

HCG VLCD Day _____

date: _____

TODAY'S WEIGHT

LOSS

SO FAR

Today's *Stats*

STARTING WEIGHT

Yesterday

Today

WEIGHT LOSS TODAY

WEIGHT LOSS to date

Water (2-3L per day)

Herbal Tea

1C	2C	3C	4C	5C	6C	7C	8C	9C	10C

Awake .. Time:.....

Waking .. | Toilet. Weigh.

DOSAGE..

Supplements Herbal Tea Juice a Lemon & Lemon Water

Morning Tea .. Fruit _____

Lunch Time:.....

Protein:

- Chicken Breast
- Crab
- Prawns/Shrimp
- Lobster

Serve Size:

- 150 calories
- 100g
-

Protein:

- White Fish _____
- Protein Shake
- Veal
- Turkey

Other:

- Extra 1/2 - 1 Cup Veg
-
-

Vegetables:

- Asparagus
- Beet Greens
- Broccoli
- Cabbage
- Celery
- Silverbeet
- Chicory Greens
- Cucumbers

Vegetables:

- Fennel
- Green Beans (deseed)
- Mixed Lettuce
- Onions
- Red Radishes
- Spinach
- Tomatoes
- Zucchini

Fruit + Starch

- Strawberries
- 1/2 Grapefruit
- Apple
- Orange
- Grissini
- Melba

Other:

- Chicken Broth (F/F)
- Slender Noodle/Rice
- 1T Milk
-
- Spices
- ACV

MEAL CALORIES _____

Afternoon Tea .. Fruit _____

BM (bowels) :

KETOSIS :

Dinner Time:.....

Protein:

- Chicken Breast
- Crab
- Prawns/Shrimp
- Lobster

Serve Size:

- 150 calories
- 100g
-

Protein:

- White Fish _____
- Protein Shake
- Veal
- Turkey

Other:

- Extra 1/2 - 1 Cup Veg
-
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Vegetables:

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-
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MEAL CALORIES _____

Before Bed .. pm Hunger Level (0-10) : AM : _____ ARVO : _____ PM : _____

Supplements) **DAY CALORIES** _____

EMOTIONAL EATING : strategy :

EMOTIONAL FULFILMENT : how :

..notes...

EMOTIONALLY VACANT : EMOTIONAL CHURN : EMOTIONAL GRIND : EMOTIONAL MOVING DAY :

MENTALLY ... FOCUSED : SINGLE-MINDED : INSPIRED : MOTIVATED :

RENEWING MY MIND : how : JOURNALLING DONE :

..notes... bed time : _____