

SHOPPING LIST

PROTEINS

- Canned tuna (no oil)
- Eggs
- Shrimp
- Chicken/ turkey breast
(boneless & skinless)
- Assorted whitefish
- Bison

CONDIMENTS/EXTRAS

ALL SUGAR FREE

- Tomato paste
- Pickles
- Dijon mustard
- MCT oil
- Cooking grade coconut
- Briggs liquid aminos
- White vinegar
- Nutritional yeast
- Apple cider vinegar
- Chicken/ beef broth
- Stevia
- Salt

VEGETABLES

- Spinach
- Asparagus
- Salad of any variety
- Celery
- Cabbage
- Cucumber
- Radishes
- Artichoke
- Onions
- Tomatoes
- Brussel sprouts
- Lemon
- Lime
- Fennel
- Mushrooms
- Zucchini

HCG 2.0 is a ketosis based, high protein, low fat diet. There is no dairy, starches, grains or fruit allowed.

For any meal you may pick any food from this list or the protein/veg charts, in any combinations.

Keep in mind you must make your choices fit within your allowed calories and no more than 30 grams TOTAL carbs from veggies or proteins. Go lightly on the cottage cheese as it causes stalls in some people. Please use the nutrition labels on your packages for the correct calorie and carb count.

2 tablespoons of MCT or coconut oil may also be used. Count those calories towards your protein calories.