

HCG DIET FOOD GUIDE

Breakfast: Any non-caloric fluids in any amount (See fluid options below)

Protein Foods: 3 ½ oz's – twice daily (LUNCH and DINNER)

Choose only lean meats, particularly:

- Veal or Ultra Lean Steak. Ground beef is **NOT** allowed, no matter how lean!
- Fresh White Fish (Halibut, Swordfish, Bass, Tilapia, Flounder, Pike, Brooke Trout, Cod, Snapper, Crab meat, Lobster, Shrimp, Scallops – see below for white fish list)
- Chicken – **NO** skin (Chicken Breast ONLY)
- Boiled Egg and (3) Boiled Egg Whites (adapted for vegetarians)

All visible fat must be removed before cooking and the portion should be weighed raw (3.5 oz. pre-cooked or 2.8 oz. after cooked). It must be cooked without additional fat. Salmon, eel, tuna, herring, DRIED, PICKLED or SMOKED fish are not allowed. Avoid doing the same protein foods for both lunch and dinner.

Fresh Vegetables: 3 ½ oz's selected vegetables – twice daily (LUNCH and DINNER)

- Spinach, Green Salad, Tomatoes, Celery, Fennel, Onions, Red Radishes, Cucumbers, Asparagus, Cabbage, Broccoli, Cauliflower, Zucchini, Chard, Chicory, Beet-greens (**DO NOT** mix vegetables – ONE vegetable per serving)
- NO** Pumpkin, Beetroot, Potatoes, Carrots, Peas, or Corn

Fruit: Two Portions per day – at least 6 hours apart

- Apples, Strawberries, (6 large or 10 small), Orange, Grapefruit
- NO SUBSTITUTES!!**

Fluids: A minimum of (2) liters of water daily

Each day a MINIMUM OF TWO LITERS (10 glasses) of water should be consumed.

- Tea/Coffee (in any quantity), Soda Water, Mineral Water, Diet Soft Drink (up to two 12 oz. cans), Crystal Light

Extras:

- One tablespoon of Milk daily only
- May use artificial sweeteners, but sparingly, and only for Phase 1 and 2. **NO SUGAR!**
- Salt, Pepper, Vinegar, Mustard Powder, Garlic, Sweet-Basil, Parsley, Thyme, Marjoram, and other spices are freely available as seasonings. Mrs. Dash products are also great! Check labels for sugar, fructose, sucrose, corn syrup, etc. Anything with these are **NOT** allowed!
- NO** Margarine, Butter, Oil, Dressing
- Juice of (1) Lemon daily

Fruit

- Apple (small) – 55 cal
- Apple (medium) – 72 cal
- Apple (large) – 110 cal
- Orange (navel) – 69 cal
- Orange (Florida) – 65 cal
- Orange (California) – 59 cal
- 12 large strawberries – 72 cal
- 20 medium strawberries – 80 cal
- Pink Grapefruit (California) – 92 cal
- Pink Grapefruit (Florida) – 74 cal

White Fish List

- White Fish
- Ayr
- Catfish
- Cod
- Coley
- Dover Sole
- Flounder
- Flying Fish
- Haddock
- Hake
- Halibut
- Hoki
- John Dory
- Kalabasu
- Lemon Sole
- Ling
- Monk Fish
- Parrot Fish
- Plaice
- Pollack
- Pomfret
- Red & Grey Mullet
- Red Fish
- Red Snapper
- Rock Salmon / Dogfish
- Rohu
- Sea Bass
- Shark
- Skate
- Tilapia Turbot
- Whiting

Trader Joes has an incredible selection of products on the list in convenient packaging:
Frozen tilapia filets, crooked frozen shrimp, scallops, variety of white fish, organic sliced apples, organic strawberries; packaged greens, broccoli florets, spinach for easy steaming.

THE DIET Dissected:

<http://www.thecaloriecounter.com/> was used for the following calculations, unless it could have been retrieved off the package.

White Fish (avg. 98 cal)

- Cod (3.5 oz) – 83 cal
- Crab Meat (3.5 oz) – 100 cal
- Flounder (3.5 oz) – 90 cal
- Haddock (3.5 oz) – 88 cal
- Halibut (3.5 oz) – 110 cal
- Lobster (3.5 oz) – 98 cal
- Red Snapper (3.25 oz) – 110 cal
- Shrimp (3.5 oz) – 110 cal
- Tilapia (3.5 oz) – 94 cal

Very Lean Beef (avg. 152 cal) Grass fed and organic preferable, but **NOT** required

- Eye of Round (3.5 oz) – 160 cal
- Top Sirloin Steak (3.5 oz) – 130 cal
- Top Round Steak (3.5 oz) – 166 cal
- Bottom Round Steak (3.5 oz) – 154 cal

Chicken

- Chicken Breast – NO SKIN (3.5 oz) – 87 cal

Veal (avg. 114 cal)

- Veal, Sirloin (3.5 oz) – 110 cal
- Veal, Loin Chop (3.5 oz) – 117 cal

Vegetables (various quantities) (avg. 18.8 cal)

- Asparagus (3.5 oz) – 20 cal
- Asparagus (2" tips) – 1 cal
- Asparagus (small spear) – 2 cal
- Asparagus (medium spear) – 3 cal
- Asparagus (large spear) – 4 cal

- Broccoli (3.5 oz) – 34 cal
- Broccoli (1 cup) – 30 cal
- Broccoli (5" spear) – 11 cal

- Celery (3.5 oz) – 15 cal
- Celery (medium stalk) – 6 cal

- Cabbage (3.5 oz) – 24 cal
- Cabbage (1 cup shredded) – 17 cal

- Cauliflower (3.5 oz) – 12 cal
- Cauliflower (1 cup) – 28 cal
- Cauliflower (3 flowerets) – 12 cal

- Cucumber (3.5 oz) – 12 cal
- Cucumber (small) – 19 cal
- Cucumber (medium) – 24 cal
- Cucumber (large) – 34 cal
- Cucumber (English long) – 60 cal

- Lettuce, all varieties (3.5 oz) – 20 cal
- Lettuce, all varieties (1 cup) – 8 cal
- Lettuce, all varieties (small head) – 32 cal

- Red radishes (3.5 oz) – 12 cal
- Red radishes (one medium) – 1 cal

- Salad (3.5 oz) – 15 cal

- Spinach, raw (3.5 oz) – 20 cal
- Spinach, raw (1 cup) – 7 cal
- Spinach, frozen (3.5 oz) – 23 cal
- Spinach, frozen (1 cup) – 41 cal
- Spinach, cooked (3.5 oz) – 31 cal
- Spinach, cooked (1 cup) – 48 cal

- Tomato (3.5 oz) – 20 cal
- Tomato (cherry) – 3 cal
- Tomato (plum) – 11 cal
- Tomato (small) – 16 cal
- Tomato (medium) – 22 cal
- Tomato (large) – 33 cal

