HCG Food Tracker

Total Calories: 500-675
Total Sugar: _____
Total Fat: _____

Here is a chance for you to track you calories fats & sugars in the HCG diet.
Along the left are some of the common choices for each meal & snacks

Protein shake is E.I.S
Protein bar is Ireland
Cottage cheese is Light & Lovely, Carb control

Protein example is chicken breast, 4 oz

Salad & veg are approx.

Not counting "Free" Foods:
Aero, Walden Farms, Philly Swirls, International Coffee,
Hard sugar free candies

Total calories over
The day should be 500-675

Sugar and fats as
Low as possible

	days ...	1	2	3	4	5	6	7	8	9	10	11	12
Breakfast	**Calories/fat/sugar**												
eggs	100/0												
crackers	20/0/0												
protein shake	140/1-2/0												
protein bar	140/2/0												
Yogurt	50/0/2												
cottage cheese	50/0/0												
Nuts													
Lunch													
protein	120/1/0												
protein bar	140/2/0												
protein shake	140/1-2/0												
salad	40-60 or less												
vegetables	60-80 or less												
Dinner													
protein	120/1/0												
salad	40-60 or less												
vegetables	60-80 or less												
Fruits	only consider cal												
apple	53 calories												
strawberry	1 calories - for 2												
pears	80 calories												
oranges	45 calories												
grapefruit	34 calories												
Crackers													
Melba	20/0/0												
Wasa	20/0/0												
Wheat thins	10/1/0												
Rice	20/0/0												
Gilda	10/1/0												