



Checklist for Optimum Performance on the DIY HCG Diet Protocol

Required

- HCG*
- Method to Administer it (oral syringe comes with your order if using DIYHCG.com)*
- Kitchen scale that measures to the tenths spot (.1 or .2 lb)*
- Bathroom scale that measures to the tenth spot (.1 or .2 lb)*

Highly Suggested

- George Foreman Grill*
- Ziploc bags (to put in your weighed and cut meat and freeze for later, easy meal prep)
- Stevia packets*
- Flavored stevia drops (to spruce up tea, coffee, and water)*
- Measuring tape*
- Oil-free shampoo*
- Oil-free conditioner*
- Oil-free bar soap*
- Oil-free hand soap*
- HCG Protocol-Approved Safe Spice*
- HCG Protocol-Approved Vinaigrette Dressing*
- HCG Weight Loss Cure Guide*
- 101 Worry-Free HCG Diet Recipes Book*
- My HCG Tracker*
- Pocket Guide to the HCG Protocol (especially when you enter maintenance phase)*
- Baby oil or mineral oil for moisturizing*
- Oil-free shaving cream

Optional

- Oil-free deodorant*
- Onion cooker (to quickly and easily prepare an onion with just a microwave)*
- Latex gloves if you are going to be baking, dealing with fatty meats, or putting ointment or other oily or moisturizing things on someone else (for example, a baby with a diaper rash)*

***Available for your convenience on DIYHCG.com!**