

HCG DIET CANADA Protocol 45-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					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

Day	Date	Meal 1	Meal 2	Weight	Notes
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					
41					
42					
43					
44					
45					

AFTER 45 days of taking the drops your **“LDW”** or **Last Drop Weight** is the weight you are the morning of the 45th day, ie: the last day you take drops. Maintaining this LDW weight will be your goal during Maintenance. Day 46 is day one of Phase 3. You stay on VLCD with no drops.

LDW: _____

Day 46:

Day 47:

Day 48:

Day 49: Maintenance (Phase 4)

Food Abbreviations: