

HCG DIET CANADA Protocol 60-Day Food Journal

To use the food journal, write down your food choices from each of the four categories in the following order: protein/vegetable/fruit/starch. Use abbreviations for simplicity. Example – a meal of chicken, cabbage, apple, and a melba might look like this: chix/cabb/apl/mel.

Use the notes section to indicate if you chose to add in a TBS of milk or the juice of 1 lemon per day. Other things to make notes of include: any exercise, contact with non-protocol safe oils/foods, cheats, water intake, spices, detox baths, etc. The idea is to have a record of your round.

Day	Date	Meal 1	Meal 2	Weight	Notes
1					LOADING
2					LOADING
3					
4					
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Food Abbreviations:

Day	Date	Meal 1	Meal 2	Weight	Notes
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Food Abbreviations:

Day	Date	Meal 1	Meal 2	Weight	Notes
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AFTER 60 days of taking the drops your **"LDW"** or **Last Drop Weight** is the weight you are the morning of the 60th day, ie: the last day you take drops. Maintaining this LDW weight will be your goal during Maintenance. Day 61 is day one of Phase 3. You stay on VLCD with no drops.

LDW: _____

Day 61:

Day 62:

Day 63:

Day 64: Maintenance (Phase 4)

Food Abbreviations:

