



# **The HCG Diet Cookbook: Lose 20 Pounds in 21 Days**

*Jillian Babbel Mendioro*

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Authors Tara and Jillian have completed 6 rounds of the HCG diet, have lost a combined 140+ lbs., and have kept the weight off. After searching high and low for an HCG cookbook with great recipes and beautiful pictures, they were left completely underwhelmed. The HCG Diet Cookbook delivers 21 days of very low calorie HCG Phase 2 approved meals that not only taste great but have beautiful pictures to inspire you on your weight-loss journey.

In the book you will find:

About the Authors

Guide Overview

HCG Diet Basics

Helpful Food to Have On Hand

Kitchen Tools for Success

Meal Plan Overview

On-the-Go Grocery Store Lunch and Snack Ideas

Help, I'm Still Hungry! Super-Low-Calorie Snack Ideas

Dining Out Guide

How to Talk About the Diet

Supportive Friends and Family Can Help

What's Next? P3 & Beyond

More Help and Resources

Complete Recipe Index

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