

## *Hcg Diet Day 1*







### Hcg Diet Day 1

I'm on the HCG diet n in 24 days i lose 15 lbs. They say normal is 5lbs in 1 week. The first week i lost 7 lbs but now is real hard to lose more than 3 to me whaaa.

### Diet Talk: HCG Diet...Day 1 here we go... - FatSecret

hCG Phase 1 - Sublingual Serum. On hCG Phase 1 of the weight loss diet is when you are provided with hCG sublingual serum mix together with the HCG powder to lose your body fat at a rate of 1 to 3 pounds per day. If combined with a low calorie diet, the hCG phase 1 can help you utilize a pound to a pound and a half of body fat per day...

### hCG Phase 1 - hCG Diet Phase 1 to Weight Loss

HCG Diet Phase 1. Phase 1 is known in the HCG Program as the Loading Days. On the first day of the diet when the HCG is taken you are allowed to eat anything you please and as much as you please. I always tell people eat all of the things that you are going to miss while on your diet. Eating things such as cake, french-fries, Ice cream, pasta,...

### HCG Diet Phase 1 | Loading days with the HCG diet protocol

The loading phase, or Phase 1 of the Hcg Diet begins with a 2 day stretch where calorie dense foods are consumed to satisfaction. The purpose behind this is to raise the fat stores in the body in preparation of Phase 2, the 500 calorie/day phase. Hcg is taken on loading days, and continued through Phase 2.

### Hcg Diet Phase 1: The Loading Phase | HCG Diet Info

Once you start with the HCG diet day 1, you'll understand why you are supposed to eat the foods recommended for this part of the diet. HCG Diet Phase 1: Important Role of the First Step Now that you're ready to start HCG diet day 1, let's talk about the overall importance of the HCG diet plan Phase 1.

### HCG Diet Phase 1: Important Role of the First Step

DIET PROTOCOL. Phase 1 - Days 1-2: FAT LOADING + HCG Drops For the first two days, begin taking the HCG drops (as explained above). Eat full portion servings of high fat foods. This may include: Eggs, avocados, butter, yogurt, dairy, nuts, seeds, etc. (high fat foods) Do NOT skip this step. This step is crucial,...

### HCG Diet Protocol Phase 1 - HCG Diet

Day 1 and 2 of the HCG diet: You'll start taking Your HCG drops on day 1, 6 drops 6 times per day. During these 2 days you will want to eat everything and anything! The more fat, the better. I know it sounds crazy, but the drops take 48 hours to 'kick in' and this will help significantly with hunger during the next week.

### HCG Diet Expectations | HCG Diet Information | Your HCG Diet

How to Start the HCG Diet Loading Days (Phase 1) - Top 20 Questions Answered Posted By: Amy 16410 Views. What is Phase 1 of the HCG Diet? Also know as the Loading Phase, this is the beginning of your weight loss and body sculpting journey with HCG. ... A. Day one of the entire HCG diet is day one of the loading phase. The very first day you ...

### How to Start HCG Diet Phase 1 (LOADING DAYS)

The HCG diet has been popular for many years. It's an extreme diet, claimed to cause fast weight loss of up to 1-2 pounds (0.5-1 kg) per day.

### What Is the HCG Diet, and Does It Work? - Healthline

The hCG diet limits you to 500 calories a day for 8 weeks while taking hCG, either by getting a shot or by taking a "homeopathic" product, such as oral drops, pellets, or sprays, which you can buy at the store. None of this is approved by the FDA for weight loss. The shots themselves are legal, as long as a health care provider gives them to you.

**hCG (Human Chorionic Gonadotropin) for Weight Loss ...**

Proper Loading Is a Must for Your HCG Diet Success. By the time your liver realizes you've dropped your caloric intake down to 800 calories per day, the HCG has already begun tapping into your unwanted fat reserves and the weight falls right off. It quite literally melts away. Just take a look at Trisha's results.

**Proper Loading Is a Must for Your HCG Diet Success ...**

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