

# HCG & TD Protocol 820-1000 per day

<p>PROTEINS- <b>5 OZ</b> before cooked per serving 2 ½ times per day-protein can be spread throughout the day</p>	<p>VEGETABLES 2-3 cups per day Lettuce, celery and cucumber is <b>unlimited</b></p>	<p>FRUITS- 2 a day</p>	<p>STARCH <b>ONE SERVING A DAY</b>  SNACKS 1-2 per day</p>	<p>FATS- Choose <b>1 per day</b> (do not have any olive oil, canola or vegetable oil on plan)  Dairy-You can have 1-2 per day</p>
<p>White Chicken Filet Mignon (or leaner cuts of steak) Tilapia Blue Fish Salmon Extra lean Ground beef or chicken Round Shrimp 2-3 slices of fat free or low sodium lunch meat Ocean Perch White Fish Clams (10) White Pork Crab (no artificial carb) Veal Sea Bass Venison Lobster Catfish Tuna or canned tuna 1 can packed in water (no oil) Flounder White Turkey 1 slice bacon 2-3 slices Turkey Bacon Salmon Shrimp Roast</p>	<p>Greens Celery Radishes Asparagus Beet Pumpkin Spaghetti squash Brussel Sprouts Cucumber Bean Sprouts Onion Broccoli Spinach Bell Peppers Tomato Cauliflower Lettuce Green Beans Mushrooms Carrots Cabbage Peas 2 Dill Pickles Zucchini Avocado 1/4 to 1/2</p>	<p>Apples Peaches Oranges Pears Cantaloupe Plums Nectarines Grapefruit  ½ cup is one fruit: Strawberries Blueberries Grapefruit Raspberries Cherries  <b>NO:</b> Banana, grapes, pineapple. You can try watermelon as a caution food</p>	<p><b>Breads</b> Ezekiel Bread / 2 slices- Ezekiel English muffin-1 Corn Tortillas – 2 tortillas- must be corn made with "lime" water, no wheat add (ideally look for 100 calories for 2) <i>ZERO CARB BREAD or Bagels, Flat-out wraps-1-1/2</i>  <b>Cereals:</b> 1 cup plain cheerios 1 cup Special K  <b>Oatmeal:</b> 1 package plain oatmeal (Quaker plain rolled oats)  <b>Pasta</b> Miracle, konjac or shirataki noodles 2 cups  <b>Rice</b> ¼ cup brown rice or sprouted brown or white or shirataki rice (1 cup)  <b>Snacks 1-2 per day (do not have Atkins, quest chips or skinny popcorn on the same day, choose only one</b></p>	<p><u>Fats one per day:</u> Cream cheese 1 tablespoon Butter - 1 tablespoon Mayo- 1 tablespoon Peanut/Almond Butter- 1 TBSP Coconut oil: 1 TBSP  <u>Dairy 1-2 per day</u> FF Sour cream / 2 tablespoons Lite Cheese - 2 oz Lite Cream cheese 2 oz 2 Lite laughing cow or lite baby bell Fat free sour cream- 1 tablespoon Low carb yogurt (Dannon lite and fit, fage 0)</p>

Eggs -2 eggs is one protein  
1 cup fat free cottage cheese  
**Approved TD/HCG Protein Shake 1 full shake is 1 protein**  
Protein Shakes: Premier Protein, Atkins Advantage, EAS Advant Edge.

**Protein bars**  
Dr Atkins products One Bar, Pure Protein, Quest, Detour, Atkins Morning Bars, Extend Bar, Russell Stover Sugar Free Bar, Think Thin Bar, KIRKLAND

**MILKS**  
  
Almond Milk unsweetened ½ cup per day

FAIRLIFE LACTOSE & FAT FREE Skim  
**Skim Milk**  
Fat Free Lactaid ½ cup  
**SOY MILK**  
**Coffee Cream**  
Coffee Mate original packet  
Fat Free 1/2 & 1/2

Atkins meals-1 per day  
  
Healthy Choice- 200 calories or less

**of those)**  
1-2 TBSP of almond flour  
Skinny popcorn - 1 cup or 100 calorie bag  
Quest Chips-1 bag  
10 Almonds  
Atkins "indulge" snack bars, only 1 per day  
Lily's sugar free chocolate chips  
Low carb yogurt  
Anything sugar free  
Sugar free/Fat free Cool Whip 1 TBSP  
Sugar Free pudding (make with unsweetened almond or skim milk)

Sugar Free Jell-O  
Low sugar Fudgsicles, popsicles  
Rebel Ice Cream or Halo ½ cup  
Alcohol on the plan-ounce per week, drop 1 fruit when having for optimal results:

Alcohol choices-once per week:  
  
Vodka, Tequila, Low Carb Beer: Michelob Ultra, Rolling Rock Green Lt, Bud Select 55, Busch Light, Miller Lite: all less than 3 net carbs  
"Light Margaritas and Mojito's" from Skinny Girl,  
Cuervo: 4 oz: 140 cal, 3-9 net carbs  
*Straight Alcohol- 0 carbs,*  
Wine (red & white): 3 net carbs/5 oz --careful with these

**Condiments:**  
Sugar free  
Ketchup or BBQ sauce (do not have if it has more than 2 grams of sugar and 2 grams fat)  
Any Walden farms Opa dressing (in bagged salad section)  
Skinny girl dressings  
Lemon  
Franks hot sauce  
Braggs amino acid  
Vinegar  
Low sodium soy sauce (limit to 1-2 TSPs, due to sodium)  
Mustard (no honey mustard)  
Horseradish sauce  
Use salt liberally

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEIGHT	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack	1-Fat 2 ½ Protein 2 Fruit 2-3 cups Vegetable 1Starch 1-2 Snack
BREAKFAST							
LUNCH							
DINNER							
SNACKS-							
WATER-100 oz.							