

## The HCG Diet for Vegans and Vegetarians

If you are a vegetarian or vegan and you want to lose weight, you may be wondering if you can do the HCG diet. “Can vegetarians or vegans do the HCG diet” is one of the most frequent questions our Certified Nutrition Coaches receive.

The answer is YES! There are plenty of foods that vegetarians and vegans can substitute for the protein on the HCG Diet. Several of our successful HCG dieters are vegetarians or vegans, and ThinNow coaches are uniquely qualified to provide support for this version of the HCG diet.

This guide lists all of the foods and options available during the VLCD (P2) phase of the HCG Diet for vegans and vegetarians. If you have any questions, please feel free to [contact our coaches](#).

This guide and more very helpful tips about losing weight on the HCG Diet are also available on our website at: <http://www.ThinNow.com/hcg-vegetarian> or <http://www.ThinNow.com/hcg-vegan>.

**Breakfast:** Tea or coffee in any quantity. **One tablespoonful of (cows) milk** (11 cal.) allowed per day. Stevia (0 cal.) is the only sweetener that will not slow weight loss, and [Sweetleaf, KAL, and NOW](#) are the only brands we recommend because there are no additives. Truvia is NOT pure and can slow weight loss.

**Lunch & Dinner:** Choose **ONE item from each section**, preferably different choices for lunch and dinner.

### One serving of Protein:

MRM 100% Natural Whey (all flavors)

SunWarrior: Raw Vegan (all flavors) or Warrior Blend (all flavors) \*Vegan

Jay Robb Whey (all flavors)

Garden of Life Raw Protein (all flavors) \*Vegan

Cottage cheese\* (1/2 cup no fat) – 75 calories

One whole egg + 3 egg whites

Tofu - one serving **MUST** have between 75-140 calories and between 15-21g protein. It must have less than 5g fat, less than 5g carbohydrates.

*We discourage the use of the following protein options more than twice a week (these are highly processed, chemically laden foods):*

Morning Star Farms Grillers-Original flavor only

Morning Star Farms Sausage Patties – Original flavor only

Boca All American Flame Grilled burger

Boca Original Vegan Burger

Boca All American Classic made with non-GMO soy

**Protein powder notes:** 1 scoop of protein powder equals one VLCD serving of protein. Other protein powders must be 5 grams of carbs or less per serving and sweetened **only** with Stevia or Xylitol.

**One serving of Vegetables:** Choose **ONLY ONE** vegetable per meal, raw or cooked, but **NO MIXING**. Eat vegetables until you're satisfied or until you've reached 500 calories for the day, including at least both portions of protein. The most common serving sizes are listed on the next page. You will also find the calories per ounce if you prefer to weigh your vegetables.



Lettuce – any (2 cups raw = 15 cal or 4 cal/oz)  
Spinach (3 cups raw = 21 cal or 6 cal/oz)  
Asparagus (2 cups raw = 54 cal or 6 cal/oz)  
Cabbage (2 cups raw = 44 cal or 7 cal/oz)  
Tomatoes (1 cup cherry = 18 cal or 5 cal/oz)  
Tomato (1 med = 22 cal or 5 cal/oz)  
Cucumbers (2 cups = 32 cal or 3 cal/oz)  
Chard (2 cups raw = 14 cal or 5 cal/oz)  
Onions (1 cup raw = 64 cal or 11 cal/oz)  
Beet Greens (2 cups raw = 16 cal or 6 cal/oz)  
Radishes (2 cups raw = 40 cal or 4 cal/oz)  
Celery (2 cups raw = 32 cal or 4 cal/oz)  
Fennel (1.5 cups raw = 40 cal or 9 cal/oz)  
Chicory (2 cups raw = 15 cal or 6 cal/oz)

**One of the following fruits:** Two servings allowed per day, not at the same meal, 4-6 hours apart.

Apple (1 medium/3" diameter) – 95 calories  
Orange (1 medium/3" diameter) – 70 calories  
Grapefruit (1/2 medium) – 52 calories  
Strawberries (10 1½-inch) – 40 calories

**One grissini breadstick or one melba toast.**

**Beverages:** Spring water, mineral water, tea, and coffee in any quantity at any time. **Drink no less than 75 ounces of water per day**, but aim for one-half your current weight in ounces of water per day.

The **juice of one lemon** (12 calories) is allowed per day. **Seasonings** are allowed except pre-mixed spices as they often contain sugar. You can have **Bragg's Liquid Amino Acids**, **mustard** (water, mustard seed, vinegar, and turmeric), **Frank's Original Hot sauce**, and **Spry Xylitol gum or mints** (1.2 calories each).

**No substitutions for ANY of the foods.** Per Dr. Simeons, any food may be eliminated due to lack of hunger. If you aren't able to eat all 500 calories in a day, first cut out the melba toast/grissini and/or one or more servings of fruit. **It is important to eat two 3.5-ounce servings of protein daily.**

**Notes:**

- You can eat the breadstick and fruit as a snack in between meals instead of with your meals.
- We do NOT recommend fruit by itself for breakfast. If you would like to eat fruit as part of your first meal of the day, you must pair it with all or part of one of your two daily servings of protein.
- No over-the-counter drugs should be taken (with the exception of aspirin).
- Use only oil-free cosmetics.
- No products that contain food oils: [www.thinnow.com/oil-free-personal-care-products.pdf](http://www.thinnow.com/oil-free-personal-care-products.pdf)
- You must eat everything as prescribed – no substitutions.
- No sodas (diet or regular). Perrier is allowed – only naturally carbonated drinks, not seltzer.
- Only Thai massage is allowed. No massages of any other type.

**It is encouraged, but optional, to do the following:**

- Walk or do yoga for up to an hour as often as possible
- Listen to stress-reducing CDs.
- Sweat for 20 minutes in a sauna as often as possible.
- Get 15-20 minutes of sun daily.

