



# 800 Calorie Hcg Diet Plan Pdf

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We recommend calorie (Female) and (Male) intake during this phase, depending on your lifestyle. Choosing items from page 11 is your best bet. The hCG Diet is a strict Calorie diet accompanied by injection treatments of Human Chorionic Gonadotropin (hCG) developed by Dr ATW Simeons in Thousands of people have found weight loss success using the traditional HCG protocol, but in recent years medical professionals have introduced a modified HCG diet plan: the calorie HCG g: Pdf. When Dr. Simeons wrote about the diet he used the HCG hormone as the backbone of it, since he did not want a diet protocol that made his patients feel incredibly hungry, since he knew they would be eating less calories. For Dr. Simeons HCG was a great way to help patients struggling with weight, and give them a chance to begin a healthier. one cup of a single vegetable as the original diet instructed. 3) One Melba toast. If trying to follow an allergy free diet/Cleanse, then an allergy free option is a rice cracker or a rye cracker with 20 calories and 0 grams of fat. \* 4) One fruit: A small apple, a small orange, strawberries or one-half grapefruit. \* OTHER. Calorie hCG Diet HCG Calorie Diet Menu Plan: Weigh in every morning after urinating. Inject with iu to iu immediately. Breakfast Options: Choose ONE 1. 1 Cup of cereal ( calories per cup eg: Special K) and  $\frac{3}{4}$  cup skim milk 2. 1 egg with 2 slices toast (Slimmers Choice) 3. 1 hard-boiled egg with low fat yogurt.