



KAILUA
DERMATOLOGY
& WELLNESS CENTERS

HCG Diet Plan

HCG at KDC

If you are interested in getting a jumpstart on weight loss and developing habits for an overall healthier lifestyle, Kailua Dermatology & Wellness Centers' HCG (Human Chorionic Gonadotropin) diet program is a great starting option. When using for dietary purposes, HCG is administered by injection to allow the hypothalamus to function at a higher capacity and access abnormal fat that cannot be reached with dieting alone. This glycoprotein allows you to burn between 2500-4000 calories per day and intake 500-800 calories, while not experiencing extreme hunger, loss of energy or a need for exercise.

By following our HCG eating guide and administering daily injections, patients typically lose 1-2 pounds per day while also losing fat tissue. Loss of fat tissue contours the body while resetting the hypothalamus, to imply long-lasting results. We offer 21-day HCG programs with discounted add-on options.

Your HCG program is custom-designed to meet your personal needs. Based on a number of factors, the patient and provider will decide on an individualized, modified program. The program varies based on the patient's goals and the time frame in which patient wants to complete them. Glycemic Index, High Protein, and other metabolic rate weight loss programs are examples of some modified options.

HCG is a highly effective way to reset the body's metabolism and teach it to crave more nutritious foods, at a more moderate rate. Attaining a healthier weight for your age range can add years to your life by protecting your body against the effects of heart, lung and blood diseases. Please note that when you are not supplementing HCG, you should not limit your body to the calories recommended when using HCG.

Kailua Dermatology & Wellness Centers recommends that you consult with one of our knowledgeable providers and your primary care physician before starting HCG.

More About HCG

The HCG hormone is found naturally in the human body and is released from the placenta at about week 2 of pregnancy. HCG was theorized to cause weight loss in overweight women during pregnancy, and after many studies was found to aid fat loss. Those who supplement HCG while not pregnant should combine use of the hormone with lower caloric intake.

Although HCG has not been approved by the FDA for weight loss, federal laws allow “off label usage” in low doses when recommended by a medical provider. HCG is used in significantly higher doses to increase fertility. **The dose required for the HCG diet will not increase your fertility**, however it slightly increases with every 5 pounds lost. HCG can cause false positive urine pregnancy test results.

Some patients have noticed a more positive mood, increased energy, back pain and migraine relief and a more rapid loss of “inches” while using HCG for weight loss. Ideal candidates for the HCG diet program weigh a percentage over their body mass index (BMI).

Do not take HCG if you are pregnant. Stop taking HCG if you become pregnant while on this diet.

HCG Preparation

If mental preparation helps prepare you for challenges, consider writing out what you hope to accomplish with this diet (goals) and reasons you will succeed at it.

To physically prepare, create a grocery list of the HCG-friendly foods you like. If necessary, price-check meats, fish and produce at local grocery stores to find the most budget-friendly options.

Some patients find it helpful to prepare proteins (grill, bake, sauté in water) and chop produce to refrigerate or freeze ahead of time. Food prepping works because if there are easy-to-prepare meals on standby, you will be less tempted to reach for an available option that doesn't comply with HCG guidelines.

The Standard HCG Diet Plan

Phase 1- Loading

• What is “Loading” on the HCG Diet Plan?

The loading phase of the HCG Diet includes a 2 day stretch where calorie dense foods are consumed to satisfaction. The purpose behind this is to raise the fat stores in the body in preparation of Phase 2, the 500-800 calorie/day phase. HCG is taken beginning on day 1 of Phase 1. This phase proves to lead to early and dramatic weight loss within the first week.

• Why Load on the HCG Diet?

The loading phase (P1) is extremely important as it raises the fat stores in the body, and satisfies cravings and food addictions during the transition period, as the dieter begins the 500 calorie a day phase (P2.) Individuals who do not follow the 2 day loading phase tend to have stronger cravings and more challenges during the first few days of P2. They also tend to have lower loss rates during the first week of P2.

• How to Load on the HCG Diet

How one loads on Phase 1 of the HCG Diet is as important as loading itself. First, select a day to begin that is preferably NOT close to the time of your menstrual cycle (women). Begin taking HCG on day 1 of P1. It is important to choose foods eaten on P1 carefully. Select foods that you crave regularly, so you get these out of the way and delay temptation and foods that are fat calorie dense.

HCG Loading Phase Tips

- Drink plenty of water. A properly hydrated body can flush toxins, food preservatives and additives.
- Choose a good amount of your favorite foods, including comfort foods and foods that may be craved during the first week on Phase 2.
- Choose calorie dense, fat heavy foods with as many omegas as possible.
- Make sure you are stocked with foods needed for Phase 2, so you are ready to go.
- Enjoy yourself! This is a time to not worry, feel guilt, or experience anything other enjoyment.

Phase 2- Weight Loss

Eating on Phase 2 of the Hcg Diet Plan: 500 Calorie VLCD

Phase 2 typically consists of the 500 calorie diet,(VLCD or Very Low Calorie Diet) outlined in Dr. Simeons manuscript original protocol. There are individuals, however, who prefer to eat more than the allotted 500 calories per day. While the original protocol has an extremely high success rate, there are plenty of individuals who have followed higher-calorie protocols recommended by their HCG provider and experienced significant weight loss. There are also individuals who may not need to lose an excessive amount of weight and can safely increase vegetables and protein. Those who are extremely active should also ideally increase calories per day.

The most commonly followed approach is the 500 calorie original protocol and, while it may seem daunting, we have seen millions of dieters approach this with great success. We have also seen great success with individuals who have chosen to remain lightly active (daily walks or rebounder workouts) with 600 to 700 calories. This should be discussed at length with your HCG provider.

Do I have to eat all 500 Calories?

It is strongly advised to eat all 500 calories each day during Phase 2 of the HCG Diet plan. This is important for many reasons. First, it helps maintain your metabolism at an efficient rate. It also keeps the body's natural cycles functioning. Most importantly, it is important as a healthy eating approach for future weight maintenance. This is a time to focus on feeding the body for nutrition and "providing" for the body, rather than focusing on restriction. Ideally, the goal should be to achieve a state of healthy eating, focused on nourishing the body for efficiency and good health, and consistent eating is key to this.

Approved Phase 2 Hcg Diet Food List

- 1 Protein serving 2 times per day.
- 100 grams/3.5 ounces for each serving.
- All meats should be weighed raw before preparation (seasoning, marinade, etc.).
- All visible fat should be removed from the meat as well. If weighing meat that has already been cooked, the serving amount should weigh around 80 grams.
- All vegetables may be eaten to satisfaction.

hCG Phase 2 Compliant Foods

Fish (avg 98 cal)

Cod (3.5 oz) - 83 cal

Haddock (3.5 oz) - 88 cal

Red Snapper (3.5 oz) - 110 cal

Crab Meat (3.5 oz) – 100 cal

Halibut (3.5 oz) – 110 cal

Shrimp (3.5 oz) – 110 cal

Flounder (3.5 oz) – 90 cal

Lobster (3.5 oz) – 98 cal

Tilapia (3.5 oz) – 94 cal

Very Lean Beef (avg 152 cal)

93/7 Lean Ground Beef (3.5 oz) - 150 cal

Sirloin Tip Side Steaks (3.5 oz) – 130 cal

Cube Steak (3.5 oz) – 160 cal

Top Round Steak (3.5 oz) – 166 cal Tri-Tip Steak (3.5 oz) – 154 cal

Lean Chicken (3.5 oz) – 87 cal

Chicken Breast (3.5 oz) – 87 cal

Veal (avg 114 cal)

Veal, sirloin (3.5 oz) – 110 cal

Veal, loin chop (3.5 oz) – 117 cal

Vegetarian Protein Replacement

1 egg + 3 egg whites

100 grams fat free cottage cheese

Vegetables (avg 18.8 cal)

Asparagus (3.5 oz) – 20 cal

Asparagus (medium spear) – 3 cal

Broccoli (1 cup – 88g) – 30 cal

Celery (medium stalk) – 6 cal

Cauliflower (3.5 oz) – 22 cal

Cucumber (3.5 oz) – 12 cal

Cucumber (large) – 34 cal

Lettuce (1 cup) – 8 cal

Red Radishes (one medium) – 1 cal

Spinach, frozen (3.5 oz) – 23 cal

Spinach, cooked (1 cup) – 48 cal

Tomato (plumb) – 11 cal

Tomato (large) – 33 cal

Asparagus (2" tip) – 1 cal

Asparagus (large spear) – 4 cal

Broccoli (5" spear – 31 g) – 11 cal

Cabbage (3.5 oz) – 24 cal

Cauliflower (1 cup) – 28 cal

Cucumber (small) – 19 cal

Cucumber (English long) – 60 cal

Lettuce (small head) – 32 cal

Spinach, raw (3.5 oz) – 20 cal

Spinach, frozen (1 cup) – 41 cal

Tomato (3.5 oz) – 20 cal

Tomato (small) – 16 cal

Asparagus (small spear) – 2 cal

Broccoli (3.5 oz) – 34 cal

Celery (3.5 oz) – 15 cal

Cabbage (1 cup shredded) – 17 cal

Cauliflower (3 flowerets) – 12 cal

Cucumber (medium) – 24 cal

Lettuce (3.5 oz) – 20 cal

Red Radishes (3.5 oz) – 12 cal

Spinach, raw (1 cup) – 7 cal

Spinach, cooked (3.5 oz) – 31 cal

Tomato (cherry) – 3 cal

Tomato (medium) – 22 cal

Fruit

Apple (small) – 55 cal

Orange (navel) – 69 cal

Strawberries, 12 large – 72 cal

Pink Grapefruit (Florida) – 74 cal

Apple (med) – 72 cal

Orange (Florida) – 65 cal

Strawberries, 20 med – 80 cal

Apple (large) – 110 cal

Orange (California) – 59 cal

Pink Grapefruit (California) – 92 cal

Carbohydrates

Grissini Breadstick (3 g) – 12 cal

Melba Toast (3 gram) – 12 cal

Melba Toast (5 gram) – 20 cal

Additional Allowed Phase 2 Foods

1 lemon per day

1 tbsp. Milk per day

Cautious use of sweeteners, although it is recommended that these are avoided whenever possible

Spices and herbs (Avoid starches, fillers, sugars and sweeteners)

Apple Days on Phase 2

An “apple day” is a stall approach used by Dr. Simeons in the Original Protocol. It involves eating up to 6 apples (red or green) and lowering water intake. Nothing else is permitted on apple days. Apple days begin at noon on one day and end at noon the next day. Apple day correct a stall and address water retention. More importantly, the purpose of an apple day is to assist the emotional aspects of a stall and get things back on track.

The Daily Weigh-In for Phase 2

A weigh-in should be done at the same time every morning of your HCG diet plan. This should be done before anything is consumed. We suggest that you use a body fat scale if one is available to you. This is helpful to see overall weight loss down to the ounce, monitor body fat loss and measure muscle mass to avoid muscle loss. If this occurs, contact us as adjustments to diet may need to be made.

General Rules for Phase 2

No fats – fat is very calorie dense and will deprive you of your daily calorie allowance quicker than you think. Some HCG diet variations allow very small amounts of fat, but most people would not choose denser calories over those from proteins and produce.

Adequate protein – it is extremely important to provide the minimum amount of protein required for the body to run efficiently in order to prevent muscle wasting. According to some higher-calorie HCG diet protocols, dieters should ingest one gram of protein per kilogram of body weight.

Alternative proteins for Vegetarian Phase 2

There are a number of protein powders and alternative protein options available at your local grocery store or health food store, but be sure to read labels carefully and avoid protein sources with sugar and added fat.

About Healthy Proteins

Based on the original HCG diet protocol, the allowed proteins permitted include: 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. You should ideally choose lean options such as white fish and chicken. Dairy should ideally be avoided in Phase 2, with the exception of skim cottage cheese permitted as a protein serving.

Eating Vegetables on Phase 2

Vegetables are an important part of the HCG Diet, and particularly in Phase 2. The vitamins, minerals and fiber they provide are essential to good health and well-being.

Consuming your vegetables with protein can help with vitamin and mineral absorption, as well as improve digestion. They also make a great, low calorie snack. This is a great opportunity to start learning to love vegetables as a long term weight loss maintenance and health habit! Get creative with your vegetable recipes and experiment with new produce. Visit

different grocery stores, health food stores and farmer's markets for new experiences, or try a grocery or produce delivery option.

Carbohydrate Allowance on Phase 2

Depending on the individual's needs and personal choice, limited carbohydrates are permitted including 1 piece of melba toast and 1 breadstick per each lunch and dinner. As an alternative, these can be allowed as a snack. It is highly recommended to eat these with greens, as a weight loss maintenance habit of adding "greens to every plate" and avoiding carb based meals and snacks.

Drinks and Beverages on Phase 2

Allowed drinks on P2 are water, black tea, coffee, diet soda (1 per day) are permitted, however it is strongly recommended that only water is consumed. Remember to stay hydrated at all times, as it is necessary to keep your metabolism and weight loss rates continuing at an efficient rate. Under no circumstances should you drink alcohol, juices or regular soda.

Phase 2 Hcg Injections during Menstruation

According to the original HCG Diet, all HCG injections should be stopped during menstruation. While the specifics of this are not too well discussed in Pounds and Inches, most women on the diet stop taking HCG during their heaviest flow days. The VLCD is continued during this time as normal. Some HCG Dieters continue injections during their periods, however, keep in mind that this can change the flow, duration, and intensity of PMS. Nothing serious has been reported from doing this, but it is important to be aware.

Additional HCG Tips

- It is acceptable to break up the phase 2 meals as you would like. Many HCG Dieters have found it to be useful to have 5-6 small meals throughout the day, rather than 3.
- While most HCG Dieters tend to do well with Splenda and Stevia as sweeteners, these should be used minimally as they can affect weight loss and cause other health concerns.
- Do not mix serving allowances. For example, the two fruits that are permitted each day should not be eaten at the same mealtime.
- Do not skip meals or the protein portion of a meal
- Do not over-exercise. Light walking, pushups and sit-ups are ok.
- Supplementing the B12 vitamin helps increase energy - we administer B12 shots in-office, recommended weekly during hCG.
- Potassium supplements help with leg cramps that may occur.
- Avoid lotions moisturizers or liquid makeup containing oil (mineral/baby oil is ok) as well as lip glosses and chapsticks (Carmex is ok).