

HCG Phase 2 (Lose)

Allowed foods

Oil	none	
Sweeteners		stevia and saccharin
Spices	all	no sugar-added blends
Protein	2 servings, 3.5 oz each	chicken, shrimp, white fish, extra lean ground beef, steak, lobster, crab or veal (fat removed)
Vegetables	2 servings, no mixing	2 cups salad, 1 tomato, 1 cucumber, 1 onion, ½ cabbage, celery
Grains	2 servings	1 melba toast, 1 grissini
Fruit	2 servings	1 apple, 1 orange, ½ grapefruit, handful strawberries
Drink	3 liters	water, (herbal tea)
Gum		with xylitol

