

| Phase # | Instructions | Reasoning |
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| 1. Preparation 1 week or more | <ul style="list-style-type: none"> • Consult with physician • Begin detox • Scales (food & bathroom) • Recipe plans & food • Personal care products | This is a very precise diet. Do not start until you have everything ready and are sure what to do in each phase. |
| 2. Fat-Loading 1 st Two Days Fat - Loading Start hCG Drops | <ul style="list-style-type: none"> • 2 days of Fat-Loading • Eat high-fat, high-calorie foods of your choice • Begin taking hCG Professional Formula drops as directed | Fat-Loading for two days prevents hunger during the initial days of the 500 calorie diet. |
| 500 Calorie Diet 21 day minimum 43 day maximum Continue Drops | <ul style="list-style-type: none"> • Begin the Very Low Calorie Diet (VLCD) • 500 calories daily • Follow precisely to ensure success | According to Simeons, the VLCD will trigger your brain, under the influence of hCG, to draw energy from Secondary Fat Reserves, that "undesirable fat." |
| Stop Drops Continue 500 Calorie Diet for 3 more days | <ul style="list-style-type: none"> • Continue 500 Calorie Diet for 3 days | You should continue the diet for 3 days after stopping the drops as your system learns to regulate on its own. |
| 3. Maintenance Maintenance Diet for 3 weeks | <ul style="list-style-type: none"> • Increase caloric intake • Larger portions & variety • Introduce fat • Slowly add foods that are not on the VLCD • NO STARCH OR SUGAR | The Maintenance Phase is when you stabilize to your new weight and reset your hypothalamus. Stay within 2 pounds of your diet end weight. |
| 4. Final Phase 3 weeks If another round is needed, do so after these 3 weeks. | <ul style="list-style-type: none"> • Same as Maintenance Phase, but gradually add sugars and starches in small servings. • Emphasize whole foods | This allows the new weight "set point" to take hold. Stay within 2 pounds of your VLCD end weight. |

Consult your health provider and repeat the cycle if more weight-loss is indicated. Begin with Fat-Loading. Take longer breaks as needed between phases.

The initial 500 calorie diet phase may be 26 or 43 days. 26 day programs are designed for you to lose 15 pounds or less. 43 day programs are designed for losing up to 34 pounds.

You MUST end the first round of the diet once you lose 34 pounds!