GENERAL

hcg diet phase 3 meal plan

Published: September 3, 2026 | Index ID: #-

Welcome to Your Ultimate HCG Diet Phase 3 Meal Plan Guide

Embarking on the HCG diet can be a transformative journey, especially when you reach Phase 3, the final and most crucial stage of the program. This article offers a comprehensive, step-by-step guide to help you navigate Phase 3 with confidence, ensuring you stay on track with a balanced meal plan that supports weight loss while maintaining your overall health. Whether you're a seasoned HCG practitioner or new to the protocol, the insights below will help you maximize results and make the most of every meal.

What Is the HCG Diet?

The HCG diet is a low-calorie program that incorporates the hormone human chorionic gonadotropin (HCG) to support rapid weight loss. Developed by Dr. Robert Young in the 1950s, the diet typically involves a 500 calorie daily intake, supplemented by an HCG injection or supplement. The goal is to preserve muscle mass while encouraging the body to burn stored fat.

How the HCG Diet Is Structured

The diet is divided into three distinct phases, each designed to prepare the body for the next stage and ultimately lead to sustainable weight loss. Here's a quick rundown:

- Phase 1 (Weeks 1–2): Strict 500 calorie intake with a high protein focus.
- Phase 2 (Weeks 3–4): Gradual calorie increase to 800–900 calories, adding more vegetables and healthy fats.
- Phase 3 (Weeks 5–6): Final phase that ramps up calories to 1,200–1,400, allowing a wider variety of foods while still staying lean.

Phase 3 is where the body adapts to a more sustainable eating pattern, making it easier to transition out of the diet without regaining weight.

Phase 3: Goals, Duration, and Key Differences

Phase 3 lasts two weeks and focuses on:

- Increasing caloric intake to support metabolic health.
- Reintroducing a broader range of foods, including healthy fats and complex carbohydrates.
- Maintaining muscle mass and preventing metabolic slowdown.
- Preparing the body for a gradual transition to a normal eating routine.

Unlike the earlier phases, Phase 3 offers more flexibility, but it still requires careful portion control and balanced nutrition.

Why a Structured Meal Plan Is Essential in Phase 3

Even though Phase 3 is less restrictive, a well planned meal schedule helps prevent overeating and ensures you receive all essential nutrients. A clear meal plan also reduces decision fatigue and keeps you focused on your weight loss goals.

Key Components of a Successful HCG Diet Phase 3 Meal Plan

When building your Phase 3 menu, keep the following elements in mind:

- Protein: 20–30% of daily calories to preserve lean muscle.
- Healthy Fats: 25–30% from sources like olive oil, avocado, and nuts.
- Complex Carbohydrates: 30–40% from vegetables, whole grains, and legumes.
- Fiber: 25–35 grams per day to aid digestion and satiety.
- Hydration: 2–3 liters of water daily.

These guidelines help you stay within the recommended 1,200–1,400 calorie window while providing the energy and nutrients you need.

Daily Meal Schedule for Phase 3

Below is a sample daily structure that balances protein, fats, and carbs while staying within the calorie target.

Breakfast (300–350 Calories)

Start your day with a protein rich, low carb breakfast that keeps you full until lunch.

- Scrambled eggs (2 eggs) with spinach and a slice of whole grain toast.
- Greek yogurt topped with berries and a sprinkle of chia seeds.
- Oatmeal made with water, topped with a tablespoon of almond butter.

Mid Morning Snack (100–120 Calories)

A small snack helps maintain energy and curb cravings.

- A handful of almonds or walnuts.
- One small apple with a tablespoon of peanut butter.
- Carrot sticks with hummus.

Lunch (350–400 Calories)

Focus on lean protein, veggies, and a modest carb source.

- Grilled chicken breast with quinoa and roasted vegetables.
- Salad with mixed greens, chickpeas, feta cheese, and olive oil vinaigrette.
- Stir fry with tofu, broccoli, bell peppers, and a splash of soy sauce.

Afternoon Snack (100–120 Calories)

Keep it light and protein heavy to avoid a mid afternoon slump.

- Low fat cottage cheese with sliced cucumber.
- A protein shake made with water.
- Hard boiled egg with a pinch of salt.

Dinner (400–450 Calories)

End your day with a balanced dinner that includes vegetables, lean protein, and healthy fats.

- Baked salmon with asparagus and a small sweet potato.
- Turkey chili with beans and diced tomatoes.
- Vegetable curry with a side of brown rice.

Optional Evening Snack (50–80 Calories)

If you need a light bite before bed, choose something low in sugar.

- A small piece of dark chocolate (70% cocoa).
- Herbal tea with a splash of milk.
- Celery sticks with light cream cheese.

Sample 7 Day Meal Plan for Phase 3

Below is a detailed week long menu that adheres to the Phase 3 calorie guidelines. Feel free to swap out proteins and vegetables to keep the plan fresh.

Day 1

- Breakfast: Greek yogurt with berries and chia seeds.
- Snack: Almonds.
- Lunch: Grilled chicken salad with quinoa.
- Snack: Cottage cheese with cucumber.
- Dinner: Baked salmon with asparagus and sweet potato.

Day 2

- Breakfast: Scrambled eggs with spinach and toast.
- Snack: Apple with peanut butter.
- Lunch: Tofu stir fry with broccoli and bell peppers.
- Snack: Protein shake.
- Dinner: Turkey chili with beans.

Day 3

- Breakfast: Oatmeal with almond butter.
- Snack: Carrot sticks with hummus.
- Lunch: Chickpea salad with feta and olive oil.
- Snack: Hard boiled egg.
- Dinner: Vegetable curry with brown rice.

Day 4

- Breakfast: Greek yogurt with berries.
- Snack: Walnuts.
- Lunch: Grilled shrimp with mixed greens.
- Snack: Protein shake.
- Dinner: Baked cod with quinoa and steamed broccoli.

Day 5

- Breakfast: Scrambled eggs with tomatoes.
- Snack: Apple with peanut butter.
- Lunch: Lentil soup with side salad.
- Snack: Cottage cheese.
- Dinner: Chicken breast with roasted sweet potato and green beans.

Day 6

- Breakfast: Oatmeal with berries.
- Snack: Celery sticks with light cream cheese.
- Lunch: Tuna salad with mixed greens.

- Snack: Hard boiled egg.
- Dinner: Beef stir fry with broccoli and brown rice.

Day 7

- Breakfast: Greek yogurt with almond butter.
- Snack: Almonds.
- Lunch: Turkey breast wrap with whole grain tortilla.
- Snack: Protein shake.
- Dinner: Baked salmon with quinoa and asparagus.

Nutritional Breakdown of Phase 3

Below is a typical macro distribution for a 1,300 calorie Phase 3 day:

- Protein: 30% ("H98 grams)
- Fat: 30% ("H43 grams)
- Carbohydrates: 40% ("H130 grams)
- Fiber: 25–35 grams

These figures help you maintain muscle mass, support metabolic function, and keep you feeling full throughout the day.

Tips for Success During Phase 3

- Track Your Intake: Use a food diary or app to ensure you stay within the calorie range.
- Plan Ahead: Prepare meals in advance to avoid last minute temptations.
- Stay Hydrated: Drink water before meals to aid digestion and reduce appetite.
- Exercise: Light to moderate activity, such as walking or yoga, supports weight loss without overtaxing the body.
- Mindful Eating: Pay attention to hunger cues and avoid eating out of boredom.
- Adjust Portions: If you’re still hungry after dinner, add a small protein rich snack like a boiled egg.

Frequently Asked Questions About HCG Diet Phase 3 Meal Plan

Is it okay to add a dessert on Phase 3?

Small portions of a low sugar dessert can be incorporated if it fits within your calorie budget. Opt for dark chocolate or fruit based treats.

Can I drink coffee or tea during Phase

Tags: #diet #phase #meal #plan