Permissible Foods for Effective HCG Weight Loss

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If you intend to successfully complete your HCG weight loss plan, you need to make sure that you have complete knowledge on all the foods that you can or cannot eat under this diet. Get t know the healthy loading foods that you can choose from so that you will not go through any kind of unwanted hunger or frustration in the first phase of the diet plan.

The correct planning for your diet will help you avoid any unwanted cravings and hunger pangs hereby allowing you to maintain your diet which cannot exceed 500 calories per day under this diet.

An Effective HCG Plan:

The successful HCG weight loss plan consists of striking a balance between the appropriate loading foods and the HCG products that work together to bring about the required metabolic changes to your body. The proper implementation of this diet is the only way to ensure that the person who is implementing the diet does not undergo any cravings that might jeopardize his initiative.

The first step of loading typically involves eating as much as possible on the first two days of diet. Logically speaking obviously the dieter does not need to overeat to the point that he becomes sick, but he needs to make sure that his hunger is satisfied at all costs.

Overeating in reality works against the motive of the diet.

Vancouver based HCG weight loss experts suggest that the foods that you pick for your diet need to be high in fat and low in sugar. What many dieters choose to do is pick the foods that they enjoy and will not have a chance to eat in the later stages of this plan.

After you are into the third day of your plan, the HCG drops or injections will help you control your appetite making it easier for you to undergo the diet in the second phase. These three days are considered the most crucial and effective than any other phase of this diet plan.

The HCG product will get built into your system facilitating rapid weight loss of the pounds you may have put on during the loading days.

It is important that you loosen up a little and indulge yourself during the initial days of load up. You find for yourself a range of healthy foods that are very healthy and do not contain any sugars, preservatives or processed elements.

You can easily load up on tasty items such as peanut butter, olive oil, Mexican dishes, butter, jelly macadamia nuts, whipped cream, guacamole, coconut oil, cheese, avocados, almond butter and even consume moderate levels of alcohol.

Remember to draw a balance and do not over indulge even if it is your day off, â€˜technically speakingâ€™ Compliance is the key to effective weight loss.

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