

HCG 2.0 FOOD LIST

PHASE TWO

VEGETABLES

FOOD (1 CUP SERVING)	CALORIES	PROTEIN (g)	FAT (g)	CARBS (g)
Watercress	54	0.8	0.0	0.4
Rocket	5	0.52	0.13	0.7
Spinach	7	0.8	0.1	1.1
Alfalfa sprouts	10	1.3	0.2	1.2
Chard	7	0.7	0.1	1.4
Artichoke (100g)	35	4.6	0.6	1.4
Bok choy	9	1.1	0.1	1.5
Beet greens	8	0.8	0.1	1.7
Lettuce	8	0.6	0.0	1.7
Baby corn (100g)	25	1.2	0.0	1.7
Celery	14	0.7	0.2	3.0
Cucumbers	16	0.7	0.2	3.6
Radishes	19	0.8	0.1	3.9
Crimini mushroom	23	2.0	0.0	4.0
Zucchini	20	1.5	0.2	4.2
Portabella mushroom	22	2.1	0.2	4.4
Asparagus	27	3.0	0.2	5.2
Cabbage	25	2.0	0.1	5.3
Cauliflower	25	2.0	0.1	5.3
Cherry tomatoes	27	1.3	0.3	5.8
Broccoli	31	2.6	0.3	6.0
Mung bean sprouts	31	3.0	0.0	6.0
Pickles	28	1.0	0.3	6.4

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Oyster mushroom	35	3.3	0.4	6.4
Red cabbage	28	1.2	0.1	6.6
Kale	34	2.2	0.4	6.7
Tomato (diced)	32	1.6	0.4	7.6
Fennel	31	1.2	0.2	7.2
Green beans	34	2.0	0.1	7.8
Squash	18	1.4	4.2	7.8
Bamboo shoots	41	3.9	0.5	7.8
Brussel sprouts	38	3.0	0.3	8.0
Eggplant (cooked)	66	0.8	3.8	8.4
Capsicum	39	2.0	0.4	8.9
Red onion	48	1.0	0.0	11.6
Carrot	52	1.1	0.3	12
Leek	54	1.3	0.3	12
White onion	67	1.4	0.1	16