

MY HCG DAILY FOOD JOURNAL

__ wk hCG Program	Start date: / /	Goal Weight: _____	I AM CHOOSING MY OWN DESTINY!!!	
1st SATURDAY / /		MONDAY / /	Weight: _____	
300 Hcg Bolus Injection		150 Hcg Daily Injection		
LOADING DAY/ PIG OUT		Psyllium Husk (am)	Follow According to your Directions	
Carbs		Lemon Juice	4 Tablespoons	
High Fatty Foods		Apple Cider Vinegar	4 Tablespoons	
High Protein Foods		Water: ____ oz. per day ____ ounces ____ ounces Under ____ ounces ____ ounces 250lbs= ____ ounces ____ ounces 96 oz ____ ounces ____ ounces Over ____ ounces ____ ounces 250lbs=		
Sugars/Sweets				
WEIGHT: _____				
1st SUNDAY / /			TUESDAY / /	
150 Hcg Daily Injection		150 Hcg Daily Injection		
LOADING DAY/ PIG OUT		Psyllium Husk (am)	Follow According to your Directions	
Carbs		Lemon Juice	4 Tablespoons	
High Fatty Foods		Apple Cider Vinegar	4 Tablespoons	
High Protein Foods		Water: ____ oz. per day ____ ounces ____ ounces Under ____ ounces ____ ounces 250lbs= ____ ounces ____ ounces 96 oz ____ ounces ____ ounces Over ____ ounces ____ ounces 250lbs=		
Sugars/Sweets				
WEIGHT: _____				
LOADING WEEKEND IS THE FIRST WEEKEND ONLY!!!!		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		
		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) _____		
		Psyllium Husk (pm)	Follow According to your Directions	
		DO NOT EAT PAST 8 PM		

NOTES:

*Lemon Juice and Apple Cider Vinegar may be incorporated throughout the day, or consumed all at once. (i.e. salad dressing, diluted w/ H2O, etc)

* **FRIDAY:**
 Incorporate your MIC B Injection along with HCG Daily Injection

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___ wk hCG Program		Start date:		Goal Weight:		I AM CHOOSING MY OWN DESTINY!!!	
___ / ___ / ___		Weight:		___ / ___ / ___		Weight:	
150 Hcg Daily Injection		150 Hcg Daily Injection		150 Hcg Daily Injection			
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		
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=		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		LUNCH: 250 calories			
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			
Total Lunch Calories (needs to be @250) _____ calories		Total Lunch Calories (needs to be @250) _____ calories		Total Lunch Calories (needs to be @250) _____ calories			
DINNER: 250 calories		DINNER: 250 calories		DINNER: 250 calories			
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			
Total Dinner Calories (needs to be @250) _____ calories		Total Dinner Calories (needs to be @250) _____ calories		Total Dinner Calories (needs to be @250) _____ calories			
TOTAL DAILY CALORIES (500) _____		TOTAL DAILY CALORIES (500) _____		TOTAL DAILY CALORIES (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		
DO NOT EAT PAST 8 PM		**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.**