VLCD Journal

Date_____

Day #_____

Weight_____

HCG Doses #1_____ #2____ #3____ #4____ #5____ #6____

Water intake (8-10 cups) 1____ 2____ 3____ 4____ 5____ 6____ 7____ 8____ +____

AM Apple____

Snack (Bread)_____

Lunch- 3 1/2-4oz Protein_____

2 Cups Vegetables_____

Snack- (Bread)_____

Dinner- 3 ½ -4oz Protein_____

2 Cups Vegetables_____

Fruit-_____

Herbal Laxative tea? _____

Notes_____
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