


MEALS	MENU ITEMS								
BREAKFAST	1 Wonderslim Meal Replacement 1 Wonderslim Breakfast 1 Dairy serving OR 1 Optional serving OR 1 Starch serving								
MORNING SNACK	1 Wonderslim Meal Replacement 1 Fruit serving								
LUNCH	1 Wonderslim Meal Replacement 1 Wonderslim Lite Entree OR 1 Wonderslim Soup								
AFTERNOON SNACK	1 Wonderslim Bar OR 1 Wonderslim Snack								
DINNER	1 Protein serving; 2 Vegetable servings; 1 Optional serving								
DESSERT	1 Wonderslim Dessert								
TYPICAL DAILY TOTALS*	<table border="1"> <thead> <tr> <th>Calories</th> <th>Protein (42-44%)</th> <th>Carbohydrates (37-42%)</th> <th>Fat (15-19%)</th> </tr> </thead> <tbody> <tr> <td>1000-1200</td> <td>114g-123g</td> <td>97g-123g</td> <td>20g-22g</td> </tr> </tbody> </table>	Calories	Protein (42-44%)	Carbohydrates (37-42%)	Fat (15-19%)	1000-1200	114g-123g	97g-123g	20g-22g
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* For a 1200 calorie plan add 1 dairy, 1 fruit and 1 optional 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 - Women's

1 Wonderslim Vanilla Meal Shake, 1 Wonderslim Cinnamon Crunch Cereal w/ 4oz Nonfat Skim milk	Breakfast
1 Wonderslim Chocolate MEAL Shake w/ 1 cup Raspberries	Snack
1 Wonderslim Vanilla MEAL Shake, & 1 Wonderslim Cheese Steak Macaroni	Lunch
1 Wonderslim Lemon Meringue bar	Snack
4oz. Turkey breast, 1/2 cup steamed broccoli, 1/2 cup steamed carrots, 2 tbsp FF Ranch	Dinner
1 Wonderslim Double Chocolate Cake	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.