

HCG Diet

Are You in a Plateau?

During the HCG Diet, a weight loss plateau is defined as no weight loss for three days in a row. If you experience this (most clients do at one point or another) then these are the questions to ask yourself and the actions to consider:

Have I cheated?

Be honest with yourself and review the few days prior to your plateau. Even a small “cheat” can make a big difference. Many times, cheating will cause a client to stall his or her weight loss for 2-3 days. You can refer to cheating, under the FAQ section.

Have I been 100% compliant with all aspects of the protocol?

Review the labels on food and seasonings. There should be no sugar, oils, nuts, or seeds listed. All hair products, body products, shaving cremes, lotions, cosmetics, etc. should be oil free. If you cannot be certain that is not oil free, then don't use it and change to something you know is protocol compliant. Even something as innocent as Cetaphil face wash and Sure deodorant have castor oil as an ingredient. Lastly, you should be wearing gloves when trimming and handling meats, especially in bulk amounts.

Do I need to have a bowel movement?

Constipation is a common complaint of HCG dieters. A drink of smooth move tea before bed might break your plateau by aiding a bowel movement.

Have I been having the carb options?

If so, stop. This can be another reason for eliminating both carb options and enjoying an extra fruit serving instead.

Am I mixing vegetables?

For most clients, this is not an issue. However, if you are running out of options to break your plateau, not mixing any of your vegetables may be helpful. Personally, I would rather resort to participating in an apple day first.

If all the above options and considerations have not produced a positive result, consult with your HCG mentor to review, and adjust your plan as necessary.