

The HCG Diet for Vegans and Vegetarians

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. Sweatleaf and KAL are two brands we recommend because there are no additives. Truvia is NOT pure and can hinder weight loss or even cause a plateau.

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

One serving of Protein: Choose from MRM Whey, Jay Robb Whey, Sun Warrior Protein Raw Vegan Natural, or Pea Protein Powder (must be 5 grams of carbs or less per serving and sweetened **only** with Stevia or Xylitol) **OR** one soy patty not to exceed 110 calories **OR** ½ cup fat-free cottage cheese **OR** one whole egg + 3 egg whites. We discourage eating more than two soy patties per week.

One serving of Vegetables: Choose **ONLY ONE** vegetable per meal – **NO MIXING OF TWO OR MORE.**

Lettuce--any kind (2 cups raw) – 15 calories
Spinach (3 cups raw) – 21 calories
Asparagus (2 cups raw) – 54 calories
Cabbage (2 cups raw) – 44 calories
Tomatoes (1 cup cherry) – 18 calories
Tomato (1 med.) – 22 calories
Cucumbers (2 cups) – 32 calories

Chard (2 cups raw) – 14 calories
Onions (1 cup raw) – 64 calories
Beet Greens (2 cups raw) – 16 calories
Red radishes (2 cups raw) – 40 calories
Celery (2 cups raw) – 32 calories
Fennel (1.5 cups raw) – 40 calories
Chicory greens (2 cups raw) – 15 calories

These can be eaten raw or cooked. Do not mix vegetables in the same meal.

One of the following Fruit: 1 apple, 1 orange, ½ grapefruit, 1 handful (10 medium) strawberries

One grissini breadstick or one melba toast.

Beverages: Spring water, mineral water, tea, and coffee in any quantity at any time. **Drink no less than 2 litres (4 x 500 ml bottles) of water per day**, but aim for one-half your current weight in ounces of water per 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.**

Notes:

- You may eat the breadstick and fruit as a snack in between meals instead of with your meals
- No over the counter non-prescription drugs should be taken (with the exception of Aspirin).
- Use only oil-free cosmetics.
- No personal care products that contain food oils. Refer to our list at www.HCGDietCanada.com
- You must eat everything as prescribed – no substitutions.
- No sodas (diet or regular). Perrier is allowed – only naturally carbonated drinks, not seltzer.
- Only Thai massage is allowed. No massages of any other type.

It is encouraged, but optional, to do the following:

- Walk or do yoga for one hour as often as possible
- Listen to stress-reducing CDs.
- Sweat for 20 minutes in a sauna as often as possible.
- Get 15-20 minutes of sun daily.
- Do not drink very cold beverages.

