

ENVIZION Medical

HCG SHOPPING GUIDE

ONLY THESE FOODS AND SPICES/TOPPINGS ARE ALLOWED DURING PHASE 2.

NO CHEATING. WEIGH THEM RAW

MEATS (1 of the following for each meal):

SEAFOOD:	White fish	Cod	Flounder	Haddock	Halibut
	Lobster	Red Snapper	Shrimp	Tilapia	Crab*
DARK MEAT:	Steak Filet	Sirloin	Lean Gr Beef	Eye of Round	Veal
WHITE MEAT	Chicken	Ground Turkey	Ground Chick	*Crab to be weighed cooked	

VEGETABLES (1 of the following for each meal):

Asparagus	Celery	Cabbage	Cauliflower	Cucumber	Lettuce
Red Radish	Spinach	Tomatoes	Chicory	Chard	Kale
Green Pepper	Spring Mix				

FRUIT (2 of the following each day):

Whole Apple	Whole Orange	3.5oz Strawberries	3.5 oz. Pink Grapefruit
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SPICES AND FLAVORING:

Juice from one fresh Lemon	One Tbsp. coconut milk per day	Pepper	Salt (in moderation)	Any Spice without sugar	Montreal Steak Seasoning
Stevia (natural sweetener)	Balsamic Vinegar	Vinegar	Mrs. Dash Seasoning	Basil	Apple Cider Vinegar
Parsley	Oregano	Herbs	Thyme	Mustard	Cilantro

BEVERAGES:

Water	Un-Sweet Tea	Coffee	Yerba Mate	Wu Long	Chamomile
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ALL FOODS WITH FAT MUST BE AVOIDED FOR YOUR BODY TO PULL FAT OUT OF YOUR FATTY CELLS.

SAMPLE OF FOODS TO BE AVOIDED – Do not eat any of the following after the Loading Phase!

SUGAR	MILK	CHEESE	BREAD	DRESSING	PASTA
RICE	CAKE	CREAM	COOKIES	BUTTER	CARROTS
CORN	NUTS	BERRIES	SAUCES	MAYONAISE	BANANAS