



# The hCG Diet Quick Start Cookbook: 30 Days to a Thinner You

*Anne Wolfinger*

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**\*\*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.

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