



Integrative Hormone Specialists

Health ▾ Wellness ▾ Balance

Daily Diet: 2 fruits, 2 proteins, unlimited vegetables

BREAKFAST: 1 fruit

LUNCH: 1 protein, unlimited vegetables

SNACK: 1 fruit

DINNER: 1 protein, unlimited vegetables

Extras: 1 breadstick, 1 lemon, 1 tsp milk

- Drink 2 liters of water each day.
- May also drink tea and coffee.
- Have a bowel movement every day.
- Only use Stevia as a sweetener.
- Be sure there is NO SUGAR in anything you eat or drink.
- Do NOT USE OIL of any kind! Not IN your food or ON your body!
 - No butter.
 - No fish oil.
 - Use oil free cosmetics, shampoo/conditioner and lipstick.
 - No spray tans.
 - No hair coloring.
 - No massages.
 - Baby oil and Mineral oil ARE OK.

FRUITS

1 Apple, 1 cup or handful of strawberries, 1 orange, ½ grapefruit

VEGETABLES

Spinach, chard, chicory, beet-greens, lettuce, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage (brussel sprouts), (broccoli)

PROTEINS

1 serving chicken breast, white fish, beef, veal, lobster, crab, shrimp –
all fat should be removed from meat

NO salmon, herring, pickled fish, turkey, pork, (tuna in water ok)

1 egg and 3 egg whites

100 grams fat-free cottage cheese

Visit waldenfarms.com for hcg acceptable salad dressings or may purchase at [Paul's Fruit Market](#) locally.

Visit hcgperfectportions.com for more hcg acceptable salad dressings and for additional food and personal products.