

HCG DIET CANADA Protocol 30-Day Food Diary

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					
26					

Food Abbreviations:

AFTER 30 days of taking the drops your **“LDW”** or **Last Drop Weight** is the weight you are the morning of the 30th day, ie: the last day you take drops. Maintaining this LDW weight will be your goal during Maintenance. Day 31 is day one of Phase 3. You stay on VLCD with no drops.

LDW: _____

Phase 3. Elimination

Day 31:

Day 32:

Day 33:

Phase 4. Maintenance

Day 34: Maintenance (Phase 4)

Food Abbreviations:

