

## Phase 2

### HCG Food Allowed to Eat: Meats

top round steak ground beef 97% lean top sirloin steak boneless chicken breast	turkey breast Halibut fish Tilapia fish, or any white fish shrimps
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#### **BEEF:**

Lean cuts only, such as eye of round, round tip, bottom round, top round, tenderloin, top loin, sirloin, flank, London broil, lean or extra lean ground beef; jerky only if home made without sugar.

#### **VEAL:**

Lean cuts only (chop, leg outlet, top round).

#### **POULTRY:**

Chicken breast, turkey breast, Cornish hen, duck (do not eat the skin of any of these!).

#### **FISH:**

Fresh or frozen tilapia, haddock, white fish, halibut, cod

### To buy vegetables you will need:

green bell pepper tomatoes onions garlic heads cilantro basil leaves spinach lettuce head of red or green cabbage asparagus red radishes green beans cucumbers okra	seaweed zucchini arugula Bok-choy Brussels sprout cauliflower celery fennel hearts of palm snow peas yellow and winter squash
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### To buy fruits you will need:

lemons melons or cantaloupes apples berries grape fruits	pears plums apricot oranges peach
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## Phase 4

### HCG Allowed Foods: Oils (HCG Maintenance Only)

The best choices are:

- Olive oil (extra virgin is best)
- Coconut oil (virgin, unrefined, organic, not hydrogenated)

Other oil choices are:

- Flaxseed oil
- Grapeseed oil
- Peanut oil (limited)
- Sesame oil (limited)
- Walnut oil, other nut oils

### HCG Allowed Foods: Food Sources of Fat (HCG Maintenance Only)

You should eat these foods in moderation because they are high calorie foods.

- Avocado
- Butter (see note below\*)
- Margarines - Choose only those that do not contain hydrogenated oils (trans fatty acids)
- Guacamole
- Mayonnaise
- Olives, green and black

**\*Note:** The issue of butter vs. margarine is a controversial one. Butter might not be the bad food that some advocate. It is recommended as actually being good for you by some doctors and researchers.

### HCG Allowed Foods: Salads Dressings (HCG Maintenance only, unless sugar and fat free!)

Best choices for salads dressings are those you make yourself with olive oil and vinegar.

When buying prepared dressings, choose those with no added sugars in the ingredient list.

Be sure to avoid any with corn syrup or high fructose corn syrup; natural sweeteners such as honey are okay as long as there are no more than 2 grams of sugars per serving listed on the nutrition label.

### HCG Allowed Foods: Sugar Substitutes

This is a list of choices for help in deciding which of these, if any you would like to use (NOT recommendations!)

- Aspartame
- Acesulfame K (Sunette, Sweet One, Sweet"n safe)
- Fructose
- Saccharin
- Stevia
- Sucralose (Splenda)

**Sugar Alcohols** (\*See note below)

- Isomalt
- Lactitol

- Maltitol
- Mannitol
- Sorbitol
- Xylitol

**\*Note:** Sugar alcohols could have associated side effects such as abdominal pain, diarrhea and gas if consumed in excessive amounts. Experiment and determine what is excessive for you, as it can vary with individuals - some can tolerate more than others, and it could be more or less than the 75 calories.

## HCG Allowed Foods: Miscellaneous

- Chocolate, cocoa powder for recipes (Hershey's, Ghirardelli and store brands)
- Chocolate sauce or chocolate syrup, sugar free
- Hot chocolate mixes, sugar free and with no hydrogenated oils(trans fat free)
- Syrups, sugar free
- Pasta substitute, such as Miracle noodles and flour.

## HCG Allowed Foods: Condiments, Spices and Seasonings

- Broths (non fat or very low fat chicken, turkey, vegetarian)
  - Coffee and espresso powder (instant type)
  - Cream Cheese, fat-free or light, limit to 2 tablespoons daily (Only Phase 4)
  - Extracts (pure vanilla, almond or others)
  - Herbs and spices, fresh and dried (such as basil, oregano, parsley, cumin, curry, red pepper, garlic, nutmeg, cinnamon, cloves, dill, mint, rosemary and others)
  - Horseradish sauce
  - Hot sauce
  - Condiment (such as ketchup, barbecue sauce, as long as they are sugar free)
  - Marinades
  - Mayonnaise (with no added sugars) (Only Phase 4)
  - Mustard (except honey mustard)
  - Pepper (black, cayenne, red, white)
  - Salsa (with no added sugars and preferably no oil)
  - Sour cream, low fat, limit to 2 tablespoons daily (Only Phase 4)
  - I Can't Believe It's Not Butter! (spray only, not the tubs or sticks because they have trans fats)
  - Lemon, lime and grapefruit juices
  - Soy sauce and Tamari sauce (limit 1/2 tablespoon daily)
  - Spices mixes (if you are totally avoiding sugar, read the labels)
  - Steak sauce, limit to 1/2 tablespoon daily
  - Worcestershire sauce, limit to 1 table spoon daily
- \*Note:** Always read labels, and only buy those that contain no added sugars (especially corn syrups) and hydrogenated oils (trans fats), or other ingredients that should be avoided.

## HCG Allowed Foods: Beverages

- Water
- Club sodas and seltzers
- Beverages containing caffeine (coffee, tea, sodas) are limited to 2 cups (16 oz) per day
- Coffee, decaf, unlimited
- Tea, decaf, unlimited
- Herb teas
- Flavored waters without sweeteners
- Tomato juice and mixed vegetable juices (preferably low sodium).