

HCG Diet Shopping List

VEGETABLES

- Any kind of lettuce, spinach, beet greens, chard, cabbage
- Any kind of onions
- Any kind of tomatoes
- Fennel
- Cucumber
- Radishes
- Celery
- Asparagus

PROTEINS

Your meats/poultry cannot be cooked on the bone. All meats should be trimmed of all fat (and skin)

- White Fish
- Lobster
- Crab
- Shrimp
- Extra Lean Beef (*steak, 96% premium lean ground beef, pot roast*)
- Chicken

FRUIT

- Apples
- Blue Berries, Blackberries or Strawberries
- Lemons

DRINK & OTHERS

- Herbal Tea
- Bottled Water
- Melba Toast
- Sugarless Gum
- Steevia (*natural sweetener, any flavor*)
- Braggs Liquid Amino (*this is a soy sauce type of product*)
- Mustard
- Apple Cider Vinegar
- Any natural herb or spice, salt and pepper, garlic