

## 9-Day Diet Meal Plan: 800 calorie/day (Each meal block is 400 calories total)

We recommend tracking calories with **Livestrong MyPlate Calorie Tracker free app**

Day	1 <sup>st</sup> Meal	2 <sup>nd</sup> Meal
1	<ul style="list-style-type: none"> <li>· 6 oz cooked skinless, boneless chicken breast (276 cal)</li> <li>· 6 oz broccoli (60 cal, <b>12 g carb</b>)</li> <li>· 4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>· 1 tsp canola or olive oil (40 cal)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 6 oz cooked and drained 90% lean ground beef (346 cal)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· 32 oz of water</li> </ul>
2	<ul style="list-style-type: none"> <li>· 4 large eggs (312 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 6 oz cooked skinless, boneless chicken breasts (276 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· 32 oz of water</li> </ul>
3	<ul style="list-style-type: none"> <li>· 6 oz skinless salmon or 4.5 oz salmon with skin on (241 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 6 oz boiled kale (48 cal, <b>10 g carb</b>)</li> <li>· 3 oz blackberries (35 cal, <b>8 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 large eggs (312 cal), scrambled</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ½ tsp canola oil (20 cal)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
4	<ul style="list-style-type: none"> <li>· 8 oz sirloin tip Steak ( 320 cal)</li> <li>· 8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 8 oz tilapia (292 cal)</li> <li>· 8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>· 4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>· 4 oz blackberries (32 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
5	<ul style="list-style-type: none"> <li>· 6 oz ground turkey for burger (253 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 8oz beef eye of round, lean, trimmed to 1/8" fat (281 cal)</li> <li>· ½ head of lettuce (26 cal, <b>5 g</b>)</li> <li>· 32 oz of water</li> <li>· 8 oz spinach (53 cal, <b>8 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
6	<ul style="list-style-type: none"> <li>· 6 oz cooked skinless, boneless chicken breasts (276 cal)</li> <li>· 4 oz edamame soy beans (138 cal, <b>11 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 4 large eggs, scrambled (312 cal)</li> <li>· 1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>· 4 oz spinach (26 cal, <b>4 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
7	<ul style="list-style-type: none"> <li>· 3 baked skinless chicken thigh (323 cal)</li> <li>· 8 oz mushrooms (50 cal, <b>8 g carb</b>)</li> <li>· 4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 8 Oz Pork Chops, Top Loin, Boneless (327 cal)</li> <li>· 1 medium onion (22 cal, <b>5 g carb</b>)</li> <li>· 6 oz turnip greens (54 cal, <b>12 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
8	<ul style="list-style-type: none"> <li>· 6 oz ground turkey, crumbled, for salad (253 cal)</li> <li>· ½ tomato (18 calories, <b>3 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 3 large eggs, hard-boiled for deviled eggs (234 cal)</li> <li>· 3 tsp real mayo (94 calories)</li> <li>· ½ head of lettuce for a side salad (26 cal, <b>5 g carb</b>)</li> <li>· 1 tbsp sour cream (31 cal)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>
9	<ul style="list-style-type: none"> <li>· 8 Oz Pork Chops, Top Loin, Boneless (327 cal)</li> <li>· 2 cups zucchini (38 cal, <b>7 g carb</b>)</li> <li>· ½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>· ¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>· ½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>· 32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>· 3 baked skinless chicken thigh (323 cal)</li> <li>· 8 oz mushrooms (50 cal, <b>8 g carb</b>)</li> <li>· 4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>· 32 oz of water</li> </ul>

[www.elevationweightloss.com](http://www.elevationweightloss.com)

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Weirton: 241 Three Springs · Morgantown 5004 Mid Atlantic Dr.

# 9-Day Meal Plan: 600 calorie meals for HCG Diet (Each meal block is 300 calories total)

We recommend tracking calories with **Livestrong MyPlate Calorie Tracker free app**

Day	1 <sup>st</sup> Meal	2 <sup>nd</sup> Meal
1	<ul style="list-style-type: none"> <li>4 oz cooked skinless, boneless chicken breast (184 cal)</li> <li>6 oz broccoli (60 cal, <b>12 g carb</b>)</li> <li>4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>½ tsp canola or olive oil (20 cal)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>6 oz cooked and drained 90% lean ground beef (228 cal)</li> <li>½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>1 tbsp sour cream (31 cal)</li> <li>32 oz of water</li> </ul>
2	<ul style="list-style-type: none"> <li>3 large eggs (234 cal)</li> <li>½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>4 oz cooked skinless, boneless chicken breasts (184 cal)</li> <li>1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>1 tbsp sour cream (31 cal)</li> <li>32 oz of water</li> </ul>
3	<ul style="list-style-type: none"> <li>4 oz skinless salmon or 3 oz salmon with skin on (161 cal)</li> <li>½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>6 oz boiled kale (48 cal, <b>10 g carb</b>)</li> <li>3 oz blackberries (35 cal, <b>8 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>3 large eggs, scrambled (234 cal)</li> <li>½ large tomato (18 cal, <b>3 g carb</b>)</li> <li>½ tsp canola oil (20 cal)</li> <li>4 strawberries (16 cal, <b>4 g carb</b>)</li> <li>32 oz of water</li> </ul>
4	<ul style="list-style-type: none"> <li>6 oz sirloin tip Steak (240 cal)</li> <li>8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>4 oz tilapia (194 cal)</li> <li>8 oz asparagus (42 cal, <b>8 g carb</b>)</li> <li>4 oz carrots (25 cal, <b>6 g carb</b>)</li> <li>4 oz blackberries (32 cal, <b>7 g carb</b>)</li> <li>32 oz of water</li> </ul>
5	<ul style="list-style-type: none"> <li>4 oz ground turkey for burger (169 cal)</li> <li>1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>¼ avocado (80 cal, <b>5 g carb</b>)</li> <li>½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>4 oz beef eye of round, lean, trimmed to 1/8" fat (189 cal)</li> <li>½ head of lettuce (26 cal, <b>5 g</b>)</li> <li>32 oz of water</li> <li>8 oz spinach (53 cal, <b>8 g carb</b>)</li> <li>½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>8 strawberries (31 cal, <b>7 g carb</b>)</li> <li>32 oz of water</li> </ul>
6	<ul style="list-style-type: none"> <li>4 oz cooked skinless, boneless chicken breasts (184 cal)</li> <li>4 oz edamame soy beans (138 cal, <b>11 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>3 large eggs, scrambled (234 cal)</li> <li>1 large tomato (35 cal, <b>7 g carb</b>)</li> <li>4 oz spinach (26 cal, <b>4 g carb</b>)</li> <li>32 oz of water</li> </ul>
7	<ul style="list-style-type: none"> <li>2 baked skinless chicken thigh (215 cal)</li> <li>6 oz mushrooms (40 cal, <b>8 g carb</b>)</li> <li>4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>6 Oz Pork Chops, Top Loin, Boneless (245 cal)</li> <li>1 medium onion (22 cal, <b>5 g carb</b>)</li> <li>6 oz turnip greens (54 cal, <b>12 g carb</b>)</li> <li>32 oz of water</li> </ul>
8	<ul style="list-style-type: none"> <li>6 oz ground turkey, crumbled, for salad (253 cal)</li> <li>1 tomato (35 calories, <b>3 g carb</b>)</li> <li>½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>½ lime or ½ lemon for dressing (5 cal, <b>1 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>4 oz cooked skinless, boneless chicken breast (184 cal)</li> <li>1 large egg, hard-boiled and chopped (78 cal)</li> <li>½ head of lettuce for salad (26 cal, <b>5 g carb</b>)</li> <li>2 tsp Balsamic Vinegar for dressing (26 cal, <b>4 g carb</b>)</li> <li>32 oz of water</li> </ul>
9	<ul style="list-style-type: none"> <li>6 Oz Pork Chops, Top Loin, Boneless (245 cal)</li> <li>2 cups zucchini (38 cal, <b>7 g carb</b>)</li> <li>½ head of lettuce (26 cal, <b>5 g carb</b>)</li> <li>½ lime or ½ lemon (5 cal, <b>1 g carb</b>)</li> <li>32 oz of water</li> </ul>	<ul style="list-style-type: none"> <li>2 baked skinless chicken thigh (215 cal)</li> <li>8 oz mushrooms (50 cal, <b>8 g carb</b>)</li> <li>4 stalks celery (24 cal, <b>5 g carb</b>)</li> <li>32 oz of water</li> </ul>

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