

# hCG Food Log

Find this document at :

[www.innovativemedicine.org/hcg](http://www.innovativemedicine.org/hcg)

Day: \_\_\_\_\_

Morning Weight: \_\_\_\_\_

### Lunch:

#### 1 Protein: 100 gm (3 1/2 oz):

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp	<input type="text"/>	Lobster/Crab
<input type="text"/>	Cottage Cheese*	<input type="text"/>		<input type="text"/>	Eggs*

#### Vegetable: 1-2 handfuls

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

#### 1 Fruit:

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

### Supper:

#### 1 Protein: 100 gm (3 1/2 oz):

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp/lobster/crab	<input type="text"/>	

#### Vegetable: 1-2 handfuls

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

#### 1 Fruit:

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

Coconut oil: 1 teaspoon

Notes/Comments for the Day:

---



---



---

# hCG Food Log

Find this document at :

[www.innovativemedicine.org/hcg](http://www.innovativemedicine.org/hcg)

Day: \_\_\_\_\_

Morning Weight: \_\_\_\_\_

### Lunch:

#### 1 Protein: 100 gm (3 1/2 oz):

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp	<input type="text"/>	Lobster/Crab
<input type="text"/>	Cottage Cheese*	<input type="text"/>		<input type="text"/>	Eggs*

#### Vegetable: 1-2 handfuls

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

#### 1 Fruit:

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

### Supper:

#### 1 Protein: 100 gm (3 1/2 oz):

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp/lobster/crab	<input type="text"/>	

#### Vegetable: 1-2 handfuls

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

#### 1 Fruit:

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

Coconut oil: 1 teaspoon

Notes/Comments for the Day:

---



---



---

Day: \_\_\_\_\_

Morning Weight: \_\_\_\_\_

**Lunch:**

**1 Protein: 100 gm (3 1/2 oz):**

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp	<input type="text"/>	Lobster/Crab
<input type="text"/>	Cottage Cheese*	<input type="text"/>	Eggs*	<input type="text"/>	

**Vegetable: 1-2 handfuls**

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

**1 Fruit:**

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

**Supper:**

**1 Protein: 100 gm (3 1/2 oz):**

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp/lobster/crab	<input type="text"/>	

**Vegetable: 1-2 handfuls**

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

**1 Fruit:**

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

Coconut oil: 1 teaspoon

**Notes/Comments for the Day:**

---



---



---

Day: \_\_\_\_\_

Morning Weight: \_\_\_\_\_

**Lunch:**

**1 Protein: 100 gm (3 1/2 oz):**

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp	<input type="text"/>	Lobster/Crab
<input type="text"/>	Cottage Cheese*	<input type="text"/>	Eggs*	<input type="text"/>	

**Vegetable: 1-2 handfuls**

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

**1 Fruit:**

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

**Supper:**

**1 Protein: 100 gm (3 1/2 oz):**

<input type="text"/>	Chicken	<input type="text"/>	Veal	<input type="text"/>	Beef
<input type="text"/>	White Fish	<input type="text"/>	Shrimp/lobster/crab	<input type="text"/>	

**Vegetable: 1-2 handfuls**

<input type="text"/>	Spinach	<input type="text"/>	Fennel	<input type="text"/>	Beet greens
<input type="text"/>	Chard	<input type="text"/>	Cabbage	<input type="text"/>	Green Beans
<input type="text"/>	Onion	<input type="text"/>	Radishes	<input type="text"/>	Lettuce
<input type="text"/>	Asparagus	<input type="text"/>	Tomato	<input type="text"/>	Celery
<input type="text"/>	Cucumber	<input type="text"/>	(No Cherry)	<input type="text"/>	Zucchini
<input type="text"/>	Broccoli	<input type="text"/>	Tomato Paste or Salsa	<input type="text"/>	

**1 Fruit:**

<input type="text"/>	Apple	<input type="text"/>	<input type="text"/>
<input type="text"/>	Orange	1/2 Grapefruit	Handful Strawberries

Coconut oil: 1 teaspoon

**Notes/Comments for the Day:**

---



---



---

Name:

#of rounds	1	2	3	4	5
Total Loss					

Track your progress:

Day	Wt	Dif.	Day	Wt	Dif.
1			22		
2			23		
3			24		
4			25		
5			26		
6			27		
7			28		
8			29		
9			30		
10			31		
11			32		
12			33		
13			34		
14			35		
15			36		
16			37		
17			38		
18			39		
19			40		
20			41		
21			42		

Total loss		Total loss	
------------	--	------------	--

Track your progress:

Day	Wt	Dif.	Day	Wt	Dif.
1			22		
2			23		
3			24		
4			25		
5			26		
6			27		
7			28		
8			29		
9			30		
10			31		
11			32		
12			33		
13			34		
14			35		
15			36		
16			37		
17			38		
18			39		
19			40		
20			41		
21			42		

Total loss		Total loss	
------------	--	------------	--