

MY HCG DAILY FOOD JOURNAL

[illegible]

MY HCG DAILY FOOD JOURNAL

___ wk hCG Program		Start date:		Goal Weight:		I AM CHOOSING MY OWN DESTINY!!!	
___ / ___ / ___		Weight:		___ / ___ / ___		Weight:	
150 Hcg Daily Injection				150 Hcg Daily Injection			
Psyllium Husk (am)	Follow According to your Directions			Psyllium Husk (am)	Follow According to your Directions		
Lemon Juice	4 Tablespoons			Lemon Juice	4 Tablespoons		
Apple Cider Vinegar	4 Tablespoons			Apple Cider Vinegar	4 Tablespoons		
Water: ___ oz. per day ___ ounces ___ ounces Under ___ ounces ___ ounces 250lbs= ___ ounces ___ ounces 96 oz ___ ounces ___ ounces Over ___ ounces ___ ounces 250lbs=				Water: ___ oz. per day ___ ounces ___ ounces Under ___ ounces ___ ounces 250lbs= ___ ounces ___ ounces 96 oz ___ ounces ___ ounces Over ___ ounces ___ ounces 250lbs=			
LUNCH: 250 calories				LUNCH: 250 calories			
Meat: ___ grams ___ cal				Meat: ___ grams ___ cal			
Fruit: ___ grams ___ cal				Fruit: ___ grams ___ cal			
Vegetable : ___ grams ___ cal				Vegetable : ___ grams ___ cal			
Vegetable : ___ grams ___ cal				Vegetable : ___ grams ___ cal			
Vegetable : ___ grams ___ cal				Vegetable : ___ grams ___ cal			
Total Lunch Calories (needs to be @250) ___ calories				Total Lunch Calories (needs to be @250) ___ calories			
DINNER: 250 calories				DINNER: 250 calories			
Meat: ___ grams ___ cal				Meat: ___ grams ___ cal			
Fruit: ___ grams ___ cal				Fruit: ___ grams ___ cal			
Vegetable : ___ grams ___ cal				Vegetable : ___ grams ___ cal			
Vegetable : ___ grams ___ cal				Vegetable : ___ grams ___ cal			
Vegetable : ___ grams ___ cal				Vegetable : ___ grams ___ cal			
Total Dinner Calories (needs to be @250) ___ calories				Total Dinner Calories (needs to be @250) ___ calories			
TOTAL DAILY CALORIES (500)___				TOTAL DAILY CALORIES (500)___			
Psyllium Husk (pm)				Psyllium Husk (pm)			
Follow According to your Directions				Follow According to your Directions			
DO NOT EAT PAST 8 PM				**DO NOT EAT PAST 8 PM**			

**** MAKE COPIES OF THIS PAGE so you can use for the duration of your Program.**