

4 Day hCG Meal Plans- \$80

Receive 8 hCG friendly meals (Chef's Choice) to satisfy your lunch and dinner portions. All of our hCG friendly meals are prepared according to the Dr. Simeon's protocol. Meal plan includes a variety of chicken, beef and seafood, with enough caloric room to add in your fruit and grissini sticks or melba toast. We recommend ordering twice a week to receive the freshest meals possible. Apples, grissini sticks and additional meals are available for an additional cost.

Week A- Part 1					Week A- Part 2				
	Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4
Lunch	Famous Texas Chili	Asian Chicken & Cabbage	South of the Border Soup	Citrus Chicken with Slaw	Lunch	Lemon Herb Tilapia	Shrimp Diablo	Italian Meatballs	Famous Texas Chili
Dinner	Lemon Herb Tilapia	Shrimp Diablo	New Orleans Shrimp	Italian Meatballs	Dinner	Asian Chicken & Cabbage Soup	South of the Border Soup	hCG Greek Chicken Salad	Citrus Chicken with Slaw

We recommend reordering every 3 days.

Week B- Part 1					Week B- Part 2				
	Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4
Lunch	Buffalo Chicken Tenders	Ginger Chicken Lettuce Wraps	Chipotle Lime Shrimp	All American Meatloaf	Lunch	Shrimp Creole	Cajun Chicken	Ginger Chicken Lettuce Wrap	Cilantro Chipotle Tilapia
Dinner	Cilantro Chipotle Tilapia	Shrimp Creole	Chicken Cacciatore	Cajun Chicken	Dinner	Buffalo Chicken Tenders	Asian Beef with Spicy Cabbage	All American Meatloaf	Chicken Cacciatore

We recommend reordering every 3 days.

Week C- Part 1					Week C- Part 2				
	Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4
Lunch	Chicken Creole	Tomato Basil Soup	Thai Basil Chicken	Italian Chicken	Lunch	Mediterranean Tilapia	Tomato Basil Soup	Thai Basil Chicken	Italian Chicken
Dinner	Mediterranean	Poached	Island Roast	Famous Texas	Dinner	Chicken Creole	Famous Texas Chili	Poached Shrimp Salad	Beef & Onion Soup

We recommend reordering every 3 days.

Congratulations! Welcome to your new lifestyle!				
	Day 1	Day 2	Day 3	Day 4
Lunch	Balsamic Chicken	Mexican Chicken	DD Burger	Sirloin Chimichurri
Dinner	Shrimp Creole	Citrus Salmon	Chicken Marsala	Chef Feature

ONE TIME ONLY PROMO \$80:

4 DAY MAINTENANCE MEAL Plan



hCG Friendly Meals

Each meal is carefully prepared using hCG approved recipes and weighed portion by portion to meet the hCG low calorie diet requirements without sacrificing flavor or quality. Since 2008, we've helped hCG dieters effortlessly comply with the program, lose weight and achieve a healthy lifestyle. Our hCG meals make living on the hCG diet so easy and flavorful that followers are more inclined to be successful. We only use lean proteins, fresh hand cut vegetables, and carefully constructed seasonings. We also offer a Low Carb menu that supports individuals who have entered the {most crucial phase for your long-term success} Maintenance Phase (P3) of the hCG Diet.

Weekly Rotations		
Week A	Week B	Week C
Famous Texas Chili 230 Cal.	Asian Beef w/Spicy Cabbage 190 Cal.	Beef & Onion Soup 210 Cal.
Italian Meatballs 190 Cal.	All American Meatloaf 180 Cal.	Famous Texas Chili 230 Cal.
Asian Chicken and Cabbage Soup 220 Cal.	Buffalo Chicken with Celery 150 Cal.	Italian Chicken with Spinach 140 Cal.
South of the Border Soup 220 Cal.	Ginger Chicken Lettuce Wrap 140 Cal.	Chicken Creole 190 Cal.
Citrus Chicken with Slaw 150 Cal.	Cajun Chicken with Asparagus 140 Cal.	Thai Basil Chicken with Spicy Cabbage 150 Cal.
Greek Salad with Chicken 120 Cal.	Chicken Cacciatore 180 Cal.	Tomato Basil Soup 180 Cal.
Lemon Herb Tilapia 130 Cal.	Cilantro Chipotle Tilapia 130 Cal.	Island Roast Shrimp with Asparagus 100 Cal.
Shrimp Diablo 110 Cal.	Chipotle Lime Shrimp 110 Cal.	Mediterranean Tilapia 120 Cal.
New Orleans Shrimp 110 Cal.	Shrimp Creole 100 Cal.	Poached Shrimp Salad 90 Cal.

1. Visit our website for most current menu & item availability.
2. Place your order for a-la-carte meals, or (our best value & recommendation) **4 Day Meal Plan** .
3. We offer prepared apples & grissini sticks too!
4. Pick up in store between 9am-6pm, or have it delivered. Choose what works best for you!
5. Start enjoying the benefits of a healthier lifestyle!

PLUS:
ONE TIME ONLY: Purchase your first 4 DAY MAINTENANCE MEAL Plan for \$80!
 A jump start to your new lifestyle!