21 DAY PLAN

TOTAL FOR 21 DAY PLAN: \$657

SAVE \$150!

28 DAY PLAN

TOTAL FOR 28 DAY PLAN: \$876

SAVE \$200!

4 STEPS OF THE HCG PLAN

- 1. When you start the hCG injections, you do a fat/calorie load for two days.
- 2. On Day 3, start the 500 calories/day meal plan from Eat2Lean.
- 3. After completing the 21 or 28 day hCG meal plan phase, you can eat anything you want within reason and within acceptable nutritional guidelines except for starch or sugar for three weeks.
- 4. For the following three weeks, you continue to east healthily, slowly introducing starch and sugars back into your daily food intake (i.e. whole grains and natural sugars). Additional guidelines to be provided.