

## List of High Fat Foods for HCG Diet Load Days

During the first two days of the HCG Protocol, your goal is to eat as many high-fat foods as possible. This allows your cells to willingly release copious amounts of fat during VLCD. Load days aren't usually as fun as they may sound at first – by the end of Day 1 you may be very tired of eating fat. One less filling trick is to get a pint of heavy cream and sip it with coffee between meals and snacks.

Remember to focus on fat, not starch or sugar. A loaded baked potato or a piece of chocolate cake is not nearly as effective at packing in the fat grams as an omelet, cooked in butter and loaded with cheese, bacon, etc. Here are the highest fat foods – be sure to include several of these in your load days.

Food	Fat Grams per 100-gram Serving
Vegetable oil	100
Bacon grease	100
Lard	100
Palm or Coconut oil	100
Nuts (macadamia is highest)	76
Coconut (dried, unsweetened)	57
Dark chocolate	52
Butter	51
Peanut butter	50
French dressing	45
Bacon	42
Flaky pastry	39
Heavy cream	37
Salami	34
Mayonnaise	33
Cheddar cheese	33
Hebrew National ¼ lb Beef Franks (2)	31
Pork spare & baby back ribs	30
Prime rib	29
Cream cheese	29
Canned sardines	29
Sausage	28
Parmesan cheese	26
Egg yolk	26
Cheesecake	23
Whipped cream topping	23
Chicken wings w/skins, battered & fried	21
Vanilla Ice Cream	17
Avocado	15