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Pocket Guide to the HCG Protocol: Quick Reference Guide for the 500 Calorie and Maintenance Phase of the HCG Diet Protocol

Tiffany Prinster

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**Based on reviews, the authors are adding this preface: "This is NOT a how-to or a recipe book for the HCG Diet, and was never purported to be. The Pocket Guide to the HCG Protocol was created and made available in response of many customer requests for a small book to carry in their purse for convenience, especially during Phase 3 (the maintenance phase) of the HCG Diet. Those customers particularly wanted the chart of 1,000 foods, drinks, and condiments charting whether or not each item is allowed, cautioned, or not allowed on each phase of the protocol that was easy to carry around for eating out and grocery shopping purposes. So, that is why this book is for sale and that is what its purpose is in your HCG Diet Library." ** This is the description of the book: If you don't want to lug the "HCG Weight Loss Cure Guide" around throughout your day, this compact book is a great addition to your protocol library. The Pocket Guide to the HCG Protocol is a very, very short summary of the HCG Diet Protocol in purse/pocket size purely for convenience. This little book packs the basic information including: a summary of a typical round of the HCG protocol, Dr. Simeons' list of approved foods for the protocol, rules for the maintenance phase, and a nutrition chart of 1,000 foods, drinks, and condiments charting whether or not each item is allowed, cautioned, or not allowed on each phase of the protocol. This small, summary book was created solely out of customer demand for a more compact resource to carry around. ALL information is extracted from The HCG Weight Loss Cure Guide to provide a convenient, carry-along version.

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