



HCG Phase 2 Recipes - Recipes to Help You Lose Weight

Tom Henry

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In the 1950s, Dr. Simeons discovered that HCG could shift the body into burning fat for fuel and allow the body to melt fat easily with a low calorie diet. HCG helps the body mobilize and burn its fat stores, no matter where they are stored.

This book is a collection of delicious recipes which you can enjoy while losing up to a pound a day on the "HCG Phase" . Tasty recipes for beef, chicken, soups and salads, seafood, beverages and desserts. We know you will enjoy these easy and delicious recipes and that add variety and spice to your weight loss journey.

This book is targeted to those looking for quick and easy recipes that taste great and that can be followed while on Phase 2 of HCG brought to you at a very affordable price. We wish you well on your weight loss journey and we hope you enjoy preparing, cooking and serving up the recipes in this book.

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