



# Phase 3 HCG Diet: Successful Stabilization Plan Revealed

*Candice Ekberg, Sonia E Russell*

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Dieters are often uncertain on how to effectively follow the 21 day Phase 3 Stabilization and many fear they will gain the weight back. Sonia E Russell, LPN, licensed nurse, professional hCG diet coach, and author of the HCG Diet 800 Calorie Protocol has teamed up with certified personal fitness trainer and hCG diet coach, Candice Ekberg, B.S. ESS, NSCA-CPT, EMT-I .They have combined their years of hCG diet coaching, knowledge in nutrition, fitness training, and medical background to develop a structured and comprehensive Phase 3 plan that will help ensure stabilization, prevent the frustration of chronic correction days, avoid unnecessary additional rounds and the possibility of gaining any weight back. Their Phase 3 plan will reduce stress to the hypothalamus by prohibiting the dieter to over-indulge on sugars, starches, grains, breads, nuts, beans and limiting most dairy. The expanded Phase 3 plan includes a comprehensive 3 week food tracking guide, Phase 3 overview, the science behind stabilizing, Phase 3 food items, how to read food labels, Phase 3 calorie conversion chart, the interval between rounds, understanding basal and resting metabolic rates, Phase 3 exercise, how to begin Phase 4, and a large assortment of delicious Phase 3 recipes. The recipes include; beverages, condiments, breakfast foods, appetizers & snacks, soups & salads, chicken, beef, fish and seafood dishes. By following the structured Phase 3 plan, the dieter will have the tools to enable a successful stabilization.

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#### **Sarah Davis:**

A lot of people always spent all their free time to vacation or maybe go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun in your case. If you enjoy the book that you read you can spent all day long to reading a publication. The book Phase 3 HCG Diet: Successful Stabilization Plan Revealed it is extremely good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too expensive but this book features high quality.

#### **Martha Doughty:**

Playing with family within a park, coming to see the water world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Phase 3 HCG Diet: Successful Stabilization Plan Revealed, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

#### **Henry Perry:**

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#### **Bertha Wood:**

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