

800 Calorie HCG Diet Shopping: large supermarkets, *Amazon.com*

(Bold italic products are at Amazon.com, See links from Dr Lipman's App or go to <http://bit.ly/2OVR4wL>)

"0" sugar Juices: Ice O Calorie fruity drinks, Crystal Lite, Kellogg's K2O Protein Water Mix

"0" Cal. Soda: Pepsi 1, Diet Coke & Coke Zero, Sprite Zero, Diet Sunkist, Diet Canada Dry, Diet tonic water

Milk: FAIRLIFE LACTOSE & FAT FREE MILK (6 net carbs, lowest sugar milk), Fat Free Lactaid (12 net carbs), soy milk, Fat Free ½ & ½, unsweetened almond milk, Coffee Mate original packets

Protein Shakes: Premier Protein, Muscle Milk light, Atkins Advantage, EAS Advant Edge
Condiments: Mustards-almost zero carbs, Heinz reduced sugar ketchup (1g carb vs 4.5 g for regular ketchup) Mayo-1 carb or less, Butter- 0 carbs

Artificial sweeteners: PURE VIA, WHOLE EARTH, Splenda, Equal, Stevia, Truvia

Cereals: *Very few, BariWise Oatmeal(100 cal packets, 6 net carbs, 14 g protein)*

Condiments: Mustard (0 carbs), ketchup-Heinz Reduced carb (1 gram carb) Mayo (1 carb), Butter, I Can't Believe It's Not Butter, Smart Balance, Olive Oil Sprays: PAM, Bertoli,

Fast Breakfast: Special K Quiches, *Thin Slim Foods: No carb waffles, pancakes, bagels, breads all at Amazon.*

Fast Lunches: Lean Cuisine, Healthy Choice Simple-(200 cal, 4 carbs, 27 g protein), Lunch-On-the-Go-Tuna, Chicken in cans

Protein Bars: One Bar, Pure Protein, Quest, Detour, Atkins Morning Bars, Extend Bar, Russell Stover Sugar Free Bar, Think Thin Bar, KIRKLAND (Costco, cheapest bar), *Just the Cheese (new toasted cheese bars (75 calories, 0 carbs, 8 protein)*

Breads: *Thin Slim ZERO CARB BREAD or Bagels(best source at Amazon.com)*

Low Carb Wraps: La Tortilla (6 net carbs), Toufayan, Flatout Light Flatbread (9 net carbs), Joseph's Lo Carb Pita, Ole Low Carb Wraps,

Soups: Lipton's Cup of Soup, Progresso light, Campbells Select

Snacks:Low sugar Fudgiscles, popsicles, no sugar pudding, jello, "Dannon Lite & Fit" Diabetic Friendly or TWO GOOD yogurt,(2 net carbs, all others have net carbs from 5 to 15 grams), Rebel Ice Cream (no sugar, higher calories because of higher fat)

VEGETABLE CARBS: Riced cauliflower: Birdseye, Green Giant, Trader Joes, Zucchini

Cheese: Polly-O, Alpine Lace, Jarlsberg Lite, Land O' Lakes Snack-to-GO, Kraft Singles & Cheese Sticks, Laughing Cow, Swiss Knight, Cracker Barrel Cottage Cheese

Dressings: Walden Farms "0" Sugar/Fat, Ken's, Newman's, Wishbone, Hidden Valley, or Kraft fat free—aim for 60-70 cal/2tablespoons

Alcohol: Low Carb Beer: Michelob Ultra, Rolling Rock Green Lt, Bud Select 55, Busch Light, Miller Lite: all less than 3 net carbs (Watch all alcohol, great variation among dieters.) "Light Margaritas and Mojito's" from Skinny Girl, Cuervo: 4 oz: 140 cal, 3-9 net carbs
Straight Alcohol- 0 carbs, Wine (red & white): 3 net carbs/5 oz --careful with these

Light Alcohol Mixes: (very little to no sugar): *Tabooz, Mixology, Be Mixed, Baja Bob, Margaritaville, Jordan's Skinny Mixes*