

HCG Diet Phase 3 Food List

HCG PHASE 3 MEAT/PROTEIN

- Chicken
- Pork (including uncured Bacon)
- Tuna
- White Fish
- Salmon
- Turkey
- Lobster
- Crab
- Shrimp
- Ham
- Eggs

AVOID:

- Glazed Meats with any type of sugar such as Ham or bacon
- Cured Bacon with Brown Sugar
- Processed Sausage
- Processed Hot Dogs
- Spam

HCG PHASE 3 VEGETABLES:

Pro Tip: Watch out for nightshades as many people have food intolerances with them. Nightshades are anything that continues to ripen off-the-vine such as: tomatoes, eggplant, peppers.

- Sprouts (*bean, alfalfa, broccoli etc.*)
- Greens (*lettuces, spinach, chard, etc.*)
- Hearty Greens (*collards, mustard, kale, etc.*)
- Radicchio
- Endive
- Herbs
- Bok Choy
- Celery
- Radishes
- Sea Vegetables (*Nori, etc.*)
- Cabbage
- Mushrooms
- Jicama
- Avocado
- Cucumbers
- Asparagus
- Broccoli
- Cauliflower
- Green Bell Peppers
- Red Bell Peppers
- Jalapeño Peppers
- Summer Squash
- Scallions or green onions
- Bamboo shoots

- Leeks
- Brussel Sprouts
- Tomatoes
- Eggplant
- Artichoke Hearts
- Fennel
- Onions
- Okra
- Spaghetti Squash
- Celery Root
- Turnips
- Water Chestnuts

AVOID:

- Beets
- Carrots
- Corn
- Parsnips
- Peas
- Plantains
- Potatoes
- Yams
- Most Winter Squash (especially acorn and butternut)

HCG PHASE 3 FRUITS:

- Strawberries
- Cranberries
- Raspberries
- Blackberries
- Blueberries
- Grapefruit
- Apricots
- Plums
- Peaches
- Pears
- Guava
- Cherries
- Apples
- Papaya

AVOID:

- Bananas
- Mango
- Watermelon

HCG PHASE 3 DAIRY:

- Whole Milk
- Plain Full-Fat Greek Yogurt
- Cheese
- Butter
- Full-Fat Sour Cream

AVOID:

- Sweetened Yogurt
- Low-fat dairy

HCG PHASE 3 CONDIMENTS:

- Mustard
- Mayo
- Most hot sauce (sugar free)
- Verde
- Pico
- Some salsa (sugar free)
- Most peanut butter (sugar free)

AVOID:

- All salad dressings with added sugar
- BBQ Sauce
- Ketchup
- Tomato Sauce with added sugar
- Honey
- Agave

This is a very comprehensive Phase 3 Food List, but there are other things permitted on Phase 3. Keep in mind that you want to focus on low-carb and no sugar foods. If you are reading the ingredients of something that isn't on this list and it has no added sugar, no flour, and if it less than 10-carbs per serving, generally it is safe for Phase 3.

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