

About Face  
Aesthetics, Skincare & Weight Management

HCG Diet

Daily Diet Schedule  
Daily Food Journal  
Food & Calorie Counts  
Recipes



# DAY 1: 20 Units of HCG and GORGE

Date: \_\_\_\_\_

Morning Weight: \_\_\_\_\_

Eat as much *FATTY FOOD* as you can without making yourself sick.....

Go to all your favorite fast food places. Eat your doughnuts, candy and cake...be sure to include anything that you think you may crave over the next month....Only one rule....ENJOY IT!

Notes/comments for the day:

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# **DAY 2: 20 Units of HCG and GORGE**

**Date:** \_\_\_\_\_

**Morning Weight:** \_\_\_\_\_

Continue to enjoy being bad! Go to your favorite restaurant and have a COUPLE of your favorite desserts.

Even though you do not feel hungry due to the HCG being loaded into your system, it is still VERY important to keep eating to fill in your fat stockpiles...but please, don't make yourself sick....

Eat up today and be ready to change your life tomorrow!!!

Notes/comments for the day:

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**Days 27-30 or Days 41-44**

## **Transition**

**Do not give yourself an injection during this time, but continue to follow the previous 500 calorie diet. Do not worry about becoming hungry, as the HCG will remain in your system for 72 hours.**

**Congratulations!! You have now made it through the hardest part of the diet. It is all down hill from here! Next up will be your maintenance phase. This phase is to help you to get back into eating regular food, slowly adding items back in.**

## **First 3 weeks of Maintenance**

**Eat what you want, when you want, except no sugars and no starches. (You may want to keep a food diary.)**

**Examples of things to add back: eggs, cheese and other proteins. Avoid starchy vegetables such as potatoes and corn. Also avoid fruits high in sugar...**

**Weigh yourself EVERYDAY and if you are 2.1 lbs over your last HCG date weight, you must do a steak day. For a steak day, eat nothing for breakfast or lunch and drink plenty of fluids throughout the day. Then for dinner, have a large steak followed by either an apple or a raw tomato.\**

## **Second Three Weeks of Maintenance**

**Continue to weigh yourself daily, and start *slowly* adding sugars and starches back into your diet. Again, if you are 2.1 lbs over your last HCG date weight, do a steak day.**

**You have now made it through the entire HCG diet and transition phase.**

**Hopefully you have learned a new lifestyle of eating. If there is anything that we can do to assist you in the rest of your journey, please feel free to contact us!**

# **YOU MADE IT!**

**About Face HCG Diet Schedule By Days**

<b>Day</b>	<b>HCG Injection</b>	<b>Food</b>	<b>Date</b>	<b>Weight</b>
1	20 units	Unlimited		
2	20 units	Unlimited		
3	20 units	500 Cal Max		
4	20 units	500 Cal Max		
5	20 units	500 Cal Max		
6	20 units	500 Cal Max		
7	20 units	500 Cal Max		
8	20 units	500 Cal Max		
9	20 units	500 Cal Max		
10	20 units	500 Cal Max		
11	20 units	500 Cal Max		
12	20 units	500 Cal Max		
13	20 units	500 Cal Max		
14	20 units	500 Cal Max		
15	20 units	500 Cal Max		
16	20 units	500 Cal Max		
17	20 units	500 Cal Max		
18	20 units	500 Cal Max		
19	20 units	500 Cal Max		
20	20 units	500 Cal Max		
21	20 units	500 Cal Max		
22	20 units	500 Cal Max		
23	20 units	500 Cal Max		
24	Stop Injection Unless Advised	500 Cal Max		
25	None	500 Cal Max		
26	None	500 Cal Max		
27	None	No Starches or Sugar		
28	None	No Starches or Sugar		
29	None	No Starches or Sugar		
30	None	No Starches or Sugar		
31	None	No Starches or Sugar		
32	None	No Starches or Sugar		
33	None	No Starches or Sugar		
34	None	No Starches or Sugar		
35	None	No Starches or Sugar		
36	None	No Starches or Sugar		
37	None	No Starches or Sugar		
38	None	No Starches or Sugar		
39	None	No Starches or Sugar		
40	None	No Starches or Sugar		
41	None	No Starches or Sugar		
42	None	No Starches or Sugar		
43	None	No Starches or Sugar		
44	None	No Starches or Sugar		
45	None	No Starches or Sugar		
46	None	No Starches or Sugar		
47	None	No Starches or Sugar		

## About Face Food and Calorie Counts

### Fruits

Apple	100 calories
Strawberries	1 cup = 46 calories
Orange	70 calories
1/2 Grapefruit	60 calories

### Vegetables

You may have a vegetable serving sized to your preference. However, you must count your calories accordingly.

Spinach	1 cup = 7 calories
Tomato, cherry	One = 3 calories
Tomato, medium	One = 22 calories
Celery, medium 8" stalk	One = 8 calories
Beet greens	1 cup = 8 calories
Chard	1 cup = 7 calories
Chicory	1 cup = 7 calories
Lettuce	1 cup = 5 calories
Onion, medium 1/8" slice	One slice = 6 calories
Onion, chopped	One TBSP = 4 calories
Red Radish	One = 1 calorie
Cucumber, sliced	One slice = 6 calorie
Cucumber, chopped	1 cup = 16 calories
Asparagus	7" spear = 3 calories
Cabbage, shredded	1 cup = 18 calories

### Proteins: 3.5 oz. of all Meats

Chicken Breast	114 calories
Ground Beef, 95%	137 calories
Sirloin	131 calories
Beef Tenderloin	153 calories
Ground Veal	144 calories
Veal, Scaloppini	112 calories
Crab, Alaskan King	84 calories
Lobster	90 calories
Tilapia	96 calories
Halibut	110 calories
Orange Roughy	76 calories
Cod	82 calories
Red Snapper	100 calories
Grouper	92 calories
Sword Fish	121 calories
Pollock	92 calories
Shrimp	106 calories

### Starch

Melba toast, one piece	20 calories
Alessie Breadstick, one	20 calories

# About Face HCG - Days 3 - 40 500 Calories

Copy this page and use as a "check list" to ensure you are eating the right portion and types of food.

**Breakfast:**  Coffee  Tea

**Lunch:**

**Protein (100 g):**  Chicken  Veal  Lean Beef  Lobster  
 White Fish  Shrimp  Crab

**Choice of Fruit:**  Apple  Orange  Strawberries  1/2 Grapefruit  
 Tomato

**Choice of Vegetable:**  Green Salad  Cabbage  Onion  Chicory  
 Fennel  Cucumber  Tomato  Spinach  
 Chard  Celery  Asparagus  Red Radishes  
 Beet Greens

**Starch:**  Melba Toast (Or 2 Melba rounds)  Grissini Breadstick

**Dinner:**

Choose from the same menu as lunch but be sure and mix it up a bit-- especially your protein so you don't get tired of one certain food.

**Protein (100 g):**  Chicken  Veal  Lean Beef  Lobster  
 White Fish  Shrimp  Chart

**Choice of Fruit:**  Apple  Orange  Strawberries  1/2 Grapefruit

**Choice of Vegetable:**  Green Salad  Cabbage  Onion  Chicory  
 Fennel  Cucumber  Tomato  Spinach  
 Chard  Celery  Asparagus  Red Radishes  
 Beet Greens

**Starch:**  Melba Toast (Or 2 Melba rounds)  Grissini Brestick

**Misc:**  Tbsp Milk  Juice of 1 Lemon  Stevia Ultra Lean Comp. Shake 2  
 Sugarfree Jello  Mineral Water  Club Soda With Stevia

Notes/Comments




## About Face Daily Food Journal

About Face Daily Food Journal								
Date Shot Given:	Food	Calories	Date Shot Given:	Food	Calories	Date Shot Given:	Food	Calories
<b>Breakfast:</b>			<b>Breakfast:</b>			<b>Breakfast:</b>		
<i>fruit</i>			<i>fruit</i>			<i>fruit</i>		
<b>Lunch:</b>			<b>Lunch:</b>			<b>Lunch:</b>		
<i>protein</i>			<i>protein</i>			<i>protein</i>		
<i>vegetable</i>			<i>vegetable</i>			<i>vegetable</i>		
<i>fruit</i>			<i>fruit</i>			<i>fruit</i>		
<i>starch</i>			<i>starch</i>			<i>starch</i>		
<b>Dinner:</b>			<b>Dinner:</b>			<b>Dinner:</b>		
<i>protein</i>			<i>protein</i>			<i>protein</i>		
<i>vegetable</i>			<i>vegetable</i>			<i>vegetable</i>		
<i>fruit</i>			<i>fruit</i>			<i>fruit</i>		
<i>starch</i>			<i>starch</i>			<i>starch</i>		
How did I feel today? <i>Water intake:</i>			How did I feel today? <i>Water intake:</i>			How did I feel today? <i>Water Intake:</i>		
<i>Total Calories:</i>			<i>Total Calories:</i>			<i>Total Calories:</i>		
Date Shot Given:	Food	Calories	Date Shot Given	Food	Calories	Date Shot Given	Food	Calories
<b>Breakfast:</b>			<b>Breakfast:</b>			<b>Breakfast:</b>		
<i>fruit</i>			<i>fruit</i>			<i>fruit</i>		
<b>Lunch:</b>			<b>Lunch:</b>			<b>Lunch:</b>		
<i>protein</i>			<i>protein</i>			<i>protein</i>		
<i>vegetable</i>			<i>vegetable</i>			<i>vegetable</i>		
<i>fruit</i>			<i>fruit</i>			<i>fruit</i>		
<i>starch</i>			<i>starch</i>			<i>starch</i>		
<b>Dinner:</b>			<b>Dinner:</b>			<b>Dinner:</b>		
<i>protein</i>			<i>protein</i>			<i>protein</i>		
<i>vegetable</i>			<i>vegetable</i>			<i>vegetable</i>		
<i>fruit</i>			<i>fruit</i>			<i>fruit</i>		
<i>starch</i>			<i>starch</i>			<i>starch</i>		
How did I feel today? <i>Water intake:</i>			How did I feel today? <i>Water intake:</i>			How did I feel today? <i>Water Intake:</i>		
<i>Total Calories:</i>			<i>Total Calories:</i>			<i>Total Calories:</i>		