P2 Sample Meal Plan

P2D1 (Phase 2 Day 1)

Breakfast -tea

Lunch-100g chicken, 100g cucumber, a little mustard and salt&pepper. Cube and toss all together.

Supper-100g shrimp, 100g Romaine Lettuce, dash of Frank’s Hot sauce, toss with one lightly crumbled melba toast and an apple on the side.

Snack-100g strawberries cut into small chunks, 1-2 drops chocolate stevia (I prefer the NOW brand), and a dash of cinnamon. As you eat with a fork, rub each piece of strawberry on one melba toast until done strawberries. Then you have a crunchy berry/cinnamon ‘toast’ to finish with. ☺

P2D2

Breakfast-tea

Lunch-100g chicken, 100g asparagus, Frank’s Hot sauce, one clove fresh minced garlic, S&P.

Supper-100g extra lean ground beef (I sometimes do 85g since it can stall some of us to eat red meat and I rinse the meat after cooking to get rid of as much fats as I can), 1/3 cup organic tomato sauce (costco has an organic one that has no added sugars, veggies or spices called EarthPure), small dash Chipotle Chilli Pepper (McCormick), small dash Italian spice, 1 drop plain stevia, and S&P. Add water to make this ‘chilli’ the right consistency for you! Dip one melba toast as you eat and add an orange for dessert.

Snack-1/2 grapefruit with 3-6 drops plain stevia and 1 melba toast

P2D3

Breakfast-tea

Lunch-100g chicken, 100g Romaine Lettuce, fresh squeezed lemon juice, S&P

Supper-100g white fish (Examples of white fish: cod, haddock, sea bass, pollack, coley, hake, whiting, plaice, sole, John Dory, halibut, flounder and turbot), 100-150g Spinach since it really reduces and has a very low calorie count compared to our other choices by volume. (I find spinach really helps with losses and is best if lightly steamed so our body can better absorb the nutrients), splash of white vinegar, S&P. 1 melba and apple on the side.

Snack-the other half of the grapefruit and 1 melba.

P2D4

Breakfast-tea

Lunch-100g prawns/shrimp, in the last minute of cooking add 1 clove minced garlic, S&P on 100g Steamed asparagus.

Supper-100g chicken done in the same manner as the chilli done on P2D2 with an orange and melba.

Snack-100g strawberries and 1 melba.

P2D5

Breakfast-tea ☺

Lunch-100g chicken, 100g cabbage, 1-1/2 cups water, ¼ cup low sodium chicken broth (no added sugars or just stick to the water if you can’t find a safe broth to use....you can add spices and hot sauce or even a liquid soy seasoning such as Bragg’s makes with zero calories and tastes like soy sauce. Just make sure you drink extra water to deal with the high sodium.) Add a dash of pepper to finish this soup.

Supper-100g extra lean cut steak (such as eye of round, sirloin tip, top round, or top sirloin) cut into thin strips to make cooking quick and even (hard to do when we are just using water!), 100g asparagus steamed with some minced garlic (always add garlic at the end of cooking or it can taste bitter if over cooked and retains more nutrients this way), crumble melba and toss all together. This is also nice with a little bit of mustard and of course you can use some salt and pepper too. Finish with a crisp apple.

Snack-1/2 grapefruit and 1 melba.

P2D6

Breakfast-tea

Lunch-100g chicken, 100g celery, 1 Tbsp milk (we are allowed this everyday and I recommend we use the Tbsp of milk at least every second day so that our bodies continue to recognize dairy just like keeping the melba in does....it makes for an easier time in maintenance when we add these back into our diet.) Cook chicken and celery together then add enough water and the milk to make a soup. Some good seasonings in this soup are thyme, rosemary, bay leaf, S&P, and onion powder.

Supper-100g crab, 100g lettuce (such as iceberg or Romaine) Toss with hot sauce, crumbled melba, and a squeeze of lemon. Finish with ½ grapefruit and plain stevia.

Snack- 1 apple sliced and sprinkled with cinnamon, 1 melba.

P2D7

Breakfast-tea

Lunch-100g chicken (Yes I do eat it daily! This is why I usually cook up 5-10 pieces of 100g chicken portions at once. I then freeze what I won’t eat in the next couple days in individual snack bags for quick thawing. Just put all the individual bags into one big freezer bag to avoid freezer burn.), 100g halved cherry tomatoes, S&P. Cube chicken and toss all together. A little Italian seasoning is good on this salad.

Supper-100g extra lean ground beef or bison (keep red meat to no more than 3 times a week, it can stall some people due to its naturally higher fat content. As I noted before, I often decrease it to 85g to help compensate so I can still have greater variety in my diet.), 100g lettuce, seasonings (from <http://www.hcgdietcanada.com/Recipes/Ground%20Beef%20Tacos.pdf>)

1 tablespoon finely minced onion

1 clove crushed and minced garlic

Dash of garlic powder

Dash of onion powder of dried oregano

Fresh chopped cilantro to taste

Cayenne pepper to taste

Salt and black pepper to taste

Brown meat, add spices and serve wrapped in the lettuce leaves like ‘tacos’. You can crumble in your melba toast after you are done cooking meat, before you wrap in lettuce, to give an added crunch. Finish with an apple or orange.

Snack- Try out the Hot Apple Cider by HCG DIET CANADA! <http://www.hcgdietcanada.com/Recipes/Hot%20Apple%20Cider.pdf> and of course you can have your last melba toast for the day. ☺

Well there you have it! One week on the diet and all meals that I make for myself. I admit they are pretty simple but they work for me. You can always check out <http://www.hcgdietcanada.com/hcgdietrecipes.htm> for more ideas! They have all sorts of tips and I love the section on “Beverages and Extras”. Success comes to us when we dose on time, eat on time and drink all our water. HCG DIET CANADA doses at 0.5ml done 6 times a day. We burn the most fat in the morning so holding off on eating until lunch is in our best interest. Not everyone can/should do it this way though! Some need a mid morning snack and that is fine too. The recommended amount of water is half our weight translated into ounces. This means that someone at 200lbs should drink 100oz (12.5 cups) of water minimum. The examples given above are just how I do it. I am by no means qualified to advice on anyone’s diet and as such am only sharing information on what has worked for me in my journey. Please see my disclaimer at [www.thecatsroar.weebly.com](http://www.thecatsroar.weebly.com) Cheers! CAT