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

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Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
☐ Black Coffee	☐ Black Coffee					
□ 8oz Hot Tea	□ 8oz Hot Tea					
☐ 16oz Water	☐ 16oz Water					
1002 Water	1002 Water					
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
☐ 16oz Water	☐ 16oz Water					
Lunch ☐ 100 grams of protein ☐ Allowable starch ☐ Allowable vegetable	Lunch 100 grams of protein Allowable starch Allowable vegetable	Lunch 100 grams of protein Allowable starch Allowable vegetable	Lunch 100 grams of protein Allowable starch Allowable vegetable	Lunch □ 100 grams of protein □ Allowable starch □ Allowable vegetable	Lunch 100 grams of protein Allowable starch Allowable vegetable	Lunch 100 grams of protein Allowable starch Allowable vegetable
□ 8 oz Tea / black coffee □ 16 oz water	□ 8 oz Tea / black coffee □ 16 oz water	□ 8 oz Tea / black coffee □ 16 oz water	□ 8 oz Tea / black coffee □ 16 oz water	□ 8 oz Tea / black coffee □ 16 oz water	□ 8 oz Tea / black coffee □ 16 oz water	□ 8 oz Tea / coffee □ 16 oz water
Dinner  100 grams of protein (not the same kind you had for lunch)  One allowable vegetable  One allowable starch  8oz Tea / black coffee  16 oz water	Dinner 100 grams of protein (not the same kind you had for lunch) One allowable vegetable One allowable starch 8oz Tea / black coffee	Dinner □ 100 grams of protein (not the same kind you had for lunch) □ One allowable vegetable □ One allowable starch □ 8oz Tea / black coffee □ 16 oz water	Dinner □ 100 grams of protein (not the same kind you had for lunch) □ One allowable vegetable □ One allowable starch □ 8oz Tea / black coffee □ 16 oz water	Dinner □ 100 grams of protein (not the same kind you had for lunch) □ One allowable vegetable □ One allowable starch □ 8oz Tea / black coffee □ 16 oz water	Dinner 100 grams of protein (not the same kind you had for lunch) One allowable vegetable One allowable starch 8oz Tea / black coffee 16 oz water	Dinner 100 grams of protein (not the same kind you had for lunch) One allowable vegetable One allowable starch 8oz Tea / black coffee 16 oz water
Snack One allowable fruit 16oz Water	Snack One allowable fruit 16oz Water	Snack ☐ One allowable fruit ☐ 16oz Water	Snack ☐ One allowable fruit ☐ 16oz Water	Snack ☐ One allowable fruit ☐ 16oz Water	Snack ☐ One allowable fruit ☐ 16oz Water	Snack  One allowable fruit  16oz Water
Breakfast ☐ Black Coffee ☐ 8oz Hot Tea ☐ 16oz Water	Breakfast ☐ Black Coffee ☐ 8oz Hot Tea ☐ 16oz Water	Breakfast ☐ Black Coffee ☐ 8oz Hot Tea ☐ 16oz Water	Breakfast ☐ Black Coffee ☐ 8oz Hot Tea ☐ 16oz Water	Breakfast ☐ Black Coffee ☐ 8oz Hot Tea ☐ 16oz Water	Breakfast  Black Coffee  Soz Hot Tea  16oz Water	Breakfast  Black Coffee  Soz Hot Tea  16oz Water
Cnools	Canal	Casal	Casal	Canal	Const	Const
Snack	Snack	Snack	Snack	Snack	Snack	Snack
□ Fruit	☐ Fruit	☐ Fruit	□ Fruit	☐ Fruit	□ Fruit	□ Fruit
☐ 16oz Water	☐ 16oz Water					
Lunch  100 grams of protein  Allowable starch  Allowable vegetable  8 oz Tea / black coffee  16 oz water	Lunch □ 100 grams of protein □ Allowable starch □ Allowable vegetable □ 8 oz Tea / black coffee □ 16 oz water	Lunch  100 grams of protein  Allowable starch  Allowable vegetable  8 oz Tea / black coffee  16 oz water	Lunch  100 grams of protein  Allowable starch  Allowable vegetable  8 oz Tea / black coffee  16 oz water	Lunch □ 100 grams of protein □ Allowable starch □ Allowable vegetable □ 8 oz Tea / black coffee □ 16 oz water	Lunch  100 grams of protein Allowable starch Allowable vegetable 8 oz Tea / black coffee 16 oz water	Lunch  100 grams of protein  Allowable starch  Allowable vegetable  8 oz Tea / blk coffee  16 oz water
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