

Thin Deluxe and HCG Protocol

THIN DELUXE

WEIGHT LOSS MADE EASY

820– 1000 Calorie Protocol

What to expect

Days 1 – 2

(Phase 1)

During the first two days of your HCG & Thin Deluxe diet program, (while taking the HCG and Thin Deluxe drops) we ask that you eat higher calories both days, eat anything you want and drink over 100 oz of water. This is a very important step in the diet because it prepares the body for the weight reduction program. This also allows time for the HCG to get into your system thus cutting your appetite so that you may avoid the possibility of suffering from hunger. Make sure and take 10 to 13 drops (this will amount to $\frac{1}{2}$ to $\frac{3}{4}$ of a dropper) of the HCG and Thin Deluxe drops before each meal. Please go to our FAQ Page and read the question that explains why loading days are important and exactly how to do them.

Days 3 – 15+

(Phase 2)

Your weight loss protocol begins on day three. At this point you MUST follow the prescribed program without deviation. Eating more food than the plan allows, or consuming foods that are not allowed, will only cause an immediate weight gain. It is also important that you correct any deviations. Should deviations occur, you must return immediately to the stated diet plan. Make sure to continue taking 10 to 13 drops (this will amount to $\frac{1}{2}$ to $\frac{3}{4}$ of a dropper) of the HCG and Thin Deluxe liquid before each meal.

After Weight Loss (Maintenance Program – Phase 3 & Phase 4)

You do not have to do this if you want to keep losing stop the HCG but keep going with the Thin Deluxe.

After you complete your HCG and Thin Deluxe cycle please do not eat starches or sugars for 2 to 3 weeks. You may eat as much of the approved foods as you like, within reason, but do not consume starches or sugars. That means no potatoes or cold cereal or candy of any kind. After 2 to 3 weeks you may begin to slowly add starches and sugars. Also, you may now begin to exercise a little more vigorously at least 3 times a week. It should be easier now since you have taken your weight off. Please weigh yourself every two days during this period and if you show weight gain of up to 2 pounds then you need to reduce the number of starches and sugars and concentrate on vegetables and proteins. This will help you maintain your ideal weight. Click to read the full description of Phase 3 and here for Phase 4.

HCG & Thin Deluxe Diet Foods

HCG & THIN DELUXE DAILY MEALS – You will be consuming three meals a day and two snack (It's based on a low-calorie diet which can vary up to about 1000 calories per day depending on what protocol foods you eat unless you choose a custom plan to fit your active lifestyle.)

Our Original Protocol 820 – 1000 Calories

You can have Oatmeal, Cheerios, Special K, Any Dr. Atkins bars, - Shakes or Dr. Atkins Frozen Dinners, Ezekiel Bread, Corn Tortillas, Think Thin Bars, Coconut Oil, Skinny Popcorn, cheese, Fat free cottage cheese.

Approved HCG & THIN DELUXE Diet Food Proteins 5 oz's of protein per serving.

White Chicken, Filet Mignon (no sauce), Tilapia, Blue Fish,
Salmon, Extra lean Ground beef or chicken Round, Shrimp, Ocean Perch,
White Fish, Clams (10), White Pork, Crab,
Veal, Sea Bass, Venison, Lobster,
Catfish, Tuna, Flounder, White Turkey, salmon or shrimp
Roast, Eggs. Approved TD/HCG Protein Shake

Approved HCG & THIN DELUXE Diet Food Vegetables

Greens Celery, Radishes, Asparagus, beets, pumpkin, spaghetti squash
Brussel Sprouts, Cucumber, Bean Sprouts, Onion,
Broccoli, Spinach, Bell Peppers, Tomato,
Cauliflower Lettuce Green Beans Mushrooms,
Carrots, Cabbage, Peas, Dill Pickles,
Zucchini,
Avocado 1/4 to 1/2

Approved HCG & THIN DELUXE Diet Food Fruits

Apples, Peaches, Oranges, Pears,
Cantaloupe, Plums, Strawberries, Blueberries,
Nectarines, Grapefruit, Raspberries.

One Serving a day of any of these extra of these per day:

If you eat two slices of Ezekiel bread do not eat corn tortillas in the same day. You may have 1

Ezekiel bread or 1 Corn Tortilla on the same day.

Ezekiel Bread / 2 slices

Corn Tortillas - 2

Dr Atkins products - 1 bar a day

Skinny popcorn - 1 cup

Avocado 1/4 to 1/2

Fat free Sour cream / 2 tablespoons

Cheese - 2 oz

Cream cheese 2 oz

Butter - 1 tablespoon

Mayo- 1 tablespoon

Sour cream- 1 tablespoon

Peanut Butter- 1 tablespoon

10 Almonds

Low carb yogurt
Anything sugar free
¼ cup Brown rice
Sugar free/Fat free Cool Whip

*You may also have Sugar Free pudding and Sugar Free Jell-O as a snack.

Seasonings and Condiments

Most spices can be used, but no butter, fat or oil may be used. Pam cooking spray may be used for cooking food. Sugar free ketchup, mustard, Salt may also be used. Sugar free salsa or sugar free pasta sauce. SF Condiments can also be used. Vinegar and lemon or lime should be used liberally. Tabasco sauce, Braggs amino, picante sauce, and horseradish sauce are allowed in moderation. When using these spices and such please make sure there is NO SUGAR CONTENT. (Sugar substitutes containing 0 calories may be used.)

Meal planning ideas:

Anything from the original protocol and Dr Lipman's protocol!

Breakfast

- You may have one of the following for breakfast:
- 1/2 cup cereal (only Original Special K, Total, or Original Cheerios) and 1/2 cup of Skim/Fat Free Milk.
- 1 Egg with 1 - Piece of Sliced Toast Ezekiel brand
- French Toast – (1 egg, vanilla, cinnamon and a dab of FF Milk. Top with fresh fruit or Walden Farms Pancake Syrup only)
- 1/2 cup of prepared original Oatmeal (Add cinnamon, fruit, Stevia etc.)
- 2 Eggs and No Toast.
- Protein Shake (Premier Protein/Atkins Shake (Maximum 2 a day)

Lunch

5 oz Protein (please weigh before cooking) from our list below or 1 cup nonfat cottage cheese. 1-cup cooked or raw vegetables from list 1-cup fruit from approved list or an Approved Shake (Maximum 2 a day). It's best to save your fruits for snacks to eat between meals

Dinner

5 oz Protein (please weigh before cooking) from our list below or 1 cup nonfat cottage cheese. 1-cup cooked or raw vegetables from list and 1-cup fruit from approved list or an HCG Shake (Maximum 2 a day). It's best to save your fruits for snacks to eat between meals.

Water is critical to the success of this program.

As with most HCG & THIN DELUXE diet plans, you must drink a minimum of 100 ounces of water every day. This is about 10 to 12 glasses of water. Drinking over 100 oz of water a day is a must. We recommend up to 128 oz a day for best results. If you do not drink enough water, your weight loss total will decrease and could possibly stall. You need to drink the correct amount of water for the program to work properly. You may have 3 diet sodas, or 3 glasses of Crystal Lite every day, however, these drinks, do not count toward your water intake.

Milk: Almond Milk, FAIRLIFE LACTOSE & FAT FREE Skim Milk MILK (6 net carbs, lowest sugar milk), Fat Free Lactaid (12 net carbs), soy milk, Fat Free 1/2 & 1/2, unsweetened almond milk, Coffee Mate original packets

Protein Shakes: Premier Protein, Muscle Milk light, Atkins Advantage, EAS Advant Edge Condiments: Mustards-almost zero carbs, Heinz reduced sugar ketchup (1g carb vs 4.5 g for regular ketchup) Mayo-1 carb or less, Butter- 0 carbs

Artificial sweeteners: PURE VIA, WHOLE EARTH, Splenda, Equal, Stevia, Truvia **Cereals: *Very few, BariWise Oatmeal(100 cal packets, 6 net carbs, 14 g protein)*** **Condiments:** Mustard (0 carbs), ketchup-Heinz Reduced carb (1 gram carb) Mayo (1 carb), Butter, I Can't Believe It's Not Butter, Smart Balance, Olive Oil Sprays: PAM, Bertoli,

Fast Breakfast: Special K Quiches, ***Thin Slim Foods: No carb waffles, pancakes, bagels, breads all at Amazon.***

Fast Lunches: Dr. Atkins frozen dinners, Lean Cuisine, Healthy Choice Simple-(200 cal, 4 carbs, 27 g protein), Lunch-On-the- Go-Tuna, Chicken in cans

Protein Bars: One Bar, Pure Protein, Quest, Detour, Atkins Morning Bars, Extend Bar, Russell Stover Sugar Free Bar, Think Thin Bar, KIRKLAND (Costco, cheapest bar), ***Just the Cheese (new toasted cheese bars (75 calories, 0 carbs, 8 protein)***

Breads: Ezekiel Breads, ***Thin Slim ZERO CARB BREAD or Bagels, Flat-out wraps***

Low Carb Wraps: Corn tortillas, La Tortilla (6 net carbs), Toufayan, Flatout Light Flatbread (9 net carbs), Joseph's Lo Carb Pita, Ole Low Carb Wraps,

Soups: Lipton's Cup of Soup, Progresso light, Campbells Select

Snacks 1-2 per day: Low sugar Fudgsicles, popsicles, no sugar pudding, Sugar Free jello, "Dannon Lite & Fit" Diabetic Friendly or TWO GOOD yogurt, (2 net carbs, all others have net carbs from 5 to 15 grams), Rebel Ice Cream or Halo (no sugar, higher calories because of higher fat) Skinny Pop Popcorn

VEGETABLE CARBS: Riced cauliflower: Birdseye, Green Giant, Trader Joes, Zucchini

Cheese: Polly-O, Alpine Lace, Jarlsberg Lite, Land O' Lakes Snack-to-GO, Kraft Singles & Cheese. Sticks, Laughing Cow, Swiss Knight, Cracker Barrel Cottage Cheese

Dressings: Walden Farms "0" Sugar/Fat, Ken's, Newman's, Wishbone, Hidden Valley, or Kraft fat free—aim for 60-70 cal/2tablespoons

Alcohol: **Vodka, Tequila,** Low Carb Beer: Michelob Ultra, Rolling Rock Green Lt, Bud Select 55, Busch Light, Miller Lite: all less than 3 net carbs (Watch all alcohol, great variation among dieters.) "Light Margaritas and Mojito's" from Skinny Girl, Cuervo: 4 oz: 140 cal, 3-9 net carbs ***Straight Alcohol- 0 carbs,*** Wine (red & white): 3 net carbs/5 oz --careful with these

Light Alcohol Mixes: (very little to no sugar): Tabooz, Mixology, Be Mixed, Baja Bob, Margaritaville, Jordan's Skinny Mixes