



HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1)

Rayzel Lam

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The hCG Diet Workbook is *expansive* and all about helping you get into your goal jeans while caring more about your long term health than how you look. There actually IS a way to achieve both, and I show you how within these pages.

Both comprehensive and flexible, the daily Phase 2 hCG tracking area is designed specially to be used for pretty much any hCG Diet plan - the original 500 calorie diet, modified versions like the 800 calorie plan and others, hCG Injections, prescription hCG drops, or homeopathic drops.

Why Read and Use This Book Anyway?

My marketing research advises me to tell you I'm superhuman and my book is electrifying! While I don't know about that, I can tell you what I DO have to my name. **I've maintained my own weight loss from the hCG diet with hCG injections for close to 2.5 years**, without eating low carb to boot, going from obese to the body fat percent of an athlete. Whether this information carries weight is entirely up to your perspective.

Lastly, I've *carefully crafted* the layout so that it easy to visually understand and digest.

Section 1: Guidance for Success

This ain't no 2 pages of tips. **It's 60 pages worth of dig-deep-search-your-soul** type stuff. But it's actionable as well, not simply "think positive." This gives you *real reasons* why and how to look at the hCG protocol and your body. It's all the realizations that took me from yo-yo dieting for years to being able to lose weight and maintain. The thoughts here are based on a marriage of both logic and mental outlook.

Section 2: hCG Diet Instructions - Original Plan & Modifications

The complete directions for the original diet that Dr. Simeons created, along with a few modifications that I feel comfortable recommending.

Section 3: Quick Glance Progress:

- Starting and ending photo
- Tips on Measuring Yourself Accurately
- Inch Loss Tracking Log - Phase 2
- Inch Tracking Log - Phase 3
- Quick Glance Weight Tracking - 1 Week Pre-hCG Diet
- Quick Glance Weight Tracking - Phase 2
- Quick Glance Weight Tracking - Phase 3
- Troubleshooting Log - Phase 2

Essentially, these areas are designed so that you can see a lot of your basic stats at one time.

Section 4: Phase 2 Daily Tracking:

9 weeks of daily tracking! Each day is a full 2 page spread that allows tracking of:

Weight, hCG dosage, hours of sleep, injection location, timing of pellets/drops dosing, supplements, calories, liquids/water intake, and of course, the food you eat each day.

Simply check off boxes for foods you eat each day. Liquids/Water intake - in either Liters OR Ounces! Space provided for breakfast, lunch and dinner for those who include a breakfast. Space to indicate if something was an in between meal snack. Daily personal notes area. Calorie area for each meal (should you choose to do this). Areas to fill in your own "other" foods of your own choosing.

Section 5: Reflections and Personal Notes

A place to figure it all out. Or maybe just jot down your fav P2 recipe.

Section 6: Phase 2 Calorie Count Charts

Here you'll find approximate calorie value/carbs/protein/fat for various amounts of the Phase 2 foods, as well areas to input your own off protocol foods should you choose to include them.

If you have any questions, please feel free to ask!

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Zachary Mason:

Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite publication and reading a guide. Beside you can solve your condition; you can add your knowledge by the e-book entitled HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1). Try to face the book HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) as your buddy. It means that it can to be your friend when you truly feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated to suit your needs. The book makes you much more confidence because you can know almost everything by the book. So , let me make new experience as well as knowledge with this book.

Crystal Thomas:

The book HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) make you feel enjoy for your spare time. You should use to make your capable a lot more increase. Book can to become your best friend when you getting anxiety or having big problem along with your subject. If you can make examining a book HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) being your habit, you can get more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You are able to know everything if you like open up and read a book HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1). Kinds of book are a lot of. It means that, science reserve or encyclopedia or some others. So , how do you think about this e-book?

Raymond Nelson:

Reading can called mind hangout, why? Because while you are reading a book mainly book entitled HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) your mind will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely will end up your mind friends. Imaging every word written in a book then become one form conclusion and explanation this maybe you never get before. The HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) giving you yet another experience more than blown away your head but also giving you useful facts for your better life within this era. So now let us teach you the relaxing pattern this is your body and mind will be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Robert McCauley:

The book untitled HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) contain a lot of information on it. The writer explains your girlfriend idea with easy means. The language is very easy to understand all the people, so do not worry, you can easy to read it. The book was authored by famous author. The author brings you in the new period of literary works. It is easy to read this book because you can continue reading your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice examine.

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