



Ten Tips for HCG Diet Success

1. Prepare Ahead

Getting ready for your hCG diet is an important factor to ensure you reach your goal weight. One of the ways you can do this is by measuring out specified quantities of the food you will be eating. Pre-measuring your protein and vegetable servings and then sticking them into Ziploc bags or food storage containers is an excellent start. Do this on a regular basis every few weeks or measure and store your entire diet's worth of food at once.

2. Remove Temptation

Snacks in the cupboard can be hard to ignore during a diet. This is especially true during those days when hunger is a real issue. To help reduce the chance of unexpected eating, clean out your cupboards as soon as you start your diet. You may give this food to friends or store it in a place that isn't easily accessible to make sure that snacking thoughts are kept to a minimum—out of sight, out of mind.

3. Pack a Cooler

An extra hour at the office or a family emergency can definitely impact your eating. Keep a small cooler stocked with your travel and work foods to help you deal with unexpected delays. Carry it with you whenever there is the possibility that you will be stuck out later than planned. This will also help reduce the chance of impulse eating and snacking during the times when planned meals might not normally be available. This will help you more effectively keep track of the food you consume and when you eat it.

4. Drink Plenty of Water

Always drink extra water when on a low calorie diet. This helps your body stay hydrated and can also affect how efficient your weight loss program is. As a general rule, you should consume at least eight 8-ounce glasses of water per day. An additional 8 ounces can be consumed for every 25 pounds of extra weight you carry above your ideal weight range to help you stay better hydrated. Drinking a tall glass of water every hour is a great way to get the fluids you need and stay hydrated.

5. Eat the Fruit

Eating all the fruit snacks during your hCG diet is vital. They provide nutrients, vitamins, and fiber water content that aid you during your hCG diet. Skipping out on the fruit only means you are depriving your body of nutrition it needs to function properly, which can affect your weight loss. Eat all your fruit, and make sure none of it is frozen.

6. Take a Supplement

A multivitamin/mineral supplement should be taken daily while you are on the hCG diet. This is very important for not only your health, but also your energy. Because your body is on a low calorie diet, ensuring that it receives the vitamins and minerals necessary for everyday function is important. Placing the vitamin bottle near your workspace or with your meals can help you remember to take the supplement. A physician can usually help direct you in choosing a good multivitamin.

7. Increase Antioxidants

During an hCG diet, your body is predisposed to gain more free radicals. Free-radicals can be damaging to the body in large quantities, so it is necessary to increase your intake of antioxidants. These help eliminate free radicals, which keeps your body healthier. To increase antioxidants, take Xocai chocolates or an antioxidant drink in the proper amounts prescribed. This helps reduce stress on your body caused by free radicals and keeps your body in healthier shape.

8. Check-In Regularly

Just as an athlete has a personal professional trainer or coach, you should also consult with a professional during your diet. Your weight loss clinic is there to provide help in achieving your dieting goal and they can also provide advice during challenging times. Whatever your weight loss clinic suggests as an adequate check-in period, use it as a tool during your weight loss program and don't skip any of the appointments or phone consultations.

9. Plan for Social Dinners

It is almost inevitably true that you will encounter a social dinner or appointment that requires your presence, such as holidays and business meetings. These can be a distraction from your diet plan and often tempt dieters to eat extra food or cheat. Before a social dinner or engagement, talk to your diet center for strategies and plans to avoid excess eating while in a social setting. Staying with the program is important when on an hCG diet, so planning ahead is critical to keep you on track and seeing well-earned results.

10. Use a Maintenance Plan

Take several weeks to adjust to a normal diet again once you have completed the dieting program. Failing to do so can sometimes cause you to rebound and gain weight quickly again. By taking a few weeks to adjust to normal amounts of food once again, you can keep your body from being "shocked" by the sudden increase in food, helping you to keep the pounds off.



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