

Hcg Diet Phases



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Hcg Diet Phase 2 is the infamous weight loss phase of the plan, where a strict protocol is followed and rapid weight loss occurs. This is the most challenging of all Hcg Diet Phases, and includes following the 500 calorie diet , minimal exercise, and taking Hcg consistently.

HCG Diet Phases Explained: Learn the 4 Phases in 4 Mins ...

hCG Phases To Weight Loss Protocol. Remember, hCG stands for Human Chorionic Gonadotropin, a type of hormone. hCG is one of the world's most powerful weight loss supplements. The hCG protocol phases to weight loss diet is unlike anything ever before produced in the history of the health, fitness or bodybuilding field.

hCG Phase - Phase 1, Phase 2, Phase 3 - Weight Loss hCG Phases

HCG Diet Phases. Phase 1: Eat whatever you like for a couple of days in order to refill your fat reserves. It may seem counter-intuitive, but dieters should not do the diet without this phase. Phase 2: The very low calorie portion of the diet, in which you have to follow the specific 500 calorie diet plan.

The HCG Diet Food List - Your MUST Follow Guide (Jan 2019)

Phase One. During the first phase of the HCG diet, you increase your caloric and fat intakes for two days, focusing on high-fat foods. At the same time, you will take HCG injections. The goal of the first phase is to interfere with the way the body stores fat.

HCG Diet Meal Plan, Examples & Phases - GuideDoc

Phase 2: Core Phase - 30 to 40 days. HCG diet Phase 2 is the core part of the diet. This is where all your preparation will come into play. You will start and maintain a strict regimen of a 500 calorie per day diet during this phase.

HCG Diet Plan: How to Prepare, Main Phases, Food List

HCG Diet Phases Overview for Users of HCG Diet Drops. R1P2D3 = Round 1, Phase 2, Day 3 (the first day of the Core Phase above) R2P3D15 = Round 2, Phase 3, Day 12 (the fifteenth day of the Stabilization Phase) Hopefully you now have a better grasp on the HCG diet phases and how HCG diet drops fit into the protocol.

[Dog Care: Feeding Your Pup a Healthy Diet and Other Dog Care Tips \(Dog Ownership\)](#), [The Cancer Prevention Diet The Macrobiotic Approach to Preventing and Relieving Cancer](#), [The Cortisol Connection Diet: The Breakthrough Program to Control Stress and Lose Weight](#)