

HCG Diet

Daily Food Journal

Date _____

Weight _____

Program Day _____

Protein _____

Time _____

Fruit _____

Time _____

Vegetable _____

Time _____

Protein _____

Time _____

Fruit _____

Time _____

Vegetable _____

Time _____

Carbohydrate _____

Time _____

Carbohydrate _____

Time _____

**You may give up BOTH of your carbohydrate choices and replace it with 1 additional serving of fruit*

**Optional Daily Additions: Unlimited leafy greens, 1 sugar free jello, 1 carbonated beverage, juice of 1 lemon*

Water (4 – 16 ounces) _____

Date _____

Weight _____

Program Day _____

Protein _____

Time _____

Fruit _____

Time _____

Vegetable _____

Time _____

Protein _____

Time _____

Fruit _____

Time _____

Vegetable _____

Time _____

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