

hCG Preparation Checklist

	hCG kit (includes hCG, detox system, calcium, magnesium, potassium, and Folic Acid/B-12)
	Read Dr. Simeons book <i>Pounds and Inches</i>
	Kitchen scale that measures to the tenth spot
	Bathroom scale that measures to the tenth spot
	Ziploc bags for storing your measured meat and vegetables (this is very beneficial for folks on the go. Snack size works perfectly)
	Oil-free face cleanser
	Oil-free daily moisturizer and night cream
	Oil-free shampoo
	Oil-free conditioner
	Oil-free bar soap
	Oil-free hand soap
	Oil-free shaving cream
	Oil-free deodorant
	Latex gloves (if you are going to be baking, dealing with fatty meats, or putting ointment or other oily moisturizing substances on someone else (for example, a baby)
	Measuring tape
	APPROVED FOODS
	Stevia packets or Xylitol, Erythritol, Truvia, Lo Han also natural sweeteners.
	Flavored stevia drops (to add to coffee, tea, or water) <i>(to add to food recipes also)</i>
	Variety of Herbal Teas that do not have sugar <i>(or carbohydrates)</i> Yerba Mate Herb tea preferred to metabolize and flush fat. Drinks: All teas and coffees, water, mineral water, green tea, Yerba Mate tea, Wu Long tea, Chamomile & calorie free and carb free drinks, etc.
	Lemons
	Sea Salt
	Fruits (apples, oranges, strawberries, & grapefruit)
	Vegetables (Asparagus, Beet greens, Broccoli, Cabbage or Bok Choy, Celery, Cucumber, Green Beans, Lettuce, <i>raw</i> Onion , fresh Spinach, Swiss Chard, Tomato)
	Green or Red Salsa with no sugar is ok and counts as a fruit or vegetable
	Meats (Chicken breast, White fish i.e. Cod, Flounder, Halibut, Fillet of Sole, Tilapia, Sea Bass, Shellfish i.e. shrimp, crab <i>(not imitation)</i> , or lobster, buffalo, beef i.e. Veal, Tenderloin, Top Sirloin
	Approved Spices (Salt, pepper, vinegar, garlic, basil, cilantro, curry, ginger, parsley, thyme, marjoram, mustard, cinnamon, nutmeg, dill, cumin, cayenne, green onion, all hot peppers, raw Apple Cider Vinegar) <i>(other spices with no sugar or carbohydrates, yeast, or oils)</i>
	Fat Free Chicken broth (Swanson's is fine, as long as it has only 5-10 calories per serving.
	Braggs Liquid Aminos
	Melba Toast <i>(optional)</i>
	Grissini Bread Sticks <i>(optional)</i>