



# HCG Diet Daily Food Journal

Reorder HCG at [VitalizeRx.com](http://VitalizeRx.com)

Date: \_\_\_\_\_

Starting Weight \_\_\_\_\_ Current Weight \_\_\_\_\_

FOOD GROUP	FOOD NAME AND AMOUNT
<b>BREAKFAST</b>	<b>TIP:</b> Try to only drink coffee or tea now. Ideally skip breakfast & intermittent fast until lunch if possible*
Water/ Coffee/Tea	
½ & ½ or Cream (1tbs)	
1 small Apple or;	
½ Grapefruit or;	
6 Strawberries	
Comments: (Include hunger level)	*Fruit will cause an insulin response which can trigger hunger. Even 0-carb sweeteners can cause a "fake insulin response" to happen.
<b>LUNCH</b>	
Vegetable	
Protein	
Beverages	
Condiments	
Other	
Comments: (Include hunger level)	
<b>DINNER</b>	
Vegetable	
Protein	
Beverages	
Condiments	
Other	
Comments: (Include hunger level)	
<b>Cheats</b>	Even tiny bites count, including licking the spoon!
Be honest here. It will help with coaching & troubleshooting stalls.	
<b>Notes</b>	
Make 28 copies of this page or for each day you're on the diet.	