



## **Homeopathic HCG Diet:** **Supplies**

### **REQUIRED:**

- **Digital Bathroom Scale:** you will be weighing yourself every day so you need something accurate (a Wii Balance Board also works).
- **Food Scale:** something that measures 4 oz/100 grams. This doesn't have to be fancy, just accurate; a postal scale will work as well.

### **HIGHLY RECOMMENDED:**

- **Stevia:** either as a liquid extract or crystallized. This is the ONLY sweetener you are allowed in Phases 2 & 3.
- **Small indoor grill:** such as the George Foreman "Champ." This makes cooking small portions of protein a snap.
- **3-ring binder:** to keep all of your information easily accessible in one place.

### **OTHER RECOMMENDED:**

- **Spice mixes without any added sugar:** such as McCormick's Montreal Steak seasoning or Old Bay seasoning—read labels carefully and select a couple different blends to add easy variety to flavor your meals.
- **Vinegars:** such as balsamic, rice, apple cider—these add brightness and boosts of flavor.
- **Small containers or Ziploc bags:** this allows you to package (and marinate, if desired) your proteins into easy-to-cook portions. Buy your proteins raw, weigh, package, and freeze individual portions. This will make prepping your meals much easier and faster.