

HCG Program – Approved Foods List: 500 Calorie Protocol

<u>LEAN PROTEIN</u>	<u>VEGETABLES</u>	<u>FRUITS</u>	<u>CARBOHYDRATES</u>
- Allowed 2 servings per day - 1 serving = 3.5 oz. Raw	- Allowed 2 servings per day - 1 serving = 6 oz. Raw	- Allowed 2 servings per day - See serving sizes below	- Allowed 2 servings per day (optional) - 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)	- Asparagus - Bamboo shoots - Bok Choy - Broccoli - Brussel Sprouts - Cabbage - Celery - Cucumber - Eggplant - Fennel - Greens – lettuces, spinach, chard, collards, kale, etc. - Mushrooms - Onion - Radicchio and Endives - Radish - Tomato	- Apple (1/2 = 1 serving) - Grapefruit (1/2 = 1 serving) - Strawberries (6 or ½ cup = 1 serving) - Papaya (1/2 cup = 1 serving) - Honeydew (1/2 cup = 1 serving) - Orange / Tangerine (1 = 1 serving) - Apricot (not dried) (1 = 1 serving) - Cantaloupe (1 cup = 1 serving) - Watermelon (2 cups = 1 serving)	- Ak-Mak Wheat Crackers - Melba Toast, Classic or Sea Salt (rye or wheat) - Mary’s Organic Original Crackers (gluten free option)
<u>OTHER</u>			
- Allowed unlimited seasoning spices (salt, pepper, cumin, basil, rosemary, thyme, parsley, garlic, lemon juice, ginger, vanilla extract, cinnamon, apple cider vinegar, etc.). Be mindful of adding too much salt. - Allowed unlimited vinegars, excluding balsamic or rice vinegar. Be aware of sugar content in these. - Allowed Bragg’s Liquid Amino’s (0 calories and tastes like soya sauce). - Allowed unlimited cooking broth (chicken or vegetable) - Allowed unlimited Tea/ Coffee (without dairy/non-dairy milk product). Only use Stevia for sweetener in drinks. - 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.			

<u>REMINDERS:</u>	<u>RECOMMENDATIONS:</u>
<ul style="list-style-type: none"> ▪ Weigh all servings RAW. ▪ Cook all food without additional oil or fat. Pam cooking spray is allowed (use lightly). ▪ Consume only 1 vegetable and 1 protein at each meal (ex: do not mix two vegetables together for a salad). ▪ Psyllium fiber (unsweetened) is allowed with water to prevent constipation. ▪ Smoked fish or tuna canned in oil are not allowed. ▪ All visible fat or skin must be removed from protein before cooking. 	<ul style="list-style-type: none"> ▪ Cook by steaming, baking, or by air fryer (all without any oil). ▪ Get creative with your spices: You will definitely want to season your food! ▪ Get creative with your meals: Combine your protein and vegetable portions into Stuffed Mushrooms or Stuffed Chicken. ▪ Try out new recipes found online (ex: on Pinterest) that are HCG Phase 2 specific.