

4 Tips for Maneuvering the HCG Diet

The HCG Diet is not being called the Weight Loss Cure for nothing! It offers amazing and unique weight loss results in an industry that has been crawling with supposedly effective diets for years. But there are a few points that can make or break your success on the program.

1. Stick to the diet. The way the HCG interacts with the body means you get significant weight loss, but it also means that if you introduce fatty foods or sugar to your body while it is under the effect of the HCG it will soak it up resulting in higher than normal weight gain in reaction to the foods ingested. So having that one bite or two of your favorite dessert or those yummy ribs at the neighbor's barbeque will actually undo all the hard work you've put in for the entire day (or more).

2. Keep ready made meals on hand. The hardest time to stick to a diet is when you're starving. And when you're on a 500 calorie diet (even with the fabulous distraction from hunger that the HCG provides) you're going to have moments when you feel like you HAVE to eat RIGHT NOW! So keep ready made meals on hand. Pull one of the recipes from the cookbook and make it or double it or whatever you think will work for you (and your family if you're feeding the group) and then take the leftovers and package them up in handy individual size servings.

3. Test various herbal teas and flavors of Stevia until you come up with a combination that you like. This is the only "limitless" item on the HCG diet in addition to water so if you like it you'll have a much easier time of it for the duration.

4. Take advantage of the "seasonings" you are allowed on the diet. Lemon juice in your water can make a huge difference. Have a variety of spices so that you feel like you're having something new and exciting when you serve up another meal of grilled chicken. HCG dieters have even suggested that cutting up an apple and drizzling lemon juice on it serves as a very yummy dessert.

Sticking to the HCG diet is very possible. The low calorie diet in combination with the HCG's effect on the body ensures that your body doesn't go into starvation mode. You might psychologically be "starving" though so make sure to have a meal plan and stick to it. It will be easier once you start seeing the pounds fall off; and that happens for most almost immediately!