

## HCG Phase 2



## What to Eat and When

6:30	meds & water
7:00	drops
7:30	water
8:00	fruit
8:30	water
9:00	drops
9:30	water
10:00	grain
10:30	water
11:00	

11:30	drops
12:00	protein & veggie
12:30	
1:00	water
1:30	water
2:00	
2:30	drops
3:00	grain
3:30	
4:00	water

4:30	water
5:00	
5:30	drops
6:00	protein & veggie
6:30	
7:00	
7:30	water
8:00	
8:30	drops
9:00	fruit