

Checklist for HCG Diet Success

HCG Diet store has created an HCG Diet Checklist to help you be as successful as possible on the HCG Diet. Simply stock up with all the items on this checklist, follow the HCG Diet rules laid out by Dr. Simeons, and you will have a more successful HCG Diet weight loss program. All of the required, highly suggested, and optional HCG supplies listed here are available for you to order online from [HCG Diet Store](#)!

Required for Your Successful HCG Diet and Weight Loss Plan

- HCG (NOT available on HCG Diet Store)
- Method to administer the HCG
- [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 for your Successful HCG Weight Loss Plan

- [George Foreman Grill](#) *
- Ziploc bags (to put in your weighed and cut meat to freeze for later, easy meal prep)
- [Stevia packets](#) *
- [Flavored stevia drops](#) * (to spruce up tea, coffee, and water)
- [Measuring tape](#) *
- [Oil-free bar soap](#) *
- [Oil-free hand soap](#) *
- [HCG Protocol-Approved Spices](#) *
- [HCG Protocol-Approved Dressings](#) * (available in vinaigrette, sweet mustard, and citrus ginger)
- [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 P3 of the HCG Diet)
- [HCG Safe Lotion](#) * or mineral oil for moisturizing
- [HCG Safe Shampoo](#) *
- [HCG Safe conditioner](#) *
- [HCG Safe Lip Balm](#) *
- Oil-free shaving cream

Optional for your successful HCG Diet and Weight Loss Plan

- [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/moisturizing substances on someone else (for example, a baby with a diaper rash)
- [HCG Safe Toothpaste](#) *

***Available to you on www.HCGDietStore.com!**