

800 Calorie hCG Diet

HCG 800 Calorie Diet Menu Plan: Weigh in every morning after urinating. Inject with 125iu to 175iu immediately.

Breakfast Options: Choose ONE

1. 1 Cup of cereal (110 calories per cup eg: Special K) and ¾ cup skim milk
2. 1 egg with 2 slices toast (Slimmers Choice)
3. 1 hard-boiled egg with low fat yogurt.

Alternatively you may have your fruit portion from lunch for breakfast and then use the two slices bread from option 2 to make a sandwich using 150g of thinly sliced meat/ham for lunch.

Lunch Options: 150g protein (weigh before cooking or use the palm of your hand for size and thickness) from **Group #1**, **1 vegetable portion** from **Group #2** **or a salad**, and **1 fruit** from **Group #3**

Dinner Options: 150g protein from **Group #1**, **a side salad**, **1 vegetable portion** from **Group #2**, AND **1 fruit** portion from **Group #3**.

How to Arrange Your Meals: 4hours apart

You can move types of food around such as in the breakfast example of swapping the bread with fruit from your lunch.

Seasonings and Condiments:

- Spices and Coconut Oil may be used.
- Any type of vinegar, lemon or lime may be used liberally.
- Tabasco, soy sauce, picante sauce, horseradish are allowed in moderation. Just make sure there is no sugar in the ingredients.

FOOD GROUPS

- **Group #1** - The protein group contains the following choices.
 - Note that the use of red meat is limited to three times weekly.
 - All visible fat must be removed before cooking and the meat must be weighed raw.
 - Meats must be cooked without additional fat or oils. (Spray n Cook)
 - Meats can be grilled on a George Foreman grill, baked or broiled. .
- **Group #2** - The vegetable choices.
 - You may use one cup fresh, frozen or canned vegetables.
 - ½ cup of corn, green peas, or carrots may be used once per week.
 - **Group #3** - Only fresh or frozen fruits may be used. **NO CANNED FRUITS ALLOWED.**

GROUP #1	GROUP #2	GROUP #3
White Chicken	Greens	Apples (average)
Blue fish	Cucumber	Peaches (large-4 per week)
Sirloin	Spinach	Cantaloupe ½
White Fish	Broccoli	Strawberries (12 large)
Crab	Lettuce	Plum (large-1 per week)

GROUP #1	GROUP #2	GROUP #3
Venison	Yellow Beans	Orange
Tilapia	Celery	Raspberries (3/4 cup)
Turbot	Sauerkraut	Nectarine
Ground Round	Bell Peppers	Blueberries (2/3 cup)
Clams (10)	Green Beans	Blackberries (2/3 cup)
Veal Chops	Turnips	Grapefruit ½
Haddock	Cauliflower	Pineapple (1/2 cup)
Orange Roughy	Endive	Pear
Tuna	Tomato	
Filet Mignon	Mushrooms	
Rabbit	Cabbage	
Oysters (10)	Radishes (15)	
White Pork	Onion	
Sea Bass	Bean Sprouts	
Lobster	Summer Squash	
White Turkey	Eggplant	
Flounder	Asparagus	
Monkfish	Brussels Sprout	
Roast		
Ocean Perch		
Shrimp		
Catfish		