1 lb. thawed salmon
2 tsp. garlic powder
1 T lemon juice
Sea salt and ground black pepper for desired taste

Preheat oven to 425 degrees. Coat baking dish with organic olive oil cooking spray. Place salmon in baking dish. Sprinkle with garlic powder, lemon juice, sea salt and ground black pepper. Bake for 10-15 minutes. Baking times will depend on thickness of salmon. Bake until thickest part of salmon is thoroughly cooked.

Blackened Fish

4 fillets of preferred white fish
3 T paprika
1 tsp. sea salt
1 tsp. ground black pepper
1 T onion powder
1 tsp. thyme
1 tsp. oregano
1 tsp. basil
2 T grape seed oil
1 lemon juice
½ tsp. garlic powder

In a mixing bowl combine paprika, sea salt, ground black pepper, onion powder, thyme, oregano, and basil. Liberally coat both sides of fish. Allow fish to sit 10 minutes to absorb seasoning. Add grape seed oil to a large skillet. Preheat over medium heat. Once oil is almost smoking add fillets and cook 2-4 minutes on each side. Sprinkle with lemon juice.

Cod Topped with Artichokes and Crab

2 cod filets
1 can artichokes packed in water and drained
5 T grated mozzarella cheese
½ tsp. minced garlic
Sea salt and ground black pepper for desired taste

Preheat oven to 375 degrees. Spray glass baking dish with organic olive oil cooking spray. Place cod filets in dish. Coarsely chop 1 or 2 of the artichokes. In a small bowl, combine the chopped artichokes, crab, garlic and mozzarella cheese. Mix thoroughly. Season with sea salt and ground black pepper to taste. Spread mixture over top of the two filets. Cut remaining artichokes in half and place around the filets in the baking dish. Lightly sprinkle the top of the fish and artichokes with shredded mozzarella for a bit more browning. Bake for about 20-25 minutes or until fish is flakey and not dry.

Crab Cakes

1 lb. cooked Alaska king crab or snow crab
¼ cup onion, finely chopped
2 T mayonnaise
1 tsp. Dijon mustard
¼ cup egg whites
¼ cup pork rinds, finely crushed
1 T lemon juice
1/2 tsp. sea salt
1 ¼ tsp. Old Bay Seafood Spices

In a large mixing bowl combine all ingredients and mix well. Take the mixture and shape into 8 patties. Coat large skillet with organic olive oil cooking spray and place over medium to high heat. Add the patties to the pan and cook for 3-4 minutes, then turn over and cook for another 3-4 minutes until golden brown.

Fried Tilapia

4 Tilapia filets
2 egg whites
¼ cup BBQ flavor pork rinds, finely crushed
Sea salt for desired taste

Beat egg whites with a fork until they become frothy. Spread pork rinds on flat plate. Coat medium skillet with organic olive oil. Preheat skillet over medium heat. Coat tilapia well with frothy egg whites. Pat pork rind crumbs thickly on both sides of tilapia. Carefully place tilapia in skillet. Fry on both sides until coating is slightly brown and fish is fully cooked.

Garlic Lobster Tails

4 medium sized lobster tails
2 minced garlic cloves
1 tsp. orange peel, finely shredded
¼ tsp. crushed red pepper
¼ tsp. cayenne pepper
3 T lemon juice

Preheat oven to broil. Butterfly the lobster tails by cutting through the hard top and meat of the tail. Spread the halves and place on broiler rack with the meat facing up. Coat small skillet with organic olive oil cooking spray. Preheat over medium heat. Add garlic, orange peel, cayenne pepper, crushed red pepper and lemon juice to skillet. Sauté for 3-5 minutes. Brush mixture over the lobster tails. Broil lobster tails 4 inches from heat about 15 minutes or until meat is opaque.

Mozzarella Mahi-Mahi

1 lb. Mahi-Mahi filets
4 T cottage cheese
4 tsp. grated Mozzarella cheese
2 tsp. Dijon mustard
2 tsp. lemon juice
2 tsp. fresh ground horseradish sauce
1 tsp. dill
1 tsp. parsley

Preheat oven to broil. Coat broiling pan with organic olive oil. Arrange fish on broiling pan. Combine the remaining ingredients in mixing bowl and mix thoroughly. Spread the sauce mixture over the filets in a thin layer. Place under broiler approximately 8 inches from heat for about 8 to 10 minutes or until fish flakes easily.

Mozzarella Salmon Fillet

1 lb. thawed salmon
1 tsp. garlic powder
2 T lemon juice
2 tsp. chives
½ cup mayonnaise
½ tsp. onion powder
¼ cup grated mozzarella cheese
Sea salt and ground pepper for desired taste

Preheat the oven to 400 degrees. In a small bowl combine all ingredients EXCEPT the salmon and mix well. Spread mayonnaise mix over the top of the salmon covering all of the meat. Coat baking dish with organic olive oil. Place salmon, skin side down, on a baking dish and cook for 25-30 minutes until the fish flakes with a fork and the topping is golden brown. Baking times will depend on thickness of salmon. Bake until thickest part of salmon is thoroughly cooked.

Mozzarella Scallops

- 1 lb. bay scallops
- 5 minced garlic cloves
- 2 tsp. extra virgin olive oil
- 1 10 oz. package of baby spinach
- 1 T basil
- 1 T parsley
- 2 large tomatoes, diced
- 1 tsp. ground black pepper
- 1 cup low moisture mozzarella cheese

In large skillet, sauté garlic in 1 tsp. of extra virgin olive oil over medium heat. Sauté till browned. Add spinach to skillet and sauté until soft. Remove spinach and drain in colander. Season scallops with basil and parsley. Add remaining tsp. of olive oil to skillet and sauté scallops. Add diced tomatoes and simmer 3 minutes. Stir spinach back into skillet until heated through. Add pepper and mozzarella cheese. Heat until cheese melts.

Roasted Halibut with Tomato and Cilantro

- 4 halibut fillets
- 2 T extra virgin olive oil
- 1 cup tomatoes, diced
- 1 tsp. ground black pepper
- 1 T shallots, chopped
- 3 T cilantro, chopped
- 2 tsp. minced garlic
- 3 T lime juice
- 1 tsp. sea salt
- ½ tsp. balsamic vinegar
- ¼ tsp. crushed red pepper

Preheat oven to 450°F. Coat a baking sheet with organic olive oil. Rub halibut with 2 teaspoons oil. Sprinkle halibut with pepper. Place halibut on the prepared baking sheet. Transfer to the oven and roast until the fish flakes easily with a fork, 15 to 20 minutes, depending on the thickness of the fillet. Meanwhile, heat the remaining 1 teaspoon of extra virgin olive oil in a small skillet over medium heat. Add shallots and cook until they begin to soften, about 20 seconds. Add tomatoes and cook, stirring, until softened, about 1 ½ minutes. Stir in cilantro, minced garlic, sea salt, lime juice and vinegar. Simmer for 1 minute. Stir and remove from heat. Spoon the sauce over the halibut to serve.

Shrimp Scampi

½ lb. of shelled, de-veined, cooked shrimp
¼ tsp. garlic powder
1 tsp. lemon juice
½ tsp. parsley
Sea salt and ground pepper to desired taste

Coat a medium skillet with organic olive oil and preheat over medium heat. Add shrimp, garlic powder and lemon juice. Cook until watery liquid evaporates. Add sea salt and ground black pepper. Top with parsley.

Shrimp Skewers

16 peeled and de-veined jumbo shrimp
4 skewers
2 cloves garlic, minced
2 tbsp. extra virgin olive oil
2 tsp. chili powder
1 tsp. lemon zest
¼ cup freshly squeezed orange juice
¼ cup cilantro, finely chopped

Combine all ingredients in a large zip-lock bag. Coat shrimp evenly and marinate in refrigerator for 1 hour. Preheat grill to medium heat. Place on skewers, 4 shrimp per skewer. Grill over medium heat until pink approximately 2 minutes per side.

Shrimp Wrapped in Bacon

1 lb. raw, de-veined shrimp
½ lb. sugar free bacon
Toothpicks

Wrap ¼ slice of raw bacon around raw shrimp. Attach shrimp ends on inside curve of shrimp with toothpick. Insert toothpick all the way through the shrimp so it will lay flat to cook. Coat large skillet with organic olive oil. Preheat skillet over medium heat. Put wrapped shrimp in hot skillet. Fry until bacon is crispy.

Spiced Up Scallops

6 oz. extra-large scallops
½ tsp. paprika
½ tsp. ground black pepper
½ tsp. cayenne pepper
½ tsp. cumin
½ tsp. extra virgin olive oil
Dash of sea salt

Place dry scallops in mixing bowl and combine paprika, ground pepper, cumin and cayenne pepper. Mix well. Dredge each scallop in spice mixture and set aside. Heat olive oil in a small skillet until hot. Add scallops and sauté, about 3 minutes on each side, flipping once, or until cooked through. Sprinkle with the salt after cooking if desired.

Tuna Quiche

6 oz. canned tuna packed in water drained
¼ cup low moisture mozzarella cheese
3 T green onion, chopped
3 eggs
2 tbsp heavy cream
½ tsp. dill
½ tsp. sea salt
Ground pepper for desired taste

Preheat oven to 350 degrees. Coat a pie plate with organic olive oil cooking spray. Add tuna, green onions, and cheese in pie plate. In mixing bowl beat the eggs, cream and seasonings till thoroughly mixed. Pour mixture into pie plate. Bake for 35 minutes.

Phase 3 - Beef

Baked Meatballs

1 lb. ground beef
1 lb. Italian sausage
2 eggs
½ tsp. garlic powder
½ cup mozzarella cheese
½ tsp. sea salt
¼ tsp. ground black pepper

Preheat oven to 375 degrees. Combine all ingredients in a large mixing bowl. Thoroughly hand mix until meat no longer feels slimy from eggs. Shape into ping pong ball sized meatballs. Spray large baking sheet with organic olive oil. Place meatballs on baking sheet and bake 25 minutes or until cooked all the way through.

Barbecue Shredded Beef

2 lbs. chuck meat
3 cloves garlic
2 T chili powder
1 T vinegar
2 T oregano
2 T basil
1 T cumin
1 ½ cups sugar free barbecue sauce, set aside (*refer to recipe*)
1 ½ cups of bottled or filtered water
Add sea salt and ground black pepper to taste

Coat organic olive oil in a 4-6 quart soup pot over low heat. Cook beef till brown. Add all other ingredients, bring to boil. Cover and simmer for 1 ½ hours or longer until very tender. Uncover and boil until liquid almost evaporates. With 2 forks, shred meat. Add in barbeque sauce.

Barbecue Sloppy Joes

1 lb. organic grass feed beef
1 cup sugar free barbecue sauce (*refer to recipe*)
1 large onion, chopped
½ cup low moisture mozzarella cheese
6 large lettuce leaves

Wash lettuce leaves and place 2 leaves on 3 serving dishes. Spray organic olive oil on a small skillet and heat over medium heat. Add onion and sauté until tender. Set onions aside. Heat a large skillet over medium heat. Add beef and brown. Add Sugar free barbecue sauce and onions. Reduce heat and simmer for 10 minutes. Sprinkle mozzarella cheese on top. Serve on lettuce leaves.

Beefy Soft Taco

1 lb. of organic grass fed beef
8 T taco seasoning (*refer to recipe*)
6 large lettuce leaves
1 cup green pepper, chopped
1 large onion, chopped
¼ cup salsa (*refer to recipe*)
½ cup low moisture mozzarella cheese

Wash lettuce leaves and place 2 leaves on 3 serving dishes. In medium skillet brown the beef with taco seasoning. Half way through cooking add in green peppers and onion and continue to sauté until beef is fully cooked. Sprinkle mozzarella cheese on top and allow it to melt. Let cool a few minutes. Scoop beef mixture on to lettuce leaves. Top with salsa and wrap up leaves. Serve.

Beef Fajitas for the Whole Family

Marinade:

3 garlic cloves, pressed
1 tsp. sea salt
2 tsp. lime juice
1 jalapeno pepper, finely chopped
2 tsp. ground cumin
2 T olive oil

2 ½ lbs. sirloin steak
1 green bell pepper, cut in strips
1 red bell pepper, cut in strips
1 small red onion, sliced
1 cup salsa (*refer to recipe*)
¼ cup cilantro, chopped
2 T lime juice
6 cups lettuce, shredded
1 ¼ cup low moisture mozzarella cheese

Make Marinade: In a large bowl or re-sealable plastic bag, combine garlic, salt, lime juice, jalapeno, cumin and olive oil; whisk together. Add steak to marinade. Coat well. Marinate and refrigerate at least 1 hour. Remove steak from marinade. Discard marinade. Grill 3 to 4 minutes per side for medium-rare doneness and set aside. Coat large skillet with organic olive oil. Apply medium heat and add bell peppers, lime juice and onions and cook for 5 minutes, until vegetables are softened. Slice steak thinly across the grain. To assemble fajitas, place 1 cup of shredded lettuce on 6 serving plates. Place steak slices on top of lettuce and top with vegetable mix, salsa, mozzarella cheese and cilantro.

Breadless Cheesesteak

1 lb. grilled sirloin steak cut into strips
1 minced garlic clove
½ cup parsley
½ jalapeno, chopped
Dash of crushed red pepper flakes
1 ½ tsp. lime juice
¼ cup olive oil
¼ tsp. sea salt
1/8 tsp. ground black pepper
1 chopped red onion
2 large onions, chopped
3 cups lettuce, shredded
¾ cup shredded low moisture mozzarella cheese

Measure equal portions of lettuce onto 3 serving dishes. Place all ingredients EXCEPT steak, cheese, onion and tomatoes in a blender and blend until it is well combined. Pour into a mixing bowl and stir in the onions and tomatoes. Toss steak into mixture. Place mixture in a microwave safe dish and pour cheese on top. Microwave until cheese melts.

Chili

1 lb. organic grass feed beef
½ cup onions, chopped
¼ cup minced garlic
¼ cup green chili peppers, chopped
5 T organic tomato paste
¾ tsp. chili powder
½ tsp. cumin
¼ tsp. cayenne
¼ cup bottled or filtered water
1 packet Stevia

In a large skillet brown the ground beef with the onions and garlic. Mix in the bottled or filtered water, chili, peppers, tomato paste, chili powder, cumin, cayenne and Stevia. Stir thoroughly. Let simmer for 25- 30 minutes.

Crock Pot Roast

2 ½ lb. beef chuck roast
2 T extra virgin olive oil
4 cups of bottled or filtered water
8 minced garlic cloves
1 large onion, chopped
½ tsp. garlic salt
½ tsp. onion powder

Add extra virgin olive oil, onion powder and 1/4 tsp. garlic salt to a large skillet pan and heat. Sear beef on all sides. Put bottled or filtered water and remaining garlic salt into crock pot and turn crock pot to low heat. Place beef and flavored oil from skillet into the crock pot and cook on low for 6-8 hours. Add onion and garlic during the last hour of cooking. If you add them earlier, they will absorb the salts and the meat won't have as much flavor.

Garden Beef Bake

1 lb. organic grass fed beef
½ cup onion, chopped
1 ½ cups no meat tomato sauce (*refer to recipe*)
1 ¼ cup mozzarella cheese
1 med zucchini, sliced
½ cup mushrooms, sliced
½ tsp. oregano, basil, salt
½ tsp. basil
½ tsp. sea salt

Preheat oven to 350 degrees. Coat organic olive oil in a skillet and cook zucchini, onion and mushrooms until tender. Brown ground beef in pan and add tomato sauce with seasonings. Coat organic olive oil in a baking dish. Mix beef with vegetables and put in baking dish. Top with cheese. Bake uncovered at 350 for 30 min.

Hamburger Florentine

2 lbs. organic grass feed beef
1 10 oz. bag of spinach, thawed, drained, chopped
1 cup mushrooms, sliced
1 T minced garlic
½ cup onions, chopped
½ cup grated mozzarella cheese
2 tbsp. heavy cream
1 tsp. sea salt
½ tsp. ground black pepper

Preheat oven to 350 degrees. Coat a 2 quart casserole dish with organic olive oil. In a large skillet brown the beef and onion. Drain excess fat. Stir in spinach and mix until it well combined. Stir in sea salt, ground black pepper, minced garlic and mushrooms and stir until blended. Mix in mozzarella, cream, and mix well. Pour mixture into casserole dish and bake uncovered for 35 minutes or until bubbly and browned.

Meatloaf

1 lb. organic grass feed beef
1 lb. bulk Italian pork sausage
¾ cup onion, chopped
2 eggs
1 ½ tsp. dry mustard
½ tsp. sea salt
½ tsp. ground black pepper
1 ¼ cup pork rinds, finely crushed
¼ tsp. garlic powder
1 cup no meat tomato sauce (*refer to recipe*)

Preheat oven to 350 degrees. In a large mixing bowl combine the ground beef, bulk sausage, onion, eggs and mix thoroughly. Add the dry mustard, salt, pepper, dry breadcrumbs, garlic powder and ½ cup tomato sauce. Set aside remaining half cup of sauce. Mix ingredients thoroughly. Shape the meat into a loaf and place in a 9x5 baking pan. Pour the remaining tomato sauce over the top. Bake for 1 hour and 15 minutes or until the meat loaf is done.

Mushroom Bacon Cheeseburgers

1 lb. organic grass fed beef grilled into four patties
4 bacon slices
½ lb. mushrooms, sliced
½ cup onions, chopped
1tsp minced garlic
4 mozzarella cheese slices

Combine bacon, mushrooms, onions and minced garlic in a large skillet. Cook until all contents are brown. Drain excess fat. Top beef patties with mixture. Then top with cheese.

Oven Barbecued Beef

3 lb. beef brisket or rump roast
2 cups no sugar added barbeque sauce (*refer to recipe*)
1 large onion, chopped
2 minced garlic cloves
¾ cup of bottled or filtered water

Marinate beef in no sugar added barbecue sauce over night in refrigerator. Preheat oven to 350 degrees. Place beef in roasting pan. Pour remaining sauce on top of beef. Add onions and minced garlic. Gently add bottled or filtered water to bottom of baking dish. Cover with tin foil and bake for 3- 3 ½ hours.

Pizza Burger

1 lb. organic grass feed beef

½ tsp. sea salt

½ no meat tomato sauce (*refer to recipe*)

4 slices of low moisture mozzarella cheese

Combine beef, salt and no meat tomato sauce in a mixing bowl. Mold into 4 patties and pan-fry on a skillet over medium heat for 5-6 minutes on each side. Just before burgers are done, top each with spoonful pizza of sauce and 1 slice of low moisture mozzarella cheese.

Where's The Bacon Cheeseburgers

2 lbs. of organic grass feed beef

8 slices of chopped cooked bacon

½ cup shredded mozzarella cheese

½ cup scallions, chopped

½ tsp. sea salt

½ tsp. ground black pepper

¼ tsp. garlic powder

Sliced mozzarella cheese is optional

In a large mixing bowl combine all ingredients and thoroughly hand mix. Shape into 6 patties and grill. Top with a slice of cheese if desired.

Phase 3 Tracker

Phase 3 HCG Diet: Successful Stabilization Plan Revealed: Tracking Chart – Week 1 900-1100 Calories

Round:	SS	Day 1: 900	SS	Day 2: 900	SS	Day 3: 1000	SS	Day 4: 1000
Supplements:								
Breakfast:								
Protein								
Fruit/Veggies								
Fat								
Snack:								
Protein/Fat								
Fruit								
Lunch:								
Protein								
Veggie								
Fat								
Snack:								
Protein/Fat								
Fruit								
Dinner:								
Protein								
Veggie								
Fat								
Weight +/-								

SS=Serving Size

Round:	SS	Day 5: 1100	SS	Day 6: 1100	SS	Day 7: 1100
Supplements:						
Breakfast:						
Protein						
Fruit/Veggies						
Fat						
Snack:						
Protein/Fat						
Fruit						
Lunch:						
Protein						
Veggie						
Fat						
Snack:						
Protein/Fat						
Fruit						
Dinner:						
Protein						
Veggie						
Fat						
Weight +/-						

SS=Serving Size

Phase 3 HCG Diet: Successful Stabilization Plan Revealed: Tracking Chart – Week 2 1100-1300 Calories

Round:	SS	Day 8: 1100	SS	Day 9: 1200	SS	Day 10: 1200	SS	Day 11: 1200
Supplements:								
Breakfast:								
Protein								
Fruit/Veggies								
Fat								
Snack:								
Protein/Fat								
Fruit								
Lunch:								
Protein								
Veggie								
Fat								
Snack:								
Protein/Fat								
Fruit								
Dinner:								
Protein								
Veggie								
Fat								
Weight +/-								

SS=Serving Size

Round:

	SS	Day 12: 1300	SS	Day 13: 1300	SS	Day 14: 1300
Supplements:						
Breakfast:						
Protein						
Fruit/Veggies						
Fat						
Snack:						
Protein/Fat						
Fruit						
Lunch:						
Protein						
Veggie						
Fat						
Snack:						
Protein/Fat						
Fruit						
Dinner:						
Protein						
Veggie						
Fat						
Weight +/-						

SS=Serving Size

Phase 3 HCG Diet: Successful Stabilization Plan Revealed: Tracking Chart – Week 3 1300-1500 Calories

Round:	SS	Day 15: 1300	SS	Day 16: 1400	SS	Day 17: 1400	SS	Day 18: 1400
Supplements:								
Breakfast:								
Protein								
Fruit/Veggies								
Fat								
Snack:								
Protein/Fat								
Fruit								
Lunch:								
Protein								
Veggie								
Fat								
Snack:								
Protein/Fat								
Fruit								
Dinner:								
Protein								
Veggie								
Fat								
Weight +/-								

SS=Serving Size

Round:

	SS	Day 19: 1500	SS	Day 20: 1500	SS	Day 21: 1500
Supplements:						
Breakfast:						
Protein						
Fruit/Veggies						
Fat						
Snack:						
Protein/Fat						
Fruit						
Lunch:						
Protein						
Veggie						
Fat						
Snack:						
Protein/Fat						
Fruit						
Dinner:						
Protein						
Veggie						
Fat						
Weight +/-						

SS=Serving Size

Protein

Any – including

Whole eggs(3)

5-7oz per meal

2-4oz per snack

*Use caution with Deli, processed and cured meats

Fruit (3 servings/day)

Any, but use caution with bananas. Limit 2-3 per week

Veggies

Any, EXCEPT: corn, peas, yams, potatoes

NO BEANS

NO LEGUMES

NO LENTILS

Fats

Avocado

Mayo

Oils — sparingly: coconut oil, MCT oil, extra virgin oil (EVOO)

***NO BUTTER/MARGARINE**

Dressings

Full fat dressings

ACV, vinegar

Lemon

Garlic

Ground pepper

Sea salt

Seasonings

Spices

*Check for hidden sugars and watch sodium

Sweetener

NO SUGAR

Continue Stevia

Dairy

4% organic, low sodium cottage cheese- 1C max

Low moisture skim mozzarella cheese

2 TBSP any milk in each 24 hrs

8 oz plain, 0% or 2% fat Greek yogurt: (Fage, All Natural Brown Cow or Dannon Oikos)

*Soy not recommended

Supplements

Multivitamin

Omega3,

Calcium

Vitamin D3

*Please contact your doctor before beginning any supplements.

Drinks

Water: mineral, filtered, lemon water

Coffee

Herbal Tea

Crystal Light

Diet Drinks

(Continue to watch for artificial sweeteners)

NO

NO Nuts

NO Refined sugar

NO Starch

NO Flour

NO Nut flour

NO Coconut flour

NO Bread

NO Grain Bread

NO Breadsticks

NO Melba

NO Cereal

NO Oopsie Rolls

NO Mug bread

NO Beans/Lentils

NO Soy

NO Chocolate

*Only 1 glass of red wine allowed PER WEEK

Aim for 30% carb, 30% protein, 40% fat

If you have an eReader device and would like to print our 3 page tracking guide in pdf format, please visit www.hcgdoctorsgroup.com to obtain the link to download the tracker to your personal computer.

Appendix

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THESE WEIGHT REDUCTION TREATMENTS INCLUDE THE INJECTION OF HCG, A DRUG WHICH HAS NOT BEEN APPROVED BY THE FOOD AND DRUG ADMINISTRATION AS SAFE AND EFFECTIVE IN THE TREATMENT OF OBESITY FOR WEIGHT CONTROL. THERE IS NO SUBSTANTIAL EVIDENCE THAT HCG INCREASES WEIGHT LOSS BEYOND THAT RESULTING FROM CALORIC RESTRICTION, THAT IT CAUSES A MORE ATTRACTIVE OR "NORMAL" DISTRIBUTION OF FAT, OR THAT IT DECREASES THE HUNGER AND DISCOMFORT ASSOCIATED WITH CALORIE-RESTRICTIVE DIETS.

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