

The book was found

# The HCG Diet Quick Start Cookbook: 30 Days To A Thinner You



## Synopsis

**\*\*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.

## Book Information

Paperback: 138 pages

Publisher: CreateSpace Independent Publishing Platform (May 14, 2012)

Language: English

ISBN-10: 1475252005

ISBN-13: 978-1475252002

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.3 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 196 customer reviews

Best Sellers Rank: #80,229 in Books (See Top 100 in Books) #129 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#) #1064 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

Anne Wolfinger is a veteran of many diet programs. None of them provided the lasting results for her that the HCG diet has, which has made her a firm and enthusiastic believer. In addition to eating well, Anne is committed to an active lifestyle. A lifelong tennis enthusiast, she also enjoys running, swimming and hiking. She even surprised herself by running a half-marathon with her daughter.

this book is the most helpful thing I have found for this diet. It is my carry everywhere, mark in, follow everyday of this diet. Have recommended to everyone. Best tool. So easy to follow

I started HCG diet 3 weeks ago and have lost 18 lbs. I have followed the required regimen but my food prep has been basic and unimaginative. I am very busy. Meal planning, grocery shopping, and cooking are (or have been) low on my priority list. This book has made my life and the diet MUCH easier. It is short and sweet in explaining the diet, providing the menus and grocery lists. The recipes are simple to prepare and delicious! Having to prepare my meals with minimal ingredients and using fresh, non-processed foods has produced unexpected results. I feel great, I'm more focused and have a lot of energy. Now that I have these recipes and grocery lists I have a renewed interest in cooking again and plan to eliminate as much processed foods as possible from my diet even after I reach my target weight. I plan on 3 more weeks of Phase II and I am thrilled to have found this book to help me make the meals easy and far more interesting than what I was preparing!

This is the best tool for a calorie limited diet I have ever seen. It has eight weeks of meal planning (four for Phase I and four for Phase II), and grocery lists for each meal planning week. So, the organization of doing this kind of diet is a SNAP! BUT, most importantly, the recipes are actually delicious! I'm stunned by how good they are and how relatively easy a 500 calorie/ day diet has been! HIGHLY recommend this book. In fact, I gifted it to my sister because it was so awesome.

Not much to this book..the grocery list is so blurred I had to rewrite it on the page..not impressed ..I was excited to receive very quickly, but soon disappointed .

This book is not as useful as I thought it would be.

It is a diet Cookbook, not much else to say

Good info, tips, guidelines, and recipes.

Such an easy way to diet! Combined with the drops, the food is so easily accessible at any grocery store and simple to prepare. The recipes are very tasty and you can use salt! It is teaching us to eat healthy and actually crave the good stuff!! Thanks!!

[Download to continue reading...](#)

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) HCG Diet: HCG Diet For Beginners *À* *œ* The Simple Science Of Losing Weight *À* *œ* HCG Diet Recipes *À* *œ* HCG Diet Cookbook *À* *œ* HCG Diet Plan The hCG Diet Quick Start Cookbook: 30 Days to a Thinner You HCG Diet Guide: Everything You Need to Know to Successfully Complete the HCG Diet & Lose Weight Fast! The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes for the "HCG Phase" The Living Vegan HCG Cookbook: Over 100 Delicious & Easy Vegan Recipes for the HCG Diet Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) PALEO: Paleo Diet For Rapid Weight

Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)