



SHAPE PROGRAM QUICK REFERENCE GUIDE

FOOD LIST (Only consume foods on this list):

Fruit: strawberries (6 large or 10 small), 1 medium apple, 1 medium orange, or 1/2 pink grapefruit

Vegetable: 3.5oz of spinach, lettuce, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage, broccoli, cauliflower, zucchini, chard, or beet-greens.

Protein: 3.5oz (weighed raw) of ultra-lean steak, chicken breast no skin, white fish (see list), tofu, white turkey meat, or 1 boiled egg plus 3 boiled egg whites (eggs only one time weekly)

Apple Cider Vinegar Take 2 tbsp per day and you may lose an additional 2 lbs. each month during the program (and after!) In addition, apple cider vinegar is great for digestive health!

DAILY MEALS:

-Breakfast: One serving of a fruit option as listed above

-Lunch: 3.5oz lean meat (weighed raw) and 3.5 oz of a vegetable listed above

-Snack: One serving of a fruit option as listed above

-Dinner: 3.5oz lean meat (weighed raw) and 3.5 oz of a vegetable listed above

-Snack: One serving of a fruit option as listed above

MOST COMMON SIDE EFFECTS:

Constipation is the main side effect we see with people on the SHAPE program. If your bowel movements (BM's) are slow, your weight loss will slow too. It is very important to have regular BM's while doing the SHAPE. We recommend:

-Psyllium Fiber supplement and/or

-*Smooth Move*® Tea: Please allow the tea steep for 20-30 mins for full effect. Have a glass before bed to create a bowel movement by morning.

For the first few days on SHAPE, it is not uncommon for some people to feel a little tired and/or hungry. This is a very "clean" diet, so sometimes people will feel "detoxing" side effects. These side effects may include headaches and weakness. Please drink lots of water to help flush your system. Unsweetened Green Tea is also high in antioxidants and can be helpful too.

IMPORTANT Info for SHAPE:

-Only consume 500 calories a day. If you eat over 500 calories the HCG will not work and you will feel tired and hungry. It is important to keep track of calories. We suggest using a food tracker app that keeps track of daily calories. Weigh and Measure Your Foods.

-Do not use oils on the HCG diet. This includes on your skin and body! We suggest oil-free moisturizers such as Neutrogena® oil-free moisturizers. Ask us for more ideas.

PLEASE REVIEW the SHAPE video and READ all printed materials:

-The YouTube SHAPE video link: <https://youtu.be/lgrYM4w5qbM>

-We have provided a lot of useful information in the SHAPE Packet, including SHAPE FAQs and SHAPE Food Suggestions (some great recipe ideas) to help you along the way.

WHEN TO CALL THE OFFICE:

Please call the office if you are tired or hungry or experiencing any side effects. Our office is open Monday, Tuesday, Thursday, and Friday from 10:00am 12:30pm and from 1:30 to 5:00pm and on Wednesdays from 1:30pm to 5pm. **805-379-0254**