

Week E: Phase III Maintenance

** = recipes

Sunday

Breakfast

Two eggs scrambled
Turkey sausage links
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Turkey Breast Wraps/honey mustard dressing
Vegetable Juice

Snack

**Guacamole
Celery sticks

Dinner

**Skewered Steak and Onions
Grilled vegetables
Lettuce wedge with light 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

**Curried Chicken and Onions
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Guacamole
Cucumber and carrot chips

Tuesday

Breakfast

Poached eggs with turkey sausage
Fruit salad
Coffee or tea

Snack

Cottage cheese/apple/cinnamon

Lunch

**Skewered Steak and Onions
Large tossed salad with light dressing
Green or red grapes

Snack

Sugar-free yogurt

Dinner

Jumbo cooked shrimp with lemon
Spinach salad with light dressing

Snack/Dessert

**Apple Crumb Pie

Wednesday

Breakfast

Egg white omelet with veggies and cheddar cheese
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Curried Chicken and Onions
Spinach salad with light dressing

Snack

Apricot halves with cottage cheese

Dinner

Grilled salmon fillet
Sautéed green beans
Cucumber salad with light dressing

Snack/Dessert

**Apple Crumb Pie with glass of Almond or soy milk

Thursday

Breakfast

Two eggs scrambled
Cottage cheese
Orange
Coffee or tea

Snack

Sugar-free yogurt, 1c. strawberries

Lunch

**Curried Chicken and Onions
Lettuce salad with light dressing

Snack

Pear

Dinner

**Skewered Steak and Onions
Broccoli florets, steamed
Spinach salad with light dressing

Snack/Dessert

**Guacamole
Celery sticks

Friday

Breakfast

Poached eggs with turkey sausage
½ grapefruit, Coffee or tea

Snack

Plain yogurt with
Sliced banana and walnuts

Lunch

Turkey Breast Wraps/honey mustard dressing
Sliced tomato
Vegetable juice

Snack

Swiss cheese wedge

Dinner

**Curried Chicken and Onions
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Apple Crumb Pie
Almond or Soy milk

Saturday

Breakfast

Two eggs scrambled
Turkey sausage links
Orange
Coffee or tea

Snack

1/2 grapefruit

Lunch

Turkey burger with **Guacamole
Sliced tomato and lettuce
Green or red grapes

Snack

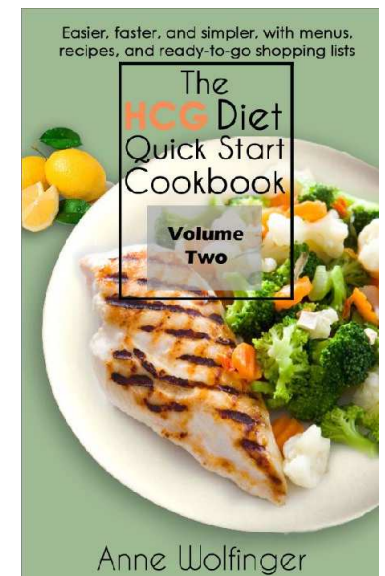
Plain yogurt with sliced banana/
walnuts

Dinner

**Skewered Steak and Onions
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

Pear



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Week F: Phase III Maintenance

** = recipes

Sunday

Breakfast

Two eggs + 2 egg whites, scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Roast beef wraps with avocado
Vegetable Juice

Snack

2 plums

Dinner

**BBQ Shrimp
Broccoli florets, steamed
Lettuce wedge with light dressing

Snack/Dessert

Green or red grapes

Monday

Breakfast

Two egg spinach/cheese omelet
2 apricots
Coffee or tea

Snack

**Cranberry Nut Muffin

Lunch

Grilled turkey burger
Sliced tomato and sautéed onion
Spinach salad with light dressing

Snack

Pear

Dinner

**Citrus Chicken Fillets
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

Sugar-free yogurt

Tuesday

Breakfast

Poached eggs with turkey bacon
Fruit salad
Coffee or tea

Snack

Orange

Lunch

**BBQ Shrimp
Large tossed salad with light dressing
Green or red grapes

Snack

Sugar-free yogurt

Dinner

**Glazed Veal Cutlets with Apples
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

**Cranberry Nut Muffin

Wednesday

Breakfast

Egg white omelet with veggies and cheddar cheese
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Citrus Chicken Fillets
Spinach with light dressing

Snack

Apricot halves with cottage cheese

Dinner

**BBQ Shrimp
Sautéed green beans
Cucumber salad with light dressing

Snack/Dessert

Apple

Thursday

Breakfast

Two eggs scrambled
Cottage cheese
Orange
Coffee or tea

Snack

**Cranberry Nut Muffin

Lunch

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

Snack

**Cheesy Spinach dip
Cucumber and carrot chips

Dinner

**Glazed Veal Cutlets with Apples
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

Sugar-free yogurt

Friday

Breakfast

Poached eggs with turkey bacon
½ grapefruit, Coffee or tea

Snack

Plain yogurt with
Sliced banana and walnuts

Lunch

**BBQ Shrimp
Celery sticks
Vegetable juice

Snack

Swiss cheese wedge, pear

Dinner

**Citrus Chicken Fillets
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

Apple

Saturday

Breakfast

Two eggs + 2 egg whites, scrambled
Turkey bacon
Orange, Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Citrus Chicken Fillets
Sliced tomato and lettuce
Green or red grapes

Snack

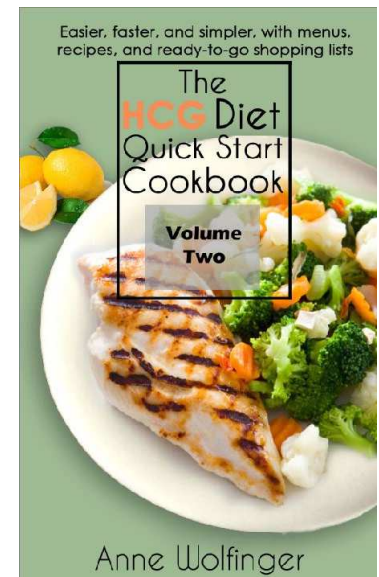
Apple
Almond or soymilk

Dinner

Grilled turkey burger
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

**Cheesy Spinach dip
Celery sticks



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Week G: Phase III Maintenance

** = recipes

Sunday

Breakfast

Two eggs + 2 egg whites, scrambled with cheese
Turkey bacon
Orange, Coffee or tea

Snack

Sugar-free yogurt, Apple

Lunch

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

Snack

**Walnut Raisin Scones

Dinner

**Turkey Picadillo
Broccoli Florets, steamed
Lettuce wedge with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Monday

Breakfast

Two egg spinach/cheese omelet
Turkey bacon
2 apricots, Coffee or tea

Snack

Sugar-free yogurt, Pear

Lunch

Grilled hamburger
Sliced tomato and sautéed onion
Spinach salad with light dressing
Breadstick/Melba Toast

Snack

Apple

Dinner

**Parma Style Veal Marinara
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Walnut Raisin Scones

Tuesday

Breakfast

Poached eggs with Canadian bacon
Breadstick/Melba Toast
Fruit salad, Coffee or tea

Snack

Orange

Lunch

**Turkey Picadillo
Large tossed salad with light dressing
Green or red grapes

Snack

Sugar-free yogurt,

Dinner

**Andalusian Crab Stew
Breadstick/Melba toast
Lettuce salad with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Wednesday

Breakfast

Egg white omelet with veggies and cheddar cheese
Breadstick/Melba Toast
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt, Peach or Nectarine

Lunch

**Parma Style Veal Marinara
Spinach salad with light dressing

Snack

2 Apricots

Dinner

**Turkey Picadillo
Sautéed green beans
Cucumber salad with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Thursday

Breakfast

Two eggs scrambled
Turkey bacon
Orange, Coffee or tea

Snack

Sugar-free yogurt, Strawberries

Lunch

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

Snack

Apple

Dinner

**Andalusian Crab Stew
Spinach salad with light dressing

Snack/Dessert

**Walnut Raisin Scones

Friday

Breakfast

Poached eggs with Canadian bacon
Breadstick/Melba Toast
½ grapefruit, Coffee or tea

Snack

Sugar-free yogurt

Lunch

**Andalusian Crab Stew
Lettuce salad with light dressing
Breadstick/Melba toast
Vegetable juice

Snack

Swiss cheese wedge, Pear

Dinner

**Parma Style Veal Marinara
Sautéed green beans
Spinach salad with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Saturday

Breakfast

Two eggs + 2 egg whites, scrambled with cheese
Orange, Coffee or tea

Snack

Sugar-free yogurt

Lunch

Grilled hamburger
Sliced tomato and lettuce
Green or red grapes
Breadstick/Melba toast

Snack

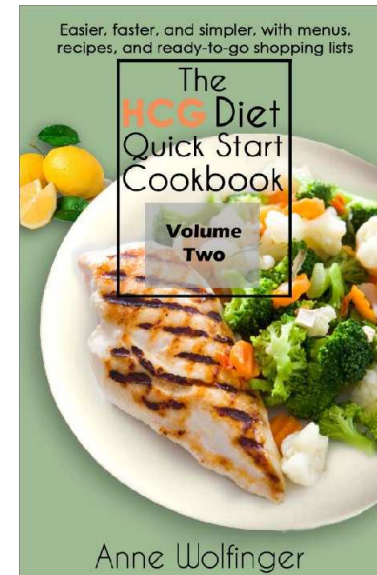
Orange and Almond or soymilk

Dinner

**Andalusian Crab Stew
Cucumber salad with light dressing
Breadstick/Melba Toast

Snack/Dessert

Pear



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Week E: Phase III Maintenance

Protein

- 1 lb. lean beef steak (tenderloin or sirloin)
- 1 lb. boneless, skinless chicken breasts
- 8 oz. ground turkey
- 4 oz. salmon fillet
- 4 oz. jumbo cooked shrimp
- 2 dozen large eggs
- Turkey breakfast sausage links
- 8 oz. deli turkey breast
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Dairy

- 1 pt. lowfat cottage cheese
- 2 oz. Swiss cheese
- 1 oz. cheddar cheese
- Unsweetened almond milk or soymilk
- 1 pt. plain yogurt
- 5 small sugar-free yogurts
- Unsalted butter

Other

- Almond flour
- Bottled horseradish
- Light honey-mustard dressing
- Vegetable juice

Vegetables

- 2 medium avocados
- 4 medium tomatoes
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 6 cups)
- 10 medium yellow onions
- 2 medium cucumbers
- 3 cups broccoli florets
- Carrots
- Celery sticks
- Veggies for grilling (zucchini, asparagus...)
- 1 lb. green beans, fresh or frozen

Fruit

- 3 medium oranges
- 2 lemons
- 1 lime
- Strawberries (small box)
- Green or red grapes (2 small bunches)
- 2 bananas
- 1 grapefruit
- 4 Granny Smith apples
- 2 eating apples
- Medium can apricot halves, no-added-sugar
- 1 cup unsweetened applesauce



Week F: Phase III Maintenance

Protein

- 1 lb. boneless, skinless chicken breasts
- 8 oz. ground turkey
- 8 oz. veal cutlets
- 1 lb. raw medium shrimp
- 2 dozen large eggs
- Turkey bacon
- 8 oz. deli roast beef

Dairy

- 1 cup low fat cottage cheese
- 2 oz. Swiss cheese
- 1 oz. cheddar cheese
- 1 oz. grated parmesan cheese
- 1 c. low fat sour cream
- Unsweetened almond milk or soymilk
- 1 cup plain yogurt
- 6 small sugar-free yogurts

Other

- Almond flour
- Chopped walnuts
- Light ranch dressing

Vegetables

- 1 avocado
- 6 medium tomatoes
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 5 cups)
- 1 package frozen spinach
- 3 medium yellow onions
- 3 medium cucumbers
- 4 c. broccoli florets
- 2 carrots
- Celery sticks
- Fresh parsley (small bunch)
- 1 lb. green beans, fresh or frozen

Fruit

- 5 medium oranges
- 1 lemon
- Green or red grapes (3 small bunches)
- 1 banana
- 2 plums
- 3 grapefruits
- 1 package fresh cranberries
- 5 apples
- Medium can apricot halves, no-added-sugar



Week G: Phase III Maintenance

Protein

- 1 lb. lump crab meat
- 8 oz. lean ground beef
- 1 lb. veal cutlets
- 1 lb. cooked turkey breast (rotisserie)
- 2 dozen large eggs
- Turkey bacon
- Canadian bacon
- 4 oz. deli roast beef
- 4 oz. deli turkey breast

Dairy

- 1 cup low fat cottage cheese
- 3 oz. Swiss cheese
- 4 oz. cheddar cheese
- Unsweetened almond milk or soymilk
- 7 small sugar-free yogurts

Other

- Almond flour
- No-sugar-added marinara sauce
- Fish broth (may substitute water)

Vegetables

- 6 medium tomatoes
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 6 cups)
- 1 medium yellow onion
- 3 medium cucumbers
- 1 c. broccoli florets
- 1 carrot
- Celery sticks
- 1 lb. green beans, fresh or frozen
- Fresh cilantro (small bunch)
- 1 can green pitted olives
- 2 15 oz. cans diced tomatoes

Fruit

- 8 medium oranges
- Strawberries (small box)
- Green or red grapes (2 small bunches)
- 2 peaches or nectarines
- 1 grapefruit
- 3 apples
- 4 apricots