

# Kevin Trudeau - The Weight Loss Cure hCG Protocol

## Overview of Phase 1

For the entire first month, the protocol is designed to detoxify your body in preparation of the next stage, Phase 2. Kevin Trudeau's protocol strongly emphasizes the use of his supplements.

## Breakfast on the hCG Diet

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Medium - large organic breakfast with grapefruit

### Supplements with the hCG diet breakfast

Digestive Enzyme added to water at the beginning of the meal  
1 teaspoon coconut oil at the beginning of the meal, or used in cooking  
1 tablespoon raw organic apple cider vinegar - ideally added to salads or used in cooking.

Organic Life Vitamin

### Snack

1 apple with cinnamon (cinnamon optional)  
1 cup of Organic Yerba Mate Tea  
Formula 2 of Almighty Cleanse

## Lunch on the hCG diet

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Salad with portion of soup, sandwich or chicken breast with all fat removed.

### Supplements with the hCG diet lunch

Digestive Enzyme – added to water at the beginning of the meal  
1 tablespoon raw organic apple cider vinegar - ideally added to salads or used in cooking.

## Dinner on the hCG diet

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Eat dinner with a salad.

### Supplements:

1 Digestive Enzyme – pill or sachet added to water at the beginning of the meal

1 tsp of Raw Organic Coconut oil at the beginning of the meal  
1 TBSP Raw Organic Apple Cider Vinegar  
2 soft gels of Vitamin E  
Formula 1 of Almighty Cleanse

## **Snacks on the hCG Diet**

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Grapefruit and Organic Chamomile Tea  
Formula 2 of Almighty Cleanse  
Before bed eat 100 grams of protein in the form of chicken breast, turkey or protein shake.  
Drink 1 cup of Natural Calm tea.  
1 apple with cinnamon (cinnamon optional)  
1 cup of Organic Yerba Mate Tea  
Formula 2 of Almighty Cleanse

## **Beverages on the hCG diet**

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Water: ½ to 1 gallon per day, preferably at room temperature.  
Teas: Green, Yerbe Mate Tea, Natural Calm Tea