

HCG 2.0 AND THE THREE PHASES

HCG 2.0 is a ketosis based diet that is divided into three phases, designed with the aim to target abnormal fat reserves and maintain the weight loss after the diet has been completed.

What are the three phases?

Phase one (P1)

Phase one is regarded as the 'Loading phase'. The loading phases consists of two days of you commencing to take the HCG supplement as directed, combined with eating as much fatty food as possible. This phase appears to be counter-productive but in fact it is there to ensure you have the sufficient amount of good fats to enhance abnormal fat breakdown throughout the duration of phase two. Stay cautious of not consuming too much sugars and carbohydrates. Aim to get a good mix of Omega 3 fats (avocados, fish nuts) and Omega 6 fats (animal and dairy fats).

Phase two (P2)

Phase two is the low calorie stage of the HCG 2.0 diet, it is recommended that you partake in this stage for a minimum of 21 days to fully trigger the hypothalamus gland correctly, which instructs your body to burn your abnormal fat reserves as an energy source in order to reach your desired weight (this is what makes the diet so powerful and unique compared to so many yo-yo fad diets).

In this stage it is necessary to count calories, but only in regards to protein, as there is no sugar (apart from approved sweeteners), fruit or starches permitted in this stage.

How to calculate your daily calorie limit?

The maximum calories you're able to consume daily during this stage is 40% of your Basal Metabolic Rate (BMR). To calculate your BMR use the equation below...

BMR CALCULATOR FOR MEN						
<u> </u> Height (Inches)			Multiplied by 12.7 =	<u> </u> (A)		
<u> </u> Weight (lbs)			Multiplied by 6.23 =	<u> </u> (B)		
<u> </u> Age			Multiplied by 6.8 =	<u> </u> (C)		
<u> </u> (A)	+	<u> </u> (B)	=	<u> </u> (C)	+	66 = Your BMR
		<u> </u> Your BMR		Multiplied by 0.40 =	<u> </u> Calories permitted during phase 2	

BMR CALCULATOR FOR WOMEN					
_____	Height (Inches)	Multiplied by 4.7 =	_____		(A)
_____	Weight (lbs)	Multiplied by 4.35 =	_____		(B)
_____	Age	Multiplied by 4.7 =	_____		(C)
_____	+	_____	=	_____	+
(A)		(B)		(C)	655
			=		Your BMR
	_____	Multiplied by 0.40 =	_____		Calories permitted during phase 2
	Your BMR				

Calories from vegetables will not be included in your daily calorie limit but be cautious of how much you consume, as there is only 30 grams of carbs to be had daily.

In order to ensure that you are consuming the correct low fat protein sources you need to figure out the PFC of any protein. To calculate the PFC number you simply divide the protein amount by the calorie plus fat content ((P/(C+F)). The PFC of any protein choice needs to be a 3 or above (see the protein chart for details).

Phase 3 (P3)

Phase three (maintenance) is the final phase of the diet and will guide you into new healthier lifestyle/eating habits.

Immediately following completion of your protocol, it's best to continue on the low calorie phase for three days after you discontinue your HCG supplement. During the first three weeks of maintenance you'll still want to stay away from carbs and sugar. It's during these first three weeks that your body will be most determined to replenish its fat stores and return to its old weight. Avoiding carbs is the best way to prevent this. You may begin to add dairy back into your diet, but carbs are your enemy during these first three weeks.

After the first three days of P3 people tend to add no more than 50-100 calories a day until their BMR is reached. Try to refrain from fruit or dairy, while slowly adding back in the calories. Also refrain from alcohol. Those first two weeks are pretty critical. Keto diets work great for P3.

After P3

The number of calories you should be aiming for daily is 125% of your BMR, consisting of roughly 40% protein, 40% fats and 20% carbs (ideally sourcing your carbs from fruit and vegetables only).