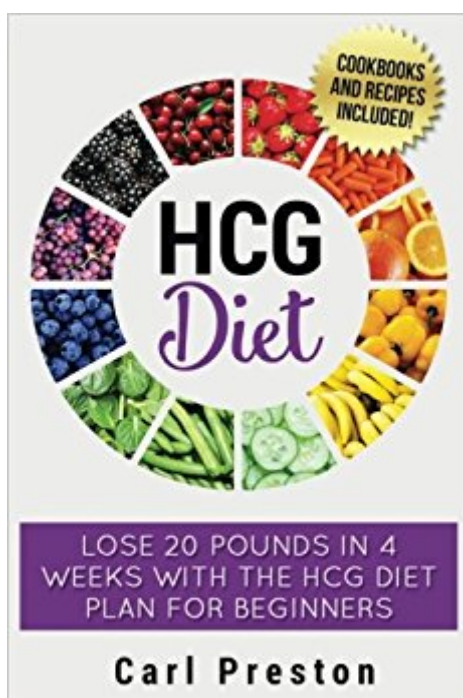


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# HCG Diet: HCG Diet Plan: HCG Diet Cookbook With 50 + HCG Diet Recipes And Videos - HCG Diet For Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet For Beginners, HCG Phase 3)





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## Book Information

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## Customer Reviews

Last week my aunt suggested me about this book. Inside of this book I have found a step by step guide about how to cook delicious HCG diet recipes. Tons of time I had tried to maintain a diet plan, but most of them are difficult to maintain. By reading this book I am pleased enough because this diet plan is amazing and anyone can maintain it properly. This book says that we can achieve an extremely fast weight loss. Last few days I followed this diet and got a good feedback. By reading this book I have learned 50+ HCG diet recipes and a complete 3-week eating schedule. I am glad to read this book and going to recommend this book to you all.

I will keep it for some of the recipes which are nice addition to what I have. But the book needs more information about the diet, background, mention of Pounds and Inches, stress of the no substitution rule, and a lot more about the diet itself. Esp. since this is labeled for a beginner. I would suggest a beginner read the original book Pounds and Inches by Dr. Simeon so that they are familiar with the diet, what it is, and how it works. This is mostly a jump start book for someone already familiar with the diet. There are numerous typos in the book and words missing as well as other writing errors that need to be fixed. Hire a proofreader. There are no cookbooks included, just recipes. There are no page numbers, which would be helpful to tell you which pages have errors. Week 1 Table is too

small to even read without a magnifying glass. Have you actually used the diet? Hearing your personal experience would be helpful. Needs a lot more content and explanation about the diet, why the foods are specific, since you call this FOR BEGINNERS. You do mention some important things which are good, supplements. I would warn people about the headaches and cramps that usually come within the first week or so on the diet.

I almost wanted to give this book an average score because quite frankly I'm afraid to go on this HCG diet. I don't know, anything involving injection gives me the creeps lol. But then I read on and discovered there was a recipe book too and it has pictures of the meals. Makes the diet considerably more attractive. I think I'm just going to jump straight to these recipes, it might not be the right thing but I'm going to see if I can lose weight with these meals and with a little exercise. Fully switching to the HCG diet supposedly means that you won't need any exercise but I say no thanks to the injection part.

Its okay. If you are following the HCG diet, many of the recipes seemed to contain ingredients that aren't allowed in the first phase. It would be good for the second phase.

This book was wonderful for my soul, and I do not exaggerate if I say "5 stars" to any soul. I found it as a great guidance and an answer to what I've looked for several time. It is not only for diet - but it gave me some answers for better life. The information of WHAT and WHY to prepare or eat was clear to me, convincing and therefore was easy to follow it. I have to mention the food pictures that were also part of the persuasion and Stimulation for me. It is a wonderful guide for anyone who wants a better and healthy life.

Save your money and avoid purchasing this book. You can find better recipes for use on the HCG diet online.

I thought this book would give me sample menu's for the HCG diet. It gives two "3 week plans" for phase 2. I believe it is a typo and one should be week 3. But it took some research to figure that out. There are recipes in the book which actually look good, but they don't note which phase they are for. From reading other reviews I thought it would be helpful, but I found it more frustrating than it was worth.

It had been so difficult to lose stubborn weight. Since using Pounds and Inches, even with some cheating, I have easily lost 11 pounds. I am not hungry and have a lot of energy. My weight was 126 lbs. and I am 5' 1 "...not tall! I now weigh 114.5 #'s. This means so much to me and I can't thank you enough. I feel 110 #'s is good for my height and will easily reach my goal.

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