



# HCG Diet 800-Calorie Protocol

*Sonia E. Russell*

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## **HCG Diet 800-Calorie Protocol** Sonia E. Russell

A modernized medical revision of the "original" hCG Diet Protocol that details all of the 4 phases. The new 800-calorie hCG Diet protocol was developed over three years ago, peer reviewed, and tested on thousands of dieters with spectacular results. The new modified version will provide the dieter with a more tolerable, healthier, and safer program. HCG drops dieters are strongly encouraged to follow this protocol to achieve healthier long-term weight loss results.

This book includes the phase two 800-calorie hCG Diet protocol food guide; all required hCG essentials; sample menus; phase two recipes; new plateau-breaking tips; modernized, detailed guidelines for all four phases; phase three maintenance guide; hCG Diet FAQ's; long-term patient testimonials; recommended supplement and nutritional information; calorie-counting charts; high glycemic foods to avoid; easy exercise routines; and published hCG Diet articles.

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