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

HCG Food	HCG Food Journal Easy To Use Just Check Off What You've Eaten and Fluids To Stay On Track www.hcgweightlossforlife.com						
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	
☐ 8oz Hot Tea	☐ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	
☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	
Snack	Snack	Snack	Snack	Snack	Snack	Snack	
☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	
☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	
Lunch	Lucati	Lunch	l	Lucate	I	Lucate	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	
☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	
☐ Allowable vegetable	☐ Allowable vegetable	☐ Allowable vegetable	☐ Allowable vegetable	☐ Allowable vegetable	☐ Allowable vegetable	Allowable vegetable	
□ 8 oz Tea / black coffee	□ 8 oz Tea / black coffee	□ 8 oz Tea / black coffee	□ 8 oz Tea / black coffee	□ 8 oz Tea / black coffee	□ 8 oz Tea / black coffee	□ 8 oz Tea / coffee	
☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Dinner					Dinner		
☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	
(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	
had for lunch)	had for lunch)	had for lunch)	had for lunch)	had for lunch)	had for lunch)	had for lunch)	
☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	
vegetable	vegetable	vegetable	vegetable	vegetable	vegetable	vegetable	
One allowable starch	One allowable starch	One allowable starch	One allowable starch	One allowable starch	One allowable starch	One allowable starch	
☐ 8oz Tea / black coffee	☐ 8oz Tea / black coffee	☐ 8oz Tea / black coffee	☐ 8oz Tea / black coffee	■ 8oz Tea / black coffee	☐ 8oz Tea / black coffee	□ 8oz Tea / black coffee	
☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	
Snack	Snack	Snack	Snack	Snack	Snack	Snack	
☐ One allowable fruit	☐ One allowable fruit	☐ One allowable fruit	☐ One allowable fruit	☐ One allowable fruit	☐ One allowable fruit	☐ One allowable fruit	
☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	
1002 Water	1002 Water	1002 Water	1002 Water	1002 Water	1002 Water	1002 Water	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	☐ Black Coffee	
□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	□ 8oz Hot Tea	
☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	
1 1002 110101	a rooz water	a rooz viator	a rooz mator	a rooz water	a rooz mator	1 1002 Water	
Snack	Snack	Snack	Snack	Snack	Snack	Snack	
☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	☐ Fruit	
☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
□ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	
☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	☐ Allowable starch	
□ Allowable vegetable	☐ Allowable vegetable	□ Allowable vegetable	☐ Allowable vegetable	☐ Allowable vegetable	☐ Allowable vegetable	□ Allowable vegetable	
■ 8 oz Tea / black coffee	■ 8 oz Tea / black coffee	■ 8 oz Tea / black coffee	■ 8 oz Tea / black coffee	■ 8 oz Tea / black coffee	■ 8 oz Tea / black coffee	■ 8 oz Tea / blk coffee	
☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	☐ 100 grams of protein	100 grams of protein	☐ 100 grams of protein	100 grams of protein	
(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	(not the same kind you	
had for lunch)	had for lunch)	had for lunch)	had for lunch)	had for lunch)	had for lunch)	had for lunch)	
☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	☐ One allowable	
vegetable	vegetable	vegetable	vegetable	vegetable	vegetable	vegetable	
☐ One allowable starch	☐ One allowable starch	One allowable starch	One allowable starch	One allowable starch	☐ One allowable starch	One allowable starch	
□ 8oz Tea / black coffee	□ 8oz Tea / black coffee	□ 8oz Tea / black coffee	□ 8oz Tea / black coffee	□ 8oz Tea / black coffee	□ 8oz Tea / black coffee	□ 8oz Tea / black coffee	
☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	☐ 16 oz water	
Snack	Snack	Snack	Snack	Snack	Snack	Snack	
☐ One allowable fruit	☐ One allowable fruit	☐ One allowable fruit	One allowable fruit	One allowable fruit	☐ One allowable fruit	☐ One allowable fruit	
= 5.70 unomubio nuit							
☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	☐ 16oz Water	