

HCG Diet Recipes – Dr. Dennis Clark

Introduction

This book grew out my personal experience with the HCG protocol and from the need that I saw for a simple, cost-effective book that shows HCG dieters how to get the most enjoyment from the allowable food for this weight loss strategy.

The HCG protocol is based on the original 1954 book by Dr. A.T.W. Simeons, titled *14 Pounds and Inches*. Although this book is an excellent source of information about the possible causes of overweight and obesity, why the HCG protocol works, and precisely how to follow it, the the diet itself is basically bland.

My purpose, therefore, is to guide you to find real flavor among the limited foods from which you can take consume 500 calories each day.

My goal in this book is to be concise and practical, to offer a few easy recipes, and not to overwhelm you with a huge number of recipes that you will never use.

It is not all that important for you to know my personal story ... maybe just the relevant facts: I dropped 30 lbs and 8% body fat on the HCG protocol. I also do not believe it to be important to recap the basics of the protocol. If you haven't already found a guide to the HCG diet, then use the one that I provide for subscribers to my newsletter at BestHCGWeightLoss.com. Just subscribe and you will receive a link to download it, if you have not done so already.

That guide also provides my perspective on the causes of gaining abnormal fat and on how the HCG probably works to get rid of it. Scientific research on this topic has led to new discoveries that are very interesting to me as a scientist. Some folks are like me, maybe including you, in having a driving need to know how things work.

You may already know that HCG is not approved by the FDA for weight loss.

This means that nothing I say in this book or anywhere else can be taken as medical advice, weight loss advice, or for diagnosing or treating any kind of medical problem. Of course, the FDA is a heavy-handed rogue government agency whose purpose is to be the enforcement arm of the pharmaceutical industry. This agency is not in the business of helping people get healthy. Indeed, when I see that something has been approved by the FDA is when I am especially wary of whatever that drug or treatment really is.

Other HCG Diet Cookbooks

Several other HCG cookbooks are available, either electronically (i.e., for immediate download) or in hard copy. The best bargains are hardcopy books through online stores such as Amazon, because you can always find sellers who offer used books at lower prices. The only disadvantages are that you have to pay shipping and that you have to wait days or weeks for it to arrive. If you are like me, being old-school, having a real book in hand is much more satisfying reading one on a computer screen.

Electronic books (ebooks) like this one are convenient because of their instant downloadability. Unfortunately, ebooks are routinely highly overpriced. My favorite HCG cookbook, for example, is \$39.95. It consists of 177 pages that include a lot of extraneous information about the author and about the HCG protocol, plus an extravagant amount of wasted space that is not directly related to HCG diet recipes. The reason that ebooks are so costly is that they almost always offer commissions for affiliates who sell them for their authors, which drives up the price. It is just a marketing cost that gets passed along to the buyer. Even the best cookbooks at my favorite local bookstore don't cost that much. In fact, Amazon offers Julia Child's famous 2-volume set, *Mastering the Art of French Cooking*, in paperback for about \$40.

One of my main criticisms of diet books in general is that they contain way too many recipes for me to ever use. That's just my personal view. This book, therefore, is something that I would have benefitted from because I include what I think is the right number of recipes to be practical. These are the ones I have used or recommended to others for getting through a

30-day or 43-day protocol with ease, convenience ... AND WITH FLAVOR!

HCG Food Basics

Just to make sure that we are on the same page here, the diet is called a Very Low Calorie Diet because it restricts you to 500 calories per day. This, of course, would be a starvation diet in the absence of HCG. The hormone enables your body to recoup 2,000 or more calories per day from abnormal fat to make up the difference in what your body requires for basic metabolism.

The food restrictions on this diet were determined experimentally in the 1950s, from trial and error with thousands of patients at Dr. Simeons' clinic in Rome. The basic premise is to restrict the intake of fats and oils and of carbohydrates. The logic behind which foods are allowed and which are not allowed is sometimes clear and sometimes not. For example, allowing cod or other whitefish makes sense because they are nearly oil-free. On the other hand, prohibiting salmon and tuna also makes sense because these are oily fish. On the other hand, allowing cabbage and not broccoli is not so clear, since these are varieties of the same species of plant.

Nevertheless, the basics of the diet are simple in concept. Each of two meals per day is to include:

- \$ 100 grams (3.5 ounces) of protein
- \$ a vegetable
- \$ a portion of fruit
- \$ Melba toast or grissini breadsticks

Sources of Protein

These are supposed to be weight before cooking, although I have found this requirement to be not as important as making the right food choice. These include the following:

- Chicken breast
- Lean beef (e.g., hamburger, 93% fat-free)

Veal
White fish (cod, tilapia, etc.)
Lobster
Crab
Shrimp

Approved Vegetables

One vegetable is to be consumed at each meal. No mixing of vegetables is allowed according to the original diet plan. However, I have found that you can have an unlimited amount of green leafy lettuce at each meal, together with any amount of one of the vegetables below:

Spinach
Chicory
Beet greens
Celery
Tomato (restricted to 1 tomato per meal, any size)
Red radishes
Onion
Cucumber
Asparagus
Cabbage

Approved Fruit

Apples are your most important fruit for a variety of reasons, so including one at one or both of your meals is going to be very helpful. You may choose any one of each of the following approved fruits per meal:

Apple (1 per meal maximum, any size)
Orange (1 per meal)
Grapefruit (2 per meal)
Strawberries (1 handful per meal, no matter what size your hand is!)

Approved Starchy Foods

This is VERY restrictive and important to stick to:

One serving of Melba Toast or Melba Crackers at each meal

or

4 grissini sticks at each meal (Italian breadsticks, probably only available online)

When I say one serving of Melba Toast, this refers to 2 of the regular, rectangular Melba Toasts or 4 of the cracker shapes. You could probably do a blind taste test between cardboard and Melba toast and not be able to tell the difference. Fortunately, Melba Toast, Crackers, and Snacks often come in different flavors.



There is not much else to say about the starchy foods. None of the recipes do anything to modify Melba toast, so that is all I will have to say about this component of the diet.

Important Note About Artificial Sweeteners

All carbohydrate-based sweeteners are prohibited. These include table sugar (sucrose), all the sugar alcohols (sorbitol, xylitol, maltitol, etc.) and all other forms of sugar regardless of whether they are sweet. The most common sugars as food additives are dextrose, glucose, invertose, and all syrups (corn, rice, maple, etc.).

It is especially important for you to keep an eye on ingredient labels. Balsamic vinegar, for example, contains way too much sugar to be acceptable on this diet. If you are not sure about the ingredients, then take a look at the Nutrition Facts portion of the label, where the amount of carbohydrate and sugar per serving must be clearly stated.



Avoid all artificial sweeteners! Nutrasweet (aspartame) is the most toxic additive that people consume on a regular basis. It is to be avoided at all costs regardless of whether you are on the HCG diet. There are so many things wrong with this artificial sweetener that a book length explanation would not be enough.

Artificial sweeteners tend to trick your body into expecting something with calories, so your metabolism may respond with an insulin spike as if you were taking in sugar anyway. Insulin spikes will make you fat and they will disrupt the HCG from directing your body from burning abnormal fat.

This means that diet sodas and diet drinks in general will undermine your progress on the diet.

Dr. Simeons allowed his patients to use saccharin, which was the major (and maybe only) artificial sweetener that was on the market in the 1950s. Of all the artificial sweeteners, saccharin is one of two that are semi-okay. The other is Splenda (sucralose). The most common adverse effect of Splenda is diarrhea. The long terms effects are yet to be determined. Splenda contains chlorine, which may become a problem. We just don't know for sure.

The notion that artificial sweeteners are calorie-free is not quite true. Some of them, especially the sugar alcohols, are not digested by human metabolism. However, when they pass into the colon, the native bacteria in our GI tract break them down and release a minimal number of calories. Although this is not a large source of calories, the metabolic by-products of a bacterial bloom (acid, gas) are the cause behind the laxative effects of these sweeteners.

Stevia to the Rescue

The best all around sweetener is derived from a Brazilian plant by the name of Stevia. The leaves of this plant are very sweet, and their main sweet ingredient is more than 200 times sweeter than table sugar.

The main drawback to Stevia is that it leaves an odd aftertaste for some people. I am one of those people, so I had to develop a new Stevia habit to replace sugar in my coffee.

Fortunately, Stevia is available in flavored liquids that are remarkably good for doctoring up water, coffee, teas, and desserts. The best products are by Sweetleaf Stevia. My favorite is English Toffee, just four drops in a cup of coffee and my sugar addiction goes away!

The other flavors are Apricot Nectar, Chocolate Raspberry, Cinnamon, Chocolate, Grape, Lemon, Peppermint, Root Beer, Valencia Orange, and Vanilla Creme.

If you are ever craving a cold, refreshing soda, the best that you can do for your health and for your taste buds is to add your favorite flavor of liquid Stevia to club soda and - *voila!* - your own healthful and satisfying soda.

Basic Beverages

This is a very short list: coffee, tea, water. You may also have the juice from 1 lemon each day, which will make your tea taste better and offer more antioxidant power. And you are allowed 1 tablespoon of milk or cream each day.

By the way, powdered or liquid creamers that are non-dairy are taboo. First off, they contain casein (a dairy product!). Secondly, they almost always contain trans fats, which should never be in your diet - and I mean for a lifetime, not just on HCG.



About Flavorings!

Ah, this is where you turn those bland HCG foods into gourmet delights. Or, just something that tastes good enough to enjoy and to help you stay on the protocol all the way to the end.



Before I go too far, let me call to your attention the most versatile flavor mix that I came across during my HCG protocol. It is simply Italian salad dressing mix. Normally this mix calls for the addition of water, vinegar, and oil to make the full dressing. However, I mixed only water, or water and vinegar, and used it for flavoring everything from my salads to my vegetables and even the chicken, hamburger, and fish.

Before discovering how to use this mix, the HCG diet foods were more like a concoction of cardboard and rabbit food - yech!

The good news about herbs and spices during the HCG protocol is that almost everything is acceptable. Just pay attention to labels, as always. You will find, for example, that some mustard products contain added oil (avoid these) and some don't - such as ordinary spicy brown mustard.

Note also that common food sauces often contain sugar (mayonnaise, ketchup, salad dressings), corn starch or other carbohydrate, or oil. Just don't use these. If you get desperate, maybe 1-2 tablespoons of such sauces per meal could work for you. Watch your scale carefully to see whether these things slow down your weight loss.

WARNING! One of the nastiest kinds of food additives that you will encounter is MSG (monosodium glutamate). It causes numerous negative effects on human health, *including weight gain*. Unfortunately, our government is in cahoots with the food industry on this topic, which means that MSG is hidden on food labels in numerous guises.

There are over 40 food ingredients besides "monosodium glutamate" that contain processed free glutamic acid (MSG). Each, according to the FDA,

must be called by its own, unique, "common or usual name." "Autolyzed yeast," "sodium caseinate," and "soy sauce" are the common or usual names of some ingredients that contain MSG. Unlike the ingredient called "monosodium glutamate," they give the consumer no clue that there is MSG in the ingredient.

MSG-containing products may even have **No MSG** in big, bold letters on the product label! When you are doing your best to avoid MSG, misleading labels can drive you crazy.