

The hCG Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the hCG Diet.

APPROVED FOODS YOU CAN EAT ON THE hCG DIET

Each meal should consist of lean protein, vegetables, and fruit. Here are a few examples of foods you should eat.

VEGETABLES

- Asparagus
- Broccoli
- Brussel sprouts
- Raw Cauliflower
- Celery
- Cucumber
- Green Beans
- Green peppers
- Lettuce
- Onions
- Raw Kale
- Red peppers
- Spinach
- Squash
- Tomatos
- Zucchuni

FRUITS

- Apples
 - Blackberries
 - Blueberries
 - Grapefruit
 - Lemon
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Strawberries

PROTEINS

Chicken

Crab

Extra-lean beef

Lobster

Shrimp

Tuna (canned)

Whitefish

*You can replace one egg with one protein

OTHER

Melba toast

Sugarless gum

Stevia

Mustards

Apple cider vinegar

FOODS YOU SHOULD AVOID ON THE hCG DIET

Foods high in sugars

Foods high in starches (for example potatoes, rice, pretzels, pasta, breads, etc.)

Butter

Oils

Nuts

Salmon

WHAT YOU CAN DRINK ON THE hCG DIET

Black coffee (you can add Stevia)

Herbal Tea

Mineral water

Water (lots of water per day)

WHAT YOU CAN'T DRINK ON THE hCG DIET

- Juices
- Flavored drinks and water
- Any sugary drinks
- Any kind of soda
- Alcohol

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