

Week E: Phase III Maintenance

Chicken, Beef, and Seafood

Sunday

Breakfast

Two eggs scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Chicken Chowder
Celery and bell pepper strips

Snack

Apricot halves with cottage cheese

Dinner

Grilled sirloin steak
Asparagus spears
Lettuce wedge with light salad dressing

Snack/Dessert

**Apple Crumb Pie

Monday

Breakfast

Two egg spinach omelet
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Grilled turkey burger
Sliced tomato and sautéed onion

Snack

Swiss cheese wedge

Apple

Dinner

**Sensational Salmon Burger
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Coconut Macaroons with glass of Almond or soy milk

Tuesday

Breakfast

Poached eggs with turkey sausage
Orange
Coffee or tea

Snack

Cottage cheese with Apple and cinnamon

Lunch

**Primavera Salad
Sliced grilled chicken breast
Pineapple chunks

Snack

Sugar-free yogurt

Dinner

**Hearty Beef Stroganoff
Lettuce salad with light dressing

Snack/Dessert

**Apple Crumb Pie

Wednesday

Breakfast

**Nutty Orange Scones
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Chicken Chowder
**Primavera Salad

Snack

Apricot halves with cottage cheese

Dinner

**Sensational Salmon Burger
Sautéed green beans
Spinach salad with light dressing

Snack/Dessert

**Coconut Macaroons with glass of Almond or soymilk

Thursday

Breakfast

Two eggs scrambled
Cottage cheese
Orange, Coffee or tea

Snack

Sugar-free yogurt

Lunch

Chef's salad: lettuce, roast beef, Swiss cheese, tomato, carrot, cucumber and light dressing

Snack

**Nutty Orange Scones with glass of Almond or soymilk

Dinner

**Moroccan Chicken Breasts
Asparagus spears

Snack/Dessert

**Coconut Macaroons
Pineapple chunks

Friday

Breakfast

Poached eggs with turkey sausage
½ grapefruit, Coffee or tea

Snack

Plain yogurt with Apple and cinnamon

Lunch

**Primavera Salad
Sliced grilled chicken breast
Apricot halves

Snack

Swiss cheese wedge
Orange

Dinner

**Hearty Beef Stroganoff
Lettuce salad with light dressing

Snack/Dessert

**Coconut Macaroons with glass of Almond or Soymilk

Saturday

Breakfast

**Nutty Orange Scones
Cottage cheese
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Turkey burger
Sliced tomato and lettuce
Apple

Snack

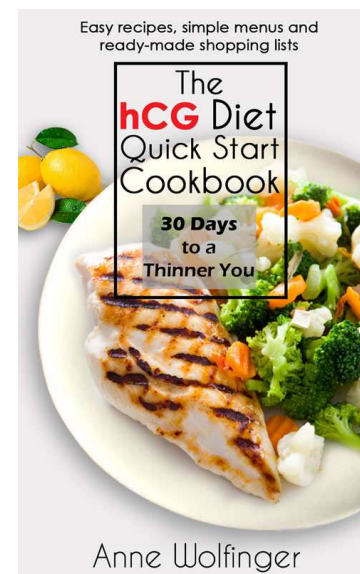
Orange

Dinner

**Moroccan Chicken Breasts
Lettuce salad with light dressing

Snack/Dessert

**Coconut Macaroons
Pineapple chunks



www.hcgdietquickstart.com

Week F: Phase III Maintenance

Chicken, Beef, and Vegetarian

Sunday

Breakfast

Two eggs scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Broccoli Soup
Lettuce salad with light dressing and
Sliced turkey breast

Snack

Apricot halves with cottage cheese

Dinner

**Tangy Stuffed Peppers
Lettuce wedge with light salad
dressing

Snack/Dessert

**Apple Crumb Pie

Monday

Breakfast

Two egg spinach omelet
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Tangy Stuffed Peppers
Spinach salad with light salad
dressing

Snack

Cheddar cheese wedge
Apple

Dinner

**Quick and Easy Chicken Stew
Lettuce salad with light dressing

Snack/Dessert

**Grilled Peach Parfait

Tuesday

Breakfast

**Crustless Quiche with Sun Dried
Tomatoes
Orange
Coffee or tea

Snack

Cottage cheese with
Pineapple chunks

Lunch

Sliced grilled chicken breast
**Guacamole
Celery and bell pepper for dipping

Snack

Sugar-free yogurt

Dinner

**Teriyaki Beef with Snow Peas

Snack/Dessert

**Apple Crumb Pie

Wednesday

Breakfast

Veggie omelet with cheddar cheese
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Broccoli Soup
Spinach salad with light dressing
and
Sliced turkey breast

Snack

**Guacamole
Celery and bell pepper for dipping

Dinner

**Pork Chops with Apples and Kraut
Sautéed green beans

Snack/Dessert

**Grilled Peach Parfait

Thursday

Breakfast

**Crustless Quiche with Sun Dried
Tomatoes
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Teriyaki Beef with Snow Peas
Pineapple chunks

Snack

Apple
Cheddar cheese

Dinner

**Super Juicy Roast Lemon Chicken
Lettuce salad with light dressing

Snack/Dessert

**Coconut Macaroons with glass of
Almond or soymilk

Friday

Breakfast

Poached eggs with turkey sausage
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Super Juicy Roast Lemon Chicken
Spinach salad with light dressing

Snack

Orange

Dinner

**Pork Chops with Apples and Kraut
Sautéed green beans

Snack/Dessert

**Nutty Orange Scones

Saturday

Breakfast

**Crustless Quiche with Sun Dried
Tomatoes
½ grapefruit, Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Broccoli Soup
Lettuce salad with light dressing and
Sliced turkey breast

Snack

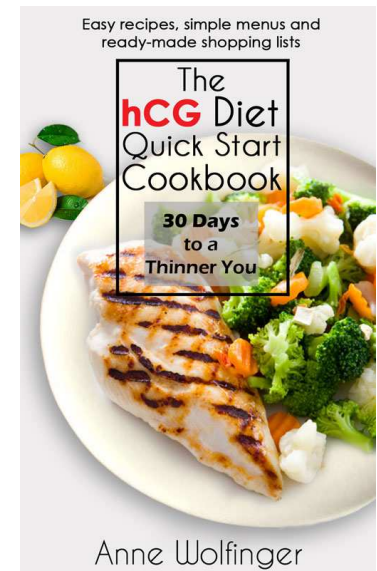
Orange

Dinner

**Tangy Stuffed Peppers
Spinach salad with light salad dress-
ing, Apple

Snack/Dessert

**Coconut Macaroons
Pineapple chunks



www.hcgdietquickstart.com

Week G: Phase III Maintenance

Chicken, Seafood, Vegetarian

Sunday

Breakfast

Two eggs scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Chicken Chowder
Lettuce salad with light dressing

Snack

Apricot halves with cottage cheese

Dinner

**Super Shrimp Gumbo
Lettuce wedge with light dressing

Snack/Dessert

**Apple Crumb Pie with glass of
Almond or soymilk

Monday

Breakfast

Two egg spinach omelet
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Super Shrimp Gumbo
Spinach salad with light dressing

Snack

Muenster cheese wedge

Apple

Dinner

**Terrific Turkey Loaf
Steamed broccoli
Lettuce salad with light dressing

Snack/Dessert

**Favorite Fruit Sorbet
**Coconut Macaroons

Tuesday

Breakfast

**Crustless Quiche with Sun Dried
Tomatoes
Coffee, or tea

Snack

Cottage cheese with
Pineapple chunks

Lunch

**Terrific Turkey Loaf, Carrot sticks
Lettuce salad with light dressing

Snack

Sugar-free yogurt

Dinner

**Seared Ahi Tuna with Wasabi
Dressing
Steamed broccoli
Snack/Dessert
**Apple Crumb Pie with glass of
Almond or soymilk

Wednesday

Breakfast

Veggie omelet
Turkey bacon
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Chicken Chowder
Spinach salad with light dressing

Snack

Muenster cheese wedge

Apple

Dinner

**Lemon-Lime Fish Fillet with Salsa
Sautéed green beans
Snack/Dessert
**Favorite Fruit Sorbet
**Coconut Macaroons

Thursday

Breakfast

2 eggs scrambled
Turkey bacon
Orange, Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Seared Ahi Tuna with Wasabi
Dressing
Steamed broccoli
Pineapple chunks

Snack

Apple and Cottage cheese

Dinner

**Terrific Turkey Loaf
Steamed broccoli
Lettuce salad with light dressing

Snack/Dessert

**Nutty Orange Scones

Friday

Breakfast

Poached eggs
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Lemon-Lime Fish Fillet with Salsa
Spinach salad with light dressing

Snack

Orange

Dinner

**Super Shrimp Gumbo
Sautéed green beans

Snack/Dessert

**Favorite Fruit Sorbet
**Coconut Macaroons

Saturday

Breakfast

**Nutty Orange Scones
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Super Shrimp Gumbo
Spinach salad with light dressing

Snack

Orange

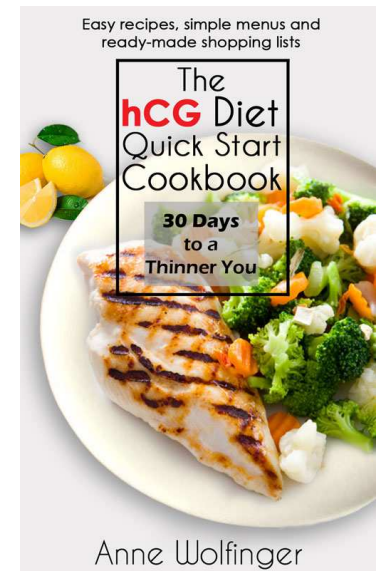
Dinner

**Terrific Turkey Loaf
Steamed broccoli
Lettuce salad with light dressing

Apple

Snack/Dessert

**Coconut Macaroons
Pineapple chunks



www.hcgdietquickstart.com

Sunday

Breakfast

Two eggs scrambled
Orange, Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Broccoli Soup
**Nutty Orange Scones

Lettuce salad with light dressing

Snack

Apricot halves with cottage cheese

Dinner

**Herbed Portobello Burger
Slice American cheese
Sautéed onions and Sliced tomatoes
Lettuce wedge with light salad dressing

Snack/Dessert

**Apple Crumb Pie with glass of
Almond or soymilk

Monday

Breakfast

Two egg spinach omelet
½ grapefruit

Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Eggplant Rollatini
Spinach salad with light salad dressing

Snack

Orange
Apple

Dinner

**Indonesian Vegetarian Stew

Snack/Dessert

**Favorite Fruit Sorbet
**Coconut Macarons

Tuesday

Breakfast

**Crustless Quiche with Sun Dried To-
matoes

Orange

Coffee or tea

Snack

Cottage cheese with
Pineapple chunks

Lunch

**Indonesian Vegetarian Stew

Snack

Sugar-free yogurt

Dinner

**Primavera Salad
**Nutty Orange Scones

Snack/Dessert

Apricot halves
**Apple Crumb Pie with glass of
Almond or soymilk

Wednesday

Breakfast

Veggie omelet with cheese
½ grapefruit

Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Broccoli Soup
**Nutty Orange Scones
Lettuce salad with light dressing

Snack

Cottage cheese
Apple

Dinner

**Eggplant Rollatini
Spinach salad with light salad dressing

Snack/Dessert

**Favorite Fruit Sorbet
**Coconut Macarons

Thursday

Breakfast

**Nutty Orange Scones
½ grapefruit, Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Primavera Salad

Apricot halves

Snack

**Guacamole

Red bell pepper strips

Dinner

**Crustless Quiche with Sun Dried To-
matoes
Steamed broccoli
Lettuce salad with light dressing

Snack/Dessert

Apple
Cottage cheese

Friday

Breakfast

Poached eggs
½ grapefruit

Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Guacamole
American cheese slice
Celery sticks

Spinach salad with light dressing

Snack

Orange

Dinner

**Indonesian Vegetarian Stew

Snack/Dessert

**Favorite Fruit Sorbet
**Coconut Macarons

Saturday

Breakfast

**Nutty Orange Scones
½ grapefruit, Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Creamy Broccoli Soup
Cottage cheese
Spinach salad with light dressing

Snack

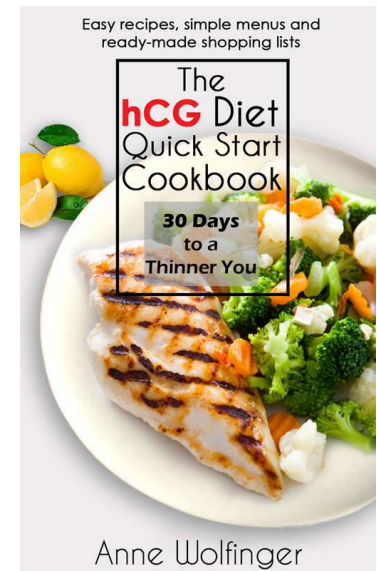
Orange, Pineapple chunks

Dinner

**Herbed Portobello Burger
Slice American cheese
Sautéed onions, Sliced tomatoes
Lettuce wedge with light salad dressing

Snack/Dessert

**Coconut Macarons with glass of
Almond or soymilk





Week E: Phase III Maintenance

Chicken, Beef, Seafood

Protein

- 1 x 4oz. sirloin steak
- 1 lb. beef round steak
- 2 split chicken breasts
- 1 lb. boneless, skinless chicken breasts
- 8 oz. ground turkey
- 8 oz. salmon fillet
- 1 dozen large eggs
- Turkey bacon
- Turkey breakfast sausage

Dairy

- 1 pt. lowfat cottage cheese
- 3 oz. Swiss cheese
- 4 oz. mozzarella cheese
- Unsweetened almond milk or soymilk
- 1 pt. plain yogurt
- 3 small sugar-free yogurts
- Unsalted butter

Other

- Almond flour
- Unsweetened shredded coconut

Vegetables

- 2 medium tomatoes
- Grape tomatoes
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 4 cups)
- 3 medium yellow onions
- 1 small red onion
- 10 oz. white mushrooms
- Medium cucumber
- Broccoli florets
- Shredded carrots
- Celery sticks
- 2 medium red bell peppers
- 1 lb. asparagus, fresh or frozen
- 1 lb. green beans, fresh or frozen
- Fresh basil, dill, and cilantro

Fruit

- 5 medium oranges
- Lemons (at least 1)
- 1 grapefruit
- 1 cup fresh pineapple
- 2 Granny Smith apples
- 4 eating apples
- Small box prunes
- Medium can apricot halves, no-added-sugar
- Small unsweetened applesauce



Week F: Phase III Maintenance

Chicken, Beef, Vegetarian

Protein

- 8 oz. beef sirloin or tenderloin steak
- 1 lb. ground beef or veal
- 4 chicken leg quarters
- 1 lb. boneless, skinless chicken breasts
- 1 lb. thin loin or rib pork chops
- 1 dozen large eggs
- Turkey bacon
- Turkey breakfast sausage
- 8 oz. deli sliced turkey breast

Dairy

- 1 pt. lowfat cottage cheese
- 3 oz. cheddar cheese
- Unsweetened almond milk, soy milk, or cow's milk
- 6 small sugar-free yogurts

Vegetables

- 1 medium tomato
- Lettuce greens (to equal 10 cups)
- Raw spinach, regular or baby (to equal 8 cups)
- 3 medium yellow onions
- 1 medium avocado
- 1 bunch scallions
- 1 ½ lb. broccoli
- Small bag whole carrots
- Celery sticks
- 1 medium red bell pepper
- 2 large green bell peppers
- 4 oz. snow peas
- 1 lb. green beans, fresh or frozen
- Fresh rosemary and parsley
- 1 x 15 oz. can sauerkraut

Fruit

- 5 medium oranges
- Lemons (at least 2)
- 1 lime
- 2 grapefruit
- 1 ½ cup fresh pineapple
- 1 large peach
- 2 Granny Smith apples
- 4 eating apples
- Small can apricot halves, no-added-sugar



Week G: Phase III Maintenance

Chicken, Seafood, Vegetarian

Protein

- 1 lb. ground turkey
- 8 oz boneless, skinless chicken breasts
- 1 lb. medium shrimp
- 8 oz. ahi tuna
- 8 oz. cod or scrod
- 1 dozen large eggs
- Turkey bacon

Dairy

- 8 oz. lowfat cottage cheese
- 3 oz. Muenster cheese
- Unsweetened almond milk, soymilk, or cow's milk
- 6 small sugar-free yogurts

Vegetables

- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 7 cups)
- Watercress (2 cups)
- 2 medium yellow onions
- 8 oz. broccoli
- Celery sticks
- 1 medium red bell pepper
- 1 medium green bell pepper
- 8 oz. green beans, fresh or frozen
- 5 medium oranges

Fruit

- 1 Lemon
- 1 lime
- 2 grapefruit
- ½ cup fresh pineapple
- 2 Granny Smith apples
- 2 eating apples
- Small can apricot halves, no-added-sugar
- Choice of fruit for sorbet

Other

- Ground flaxseed
- Wasabi powder



Week H: Phase III Maintenance Vegetarian

Protein

- 1 dozen large eggs
- 8 oz. extra firm tofu

Dairy

- 2 pts. lowfat cottage cheese
- 4 oz. American cheese
- Unsweetened almond milk, soymilk, or cow's milk
- 6 small sugar-free yogurts

Vegetables

- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 10 cups)
- 3 medium yellow onions
- 2 lb. broccoli
- 1 medium red bell pepper
- 1 medium avocado
- 2 large Portobello mushrooms
- 1 large eggplant
- 4 oz. cauliflower
- 4 oz. green beans, fresh or frozen
- 1 jar marinara sauce, no-sugar-added

Fruit

- 5 medium oranges
- 1 lime
- 3 grapefruit
- 1 cup fresh pineapple
- 2 Granny Smith apples
- 3 eating apples
- Large can apricot halves, no-added-sugar
- Choice of fruit for sorbet