

# ***IASO HCG 500 Calorie Eating Plan (The 5 Phases)***

## **Introduction**

You are about to embark upon a journey that will literally change your life. Welcome to the 5 Phases of the IASO HCG 500 Calorie Eating Plan. During this amazing weight loss journey you will begin to see and achieve remarkable results. It may be a little overwhelming at first, but if you follow each phase, step by step you will begin to see instantaneous results sometimes 2 – 3 pounds a day. You will join literally thousands of other people who have taken the same journey and have had outstanding results. Welcome to start of A New You and Your Total Life Change.

HCG is a natural hormone, quickly absorbed, that activates the Hypothalamus to release and mobilize the abnormal fats (extra) that is found in your body and uses this as a source of energy or a source of food. So, when you are on a very low calorie diet, IASO HCG Drops helps your body compensate the difference in calories that it needs to function through the use of stored fat making it a source of food for your body. Thus resulting in a rapid weight loss following the IASO HCG Drop Eating Plan will help you to obtain your ideal correct body weight.” The (3) Main Benefits in Liberating the Abnormal Fats . The stored fat helps sustain your bodies daily calorie needs. The fat will be burned in the areas that are most difficult to lose. The homeopathic formula of the IASO HCG Drops is taken orally, under the tongue, preventing a negative impact on the normal muscular tissue or muscles.

## **Definitions**

**Hypothalamus** - The hypothalamus gland controls the thyroid, adrenals, fat storage, and more importantly, your metabolic rate.

**HCG** - Human Chorionic Gonadotrophin

**L Carnitine** Mobilizes the fats, improves brain function, increases the levels of energy.

**Arginine** Improves the blood flow through the heart, relaxes the blood vessels.

**Ornithine** Helps increase the muscle growth, reduced the body fat, a healthier skin, increase in energy.

## **Basic Instructions for the IASO HCG 500 Calorie Eating Plan**

1. Weigh yourself every day (without clothing) after going to the bathroom and record results every morning.
2. Do Not Eat or Drink anything for 15 minutes before taking the IASO HCG Drops or for 15 minutes after taking the IASO HCG Drops.
3. Take 10 IASO HCG Drops (approximately ¼ tsp) 30 minutes before each MAIN FOOD, not the Snacks. This will be a total of 30 Drops for the day. Hold the IASO HCG Drops under your tongue for 5 minutes then swallow. This will wake and accelerate your Metabolism.
4. When you first take your IASO HCG Drops BEFORE BREAKFAST. This will be the first 30 minutes in the morning, do 15 minutes of exercise (ex. Line Dancing – Electric Slide, Cupid Shuffle, Cha Cha Slide, March In Place, Walk, Stationary Bike, Treadmill, etc.) This will activate the L-Carnitine in the IASO HCG Drops to begin burning more fat in your body.
5. It is very important and necessary to get yourself accustomed to eating 6 meals daily, within a time span of 2 to 3 hours between each meal.
6. Make sure you Drink 10 Cups of Water Daily approximately (5) 16.9 oz Bottled Water. Your water can be nursed over a 1 hour period. This is very important.
7. Begin taking the IASO Tea (1 Cup with Breakfast) and choose to take 1 Cup with Lunch or Dinner, and 4 oz with a Snack, the Nutraburst and NRG Energy Supplement (optional). You can also substitute the first Cup of IASO Tea at breakfast for 1 Cup of IASO Delgada Café and finish up lunch and dinner with 1 Cup of IASO Tea for each meal.

## ***Phase 1 – Loading Phase - Keeping Track***

<b>Start</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Weight</b>			
<b>Date</b>			

For the First 3 days, eat anything and everything You Want during Phase 1 - Loading Phase. This means eat pastries, pastas, bacon, eggs, pork, chocolate, sugars, starches, breads, cakes, etc. Load up this will be helpful in your first week of IASO HCG 500 Calorie Eating Plan. During this Phase the IASO HCG Drops is identifying where the fat is being stored in your body. Don't skip this phase because your energy will suffer. So EAT UP! AS MUCH AS YOU WANT! You may gain 3 -6 Pounds during Phase 1 but don't be alarmed this will come off in the first week! So Look At This Time As The Ultimate Cheat Days! Nothing Is Off Limits!!!!

## ***Phase 2 – Starting The IASO HCG 500 Calorie Eating Plan***

You will eat 500 Calories daily; don't get alarmed you will not be hungry. The IASO HCG Drops will supplement the remainder of the 1,500 calories to sum up to 2,000 calories. You will not be hungry if you follow the plan and complete Phase 1. Make sure you eat what is required in the Daily Eating Plan. Record Your Daily Results. On the 4th day, you'll begin the low calorie diet of 500 calories per day. Continue the low calorie diet for 3 weeks (if you're trying to lose 15 to 20 pounds), or 6 weeks (if you're trying to lose 34 to 40 pounds). Weigh yourself every morning when you wake up. You should see a weight loss of 1 to 2 pounds per day.

<b>Goal Weight:</b>
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<b>Start</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>
<b>Weight</b>								
<b>Date</b>								
	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>	<b>Day 16</b>
<b>Weight</b>								
<b>Date</b>								
<b>Decision Week</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>	<b>Day 22</b>	<b>Stop Day 23</b>	<b>Day 24</b>
<b>Weight</b>								
<b>Date</b>								
	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>	<b>Day 31</b>	<b>Day 32</b>
<b>Weight</b>								
<b>Date</b>								
	<b>Day 33</b>	<b>Day 34</b>	<b>Day 35</b>	<b>Day 36</b>	<b>Day 37</b>	<b>Day 38</b>	<b>Day 39</b>	<b>Stop</b>
<b>Weight</b>								
<b>Date</b>								

## **Phase 2 Daily Eating Plan**

### **Proteins: 3.5 oz (100 grams) 2 PORTIONS A DAY**

Lean Beef, Chicken Breast, Shrimp, White Fish (Not Whiting), Tilapia, Sea Bass, Crab, Lobster, Veal

### **Vegetarian Proteins: 3.5 oz (100 grams) 2 PORTIONS A DAY**

8oz skim milk, ½ cup non-fat cottage cheese, IASO Techui, Shrimp, White Fish (Not Whiting), Tilapia, Sea Bass, Crab, Lobster

### **Vegetables: Eat 2 - 3.5 oz of each, (4 PORTIONS A DAY)**

Tomatoes, Cabbage, Asparagus, Cucumber, Onions, Radishes, Celery, Broccoli, Chard Leaf, Cauliflower, (*Lettuce, Spinach – unlimited*)

### **Fruits: Eat 2 TIMES A DAY**

Apple, Orange, Peach, Strawberries (6 medium), Grapefruit, 1 Fist full of Black Berries

### **Melba Toast or Wasu Crisp Bread: Eat 3-4 pieces a day**

**Liquids:** Drink all the Iaso Tea, IASO Delgada Café, Black Coffee, Seltzer or Regular Water you want throughout the day. (NO SUGAR or Cream). **Only ONE Tablespoon of Milk allowed every 24 hours.**

**Seasoning:** All Herbs, Spices, Lemon, Apple Cider Vinegar, White Vinegar, Mustard, Hot Sauce, Teriyaki (less than 2 grams of sugar), Soy Sauce, Sea Salt, Pepper, Cooking Wine, Stevia, No Oils, No Butter, No Dressing. You can use any spice you want, just be sure it doesn't contain sugar. Be sure to read the ingredients of everything you consume. Even a minor intake of something that isn't allowed can slow down your diet considerably. Make sure to read labels! Too much sodium consumption may cause you to retain water which could make a difference on the scale, be sure not to over season!

### **Example Daily Eating Plan**

1. Breakfast with IASO Delgada Café or 1 Cup of IASO Tea, Fruit and Melba Toast or Wasu Crisp Bread. (You also have the option of not eating fruit or toast for breakfast)
2. After breakfast begin drinking (1) 16.9 oz Bottle of Water
3. Eat a snack 1 Hour after Finishing Your Bottled Water. (Snack Melba Toast or Wasu Crisp Bread or 2<sup>nd</sup> Fruit)
4. Drink (1) 16.9 oz Bottle of Water.
5. Eat Your Lunch 1 Hour After Finishing Your Water, 1 Cup of IASO Tea if you didn't have it with breakfast, 1 Protein, 2 Vegetables and Melba Toast or Wasu Crisp Bread if you desire. Drink (1) 16.9 oz Bottle of Water. (A Smoothie can be substituted with IASO Techui and Fruit)
6. 2 Hours after lunch eat a snack this can be your 2<sup>nd</sup> fruit or Melba Toast or Wasu Crisp Bread.
7. After your snack drink (1) 16.9 oz Bottle of Water.
8. Eat Your Dinner 1 -2 Hours After Finishing Your Water, 1 Cup of IASO Tea if you didn't have it with lunch, 1 Protein, 2 Vegetables, drink (1) 16.9 oz Bottle of Water
9. 2 Hours after Dinner, eat a snack or your 2nd fruit if you have not already done so earlier in the day. Drink 4 oz (1/2 Cup) IASO Tea.

### **Tips for Cooking**

The original HCG Diet called for none mixing of vegetables. Each person's body is different see how foods react to your body. You may be able to mix vegetables together or add in mushrooms, snow peas, green beans, green peppers without them affecting your weight loss. Never go over your 7 oz (2 – 3 ½ oz.) total of vegetables during your meals.

### **Phase 3 – Setting Your Body**

At the end of your 23 Days (Loosing 20 Pounds or Less) or 40 Days (Loosing 20 – 40 Pounds), depending on the time you choose. Continue your protocol of 500 Daily Calories for 3 days, WITHOUT the HCG Drops. There is enough HCG built up in your system to carry through these 3 days.

Start	Day 24	Day25	Day 26
Weight			
Date			

Or

Start	Day 41	Day42	Day 43
Weight			
Date			

### **Phase 4 – Stabilizing Your New Weight**

Phase 4 is very important, because you are reprogramming your hypothalamus to record your new weight and will help you not to regain the weight you have lost when you begin to eat the new foods allowed in Phase 4. Remember, your body has been in a strict meal program for 23-40 days, it has learned to eat appropriately with correct meals and portions.

On Day 27 or Day 44 depending on the time you have chosen. You will now begin the Stabilization Phase 4 of the IASO HCG 500 Calorie Eating Plan. For the next 6 weeks, you will begin to increase your calorie intake: 1,200 Calories (for Women) and 1,500 Calories (for Men) daily.

For the first 3 Weeks you will begin to add LITTLE by LITTLE Whole Wheat Grains, New Proteins and Oils. ***Be sure to avoid sugar and starch for the first 3 Weeks. Continue to weigh yourself daily. You will be able to add these carbohydrates in 4<sup>th</sup> Week of Phase 4.*** See Phase 4 Daily Eating Plan.

**YES** - Whole Wheat Grains, Whole Wheat Germ, Whole Wheat Rice, Whole Wheat Pastas, Salmon and Tuna, Olive Oil, Dairy, Fats, Nuts

**NO** - White Flours, Regular Sugars, Regular Pasta, White Rice, Diet Drinks, Starch, Bananas, Mangos

**\*If you need to lose more weight, after Phase 4, you can begin a new cycle from Phase 1 to Phase 4 of the IASO HCG 500 Calorie Eating Plan for the next 23 to 40 days depending on how much additional weight you want to lose.**

Technically nothing is off limits anymore. It is best not to resume any old eating habits that led to weight gain in the first place, but you may eat what you would like. The best rule to follow is “everything in moderation.” **Once you reach your Ideal Goal, you can now continue to Phase 5 Maintenance.**

## **Phase 4 Daily Eating Plan – 6 Weeks**

**Very Important! Keep A Journal of What You Eat! So that you can recognize what foods make you gain or lose. Avoid over-eating;** (stay within your calorie limit) avoid eating **both a high fat and high carbohydrate** meal. You may get away with a high fat meal or a high carbohydrate meal but high fat and high carbohydrates together are a bad combination. **Keep in mind;** you have been on a 500-calorie diet for weeks now. **Do NOT go crazy** and start eating all of your new caloric allowance on the 1st day after. **Sneak up to it.** Here is an example: Women new calorie allowance is 1200 and Men's new calorie allowance is 1500.

### **Week 1 - In Phase 4 – Getting Started Introducing More Calories**

- Work your way up to about 800 – 900 calories a day. Remember no sugar or starches.
- Continue to drink lots of water. You can now eat 3 plus meals a day.
- You can eat fats during this time, but don't overdo it. You can use butter, oil or cooking spray in your frying pan, just use it sparingly!
- Increase your proteins to 6-8 oz per meal per day.
- Mix as many vegetables in your salad as you desire, just remember no sugars or starches.
- Try to eat a little at each meal and try to get in a mid morning and mid afternoon snack.

### **Week 2 – In Phase 4 – Increase Your Daily Calorie Allowance**

Increase your daily calorie count to about 900 - 1000 calories per day. Add additional vegetables and foods (i.e., soups, cheese, peanut butter, nuts and other low carbohydrate type foods).

### **Week 3 of Phase 4 – Work Your Way Up To Your Total Calorie Allowance**

- Increase your calorie allowance to 1200 calories for women and 1500 calories for men.
- Eat 5 or 6 little meals a day. Eat breakfast, a mid morning snack, Lunch, a mid-afternoon snack and Dinner. You might get away with a light dinner snack.
- Very important to weigh yourself every day, don't skip this step. Don't allow for more than a 2-pound gain. If you gain do a Steak Day or an Apple Day as mentioned!

### **Week 4 of Phase 4 – Welcome Back Starches and Sugars - (The Carbohydrates)**

**Watch out this is the Danger Zone! Sugars and Starches** (the carbohydrates)! You can experience a weight gain if you add these too fast, to avoid this, **ADD them SLOWLY!**

- Add your favorite or most missed carbohydrate the **TRICK IS TO ADD IT ONE AT A TIME.** Eat bread, pasta, potato or whatever, **but just one.** The next day, stop that one and add another one.
- **Do not eat 2 Carbohydrate foods in the same day during Week 4.** Only eat one carbohydrate food per meal. Change your carbohydrate food from day to day. Weigh yourself the next day and see if there are any weight changes. If you have gain cut your portion in half the next time.

### **Week 5 of Phase 4 – Stepping Up Your Carbohydrates**

Get excited you can now **combine 2 Carbohydrate foods** in the same day, **but not at the same meal.** Ex. Eat Bread with a sandwich for lunch and a potato for dinner or whatever starches or sugars you would like.

### **Week 6 of Phase 4 - Combining Your Carbohydrates**

**Start combing the carbohydrates during the same meal!** Combine this 1-day at a time. By the end of week 6, you should be eating a good, healthy, well rounded, high fiber, lower fat, diet within your calorie limit without worrying about gaining weight!

## **Phase 5 – Maintenance of Your New Weight**

### ***CONGRATULATIONS, YOU MADE IT!***

Once you have successfully stabilized your weight, you will now begin to maintain your new weight lose. This is the Final Stage . At this point of the IASO HCG 500 Calorie Eating Plan, you will have developed a taste for healthy foods. It should also be much easier for you to make good eating decisions as well. Once you are in Phase 5 - Maintenance, you have reached your IDEAL weight goal. All you have to do is continue eating the foods you are used to and watch your portions, keep weighing yourself every day.

If you start to gain 2 pounds you can do the **Steak Day or the Apple Day** and the next morning your weight will be back within 1 -2 pounds of your original loss. This is how you keep yourself from gaining back all the weight you lost earlier in Phase 2. (See Troubleshooting During Stabilization and Maintenance)

Keep a Food Journal so that you can determine what foods make you gain and what foods keep you on maintenance. Those foods that make you gain eat in moderation. Food Journal listed below.

Remember it takes 21 Days to break the cycle of both good and bad habits. During the IASO HCG 500 Calorie Eating Plan you have discovered that you are feeling better than you ever have before. You have also discovered a new and healthy lifestyle of eating. The “New You” has emerged with a new self-confidence! You have probably also discovered that your body is craving healthier food choices rather than the wrong food you use to eat. Don’t return to the “Old Habits” this can make you sick because you crave the healthier food choices. It’s all about CHANGE. Losing the Weight was Easy! Now You Have Changed To Keep It Off! A Total Life Change.

Light exercise such as walking, yoga, line dancing, tai chi are great ways to stay active, increasing your cardio activity and enjoying your new found YOU! You don’t have to Go Back to the “OLD YOU”! You have crossed the finished line and there is no need to look back, because that resets your metabolism, relax, watch what you eat and enjoy the NEW YOU and you will have success going forward! Now you have learned a new way of living and eating, share with others the benefits of the IASO HCG 500 Calorie Eating Plan. See your new body and continue having good eating habits and exercise to keep your new weight for life, be happy and smile. Remember your health is FIRST.

***Congratulations! You Made It!***

***Now Share the IASO 500 Calorie HCG Eating Plan***

***With Someone You Know Who Wants to Discover a Total Life Change***

## **Troubleshooting During Stabilization and Maintenance**

If you start to gain 2 pounds you can do the **Steak Day or the Apple Day** and the next morning your weight will be back within 1 -2 pounds of your original loss.

- Continue to weigh yourself in the morning
- Just keep in mind that a Steak Day or Apple Day should be done on the same day as you notice the weight gain. Otherwise it isn't as effective.
- You should be able to maintain your new weight forever by following this simple system.
- The following morning, you should be back within two pounds of your lowest achieved weight. This is how you keep yourself from gaining back all the weight you lost earlier in Phase 2 - Starting the IASO HCG 500 Calorie Eating Plan.

### **Steak Day**

If you notice in your daily weigh in you have gained 2 pounds you will need to do a STEAK DAY. This must be done on the same day weight gain is noticed. You will drink water or coffee throughout the day. At Dinner you will have A LARGE STEAK with a Tomato or Apple. (This will be your last meal of the day).

### **Apple Day**

Do an **APPLE DAY**. Eat 6 APPLES only and drink your water for one entire day. This should show a drop of 1 -2 pounds on the scale. This day is also good if , 3-4 days have passed and you have not lost any weight, doing the Steak Day.