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