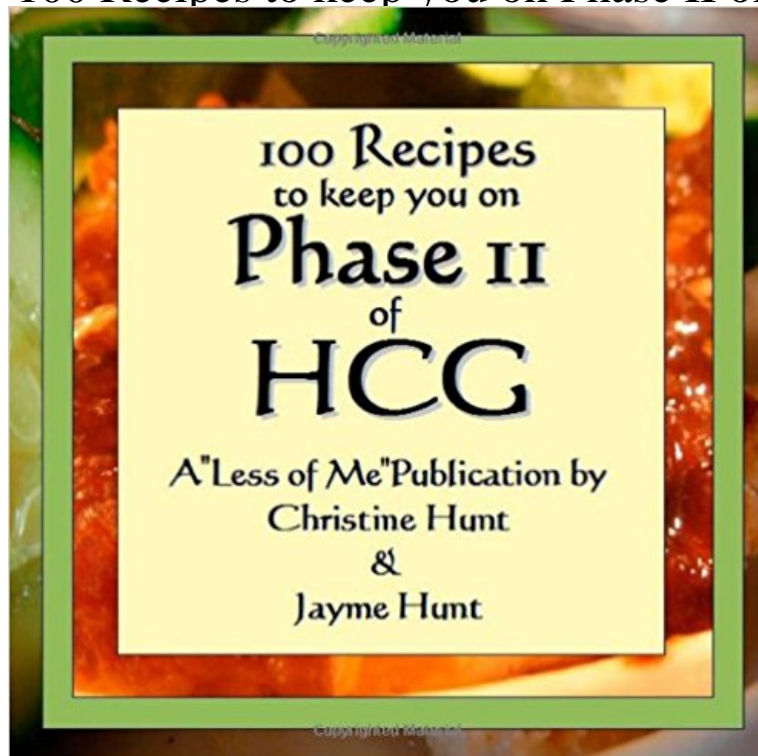


## 100 Recipes to keep you on Phase II of HCG



This book offers 100 recipes designed to make it easy to stay on Phase II of the HCG Protocol. The foods inside taste remarkably similar to dishes served outside of the Phase II restrictions and include recipes from many different cultures. You'll find sausage, deserts, a near-spaghetti dish, and lots more. The recipes were designed and enjoyed by both authors as they followed HCG Protocol during Phase II. In addition to the recipes, you'll find many comments, research findings, and funny stories to keep you motivated and enthused while following Phase II of HCG. The authors encourage you to visit their website, <http://www.lessofmehcg.com>, for more recipes, their experiences through Phase III and IV of the Protocol, and more funny stories.

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