

hCG Diet for Vegetarians

Isn't it true that you have to eat meat in order to get protein?

No. Many green vegetables, nuts, beans, seeds, and other super foods etc. have high sources of protein.

Eating egg is the most recommended meat substitute for vegetarians. Other accepted vegetarian options are a 16-ounce glass of skim milk or 3.5 ounces of fat-free cottage cheese, though often at the cost of slower weight loss. Some vegetarians also use protein powders derived from hemp, whey or rice to replace animal protein.

The HCG diet was developed by British Endocrinologist Dr. A.T.W. Simeon in the 1950s. Today his diet is enjoying a resurgence in popularity amid a lot of controversy surrounding the use of an injected hormone to aid in weight loss. But despite the naysayers, dieters have been steadily losing lots of weight very quickly and re-sculpting their bodies because of the fat loss.

The HCG diet is not always vegetarian-friendly

In addition to the oral HCG, those following Dr. Simeon's protocol also eat a very low calorie diet of 500 calories a day. The doctor's plan poses a challenge for vegetarians who do not eat the meat called for in the original 500 calorie VLCD diet plan created by Dr. Simeon.

For those vegetarians that eat dairy products, Dr. Simeon recommends taking 500cc. of skim milk each day. Vegetarians who eat eggs can substitute 1 whole egg with the whites of three additional eggs served boiled or poached. They could also eat 1/2 cup of non-fat cottage cheese or non-fat plain yogurt with no sugar added. Because of the starch content, vegetarians cannot eat the customary vegetable protein sources such as rice, beans, wheat or nuts. If you can handle soy products, soymilk might be a safe alternative to skim cow's milk, but you'd have to find a sugar-free version.

There are some 'mostly' vegetarians who occasionally eat seafood. They can substitute shrimp, lobster, prawns, crawfish or crabmeat for the chicken or beef. Because they don't eat the animal products called for in the original diet, strict vegetarians can expect their weight loss to be about half of that of the meat-eaters who follow this diet.

Take vitamin and mineral supplements while following the HCG weight loss plan

Your body's supply of vitamins and minerals needs to be replenished each day. You really can't rely on the foods you eat to supply you with the full complement of essential vitamins and minerals that keep you healthy and strong, build your blood and bones and keep your body operating in top form.

When you are on such a limited calorie diet such as the HCG diet, taking a vitamin and mineral supplement helps to ensure that you are getting all of the nutrients you need.

Drink plenty of fluids in the HCG diet

Dr. Simeon's program calls for all the coffee or tea you want but with no added sugar. You are permitted to have the juice of one lemon each day, so you could squeeze some of it into your tea in the morning and then some of it into your drinking water for the rest of the day.

If you are a strict vegetarian, the HCG diet might be a bit of a challenge to navigate, but if you're flexible about the animal proteins you'll eat, you may find better results.



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