



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

By 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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Editorial Review

About the Author

Hiya. I'd like to talk about chickens, the laying eggs kind, but first I should introduce myself! I'm Rayzel Lam, mostly known online as "hcgchica." :) After losing close to 50 lbs with the hCG protocol and maintaining my weight loss since late 2012, I learned a lot about what works and doesn't work on this diet. I have communicated with thousands of other hCGers through private email. All this has allowed me to create something for you guys that I think will be truly helpful in achieving your goals. I've created this based on info from the real world.

On a more personal note, I love long walks on the beach...nah, just kidding. Actually my true love is the mountains and I also relish creating things with my hands. Relish. It just occurred to me that it's very strange that relish means both to enjoy greatly but is also something I can put on a hot dog. Weird.

In my off time you will find me quilting, taking photos, and painting random furniture I find on the side of the road in vivid colors. I taught my son to read when he was three and a half, something I feel very proud of. He is now 5 and reading the Laura Ingalls Wilder books by himself.

If there are ever stocks to be had in the Stevia industry, I should definitely buy some because I'm positive my stevia consumption keeps that market humming!

My husband of 14 years and I danced to Mariah Carey's *All I Ever Wanted* at our wedding and I did not feel nervous about marrying him on our wedding day at all because I knew he was *the* person for me. We've been best friends since I was 15.

My weakness that you'll likely discover all too soon is that I reiterate myself too much. I guess you could call me an over-communicator. Which then you might find it surprising to know that I love being alone.

I've been an avid Crossfitter for over 3 years now and I have no idea why picking up a heavy weight just to set it down again is fun but it is. I joke with my 185 pound husband that if he was shaped like a barbell I could now deadlift him.

I have no pets because I'm allergic to pretty much most animals. Except chickens. I do good with chickens. Which reminds me I can't wait to purchase a new flock next spring.....

Users Review

From reader reviews:

Patrick Spradlin:

What do you concentrate on book? It is just for students since they are still students or this for all people in the world, the particular best subject for that? Simply you can be answered for that issue above. Every person has diverse personality and hobby for every single other. Don't to be compelled someone or something that they don't need do that. You must know how great and important the book HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks)

(Volume 1). All type of book would you see on many methods. You can look for the internet options or other social media.

Irene Holmes:

What do you about book? It is not important along? Or just adding material when you really need something to explain what yours problem? How about your spare time? Or are you busy man? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? Everyone has many questions above. They have to answer that question because just their can do that. It said that about reserve. Book is familiar in each person. Yes, it is right. Because start from on pre-school until university need this HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) to read.

Sonia Cote:

Typically the book HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1) has a lot associated with on it. So when you check out this book you can get a lot of benefit. The book was written by the very famous author. The writer makes some research just before write this book. This specific book very easy to read you can find the point easily after reading this article book.

Candace Mathieu:

What is your hobby? Have you heard that question when you got college students? We believe that that problem was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. So you know that little person like reading or as reading through become their hobby. You need to know that reading is very important and also book as to be the point. Book is important thing to increase you knowledge, except your own teacher or lecturer. You will find good news or update about something by book. Numerous books that can you choose to use be your object. One of them is niagra HCGChica's HCG Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker (HCG Diet Workbooks) (Volume 1).

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