Physicians WEIGHT LOSS Centers

Controlled Carb – LCD.1000

Name:
Date:

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Thermogenics Drink 1 hour before meals (optional)	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime
Other Thermogenic Product(s) (optional)	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes
PWLC Nutritional Supplements (2 required, 2 optional)	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____
Breakfast	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:
	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:
	Dairy:	Dairy:	Dairy:	Dairy:	Dairy:	Dairy:	Dairy:
Lunch	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:
	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:
	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:
Dinner	Starch:	Starch:	Starch:	Starch:	Starch:	Starch:	Starch:
	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:
	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:
*Days 10-14 & Mainstay	*Fat:	*Fat:	*Fat:	*Fat:	*Fat:	*Fat:	*Fat:
Vitamins/ Liquid	❑Coffee/Tea	❑Coffee/Tea	❑Coffee/Tea	❑Coffee/Tea	❑Coffee/Tea	❑Coffee/Tea	❑Coffee/Tea
	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC
	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____
	Water:	Water:	Water:	Water:	Water:	Water:	Water:
PWLC Meal Replacement	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____
Snack (opt)	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar