





## HCG Weight Loss Programme – Record Sheet

‘A Place of Clarity’

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41					Stop HCG	If on 40	Day	Protocol			
42					Continue	500	Calories	A day			
43					Last day on	500	Calories				
44 eat what you want except carbohydrates, starches and sugars for the next 3 weeks. Stay within 2kg of today's weight. Week 4 reintroduce carbohydrates starches and sugars. Avoid refined food and focus on whole grains .Weigh daily to ascertain foods you may need to limit.											