

MEALS	MENU ITEMS								
BREAKFAST	1 Wonderslim Meal Replacement 1 Dairy serving; 1 Optional serving; 1 Starch serving; 1 Fruit serving								
MORNING SNACK	1 Wonderslim Meal Replacement 1 Fruit serving								
LUNCH	1 Wonderslim Lite Entree OR 1 Wonderslim Soup 1 Starch serving; 2 Optional servings; 3 Vegetable servings								
AFTERNOON SNACK	1 Wonderslim Bar OR 1 Wonderslim Snack								
DINNER	2 Protein servings; 3 Vegetable servings; 1 Starch serving; 2 Optional servings								
DESSERT	1 Wonderslim Meal Replacement								
TYPICAL DAILY TOTALS*	<table border="1"> <thead> <tr> <th>Calories</th> <th>Protein (33-35%)</th> <th>Carbohydrates (47-51%)</th> <th>Fat (16-17%)</th> </tr> </thead> <tbody> <tr> <td>1500-1700</td> <td>136g-144g</td> <td>183g-223g</td> <td>30g-32g</td> </tr> </tbody> </table>	Calories	Protein (33-35%)	Carbohydrates (47-51%)	Fat (16-17%)	1500-1700	136g-144g	183g-223g	30g-32g
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* For a 1700 calorie plan add 1 starch serving and 1 vegetable serving.

You may also use spices, artificial sweeteners, stevia extract, vinegar, lemon juice, mustard, horseradish, sugar free gelatin as desired.

Meal Plan Instructions:

- Do not skip meals! Be sure to eat ALL of the Wonderslim Meals and Grocery Foods listed on your plan. This ensures that you get a robust nutritional intake to support lean muscle mass and curb your hunger.
- Use the Wonderslim Selection List to organize and plan your Wonderslim meals.
- Use the Grocery Selection List as a guide for all other meals on your plan. Bring it with you on shopping trips!
- Hydrate! Drink at least 8 cups of water a day.
- Bake, poach, grill, roast or broil. No Frying!
- Expect to NOT be perfect. Unplanned eating, lapses, real life - it happens to everyone.

Example Day - Men's

1 Wonderslim Berry Yogurt w/ 1/2 English Muffin w/ 1 tsp Reduced Fat Margarine, 4oz. Skim milk, w/ 4oz. Apple	Breakfast
1 Wonderslim Vanilla MEAL Shake w/ 1 cup strawberries	Snack
1 Wonderslim Spicy Cheese 'n Pasta, 1 oz whole wheat Roll, 1 cup raw Romaine Lettuce, 1 cup raw cucumber, 1 cup raw broccoli, w/ 4tbsp FF Italian	Lunch
1 Wonderslim Caramel Butter Pecan Bar	Snack
6 oz. Beef Tenderloin w/ 2 tbsp Ketchup, 1 Slice whole wheat toast, 1 cup cooked green peppers, 1/2 cooked onions	Dinner
1 Wonderslim Chocolate MEAL Shake	Dessert
	Water*
	Exercise

Consult with your physician before you begin and maintain contact throughout your progress.
Use the Food & Activity Diary to keep track of everything you eat, drink & do each day.