

## NILEan HCG Diet QUICK START GUIDE

### **DOSING NILEAN** – Keep NILEan refrigerated

- Mix powder with liquid once you are ready to start the diet.
- Take 0.5cc of NILEan TWICE a day around 12 hours apart.
- Hold the NILEan under your tongue for as long as possible (preferably 30 – 60 seconds)
- Swallow the residual liquid
- Do not eat or drink anything for 10 minutes.

### **IMPORTANT LIFESTYLE CONSIDERATIONS**

- Strive to get 8 hours of sleep each night.
- Drink 64 ounces of water a day.
- Do not use any skin care products containing fats or oils. No fish oil capsules.
- Do not increase or decrease your current exercise regimen while on the diet. If you are not exercising, do not start until you go into maintenance of this diet.

### **FLUIDS**

**Water** – at least 64 ounces daily. Must be consumed throughout the day.

**Diet Drinks** – Must be zero calorie. Maximum of 2 per day. A 12 ounce serving of Crystal Light would be considered one diet drink.

**Coffee, Tea** – Up to 24 ounces a day. That is 3, 8-ounce cups. You may use up to 1 Tbsp of low fat milk per day. Non-Dairy creamer is not allowed.

### **SPICES AND SEASONINGS**

Seasoning your food is very important for variety in this diet.

- All powdered seasonings are allowed, including salt. Combination seasonings are not allowed if they contain sugar (“Grill Creations” for example).
- 1 Tbsp. of the following is allowed: Vinegar, Lemon Juice, Lime Juice.
- Artificial sweeteners are allowed but should be consumed as little as possible since they support sugar addiction pathways.
- Stevia is allowed in any amount. Other sweeteners with more than 0 calories per serving are not allowed. These may contain sugar alcohols.
- You may do 2 months back to back on this diet. Do not repeat the high fat loading days.

### **DIET DAYS #1 AND #2 – High Fat Loading**

Any food that contains fats and oils is allowed during these two days. Eat until you are full. Avoid carbs like breads, potato, and pasta.:

- Meats – especially marbled meats (Tenderloin), sausage, and oily fish
- Milk – do not use low fat or 2%
- Eggs
- Cheese – no low fat cheese
- Nuts

### **DIET DAYS 3 AND BEYOND –**

#### **PROTEINS** – 3 ½ ounces twice a day.

Preferably Lunch & Supper

*Meats should be baked, broiled, or grilled. No added fats or oils are allowed.*

**The BEST Choices:** Chicken Breast (no skin), Shrimp, Crab, Lobster, Sea Bass, Cod, Flounder, Grouper, Haddock, Monkfish, Northern Pike, Ocean Perch, Orange Roughy, Pike, Pollock, Snapper, Sole, Tarpon, Tilapia, Whiting, Beef (Bottom Round, Flank Steak, Rib Roast, Top Sirloin), Veal (Leg or Shank). **No Ground Meats.**

Allowed after the first 21 days (Do not eat meat from this category for both meals in one day): Scallops, Dolphin, Mahi Mahi, Herring, Salmon, and Tuna. Beef (T-Bone, Ribeye, NY Strip, Tenderloin). Turkey Breast (no skin). Boar's Head Roast Beef, Chicken Breast, Ovengold Turkey. Healthwise products can be substituted in a pinch if necessary.

If you do not eat meat, you can substitute one large egg (white and yolk) plus the whites of 3 additional large eggs as a protein source. If you are over 200 pounds, then add one additional entire large egg to this. In place of eggs, 100gm Lowfat Cottage Cheese is allowed.

#### **VEGETABLES** – 3 ½ ounces twice a day.

Preferably Lunch & Supper

*They should be eaten raw, or steamed. After the 21<sup>st</sup> day on the diet, vegetables can be grilled or stir-fried using a small spray of cooking oil.*

**The BEST Choices:** Broccoli, Brussels Sprouts, Asparagus, Celery, Cucumber, Zucchini, Spinach, Chicory, Chard, Beet-Greens, Squash, Tomatoes, Onions, Cabbage, Fennel, Radishes.

#### **FRUITS** – One twice a day. Best at 3pm and 9pm

**Apple, Orange, Grapefruit, Peach, Clementine, Tangerine, Blueberries, Strawberries, Cranberries.** For the berries, one loosely packed cup is one serving. *You may choose to have the 9pm fruit in the morning if you prefer*