

HCG Shopping List

Drinks	Coffee, brewed tea, water, diet soda, apple cider vinegar, diet V8 splash, Crystal Light, unsweet ice tea, Powerade no sugar
Protein Shakes	EAS Carb Control, Muscle Milk Lite, Designer Whey, Pure Pro, Pure Protein, Premier Protein, Extend Powder
Bread Crackers	Melba toast, Grissini bread sticks, Wasa crackers, Finn crisps, Gilda toast, Gilda Biscottes, 1/2 of Flatout light flat bread
Bars	Extend Bars, Quest, Detour, Atkins Morning Start
Fruits	Strawberries, blueberries, black berries, raspberries, apples, oranges, grapefruit, pears, peaches, nectarines, tangerines, lime, lemon cantaloupe, cherries, plums, passion fruit
Protein	Chicken breast, lean beef, fish (no oily fish i.e. salmon), shellfish, eggs, lean pork, white albacore tuna in water, turkey, ham and chicken lunch meats with no seasonings
Yogurt	"Dannon Lite & Fit" Carb and Sugar Control, Diabetic Friendly
Salad Dressings	Walden Farms; Fat Free Italian Dressing by Ken's, Wishbone or Kraft
Condiments	Herbs, no sugar added seasonings, no sugar hot sauce, dill pickles, no fat ½ & ½ , Kraft no fat Mayo, I Can't Believe It's Not Butter Spray, low carb salsa, reduced sugar ketchup, 0 fat oil spray, no sugar chili sauce, soy sauce, Coffeemate original, garlic
Snacks	Sugar Free Jello, no sugar no fat chocolate pudding, Walden Farms peanut butter or chocolate, Sugar Free Philly Swirl, International Coffees- sugar free, Glenny's low fat soy chips, Smucker's chocolate & strawberry no sugar spreads, sugar free fudgsicles/popsicles, 1/2 bars and shakes listed above
Vegetables	Spinach, lettuce, cucumber, cabbage, asparagus, onion, celery, broccoli, radish, Brussel sprouts, green beans, squash, tomatoes, kale, bean sprouts, hearts of palm, zucchini, egg plant, peppers, bok choy, cauliflower, pumpkin