

HCG Program – Approved Foods List

500 Calorie Protocol Foods List:

<u>LEAN PROTEIN</u>	<u>VEGETABLES</u>	<u>FRUITS</u>	<u>CARBOHYDRATES</u>
- Allowed 2 servings per day - 1 serving = 3.5 oz. - ‘Palm-sized’ portions	- Allowed 2 servings per day - 1 serving = 6 oz. - ‘Handful-sized’ portions	- Allowed 2 servings per day - See serving sizes below	- Allowed 2 servings per day - 1 serving = 3 pieces
Approved Proteins:	Approved Vegetables:	Approved Fruits:	Approved Carbohydrates:
- Chicken breast - Fillet mignon - Lean ground beef (93% lean) - White fish (Tilapia, Halibut, Cod) - Canned tuna (Packed in water only) - Crab meat - Shrimp - Lobster - Lean wild game (Venison)	- Green leaf salad - Tomato - Cabbage - Brussel sprouts - Asparagus - Onion - Cucumber - Broccoli - Celery - Zucchini	- Apple (1 = 1 serving) - Grapefruit (1/2 = 1 serving) - Strawberries (6 = 1 serving) - Papaya (1/2 cup = 1 serving) - Honeydew (1/3 cup = 1 serving) - Orange / Tangerine (1 = 1 serving) - Apricot (not dried) (1 = 1 serving) - Cantaloupe (1/2 cup = 1 serving)	- Ak-Mak Wheat Cracker - Melba Toast, Classic or Sea Salt (rye or wheat)
<u>OTHER</u>			
- Allowed unlimited seasoning spices (salt, pepper, cumin, basil, garlic, lemon juice, ginger, vanilla extract, cinnamon, apple cider vinegar, etc.) - Allowed unlimited cooking broth (chicken or vegetable) - Allowed unlimited Tea/ Coffee (without sugar or dairy/non-dairy milk product) - Allowed unlimited water - Allowed daily multi-vitamin and other prescription medications			
You may substitute a protein portion with: - 1 whole egg + 3 egg whites - 3.5 oz. of fat-free cottage cheese - 3.5 oz. of fat-free Greek yogurt If no weight loss occurs while consuming these alternative proteins, remove them from your diet			

Reminders:

- Weigh all servings RAW
- Cook all food without additional oil or fat
- Consume only 1 vegetable and 1 protein at each meal (ex: do not mix two vegetables together for a salad)
- Be mindful of adding too much salt with your seasonings
- Stevia sweetener is allowed (do not consume any other sweetening ingredients)
- Pam cooking spray is allowed (use lightly)
- Psyllium fiber (unsweetened) is allowed with water to prevent constipation
- Smoked fish are not allowed
- All visible fat or skin must be removed from protein before cooking