

HCG Diet

Apple Day

An 'Apple Day' is a day when all you will eat is a total of six apples. The apples are not limited by size or type. I suggest dividing them throughout the day. For example, if you wait until 9:00am to start your first apple then you can have one every two hours with your last one at 9:00pm. Having something to eat every two hours keeps you from feeling deprived. Your fluids this day are limited to water and only enough to quench your thirst. It is not uncommon for clients to do one or two apple days during a 42-day course. The apples may be raw or baked (see baked apple recipe).

An 'Apple Day' is usually followed by a 1- or 2-pound weight loss.