

## Phase 3 (Maintenance) Correction Day Modifications/Options



Since Dr Simeons wrote the hCG Diet protocol back in 1949 there have been many changes to our eating styles and foods available. Although at hCG Diet Canada we always prefer to stick to the original protocol, especially for Phase 2 (VLCD) but below are a few modifications that we found worked for Correction Days in the Maintenance Stages to ensure you keep your weight within 2 pounds of your last drop weight (LDW).

Rather than only having the choice of a “Steak Day”, try one of the following recommendations for a Correction Day. Remember the Correction Day must always be executed on the same day the 2+ pound weight gain is detected on the scale. A Correction Day does not work when carried out days after the gain. Remember, none of these are guaranteed because Dr. Simeons' didn't include them, but we have seen success with them with our clients.

Here are some new twists on the Maintenance Stage 4 Correction Day protocol. Let us know how they work for you...

### **Nut Day**

Eat 2500 calories of nuts throughout the Correction Day. The nuts have to be raw. You can cook up 1 ounce of nuts with butter, cinnamon & sweetener. The rest must be raw. Eat them 1 oz at a time throughout the day.

### **“Better” Than the Steak Day**

Eggs and some cheese in the morning. Steak in the afternoon. More steak in the evening, followed by a decent portion of cheese again. Tons of water. Nothing else. If it works, it works like gangbusters. Supposed to correct water retention especially if you've been trying to eat light and not getting enough protein.

### **Apple and Cheese Day**

One Correction Day “recipe” that consistently gives me a loss of over 3 pounds is an Apple & Cheese Day. I've read different variations of it online (some with as many as 6 apples in one day), but I modified mine to be 2 ounces of sharp cheddar cheese and 1 medium sized apple for Breakfast, Lunch and Dinner (for a total of three apples and 6 ounces of cheese for the day). I drink tons of water and at least 2 mugs of green tea, and I lose over 3 pounds. Once I lost 4+ pounds.

#### *A delicious suggestion for the cheese on this day:*

Take the cheese, chunk it up on to a microwave-safe plate and cook for 1.5 minutes on high, sprinkling with herbs like thyme or rosemary mid-cooking. It makes the most delicious cheese chips to eat with the apples!

### Steak day

The original Correction Day - fast all day (can have coffee/tea with cream). For dinner, eat a humongous fatty steak (as big as you can choke down) with either a large raw apple or a large raw tomato. May use condiments and spices freely but no veggies, dairy, etc.

### Roasted Chicken Day

Roast a whole large chicken. Start in the morning (if desired) and eat dark meat and skin (legs, wings and thighs) first for breakfast and lunch. If you run out of dark meat before dinner, make chicken salad (full-fat mayo) and eat it for dinner. May use condiments and spices freely but no veggies, fruit, dairy, etc.

### Greek Yogurt Day

Start in the morning (if desired) and eat 32-40oz of full-fat Greek yogurt plus up to 8oz of berries. If full-fat yogurt cannot be found, add 2T of heavy cream to each 8oz serving of yogurt. No restrictions on non-sugar sweeteners in the yogurt or (if desired) spices. No other protein or veggies.

### Egg Day

Start in the morning and eat 8-12 eggs throughout the day. Condiments and butter or oil may be added for cooking or to make egg salad but no veggies, fruit, dairy, etc.

### Fish/Seafood Day

Fast all day (can have coffee/tea with cream). For dinner, eat a humongous piece of fish/seafood (any) with 8oz of asparagus. May use condiments and spices freely but no veggies, fruit, dairy, etc.

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