

HCG Diet

Shopping List

Non-Food Items

- Digital read out body scale that displays in at least 2-pound increments
- Digital food scale
- Debbie Meyer Green bags or plastic containers
- Nonstick sauté pan (make sure it is fairly new without scratches)
- George Foreman Grill
- Oil free face and body lotion
- Oil free body washes (watch out for almond and all plant oils)
- Sandwich sized baggies
- Small rectangle bins for storing bagged food in fridge
- Refillable water bottle
- Alcohol swabs if utilizing injections
- Good set of knives
- Multiple cutting boards (I like the flexible ones)
- Plastic gloves

Food Items that enhance the approved foods list

- Pacific Foods organic mushroom broth
- Your choice of organic broths
- Your choice of seasonings without any sugar, seeds, or oils (look for blends that combine the flavors for you, a favorite is Perfect Pinch steak seasoning by McCormick™)
- Melba toast (all but sesame)
- Walden Farms dressings, sauces, dips, and spreads
- Liquid Amino by Braggs™
- Sugar Free Jello™
- Sugar Free drinks (You may have one carbonated drink per day, but if you can live without it, do)
- Bottled or filtered water
- Your choice of Herbal Teas (Yerba Mate, green tea dieters' tea) I prefer Yogi brand, as many of them already have Stevia™ in the tea bag, which provides sweetness
- Sea Salt
- Miracle noodles - only buy one or two packages until you know you like them
- Sweet Leaf packets (Stevia)

See 'The Protocol Phase Serving Definitions' for approved fruits, vegetables, protein, and carbohydrate options