

HCG DIET PROGRAM

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The HCG DIET Program consists of HCG injections for the first 23 days with a high-fat high calorie diet for the first 2 days, then a very low calorie diet for days.

The Real HCG Diet is the Fastest Weight Loss Program

Supporters say you can drop one pound a day on the HCG diet, and that's just the first red flag. What you should really know about the HCG plan before you.

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HCG meal plans generally suggest that each meal should contain one portion of lean protein, a vegetable, a piece of bread and a fruit.

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Think lotion, lip balm, hand soap. The Very Low Calorie phase starts on the 3rd day.

You will not develop a vitamin deficiency in three weeks. A Beginner's Guide to the HCG Diet. The hCG diet side effects are dangerous. Proponents of the HCG diet claim that it boosts metabolism and helps you lose large amounts of fat, all without feeling hungry. Foods to eat, foods to avoid and a sample Mediterranean menu for one week. Those who need to lose a lot of weight may be advised to follow the diet for 6 weeks. It worked perfectly every time.