

# HCG Diet

## Steak Day

A *steak day* will be needed if your weight goes two pounds above your last dose day weight. Do not postpone it. Continue participating in a steak day as needed for 21 days. A *steak day* will consist of the following:

You may drink unlimited quantities of calorie free drinks but **nothing to eat until the evening**, and then you may have a big steak with 1 raw tomato or 1 apple as a side.

You should see a 2lb weight loss the following day.

*Following these instructions is imperative to stabilize your weight at its new set point.*