Managing your HCG Diet While you are Travelling by Stella Richard

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When you opt to follow the HCG diet, you may realize that it is a lot easier to stay committed to it from within the comforts of your home where you can easily plan ahead of time and control your eating habits. The problem tends to arise when you are a frequent traveller on this diet and are susceptible to a range of temptations that you are faced with day in and day out while you are on your trip.

Beating the Temptations

It is next to impossible to stay at home throughout the period in which you are on your HCG diet. Considering the busy life that you lead, it is next to impossible to not have your diet interfere with your personal schedule in spite of all the hard work you may have put in to plan in advance. During this period it is most crucial for you to ensure that you donâ€™t cave in to external temptations.

Unexpected travel can lead to interruptions in an HCG diet plan. In fact, experts from Vancouver HCG diet recommend that if in case you travelling for a period of more than four days, you must make some changes in your 500 calorie diet until you are back in an environment that is suitable for your diet. It is advised that you do so after consulting your nutritionist or physician.

Working Around your Travel Plans

It is very much understandable that the ordeal of travel can prove to be tremendously exhausting for your body and mind; even it is just for a holiday. During this period, it is recommended you to increase the amount of calories that you consume to up to 800 calories so that you are able to maintain your energy levels and are simultaneously able to ensure you donâ€™t get excessive hunger pangs.

By your third day of travelling, you can start consuming foods with high protein content. Lean meats, seafood, fish make for good options for a person who is travelling and is also on an HCG diet.

Using Injections or Oral Doses

Even while you are travelling, it is recommended that you do not discontinue your daily dose of HCG products as prescribed. While this isnâ€™t a very convenient thing to do for many, the last option would be to begin with the 500 calorie diet as well as the injections only upon your return back home. This is in cases when you are travelling for 2 weeks or less.

Consequently, if you are travelling for more than 2 weeks, it is strongly advised that the dieter have three healthy food loadings a day s again and three daily injections before they come back to the 500 calorie diet.

Any decision that you take with respect to your HCG diet and the consumption of HCG products must be taken under the guidance of your physician or dietician. Remember to stay committed to your weight loss initiative and avoid doing anything that jeopardizes your hard work.

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