



# SAMPLE HCG DIET LOADING PHASE MENU

## BREAKFAST

3 eggs, a large piece of salmon, and toast with peanut butter, real butter or cream cheese

## LUNCH

A cheeseburger with mayonnaise and avocado slices. With chili-cheese fries, heavy on the chili and cheese on the side.

## DINNER

Large Salmon or Tuna Steak with a loaded baked potato (butter, cheese, and sour cream) and veggies of your choice with melted cheese on the side.

## SNACKS

Nuts (cashews are the best for loading), chips with guacamole, celery with peanut butter, canned tuna with avocado slices

## NOTES

- All of these meals are loaded with omega 3 and omega 6 fats. You need to begin to familiarize yourself with these as they will be critical in maintaining your weight loss and optimal health.
- Start using drops on your first day of loading and add just one patch.
- Make sure you start drinking 1/2 your body weight in ounces of water each day beginning with your first load day!