

# **“Getting Started”**

## **Days 1 and 2**

It is extremely important to load correctly to insure a successful program. **On days 1 and 2, start taking your hc3 homeopathic drops morning and night or the hCG medication once daily** and consume moderate amounts of high fat containing foods **every 3 hours**. Do not eat a fatty breakfast and then wait until dinner time to eat again. **Do not** confuse high calorie sugary foods with high fat foods. Avoid the sugars and refined carbs. Some **high fat** containing foods to consider are as follows:

**Cheese (any kind)**

**Avacado**

**Nuts**

**Fried Chicken and Fish**

**Pork/bacon**

**Pasta with alfredo sauce**

**Cheeseburgers**

**Ribeye**

**Enchiladas/Mexican Food**

**Eggs fried**

**Peanut Butter/Butter**

**Cheese and meat Pizza**

**MCT and or Fish Oils**

**French Fries**

Using the ketone test strips and ketosis chart (only for HC3 clients). If your ketones do not rise by day 5 or 6 and you are not losing weight, it is likely that you did not load properly. If this happens, then for the next 3 days take 3 tablespoons of MCT Oils per day. If this does not increase ketones call the clinic or your coach. You may have to restart the program in 7-8 days, making sure you pay close attention to the loading days.

## **Days 2-23 or Days 3-40**

Begin the 500 calorie per day diet

Continue taking 1 dropper of hc3 twice daily

\*or if you use the prescribed hCG, continue per directions given