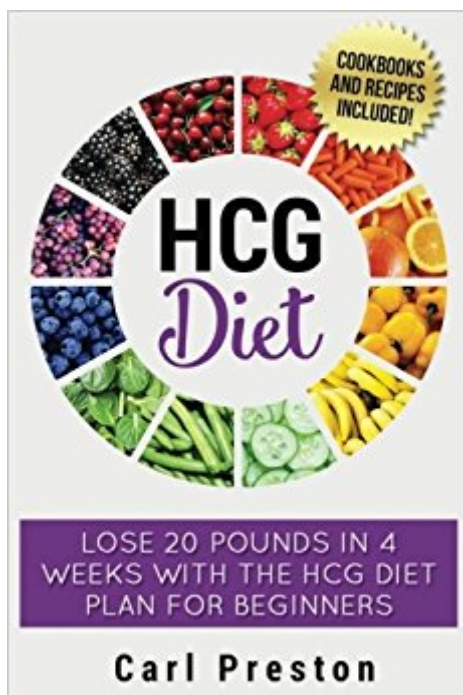


The book was found

HCG Diet: HCG Diet Plan: HCG Diet Cookbook With 50 + HCG Diet Recipes And Videos - HCG Diet For Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet For Beginners, HCG Phase 3)



Synopsis

[illegible]

diet, hcg diet cookbook, hcg diet recipes, hcg diet plan, hcg diet for beginners, hcg diet books, hcg diet pills, HCG Diet, HCG Diet recipes

Book Information

Series: HCG Diet, HCG Diet Plan, HCG Diet Recipies, HCG Diet Recipes, HCG Diet Cookbook, HCG Diet for Beginners, HCG Phase 3

Paperback: 76 pages

Publisher: CreateSpace Independent Publishing Platform (June 18, 2016)

Language: English

ISBN-10: 1534747370

ISBN-13: 978-1534747371

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 3.1 out of 5 stars 23 customer reviews

Best Sellers Rank: #679,911 in Books (See Top 100 in Books) #126 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol

Customer Reviews

Last week my aunt suggested me about this book. Inside of this book I have found a step by step guide about how to cook delicious HCG diet recipes. Tons of time I had tried to maintain a diet plan, but most of them are difficult to maintain. By reading this book I am pleased enough because this diet plan is amazing and anyone can maintain it properly. This book says that we can achieve an extremely fast weight loss. Last few days I followed this diet and got a good feedback. By reading this book I have learned 50+ HCG diet recipes and a complete 3-week eating schedule. I am glad to read this book and going to recommend this book to you all.

I will keep it for some of the recipes which are nice addition to what I have. But the book needs more information about the diet, background, mention of Pounds and Inches, stress of the no substitution rule, and a lot more about the diet itself. Esp. since this is labeled for a beginner. I would suggest a beginner read the original book Pounds and Inches by Dr. Simeon so that they are familiar with the diet, what it is, and how it works. This is mostly a jump start book for someone already familiar with the diet. There are numerous typos in the book and words missing as well as other writing errors that need to be fixed. Hire a proofreader. There are no cookbooks included, just recipes. There are no page numbers, which would be helpful to tell you which pages have errors. Week 1 Table is too

small to even read without a magnifying glass. Have you actually used the diet? Hearing your personal experience would be helpful. Needs a lot more content and explanation about the diet, why the foods are specific, since you call this FOR BEGINNERS. You do mention some important things which are good, supplements. I would warn people about the headaches and cramps that usually come within the first week or so on the diet.

I almost wanted to give this book an average score because quite frankly I'm afraid to go on this HCG diet. I don't know, anything involving injection gives me the creeps lol. But then I read on and discovered there was a recipe book too and it has pictures of the meals. Makes the diet considerably more attractive. I think I'm just going to jump straight to these recipes, it might not be the right thing but I'm going to see if I can lose weight with these meals and with a little exercise. Fully switching to the HCG diet supposedly means that you won't need any exercise but I say no thanks to the injection part.

Its okay. If you are following the HCG diet, many of the recipes seemed to contain ingredients that aren't allowed in the first phase. It would be good for the second phase.

This book was wonderful for my soul, and I do not exaggerate if I say "5 stars" to any soul. I found it as a great guidance and an answer to what I've looked for several time. It is not only for diet - but it gave me some answers for better life. The information of WHAT and WHY to prepare or eat was clear to me, convincing and therefore was easy to follow it. I have to mention the food pictures that were also part of the persuasion and Stimulation for me. It is a wonderful guide for anyone who wants a better and healthy life.

Save your money and avoid purchasing this book. You can find better recipes for use on the HCG diet online.

I thought this book would give me sample menu's for the HCG diet. It gives two "3 week plans" for phase 2. I believe it is a typo and one should be week 3. But it took some research to figure that out. There are recipes in the book which actually look good, but they don't note which phase they are for. From reading other reviews I thought it would be helpful, but I found it more frustrating than it was worth.

It had been so difficult to lose stubborn weight. Since using Pounds and Inches, even with some cheating, I have easily lost 11 pounds. I am not hungry and have a lot of energy. My weight was 126 lbs. and I am 5' 1 "...not tall! I now weigh 114.5 #'s. This means so much to me and I can't thank you enough. I feel 110 #'s is good for my height and will easily reach my goal.

[Download to continue reading...](#)

HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) HCG Diet: HCG Diet For Beginners â " The Simple Science Of Losing Weight â " HCG Diet Recipes â " HCG Diet Cookbook â " HCG Diet Plan The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes for the "HCG Phase" Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) The Living Vegan HCG Cookbook: Over 100 Delicious & Easy Vegan Recipes for the HCG Diet Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) PeriAnesthesia Nursing Core Curriculum: Preprocedure, Phase I and Phase II PACU Nursing, 2e PeriAnesthesia Nursing Core Curriculum: Preoperative, Phase I and Phase II PACU Nursing, 1e PeriAnesthesia Nursing Core Curriculum: Preprocedure, Phase I and Phase II PACU Nursing, 3e Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Mediterranean Diet

Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) HCG Diet Guide: Everything You Need to Know to Successfully Complete the HCG Diet & Lose Weight Fast! Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)