

## Phase 3 – Ending the HCG

After the diet is completed you have a wider variety of fruits and vegetables that you may now eat. You may eat and cook with fats and oils.

### **There are two rules:**

1. You must weigh yourself every morning and remain within 2 pounds of your last HCG weight, and
2. You must eat at least 1500 calories per day with one exception: NO SUGARS AND STARCHES!

**Fruits** that are **NOT** included in Phase 3 are: Dried fruits, fruits that are processed with sugar (canned cranberry sauce, applesauce, canned cherries, etc.)

**Fruits** that are a **Caution** in Phase 3 are: Melons (all varieties), grapes, mangos, bananas, pomegranates, raisins, and watermelon

**Vegetables** that are **NOT** included in Phase 3 are: Beets, corn, yams, parsnips, potatoes (all varieties including sweet), rutabagas

**Vegetables** that are a **Caution** in Phase 3 are: Artichokes, okra, peas, pumpkin, squash (acorn, butternut, spaghetti, crookneck, winter)

**All cheeses/dairy** are a **Caution**, except for Cottage Cheese

**All Nuts/Seeds** are a **Caution**, except for Coconuts and flax seeds

**All 'Starchy' Beans** are **NOT** included in Phase 3 except for Edamame

It takes about 3 weeks before the weight becomes stable. It is during these 3 weeks that you must realize carbohydrates (sugars, rice, bread, potatoes, pastries, etc.) are by far the most dangerous. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but AS SOON AS FATS AND STARCH ARE COMBINED, THINGS ARE VERY LIABLE TO GET OUT OF HAND. This has to be observed very carefully during the first 3 weeks after the treatment is ended otherwise disappointments are almost sure to occur.

As long as your weight stays within two pounds of the weight reached on the day of the last HCG, don't worry about what you are eating; but, the moment the scale goes beyond two pounds, even if this is only a few ounces, you must skip breakfast and lunch and drink plenty of water. In the evening you must eat a huge steak with only 1 apple or a raw tomato. This should bring your weight back down near your last HCG weight and you can begin eating normally (still no sugars or starches) the next day.

Once you have maintained your last HCG weight for 3 weeks, you are then able to return for another round of Phase 2 (VLCD with HCG). If you have met your weight goal, you then move to Phase 4.

