



Lorraine Maita, MD

HCG Sample Menu

Some recipes may deviate from the original protocol. The original protocol had the best results. I urge you to stick to the original protocol that is as follows:

Breakfast

- Tea or coffee in any quantity without sugar
- Only one tablespoonful of milk allowed in 24 hours
- Stevia may be used (I prefer you not use artificial sweeteners)

Snack 1

- An apple, orange, or a handful of strawberries or one-half grapefruit.

Lunch

- 3.5 ounces or 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are NOT allowed.
- A cup of vegetables only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, and cabbage. You can have 2 handfuls of leafy vegetables like spinach, chard, salad greens and beet greens. These can be mixed together in a salad.

Snack 2

- An apple, orange, or a handful of strawberries or one-half grapefruit

Dinner

- The same four choices as lunch (above.)
- Do not eat the same things as lunch, just the same choices

Condiments

- The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but no oil, butter or dressing.

Beverages

- Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.