

# HCG 2.0 FOOD LIST

## PHASE TWO

### PROTEIN

FOOD (100g SERVING)	CALORIES	PROTEIN (g)	FAT (g)	CARBS (g)	P/F+C
Light tuna (canned in water)	116	25.5	0.8	0.0	31.1
Mahi Mahi	85	18.5	0.7	0.0	26.4
Snapper	127	25.0	0.0	0.7	25.0
Barramundi	108	20.1	0.9	0.0	22.3
Tuna steak (Ahi)	130	22.0	0.0	0.0	14.7
3 egg whites	51	11.3	0.2	0.8	12.2
Tilapia	96	20.1	1.7	0.0	11.8
Crab	101	20.1	1.8	0.0	11.4
Lobster	97	20.3	0.6	1.3	10.9
Halibut	110	20.8	2.3	0.0	9.10
Bison (Sirloin)	113	21.4	2.4	0.0	8.92
Shrimp	144	27.6	1.2	2.3	7.69
Cod	122	20.9	3.6	0.4	5.23
Flounder	133	22.0	4.2	0.4	4.73
Round steak	182	28.0	7.0	0.0	4.00
Turkey (breast)	187	28.7	7.2	0.0	3.99
Chicken (white meat)	195	29.5	7.7	0.0	3.83
Pork loin (4oz)	154	23.3	6.1	0.0	3.80
Salmon	146	21.6	5.9	0.0	3.65
1% low fat cottage cheese	72	12.39	1.0	2.7	3.31
Whey protein	170	30.0	2.5	7.0	3.16