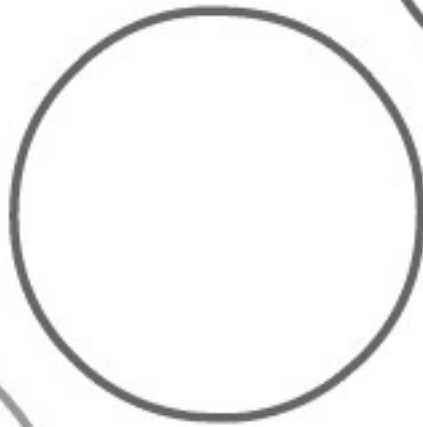


Vibrant Life HCG 
Daily Tracker



A daily commitment for a healthy lifestyle

Vibrant Life HCG ○○○○○●
Daily Tracker

Daily Allowance:

Protein: 200g per day
 100g at lunch and 100g at dinner

Vegetables: 4 cups per day

1 cup at lunch and 1 cup at dinner

Fruits: 2 servings per day

Bread: 2 servings per day

1 serving at lunch and 1 serving at dinner

Write down your morning weight, time of day you took your drops, drinks and foods you eat and other ingredients. Be thorough and include any recipes you are making.

Morning

Weight: _____
 Drops Time: _____
 Drinks: _____
 Fruit: _____
 Other: _____

Afternoon

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

Mid-Afternoon

Drops Time: _____
 Drinks: _____
 Fruit: _____
 Other: _____

Evening

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

Notes

Beef

Ground Beef 97/3
 Minute Steak
 Sirloin Tip Steak
 Top Round Steak
 Bison Steak
 Veal
 Veal Chop

Chicken

Chicken Breast

Vegetables

Asparagus
 Broccoli
 Cabbage
 Cauliflower
 Celery
 Cucumber
 Lettuce
 Red Radishes
 Spinach raw
 Spinach frozen
 Tomato
 Alfalfa sprouts
 Soybean Sprouts
 Bell Peppers
 Mushrooms
 Zucchini
 Onions

Seafood

Cod
 Crab Meat
 Flounder
 Haddock
 Halibut
 Lobster
 Red Snapper
 Shrimp
 Tilapia
 Sole
 Monk Fish
 Whiting
 Tuna (canned in water)

Fruit

Apple (small)
 Apple (med)
 Apple (large)
 Navel Orange
 Strawberries 12 (large)
 Strawberries 20 (med)
 Pink Caia Grapefruit
 Pink Florida Grapefruit

Bread

1 Grissini Bread stick
 1 Melba Toast

Free Foods

Miracle Noodles
 Organic Low Sodium Broth
 Sugar Free Jello
 Flavor Enhancers – Braggs Liquid Aminos,
 Stevia

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Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

Notes

Beef

Ground Beef 97/3
 Minute Steak
 Sirloin Tip Steak
 Top Round Steak
 Bison Steak
 Veal
 Veal Chop

Chicken

Chicken Breast

Vegetables

Asparagus
 Broccoli
 Cabbage
 Cauliflower
 Celery
 Cucumber
 Lettuce
 Red Radishes
 Spinach raw
 Spinach frozen
 Tomato
 Alfalfa sprouts
 Soybean Sprouts
 Bell Peppers
 Mushrooms
 Zucchini
 Onions

Seafood

Cod
 Crab Meat
 Flounder
 Haddock
 Halibut
 Lobster
 Red Snapper
 Shrimp
 Tilapia
 Sole
 Monk Fish
 Whiting
 Tuna (canned in water)

Fruit

Apple (small)
 Apple (med)
 Apple (large)
 Navel Orange
 Strawberries 12 (large)
 Strawberries 20 (med)
 Pink Caia Grapefruit
 Pink Florida Grapefruit

Bread

1 Grissini Bread stick
 1 Melba Toast

Free Foods

Miracle Noodles
 Organic Low Sodium Broth
 Sugar Free Jello
 Flavor Enhancers – Braggs Liquid Aminos,
 Stevia

Daily Allowance:

Protein: 200g per day
 100g at lunch and 100g at dinner

Vegetables: 4 cups per day

1 cup at lunch and 1 cup at dinner

Fruits: 2 servings per day

Bread: 2 servings per day

1 serving at lunch and 1 serving at dinner

Write down your morning weight, time of day you took your drops, drinks and foods you eat and other ingredients. Be thorough and include any recipes you are making.

Morning

Weight: _____
 Drops Time: _____
 Drinks: _____
 Fruit: _____
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Afternoon

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

Mid-Afternoon

Drops Time: _____
 Drinks: _____
 Fruit: _____
 Other: _____

Evening

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
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Notes

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Vibrant Life HCG 
Daily Tracker

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Free Foods

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 Stevia

Vibrant Life HCG ○○○○○●
Daily Tracker

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Drops Time: _____
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Drops Time: _____
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Bread

1 Grissini Bread stick
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Free Foods

Miracle Noodles
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Stevia

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Vibrant Life HCG ○○○○○●
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Bread

1 Grissini Bread stick
 1 Melba Toast

Free Foods

Miracle Noodles
 Organic Low Sodium Broth
 Sugar Free Jello
 Flavor Enhancers – Braggs Liquid Aminos,
 Stevia

Daily Allowance:

Protein: 200g per day
 100g at lunch and 100g at dinner

Vegetables: 4 cups per day

1 cup at lunch and 1 cup at dinner

Fruits: 2 servings per day

Bread: 2 servings per day

1 serving at lunch and 1 serving at dinner

Write down your morning weight, time of day you took your drops, drinks and foods you eat and other ingredients. Be thorough and include any recipes you are making.

Morning

Weight: _____
 Drops Time: _____
 Drinks: _____
 Fruit: _____
 Other: _____

Afternoon

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

Mid-Afternoon

Drops Time: _____
 Drinks: _____
 Fruit: _____
 Other: _____

Evening

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

Notes

Beef

Ground Beef 97/3
 Minute Steak
 Sirloin Tip Steak
 Top Round Steak
 Bison Steak
 Veal
 Veal Chop

Chicken

Chicken Breast

Vegetables

Asparagus
 Broccoli
 Cabbage
 Cauliflower
 Celery
 Cucumber
 Lettuce
 Red Radishes
 Spinach raw
 Spinach frozen
 Tomato
 Alfalfa sprouts
 Soybean Sprouts
 Bell Peppers
 Mushrooms
 Zucchini
 Onions

Seafood

Cod
 Crab Meat
 Flounder
 Haddock
 Halibut
 Lobster
 Red Snapper
 Shrimp
 Tilapia
 Sole
 Monk Fish
 Whiting
 Tuna (canned in water)

Fruit

Apple (small)
 Apple (med)
 Apple (large)
 Navel Orange
 Strawberries 12 (large)
 Strawberries 20 (med)
 Pink Caia Grapefruit
 Pink Florida Grapefruit

Bread

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Daily Tracker

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 Top Round Steak
 Bison Steak
 Veal
 Veal Chop

Chicken

Chicken Breast

Vegetables

Asparagus
 Broccoli
 Cabbage
 Cauliflower
 Celery
 Cucumber
 Lettuce
 Red Radishes
 Spinach raw
 Spinach frozen
 Tomato
 Alfalfa sprouts
 Soybean Sprouts
 Bell Peppers
 Mushrooms
 Zucchini
 Onions

Seafood

Cod
 Crab Meat
 Flounder
 Haddock
 Halibut
 Lobster
 Red Snapper
 Shrimp
 Tilapia
 Sole
 Monk Fish
 Whiting
 Tuna (canned in water)

Fruit

Apple (small)
 Apple (med)
 Apple (large)
 Navel Orange
 Strawberries 12 (large)
 Strawberries 20 (med)
 Pink Caia Grapefruit
 Pink Florida Grapefruit

Bread

1 Grissini Bread stick
 1 Melba Toast

Free Foods

Miracle Noodles
 Organic Low Sodium Broth
 Sugar Free Jello
 Flavor Enhancers – Braggs Liquid Aminos,
 Stevia

Vibrant Life HCG ○○○○○●
Daily Tracker

Daily Allowance:

Protein: 200g per day
 100g at lunch and 100g at dinner

Vegetables: 4 cups per day

1 cup at lunch and 1 cup at dinner

Fruits: 2 servings per day

Bread: 2 servings per day

1 serving at lunch and 1 serving at dinner

Write down your morning weight, time of day you took your drops, drinks and foods you eat and other ingredients. Be thorough and include any recipes you are making.

Morning

Weight: _____
 Drops Time: _____
 Drinks: _____
 Fruit: _____
 Other: _____

Afternoon

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

Mid-Afternoon

Drops Time: _____
 Drinks: _____
 Fruit: _____
 Other: _____

Evening

Drops Time: _____
 Drinks: _____
 Recipe (if used): _____
 Vegetables: _____
 Protein: _____
 Other: _____

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