**PHASE 2: 500- 600 CALORIE GROCERY LIST**

**BY SURE SUCCESS MEDICAL WEIGHT LOSS**

**MEATS (3 A DAY)**

**( 100 grams or 3.5 ounces)**

◊LEAN VEAL

◊STEAK –SIRLOIN OR

 FILET-MIGNON/ TENDERLOIN

◊EXTRA LEAN GROUND BEEF OR SIRLOIN ONLY

◊BONELESS SKINLESS CHICKEN BREAST

◊WHITE FISH (EEL, TUNA IN WATER, HERRING, TILAPIA) DRIED OR PICKLED FISH ARE NOT ALLOWED

◊LOBSTER

◊CRAB

◊SHRIMP

PURE PEA PROTEIN SHAKES

PROTEIN SHAKE WILL REPLACE YOUR MEAT

SUPPLIES

NEEDED

**DIGITAL SCALE**

**FOOD SCALE**

**HCG GUIDE BOOK**

VEGETABLES

◊SPINACH

◊TOMATOES

◊CELERY

◊FENNEL

◊ONIONS

◊RED RADISHISHES

◊CUCUMBERS

◊ASPARAGUS

◊BEET-GREENS

◊GREEN SALAD

◊CABBAGE

FRUITS **(3 A DAY)**

◊GRAPEFRUIT (1/2)

◊STRAWBERRIES(6)

◊APPLES -MEDIUM

◊ORANGES- MEDIUM

BLUEBERRIES (1/4 CUP)

VINAIGRETTE

SALAD DRESSING

¼ C APPLE CIDER VINEGAR

½ C WATER

CELERY SALT, ONION SALT

GROUND PEPPER

STEVIA (IF DESIRED)

SOLD IN HOUSE

**BREADS** (2 a day)

◊GRISSINO BREADSTICKS

◊MELBA TOAST (EVERY KIND EXCEPT ROASTED GARLIC)

**DRINKS**

◊COFFEE (UNSWEET)

◊1 TABLESPOON SKIM MILK WITH COFFEE

◊TEA (UNSWEET)

◊SMOOTH MOV TEA (LAXATIVE) FOR CONSTIPATION

◊WATER (AT LEAST 64 OZ/DAY)

ZEVIA (IN MODERATION)

SWEETENERS

◊STEVIA

◊TRUVIA

MONKFRUIT

ALL SPICES (NO SUGAR)

JUICE OF 1 LEMON PER DAY

OTHER FOODS

MIRACLE NOODLES

DFH protein shakes

3 EGG WHITES (BK)