



**YOU WILL NEED A BATHROOM SCALE TO WEIGH YOURSELF EVERYDAY!**

**YOU WILL NEED DIET SCALE TO WEIGH YOUR PROTEIN!**

#### **HCG Diet Total Daily Food Allowance**

- 2 portions of fruit (1 Apple, 1 Orange, ½ Grapefruit, or handful of Strawberries)
- 2 portions of vegetables (Spinach, Chicory, Chard, Beet Greens, Green Salad, Celery, Tomatoes, Red Radishes, Onions, Cucumbers, Asparagus or Cabbage)
- 2 portions of protein (3oz each) Veal, Beef, Chicken Breast, White Fish, Lobster, Crab or Shrimp
- 2 portions of Carbohydrates (1 piece melba toast or 1 small bread stick)
- Any quantity of non-caloric fluid

The juice of one lemon is allowed daily. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram etc. for seasoning, but no butter, oil or dressing. Tea, coffee, plain water or mineral water are the only drinks allowed. You should drink at least 2 liters of these fluids per day. The fruit or breadstick may be eaten between meals instead of with lunch or dinner, but no more than four items listed at lunch or dinner may be eaten at one meal.

#### **HCG Diet Sample Diet Day\**

9:00 AM - Breakfast: have any non-caloric fluid like coffee, tea, diet soda or crystal light (one tablespoon skim milk permitted)

11:00 AM - Snack: eat one piece of fruit that is on the list

12:30 PM - Lunch: 1 serving of vegetable and 1 serving of protein and 1 serving of carbohydrate

3:30 PM - Snack: Another serving of fruit

6:30 PM - Dinner: 1 serving of vegetable and 1 serving of protein and 1 serving of carbohydrate

8:00 PM - Evening: cup of tea, diet soda (don't forget to increase your water intake)

<http://HCGDietDoctor.org>

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