

# Download Hcg Recipes Phase 2 The 500 Calorie Diet Plan

hcgchicarecipes.com. Recipes for Phase 2 of the hCG Diet Protocol - for any version of the diet You are ready for the most exciting part- the part where you lose weight. What is Phase 2 of the hCG Diet? The very low calorie diet (VLCD). This is the part of the diet that you eat 500 or so calories a day, usually for a period of 3-6 weeks, from a specific list of foods, portioned out a specific way as well. Phase 2 of HCG diet limits your calorie intake to 500 calories a day. It sounds scary but it works. It can also be relatively easy as long as you follow the guidelines. You might find the menu a bit boring but with some planning and some ingenuity, you can see your pounds melt off. What is this Phase 1 "loading" sometimes called "gorge" phase on the hCG diet protocol all about? What's the right way to do it? Get all the deets here.