

HCG

PLATINUM™

BRAND

X-30™

PLUS

HEALTHY
MENU GUIDE

X-30 SUCCESS GUIDE

HCG Platinum X-30 Plus is a dietary supplement intended to be added to your weight management plan. It should be used in conjunction with a sensible diet and exercise.

Women: For best results, begin the program on the first day after your menstrual cycle ends.

DIRECTIONS



Take 1ml (one-half dropper) twice a day. Avoid eating or drinking for at least 15 minutes after taking drops.



**TAKE
TWICE
A DAY**



**15 MIN
BEFORE
MEALS**



**8-10 OZ
OF
WATER**

Para instrucciones en Español, visite
www.hcgplatinum.com/espanol
Para ayuda en Español, llame 888-424-7528.

STEP ONE

The Beginning

(Day 1)

- Determine your target weight.
- Take a “before” picture to help motivate yourself throughout your diet.
- Begin weighing and measuring yourself daily.

Healthy Diet & Exercise

(Days 1-30)

- Begin taking your drops twice a day.
- Select foods from the Healthy Food List (see pg. 7).
- Focus on eating healthy portion sizes and avoid fatty, sugary, and other unhealthy foods.
- Exercise regularly to help burn calories and assist you in reaching your weight-loss goal.

Evaluation

(Day 30)

If you have reached your target weight:

Congratulations! You may now begin Step Two.

If you have not reached your target weight by day 30:

You may purchase additional drops and continue Step One until you reach your goal.

STEP TWO

(3 weeks)

This is the most critical part of your weight management program. During this phase, eat the same types of foods on the Recommended Healthy Food List, gradually introducing additional fruits, vegetables and proteins into your diet. For best maintenance results, continue to avoid sugary, fatty, and other unhealthy foods.

- Stop taking your drops.
- Avoid sugary and fatty foods.
- Weigh and measure yourself daily.

STEP THREE

(3 weeks)

Step Three should last three weeks, and should begin the day after completing Step Two.

- Gradually introduce sugars and starches into your diet, but be careful not to form poor eating habits.
- Weigh and measure yourself daily.

Next Steps

If you have obtained your weight and size goals, congratulations! Stay focused on eating healthy foods in the right amounts to help you maintain your target weight.

If you have not met your goal, stay positive and do not give up! You may use HCG Platinum again to continue to work towards your healthy weight goal.



**\$20⁰⁰
OFF**

use coupon code:

hmgmrs

Order Maintain at HCGplatinum.com

Maintain acts as a companion to HCG Platinum X-30 Plus. It provides additional amino acids, as well as natural caffeine.

Offer valid at HCGplatinum.com



**\$10⁰⁰
OFF**

use coupon code:

hmgmt

Meal Replacement Shake

HCG Platinum's delicious Meal Replacement Shake is a great addition to any wholesome weight management program. Mix with ice and strawberries for a special, nutritious treat.

Offer valid at HCGplatinum.com

SUGGESTED DAY IN THE DIET

Breakfast

Tea or coffee in any quantity without sugar.
A healthy portion of fruit.
HCG Platinum Meal Replacement Shake.



Lunch

A healthy portion of lean protein.
A healthy portion of vegetables.
Grissini Breadstick or Melba Toast.



Dinner

A healthy portion of lean protein.
A healthy portion of vegetables.
Grissini Breadstick or Melba Toast.



Snacks

The snacks you eat can play a huge role in your weight management. Try to avoid fatty or sugary snacks. Instead, satisfy your cravings by eating a fruit from our recommended food list.



HEALTHY FOOD LIST

Use this food list as a starting point to your diet. Try to avoid foods that are high in sugars, fats, and starches. Focus on correct portion sizes and healthy elements to a balanced diet.

Protein

- Lean Beef
- Chicken Breast
- White Fish
- Lobster
- Crab

Try to avoid fatty seafood including:

Tuna, Salmon, and Eel

Vegetables

- Asparagus
- Celery
- Red Radishes
- Beet Greens
- Broccoli
- Cucumbers
- Spinach
- Chicory
- Cabbage
- Lettuce
- Tomato
- Chard
- Cauliflower
- Onion
- Fennel

Fruits

- Apples
- Grapefruits
- Strawberries
- Oranges

Seasonings

- Salt (Minimal)
- Basil
- Parsley
- Mustard Powder
- Pepper
- Garlic
- Thyme
- Marjoram
- Vinegar
- Other all-natural seasonings

Extras

- Chew sugar-free gum to help curb cravings.
- Avoid sugary foods. Feel free to use sugar substitutes like Saccharin or Stevia.
- Use lemon juice as a seasoning. It's a healthy way to make foods taste great.

Avoid Unhealthy Foods

- Avoid Oil, Butter, and Dressing
- Avoid All Soda Pop
- Avoid All Alcoholic Beverages
- Avoid Sugary Drinks

RECIPES

GARDEN SALSA

Ingredients

- 2 Large Vine Ripe Tomatoes
- 1 Tbsp. Red Pepper
- 6 Green Onions, Diced
- ½ White Onion, Diced
- 1 tsp. Black Pepper
- ½ Cup Cilantro, Diced
- 2 Cans Diced Tomatoes
- 1 tsp. Salt
- 3 Cloves Garlic, Minced
- 1 Small Can Green Chilies

Directions

Combine contents in a large mixing bowl. If you prefer smoother salsa, blend mixture in a blender for a few seconds. Chill in refrigerator until ready to serve.

Put on salads or meat for great flavor!

NO BEAN CHILI

Ingredients

- 2 Lbs. Ground Beef or Chicken
- 1 tsp. Cumin
- ½ Onion, Diced
- 1 Cup Water
- Salt & Pepper to Taste
- 4 Cloves Garlic, Diced
- 2 Cans Diced Tomatoes
- 4 tsp. Chili Powder
- 2 tsp. Garlic Powder

Directions

Cook ground meat until fully cooked. Transfer meat to a colander and rinse under hot water to remove fat. Return to pan and add remaining ingredients. Simmer for 20-30 minutes. Divide into 8 portions. Refrigerate or freeze for quick meals later.

FILET MIGNON & CABBAGE

Ingredients

- 4 oz. Filet Mignon
- 1 to 2 Packets of Stevia
- 2 Cups Cabbage, Shredded
- Cider Vinegar
- Lemon Pepper
- Rosemary Leaves

Directions

Put cabbage in a small saucepan with enough water to allow to braise. Add vinegar, lemon pepper and a packet or two of Stevia to sweeten. Fold the cabbage over and over to cook evenly. Do not overcook.

Before grilling, drizzle meat with a little cider vinegar and then sprinkle lemon pepper and a few rosemary leaves on top. Cook filet mignon in a stovetop grill pan. Make sure not to overcook. Cut meat into thin slices.

CAJUN STYLE TILAPIA

Ingredients

- 4 oz Tilapia Filets
- Salt & Pepper to Taste
- Cajun Seasoning
- ½ Lemon

Directions

Preheat oven to 350 degrees. Place a sheet of tin foil on cookie sheet and lightly coat with cooking spray. Place tilapia filets on cookie sheet and season with salt, pepper and Cajun seasoning. Top with two lemon slices per filet. Bake in oven for 15 minutes or until fish is easily flaked with a fork.

BALSAMIC CHICKEN WRAPS

Ingredients

- 4 oz. Chicken
- 2 Leaves Red Cabbage, Diced
- 3 Tbsp. Balsamic Vinegar
- 2 Leaves Green Cabbage
- ¼ tsp. Onion Powder
- 1 Clove Garlic
- 1 Tbsp. Fresh Ginger
- 1 tsp. Salt
- 1 tsp. Black Pepper

Directions

Cut chicken into small pieces. Mix together finely grated ginger, garlic, onion powder, balsamic vinegar, salt, pepper and chicken pieces. Cook chicken thoroughly and then add the red cabbage and cook until cabbage is tender. Split the mixture in half and fill the two green cabbage leaves. Roll the cabbage leaves into a wrap and enjoy.

FRENCH ONION SOUP

Ingredients

- 1 Vidalia Onion
- 1 tsp. Pepper
- 1 tsp. Onion Salt
- 1 tsp. Garlic Powder
- 2 Cups Beef Broth
- 2 Pieces Melba Toast

Directions

Slice onion with an apple slicer to make wedges and to open up the onion. Season the onion and place it on top of a foil sheet. Add 1/4 cup beef broth, and wrap it up tightly. Place in a baking dish and bake at 350 degrees for 1 hour. Remove from oven when onion is still slightly firm. Serve in a bowl with 2 cups of beef broth and 2 pieces of Melba toast.

LEMON PARSLEY CHICKEN

Ingredients

- 4 Chicken Breast Halves
- 3 tsp. Dried Parsley
- ½ tsp. Onion Powder
- ½ Cup Lemon Juice
- 1/8 tsp. Cayenne Pepper
- 1 tsp. Black Pepper

Directions

Preheat grill to medium to high heat. Dip chicken in lemon juice and sprinkle with onion powder, ground black pepper, ground cayenne pepper, and parsley. Discard any remaining lemon juice. Cook on the grill 10 to 15 minutes per side, or until no longer pink and juices run clear.

CHICKEN TOMATO SOUP

Ingredients

- 4 oz. Chicken Breast
- 1 Cup Chicken Broth
- 1/2 Cup Water
- 1 Can Diced Tomatoes
- ½ tsp. Onion Powder
- ½ tsp. Garlic Powder
- 1-2 tsp. Fresh Celery Tops, Chopped

Directions

Cook and shred the chicken breast. Mix all ingredients in a medium saucepan, bring to a boil, reduce heat and simmer 20 minutes.

Suggestion: for a Mexican flavor add a dash each of cumin and chili powder and garnish with 1 Tbsp. fresh chopped cilantro.

APPLE CHICKEN SALAD

Ingredients

- 4 oz. Chicken, Cooked & Diced
- 3 Tbsp. Lemon Juice
- 1/8 tsp. Cardamom
- 1 Apple, Diced
- 1/8 tsp. Cinnamon
- 1 tsp. Salt
- 3 Stalks Celery, Diced
- 1/8 tsp. Nutmeg
- Stevia to Taste

Directions

Mix ingredients together. Sprinkle with Stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon.

STRAWBERRY LEMONADE

Ingredients

- 2-3 Strawberries
- 8 oz. water
- Stevia to Taste
- Juice of 1/2 Lemon
- Ice

Directions

Mash the strawberries and combine with lemon juice, Stevia, ice, and water. Stir well and serve.

APPLESAUCE

Ingredients

- 1 Red Delicious Apple, Chopped
- ¼ Cup of Water
- Dash of Cinnamon
- 1 Packet of Stevia

Directions

Place apples, water and cinnamon in a small saucepan. Cook until apples come to a boil. Add the Stevia and turn heat to a simmer. Cook covered until most of the water is gone, stirring every few minutes. Remove from heat and puree, adding additional water as necessary.

ORANGE JULIUS

Ingredients

- 1 Orange, Juiced
- Vanilla Crème Stevia
- Valencia Orange Flavored Stevia
- 1 Cup Crushed Ice

Directions

Blend until smooth and enjoy!

ORIENTAL CHICKEN SALAD

Salad Ingredients

- 4 oz. Chicken Breast
- 1 Cup Cabbage, Chopped
- ¼ Cup Cucumber, chopped

Dressing Ingredients

- 1 Tbsp. Apple Cider Vinegar
- ½ tsp. Stevia
- 1 Tbsp. Non-Fat Cottage Cheese
- ¼ Cup MCT Oil
- 1 tsp. Bragg Liquid Aminos

Directions

Add all dressing ingredients in a blender and mix well. Keep refrigerated. Grill chicken and cut into slices. Put cabbage and cucumber into bowl. Spoon dressing over salad and sprinkle with Melba Toast crumbles if desired.

LEMON ZEST CRAB CAKES

Ingredients

- 3.5 ounces Crab
- 1 Tbsp. Onion Powder
- ¼ tsp. Salt
- 1 tsp. Dry Mustard
- 1 Tbsp. Parsley
- 1 Clove Garlic, Minced
- ½ tsp. Lemon Zest
- ¼ tsp. Pepper
- 2 Lemon Wedges

Directions

Mix ingredients together and form into two small patties. Place in a baking dish and bake for approximately 15 minutes at 375 degrees. Garnish with lemon wedges.

GET INVOLVED!

You have just taken your first step towards reaching your weight and lifestyle goals, and we want to be with you every *inch* of the way.

We would love to hear about your success! By recording your personal weight management experience, you not only keep track of your own progress, you also inspire others to begin their journey to a healthier weight.

How to share your success:

- Join our active Facebook community at facebook.com/hcgplatinum
- Follow us on Twitter at twitter.com/hcgplatinum
- Take a before and after photo of your weight loss
- Tell others about your experience, and share it with us!



Because we value your feedback, we are offering an incentive to our customers who choose to share their success stories with us. If your testimonial is selected, we will mail you a second bottle of HCG Platinum X-30 or X-30 Plus FREE of charge. To submit yours and to learn more about HCG Platinum's life-changing products, please visit us at www.hcgplatinum.com

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 **Questions?**
1-888-424-7528