



My True Image Weight Loss Center

8282 W Cactus Rd Suite E-144 Peoria, AZ 85381

Your Weight Loss Specialist

HCG Diet

Breakfast:

Tea or coffee in any quantity without sugar. You may have as much as you desire. Only one of teaspoon milk is allowed in 24 hours. 1 medium apple, small handful of strawberries, or 1 grapefruit** Stevia may be used in place of sugar.*

Lunch:

- 150 grams of the following meat grilled (no oil or fat) weighed raw:
- Organic grass fed beef or veal
- Organic chicken breast (Skinless)
- Wild Chilean sea bass
- Flounder
- Halibut
- Cod
- Lobster
- Crab
- Shrimp
- 1 large handful of vegetables (only to be chosen from the following) can be eaten raw, steamed, or grilled (without oil) or gently boiled
- Spinach or Chard or Beet Greens
- Lettuces of any kind (including cabbage)
- Tomatoes
- Celery
- Fennel
- Onions
- Red radishes
- Cucumbers
- Asparagus
- 1 breadstick (Grissino) or 1 Melba toast

Dinner:

The same four choices as lunch (Above) DO NOT make lunch and dinner exactly the same in the same day.