

# hCG Daily Weight Loss Record: 500 Calorie Daily Intake

Lunch/Dinner: one protein, one fruit, one vegetable and one bread

Week \_\_\_\_\_

Date \_\_\_\_\_

Day \_\_\_\_\_ Weight \_\_\_\_\_

## Breakfast

- ☐ Tea (any time)  
☐ Coffee (any time)  
Miscellaneous  
☐ 1 lemon

## Lunch

- ☐ Melba toast ☐ Grissini breadstick  
☐ chicken ☐ veal ☐ lean beef  
☐ whitefish/seafood (kind \_\_\_\_\_)  
☐ strawberries ☐ apple ☐ grapefruit  
Vegetable \_\_\_\_\_

## Dinner

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Notes: \_\_\_\_\_

Week ending weight \_\_\_\_\_

Week beginning wt \_\_\_\_\_

Wt loss for week \_\_\_\_\_

Total wt loss \_\_\_\_\_