



# SHOPPING LIST Phase II

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The Advanced HCG  
Body For Life



**COLIN F. WATSON**

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# Shopping List

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## Proteins:

### Fish:

- White Fish
- Cod
- Flounder
- Haddock
- Halibut
- Prawn
- Red Snapper
- Scallops
- Tilapia

### Shellfish:

- Crab Meat
- Lobster
- King Crab
- Shrimp

### Beef:

- Lean Ground Beef
- Eye of Round
- Veal (sirloin or loin chop)

### Steak:

- Top Sirloin
- Top Round
- Bottom Round

### Chicken Breast

- Full-size
- Tenders
- Ground Breast

- Ground Turkey
- Egg Whites

## Essentials:

- Apple Cider Vinegar
- All Natural Liquid Aminos
- Stevia Sweetener
- Organic Coconut Oil
- MTC Oil or Mineral Oil

# Shopping List

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## Fruit:

- Apples
- Oranges
- Grapefruits
- Strawberries

## Drink:

### Water:

- Bottled
- Filtered
- Black Coffee
- Lucerne Sugar Free
- French Vanilla Creamer
- Unsweetened Organic Soy Milk
- Herbal Teas

## Grain:

- Bread Stick
- Melba Toast

## Vegetables:

- Asparagus
- Beet Greens
- Broccoli
- Celery
- Cabbage
- Chard
- Chicory
- Cucumber
- Fennel

### Lettuce:

- Arugula
- Bibb
- Butterleaf
- Iceberg
- Mixed Bag
- Romaine
- Onions
- Spinach
  - Raw
  - Frozen
  - Cooked
- Swiss Chard
- Red Radishes
- Tomato