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HCG diet for Vegetarians

The HCG diet is not vegetarian-friendly. The diet poses a challenge for vegetarians who do not eat the meat called for in the diet plan.

For those vegetarians that eat dairy products, Dr. Simeon recommends taking:

- **About 17 oz (1/2 liter) of skim milk per day.** Best to split it between lunch and dinner.
- Vegetarians who eat eggs can substitute 1 whole egg with the whites of three additional eggs served boiled or poached.
- ½ cup of non-fat cottage cheese or ½ cup of non-fat plain yogurt with no sugar added.
- Because of the starch content, vegetarians cannot eat the customary vegetable protein sources such as rice, beans, wheat or nuts.
- If you can handle soy products, soymilk might be a safe alternative to skim cow's milk, but you'd have to find a sugar-free version.

There are some 'mostly' vegetarians who occasionally eat seafood. They can substitute shrimp, lobster, prawns, crawfish or crabmeat for the chicken or beef.

Because they don't eat the animal products called for in the original diet, **strict vegetarians can expect their weight loss to be about half of that of the meat-eaters who follow this diet.**