

Overview of WOW Naturally's hCG Weight Loss Program

Taking the WOW Naturally Fat-Burning Pellets

The WOW Naturally Fat-Burning Pellets are fast-acting homeopathic pellets that help you release stored fat and suppresses your appetite. During Phase 1 and 2 (see below) take 4 pellets, 3 times a day, 15 minutes BEFORE or AFTER you eat. Pour them into the small bottle cap (don't touch them with your hands) then empty them into underneath your tongue. Let them dissolve almost completely, then swallow the tiny bit that may be left.



THE FOUR PHASES

Phase 1: hCG pellets + Fatty Foods for 2 Days

Phase 1 is called the “LOADING” phase. This is the first 2 days when you eat as much good fat as you can for those days. During this phase you will be taking the fat-burning pellets, which have the hCG hormone in them. The goal here is to gain a little weight and put some fat into your system to kickstart the hCG’s mission. You will need to eat to capacity, even though you will feel full. Your body needs to prepare your system to initiate the fat burning process in Phase 2 VLCD. It is best to eat foods that are high in fat.

Phase 2: hCG pellets + 500 Calorie Diet for 21-38 days

Phase 2 is called the “LOSING” Phase or the “Very Low Calorie Diet” (VLCD) phase. This phase is for 21 -38 days (no less than 21, no more than 38 because totals days on hCG including loading should be 23 to 40 days). Continue taking pellets as directed until your last day in this phase. You are allowed 2 meals a day that can be split up. . You cannot exceed more than 500 calories in a single day. **Please see menu to the right.** Drink at least 2L of water a day. **No sugars, starches, or oils (except 2tbs of coconut oil)**

Phase 3: stop hCG, normal calories, 21 days, stay within +/- 2lbs

Phase 3 is the 21-day “STABILIZATION” phase. **For the first 72 hours of this phase the hCG hormone will still be in your body, therefore you still need to follow a VLCD.** After 72hrs (day 4) you can increase your calories and eat many additional kinds of meat, vegetables, & fruit, with a few exceptions. However, you still CANNOT sugars and starches, including pastas, breads, & rice. The goal is to keep within +/-2lbs of the weight you ended at in Phase 2. You can start adding exercising to your regimen and start toning up now that you lost all that weight.

Phase 4: Gradually ↑ sugars/carbs, maintain good BMI for life

In Phase 4 you learn to **MAINTAIN** your weight loss and normal BMI. This can be for 21 days or more. You are allowed to have small portions of starches & sugars. It is important to stay mindful of calories and keep a regular exercise program during your maintenance phase and after, and it is best to continue weighing yourself as part of your wellness lifestyle and maintenance. This will help you maintain your losses and good BMI.

REMINDER: Weigh yourself every morning before eating or drinking.

Phase 2 - Lunch & Dinner

1 of each of the following for both meals:

- **100g Lean protein:** Beef, chicken breast, crab, 1 large egg + 3 egg whites, white fish, lobster, & shrimp, tuna in water (see full food list)
- **1 serving size of vegetable:** Arugula, asparagus, beet-greens, cabbage, celery, chard, chicory, cucumber, endive, fennel, lettuce, onions, red radishes, spinach, tomatoes (*see list for calories*)
- **1 Serving size of fruit:** Apple, 1/2 grapefruit, orange, strawberries, tangerine. (You can eat your fruit separate from your meal as a snack at any time of the day)
- **1 Serving Toast/Breadstick:** Original flavor melba toast or grissini breadstick
- **Unlimited:** Coffee, tea
- **Spices/Add ins:** Allspice, basil, black pepper, cayenne pepper, cilantro, cinnamon, chives, cloves, cocoa unsweetened powder, dill seed, ginger, garlic salt, lemon juice, mustard seed, nutmeg, oregano, paprika, parsley, peppermint, rosemary, sage, salt, stevia (the only sweetener), tarragon,, vinegar, wasabi.

What To Do If You Stall in Phase 2

1. Increase your water to 2-3 quarts a day
2. Drink 2-3 cups of green tea
3. Cut your beef down or out
4. Take an herbal remedy if constipated
5. Eliminate condiments
6. Do not mix vegetables
7. Try leaving out the melba toast
8. Make sure you are using the right dosage.
9. You might be getting immune to the hormone if longer than 30 days (not likely though)
10. For women, your monthly cycle may affect your weight loss
11. Do an “apple day” -eat up to 6 apples/day
12. Do a “mini steak day” - drink water, tea and coffee, but do not eat anything until dinner. For dinner eat a 100g of steak and an apple.
13. Take a brisk walk, some yoga, or any type of exercise for 20 mins a day.
14. Make sure you are getting enough sleep.
15. Try taking 2 tablespoons of apple cider vinegar a day



The 4-Phases of WOW Naturally's Powerful hCG Weight Loss Program

Lose an average of .5 to 1.5lbs a day!



Phase 1 LOADING

The 2-day "LOADING" phase. Start taking hCG pellets (4 under tongue 3 x day). Eat as many fatty foods as possible for 2 days. This helps store enough energy in your system while it transitions to using your stored fat for energy later in Phase 2. This allows the hCG hormone to locate fat banks immediately to begin the fat burning process.

2 days



Phase 2 LOSING

The "LOSING" phase, also known as very low calorie diet (vlcd) starts on day 3 and ends on day 23 or day 40. Continue taking hCG and use an easy-to-follow food plan that is provided. No sugars or starches. No oils (except 2tbs of coconut oil). Lose up to 1.5lbs a day! The last day of Phase 2 is the last day to take hCG. Whatever you weigh on the last day becomes your key weight to stabilize with during both phases 3 and 4.

21 to 38 days



After Phase 2
**STOP HCG
AND WAIT
3 DAYS
BEFORE
BEGINNING
PHASE 3**



**STAY
ON 500
CALORIES
FOR 72
HOURS (3
DAYS) AFTER
STOPPING
HCG BEFORE
INCREASING
FOOD
PORTIONS
AND
CALORIES**

Phase 3 STABILIZING

The 21-day "STABILIZATION" phase is designed to recalibrate the hypothalamus gland by locking in the new weight set point. Maintain your new weight within 2 pounds of your last weight in Phase 2. Stay on vlcd for first 72 hours, then begin to eat normal calories with more food options (list provided). Still stay away from sugars and starches. Start taking Garcinia Cambogia (optional).

21 days



Phase 4 MAINTAINING

The Lifetime "MAINTENANCE" phase is the capstone of the hCG protocol. It is the finishing touch that makes it all worthwhile and permanent. It is a lasting lifestyle that will give you ongoing health and wellness in your fresh, renewed body. Carefully start reintroducing sugars and starches in moderation. Keep active and continue weighing yourself daily.

Lifetime

HCG Phase 1 – Loading Phase Fatty Foods

Healthy Loading Foods



- Greek Yogurt
- Avocados
- Flaxseed Oil
- Olive Oil
- Whole Butter
- Coconut Oil
- MCT Oil
- Cheese
- Almond Butter
- Peanut Butter
- Coconut Butter
- Macadamia Nuts
- Salmon
- Big Fat Steak (Rib Eye)
- Heavy Creams
- Guacamole
- Heavy Whipping Cream
- Dark Chocolate

Other Loading Foods



- Bacon
- Mexican Food
- Pizza
- Pasta, Lasagna
- Fried Chicken & Meats
- Ice Cream and Milkshakes
- Milk Chocolate Candy
- French Fries
- Macaroni and Cheese
- Buttery Croissants
- Twinkies
- Donuts, Brownies, Cake
- Breadsticks
- Fast Food
- Chips
- Cookies
- Soda
- Blueberry Muffins

Phase 2 Approved Foods with Calorie Counts

FISH (AVG 98 CALORIES)

- **Cod** (3.5 oz) – 83 calories
- **Crab Meat** (3.5 oz) – 100 calories
- **Flounder** (3.5 oz) – 90 calories
- **Haddock** (3.5 oz) – 88 calories
- **Halibut** (3.5 oz) – 110 calories
- **Lobster** (3.5 oz) – 98 calories
- **Red Snapper** (3.5 oz) – 110 calories
- **Shrimp** (3.5 oz) – 110 calories
- **Tilapia** (3.5 oz) – 94 calories
- **Tuna canned in water** (3.5 oz)-112 calories

Here is a list of other white fish:

- | | | |
|---------------|---------------|-------------|
| • Ayr | • Lemon Sole | • Red Fish |
| • Cat Fish | • Ling | • Rock |
| • Coley | • Monk Fish | • Rohu |
| • Dover Sole | • Parrot Fish | • Sea Bass |
| • Flying Fish | • Plaice | • Sea Bream |
| • Hake | • Pollack | • Shark |
| • Hoki | • Pomfret | • Skate |
| • John Dory | | |

VERY LEAN BEEF (AVG 152 CALORIES)

- **93/7 Lean Ground Beef** (3.5 oz) – 150 calories
- **Cube Steak** (3.5 oz) – 160 calories
- **Sirloin Tip Side Steaks** (3.5 oz) – 130 calories
- **Top Round Steak** (3.5 oz) – 166 calories
- **Tri-Tip Steak** (3.5 oz) – 154 calories
- **Bison** (3.5 oz)-175 calories
- **Great Range Brand Bison Steak Medallions-**
105.9 cal, 1.5g Fat, .59g Sat Fat, chol
38.2mg, sod 44.1mg, protein 21.8g;
- **Nature's Rancher Ground Buffalo-**166.3 cal,
9.5g Fat, 3.5 Sat Fat, chol 52.5mg,
sodium52.5mg, protein 20.1.

CHICKEN

- **Chicken Breast** (3.5 oz) – 87 calories
- **1 whole egg + 3 egg whites** - 122 calories

VEAL (AVG 114 CALORIES)

- **Veal, sirloin** (3.5 oz) – 110 calories
- **Veal, loin chop** (3.5 oz) – 117 calories

VEGETABLES (AVG 18.8 CAL)

- **Asparagus** (3.5 oz) – 20 calories
- **Asparagus** (2" tip) – 1 calories
- **Asparagus** (small spear) – 2 calories
- **Asparagus** (medium spear) – 3 calories
- **Asparagus** (large spear) – 4 calories

- **Celery** (3.5 oz) – 15 cal
- **Celery** (medium stalk) – 6 calories
- **Cabbage** (3.5 oz) – 24 calories
- **Cabbage** (1 cup shredded) – 17 calories
- **Cucumber** (3.5 oz) – 12 calories
- **Cucumber** (small) – 19 calories
- **Cucumber** (medium) – 24 calories
- **Cucumber** (large) – 34 calories
- **Cucumber** (English long) – 60 calories
- **Lettuce**, all varieties (3.5 oz) – 20 calories
- **Lettuce**, all varieties (1 cup) – 8 calories
- **Lettuce**, all varieties (small head) – 32 calories
- **Red Radishes** (3.5 oz) – 12 calories
- **Red Radishes** (one medium) – 1 calories
- **Spinach**, raw (3.5 oz) – 20 calories
- **Spinach**, raw (1 cup) – 7 calories
- **Spinach**, frozen (3.5 oz) – 23 calories
- **Spinach**, frozen (1 cup) – 41 calories
- **Spinach**, cooked (3.5 oz) – 31 calories
- **Spinach**, cooked (1 cup) – 48 calories
- **Tomato** (3.5 oz) – 20 calories
- **Tomato** (cherry) – 3 calories
- **Tomato** (plumb) – 11 calories
- **Tomato** (small) – 16 calories
- **Tomato** (medium) – 22 calories
- **Tomato** (large) – 33 calories
- **Onion** (small) - 28 calories
- **Onion** (medium) - 44 calories
- **Onion** (large) - 60 calories

FRUIT

- **Apple** (small) – 55 calories
- **Apple** (medium) – 72 calories
- **Apple** (large) – 110 calories
- **Orange** (navel) – 69 calories
- **Orange** (Florida) – 65 calories
- **Orange** (California) – 59 calories
- **Strawberries**, 12 large – 72 calories
- **Strawberries**, 20 medium – 80 calories
- **Pink Grapefruit** (California) – 92 calories
- **Pink Grapefruit** (Florida) – 74 calories

BREAD & Other

- **Grissini Breadstick** (3 g) – 12 calories
- **Melba Toast** (3 gram) – 12 calories
(check for hidden sugars like dextrose and do not use)
- **Melba Toast** (5 gram) – 20 calories
- **Coconut Oil - 2tbsp** (free calories)
- **Juice of one lemon** (free calories)
- **Skim milk** – 1 tbsp a day – (free calories)
- **Stevia - 4 packs a day** (free calories)

Phase 2 Grocery List

Purchase a few days before you are ready to begin – Use Organic if possible

Fruits

Grapefruit

Apples

Oranges

Strawberries

Lemons*

**Allowed the juice of one lemon a day*

Vegetables

All Lettuces

Asparagus

Cucumbers

Chard

Spinach

Beet Greens

Tomatoes

Cabbages

Celery

Cucumbers

Green Onions

Fennel

Radishes

White/Red/Yellow Onions

Canned Vegetables

Tomato Paste (no sugar)

Organic Tomato Sauce (no sugar)

Organic Canned Tomatoes (no sugar)

Seasonings

Braggs Amino Acids

Apple Cider Vinegar

White Vinegar

Sea Salt

Cinnamon

Fresh Herbs (cilantro, basil, etc.)

Any Seasoning without Sugar

Meats

Boneless Skinless Chicken Breast

Lean Steak (*London Broil, Round, Buffalo*)

Hamburger (have butcher cut fat off of lean steak and grind, 93% lean is not lean enough)

Lean Beef Roast

Shrimp

White Fish

Lobster

Crab

Veal

Tuna in water

Stevia

Liquid and/or Powdered Stevia

Flavored Stevias, (vanilla crème most popular)

Splenda (only if you can't do stevia)

Teas

Yerba Mate Tea (increases energy, reduces appetite and stimulates releasing of fat cells)

Green Tea

Smooth Move Tea (helps with constipation)

Chamomile Tea

Any Organic Tea you like

Water – ½ your weight in ounces daily

Other

Melba Toast

Grissini Breadsticks

Non-fat Cottage Cheese

Skim Milk (1 tab. daily)

Egg Whites

Cocoa (defatted powdered cocoa)

MCT Oil

Kitchen Scale to measure meat

hCG Phase 2 Sample 1-Week Menu

	Lunch	Dinner	Total Calories
DAY 1	Shrimp (3.5 oz/100g) - 110 cal 2 Cucumber (small) - 38 cal Apple (small) - 55 cal Melba Toast (3 gram) - 12 cal	Cube Steak (3.5 oz/100g) - 160 cal 2 Tomatos (medium) - 44 cal Orange (navel) - 69 cal Grissini Breadstick (3 g) - 12 cal	
Total Calories	215	285	500
DAY 2	Chicken Breast (3.5oz/100g) - 87 cal Lettuce, all varieties (3.5 oz) - 20 cal Orange (navel) - 69 cal Grissini Breadstick (3 g) - 12 cal	Veal (3.5 oz/100g)-175 cal Spinach, raw (3.5 oz) - 20 cal Pink Grapefruit (California) - 92 cal Melba Toast (5 gram) - 20 cal	
Total Calories	188	307	495
DAY 3	Crab Meat (3.5 oz/100g) - 100 cal Sauteed Celery (3.5 oz) - 15 cal Apple (large) - 110 cal Melba Toast (5 gram) - 20 cal	Chicken Breast (3.5 oz/100g) - 87 cal Spinach, cooked (1cup) - 48 cal Strawberries, 20 medium - 80 cal Melba Toast (5 gram) - 20 cal	
Total Calories	245	235	480
DAY 4	Shrimp (3.5 oz/100g) - 110 cal Asparagus (3.5 oz) - 20 calories Apple (small) - 55 calories Grissini Breadstick (3 g) - 12 calories	Tri Tip Steak (3.5 oz/100g) - 154 calories Cucumber (English long) - 60 calories Orange (navel) - 69 calories Grissini Breadstick (3 g) - 12 calories	
Total Calories	197	295	492
DAY 5	Tilapia (3.5 oz/100g) - 94 cal Spinach, cooked (1 cup) - 48 cal Pink Grapefruit (California) - 92 cal Grissini Breadstick (3 g) - 12 cal	Chicken Breast (3.5 oz/100g) - 87 cal Cabbage (3.5 oz) - 24 cal Apple (large) - 110 cal Melba Toast (5 gram) - 20 cal	
Total Calories	246	241	487
DAY 6	Red Snapper (3.5 oz/100g) - 110 cal Tomato (medium) - 22 cal Orange (navel) - 69 cal Melba Toast (5 gram) - 20 cal	Top Round Steak (3.5 oz/100g) - 166 cal Asparagus (3.5 oz) - 20 cal Pink Grapefruit (Florida) - 74 cal Grissini Breadstick (3 g) - 12 cal	
Total Calories	221	272	493
DAY 7	Halibut (3.5 oz/100g) - 110 cal Cucumber (medium) - 24 cal Orange (Florida) - 65 cal Melba Toast (5 gram) - 20 cal	Cube Steak (3.5 oz/100g) - 160 cal Sauteed Onion (small) - 28 cal Strawberries, 12 large - 72 cal Grissini Breadstick (3 g) - 12 cal	
Total Calories	219	272	491

HCG: How to Succeed and Stabilize in Phase 3 & Phase 4

Duration: This phase is 3-6 weeks (3 weeks for Phase 3 and 3 for Phase 4)

Phase 3

Importance:

This phase involves stabilizing your body's metabolism at your new weight. This phase is just as important as the Fat Burning "losing" phase (Phase 2). You want to reset your metabolism at your new weight, so that your body does not fluctuate up or down on the scale. If you still need to lose more weight you may do a second round of HCG after this phase is completed.



- You must weigh yourself every morning as soon as you rise, but after you have urinated.
- Eat three meals a day. You may increase your meals in size and quantity, as long as you follow the rules below.
- Eat an adequate amount of daily calories to maintain weight.
- ALL STARCHES AND SUGARS ARE AVOIDED FOR FIRST 3 WEEKS!!!!

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

- Add in other veggies, and you may eat a variety of veggies in the same meal.
- Add in other fruits, except very sugary fruits (bananas, grapes, and any dried fruits).
- Add in fats and dairy products. Avocados, nuts, olive oils, good fats (like fatty fish), butter, cheese, and so on can be eaten at any meal.

Supplements:

During this stage supplements are added in. Now that you are not burning your body's fat cells with stored nutrients, you need to supply your body with vitamins and minerals to function properly.

- **EFA's** – essential fatty acids (EFA's) are necessary for many functions in our bodies. They support everything from our skin and hair to our brain; our body needs a certain amount each and every day. If you do not eat the right amount per day, your body will cause you to crave fatty foods until you have met your body's needs Taking a supplement is an easy way to meet your body's needs, and to help curb unnecessary cravings for fatty foods.

- **Multivitamin** – a multivitamin will provide you with a portion of all of the vitamins and minerals you need for a healthy body. The food we eat may not contain the right amounts of vitamins and minerals, and it is always a good to supplement with a multivitamin.
- **Enzymes** – digestive enzymes help to break down food we eat. They can aid in digesting food, and help our bodies readjust to food we have not eaten for awhile.

Keep in mind; you have been on a 500-calorie diet for weeks now. Do NOT go crazy and start eating 2500 calories on the 1st day after. Sneak up to it. Here is an example.

- First, find out your calorie limit: Women, this equates to 11 times your current weight, Men 12 times your current weight.
 - Example: For a woman whose current weight is 150 lbs, multiplied times 11 is 1650 calories a day.
 - Example: for a man whose current weight is 200, multiplied times 12 is 2400 calories a day.

Week 1- OK, so for week 1 after your 500-calorie diet, work your way up to about 800-1000 calories a day. Remember no sugar, starches and low carbohydrates. Yes, you can eat fats during this time, but don't overdo it.

- Continue to drink lots of water. You can now eat 3+ meals a day.
- You can use butter, oil or cooking spray in your frying pan, just use it sparingly!
- Your protein intake will increase to about 6-8 oz per meal or up to 600 calories per day.
- Your salad can now be a mixture of all your favorite things that you want in the salad, just no sugars, and starches.
- Try to eat a little at each meal and try to get in a mid morning and mid afternoon snack.

Week 2 – Then for week 2, increase your daily calorie count to about 1000-1500 calories per day. Do this by adding in more veggies. Maybe some soups, cheese, peanut butter, nuts and other low carbohydrate type foods.

Week 3 – Then by week 3 you can work your way up to your total calorie limit. You should be eating 5 or 6 little meals a day. Eat breakfast, a mid morning snack, Lunch, a mid-afternoon snack and Dinner. You might get away with a light dinner snack.

- Weigh yourself every day and do not allow for more than a 2-pound gain. If there is, do a Steak day! This means skip breakfast and lunch on that day. At dinner, you are to eat a large steak an apple or a raw tomato. You may drink as much water as possible throughout the day. The next day when you wake up, weigh yourself, and you should have dropped back down by at least 1 pound. Make sure you are weighing every day from the beginning of this

phase. We cannot stress the importance of this. Many people think that they do not need to weigh themselves every day, and that they will be able to notice any weight gain. This is not necessarily true. Even if you are traveling, you need to take a scale with you and weigh yourself every morning to ensure you stabilize your weight.

Phase 4

Now, to add in the starches and sugars

Sugars and Starches (the carbohydrates) are the danger zone!

Reintroduce these too fast, and you may have a weight gain. So to avoid that, this is what we have learned. ADD them SLOWLY!

phase



- **Week 4** – So, for week 4 after your 500-calorie diet, add in the one carbohydrate food that you missed the most. Eat bread, pasta, potato or whatever, but just one. Then, the next day, stop that one and add another one. Do not eat two carb foods in the same day during week 4. Only eat one carb food per meal. Just change your carbohydrate from day to day. Weigh yourself the next day and see if there are any weight changes. If so, try cutting the portion in half for the next time.
- **Week 5** – For week 5, combine 2 carb foods in the same day, but not at the same meal. Eat Bread with a sandwich for lunch and a potato for dinner
- **Week 6** – For week 6, start combining the carbs during the same meal, but do this 1-day at a time. By the end of week 6, you should be eating a good, healthy, well rounded, high fiber, lower fat, diet within your calorie limit without worrying about gaining weight!
- **Avoid over-eating;** (stay within your calorie limit) avoid eating both a high fat and high carb meal. You may get away with a high fat meal or a high carb meal but high fat and high carb together are a bad combination.

Please keep in mind the supplements/minerals are suggested if you have your own regimen stick with what you are comfortable with. It a good idea to keep a food journal for the week when you introduce new foods, so you can go back and reflect on how your body reacted to certain additions.

Happy losing!

HCG Diet: 100 Foods You Can Eat In Phase 3

Phase 3 of the HCG diet, which we call the stabilization phase, opens up all sorts of new food options. You're done with the 500-calorie phase and the hCG pellets, and your calorie restrictions have been lifted. The only things you can't eat now are sugar and starch—but after the strict rules of the 500-calorie phase of the HCG diet, many people still worry about what exactly they can eat.

So here are 100 new foods you can eat during the stabilization phase of the hCG diet. A whole new world of food awaits you in phase 3!

Meat

Meat lovers can finally let loose on phase 3 and enjoy some of their favorites again. Consider branching out to celebrate all your lost weight—try some liver, venison, or a rare sausage and see if you like it. Some of these items, like bacon and hot dogs, have a very high fat content, so be careful with those!

1. Bacon
2. Beef jerky
3. Beef roast
4. Breakfast sausage
5. Elk
6. Ground beef
7. Ham
8. Hot dogs
9. Lamb
10. Liver
11. Pork chops
12. Prosciutto
13. Venison
14. Vienna sausage

Fish

Fish fans already had the best variety during the 500-calorie phase of the HCG diet. Phase 3 gives them even more choices. The list could go on and on and on, but we've limited it to just a few representatives. Protein already takes up a whole third of this list. Don't be greedy. There are vegetables and fruits still to consider!

15. Anchovy
16. Bass
17. Catfish
18. Clams
19. Eel
20. Herring
21. Mackerel
22. Mahimahi
23. Mussels
24. Oysters
25. Salmon
26. Sardines
27. Squid or calamari
28. Trout
29. Tuna

Poultry

If you're not a fish fan you might have had a hard time on the HCG diet. If you feel you'll die at the thought of eating more chicken, you now have several more poultry options at your disposal on phase 3.

30. Duck
31. Goose
32. Pheasant
33. Turkey

Other Protein Sources

Your protein options aren't limited to just meat anymore! Nuts make an especially good snack food on phase 3. Unfortunately, beans are still off limits due to their high starch content, but vegetarians can try them with care.

34. Hummus (check ingredients)
35. Nuts of all types, including almonds, brazil nuts, cashews, hazelnuts, peanuts, pine nuts, and pistachios for just a few examples
36. Soy
37. Tofu

Vegetables

There's an absolutely gigantic world of vegetables waiting to be explored during the stabilization phase of the HCG diet. Some popular options such as corn and potatoes have been left out due to high starch or carb content. You might still get away with them if you're very careful about it—eat them in small quantities and monitor your weight each day. But there are so many other choices during phase 3—why not try something new?

- 38. Bamboo shoots
- 39. Bean sprouts
- 40. Bok Choy
- 41. Broccoli
- 42. Brussels sprouts
- 43. Cauliflower
- 44. Eggplant
- 45. Green beans
- 46. Kohlrabi
- 47. Jalapeno peppers
- 48. Mushrooms
- 49. Okra
- 50. Pickles
- 51. Pumpkin
- 52. Radishes
- 53. Red chili pepper
- 54. Sauerkraut
- 55. Scallions
- 56. Snow peas (pods)
- 57. Spaghetti squash
- 58. Summer squash
- 59. Sweet bell peppers (green, red, or yellow)
- 60. Turnips
- 61. Watercress
- 62. Zucchini

Fruits

Now is the time to indulge in fruits. Like the vegetables, some fruits are still iffy for the stabilization phase. Dr. Simeons warns against very sweet fruits, so you won't find popular choices like bananas or grapes here. As with starchy veggies, you could still try sugary fruits while exercising restraint and care.

- 63. Apricots
- 64. Blackberries
- 65. Blueberries

- 66. Cantaloupe
- 67. Coconut (unsweetened)
- 68. Cranberries, fresh or dried
- 69. Figs, one large—careful of sugar content
- 70. Guava
- 71. Honeydew
- 72. Kiwi
- 73. Lemons
- 74. Limes
- 75. Nectarines
- 76. Olives
- 77. Papaya
- 78. Peaches
- 79. Pears
- 80. Pineapple
- 81. Plums
- 82. Raspberries
- 83. Watermelon

Dairy

Huzzah! Dairy of all kinds is finally allowed during phase 3 of the HCG diet. The main thing to beware of is added sugar. Of course, it's always a good idea to go for fat-free or reduced-fat options.

- 84. Butter (in moderation, of course)
- 85. Cheese, including both hard and soft cheeses like American, brie, cheddar, mozzarella, parmesan, provolone, string cheese, and Swiss
- 86. Cottage cheese
- 87. Cream cheese
- 88. Eggs—boiled, fried, poached, scrambled, deviled, etc.
- 89. Milk
- 90. Omelette
- 91. Yogurt (sugar-free)

Other

The stabilization phase unlocks a whole new world of food options. Here are a few odds and ends to spice up your HCG diet in Phase 3.

- 92. Alcoholic beverages in moderation—Dr. Simeons mentions a glass of wine with a meal, for example
- 93. Dried soy beans

94. **Fruit juices with no added sugar, and watch portion sizes to limit sugar intake**
95. **Mayonnaise** (check label for sugar)
96. **Oils for cooking or baking**
97. **Pure peanut butter, other nut butters (sugar-free)**
98. **Sugar-free dressings and mustards**
99. **Taco salad, without the tortilla product**
100. **Veggie dip: combine plain non-fat yogurt with ranch or onion seasoning mix—check seasonings for sugar**

25 Foods To Be Careful With

But wait, where are such healthy staples as carrots, peas, and grapes? Dr. Simeons says the following about the 3-week stabilization phase of the HCG diet:

"If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally . . . but as soon as fat and starch are combined things are very liable to get out of hand."

"All foods allowed except starch and sugar in any form (careful with very sweet fruit)."

The following foods have a high starch or sugar content. While not forbidden per se, they may violate Dr. Simeons' rules, especially if you're increasing your fat content at all.

Introduce these foods only in small quantities—if at all—with careful attention to your morning weighing.

Protein

1. Beans, including black, garbanzo, kidney, fava, lentils, lima, pinto, and white

Vegetables

2. Artichoke, medium
3. Avocado
4. Beets
5. Butternut squash
6. Carrots
7. Celeriac
8. Corn
9. Leeks
10. Parsnips
11. Peas
12. Plantains
13. Potato, one small
14. Sweet potatoes
15. Water chestnuts
16. Yams
17. Color-Coded Overview of WOW hCG Program Banana, medium
18. Cherries
19. Date, one
20. Grapes
21. Mangos
22. Pomegranate
23. Prunes
24. Raisins (1.5 oz)
25. Tangerines