

# The hCG Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the hCG Diet.



## APPROVED FOODS YOU CAN EAT ON THE hCG DIET

Each meal should consist of lean protein, vegetables, and fruit. Here are a few examples of foods you should eat.

### VEGETABLES

- ☐ Asparagus
- ☐ Broccoli
- ☐ Brussel sprouts
- ☐ Raw Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Green Beans
- ☐ Green peppers
- ☐ Lettuce
- ☐ Onions
- ☐ Raw Kale
- ☐ Red peppers
- ☐ Spinach

- ☐ Squash
- ☐ Tomatos
- ☐ Zucchuni

## FRUITS

- ☐ Apples
- ☐ Blackberries
- ☐ Blueberries
- ☐ Grapefruit
- ☐ Lemon
- ☐ Strawberries

## PROTEINS

- ☐ Chicken
- ☐ Crab
- ☐ Extra-lean beef
- ☐ Lobster
- ☐ Shrimp
- ☐ Tuna (canned)
- ☐ Whitefish
- ☐ \*You can replace one egg with one protein

## OTHER

- ☐ Melba toast
- ☐ Sugarless gum
- ☐ Stevia
- ☐ Mustards
- ☐ Apple cider vinegar

## FOODS YOU SHOULD AVOID ON THE hCG DIET

- ☐ Foods high in sugars
- ☐ Foods high in starches (for example potatoes, rice, pretzels, pasta, breads, etc.)

- ☐ Butter
- ☐ Oils
- ☐ Nuts
- ☐ Salmon

### **WHAT YOU CAN DRINK ON THE hCG DIET**

- ☐ Black coffee (you can add Stevia)
- ☐ Herbal Tea
- ☐ Mineral water
- ☐ Water (lots of water per day)

### **WHAT YOU CAN'T DRINK ON THE hCG DIET**

- ☐ Juices
- ☐ Flavored drinks and water
- ☐ Any sugary drinks
- ☐ Any kind of soda
- ☐ Alcohol

**Make and Share Free Checklists**  
[checkli.com](https://checkli.com)