

CNP Plan

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| Phase 1  Day 1-3 | Start HCG injections daily in AM | Eat high fat all 3 days | Don't let yourself get hungry |
| Phase 2  Day 4-24 (short round)  or  Days 4-45 (long round) | HCG injections continue daily in AM | Start 500-800 calorie a day diet | If you are constantly hungry-you may need your dose adjusted-you should only be hungry at meal times |
| Day 25 or 46 | STOP HCG injections | Continue low calorie diet for 3 days | HCG lasts in your body 72 hours-it's still working on these days |
| Phase 3  Day 28 or 49  3 weeks | No HCG injections | Start increasing calorie intake but low carb and add some fat back to diet | Add back to your diet slowly-you should maintain your last day of injection weight within 2 lbs |
| Phase 4  Maintenance | No HCG injections | Increase calorie intake to your bodies needs with healthy choices | Maintain your current weight that you worked so hard to lose |

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