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New HCG Diet Plateau Breakers - HCG | Pounds & InchesNew HCG Diet Plateau Breakers About The Author Sonia E. Russell, LPN Is A Licensed Nurse And A Professional HCG Diet Coach For Over 4 Years. Sonia Has Authored Several Books On The New Medically Revised 800 Calorie HCG Diet Protocol That Is Safer, More Tolerable And Apr 9th, 2024Introduction - HCG Diet Drop Kits \$99 | Australia's #1 HCG ...Phase 2: Low Calorie Diet + Our HCG Drops 3-6 Weeks This Phase Lasts For 21- 90 Days. During This Phase, You Will Need To Commit To Eating A Strict Diet As Outlined By Dr. Simeons Himself. Foods Allowed Are In This Manual And Free Recipes Are Available. Cont Feb 17th, 2024The HCG Diet Protocol HCG WarriorThe HCG Diet Protocol Phase 1: Day 1 & 2, The First Two Days Of The Diet Are The LOAD Days. Begin Your HCG Drops And Take 10 -15 Drops Of HCG Three Times Per Day (morning, Noon And Night) Under Your Tongue And Hold For At Least 30 Seconds Before Swallowing. Wait 30 Minutes Before Eating Feb 11th, 2024.

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