

HCG DIET PROGRAM - DAILY FOOD DIARY

MON. THURS. TUES. FRI. WED. SAT. SUN.	ACTIONS	NOTES
Snack Allowed Fruit		
MEAL: Protein / Vegetable Measurements of each How it is Prepared		
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Free Foods Cucumber, Celery Drinks: Amount of water, Diet Soda, Tea etc. <i>List anything else you have</i>		

Breakfast: Any Non-Calorie Fluids in any amount. (See fluid options below)

Protein Foods: 3 ½ oz's twice daily (Lunch and Dinner)

Example: About the size of a makeup compact / Choose only the following lean meats & fish:

Veal or Steak or Chicken-no skin (Chicken Breast Only) - Fresh White Fish (Halibut, Cod, Flounder, Monkfish, Perch, Pike, Pollock, Snapper, Sole, Whiting,

Crab meat, Lobster, Shrimp, Scallops) All visible fat must be removed before cooking and the portions should be weighed raw.

It must be cooked without additional fats or oils.

NOT ALLOWED: Salmon, eel, tuna fish, herring, DRIED, PICKLED or SMOKED fish

Fresh Vegetables: 3 ½ oz's selected vegetables twice daily

(Lunch and Dinner) (DO NOT Mix Vegetables – 1 Vegetable Choice per Meal.) Spinach, Chard, Chicory, Beet-greens, Green Salad, Tomatoes, Celery, Fennel, Onions, Red Radishes, Cucumbers, Asparagus, Cabbage, Broccoli, Cauliflower, Zucchini.

NOT ALLOWED: Pumpkin, Beetroot, Potatoes, Carrots, Peas, or, Corn

Fruit: Two portions per day, at least 4 to 6 hours apart

(1 Apple) or (Strawberries 6 large) or (1 Orange) or (½ Grapefruit)

Fluids: A minimum of two liters of water daily

Each day a MINIMUM OF TWO LITERS (10 glasses) of water should be consumed.

Tea/coffee (in any quantity), Soda Water, Mineral Water, Crystal LightDiet Soft Drink (Diet soda up to two cans per day)

Little Extras

One tablespoon of Milk (any kind) daily (NO powdered creamers) - Use artificial sweeteners stevia, *splenda*, equal & sweet-n-low. No Sugar!!

Salt, Pepper, Vinegar, Mustard, Garlic Powder, Sweet-Basil, Parsley, thyme, marjoram, and other spices are freely available as seasonings

NO Margarine, Butter, Oil, Dressing or butter buds / You may have Juice of 1 Lemon Daily

Free Foods: Cucumber, Celery

*Follow this plan exactly for great results. Only these foods are allowed.
If it's not on the list don't eat it!*