

HCG Food Journal Easy To Use, Just Check Off What You've Eaten and Fluids To Stay On Track www.hcgweightlossforlife.com

Breakfast <input type="checkbox"/> Black Coffee <input type="checkbox"/> 8oz Hot Tea <input type="checkbox"/> 16oz Water Snack <input type="checkbox"/> Fruit <input type="checkbox"/> 16oz Water Lunch <input type="checkbox"/> 100 grams of protein <input type="checkbox"/> Allowable starch <input type="checkbox"/> Allowable vegetable <input type="checkbox"/> 8 oz Tea / black coffee <input type="checkbox"/> 16 oz water Dinner <input type="checkbox"/> 100 grams of protein (not the same kind you had for lunch) <input type="checkbox"/> One allowable vegetable <input type="checkbox"/> One allowable starch <input type="checkbox"/> 8oz Tea / black coffee <input type="checkbox"/> 16 oz water Snack <input type="checkbox"/> One allowable fruit <input type="checkbox"/> 16oz Water	Breakfast <input type="checkbox"/> Black Coffee <input type="checkbox"/> 8oz Hot Tea <input type="checkbox"/> 16oz Water Snack <input type="checkbox"/> Fruit <input type="checkbox"/> 16oz Water Lunch <input 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