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HCG Diet Phase 2 Shopping List

Dr. Simeons allowed a very specific list of lean proteins, vegetables, fruit and carefully selected grain options. Below is the official list of allowed foods **EXACTLY** as published in "Pounds and Inches."

Vegetables

- Any kind of lettuce
- Spinach
- Beet Greens
- Chard
- Chicory
- Green Salad
- Tomatoes, all kinds
- Celery
- Fennel
- Onions, all kinds
- Red Radishes
- Cucumbers
- Asparagus
- Cabbage

Vegetable guidelines: The original protocol does not permit mixing vegetables, and only 1-serving is allowed at a time. Some people choose to mix vegetables, while remaining within the daily calorie allowance.

Proteins

- Fresh White Fish
- Lobster
- Crab
- Shrimp
- Veal
- Extra Lean Beef
- Chicken

Guidelines: 100 grams of the above listed proteins only, at both lunch and dinner. The 100-gram portions should be carefully weighed prior to cooking, and with all visible fat must be trimmed. Dr. Simeons also states the proteins should be boiled or grilled, however modern diet experts agree all forms of preparation are acceptable (sauté, stewed, etc.) as long as additional fats are not used.

Grains

- Grissini Breadsticks
- Melba Toast



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Grain Guidelines: Only 1 of either are allowed at lunch and dinner. Be sure to read labels when purchasing, since some brands now add excessive ingredients or sugar.

Fruit

- Apples
- Oranges
- Strawberries
- Lemons

Guidelines: No additional fruits are allowed. 1 Medium apple is the appropriate size.

Drinks & Beverages

- Herbal Tea
- Coffee
- Bottled Water
- 1 Tbs milk daily (whole milk, ½ and ½ or, cream only [ask us why](#))

Guidelines: These beverages are permitted in any amount. Diet Sodas are not permitted, particularly those with aspartame. The allotted milk may be cow, almond, or coconut. Soy is not recommended since many people have a food sensitivity to soy.

Sweeteners

- Stevia (natural sweetener, any flavor – No “Stevia in the Raw” or “Truvia” permitted as this will make you stall.)
- Saccharin

Spices & Seasonings

- Stevia (natural sweetener, any flavor – No “Stevia in the Raw” permitted as this will make you stall.)
- Braggs Liquid Aminos (this is a soy sauce type of product but processed differently than other soy products which makes it HCG Diet safe)
- Mustard (Read labels to ensure there’s NO SUGAR or anything ending in “ose”)
- Apple Cider Vinegar (with the “Mother”)
- Any natural herb or spice, salt and pepper, garlic

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Additional Products

HCG Diet & Support Supplements

Purchase the real HCG Diet along with B12 Lipo Fat-Burning kits. [Shop here.](#)

HCG Diet Miracle Noodles

Miracle noodles are a top HCG Diet food because they have zero grams of fat, zero grams of sugar, and zero calories. Bonus! They give dietary bulk and soluble fiber so help alleviate the dreaded "Dieter's Constipation." Add them to any meal. [Buy Now and Get 10% Off!](#) Coupon Code: AFF10MN

Simple Girl Spice Blends, Marinades, & Sauces

Flavor all of your HCG Diet meals with HCG-Compliant sugar-free spice blends, sauces, and dressings. Condiments are all organic and contained zero sugars, zero fat, zero oil AND actually tasted good! [Shop Simple Girl here.](#)

HCG Food to Go

HCG Food to Go is the leading nationwide provider of fresh, prepared meal delivery for people undergoing the HCG diet weight loss program. Offering prepared meals for HCG diet participants that are a convenient, stress-free way to adhere to your weight loss program.

Each of our HCG meals is 180 to 210 calories, HCG-approved, and eliminate the need for constant calorie counting and food measuring. Our meals are made fresh and flash frozen. They are designed to create stress-free meal preparation so that you can focus on the other key factors in your weight loss plan, such as getting plenty of rest, drinking lots of water and exercise. Meals are delivered to your door ready to heat, eat and enjoy! [Shop hCG Food to Go here.](#)

ProVanax

Best Dieter's product to help quickly "erase" anxiety, stress & depression. Improve your weight loss success by improving your mood and reduce negative feelings of worry, fear, anxiety, panic, hopelessness and stress! No more needless suffering or sleepless nights or feeling anxious, stressed out, hopeless or worried. Start feeling happy and excited again! [Check it out here.](#)

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