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The HCG Diet Quick Start Cookbook: 30 Days To A Thinner You



Synopsis

****Book Bonuses: Downloadable, ready-to-print weekly menus and shopping lists**** In a hurry to lose weight? And keep it off for good? Then the hCG diet is for you and the hCG Diet Quick Start Cookbook was written with you in mind. The hCG Diet Quick Start Cookbook is all about the business end of the hCG diet--what you eat, what you don't eat, when you eat it, and how to cook it. If you're brand new to the hCG diet, the book covers the basics you need to know before you get started. Then the fun begins. Easy Chicken Cacciatore, Asian Chicken Roll Ups, Chinese Orange Beef Stir Fry, the Big Bodacious Burger, Orange Soy Glazed Shrimp--believe it or not, these are hCG diet Phase II (very low calorie diet) recipes. The hCG Diet Quick Start Cookbook takes all the time out of meal planning, stocking your pantry, even calorie counting. Here's how: The hCG Diet Quick Start Cookbook has eight weekly menus, four for Phase II of the hCG diet and four for Phase III, planned around your protein choices. Your weekly menu options are: *Chicken, beef and seafood *Chicken, beef and vegetarian *Chicken, seafood and vegetarian *Vegetarian You simply decide which menu to follow each week. The hCG Diet Quick Start Cookbook provides weekly shopping lists for each menu. One trip to the store each week and you're done. In addition, there's checklist of staples to have on hand for when you get going. The hCG Diet Quick Start Cookbook features over 35 simple but delicious recipes with an emphasis on fresh ingredients and flavor. That's all you need. Finally, the hCG Diet Quick Start menus are planned so you don't have to cook from scratch every meal. Cook it once, eat it twice. The hCG Diet Quick Start recipes make excellent time-saving leftovers. Author's Note: The hardest part in any diet isn't denying yourself cookies or chips. The hardest part is denying yourself cookies or chips when you are hungry and the fridge is empty. I believe planning is the biggest challenge of any diet. When you are limited to only 500 calories a day on Phase II of the hCG diet, you really want to know when your next meal is coming and what it is. That's what the hCG Diet Quick Start Cookbook is all about. I didn't have this guidance when I did the hCG diet. I had the rules and the list of allowed/not allowed foods and some recipes. To stay within the daily calorie restriction, it can get tricky trying to figure out how to balance even low calorie meals within one day. I often ended up eating the same lunch and dinner several days in a row. Boring. But simple. I planned the hCG Diet Quick Start Cookbook to take the "boring" out, leave the "simple," and add "tasty." The hCG diet can be your personal adventure. About those bonuses: *Eight weeks of menus for posting on your fridge for handy reference *Weekly shopping lists matching the weekly menus Instructions for claiming the bonuses are in the Appendix.

Book Information

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Customer Reviews

Anne Wolfinger is a veteran of many diet programs. None of them provided the lasting results for her that the HCG diet has, which has made her a firm and enthusiastic believer. In addition to eating well, Anne is committed to an active lifestyle. A lifelong tennis enthusiast, she also enjoys running, swimming and hiking. She even surprised herself by running a half-marathon with her daughter.

this book is the most helpful thing I have found for this diet. It is my carry everywhere, mark in, follow everyday of this diet. Have recommended to everyone. Best tool. So easy to follow

I started HCG diet 3 weeks ago and have lost 18 lbs. I have followed the required regimen but my food prep has been basic and unimaginative. I am very busy. Meal planning, grocery shopping, and cooking are (or have been) low on my priority list. This book has made my life and the diet MUCH easier. It is short and sweet in explaining the diet, providing the menus and grocery lists. The recipes are simple to prepare and delicious! Having to prepare my meals with minimal ingredients and using fresh, non-processed foods has produced unexpected results. I feel great, I'm more focused and have a lot of energy. Now that I have these recipes and grocery lists I have a renewed interest in cooking again and plan to eliminate as much processed foods as possible from my diet even after I reach my target weight. I plan on 3 more weeks of Phase II and I am thrilled to have found this book to help me make the meals easy and far more interesting than what I was preparing!

This is the best tool for a calorie limited diet I have ever seen. It has eight weeks of meal planning (four for Phase I and four for Phase II), and grocery lists for each meal planning week. So, the organization of doing this kind of diet is a SNAP! BUT, most importantly, the recipes are actually delicious! I'm stunned by how good they are and how relatively easy a 500 calorie/ day diet has been! HIGHLY recommend this book. In fact, I gifted it to my sister because it was so awesome.

Not much to this book..the grocery list is so blurred I had to rewrite it on the page..not impressed ..I was excited to receive very quickly, but soon disappointed .

This book is not as useful as I thought it would be.

It is a diet Cookbook, not much else to say

Good info, tips, guidelines, and recipes.

Such an easy way to diet! Combined with the drops, the food is so easily accessible at any grocery store and simple to prepare. The recipes are very tasty and you can use salt! It is teaching us to eat healthy and actually crave the good stuff!! Thanks!!

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