

## 8 Critical Mistakes Nearly Everybody Makes When Cooking While on the Low Calorie Phase of the HCG Diet by Leanne Mennemeier

The HCG Diet is amazing and will typically result in substantial, rapid weight loss when followed explicitly. The pitfalls lie in the fact that dieters lack accurate information and aren't aware of the intricacies of this potentially complex diet. It's not only what you eat, it's also how you select your menu items and prepare food. Knowledge is the key to completing the HCG diet successfully!

- 1) **Avoid handling meat with your bare hands.** Whether you're making sausage patties for your family or pulling the skin from a chicken to cut a 100 gram piece of breast meat off for yourself, wear gloves. Having HCG in your system will cause your skin to absorb fat simply by touching it. In effect, your skin 'eats it' rather than your mouth. So if you are doing more than placing your meat on a grill, wear gloves when handling raw or cooked meat. Cutting leftover roast from the bone or deboning a chicken requires your hands to be covered with grease and fatty juices. It is one thing to gain because you eat fatty protein or turkey, but not fun at all to follow the protocol perfectly on Thanksgiving only to gain a couple of pounds from taking the meat off the turkey!
- 2) **Use a non stick pan or grill to cook your meat without using a cooking spray** or if you feel you must use a nonstick spray to avoid ruining the pan, spray VERY quickly to get the smallest amount possible. You might even spray a paper towel and then wipe your pan with that. Although the nutrition facts on the cooking spray can say '0 Calories', be aware that oil is the main ingredient in this product and that the serving size is a ¼ of a second spray, which goes by pretty quickly!
- 3) **Be sure to weigh your 100 grams of meat or seafood before you cook it** rather than after. Juices will cook away and the meat will weigh less after it's cooked. Dr. Simeons' defined a serving of protein as 100 grams of raw meat.
- 4) **Do not use aspartame (NutraSweet), sucralose (Splenda) or other sweeteners.** Only saccharin and stevia are allowed. The branch of stevia is quite important also as many brands of stevia have non compliant fillers such as maltodextrin. So read all ingredients carefully.
- 5) **Many HCG dieters do not heed Dr. Simeons' instructions, 'Don't mix vegetables'.** Only one vegetable from the list of 13 allowable vegetables is allowed per meal. This is not just because of quantity, but it does have something to do with it. For example, if you can have lettuce, onions, celery, and tomatoes, you will make and eat a larger salad than if you have ONLY lettuce OR onions OR celery OR tomatoes. But again, this is not the only reason that you not mix vegetables as Dr. Simeons spent over 20 years experimenting with achieving the best weight loss results possible over the long haul. As a side note, while you CANNOT mix lettuce, tomatoes, cucumbers and onions to make a salad for your vegetable, you CAN mix a couple of stalks of celery or other allowable vegetables with 100 grams of protein in the same pan to cook a scrumptious soup or other main dish.
- 6) **Mixing fruits and meats on the other hand is allowed.** Just because vegetables cannot be mixed, people incorrectly conclude the same is true for fruits and meats. Having 'surf & turf', 50 grams of lobster and 50 grams of steak, for that special dinner is allowed, as is making a desert cup by cutting up ½ apple and ½ orange. Dieters benefit from variety since different foods provide different vitamins and nutrients, so vary your selections.
- 7) **Be sure to check the ingredients on the spices and seasonings you use when cooking.** Make sure that there are no sugars, oils or food starch included. It may sound ridiculous to think that something with '0 Calories' and '0 Carbs' can cause weight loss to slow or stop when you sprinkle it on your food but that HCG does some pretty crazy stuff.
- 8) **Take care when choosing types of seafood for your protein.** There are many types of fish and seafood but not all are allowed on the HCG Diet – even if certain types are commonly allowed on other diets. For example, salmon, imitation crab, and oil-packed tuna are not allowed. To help you determine allowable foods, reference the *HCG Weight Loss Cure Guide or The Pocket Guide to the HCG Protocol*. This book lists over 1000 food and drink items along with indicators for when the foods are allowed during the different phases of the HCG protocol.