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HCG Diet Recipes for PHASE 3 [Carla Martell and Audrey Scott] on Amazon.com. *FREE* shipping on qualifying offers. Over 200 pages of recipes that help during Phase 3 of the HCG Diet Protocol. These delicious recipes will give a variety of tastes as you slowly add in good items and set your hypothalamus during the crucial Phase 3. HCG Recipes Phase 2: The 500 Calorie Diet Plan offers an all-new collection of 30+ low fat recipes for the HCG Diet Phase 2. Each recipe is healthy, easy to make, and uses official ingredients recommended by Dr. A. T. W. Simeon (creator of the HCG Diet).? How Does Hcg Shots Help You Lose Weight - How To Burn Belly Fat By Weight Lifting How To Burn Off Belly Fat How Does Hcg Shots Help You Lose Weight How Get Rid Belly Fat