

Phase 2 & 3 VLCD Foods, Portions and Calories



Here is a list of the foods allowed during the VLCD portion of the HCG Protocol, along with the calorie count and the appropriate serving of each type of vegetable. The calorie data was compiled from a variety of calorie-counter websites. Up to 500 calories per day are allowed & recommended.

Breakfast: Tea or coffee in any quantity. Only **one tablespoonful of milk** (11 calories) allowed per day. Stevia (0 calories) is the only sweetener that will not slow weight loss, and Sweetleaf and KAL are the only brands we recommend because there are no additives. Truvia is NOT pure and can slow weight loss.

Lunch & Dinner: Choose ONE item from each section, preferably different choices for lunch and dinner.

(1) Protein: 100 grams (3.5 oz.) of one lean meat or white fish. All meat should be weighed raw, no bone, and trimmed of all visible fat. Meat can be grilled, baked, broiled, or pan "fried" without oil or fat.

Beef, Chicken, Other Protein

Steak (trimmed to 0% fat) – 192 calories
Ground Beef (95% Lean) – 137 calories
Roast Beef (lean, trimmed) – 140 calories
Beef Kidney – 99 calories
Buffalo – 100 calories
Veal – 120 calories
Chicken breast – 110 calories
Egg* (1 whole + 3 whites) – 138 calories
Cottage cheese* (1/2 cup no fat) – 75 calories
Whey Protein Shake* (0-2 carbs) – 80-100 calories

Fish

Wild Chilean sea bass – 97 calories
Wild flounder – 91 calories
Wild sole – 91 calories
Wild Halibut – 110 calories

Seafood

Lobster - 90 calories
Crab – 84 calories
Shrimp or Prawns – 105 calories
Crawfish – 74 calories

(2) Vegetables: Choose **ONLY ONE** vegetable per meal – **NO MIXING.**

Lettuces of any kind (2 cups raw) – 15 calories	Chard (2 cups raw) – 14 calories
Spinach (3 cups raw) – 21 calories	Onions (1 cup raw) – 64 calories
Asparagus (2 cups raw) – 54 calories	Beet Greens (2 cups raw) – 16 calories
Cabbage (2 cups raw) – 44 calories	Red radishes (2 cups raw) – 40 calories
Tomatoes (1 cup cherry) – 18 calories	Celery (2 cups raw) – 32 calories
Tomato (1 med.) – 22 calories	Fennel (1.5 cups raw) – 40 calories
Cucumbers (2 cups/peel optional) – 32 calories	Chicory greens (2 cups raw) – 15 calories

(3) Fruit: Two servings allowed per day, not at the same meal, 4-6 hours apart.

Apple (1 medium/3" diameter) – 95 calories
Orange (1 medium/3" diameter) – 70 calories
Grapefruit (1/2 medium) – 52 calories
Strawberries (10 1½-inch) – 40 calories

(4) Breadstick (grissini) or Melba toast: Two servings per day, not at the same meal, 4-6 hours apart.

Grissini Breadstick (1 regular or 2 thin) OR Melba toast (1 rectangular or 2 rounds) – 20 calories

Beverages: Plain spring water, mineral water, tea and coffee in any quantity at any time. Chicken, beef, fish, or vegetable broth (about 20 calories per cup) must be homemade w/VLCD veggies OR a sugar-free canned variety, but watch sodium & check ingredients. **Drink at least 2 litres of water / day.** The **juice of one lemon** (12 calories) is allowed per day. **Seasonings** are allowed except pre-mixed spices as they often contain sugar. You can have Bragg's Liquid Amino Acids, mustard (water, mustard seed, vinegar, turmeric), Frank's Original Hot sauce, & Spry Xylitol gum or mints (1.2 calories each).

No substitutions for ANY of the foods. Per Dr. Simeons, any food may be eliminated due to lack of hunger. If you aren't able to eat all 500 calories in a day, first cut out the melba toast/grissini and/or one or more servings of fruit. **It is important to eat your two 3.5-ounce servings of protein daily.**

* Allowed occasionally – Up to 3 times per week