

The 500 VLCD (Very Low Calorie Diet)

Every morning: Use the bathroom ~ Weigh yourself at the same time each morning ~ Place 8-10 HCG drops under your tongue ~ hold them there for a few seconds before swallowing ~ and wait at least 10 minutes before eating or drinking anything.

Breakfast:

Tea or coffee in any quantity without sugar or creamer. Only one tablespoonful of milk allowed in 24 hours. Stevia or Truvia may be used. (Stevia is the preferred sweetener)

Lunch:

1. You may eat 100 grams (3.5 ounces) of the following: veal, any type of 93% lean beef, chicken breast, fresh white fish, lobster, crab, or shrimp. (If you do not own a scale, this is roughly the size of a deck of cards)

All visible fat must be carefully removed before cooking and the meat must be weighed raw. Meat must be broiled, micro-waved, boiled or grilled without additional fat.

Salmon, eel, tuna, herring, dried or pickled fish are *not* allowed. The chicken breast must be removed from the bird.

2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. Check calorie count of the vegetable you choose and stay within your 500 calorie VLCD.

3. One breadstick (Grissino) or one Melba toast. (If your weight loss is slower than expected, remove the breadstick/toast from your diet)

Dinner:

Choose from the same three options above.

*You are allowed to eat 2 helpings of the following fruits per day: medium apple, orange, a handful of strawberries or one-half grapefruit. These are great for a snack any time day.

*Drink ½ to 1 gallon of liquid every day. You may drink an unlimited amount of water, coffee and tea. Green tea, Yerba Mate, Chamomile tea and Black tea are preferred.

*Season your meals with ½ lemon, vinegar, yellow mustard, Stevia, white or black pepper, sea salt, garlic, thyme, marjoram, or any other herb. You may also use Mrs. Dash sparingly. Be sure to check labels for hidden sugars.

*Absolutely NO oil, butter or dressings of any kind. (Walden Farms dressings are allowed *in moderation* as long as your body is not sensitive to Splenda. If your weight loss slows after the addition of Walden Farms, remove it from your diet until Phase 3)

If it's not on the diet, DON'T EAT IT, DRINK IT OR CHEW IT!