

The HCG Diet One-Sheet

Breakfast

Tea or coffee in any quantity without sugar.

Only one tablespoonful of milk allowed in 24 hours.

Saccharin or Stevia may be used.

Lunch

1. 100 grams (3.5 ounces) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. †

Vegetarians:

250 cc. (1.05 cups) skimmed milk OR 100 grams nonfat cottage cheese (this choice will slow your weight loss)

OR 1 egg with 3 eggs whites OR 28 grams whey protein*

Vegans: [not part of the original protocol]

28 grams raw brown rice protein powder* OR 28 grams pea protein powder* OR 28 grams hemp 70% protein*

OR 67 grams GARDEIN Chick'n Strips* OR 100 grams BOCA meatless crumbles* OR 1½ cups unsweetened soy milk* OR 1 soy patty* (no more than once a day—patties are too low in protein to be eaten at both meals.)

1. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. [If you are short on calories for the day, this is where to add them. Recommended: have one of the servings from the leafy greens per day.]
2. One breadstick (grissino) OR Melba toast (1 rectangular or 2 round).
3. An apple OR a handful of strawberries OR one-half grapefruit OR orange.

Dinner

The same four choices as lunch.

* Not on original protocol

† All visible fat must be carefully removed from the meat before cooking, and the meat must be weighed raw. [If frozen, thaw and remove excess moisture before weighing.] It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.

In fact, the patient should drink about 2 liters of these fluids per day. Many patients are afraid to drink so much because they fear that this may make them retain more water. This is a wrong notion as the body is more inclined to store water when the intake falls below its normal requirements.

The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.