

Week A: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Roast Beef "Sandwich" with Mustard wrapped in leaf lettuce

Apple

Dinner

**Chipotle Chicken Chili

Breadstick/Melba Toast

Snack

Orange,
Breadstick/ Melba Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

Shrimp Salad

1/2 Grapefruit

Breadstick or Melba Toast

Dinner

**Easy Meatballs

Sliced Tomato

Snack

Apple

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Chipotle Chicken Chili

Breadstick/Melba Toast

Strawberries

Dinner

Grilled Marinated Steak

Lettuce Salad

Breadstick/ Melba Toast

Snack

Orange

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Easy Meatballs

Cucumber spears

Dinner

**Quick Broiled Tilapia

Florentine

Breadstick/Melba Toast

Strawberries

Snack

Apple

Thursday

Breakfast

Coffee, tea, or water

Lunch

**Chipotle Chicken Chili

Breadstick/ Melba Toast

Orange

Dinner

**Easy Meatballs

Asparagus, steamed

Snack

Strawberries

Friday

Breakfast

Coffee, tea, or water

Lunch

**Quick Broiled Tilapia

Florentine

Breadstick/ Melba Toast

Orange

Dinner

Grilled Steak or Veal Chop

Grilled Onion Halves

Breadstick/ Melba Toast

Snack

Strawberries

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Chipotle Chicken Chili

Breadstick/ Melba Toast

Apple

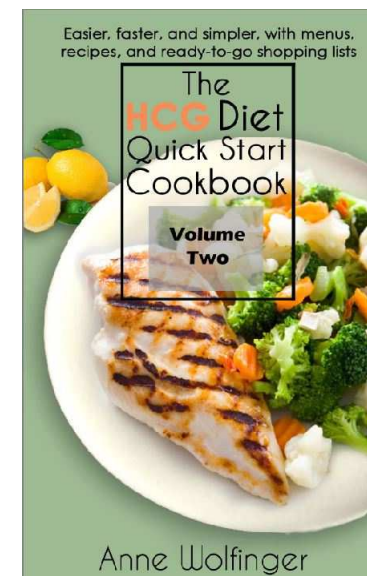
Dinner

**Easy Meatballs

**Lettuce Salad

Snack

1/2 Grapefruit



www.hgcdietquickstart.com

Week B: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Spinach/Egg Salad (3 c. spinach and 1 hard boiled egg + 3 egg whites)

Breadstick/Melba Toast

Strawberries (10 medium)

Dinner

**Spicy Chicken Fajitas
Breadstick/Melba Toast

Snack

Apple

Monday

Breakfast

Coffee, tea, or water

Lunch

Grilled Shrimp Salad (4 oz. grilled shrimp over 2 c. lettuce greens)

Orange

Breadstick/Melba Toast

Dinner

**Quick Beef Stir Fry

Snack

1/2 grapefruit

Breadstick/Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Spicy Chicken Fajitas

Breadstick/Melba Toast

Strawberries (10 medium)

Dinner

Grilled Veal Chop or Burger (4 oz.)

Medium Tomato, sliced
Breadstick/Melba Toast

Snack

Apple

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Quick Beef Stir Fry

Breadstick/Melba Toast

Dinner

**Garlic Shrimp Scampi
Lettuce Salad (2 c.)

Apple

Snack

Strawberries (10 medium)

Breadstick/ Melba Toast

Thursday

Breakfast

Coffee, tea, or water

Lunch

**Spicy Chicken Fajitas

Breadstick/Melba Toast

1/2 Grapefruit

Dinner

**Quick Beef Stir Fry

Breadstick/Melba Toast

Snack

Strawberries (10 medium)

Friday

Breakfast

Coffee, tea, or water

Lunch

**Garlic Shrimp Scampi

Breadstick/Melba Toast

1/2 Grapefruit

Dinner

Grilled Beef Burger (4 oz.)

Grilled Asparagus

Breadstick/Melba Toast

Snack

Apple

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Spicy Chicken Fajitas

Breadstick/Melba Toast

Strawberries (10 medium)

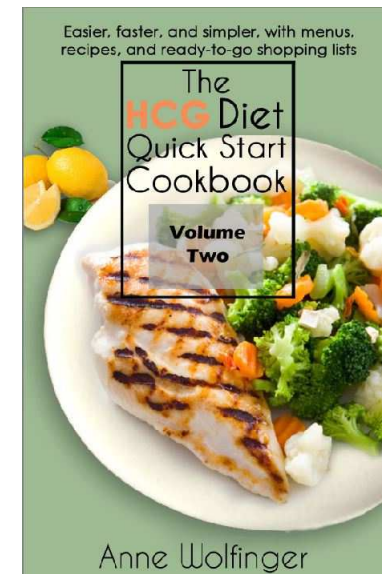
Dinner

**Quick Beef Stir Fry

Snack

1/2 Grapefruit

Breadstick/Melba Toast



www.hgcdietquickstart.com

Week C: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Roast Beef Salad

Apple

Dinner

**Three Alarm Buffalo Tenders

Celery sticks

Snack

Orange

Breadstick/Melba Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

Shrimp "Rolls"

Apple

Dinner

**Sweet/Sour Stuffed Cabbage

Breadstick/Melba Toast

Snack

1/2 grapefruit

Breadstick/Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Three Alarm Buffalo Tenders

Lettuce salad

Orange

Dinner

Scrambled Eggs (1 large whole egg and 3 egg whites)

Medium tomato, broiled
Breadstick/Melba Toast

Snack

Apple

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Sweet/Sour Stuffed Cabbage

Breadstick/Melba Toast

Dinner

**Baked Orange Thyme Tilapia

Sliced cucumber

Apple

Snack

1/2 grapefruit

Breadstick/Melba Toast

Thursday

Breakfast

Coffee, tea, or water

Lunch

**Three Alarm Buffalo Tenders

Celery Sticks

Apple

Dinner

**Sweet/Sour Stuffed Cabbage

Breadstick/Melba Toast

Snack

Strawberries (10 medium)

Friday

Breakfast

Coffee, tea, or water

Lunch

**Baked Orange Thyme Tilapia

Spinach Salad

Dinner

Grilled Marinated Steak

Red Radishes

Breadstick/Melba Toast

Snack

1/2 Grapefruit

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Three Alarm Buffalo Tenders

Cucumber spears

Strawberries (10 medium)

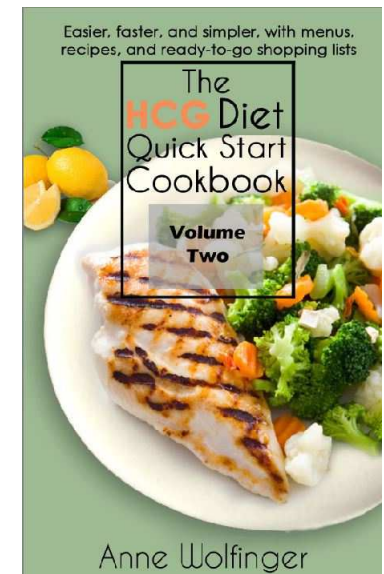
Dinner

**Sweet/Sour Stuffed Cabbage

Breadstick/Melba Toast

Snack

Apple



www.hcgdietquickstart.com

Week D: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Spinach and Egg Salad
Breadstick/Melba toast
Strawberries

Dinner

** Mediterranean Chicken
Breadstick/Melba Toast

Snack

Apple

Monday

Breakfast

Coffee, tea, or water

Lunch

Shrimp salad
Orange
Breadstick/Melba Toast

Dinner

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast

Snack

Apple
Breadstick/Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

** Mediterranean Chicken
Orange

Dinner

Omelet (1 large whole egg and
3 egg whites)
Asparagus, steamed
Breadstick/Melba Toast

Snack

Strawberries
Breadstick/Melba Toast

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast

Dinner

Broiled Fish Fillet (tilapia or
halibut)
**Tangy Slaw

Snack

Orange
Breadstick/ Melba Toast

Thursday

Breakfast

Coffee, tea, or water

Lunch

** Mediterranean Chicken
Breadstick/Melba Toast
1/2 Grapefruit

Dinner

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast

Snack

Orange

Friday

Breakfast

Coffee, tea, or water

Lunch

Broiled Fish Fillet (tilapia or
halibut)
**Tangy Slaw

Dinner

Grilled Marinated Steak (4 oz.)
Lettuce Salad
Breadstick/Melba Toast

Snack

Strawberries
1/2 Grapefruit

Saturday

Breakfast

Coffee, tea, or water

Lunch

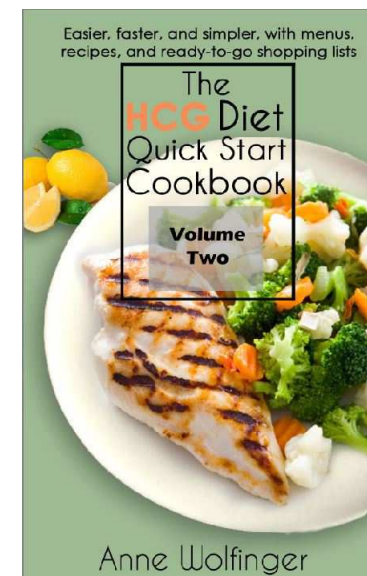
** Mediterranean Chicken
Breadstick/Melba Toast

Dinner

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast
Strawberries

Snack

Apple



www.hcgdietquickstart.com



Week A: Phase II VLCD

Protein

- 1 lb. ground chicken
- 1 lb. lean ground beef (95%)
- 4 oz. lean beef steak or veal chop
- 4 oz. deli cooked and sliced roast beef
- 4 oz. cooked shrimp
- 8 oz. tilapia fillets, fresh or frozen

Vegetables

- 8 oz. asparagus
- 5 medium tomatoes
- Lettuce greens (6 cups)
- Raw baby spinach, regular or baby (6 cups)
- 1 medium cucumber

Fruit

- Lemons (at least 1)
- 1 medium grapefruit
- 2 x 16 oz. boxes fresh strawberries
- 4 medium apples
- 4 medium oranges



Week B: Phase II VLCD

Protein

- 1 lb. lean beef steak, such as tenderloin
- 1 lb. boneless, skinless chicken breasts
- 4 oz veal chop or ground veal
- 4 oz. lean ground beef (95%)
- 4 large eggs
- 4 oz raw shrimp
- 4 oz. cooked shrimp

Vegetables

- 8 oz. asparagus
- 1 medium tomato
- Lettuce greens (6 cups)
- Raw spinach, regular or baby (3 cups)
- 1 large Napa cabbage

Fruit

- 1 medium orange
- Lemons (at least 3)
- 2 medium grapefruit
- 2 x 16 oz. boxes fresh strawberries
- 4 medium apples



Week C: Phase II VLCD

Protein

- 1 lb. chicken tenders
- 4 oz. deli sliced lean roast beef
- 4 oz. lean beef steak, tenderloin or sirloin
- 1 lb. lean ground beef (95%)
- 4 oz. cooked shrimp
- 8 oz. tilapia
- 4 large eggs

Vegetables

- 1 medium tomato
- Lettuce greens and leaves (4 cups)
- Raw baby spinach (3 cups)
- 1 head celery
- 1 head white cabbage
- 2 medium cucumbers
- Red radishes (2 cups)
- 1 small onion

Fruit

- 4 medium oranges
- Lemons (at least 2)
- 2 medium grapefruit
- One 16 oz. box fresh strawberries
- 5 medium apples



Week D: Phase II VLCD

Protein

- 1 lb. boneless, skinless chicken breasts
- 4 oz. lean beef steak, tenderloin or sirloin
- 1 lb. lean ground beef (95%)
- 4 oz. cooked shrimp
- 8 oz. fish fillets (tilapia or halibut)
- 8 large eggs

Vegetables

- 4 medium tomatoes
- Lettuce greens and leaves (to equal 4 cups)
- Raw baby spinach (to equal 11 cups)
- 1 medium Napa cabbage
- 8 oz. asparagus spears, fresh or frozen
- 1 small onion

Fruit

- 4 medium oranges
- Lemons (at least 1)
- 1 medium grapefruit
- 2 x 16 oz. box fresh strawberries
- 3 medium apples