

## Are You A Vegetarian?

If you are a vegetarian and want to do the hCG diet as close to the guidelines as possible, you CAN be successful. Your weight loss may be a bit slower than others - expect ¼ to ½ pound of weight loss a day. Choose ORGANIC whenever possible.

**Follow the protein substitutions below,  
replacing each 3.5 ounce daily serving of meat  
with one of the following:**

**Fish:** If you consume fish, eat 3.5 ounces from the fish allowed on the diet

**Tofu:** 3.5 ounces of organic tofu – choose the one that has the fewest grams of fat on the label

**Cottage Cheese:** 1/2 cup of low fat, organic cottage cheese

**Eggs:** 1 organic whole egg plus 3 organic egg whites = 1 egg yolk and 4 egg whites

**Skim Milk:** 2 cups of organic skim milk (cow)

**Soy Milk:** 2 cups of organic Soy Milk – make sure it has no added sugars on the label

Everything else on the hCG Protocol is the same.