



2012

Omni-Drops HCG Program

PHASE 3



Shelly Godby

Contact Information:

Omni4yourlife@gmail.com

www.omnitrition.com/shellygodby

404.536.2880

4 Phases of the Omni~Drops HCG Program

Phase 1 Loading Days 1 – 2 (On Drops)

Phase 2 VLCD 500 Calorie 3 – 6 Weeks (On Drops)

Phase 3 Maintenance 1,200 - 1,500 Calories 3 – 4 Weeks (Off Drops)

Once you have completed Maintenance you can decide to do another round of drops or go on to Phase 4.

Phase 4 Healthy Life (Off Drops)



VLCD = Very Low Calorie Diet

Phase 3 – Maintenance

Program Duration

Take 3-4 weeks off from OMNI~DROPS, increasing your calories to 1200 – 1500. Fats and oils can be added back in small amounts. When you are finished with this step, you can restart the OMNI~DROPS for another 3-6 weeks if needed.

Ending the Program

When you finish the **Omni~Drops**, stay on the recommended menu for another 3 days as you will still have **Omni~Drops** in your system working for you. You will not be hungry.

After those 3 days, you can go back to eating normal calories (increase to 1500) with the exception of eating refined sugars and starches (carbs) for the next 3-4 weeks.

During this time, you should stay within 2 pounds of your ending weight. If you go above the 2 pounds, you are supposed to do what is called a “steak day”. Eat nothing but a fatty steak as big as you want for dinner. The rest of the day you only drink water. Follow your steak with an apple or tomato about an hour later. The following day, you should be back down to your ending weight.

It takes about 3 weeks before the weight reached at the end of the treatment becomes stable, i.e. does not show large fluctuations after an occasional excess. During this period, you must realize that carbohydrates, such as sugar, rice, bread, potatoes and pastries, etc. are by far the most dangerous.

If no carbohydrates are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but as soon as fats and starches are combined, things are very liable to get out of hand. This has to be observed very carefully during the first 3-4 weeks after treatment is ended, otherwise disappointments are almost sure to occur.

Phase 3 – Maintenance

Foods on this phase include: steak slathered in butter, lots of avocados, loads and loads of fresh fruit and vegetables; you can put butter on those vegetables and cheese at times. You can eat fresh shrimp and fresh fish, often baking it in butter, wine and herbs. You can drink wine and even beer on a few occasions. You can cook your eggs in butter and make omelets with vegetables and a little cheese. Use olive oil, eat more dietary fat—it can be the key to maintenance. *You can even mix meats!*

There are a few simple rules you must follow:

- 1) Weigh yourself every day in the same manner as Phase 2
- 2) Your weight will fluctuate within 2 pounds over/under your last day on the drops
- 3) If you go more than 2 pounds over your last day on the drops, you must do a Steak Day IMMEDIATELY (see below)
- 4) You cannot eat ANY sugars or carbohydrates (“ose” on the label is *sugar*)
- 5) It is extremely important to eat enough protein on this phase (about double what you ate in Phase 2) or you will become protein deficient
- 6) Stay between 1,200 and 1,500 calories of approved foods daily
- 7) Continue to drink ½ to 1 gallon daily
- 8) Eat the good fats & the scale goes down, try to limit the fats & the scale goes UP

Steak Day Protocol and Tips:

First, drink NOTHING but WATER all day. Consume a minimum of a of gallon water.

Next, for dinner, buy yourself the biggest, fattest, most marbled cut of meat the store has. (Ribeyes are great, but if you're not sure which cut is best, ask the butcher.)

Take it home and sauté it in oil, butter, garlic, or whatever other seasoning you want. Relish every bite of the steak until you are full, *even consuming the fat.*

Lastly, follow with an apple. (You can substitute a tomato for the apple if you prefer.) Some people have lost as many as 7 pounds of gained inflammation in just one day using this technique!

Steak days can also be done in Phase 4 (Life) as needed.

Phase 3 – Maintenance Food Choices

Meat – Phase 3

Meat lovers can finally let loose on phase 3 and enjoy some of their favorites again. Consider branching out to celebrate all your lost weight—try some liver, venison, or a rare sausage and see if you like it. ***Some of these items, like bacon and hot dogs, have a very high fat content, so be careful with those!***

Bacon	Ground Beef	Pork Chops
Beef Jerky	Ham	Prosciutto
Beef Roast	Hot Dogs	Venison
Breakfast Sausage	Lamb	Vienna Sausage
Elk	Liver	

Fish – Phase 3

Fish fans already had the best variety during the 500-calorie phase of the HCG diet. Phase 3 gives them even more choices. The list could go on and on and on, but we've limited it to just a few representatives. Protein already takes up a whole third of this list. Don't be greedy. There are vegetables and fruits still to consider!

Anchovy	Herring	Salmon
Bass	Mackerel	Sardines
Catfish	Mahi Mahi	Squid or Calamari
Clams	Mussels	Trout
Eel	Oysters	Tuna

Poultry – Phase 3

If you're not a fish fan you might have had a hard time on the HCG diet. If you feel you'll die at the thought of eating more chicken, you now have several more poultry options at your disposal on phase 3.

Chicken
Duck
Goose
Turkey
Pheasant

Phase 3 – Maintenance Food Choices

Low Carb Vegetables – Phase 3

Exact carb count depends on serving size. Remember when counting carbs in vegetables that the fiber is not counted, and can be subtracted from the total.

Sprouts	Herbs	Bok Choy	Scallions
Lettuces	Parsley	Celery	Onions
Spinach	Cilantro	Radishes	Bamboo Shoots
Chard	Basil	Broccoli	Pumpkin
Mustard Greens	Rosemary	Cauliflower	Brussels Sprouts
Kale	Thyme	Cabbage	Green beans
Jalapeno Peppers	Zucchini	Sauerkraut	Tomatoes
Cucumber	Jicama	Mushrooms	Eggplant
Pickles w/o Sugar	Peppers	Okra	Kohlrabi
Summer Squash	Asparagus	Celery	Spaghetti Squash

Low Sugar Fruits – Phase 3

Good news: The fruits lowest in sugars are some of the highest in nutritional value, including antioxidants and other phytonutrients!

Pears	Plums	Cantaloupe	Pineapple
Rhubarb	Apricots	Strawberries	Blueberries
Grapefruit (in Moderation)	Peaches	Cranberries	Apples
Melons (All Kinds)	Guava	Raspberries	Papaya
Watermelon	Kiwi	Blackberries	Olives

Low Sugar Dairy – Phase 3

Dairy of all kinds is finally allowed during phase 3 of the HCG program. The main thing to beware of is added Sugar. Read your labels

Butter	Eggs
Cheese	Milk
Cottage Cheese	Omelets
Cream Cheese	Yogurt(Sugar Free)

Phase 3 – Maintenance Helpful Tips

Helpful Hints:

It's a good idea to write down what you are eating as you need to know where your set point is and identify "problem" foods. Insufficient calories can also produce problems. Listen to your body and watch the scale; that's how your body communicates!

Many people have found that the maintenance phase demonstrates a change in their attitude toward food. For example, not getting a second helping of food, but just eating what is on your plate. People are not as hungry as they remember being pre-protocol. Instead people eat because they need to eat, not because they have this overwhelming desire to stuff their mouths. People also find that they have ridden themselves of the emotional attachment to food.

Don't be afraid if the food you loved before the VLCD no longer tastes the same or gives you the same feeling they gave you before. Sometimes, it can take almost 4 or 5 days to even start enjoying the food again. We believe it is because your body is so used to one way of eating; it takes a while to adjust to the new way of eating again.

It is important on this maintenance phase to look at the glycemic index of foods, rather than the carb count. This specifically means that foods are ranked on the effect they have on your glucose levels. These high glycemic foods are exactly what Dr. Simeon's wants you to refrain from.

Read the label on everything you introduce during this maintenance phase. Be sure there is no form of sugar in it or other additives (look for any -ose, corn syrup, MSG, etc.). Pay close attention to added starches; they are often hidden. For dairy products, beware of *added* sugar, but realize that dairy has sugar naturally.

Be careful of yogurts, which contain sugar regardless of soy or milk based. You can use organic PLAIN yogurt or Plain Greek Yogurt and then sweeten it with Stevia and add fruit to it (raspberries, strawberries, blueberries, or whatever else you are craving.)

For vegetables, subtract the fiber from the carb count.

Use common sense when selecting your food for the maintenance phase. Dr. Simeon's really meant to avoid the obvious starches such as corn, potatoes, cereal, white flour, beans, pasta, bread, etc., and not starches in fruits or a handful of nuts.

If you are having trouble stabilizing your weight, begin by reducing the fats a bit (i.e. cheese or oil) and increase protein and vegetables. Some people, especially women, seem to be sensitive to cheese and the sodium apparently increases water retention = nominal weight gain (though not fat gain).

Phase 3 – Maintenance Helpful Tips

Don't worry about weight fluctuations (within the 2 pounds or close to it) too much. Many people have somewhat unstable weight for the first week to 10 days after transitioning from the HCG to maintenance (a few lucky ones don't). It is likely to stabilize for you in less than a week; don't get upset by the minor swings. For those who are experiencing fluid fluctuations, you can combat it with drinking a lot of water (more than 2 liters), drinking corn silk tea, taking Epsom salt baths, and watching salt intake. Also, increase protein and use fiber and magnesium as additional weapons for weight fluctuations.

Stay away from the surgery liqueurs (Bailey's, Chocolate, Amaretto, etc.)

Do NOT try to lose additional weight during this period. Dr. Simeon's states that you will lose weight from your structural and reserve fat, rather than the abnormal fat, which you do NOT want to do. In addition, the hypothalamus needs time to adjust to the new "set" weight if it is to be considered your "normal" weight. If you do not allow this 3-week period of maintaining the last weight, it may be much easier to gain weight in the future.

Miscellaneous Foods and TIPS

Feel free to mix your meats in the same meal. Feel free to add in different meats (as long as they have no sugar or carbs).

Be sure to eat double the protein from Phase 2! Get additional protein from eggs, cheese, butter, creams, etc.

Feel free to eat more than 4 foods at once.

Most nuts have too many carbs, but 12-15 almonds are allowed; just be sure to read the labels since most have added carbs to keep the nuts separated.

For dairy products, beware of *added* sugar, but realize that dairy has sugar naturally.

Olive Oil is best; Vegetable Oil is OK, too. Try to avoid Peanut and Coconut Oils.

You can pretty much eat anything you want, as long as it is low carb and low (natural) sugar. The scale will tell you if you aren't eating the right way.

You will gain weight under the following conditions:

- Eating too few oils and fats
- Eating too few calories
- Mixing carbs and sugars with fats
- Eating foods on the "avoid" list
- Not drinking enough water

Phase 3 – Maintenance Helpful Tips

Starchy (High Carb) Vegetables – **Phase 3 AVOID**

	Carrots	Peas
Beets	Corn	Plantains
Beans / Lentils	Parsnips	Potatoes (ALL)
Pumpkin	Rutabaga	Sweet Potatoes
Turnips		Winter Squashes

Starchy (High Sugar) Fruits – **Phase 3 AVOID**

Grapes	Plums	Bananas
Tangerines	Kiwis	Dried Fruit
Oranges	Cherries	Mango
Tangerines	Pomegranates	Raisins
Pineapples	Figs	Dates

Be sure to read food labels! The first five ingredients listed are the majority of the product, so be sure that foods to be avoided are not in the top five (though it's better if they are not in it AT ALL!).

Remember: nearly every product in a can or box contains sugar in one of its many names (those ending in "ose".) Most restaurants and fast food places add sugar to nearly every product, so be wary of eating out all the time.

Other meats to watch out include deli meats, bacon, ham, prosciutto, sausage, and hotdogs. Read the labels carefully!

Avoiding starch means avoid cornstarch, corn meal, most nuts, all flour, any pasta, any bread or bread product, oatmeal, rice, polenta, nearly all root vegetables, any breadings, grains, cereals, granola, popcorn, rice cakes, and Cream of Wheat.

Do not eat processed cheese; it contains unnecessary sugars and starches. Shredded cheeses also have carbs to keep the cheese separated.

Try not to eat anything processed!