

# Download Hcg Recipes Phase 2 The 500 Calorie Diet Plan

The types of foods you can eat on the HCG diet are chosen for their fat, sugar, and carbohydrate amounts. You may only eat 200 grams of protein a day, twice a day, and you only eat two meals a day, lunch and dinner. During the 500 calorie diet phase you can drink coffee, water, and tea as much as you like,...

**HCG Recipes Phase 2: The 500 Calorie Diet Plan** offers an all-new collection of 30+ low fat recipes for the HCG Diet Phase 2. Each recipe is healthy, easy to make, and uses official ingredients recommended by Dr. A. T. W. Simeon (creator of the HCG Diet).

**Phase 2:** Phase 2 starts on day two or three of your hCG diet. This is the time when you drop your calorie intake to only 500 calories per day. You will eat no breakfast, but you will enjoy lunch and dinner. You are also allowed to snack. However, you cannot exceed the required 500 calories per day if you wish to start losing weight and keep it off.

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