

[DIET PLAN FOOD](#)



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For example, you might usually go out for a sub sandwich or burger at lunch. You'll now have to bring your food with you and resist the temptation of spicing up your meal with the Doritos in the vending machine or your usual can of Coke. It can be a real mental battle to stick to your food plan.

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HCG Diet Plan Food List Meal Plan Menu Guide

In order to be successful on the HCG weight loss protocol, not only is it important to follow the guidelines set forth by Dr. Simeon, but it is imperative that you follow and maintain a very low calorie diet, consuming no more than 500 calories a day (well there is an 800 calorie version also).

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Ketogenic Diet Foods What to Eat and to Avoid Diet Doctor

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