

Phase 2 – GROCERY SHOPPING LIST



Phase 2 Original Grocery List

Purchase a few days before you are ready to begin – Use Organic if possible

Fruits

Grapefruit

Apples

Oranges

Strawberries

Lemons*

* I got tired of squeezing lemons so I use Santa Cruz Organic Lemon Juice

Vegetables

All Lettuces

Asparagus

Cucumbers

Chard

Spinach

Beet Greens

Tomatoes

Cabbages

Celery

Cucumbers

Green Onions

Fennel

Radishes

White/Red/Yellow Onions

Canned Vegetables

Tomato Paste (no sugar)

Organic Tomato Sauce (no sugar)

Organic Canned Tomatoes (no sugar)

*Suggest Muir Glen Fire Roasted Crushed Tomatoes

Seasonings

Braggs Amino Acids

Apple Cider Vinegar

White Vinegar

Sea Salt

Cinnamon

Fresh Herbs (cilantro, basil, etc.)

Any Seasoning without Sugar

Meats

Boneless Skinless Chicken Breast

Lean Steak (I used London Broil, Round, Buffalo)

Hamburger (have butcher cut fat off of lean steak and grind, 93% lean is not lean enough)

Lean Beef Roast

Shrimp

White Fish

Lobster

Crab

Veal

Stevia

Liquid and/or Powdered Stevia

Flavored Stevias, (vanilla crème most popular)

Splenda (only if you can't do stevia)

Teas

Yerba Mate Tea (increases energy, reduces appetite and stimulates releasing of fat cells)

Green Tea

Smooth Move Tea (helps with constipation)

Chamomile Tea

Any Organic Tea you like

Water – ½ your weight in ounces daily

Other

Melba Toast

Grissini Breadsticks

Non Fat Cottage Cheese

Skim Milk (1 tab. daily)

Egg Whites

Wondercocoa (defatted powdered cocoa)

MCT Oil

Kitchen Scale to measure meat

NOTE: Advanced Updated Grocery List in the HCG Dieters Cookbook located in THE RECIPE CLUB.