

# MY HCG DAILY FOOD JOURNAL

__ wk hCG Program	Start date: / /	Goal Weight: _____	I AM CHOOSING MY OWN DESTINY!!!	
<b>1st SATURDAY</b> / /	<b>MONDAY</b> / /	<b>Weight:</b> _____	<b>TUESDAY</b> / /	<b>Weight:</b> _____
<b>300 Hcg Bolus Injection</b>	<b>150 Hcg Daily Injection</b>		<b>150 Hcg Daily Injection</b>	
<b>LOADING DAY/ PIG OUT</b>	Psyllium Husk (am)	Follow According to your Directions	Psyllium Husk (am)	Follow According to your Directions
Carbs	Lemon Juice	4 Tablespoons	Lemon Juice	4 Tablespoons
High Fatty Foods	Apple Cider Vinegar	4 Tablespoons	Apple Cider Vinegar	4 Tablespoons
High Protein Foods	<b>Water: ____ oz. per day</b> ____ ounces      ____ ounces <span style="color: red;">Under</span> ____ ounces      ____ ounces      250lbs= ____ ounces      ____ ounces      96 oz ____ ounces      ____ ounces <span style="color: red;">Over</span> ____ ounces      ____ ounces      250lbs=		<b>Water: ____ oz. per day</b> ____ ounces      ____ ounces <span style="color: red;">Under</span> ____ ounces      ____ ounces      250lbs= ____ ounces      ____ ounces      96 oz ____ ounces      ____ ounces <span style="color: red;">Over</span> ____ ounces      ____ ounces      250lbs=	
Sugars/Sweets				
<b>WEIGHT:</b> _____				
<b>1st SUNDAY</b> / /				
<b>150 Hcg Daily Injection</b>				
<b>LOADING DAY/ PIG OUT</b>	<b>LUNCH: 250 calories</b>		<b>LUNCH: 250 calories</b>	
Carbs	Meat: _____ grams _____ cal	Meat: _____ grams _____ cal	Meat: _____ grams _____ cal	Meat: _____ grams _____ cal
High Fatty Foods	Fruit: _____ grams _____ cal	Fruit: _____ grams _____ cal	Fruit: _____ grams _____ cal	Fruit: _____ grams _____ cal
High Protein Foods	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal
Sugars/Sweets	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal
<b>WEIGHT:</b> _____	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal
<b>**LOADING WEEKEND IS THE FIRST WEEKEND ONLY!!!!**</b>	<b>Total Lunch Calories</b> (needs to be @250) _____ <b>calories</b>		<b>Total Lunch Calories</b> (needs to be @250) _____ <b>calories</b>	
<b>NOTES:</b>	<b>DINNER: 250 calories</b>		<b>DINNER: 250 calories</b>	
*Lemon Juice and Apple Cider Vinegar	Meat: _____ grams _____ cal	Meat: _____ grams _____ cal	Meat: _____ grams _____ cal	Meat: _____ grams _____ cal
may be incorporated throughout the	Fruit: _____ grams _____ cal	Fruit: _____ grams _____ cal	Fruit: _____ grams _____ cal	Fruit: _____ grams _____ cal
day, or consumed all at once.	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal
(i.e. salad dressing, diluted w/ H2O, etc)	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal
	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal	Vegetable : _____ grams _____ cal
	<b>Total Dinner Calories</b> (needs to be @250) _____ <b>calories</b>		<b>Total Dinner Calories</b> (needs to be @250) _____ <b>calories</b>	
	<b>TOTAL DAILY CALORIES (500) _____</b>		<b>TOTAL DAILY CALORIES (500) _____</b>	
<b>* FRIDAY:</b>	Psyllium Husk (pm)	Follow According to your Directions	Psyllium Husk (pm)	Follow According to your Directions
Incorporate your MIC B Injection along	<b>**DO NOT EAT PAST 8 PM**</b>		<b>**DO NOT EAT PAST 8 PM**</b>	
with HCG Daily Injection				

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

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