

## Easy Menu to Lose Weight on Hcg

8am Oatmeal, coffee, no cream (Do NOT have coffee if taking phentermine)

12pm chicken salad, no dressing or grilled chicken and broccoli

4pm apple with peanut butter

8pm protein (either ground beef lean 95% or slice of fish) with cup of carrots or zucchini

11pm 6 strawberries

Have plenty of water throughout the day.