



Bella Med Spa HCG Diet

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What is HCG?

HCG is known as Human Chorionic Gonadotropin that is produced in women during pregnancy. This natural hormone sends a signal to the brain to make sure there is enough food and energy to burn. This allows open access to all stored fat in the body. The hormone tells the body to always burn calories using stored fat and not affect muscle tissue. HCG assists the body in burning 2000 calories per day resulting in losing 1 lb per day. HCG is both used by men and women and has little or no side effects because it's an already produced hormone and is no stranger to the human body.

Is a HCG low calorie diet safe?

The protocol of the HCG diet is a limit of 500 calories per day. Many people are shocked by this amount because most people eat about 2000-4000 calories per day. Our body uses ~10% of the nutrients from a cheeseburger or pizza and the rest is stored as weight gain. When you are on the restricted calorie diet with HCG these calories are deemed pure nutrients and are used for energy. In the HCG diet you are feeding you body all the nutrients it needs and skipping over the storage phase of your bodies process. In doing this when your body looks for food to burn it has no choice but to turn to the old food you have stored in your body. So in a sense you are getting more then 500 calories per day, it's just your body is getting the rest of the calories you don't provide on its own.

PHASE 1- THE LOADING PHASE

On the first 2 days of the diet you are allowed to eat as many calories as you want. You want most of those calories to come from good fat and proteins. You can indulge in peanut butter, steak, chicken, avocado, cheese, and milk. These two days you have started the HCG and should take it in the am ~30 minutes before eating breakfast. On the third day the restricted calories has begun.

PHASE 2- HCG DIET

You begin your 500 calorie diet on the third day and take your HCG in the am. For improved energy and metabolism we also give you a B12/MIC injection weekly during your weigh in. The program is most effective for 6 weeks then will need to be adjusted according to each individual. When in phase 2 of the HCG diet everyone hits a plateau. This usually happens somewhere in the middle about 14 days into the diet or so. The plateau happens to everyone sooner or later in the diet but there is no need to get worried that the diet is no longer working. In fact, it is exactly the opposite. The plateau is usually found in people that have been doing really well with the HCG diet. This usually corrects itself in time but can last anywhere from 4-6 days in some cases. This disappoints some people, especially when they have gotten use to seeing 1 or 2 lbs drop off the scale in the days previously and now are stuck in limbo. However there is a quick fix to the stall and its called "Apple Day" On the HCG diet apple day you are instructed to have 6 large apples and nothing else. You can eat them anytime you want but not more then 6. You are only to drink water to quench your thirst if needed.

Breakfast- You can begin with your desired coffee or tea but need to use stevia sugar. You are allowed 1 tablespoon of milk per day. If you have more time in the morning you can have an omelet or fruit.

Lunch and Dinner- You can have 100 grams of protein, 1 veggie or fruit and your melba toast.

Proteins - 3-4 oz

Lean Beef >97% lean

Chicken

Shrimp

Lobster

Crab

Veal

Fish- tilapia (fish high in fat are salmon, catfish, tuna, and eel.)

Vegetables

Tomatoes (1 whole)

Lettuce

Spinach

Cucumber

Cabbage

Asparagus

Onions

Celery

Radishes

Fruits

1 Whole Apple

½ Grapefruit

Strawberries, Blackberries, Blueberries

Lemons

Carbs

Melba Toast

1 Breadstick

Dressings

Apple Cidar Vinegar

Red or White Vinegars

Sauces need to be <2 grams of sugar

Mustard, Hot Sauce ,Teriyaki

Salt, pepper, Garlic

PHASE 3- MAINTENANCE PHASE

Once you have completed your diet plan you enter the maintenance phase where you will increase your calories and many foods you desire.

For the next week you will take the HCG every other day and increase your calories to 1000 calories. The second week you will continue your HCG every other day and increase your calories to 1200-1500. You can introduce more protein and dairy back into your diet. You need to still limit your sugar intake. If you gain more than 2 lbs at anytime over a 24 hour period then you should try eating 2 eggs and 2 steaks for a day to reset.

PHASE 4- SUPERVISION

You are now going to add in small amounts of breads and chocolate. You will continue a healthy diet but closer to your normal routine. We will monitor your weight weekly and give you a B12/MIC injection to help with your metabolism and energy. This will occur for 10 weeks where you will come in weekly to be weighed and counseled.

It is important for Bella Med Spa not only help you achieve your goal of weight loss but also to maintain it off. The most frustrating part for most people is the “yo yo effect” bouncing up and down in weight. We hope to work together with you to prevent this cycle. We ask that every 3 months after completion of your diet you come in and get weighed and measured to allow us to help you not slip back.

| Vegetables | Portion | Calories |
|-----------------|----------|----------|
| Asparagus | 4 ounces | 20 |
| Beet Greens | 1 cup | 25 |
| Broccoli | 4 ounces | 30 |
| Brussel Sprouts | 1 cup | 50 |
| Raw Cabbage | 1 cup | 25 |
| Raw Cauliflower | 1 cup | 30 |
| Celery | 1 stalk | 5 |
| Collard Greens | 1 cup | 25 |
| Cucumber | 8" | 15 |
| Dandelion | 4 ounces | 50 |
| Endive/Escarole | 1 cup | 10 |
| Green Beans | 4 ounces | 40 |
| Raw Kale | 1 cup | 40 |

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|---------------------|----------------|-----------------|
| Leeks | 1/2 cup | 16 |
| Lettuce | 1 cup | 15 |
| Romaine Lettuce | 4 ounces | 25 |
| Green Onions | 6 small | 25 |
| Raw White Onions | 4 ounces | 40 |
| Green Sweet Peppers | 1 medium | 20 |
| Red Sweet Peppers | 1 medium | 25 |
| Radishes | 4 small | 8 |
| Spinach | 1 cup | 10 |
| Squash/Zucchini | 1 cup | 40 |
| Tomato | 1 medium | 20 |
| Turnips | 1 cup | 55 |
| Turnip Greens | 1 cup | 45 |
| Watercress | 4 ounces | 25 |
| | | |
| Fruit | Portion | Calories |
| Apple | 1 medium | 80 |
| Grapefruit | 1/2 | 40 |
| Strawberries | 1 cup | 55 |
| Black Berries | 1 cup | 62 |
| Blue Berries | 1 cup | 83 |
| Lemon | 1 medium | 17 |

Recipes

Sparkling Mint Chocolate Coffee

- 3 oz. sparkling mineral water
- 3 oz. brewed coffee
- 1 oz. chocolate stevia
- 1 oz. peppermint stevia
- 1 cup crushed ice
- about 2 mint leaves

Directions:

Put ice in large glass. Combine coffee and stevia (both chocolate and peppermint into glass.) Add sparkling mineral water. Add a small amount more ice if needed. Garnish with 1 to 2 mint leaves if desired.

Omelet

- 1 egg + 2 egg whites (or substitute)
- 2 table spoons water
- 2 oz onions
- 2 oz mushrooms
- 2 oz. meat of your choice

Directions:

Lightly spray no stick pan with cooking spray and cook on medium.

In bowl mix eggs, water and onion when blended begin to cook.

Make sure you pan is heated. When eggs begin to set lightly lift with spatula allowing all uncooked liquid to run underneath. Top each half of the omelet with cheese and let cook for another 2 minutes or so (covered)

Add meats, avocados, onions or any other topping you desire.

Strawberry Salad with Cucumber

- 1 cucumber
- cut strawberries
- fresh ground white pepper

- stevia to taste
- vinaigrette dressing (optional)
- **Directions:** Cut strawberries and cucumber then mix. Toss with dressing, stevia and pepper to taste. Marinate for about 15 minutes.

Oriental Chicken Salad

- 3.5oz. chicken breast
- cabbage
- 1 clove of chopped garlic
- dash of fresh grated ginger
- 1 tablespoon apple cider vinegar
- 1 tablespoon chopped green onion
- pinch of red pepper flakes
- stevia to taste
- salt and pepper to taste

Directions:

Using pan brown chicken, lemon juice, 1 tablespoon of onion and 1 clove of garlic. Steam sliced cabbage then drain excess liquid. Combine with chicken, ginger, salt and pepper. Let chill.

Asparagus Salad

- Asparagus spears
- 3 tablespoons lemon juice
- Fresh chopped mint leaves or parsley
- 2 tablespoons caper juice
- 1 tablespoon finely minced red onion
- Salt and pepper to taste

Directions: Lightly steam asparagus until desired tenderness.

Vinagrette Dressing

- 1/3 cup apple cider vinegar
- 3/4 cup cold water

- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt and pepper
- fresh basil
- stevia

Directions:

Combine all ingredients into blender. Mix slowly until liquid texture.

French Salad Dressing

- 1/4 cup beef broth
- 2 tablespoons lemon juice
- 1 clove garlic chopped
- 1/4 teaspoon horseradish
- 2 tablespoons apple cider vinegar
- 1/8 teaspoon mustard powder
- cayenne pepper to taste
- stevia to taste

Directions:

Mix spices in broth, vinegar and lemon juice.

Mix well and heat briefly in small saucepan. Chill and serve over salad.

Apple Dressing

- 2/3 cup water
- 1/3 cup apple cider vinegar
- stevia to taste
- salt and pepper

Directions:

Combine water, vinegar then add salt, pepper and stevia. Mix well.

Chicken Tacos

- 3.5oz. chopped chicken breast
- ¼ cup chicken broth or water

- 1 tablespoon chopped onion
- pinch of fresh chopped cilantro
- 1 clove garlic chopped
- pinch of oregano
- cayenne pepper to taste
- 2-4 large lettuce leaves

Directions:

Using a frying pan combine chicken and broth. Cook completely then add onion, garlic and spices. Serve chicken mix in the lettuce leaves. May top with salsa in desired.

Spiced Chicken Strips

- 3.5oz. of chicken breast
- crushed Melba toast
- 2 to 3 tablespoons hot sauce (depending on spice desired)
- 4 tablespoons lemon juice
- Salt and pepper to taste

Directions:

Cut chicken into strips. Marinate chicken strips in lemon juice and salt for 15 to 20 minutes. Coat chicken strips with crushed Melba toast crumbs. Cook in frying pan until desired doneness, make sure chicken is cooked thoroughly. Mix with hot sauce and black pepper to taste.

Asian Ginger Chicken

- 100 grams chicken
- 4 tablespoons lemon juice
- 1 teaspoon lemon or orange zest
- 1 teaspoon fresh ginger
- 1 tablespoon chopped onion
- Salt and pepper to taste
- Cayenne pepper to taste

Directions: Sauté chicken in a pan along with some lemon juice and water until slightly browned.

Add your ginger, salt, lemon and stevia. Add a little water from time to time to deglaze.

Roasted Steak and Onions

- 10 oz flank steak
- 1/2 sweet onion
- salt & pepper to taste

Directions:

While oven preheats on broil, slice onion into small to medium size pieces.

Season raw steak with salt and pepper then heat a medium skillet on medium-high heat.

Add steak and cook about 3 to 4 minutes, flipping about half way through.

Bake steak on baking sheet in preheated oven until desired doneness.

Add onions and about 1 tbsp of water to skillet and cook until brown.

Stir often and add water as needed to keep moist while cooking.

Combine onions on top steak and serve.

Flank Steak

- flank steak, trimmed 1/12- 2 lbs
- 1 tablespoon garlic powder
- 2 teaspoons ground cumin
- 2 teaspoons hot paprika
- 2 teaspoons oregano (Dried)
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1/2 teaspoon ground red pepper
- Pam or Cooking spray

Directions:

Mix seasoning together and rub into steak let sit over night for more flavorful marinade.

Broil or grill until desired degree of doneness is achieved.

Sweet Baked Tilapia

- 1/2 lb tilapia fish
- 1 tablespoon Bragg's

- 1 1/2 tablespoons Dijon Mustard
- 1/2 tablespoon apple cider vinegar
- 1 tablespoons lemon juice
- 1/2 tablespoon water
- 1/4 tsp garlic powder
- Salt, pepper and red pepper to taste

Directions:

While oven preheats to 430 degrees, combine Braggs, mustard, vinegar, lemon juice, water and garlic powder. Mix well. Place fish in an oven baking dish.

Spread sauce over top of fish and bake for 13-15 minutes. When done fish should flake.

Add salt and peppers to taste.

Lemon White Fish

- 3.5oz of any kind of white fish
- 1/4 cup vegetable broth or water
- 1 teaspoon apple cider vinegar
- 1 tablespoon minced onion
- 3 tablespoons lemon juice
- 1 teaspoon fresh dill
- 1 clove garlic crushed and minced
- Salt and black pepper to taste

Directions:

Cook fish with lemon juice, broth or water, and vinegar. Add other spices. Cook for an additional 8 minutes or until fish is completely cooked. Serve with lemon wedges.

Lobster Tail and Vegetables

- 100 grams diced lobster tail
- 1.5 tbsp. lemon juice
- 1.5 tsp. apple cider vinegar
- chopped green onion (pinch)
- Tarragon (pinch)
- Celery (pinch)
- Salt and black pepper

Directions: Using a small serving dish combine lobster, apple cider vinegar and lemon juice. Then add onion, tarragon and celery, mix well. Use salt and pepper to taste.

Cinnamon Apple Treats

- 1/8 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1/8 teaspoon nutmeg
- 1/8 teaspoon vanilla powder
- 1 apple (pulp)
- Stevia to taste

Directions:

Combine stevia, cinnamon, lemon juice, vanilla, netmeg and apple pulp. Mix well and form into cookie size pieces, (About 2). Bake treats for about 20 minutes until light brown in color. Let cool before serving.