

dr simeons hcg diet food list

Dr Simeons HCG Diet Food List: A Detailed Guide to What You Can Eat

dr simeons hcg diet food list is a topic that often sparks curiosity among those intrigued by the HCG diet protocol. Originally developed by Dr. A.T.W. Simeons in the 1950s, this diet combines a very low-calorie intake with the hormone hCG (human chorionic gonadotropin) to promote rapid weight loss. While the hormone plays a controversial role, the carefully curated food list is central to the diet's success and sustainability. Understanding what you can eat—and what to avoid—is key to navigating the HCG diet effectively.

In this article, we'll explore the essentials of the Dr Simeons HCG diet food list, discuss the allowed foods, and offer insights into how these choices support the unique demands of this weight loss plan. Whether you're considering starting the HCG diet or simply want to learn more about its nutritional guidelines, this comprehensive guide will illuminate the path.

Understanding the Dr Simeons HCG Diet Food List

Before diving into specific foods, it's helpful to understand the philosophy behind the HCG diet's food restrictions. Dr. Simeons designed the diet to work alongside the hormone's purported ability to reset fat stores and curb hunger sensations. To maximize these effects, the diet demands a strict calorie limit—typically around 500 calories per day—and a focus on low-fat, low-carb, and low-sugar foods.

The food list centers on lean proteins, certain vegetables, and limited fruits, all chosen to maintain nutrition while minimizing calorie intake. The goal is to stimulate fat burning without sacrificing muscle mass or vital nutrients. This restrictive yet precise selection is what differentiates the Dr Simeons HCG diet food list from other dieting approaches.

Why the Food List Matters

Given the extremely low-calorie nature of this diet, the foods you choose must be nutrient-dense and filling enough to help you stick with the plan. The HCG diet food list ensures that you get sufficient protein to preserve muscle, fiber to aid digestion, and essential vitamins and minerals. Straying from the list can disrupt the delicate balance, potentially leading to less effective weight loss or negative side effects.

Core Components of the Dr Simeons HCG Diet Food List

The diet's simplicity is one of its defining features. Here's a breakdown of the main categories included in the Dr Simeons HCG diet food list:

1. Lean Proteins

Protein is the cornerstone of the HCG diet food list. Lean, low-fat proteins help maintain muscle mass during calorie restriction and keep you feeling satiated. Typical protein choices include:

- Skinless chicken breast
- White fish such as cod, haddock, and sole
- Shellfish like shrimp and crab
- Egg whites (whole eggs are mostly avoided due to fat content)
- Lean cuts of beef or veal (usually very limited)

The emphasis is on very low-fat options because fat is calorie-dense and can interfere with the diet's fat-burning mechanism as outlined by Dr. Simeons.

2. Approved Vegetables

Vegetables on the HCG diet must be low in starch and sugars, focusing on those that provide fiber and nutrients without adding many calories. The approved vegetable list includes:

- Spinach
- Chard
- Lettuce (all kinds)
- Asparagus
- Celery
- Cucumbers
- Tomatoes (in moderation)
- Cauliflower
- Broccoli (limited quantities)

These vegetables can be eaten raw or steamed but rarely cooked with oils or butter, which add calories.

3. Limited Fruits

Fruits are generally restricted due to their natural sugar content, but a

small allowance is made for specific low-sugar options such as:

- Apples (green, tart varieties preferred)
- Oranges (small portions)

Fruits serve mainly as a source of vitamins and antioxidants but should be consumed carefully to stay within the diet's calorie confines.

4. Beverages

Hydration is crucial on the HCG diet. The list encourages:

- Water (plenty of it)
- Herbal teas (unsweetened)
- Black coffee (without cream or sugar)

Avoid sugary drinks, milk, or alcohol since these can easily exceed the calorie limits and disrupt fat metabolism.

Foods to Avoid on the Dr Simeons HCG Diet Food List

Just as important as knowing what to eat is understanding what to steer clear of. The HCG diet excludes:

- High-fat meats and processed meats (e.g., bacon, sausages)
- Dairy products like cheese, cream, and milk
- Starchy vegetables such as potatoes, corn, and peas
- Grains including bread, rice, pasta, and cereals
- Sugary snacks, desserts, and sweets
- Oils, butter, and other added fats
- Alcoholic beverages

This exclusion list helps maintain the very low-calorie intake and prevents the body from relying on carbohydrates or fats for energy, encouraging it instead to burn stored fat.

Tips for Navigating the Dr Simeons HCG Diet Food List

Sticking to a strict menu can be challenging, but a few practical tips can help make the Dr Simeons HCG diet food list easier to follow:

Plan Your Meals Ahead

Mapping out your meals for the day—or even the week—can prevent last-minute temptations. Since the food choices are limited, preparing meals in advance ensures you stay on track without feeling deprived.

Focus on Seasonings and Herbs

The diet's restrictive nature means flavor can sometimes feel lacking. Using approved herbs, lemon juice, vinegar, and spices can enhance taste without adding calories.

Balance Portion Sizes Carefully

Even allowed foods must be portion-controlled to keep total calories around 500 per day. Weighing proteins and measuring vegetables can help maintain consistency and maximize results.

Stay Hydrated

Drinking plenty of water supports metabolism and helps manage hunger pangs. Herbal teas can also provide variety and comfort during the diet phases.

The Role of the HCG Hormone in Relation to the Food List

One of the unique aspects of the Dr Simeons HCG diet is the concurrent use of the HCG hormone, which is claimed to aid fat loss while preserving muscle. While scientific opinions vary regarding the hormone's efficacy, the strict food list is designed to complement its supposed effects.

By limiting calories and specific food groups, the diet aims to create a metabolic environment where the body preferentially burns fat stores, with HCG purportedly helping to regulate hunger and protect lean tissue. Whether or not you choose to incorporate the hormone, understanding and adhering to the food list remains critical to achieving the diet's goals.

Variations and Modern Adaptations of the Food List

Over the decades, many variations of the Dr Simeons HCG diet food list have emerged, often influenced by modern nutrition insights. Some practitioners allow slightly more vegetables or introduce small amounts of healthy fats like olive oil for better satiety and nutrient absorption.

Others have adapted the protocol to include plant-based proteins for vegetarians. However, most versions maintain the core principle of low calories, lean protein, and minimal carbs and fats.

If you're considering a modern adaptation, it's wise to consult with a healthcare provider or nutritionist familiar with the HCG diet to ensure safety and effectiveness.

Final Thoughts on Embracing the Dr Simeons HCG Diet Food List

Embarking on the HCG diet requires dedication and discipline, especially when it comes to food choices. The Dr Simeons HCG diet food list provides a clear framework, emphasizing lean proteins, select vegetables, and minimal fruits to support rapid yet controlled weight loss.

While the diet isn't for everyone and should be approached cautiously, especially due to its low-calorie nature, many find value in its structured approach and simplicity. By focusing on whole, unprocessed foods from the approved list, you can better manage hunger and maintain essential nutrition during the diet phases.

If you decide to follow this protocol, keep in mind that success often hinges on your commitment to the food list and understanding how each choice contributes to your body's fat-burning journey. With careful adherence and thoughtful meal planning, the Dr Simeons HCG diet food list can be a powerful tool in your weight loss arsenal.

Frequently Asked Questions

What is the Dr. Simeons HCG diet food list?

The Dr. Simeons HCG diet food list includes a selection of low-calorie, low-carb foods such as lean proteins (chicken breast, white fish, shrimp), certain vegetables (spinach, lettuce, tomatoes), fruits (apples, oranges, strawberries), and specific pantry staples like black coffee, tea, and water. The diet is designed to be followed strictly alongside HCG hormone injections or drops.

Can I eat fruits on the Dr. Simeons HCG diet food

list?

Yes, but only specific fruits are allowed in limited quantities, such as apples, oranges, strawberries, and grapefruit. These fruits are low in sugar and calories to fit the diet's strict calorie restriction.

Are dairy products allowed on the HCG diet food list?

No, most dairy products are not allowed on the Dr. Simeons HCG diet food list because they contain fats and sugars which can interfere with the diet's effectiveness. Some versions allow limited use of skim milk, but it's best to follow your specific protocol.

What types of protein are recommended on the HCG diet food list?

Lean proteins such as skinless chicken breast, lean cuts of beef, white fish (cod, tilapia), shrimp, and egg whites are recommended. These proteins are low in fat and calories, aligning with the diet's goals.

Are carbohydrates allowed on the Dr. Simeons HCG diet food list?

Carbohydrates are very limited on the HCG diet. Only certain vegetables like spinach, asparagus, tomatoes, and cucumbers are allowed, as they are low in starch and calories. High-carb foods like bread, pasta, rice, and potatoes are prohibited.

Can I drink coffee or tea while on the HCG diet?

Yes, you can drink black coffee and unsweetened tea during the diet. However, avoid adding sugar, cream, or milk to keep the calorie intake minimal.

Is salt allowed on the Dr. Simeons HCG diet food list?

Yes, a small amount of salt is allowed to season food, but it should be used sparingly. Avoid salty processed foods as they can cause water retention and hinder weight loss.

Can I eat vegetables on the Dr. Simeons HCG diet food list?

Yes, specific non-starchy vegetables like spinach, lettuce, asparagus, tomatoes, celery, and cucumbers are allowed. These vegetables are low in calories and carbohydrates, making them suitable for the diet.

Are nuts or seeds included in the HCG diet food list?

No, nuts and seeds are not included on the Dr. Simeons HCG diet food list due to their high fat and calorie content, which can interfere with the strict calorie restrictions of the diet.

Can I use any condiments or dressings on the HCG diet food list?

Condiments and dressings are generally not allowed unless they are very low-calorie and free of sugar and fat. Simple seasoning with herbs, vinegar, and a tiny amount of olive oil may be permitted depending on the phase of the diet.

Additional Resources

Dr Simeons HCG Diet Food List: An In-Depth Review and Analysis

dr simeons hcg diet food list has long been a subject of interest for individuals exploring rapid weight loss methods. Originating from Dr. A.T.W. Simeons' research in the 1950s, the HCG diet combines very low-calorie intake with human chorionic gonadotropin (HCG) hormone administration. However, the cornerstone of this protocol remains the strict selection of foods allowed during the diet phases. This article delves into the specifics of the Dr. Simeons HCG diet food list, examining its components, rationale, and how it compares to other dietary plans.

Understanding the Foundations of the Dr Simeons HCG Diet Food List

The Dr Simeons HCG diet food list is designed to align with the unique principles of the HCG diet, which emphasizes consuming a very low-calorie diet (VLCD) of approximately 500 calories per day. The restricted caloric intake is balanced by the hormone HCG, which proponents suggest helps mobilize fat stores and minimize hunger.

The food list is meticulously curated to include only those items that are low in calories, fats, and carbs, while providing sufficient protein and essential micronutrients to sustain the body during the diet period. The focus is on lean proteins and select vegetables, with a strict avoidance of sugars, starches, and unhealthy fats.

Core Components of the Food List

The diet's food list primarily consists of:

- **Lean Proteins:** This includes specific portions of chicken breast, lean cuts of beef, veal, and white fish such as sole and cod. Egg whites are also permitted.
- **Vegetables:** Non-starchy vegetables like spinach, lettuce, tomatoes, cucumbers, and celery are allowed in limited quantities.
- **Fruits:** Generally, the diet restricts fruit intake due to sugar content; however, small servings of apples or oranges are sometimes permitted.
- **Beverages:** Water, black coffee, and tea without sugar or milk are

acceptable.

Notably absent from the list are high-calorie condiments, oils, dairy products (except minimal butter in some versions), grains, and legumes.

Analyzing the Nutritional Profile and Restrictions

The Dr Simeons HCG diet food list is characterized by severe caloric restriction and limited macronutrient variety. A typical day includes roughly 100 grams of lean protein and 100 grams of vegetables, totaling around 500 calories. This contrasts sharply with general dietary guidelines recommending 1,500 to 2,500 calories daily for adults.

Proteins: The Central Element

Lean proteins are prioritized because they support muscle mass maintenance during weight loss and have a higher thermic effect of food, which can slightly increase metabolism. The diet restricts fat content by eliminating skin and fatty cuts. For example, chicken breast without skin or lean cuts of beef are preferred.

Vegetables: Limited but Essential

Vegetables provide fiber, vitamins, and minerals essential for health, yet the list restricts choices to non-starchy varieties. This limitation is intended to minimize calorie intake and carbohydrate consumption, which aligns with the diet's goal of promoting fat burning over carbohydrate metabolism.

Pros and Cons of the Dr Simeons HCG Diet Food List

Any diet plan warrants a critical look at its advantages and potential drawbacks, especially considering the restrictive nature of the HCG protocol and its prescribed food list.

Advantages

- **Rapid Weight Loss:** The combination of low-calorie intake and HCG hormone reportedly facilitates quick fat reduction, often appealing to those needing immediate results.
- **Clear Guidelines:** The food list's strict limitations eliminate

guesswork, providing a straightforward approach to meal planning.

- **Emphasis on Lean Proteins:** Encouraging lean protein consumption supports muscle preservation and satiety during calorie restriction.

Limitations and Concerns

- **Extreme Caloric Restriction:** Consuming only 500 calories daily can lead to nutrient deficiencies, fatigue, and muscle loss if not medically supervised.
- **Limited Food Variety:** The restrictive food choices can lead to monotony and potential non-compliance over time.
- **Scientific Debate:** The efficacy of HCG in weight loss is controversial, and much of the weight loss may be attributed solely to calorie restriction.
- **Potential Health Risks:** Without proper guidance, following such a low-calorie diet can negatively impact metabolism and overall health.

Comparing the Dr Simeons HCG Diet Food List to Other Diet Plans

When juxtaposed with other popular diets, the Dr Simeons HCG diet food list stands out for its strict limitations and low-calorie focus.

Keto vs. HCG Food Lists

The ketogenic diet allows high-fat intake, moderate protein, and very low carbohydrates, enabling the body to enter ketosis. In contrast, the HCG diet severely restricts fats and carbohydrates while emphasizing lean proteins, which limits the body's fuel sources differently.

Paleo and HCG Food Lists

Paleo encourages whole foods, including nuts, fruits, and healthy fats, which are mostly absent from the HCG diet. The HCG protocol's exclusion of these foods results in a narrower nutritional spectrum.

Intermittent Fasting and HCG

Intermittent fasting focuses on the timing of eating rather than food

restrictions, often allowing a wider range of foods during eating windows. The HCG diet's stringent food list and calorie limits contrast with this more flexible approach.

Implementing the Dr Simeons HCG Diet Food List: Practical Tips

For individuals considering the HCG diet, understanding how to navigate the food list effectively is crucial.

- **Precise Measurement:** Portion control is essential. Foods must be weighed and measured accurately to maintain the 500-calorie limit.
- **Meal Planning:** Pre-planning meals ensures compliance and prevents impulsive eating outside the food list.
- **Hydration:** Drinking ample water aids the hormone's purported fat-mobilizing effects and supports overall metabolism.
- **Avoiding Prohibited Foods:** Strict avoidance of sugars, starches, and fats is necessary to adhere to the diet protocol.

Scientific Perspectives on the Dr Simeons HCG Diet Food List

Numerous studies have scrutinized the HCG diet's scientific validity. While the food list's low-calorie nature undeniably leads to weight loss, the role of HCG remains debated. Research published in reputable journals indicates that HCG injections do not significantly influence hunger or fat distribution beyond the effects of calorie restriction alone.

Moreover, the restrictive food list, though effective for short-term weight loss, is challenging to sustain and may not support long-term health or weight maintenance. Registered dietitians often caution against extremely low-calorie diets without medical supervision due to risks such as electrolyte imbalance and muscle atrophy.

Despite these concerns, the Dr Simeons HCG diet food list continues to attract followers seeking rapid results, highlighting the importance of understanding both the potential benefits and risks.

The Dr Simeons HCG diet food list embodies a stringent approach to weight loss, focusing on lean proteins and low-calorie vegetables within a tight caloric framework. While it facilitates quick weight reduction, its sustainability and health implications require careful consideration. For those exploring this diet, consulting healthcare professionals and evaluating the scientific evidence behind the food list and HCG hormone use is essential to making informed decisions.

Dr Simeons Hcg Diet Food List

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dr simeons hcg diet food list: Hcg Diet 800 Calorie Protocol Sonia E. Russell, Sonia E Lpn Russell, 2011-05-24 A modernized medical revision of the original hCG Diet Protocol that details all of the 4 phases. The new 800 Calorie hCG Diet Protocol was developed over 3 years ago, peer reviewed and tested on thousands of dieters with spectacular results. The new modified version will provide the dieter with a more tolerable, healthier and safer program. HCG drops dieters are strongly encouraged to follow this protocol to achieve healthier long term weight loss results. This book includes the phase 2 800 calorie hCG diet protocol food guide, all required hCG essentials, sample menus, phase 2 recipes, new plateau breaking tips, modernized detailed guidelines for all 4 phases, phase 3 maintenance guide, hCG diet FAQ's, long term patient testimonials, recommended supplement and nutritional information, calorie counting charts, high glycemic foods to avoid, easy exercise routines and published hCG diet articles.

dr simeons hcg diet food list: Restaurants and Recipes for the Hcg Diet Richard Lipman M.D, 2013-02 Two thirds of U.S. adults are overweight or obese. That staggering statistic drives an insatiable appetite for solutions -preferably ones that are quick and easy. Although the HCG diet has been around for years, it's only in the past year that it has gained the attention of millions of dieters. Promising to lose a pound a day without hunger or exercise it sounds like a dream. Yet that's just what dieters across American have experienced. A diet with amazing weight loss results and no hunger, fatigue or weakness. Dr Richard Lipman, a board certified internist and endocrinologist updated the HCG diet from the 1954 protocol of its originator, Dr. A. T. Simeons in his e-book, *The New Pounds and Inches*. This book is based on modern research and what has worked for Dr Lipman's HCG patients during the past two years. Dr Lipman's NEW Pounds and Inches protocol is based on a 700-800 calorie a day diet, limited carbs and fat, protein for all three meals, numerous snacks, unlimited vegetables and many fruits. It's the 1950's diet updated with today's great products! More than 100 exciting recipes based on many of these new products are present in this guide book. Recognizing that more and more food is eaten out of the home, Dr Lipman has reviewed most of the common restaurants Americans eat at. From McDonalds to Panera Bread to Bonefish Grill there are hundreds of HCG friendly meals in a restaurant near you. You just need to know what to look for and what to avoid. Dining out and preparing new recipes as offered in the *Guide to Restaurants and Recipes on the HCG Diet*, makes the HCG diet fun, prevents boredom and guarantees your success.

dr simeons hcg diet food list: HCG DIET MANUAL Revised November 2019 Dr. Cara Phillip, 2010-11-21 This is a medically supervised HCG Diet and HCG Weight Loss and Wellness Program created and facilitated by Naturopathic doctors. This HCG Diet Guide is used along with the HCG Diet Program Portland at The Natural Path.

dr simeons hcg diet food list: The Super Simple HCG Diet Kathleen Barnes, 2013-04-18 The Super Simple HCG Diet is the simplest and most successful way to shed excess weight--3 to 5 pounds a week--without the complexities of the original HCG Diet. • Have you considered the HCG Diet? • Are you worried that you won't be able to stick to the 500-calorie restriction? • Or worried you won't have enough energy? • Or worried you'll just become numbingly bored with the limited food choices? • Afraid to inject yourself? This book debunks the myths of the 500-calorie Simeons HCG Diet and the outdated protocols that are difficult to understand and practically impossible to follow. Easing the calorie restriction to allow 700 calories a day, The Super Simple HCG Diet offers

you a simpler program that still ensures success—allowing easier compliance without sacrificing rapid weight reduction. It also eliminates the complex phase system and, for those who need to stay on the program for several months, allows small breaks without abandoning the diet and weight control program altogether. The Super Simple HCG Diet is based on the author's personal experience. With her unique sense of humor and compassion, Kathleen Barnes helps you navigate the pitfalls, simplify the process, and stay the course for major and permanent weight control.

dr simeons hcg diet food list: Hcg Diet 800 Calorie Protocol Second Edition Sonia E. Russell, 2012-08 Licensed nurse, Sonia Russell, LPN is recognized as a leading expert in hCG diet research and weight loss safety. Many dieters have claimed to be weak, tired, complain of hunger, frequent headaches and hair loss on the original 500 calorie VLCD. The HCG Diet 800 Calorie Protocol was developed from years of patient data obtained in the clinical setting to provide the dieter with a safer, effective and more comfortable plan. The 800 Calorie Protocol includes the use of vitamins and minerals, adding breakfast, more protein sources, an extra fruit serving, and more food choices. The results have shown to yield the same, if not better weight loss when compared to the original 500 calorie protocol. The modified version also includes an improved phase 3 stabilization plan by removing certain foods that many dieters have been known to overindulge upon. The 800 Calorie Protocol teaches the principals of eating clean by prohibiting canned and processed foods, fat free/sugar free store bought foods or products containing preservatives, flavor enhancers, pesticides, herbicides, sugar substitutes, corn syrups or hormones. The dieter will learn healthier ways to grocery shop, read food labels, and prepare and cook healthier foods. The HCG Diet 800 Calorie Protocol Second Edition contains detailed updates to each phase of the 800 Calorie Protocol including new stall breaking techniques, egg white protein alternatives, approved breakfast protein shakes, updates to the phase 2 food guide, phase 2 allowable water veggies, more delicious phase 2 and 3 recipes, sample menus for phases 2 and 3, a detailed phase 3 stabilization plan, dieter testimonials, all required hCG essentials, updated hCG diet FAQ's, recommended supplements, calorie counting charts, and exercise routines.

dr simeons hcg diet food list: The Best Diet You Have Never Heard of - Physician Updated 800 Calorie Hcg Diet Removes Health Concerns Dr. Larry Vickman, MD, 2011-04 The Best Diet You Have Never Heard Of is a modernized and improved revision of the original Dr. Simeons 500 calorie hCG diet protocol. Developed over 3 years ago, Dr. Larry Vickman, MD, Dr. Connie Odom, MD and Sonia Russell, LPN are the first medical professionals to provide a safer and more tolerable protocol for the patient by removing the safety concerns many experience with the original 500 calorie protocol. The physicians have integrated the latest modern medical advancements and increased both the daily protein and caloric intake from the original 500 calories/day to an LCD of 800 calories/day. The revised protocol is also utilized as the new standard in hCG weight loss therapy for the prescribing practitioner.

dr simeons hcg diet food list: The Hormone "Shift" Dawn M. Cutillo, 2012-03-28 Would you like to lose five pounds, stop your hot flashes and sleep better, THIS WEEK? These results are attainable when your hormones get into balance. The author explains how natural, safe solutions can bring fast results that last. From her twenty-three years of experience in the health field, and after helping thousands of women at her Lancaster, Pa. health center, she has noted growing trends that ALL stem from a simple hormone imbalance: The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism. The increased use of strong mood medications for depression/anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects. The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the womans symptoms. The increased use of the birth control pill for heavy, painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time. The increased number of ablations, hysterectomies and other invasive procedures performed for cysts, fibroids, endometriosis. Women still fear breast cancer due to not knowing its true cause. CONCLUSION: Frustration is rising due to NOT getting validation about concerns or answers on these issues from

the medical field or health/nutrition industry! Are Your Hormones Imbalanced? Perhaps your hormones have shifted a bit due to stress, age, pregnancy or menopause. Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet, exercise, herbs, medication or even surgical procedures? Learn the ONE MAIN hormonal shift that occurs in almost all American women, starting at puberty and peaking around menopause along with its ONE MAIN origin. The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be: Losing weight quickly (even if NOTHING worked up until now) Relieving your hot flashes/night sweats Deepening your sleep Easing your anxiety/irritability and mood swings Seeing your depression lift Regulating your menstrual cycle - easing symptoms of PMS Decreasing your chance of female-related cancers Reversing your other PMS/menopausal symptoms or conditions that affect your overall health. You will understand that when hormones are balanced you will look and feel your best while preventing female-related cancers and slowing the aging process as an extra benefit! If you are one of the many women saying. These constant hot flashes are driving me crazy! Is everyone around me trying to get on my last nerve? Im counting FLOCKS of sheep and still cant sleep! Im working out, eating like a bird and cant lose a single pound! Sex? Are you kidding? Id rather be sleeping or eating. My thyroid medicine just doesnt seem like its helping me lose weight. Depressed? Thats an understatement, nothing is really fun anymore. This book is a must-read!

dr simeons hcg diet food list: Fat 2 Fab Tobi Beck, 2013-01-27 There is much controversy about the HCG diet, and even more misinformation. It comes down to this, your body has a natural weight regulator, if you are over weight, the weight regulator is broken. Fix the weight regulator and the weight will drop off. All other measures are temporary until the weight regulator is fixed. This is a program to fix the weight regulator, at home, quickly, inexpensively. This book provides everything you need to order HCG and mix it, over 100 recipes, step by step instructions, and a support group if desired.

dr simeons hcg diet food list: New Pounds and Inches Richard L. Lipman M.D, 2013-02 The HCG diet has caught the attention of most overweight Americans as it promises to help the dieter lose a pound a day without hunger or cravings and without a minute of exercise. The HCG diet was conceived in 1950, by Dr. A.T. Simeons, who wrote in his booklet, Pounds and Inches, that injecting HCG, a hormone produced normally by pregnant women, could not only produce spectacular weight loss results, but at the same time re-set the metabolism centers in the brain permanently. Simeons' plan required daily injections of HCG, and a rigid semi-starvation 500 calorie a day diet. Although many people have been successful with the plan, an equal number have found the HCG diet difficult to follow and have increasing questions about the HCG's safety and effectiveness. In the New Pounds and Inches, Richard L. Lipman M.D., a board certified endocrinologist and internist, updates and revises Simeons' 1954 plan using modern day science and his personal experience treating thousands of patients with HCG. Dr Lipman clarifies all of the controversies surrounding the HCG diet. The New Pounds and Inches uses oral HCG, an 800 calorie food plan, protein with all three meals, many fruits, unlimited vegetables, and many more foods, beverages and snacks unavailable to Dr. Simeons. It presents a workable exercise program, a maintenance plan and concludes with hundreds of appropriate HCG recipes. The New Pounds and Inches offers a safe, effective weight loss plan that sets the standard in weight loss for both practitioners and patients.

dr simeons hcg diet food list: *The Weight Loss Cure "they" Don't Want You to Know about* Kevin Trudeau, 2007 This work by a #1 New York Times-bestselling author presents a revolutionary plan that helps readers to reshape their body, get rid of abnormal fat, increase their metabolism, eliminate hunger and food cravings, and reveals why the food industry wants to keep the population fat.

dr simeons hcg diet food list: The Change Your Biology Diet Louis J. Aronne, 2016-01-05 Overcome addictions to sugar, fat, and salt—and achieve permanent weight loss—with advice from the New York Times bestselling author of *The Skinny*. Louis J. Aronne, M.D., internationally recognized weight-management expert and director of the Comprehensive Weight Control Center at Weill-Cornell Medical College, has created the Change Your Biology Diet, a proven program that

helps people break through weight loss “resistance” to drop excess pounds and keep them off. Dr. Aronne’s approach, unlike fad diets, focuses on biological factors that cause weight gain. For example, overeating the wrong kinds of food—namely highly processed, starchy, sweet, fatty food—damages neurons in the brain’s appetite center that lead to weight gain. Following his plan can reverse this process. With the support of his extensive knowledge and the latest research, readers learn Twelve Breakthrough Strategies for Successful Weight Management, such as how the order in which food is eaten affects weight loss. He provides two different adaptable diets so that readers can personalize a program that works for them. There are meal plans, delicious recipes for protein shakes, soups, sauces, salad dressings, main courses, side dishes and desserts as well as three high-intensity workouts that require no equipment and can be done in less than ten minutes anywhere. Beyond diet and exercise, Dr. Aronne covers the most recent developments in weight loss medications and bariatric procedures. The Change Your Biology Diet provides readers with everything they need to know to lose weight successfully from one of the pioneers in the field of obesity medicine. “Let Lou help how you think and eat. He might save your life as well.”—David Letterman, from the Foreword

dr simeons hcg diet food list: *Cosmopolitan* , 1963

dr simeons hcg diet food list: *Pocket Guide to the HCG Protocol* Linda Prinster, Tiffany Prinster, 2009-08-24 The Pocket Guide to the HCG Protocol is a must-have for consultants and anyone participating in Dr. Simeons' HCG Diet Protocol. This version is the same as the self-guided version, except there is no business advertising contained in this book. This little book packs a lot of valuable information, including: a summary of a typical round of the HCG protocol, Dr. Simeons' approved menu for the protocol, dos and don'ts for the 500 calorie phase of the diet, rules for the maintenance phase, and a nutrition chart of 1,000 foods, drinks, and condiments charting whether or not each item is allowed on each phase of the protocol.

dr simeons hcg diet food list: *Hcg Diet Victory Planner* James Walker, 2010-07-01 HCG Diet Victory Planner: A Personal Time Saving Success Guide This is the second book in the 'HCG Diet Victory Collection' by James Walker. Once again, Walker has utilized his unique communication and graphics talent, to produce a completely fresh approach to the 'weight setting' and 'returning to normal' steps of Dr. Simeons HCG Diet protocol. In his simple, direct and easy to understand style, Walker presents the perfect companion book to his highly regarded first book on the subject, the 'HCG Diet Victory Tool Kit.' (ISBN 978-0-9800641-7-9) The author, answers critical questions, and offers time saving practical help for 'resetting body weight' and returning to 'normal' at the end of the HCG protocol. Walker goes further, sharing well researched methods and references, for determining what is 'normal' for you. James Walker believes that the successful completion of the HCG diet protocol is a golden opportunity to max your life and health by understanding and harnessing the uniqueness of your personal metabolism. He calls it discovering your unique 'Metabolic Blueprint (r).' Book content includes, as always, Walker's unique, proprietary forms, tables and flow charts. An exclusive new feature in this planner is a great time saving set of pre-made or customizable, 6 day menu plans in 100 Calorie increments from 1200 to 2600 Calories. A new 'Weight Setting Worksheet, ' as well as, other bonus forms and guides for the finalizing and maximizing of Dr. Simeons HCG weight loss protocol. Everything you need to secure your HCG assisted weight loss and stay on a successful health track in a straight forward and down to earth presentation. Emphasis is on simplicity, time saving and empowering you to take control of your weight & health

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thing is clear: our bodies give us ample warning, years ahead of time, of oncoming obesity. But, isn't it good to know if we miss the harbingers of weight gain, we have a wonderful solution and coach in Mr. Dan Hild and Susan Margret Wimmer's exceptional book, HCG-DIET: WHAT DR. SIMEONS REALLY SAID? Get your copy today and get off the hamster wheel of dieting and onto the road of lasting, healthy weight loss success!

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dr simeons hcg diet food list: Eight Hundred Calorie Secret Richard Lipman, 2012

dr simeons hcg diet food list: New 800 Calorie HCG Diet Richard Lipman, 2017-12-26 Safer, healthier and just as easy and fast as the original 500 calorie HCG diet writes Richard Lipman M.D, board certified internist and endocrinologist in The New 800 Calorie HCG Diet. Many weight loss physicians agree that the original 500 calorie a day HCG diet is too limited in calories and choices for most patients. Over the past three years, Dr Lipman added additional low calorie and ultra low carb and fat foods, snacks and condiments to the diet of hundreds of HCG dieters. Not only did they feel less hungry and less deprived, but they lost the same weight as those following the original Simeons diet from 1954. Dr Lipman writes, almost all my patients noted more energy and less cravings with the larger portions and more choices in the new 800 calorie plan. In addition they lost the same weight without feeling deprived. Dr Lipman has explored hundreds of new meal combinations, added twenty new snacks including new five fruits, unlimited vegetables, soups, condiments and even ultra low carb wraps. Many of the products were originally for diabetics or for low carb dieters developed during the 2004 low carb craze. All of the choices are based principles originally described by Dr Simeons. This book describes the use of human hormone HCG or Human Chorionic Gonadotropin. This natural hormone reduces hunger and cravings and increases metabolic processes. This results in the same rapid weight loss observed in 500 calorie version. In fact, many of Dr Lipman's patients have experienced weight loss of between 1/2 to 1 pounds per day on this plan. This book includes not only phase 1 and 2, but a completely re written phase 3. All of the HCG meal menus use thumbnail pictures showing choices, portions and preparations. No calorie counting is needed. The new 800 calorie HCG diet minimizes cooking and shopping for unusual foods. Everything that the dieter need is usually in the house or even in school or office cafeterias. This modernized HCG plan includes the new food protocol, all required HCG essentials, sample menus, new plateau breaking tips, modernized detailed guidelines for all three phases of the HCG plan.

dr simeons hcg diet food list: HCG Weight Loss Cure Guide Linda Prinster, 2008-02-27 A New and Improved Version #4 is NOW available on Amazon with ISBN #978-0-9831124-2-6. Enhancements include updated food charts, vegetarian information and much more. The HCG Weight Loss Cure Guide is a guide to Dr. Simeon's Pounds and Inches, which is the base hCG diet Protocol described in Kevin Trudeau's newest book The Weight Loss Cure They Don't Want you to Know About. Discovered and documented after decades of research by Dr. Simeons, the 'original' protocol promises a short term plan with long term results--a full copy of Simeons' Pounds and Inches is included in the appendix. This guide is the complete 'How To' in laymen's terms from start to happy ending. For most people, this can make the difference between reading about an extremely

complicated and expensive diet protocol (as presented in Trudeau's book) and executing an inexpensive, simple protocol detailed by the physician who developed it (Dr. Simeons'). The guide includes non prescription ordering, mixing, storing, tips, menus, charts, and everything else you need to successfully lose the AVERAGE 20 - 30 pounds in about a month.

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