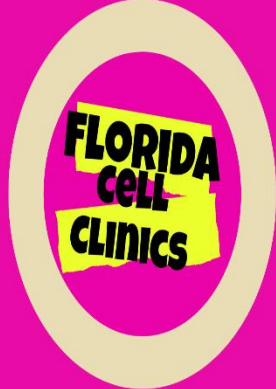


# RAPID HCG WEIGHT LOSS INJECTION MENU



**FLORIDA CELL CLINICS**



# **Rapid HCG Weight Loss Injection Menu**

**Florida Cell Clinics**

**BY**  
**Florida Cell Clinics**

It is creative nonfiction, in this case. For various reasons, several parts have undergone variable degrees of fictionalization.

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# THE DIET



## ***Breakfast:***

Tea or coffee made with pure water (never tap water) in any quantity without sugar. Only one tablespoonful of milk is allowed in 24 hours. Stevia may be used. (may have one serving of small apple, handful of strawberries, or grapefruit)

## ***Lunch:***

One hundred grams of veal, beef, chicken breast, and fresh white fish (sole, halibut, or flounder). All visible fat must be carefully removed before cooking. The meat must be weighed raw. The meat must be boiled or grilled without additional fat. Salmon, shrimp, lobster, cel, tuna, herring, dried or pickled fish are prohibited. The chicken breast must be removed from the bird before cooking.

One type of vegetable (one cup) only to be chosen from the following: spinach, chard, chicory, beet greens, lettuce, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. Either Raw, steamed, grilled, or gently boiled. Do not mix vegetables in the same meal—an apple, a handful of strawberries or one small grapefruit.

## ***Dinner:***

Same four choices as Lunch above but do not have two meals the same back-to-back.

## ***Seasoning:***

You may season any food with the juice of  $\frac{1}{2}$  of an organic lemon, black or white pepper, sea salt, organic garlic, organic apple cider vinegar, or any other organic herb.

Absolutely no butter oil or dressing (vinegar on the lettuce for a salad is allowed)

## ***Water:***

$\frac{1}{2}$  weight (pounds) in ounces per 24 hours [maximum] Example: 200 pounds/ 2 = 100 oz per day [maximum] or [For every 10 pounds = 150 ml = 5 oz per day] [maximum]

For minimum

Example: 200 pounds/ 2 = 100 oz per day - (100 x.4) = 100 oz per day 60oz/8oz glass = 7.5 glasses of water per day

[For every 10 pounds = 90 ml = 3 ox ]



# THE DIET



The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing. Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. You should drink about 2 litres of these fluids per day. Many patients fear drinking so much because they fear this may make them retain more water. This doesn't seem right, as the body is more inclined to store water when the intake falls below its standard requirements. The fruit may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.

No medicines or over-the-counter nonprescription drugs should be taken unless your physician requires them. Lipstick, eyebrow pencil and facial powder may be used. Other cosmetics by physician order only. No creams, lotions, moisturizers, or anything else should be placed on the skin, including oil or alcohol-based ones. Every item in the list is reviewed carefully, continually stressing that no variations other than those listed may be introduced. Things that are not listed are forbidden, and the patient is assured that nothing permissible has been left out. The 100 grams of meat must be carefully weighed raw after removing all visible fat. To do this accurately, the patient must have a letter scale, as kitchen scales are not sufficiently accurate, and the butcher should not be relied upon. Those not-uncommon patients who feel that even so little food is too much for them can omit anything they wish.

There is no objection to breaking up the two meals. For instance, they can have an apple for breakfast or an orange before bed, provided they are deducted from the regular meals. The whole daily ration of two breadsticks or two fruits may not be eaten simultaneously, nor can any item saved from the previous day be added on the following day. Initially, patients are advised to check every meal against their diet sheet before eating and not to rely on their memory. It is also worth pointing out that any attempt to observe this diet without HCG will lead to trouble in two to three days. We have had cases in which patients have proudly flaunted their dieting powers in front of their friends without mentioning the fact that they are also receiving treatment with HCG. They let their friends try the same diet, and when this proves to be a failure -as it necessarily must - the patient starts raking in unmerited kudos for superhuman willpower. It should also be mentioned that two small apples weighing as much as one large one have a higher caloric value and are therefore not allowed, though there is no restriction on the size of one apple. Some people do not realize that a tangerine is not an orange and that chicken breast does not mean the breast of any other fowl, nor does it mean a wing or drumstick. There are no Carbs on this diet. All burgers, tacos, and wraps are to be served with lettuce.



# DIET SUPPLY LIST



1. Organic Green Tea
2. Organic Chamomile Tea
3. Eleotin Tea
4. Spring Water
5. Food Scale that measures grams
6. Organic skinless Chicken Breast
7. Flounder, Sole or Halibut, Tilapia.
8. Organic Lettuce, Spinach, Tomatoes, Red Onions,
9. Cucumbers, Cabbage
10. Organic small apple, small grapefruit, strawberries,
11. Lemon halves for seasonings, garlic raw, Black Pepper, Ol'  
Bay
12. Apple Cider Vinegar
13. Omega III Multivitamin
14. Colon Cleanse (Almighty Cleanse, 7-Day Miricle Cleanse
15. Dual Action Cleanse)
16. Acetyl L-Carnitine
17. Chromium Picolinate, Multivitamins Daily
18. Cinnamon
19. Stevia (Natural Sweetener)
20. Vitamin E
21. Fibre
22. Sea Salt

# WEIGHT LOSS INFORMATION GUIDE

The Physicians at Florida Cell Clinics recommend the following for weight loss and higher quality of life:

1) Weigh yourself every day.

2) Keep a log.

*90% of people who do steps 1 & 2 lose more weight! On the days when you experience more weight loss, try to pinpoint what you did differently. Whether it be physical, dietary, or both.*

3) Breakfast is the most important meal of the day. We recommend eating fruit only as a breakfast meal because fruit is high in sugar, which can be burned off for energy during the rest of the day.

4) CONSISTENCY. Set specific times for breakfast, lunch, and dinner.

5) 25% of your plate should be meat and 75% vegetables.

6) Do not drink cold drinks with meals. Our natural temperature is 98.6 degrees. If you drink cold liquids, your metabolism must work harder to bring those colder liquids into the body's natural temperature before it can begin digesting any food.

7) COMMUNICATE! We are not only here to provide you with your treatment plan. Our primary focus is you. The bottom line is that those who keep in touch with us lose more weight.



## NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# FLORIDA CELL CLINIC

DATE							
DAY#	1	2	3	4	5	6	7
WEIGHT							
7:30am	Inject	Inject	Inject	Inject	Inject	Inject	Inject
Breakfas † 8:00am	EAT ALL DAY	EAT ALL DA	Coffee or Tea apple w/ Cinnamon	Coffee or Tea Strawberries	Coffee or Tea Organic Grapefruit	Coffee or Tea Fruit	Coffee or tea w/ cinnamon
Snack 10:30am	FATTY FOODS	FATTY FOODS	Hand full of Organic Strawberries	Apple with Cinnamon	Organic Grapefruit	Apple with Cinnamon	Organic Grapefruit
Lunch 12:30pm	Goal: Gain 3 to 6 pounds!	Goal: Gain 3 to 6 pounds!	Baked Fish and Cabbage	Chicken Breast and Veggie	Grilled Fish w/ Veggie	Chicken Lettuce Wraps	100 grams meat protein
Snack 3:00pm			Apple w/ Cinnamon	Hand full of Organic Strawberries	Apple w/ Cinnamon	Hand full of Organic Strawberries	Apple w/ Cinnamon
Dinner 6:00pm			Grilled Chicken and Tomatoes	100 grams meat protein (not chicken)	Grilled Chicken Cabbage	100 grams protein	100 grams meat protein
Bedtime 10:00pm			100 grams meat protein (not chicken)	100 grams meat protein (not fish)	100 grams meat protein (not fish)	100 grams meat protein	100 grams meat protein

# FLORIDA CELL CLINIC

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# FLORIDA CELL CLINIC

[illegible]



# FLORIDA CELL CLINIC

DATE			
DAY#	43	44	
WEIGHT			
7:30am	Inject	Inject	
Breakfast 8:00am	Coffee or Tea	Apple w/ Cinnamon	
Snack 10:30am	Organic Grapefruit	Coffee or Tea	
Lunch 12:30pm	Chicken Lettuce Wraps	Turkey Breast w/Veggie	
Snack 3:00pm	Apple w/ Cinnamon	Organic Grapefruit	
Dinner 6:00pm	Fish and Veggie	Turkey Burger	
Bedtime 10:00pm	100 grams meat protein	100 grams meat protein	

