

**Danik MedSpa
& Cosmetic Surgery**



My HCG Plan

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Preface

My HCG Plan is designed to be an easy and interesting read, but the information included is also essential to your weight-loss success, so please review every section carefully.

Are you looking for a recap of the HCG program and why it works? Just turn to the book's table of contents to locate the information. Throughout the book, you'll also find step-by-step instructions on how to get started and stay on course. In fact, everything you need to know to succeed on this diet is clear and easily accessible in *My HCG Plan*.

We recommend you print out the book—or select sections—so that you'll have the information for reference at home, at work, and when grocery shopping or dining out. That way, you'll always know what foods and beverages are allowed and in what size portions.

We know that eating the same foods repeatedly leads to boredom and possible diet abandonment. To prevent this from happening, we encourage you to work into your weekly meal plan as many new recipes as you can. Also, be adventurous and try some dishes that you've never had before. However, all recipes must adhere to the strict diet regimen.

Section 1:

The Program

HCG (Human Chorionic Gonadotropin) is a natural hormone produced by the placenta during pregnancy. Its effectiveness in helping the body burn its own fat for energy was discovered by Dr. A.T.W. Simeons, an endocrinologist whose ground-breaking work related to the physiology of weight loss can be read in his manuscript, *Pounds and Inches*. What he found was that pharmaceutically produced HCG—in combination with a very low calorie diet (VLCD)—promotes weight loss in three ways.

1. First, the hormone **speeds up metabolism** to burn calories fast and fight fatigue.
2. Second, HCG is an **appetite suppressant**, so dieters don't suffer from hunger.
3. And finally, the hormone **promotes the burning of stored fat** for energy, aiding in overall weight loss as well as the elimination of localized, hard-to-lose fat in buttocks, thighs, waist, upper arms, and back.



Danik offers five different 30-day HCG programs. The program that's been medically-prescribed for you is based on the diet's established charts recommending specific regimens based on BMI and fat percentage, along with the results of your lab test. Going one step further, we have customized your HCG plan to meet your individual needs and weight-loss goals based on body type, lifestyle, overall health, and dietary restrictions. Still, success depends on making a month-long commitment to adhering to the regimen, which includes daily home injections and a

very restricted diet. If you do your part, the results can be amazing—**up to 30 pounds in a single month.**

Possible Allergic Responses

If you experience allergic reactions to other substrates, you may have a sensitivity to HCG. It is required that you stop using HCG and report your allergic response to your Danik physician immediately if you experience any signs of an allergic reaction, including hives, difficulty breathing, and swelling of the face, lips, tongue, or throat.

Before Receiving HCG

Be sure to tell our Danik clinician if you are allergic to any drugs or if you have any of the following: a thyroid or adrenal gland disorder, an ovarian cyst, cancer or a tumor, undiagnosed uterine bleeding, heart disease, kidney disease, epilepsy, migraines, or asthma.

It is necessary for the Danik clinician to know these predisposed pathologies in order to rule out any symptomatology that may not be related to the HCG. Also in allergic responses, the body overproduces fibrin which induces blood clotting, a potentially lethal situation. Call your doctor at once if you have any of these signs of a blood clot, including pain, warmth, redness, numbness, tingling in arms or legs, confusion, extreme dizziness, severe headache, nausea or vomiting, urinating less often than normal.

Less Serious Side Effects

Less serious side effects may occur from the change in dietary patterns, until your blood sugar levels stabilize due to high-protein intake. These less serious side effects include: diet-related headache, restlessness, irritability or depression, mild swelling or water weight gain, and breast tenderness or swelling.

Drug Contraindications

You may be taking drugs that, potentially, could interact with HCG. Therefore, it is imperative that you tell your doctor about all the prescription and over-the-counter medications you use. This includes vitamins, minerals, herbal products, and drugs prescribed by other doctors. Do not start using HCG without disclosing this information.

Section 2:

Getting Started

Now that you've received your HCG kit, it's time to get serious about losing weight. To do that, we want you to get you off on the right foot. With your commitment and determination, this diet can help you successfully reach your weight loss goal.

To begin, the following are your three primary assignments:

1. Keep your HCG refrigerated at all times.
2. Review *My HCG Plan* cover-to-cover.
3. Don't cheat! Follow the rules, and you'll reach your goal.

Next, make meal planning a top priority. To stay on track, start off by stocking your refrigerator with an ample supply of the foods allowed. That way you'll never have a reason to stray into forbidden territory. Here's where *My HCG Plan* will prove invaluable. Be sure to check out these handy tools: How to Inject, Calorie Tracking, 7-Day Meal Planner, 7-Day Sample Diet, HCG-friendly Recipes, and HCG Do's and Don'ts.

Now, prepare to begin your diet, which is comprised of three phases. During all phases, you'll need to take the HCG hormone daily, immediately after waking up. Please be consistent with the time of hormone administration.



HCG Diet Phases:

Day 1 & 2 | Loading Phase: Start self administration of the HCG hormone. During this phase you will consume plenty of fatty meals and carbohydrates. Eat anything you like in generous portions.

Days 3 – 30 | Stabilization Phase: Continue the injections and follow the Very Low Calorie Diet (VLCD) prescribed for you by a Danik weight-loss specialist. For details on exactly what you may eat, check out the HCG-Friendly Recipes in the next section.

Days 31 – 37 | Maintenance Phase: Continue the VLCD. Based on your weight-loss progress, the hormone may no longer be required. This will be determined by your Danik clinician.

Section 3:

HCG-Friendly Recipes

The HCG Diet offers a healthy balance of lean protein, fruits, vegetables, and a very modest amount of starch. Every day, you will be permitted five small meals—breakfast, lunch, dinner, and both a mid-morning and mid-afternoon snack. Portions allow for about 3.5 ounces (100 grams) of lean meat, poultry, select shell fish, and white-fleshed fish. Allowed vegetables are asparagus, beet greens, cabbage, celery, chard, chicory greens, cucumber, fennel, green salad, onion, red radishes, spinach, and tomato. Allowed fruits are apples, strawberries, oranges, and grapefruit. Limited starches include breadsticks or Melba toast.

What you see above is a very low calorie and very restricted selection of food choices, and while you may feel very satisfied initially, eventually you'll get bored. That's why we encourage you to experiment with new ways to prepare the approved ingredients. To point you in the right direction, in this section of *My HCG Plan*, we've included lots of tasty, healthful recipes. Best of all, these recipes are so delicious, you'll want to serve them to the whole family, even when you're no longer on the diet.

Additionally, we also urge you to capitalize on your own creativity to mix, match, and season different food combinations (of permitted foods only) in ways you never thought of before. The more you do, the easier it will be to turn your restricted diet into a satisfying one that you'll stick with for four weeks.

~ Beverages ~

Creamy Cafe Coffee

- Pure coffee
 - 1 tbsp of milk (only allowed 1 tbsp per day)
 - Vanilla Creme and Dark Chocolate Stevia drops or Truvia sweetener
-



Frozen Strawberry Lemonade

- 1 cup of frozen strawberries
- ¼ cup lemon juice
- 1 cup of ice
- 10 drops of Lemon Stevia
- 10 drops of plain Stevia

1. Blend in blender until smooth.

Strawberry Smoothie:

- Handful of strawberries, chopped
- 1-2 stevia/truvia single packs
- Ice
- Water (for dilution)

1. Blend in blender to desired consistency.

Hot Apple Cider

- 4 apples, sliced
 - 5 cups water
 - 4 Stevia packets
 - 1 tsp cinnamon
1. Place apples in a saucepan and cover with water. *(Optional: you can add cloves or pumpkin spice.)*
 2. Add sweetener, cinnamon, vanilla, and any other spices you like.
 3. Simmer over medium heat for 30-40 minutes, or until apples are soft.
 4. Remove apples, and divide into 4 baggies to use as a fruit snack.
 5. Serve the cider in small mug.

*** Store remaining cider in fridge, and drink up to 1 cup a day.*

Iced Fruity Green Tea

- 1 cup water
 - 5 green tea bags
(3 pomegranate raspberry and 2 mangosteen or mix and match)
 - Juice of 2 lemons (about 1/3 to 1/2 cup)
 - 4-5 drops Stevia/Truvia
(Plain or flavored; we like apricot nectar, valencia orange, and lemon)
1. Boil water.
 2. Remove from heat, and soak tea bags for 3-5 minutes.
 3. Pour into 2-quarter pitcher and fill the rest of the pitcher with water.
 4. Add lemon juice.
 5. Add Stevia or Truvia sweetener.

Serve cold.

Strawberry Sorbet

- A handful of strawberries
- Juice of 1 lemon
- Sugar substitute (*as needed*)
- Water (*if needed*)

1. Freeze fresh strawberries about 1 hour.
2. Blend fresh frozen strawberries, lemon juice & sugar substitute in blender until very well blended.
3. You can serve immediately or place in freezer to allow it to firm up even further.

***When off protocol, you can add banana or fresh pineapple, but it's just as good without. The kids love this one, too!*

🌀 Broth & Dressings 🌀

Chicken Broth Base

- 6 100-gram pieces of chicken
 - 9 cups water
 - 1 tsp of each: garlic powder, onion salt, celery salt, poultry seasoning, and pepper
 - 1 Tbsp sea salt
1. Combine ingredients in soup pot and cook until chicken is done. About 35 minutes.
 2. Take chicken out and save for recipes.

Freeze some broth in ice cube trays for sautéing vegetables.

HCG Recipe Strawberry Vinaigrette

- Handful of strawberries
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- Stevia/Truvia to taste
- Dash of salt
- Dash of cayenne (optional)
- Fresh ground black pepper to taste



1. Combine all ingredients in food processor, and puree until smooth.
2. Pour over fresh Arugala or green salad.
3. Garnish with sliced strawberries.
4. Sprinkle ground black pepper.

Variations: use as a marinade or sauce for chicken.

Makes 1 fruit serving.

Honey-Lime Dressing

- 1/4 cup fresh squeezed lime juice
- 1/4 cup red wine vinegar
- 2 tbsp sugar free honey
- 2 tbsp fresh cilantro, finely chopped
- 2 cloves garlic, minced

1. Mix all ingredients in a small bowl until combined. Refrigerate.

Also makes a great marinade for chicken and fish.

Makes approx. 3/4 cup; serving size is 2 tablespoons.

Calories: 31 per serving. Fat: 0g.

Mustard Dressing

- 1 cup prepared mustard (organic, no sugar or trans fat)
- 1/2 cup bragg's amino acids
- 1/2 tsp garlic powder
- 4 packets Truvia

1. Mix all ingredients and chill for at least an hour.

Makes 8 - 10 Servings

Salad & Soup

Strawberry Chicken Salad

Dressing

- 2 tbsp fresh squeezed orange juice
- 2 tbsp fresh squeezed lemon juice
- 1-2 pkts. Truvia or other sugar substitute

1. Combine ingredients well then chill until serving.

Salad

- 1/4 cup soy sauce
- 2 tbsp fresh squeezed orange juice
- 1 clove garlic, minced
- 2 green onions, thinly sliced
- 1/2 lb. chicken breast
- 4 cup raw spinach and 1 cup sliced strawberries
- 1/4 med. red onion sliced, rings separated

1. In a gallon size Ziploc bag, combine soy sauce, green onions, orange juice, garlic, and chicken. Seal bag. Marinate in refrigerator for 2-24 hours.
2. Remove chicken from bag and reserve marinade.
3. Grill or broil chicken until tender and no longer pink (about 8-10 minutes), turning once and brushing with marinade. Set aside to cool slightly.
4. Place spinach, 2 cups each onto serving plates. Slice chicken and place on top of spinach, top with sliced strawberries and red onion rings.
5. Shake dressing and drizzle evenly over two salads.

Makes 2 Servings | Calories: 195 per serving Fat: 3g.

Taco Salad

- 2 cups romaine lettuce, chopped
 - 100 grams of lean ground beef
 - ½ tsp garlic salt
 - ¼ tsp of chili seasoning
 - Melba toast, crumbled
1. Sauté beef and spices. Sprinkle on top of lettuce and top with Melba toast.



Strawberry and Cucumber Salad

- 6 strawberries, sliced
 - 1 lg. whole cucumber, sliced
 - Fresh white pepper
 - 2 tbsp Strawberry Vinaigrette or Apple Cider Vinegar
 - Stevia/ Truvia to taste
1. Toss strawberries and cucumbers with vinaigrette or apple cider vinegar, Stevia, and pepper. Freeze for 10 minutes and serve.

Asparagus Salad

- Asparagus spears
 - 3 tbsp lemon juice
 - Fresh chopped parsley
 - 2 tbsp caper juice
 - 1 tbsp finely minced red onion
 - Salt & pepper to taste
1. Lightly steam asparagus until tender.
 2. Add remaining ingredients and marinate asparagus for 30 minutes.

Lobster Salad

- 100 grams lobster tail, shredded
- 1/2 stalk celery, diced
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp green onion
- 1 tsp tarragon
- Salt, pepper, and Stevia to taste

1. Mix together and serve over salad greens or fresh baby spinach.
-

Chicken Salad with Apple

- 100 grams of grilled chicken breast
- 1 med. apple, diced
- 1/2 stalk celery, diced
- Juice of half lemon
- 1/8 tsp cinnamon
- Salt and Stevia to taste

1. Combine all ingredients, and serve chilled over romaine lettuce.
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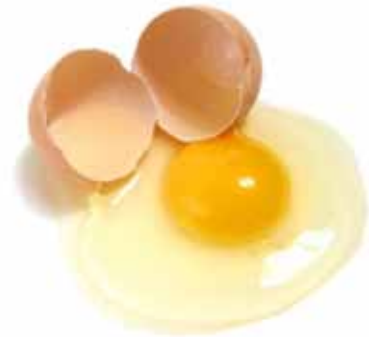
Cabbage & Shrimp Soup

- 2 cups of vegetable stock, *or* for less salt, 1 cup stock and 1 cup water
- 8 oz. of shredded green cabbage.
- 100 grams of shrimp, whole or cut into pieces.
- Spices: Black pepper, garlic, and spices to suit your taste

1. Heat broth in a pan on the stove.
2. Add cabbage and boil for a few minutes until it becomes soft but still crisp.
3. Add shrimp and cook just a few minutes until the shrimp is done.

Chicken Egg Drop Soup

- 1 lb. chicken breast, cooked and shredded
- 8 cup cabbage, shredded
- 1 small zucchini, grated or 2 cups spinach
- 1 med. onion, chopped
- 1 clove garlic, minced
- 8 cups chicken broth
- 2 egg whites, lightly beaten
- 1/4 cup soy sauce
- 1/4 tsp white pepper
- Salt to taste



1. Add broth, soy sauce, white pepper and salt to a large stock pot.
2. Bring to a boil over medium-high heat.
3. Slowly drizzle egg whites into broth; stirring constantly in a figure-8 motion.
4. Add cabbage, zucchini, onion, and garlic.
5. Reduce heat and simmer until cabbage is tender.
6. Add cooked chicken during last few minutes of cooking, to heat through.

Makes 4 servings of 3 cups each.

Fajita Chicken Soup:

- 100 grams grilled chicken
- 1 tomato, chopped
- 1/4 pack of fajita or chili seasoning (no sugar in ingredients!!)
- 1 tbsp. dry parsley
- 1 tbsp. dry minced garlic
- 1 tbsp. dry minced onions

1. Boil tomatoes in water and mash them with a fork to squeeze all the juice and "meat" from it.
2. Add all dry ingredients and boil for a couple of minutes.
3. Add chicken, and boil for a couple more minutes.

Chicken Vegetable Soup

- 6 cups of Chicken Broth Base (*see recipe*)
 - 3 100 grams of cooked chopped chicken
 - 3 stalks of chopped celery
 - 1 whole sweet onion chopped
 - 2 handfuls of chopped cabbage
 - 2 medium sized chopped tomatoes (*optional*)
1. Combine all ingredients, except cabbage, and bring to a boil.
 2. Turn heat to low and simmer for 20 minutes.
 3. Add cabbage and continue cooking until vegetables are tender.
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Vegetable Beef Soup

- 100 grams of beef
 - 100 grams celery
 - 2 cups beef broth (*organic low sodium*)
 - 1/2 cup onion chopped
 - 1 clove garlic
 - 1 Tbsp bay leaf
 - 1/8 tsp dried basil
 - 1/8 tsp fresh or dried oregano
 - 1 pinch of thyme
 - 1 pinch of paprika
 - 1 pinch of chili powder
 - Salt and pepper to taste
1. Combine onion, garlic and spices with beef broth.
 2. Add celery and diced beef.
 3. Simmer for 20-30 minutes.

Entrées

Meat in Tomato Sauce

- 100 g of lean hamburger, chicken, shrimp, fish (or whatever meat you would like)
- 1 large or 2 small tomatoes
- 1/4 tsp of garlic salt
- 1/4 tsp onion salt
- 1/4 tsp Italian Seasoning (make sure it has 0 carbs)

1. First, slice up your tomato(es) and put them into a sauce pan to sauté on medium for about 5 minutes.
2. While they are being heated, intermittently smash the tomatoes with a spoon.
3. While the tomatoes are heating, put your meat on a George Foreman grill or similar grill to remove fat.
4. When your tomatoes are heated and soft, they should have the consistency of THICK spaghetti sauce (or whatever consistency you prefer).
5. After the hamburger is properly cooked, mix it together with the tomatoes. Add in your spices, stir, and enjoy!

Lemon Dill Fish

- 100 grams any white fish
- 4 tbsp lemon juice
- 1/4 cup vegetable broth
- 1 tsp apple cider vinegar
- 1 tsp fresh dill
- 1 clove garlic, minced
- 1 tbsp onion, minced
- Salt & pepper to taste



1. Cook fish with lemon juice, broth & vinegar. Add garlic, onion, & fresh dill. Cook for 5-10 minutes until fish is completely cooked.

Orange Grilled Chicken with Herbs

- 1 lb. boneless chicken breast (*skin attached*)
 - 2 cloves garlic, minced
 - 3/4 tsp orange zest
 - 1/4 tsp fresh minced thyme
 - 1/4 tsp fresh minced rosemary
 - Fresh ground pepper to taste
 - 1/2 cup fresh squeezed orange juice
 - 1/4 cup vinegar
 - 2 tsp Worcestershire sauce
1. Preheat grill to medium-high.
 2. Combine garlic, orange zest, thyme, rosemary, and pepper in a small bowl.
 3. Take each chicken breast and slip your fingers between the skin and flesh of the chicken, leaving the skin attached. Slide some of the herb mixture under the skin of each breast, pulling the skin back over when finished.
 4. Mix orange juice, vinegar, and Worcestershire in a small bowl.
 5. Grill chicken for 6-8 minutes on each side, turning once and basting with orange juice mixture, until chicken is tender and no longer pink.

Remove skin before eating.

Makes 4 servings | Calories: 174 per serving Fat: 3.1g.

Seafood Gumbo

- 100 grams of seafood (*any allowable combo*)
 - 1 garlic clove, chopped
 - 2 large Roma tomatoes, chopped
 - ¼ tsp. onion salt.
 - ¼ tsp. Creole seasoning
 - Dash of garlic powder, celery salt, and cayenne pepper
 - 1-2 packets of Stevia/Truvia
1. Sauté seafood with garlic on high heat until browned.
 2. Add remaining ingredients and simmer on low for 15 minutes.

Orange Roughy

- 100 grams orange roughy fish
- 3 orange slices
- 3 tbsp orange juice
- 1 tbsp chopped green onion
- Dash of garlic powder
- Dash of onion powder
- Salt & pepper to taste
- Stevia/Truvia to taste

1. Put fish on aluminum foil. Add juice and spices. Top with orange slices.
2. Enfold and barbeque or bake at 350° for 10-15 minutes, until fully cooked.

Serve with juices & orange slices.

Garlic Shrimp

- 1 lb. raw shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1 (14.5oz.) can crushed tomatoes
- 1 med. lemon, juiced
- 1 pkt. Truvia or other sugar substitute
- 1 tbsp dried parsley
- Salt and pepper to taste



1. Place shrimp in a large bowl with the garlic, salt, and pepper. Mix well.
2. Heat a large nonstick pan over medium-high heat. Lightly mist with olive oil pan spray.
3. Add the shrimp and garlic, and stir for 2 minutes or until shrimp turn pink.
4. Reduce heat to medium and add the crushed tomatoes, lemon juice, Truvia, and dried parsley.
5. Cook, stirring constantly, for 3-4 minutes and heated through.

Makes 4 servings | Calories: 102 per serving Fat: 1g.

Sweet & Sour Red Cabbage

- 1 large head red cabbage, chopped
 - 1 med. apple, cored and grated
 - 1 med. onion, slivered
 - 3 tbsp red wine vinegar
 - 1 pkt Stevia or other sugar substitute
 - 1/4 tsp cinnamon
 - 1 clove garlic, minced
 - Salt and pepper to taste
1. Preheat oven to 300 degrees.
 2. Lightly mist a 9"x13" baking dish with olive oil pan spray.
 3. Place all ingredients into a large bowl and mix well.
 4. Transfer cabbage mixture to prepared baking dish and cover.
 5. Bake for 2-2 ½ hours, stirring once or twice, until cabbage is tender.

Makes 4 servings of approx. 1½ cups each

Calories: 60 per serving. Fat: 0g.

Beef with Cabbage

- 100 grams sliced beef, cooked
- Cabbage, cut into fine strips
- 1/2 cup beef broth (*organic low sodium*)
- 1 tbsp apple cider vinegar
- 2 tbsp Bragg's liquid aminos
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tbsp green onions, chopped
- Salt, pepper, and Stevia to taste



1. In a frying pan, combine spices with liquid ingredients and stir-fry on high heat slowly adding cooked beef and cabbage.

Add water if needed to keep from burning.

Add orange slices for sweetness if desired.

Sweet Ginger Shrimp

- 100 grams raw shrimp, peeled and deveined
 - 1/4 cup vegetable broth (*organic low sodium*)
 - 2 tbsp lemon juice
 - 2 tbsp orange juice
 - 2 tbsp Bragg's liquid aminos
 - 1/4 tsp fresh or powdered ginger
 - Pinch of chili powder
 - Dash of garlic powder
 - Dash of onion powder
 - Salt, pepper, and Stevia to taste
1. In a saucepan, mix dry spices with broth and liquid ingredients.
 2. Add shrimp and cook stirring continuously until shrimp turns pink.
 3. Add water periodically until desired consistency is reached.
-

Veal Picatta

- 100 grams veal cutlet
 - 1 serving Melba toast, crumbled
 - 1/4 cup vegetable broth
 - 2 tbsp caper juice
 - 2 tbsp lemon juice
 - 1 clove of garlic, minced
 - Pinch of paprika
 - 1 bay leaf
 - Salt & black pepper to taste
1. Mix Melba toast crumbs with paprika, salt & pepper.
 2. Dip veal cutlet in lemon juice and coat with herbed Melba toast crumbs.
 3. Fry veal cutlet in a little lemon juice on high heat until cooked thoroughly.
 4. Set aside. Pour vegetable broth in pan; add lemon & caper juice, chopped garlic & bay leaf. Cook for 1-2 minutes.
 5. Remove bay leaf. Top the veal cutlet with remaining lemon sauce.

Shrimp Stuffed Tomato

- 1 lb. cooked salad shrimp
- 8 green onions, thinly sliced
- 1 stalk celery, finely chopped
- 1 clove garlic, minced
- 1 tsp. Cajun or Blackened Seasoning
- 1/4 cup. fat free mayonnaise
- 1 ½ tsp. Worcestershire sauce
- 1 head romaine lettuce, chopped
- 4 med. tomatoes
- 2 med. lemons, halved



1. Combine first 7 ingredients in a medium bowl and refrigerate until serving.
2. Core the tomatoes and cut each into 8 sections, leaving the sections connected at the bottom.
3. Divide the lettuce among 4 serving plates and top each with a tomato, splaying out the sections slightly.
4. Stuff each tomato with equal amounts of shrimp salad. Serve with a lemon half to be squeezed over top.

Makes 4 servings | Calories: 135 per serving Fat: 0.5g.

~ Desserts ~

HCG Baked Apple

- 1 large gala apple, cored and cut into quarters
 - 1/2 tsp cinnamon
 - 1/4 tsp agave nectar
1. Place the apple on a sheet of foil, then sprinkle the cinnamon and agave nectar over the top.
 2. Wrap the foil together to enclose the apple inside.
 3. Place on a ceramic or glass-baking dish.
 4. Bake at 350°F for 15 minutes or until the apple is tender.
-

Choco Berry Smoothie

- 3/4 cup milk (*Add more milk, if necessary, but no more than 1 cup per day.*)
 - 25-30 blueberries (*preferably frozen*)
 - 1 tsp sugar free chocolate syrup
 - Handful of ice
1. Blend until reaches desired consistency.
-

Strawberry/Orange Smoothie

- 1 cup of frozen or fresh strawberries
 - 1/3 cup of orange juice (*not from concentrate*)
 - 3/4 cup of crushed ice
 - Stevia flavor of choice (*1/2 dropper full or 1 packet*)
 - 1 handful of frozen spinach leaves (*optional*)
1. Blend until smooth.

Pie Crust

- 6 oz pecan pieces
 - 2 oz walnut pieces
 - 3 tbsp butter
 - 2 tbsp Stevia/Truvia
1. Put in food processor, combine all ingredients and pulse until reaches desired consistency.
 2. Press down into 9" pie dish.



This crust works for all sorts of pies, cheesecakes, or even the 'crisp' in apple crisps. If you want to bake separately such as for a pudding pie, simply bake at 350° for 10 mins, until lightly browned. Cool completely before filling.

Pumpkin Pie

- 1 can pumpkin (*Be sure it's 100% pumpkin and not pie mix.*)
 - 2 eggs
 - 1 can evaporated milk
 - 1 cup Truvia/Stevia
 - 1 tsp cinnamon
 - 1/2 tsp sea salt
 - 1/2 tsp nutmeg
 - 1/4 tsp ginger
 - 1/4 tsp cloves garlic
 - Unbaked pie crust (*see recipe*)
1. Preheat oven to 425 degrees.
 2. Combine all ingredients and pour into crust. Bake for 15 mins.
 3. Reduce heat to 350 and bake for 45 mins.
 4. Cool completely before serving.

You can make this pie completely crustless, by pouring into a PAM sprayed pie dish and following the same cooking instructions.

Apple Delicious

- 4 apples
 - 4 packets of Truvia/Stevia
 - 1 tsp of cinnamon
 - 2 cups of water
 - 1 tsp of vanilla
1. Place apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples.
 2. Bake at 350 degrees for 1 hour.
 3. Take out of oven, add vanilla to the liquid, and stir.
 4. Take apples out and pour sweetened water mixture over apple and enjoy!
-

Broiled Cinnamon Grapefruit

- 1 grapefruit
 - Cinnamon to taste (*optional*)
 - Sugar substitute (*as needed*)
1. Peel grapefruit and remove skin from each section.
 2. Toss the sections of grapefruit with cinnamon and sugar substitute.
 3. Broil until cinnamon & sugar substitute caramelize.



Makes 2 fruit servings

Section 4:

Helpful Tools



Danik's HCG program leaves nothing to chance. This is the section of the book where you'll find all the helpful tools necessary to get you started and keep you on the path to rapid and permanent weight loss.

If you don't remember how to inject yourself, reference this section for detailed instructions.

Before heading to the grocery store, first check here for a list of HCG-approved foods, beverages and condiments. Then use the 7-day meal planner to put together your grocery list for the week.

Should you want to read Dr. Simeons' original manuscript about the diet, this is also where you'll find a link to *Pounds and Inches*, along with information about belly fat and how to lose it.

In short, we've put detailed diet guidelines in the palm of your hand, to read online or print out for reference when you're in the kitchen, at the grocery store, or dining out.

Patient Instructions: *Injections*

You can give yourself HCG injections at home safely and accurately with proper care and technique. This page, and the instructions in *My HCG Plan*, will guide you through the steps to give yourself an injection. If you have any questions or concerns, please ask your Danik clinician.

Step One: Preparation

1. Wash your hands well with soap and water.
2. Gather the supplies you need and place them on a clean, dry surface.

Supplies:

- Syringe
 - Alcohol Swabs
 - HCG Vial
 - Sharps Container
3. Clean top of vial cap with an alcohol swab.
 4. Clean injection area (stomach, arms, or thigh) with an alcohol swab.

Step Two: Injecting

1. Remove safety caps (top and bottom) from the syringe.
2. Insert the needle straight into the vial through the rubber top. Inject air into the bottle by pushing down on the plunger.
3. Using one hand, turn the vial with the syringe upside down. Be sure the needle is in the bottle and below the fluid level.
4. Draw back the plunger to the 20 units mark.

5. Check for air bubbles in the syringe. Bubbles can be removed by flicking the syringe with your finger. If the air bubble is at the top of the syringe, push gently on the plunger so the air goes back to the bottle.
6. Inject the HCG hormone into the cleaned injection area.
7. Discard used syringes and needles into a sharps container.



Remember:

- Do not reinsert a needle into the HCG vial, even if the syringe has not been used. It can contaminate the HCG product.
- Discard all needles/syringes into a sharps container.

Calorie Tracking Sheet

Food Item	Cal. Per Oz.	Total Ounces	Calories
FRUIT 2 servings at least 6 hours apart			
Apple, medium, cored	15		0
Grapefruit, 1/2 medium, weigh unpeeled	9		0
Orange, fresh 1 medium, weigh unpeeled	13		0
Strawberries, fresh, 6 large	9		0
VEGETABLES 2 servings eat a different one at each meal			
Asparagus, raw	6		0
Beet Greens	6		0
Broccoli	10		0
Cabbage	7		0
Celery	4		0
Chard	7		0
Chicory	7		0
Cucumber	3		0
Fennel	9		0
Lettuce, Cos, Romaine	5		0
Lettuce, Spring Mix	4		0
Onion, bulb raw	12		0
Onion, green	9		0
Radish	5		0
Spinach	7		0
Yellow Summer Squash	6		0
Tomatoes, raw	5		0
PROTEIN 3.5 ounces uncooked weight			
BEEF			
Hamburger 95% Lean	38		0
Steak, Round	40		0
Steak, Ribeye	77		0
Steak, Sirloin	53		0
Steak, Tenderloin	55		0
CHICKEN, Boneless/Skinless			
Regular chicken	31		0
Natural or Organic	27.5		0
FISH / SEAFOOD			
Catfish	30		0
Crab, King	49		0
Flounder/Sole	26		0
Halibut	31		0
Prawn	30		0
Scallops	25		0
Shrimp	30		0
Red Snapper	37		0
Tilapia	37		0

Food Item	Cal. Per Oz.	Total Ounces	Calories
EGGS**			
Lg. Whole brown organic egg*	70		0
3 brown organic egg whites*	51		0
MISC.			
Lemon Juice	7		0
Grapefruit juice	12		0
Melba Toast*	20		0
Grissini*	12		0
Apple Cider Vinegar			0
Tea			0
Water			0
Total Calories:			0

****Can be used occasionally to replace protein portion**

***Count these as a single item and not by the ounce. Two eggs would be 140 calories and not each ounce of egg.**

7-Day Sample HCG Diet

This is a sample of how to use the 7-Day Meal Planner provided on the following pages.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Tea or Coffee <i>(Optional: Stevia and/or 1 tsp of milk. No sugar.)</i>	Tea or Coffee <i>(Optional: Stevia and/or 1 tsp of milk. No sugar.)</i>	Tea or Coffee <i>(Optional: Stevia and/or 1 tsp of milk. No sugar.)</i>	Tea or Coffee <i>(Optional: Stevia and/or 1 tsp of milk. No sugar.)</i>	Tea or Coffee <i>(Optional: Stevia and/or 1 tsp of milk. No sugar.)</i>	Tea or Coffee <i>(Optional: Stevia and/or 1 tsp of milk. No sugar.)</i>	Tea or Coffee <i>(Optional: Stevia and/or 1 tsp of milk. No sugar.)</i>
Snack	1 Bread Stick	1 Fruit	1 Melba Toast	1 Fruit	1 Bread Stick	1 Fruit	1 Melba Toast
Lunch	Chicken Apple Salad with Romaine Lettuce	Lobster Salad with Baby Spinach	Vegetable Beef Soup	Strawberry & Cucumber Salad	Asparagus Salad	Fajita Chicken Soup	Strawberry Chicken Salad
Snack	1 Fruit	1 Melba Toast	1 Bread Stick	1 Melba Toast	1 Fruit	1 Bread Stick	1 Melba Toast
Dinner	Lemon Dill Fish	Sweet Ginger Shrimp	Orange Roughy	Veal Picatta	Beef with Cabbage	Seafood Gumbo	Orange Grilled Chicken with Herbs



Week One: 7- Day Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

Week Two: 7-Day Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							



Week Three: 7-Day Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

Week Four: 7-Day Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

Do's & Don'ts

To reach your weight-loss goal, it's imperative that you follow the instructions below when preparing meals or dining out.

DO	DON'T
Eat Food Recommended in HCG Recipes	Mix the HCG Diet Protocol with Other Diet Plans
Add Seasonings to Meals	Use Excess Oil in Foods or while Cooking
Weigh All Meats Before Cooking	Eat Any Visible Fat on Meats
Drink Plenty of Water	Mix or Combine Vegetables
Use HCG Diet Friendly (Oil-free) Personal Care Products, Makeup, Shampoos, etc.	Use Body Oils or Oil-based Lotions, Creams, or Lip Glosses
Use Stevia or Truvia	Use Sugar
Eat Fiber, Fruits, Vegetables	Substitute Food Items
Avoid Soft Drinks, Alcoholic Beverages, Vitamin Waters, Enhanced Drinks, etc.	Eat Foods That Are Heavy with Starch
Eat High Protein Diet	Cheat
Drastically Reduce or Stop Cigarettes	Eat Within 3 Hours of Going to Bed

More Resources

Check out these additional HCG resources by clicking on the links below. These links are your conduit to vital information about the HCG Diet, why it works, and how to achieve maximum results.

39 Secrets to Losing Belly Fat Trimming that waistline will be easier than you think if you pay attention to these diet, exercise, and lifestyle tips. In addition to augmenting your HCG results, this guidance will help you maintain the results longer through good nutrition, daily exercise, and a positive approach to life.

- <http://tinyurl.com/brvg6r7>

Foods to be Avoided You'll want to keep this with you at all times. It's a handy calorie counter for favorite fast foods. If visiting any of the included chains, be sure to check this guide before you order.

- <http://tinyurl.com/bqnoo4d>

Pounds & Inches by Dr. Simeons Learn all about the theory and science behind the HCG diet with Dr. Simeons' original manuscript. It's a fascinating book by a ground-breaking endocrinologist who revolutionized our understanding of the physiology of weight loss.

- <http://tinyurl.com/ctk9r2q>

Section 5:

After the Diet

What happens next?

That's a very good question and here's the answer. Danik's HCG program focuses on both losing weight and keeping it off, so after your 30 days on the hormone, your clinician will introduce a healthy, higher-calorie food regimen and have you come in



after a fifth week for a post-treatment assessment. At that time, your final measurements and photos will be taken to document your weight loss and change in body profile. This 7-day "Maintenance Week" is designed to monitor how you'll do on your own managing your portions, food choices and calorie consumption. During your final "Maintenance Week," you'll also be advised to start exercising regularly in order to support the introduction of a higher-calorie diet. Additionally, this exercise will help you tone, tighten, and contour your slimmer body.

Continuing Your Slim-Down

Based on your BMI and fat percentage, after successfully completing the diet, you may be advised to repeat the diet for another 30 days to achieve your optimum weight. However, for slower weight loss without severe dietary restrictions, Lipotropics Injections may be recommended as an alternative to the HCG Diet. Lastly, if you've reached your goal, you may choose to tone, shape, and tighten your new body contours by selecting a series of body sculpting treatments.

