

HCG 2.0 FOOD LIST

PHASE TWO

EXTRAS

| FOOD (1 TBSP SERVING) | CALORIES | PROTEIN (g) | FAT (g) | CARBS (g) |
|-----------------------------|----------|-------------|---------|-----------|
| Cocnut stevia | 0 | 0.0 | 0.0 | 0.0 |
| Basil (fresh) | 1 | 0.1 | 0.0 | 0.0 |
| Stevia | 45 | 0.0 | 0. | 0.0 |
| MCT Oil (10 _{ml}) | 84 | 0.0 | 9.4 | 0.0 |
| Apple cider vinegar | 3 | 0.0 | 0.0 | 0.1 |
| Parsley | 1.4 | 0.1 | 0.0 | 0.2 |
| Rosemary (fresh) | 2.2 | 0.1 | 0.1 | 0.3 |
| Thyme (dried) | 4 | 0.1 | 0.1 | 0.9 |
| Mint (fresh) | 5 | 0.0 | 0.0 | 1.0 |
| Lemon | 4 | 0.1 | 0.1 | 1.1 |
| Lime | 4 | 0.1 | 0.0 | 1.3 |
| Mustard seeds | 32 | 1.6 | 2.3 | 1.8 |
| Cumin (seeds) | 22 | 1.1 | 1.3 | 2.7 |
| Oregano (dried) | 11 | 0.4 | 0.2 | 2.9 |
| Beef stock (1 cup) | 31 | 4.7 | 0.2 | 2.9 |
| Cocoa powder | 12 | 1.1 | 0.7 | 2.9 |
| Tomato paste | 13 | 0.7 | 0.1 | 3.0 |
| Fennel seeds | 31 | 0.9 | 0.2 | 3.0 |
| Dill seed | 20 | 1.1 | 1.0 | 3.6 |
| Chilli powder | 23 | 1.1 | 1.1 | 4.0 |
| Garlic (minced) | 32 | 1.6 | 0.1 | 7.0 |
| Chicken stock (1 cup) | 86 | 6.0 | 2.9 | 8.5 |