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

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