wonderslim®

Standard *Meal Plan*

Your Day-By-Day **Guide to Getting Started**

The food products shown are all included as part of our **Premium Meal Plan**

Welcome to Wonderslim

Congratulations! You've taken a major step toward achieving your weight management goals and improving your overall health. The Wonderslim Diet Plan is thoughtfully designed to be simple, flexible, and highly effective, giving you the tools, guidance, and support you need to succeed.

This guide is your complete companion on your journey, providing everything from meal planning to grocery guidance, recipes, and tracking tools. All curated to help you reach your goals while enjoying delicious, satisfying meals.

What's Inside Your Guide

Frequently Asked Questions (FAQs): Clear, practical answers to help you feel confident every step of the way.

Your Meal Plan: Tailored to your selected level: ***Premium, Core, or Basic*** for either women or men.

Grocery Selection List: Simplifies shopping and ensures you always have the right ingredients on hand.

Wonderslim Food Selection List: Helps you make easy, smart choices each day.

Recipes: Delicious, healthy ideas to keep your meals enjoyable and sustainable.

Food & Activity Diary: Track everything you eat, drink, and do each day to stay accountable and motivated.

Getting Started

Take some time to review the full guide to understand all of the tools at your disposal. Locate your specific plan (Women's or Men's, Premium, Core, or Basic) and follow the daily recommendations using both the Wonderslim and Grocery servings.

The Selection Lists make it easy to choose your foods each day, while the Food & Activity Diary helps you track your progress, identify patterns, and celebrate wins along the way.

Our recipes are designed to help you embrace a healthier lifestyle, so don't be afraid to get creative while staying aligned with your plan.

Help is Here

hello@dietdirect.com

Frequently Asked Questions

Q: What is Wonderslim & why does it work?

A: Wonderslim is a nutritionally balanced, high protein, portion controlled weight loss program. Research shows people can lose and keep off more than 3 times as much weight using portion-controlled meal replacements, compared with typical diets.

The Wonderslim Diet Plans are simple to follow and are based on a combination of meal replacements and real food items consumed every 2-3 hours. Delicious, perfectly portioned Wonderslim meal replacements and protein supplements are specially designed for fat reduction and weight loss. Quick and easy to prepare, Wonderslim products provide a variety of foods and flavors that offer a healthy fast food alternative for a busy lifestyle.

Q: When should I start?

A: Pick the day that works best for you. The first three days are critical. Be sure to choose a start date that makes sense and does not include social-type events that involve food, which may present additional temptations.

Q: How much weight will I lose?

A: Results will vary based on the individual, of course. Over the long term, it's best to aim for losing about 2 pounds a week on the Wonderslim plan, although initially you might lose weight more quickly than that. Remember, the scale isn't the only test, so check other indicators such as your waistline measurement and how well your clothes are fitting you.

Q: How long can I stay on the Wonderslim program?

A: As long as you are doing well and making progress, you should be able to stay on the Wonderslim program for as long as it takes to reach your desired goal weight.

Q: What do I do if I'm hungry?

A: If you are feeling hungry, definitely have an additional shake, pudding, hot drink, or soup.

Q: What do I do if I am NOT hungry? Can I just skip a supplement or meal?

A: Do NOT skip any Wonderslim or grocery serving that is on your plan. Skipping a meal/snack can result in you having too few calories and can actually hinder weight loss. Try to think of it as keeping your eating times regular to help prevent hunger in several hours.

Q: Can I move the servings around on the meal plan to fit my daily schedule?

A: Absolutely. The only plan that works is the one that works for YOU! You can certainly move servings around to fit your work or home schedule better. Just remember to avoid skipping any meal that is listed. For best results, our only suggestion would be to consume your protein bar serving no later than your afternoon snack, due to carbohydrates/sugar content.

Q: What if I absolutely have to dine out at a restaurant?

A: Try to review the menu online before you go. Choose something broiled, grilled, or poached. Request for the dressing or sauce to be served on the side. Use your best judgment, remembering that a cup is generally the size of your fist and a serving of protein is roughly the size of your palm. It is usually best to get double steamed veggies or salad as your side. Another tip is to enjoy an extra Meal Replacement pudding shake ahead of going to the restaurant, this will help keep you from over indulging.

Q: How often should I weigh myself?

A. We recommend weighing yourself weekly, at the same time of day each week.

Q: Where should I measure myself?

A. Use a measuring tape to measure your chest, waist, and hip area on a monthly basis.

Q: What if I miss a supplement or meal replacement?

A. Get right back on track with the next supplement or meal. Do not wait until the next day.

Q. Do I weigh my Lean Protein before or after it has been cooked?

A. After. Use a digital food scale to weigh your protein (meat or other) serving after you've cooked it.

Q: What protein servings can I have if I'm a vegetarian?

A: If you are vegetarian, you can have eggs, egg whites, Morning Star or Boca Meat Alternative Crumbles, Boca Burgers, Black Bean Burgers, edamame, low fat/fat free cheese, tofu, and low fat/fat free cottage cheese. See the Grocery Selection List for a list of protein and other grocery options.

Q: What are the best ways to prepare my pudding/shakes?

A: The best way to make the pudding/shake is to combine 8oz of very cold (bottled) water and the powder in a shaker. Shake vigorously. You may also mix the powder with ice and water together in a cup or a blender.

Q: Can I make my supplements with milk?

A: We suggest restricting dairy intake to the amount listed on your meal plan. Another suggestion is to try using a combination of cold water and skim milk or fat free yogurt, this way you can still enjoy a thicker shake while minimizing calories. Keep in mind, 8oz of skim milk is an additional 80-90 calories.

Q: Can I drink alcohol?

A: Alcoholic beverages are not recommended on the Wonderslim plan. Alcohol provides unneeded calories, can slow your weight loss, tends to stimulate the appetite and can deplete your body of needed water. That said, the only plan that works is the one that works for you. We recommend logging all instances of non plan approved options, like alcohol or other, so you can keep track of days when you do so and try to identify trends in your weight loss.

Q: What type of exercise is recommended?

A: We recommend limiting exercise to 45 minutes each day. If you haven't been exercising at all, be sure to check with your doctor to discuss which exercise plan is appropriate. Once you're deemed ready, start slowly and gradually build your level of activity.

Q: Can I have diet soda, coffee or tea on my Wonderslim plan?

A: Yes. Feel free to enjoy any diet or non caloric beverage at your desire. Also, you can mix your pudding/shake with your coffee to have a filling breakfast with a kick!

Q: What is the difference between a Wonderslim Meal Replacement and the other Wonderslim options?

A: Wonderslim Meal Replacements are used most frequently on the plan as they are nutritionally designed with 15g of protein and 23 essential vitamins and minerals. Our other Wonderslim selections include Bars/Snacks, Breakfasts, Lunches & Desserts. These other options will be enjoyed according to your specific plan.

WOMEN'S **PREMIUM COMPLETE PLAN**

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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*	**Calories**	**Protein** (42-44%)	**Carbohydrates** (37-42%)	**Fat** (15-19%)
	1000-1200	114g-123g	97g-123g	20g-22g

** 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.

MEN'S **PREMIUM COMPLETE PLAN**

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MEALS	MENU ITEMS
BREAKFAST	**1 Wonderslim Meal Replacement** **1 Wonderslim Breakfast** 1 Dairy serving & 1 Optional serving & 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** 1 Starch serving; 1 Optional serving
AFTERNOON SNACK	**1 Wonderslim Bar** OR **1 Wonderslim Snack**
DINNER	2 Protein servings; 2 Vegetable servings; 2 Starch servings; 1 Optional serving;
DESSERT	**1 Wonderslim Dessert**

TYPICAL DAILY TOTALS*	**Calories**	**Protein** (36-38%)	**Carbohydrates** (41-47%)	**Fat** (17-21%)
	1500-1700	137g-165g	178g	29g-41g

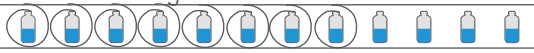
** For a 1700 calorie plan add 1 starch serving and 1 vegetable serving.*

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 Strawberry Smoothie, 1 Wonderslim Original pancakes, 1/2 Whole Grain bagel w/ 1 tbsp FF Cream Cheese, 4oz. Skim milk	Breakfast
1 Wonderslim Vanilla MEAL Shake with 3/4 cup blueberries	Snack
1 Wonderslim Berry Blast Fruit Drink, 1 Wonderslim Chili w/ Beans w/ 1 tbsp FF Sour Cream, & 1/3 cup Brown Rice	Lunch
1 Wonderslim MARSHMALLOW BROWNIE CRISP Bar	Snack
6oz. Center Chop Pork, 1 cup steamed cabbage, 6oz. Baked Potato w/ 2tbsp FF Ranch	Dinner
1 Wonderslim Creamy Cheesecake	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.

WOMEN'S **CORE CLASSIC PLAN**

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MEALS	MENU ITEMS
BREAKFAST	**1 Wonderslim Meal Replacement** 1 Dairy serving OR 1 Fruit Serving
MORNING SNACK	**1 Wonderslim Meal Replacement** 1 Fruit serving
LUNCH	**1 Wonderslim Lite Entree** OR **1 Wonderslim Soup** 2 Vegetable servings; 1 Starch serving
AFTERNOON SNACK	**1 Wonderslim Bar** OR **1 Wonderslim Snack**
DINNER	1 Protein serving; 2 Vegetable servings; 1 Optional serving
DESSERT	**1 Wonderslim Meal Replacement**

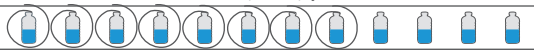
TYPICAL DAILY TOTALS*	**Calories**	**Protein** (39%)	**Carbohydrates** (42-45%)	**Fat** (16-20%)
	1000-1200	100g-122g	117g-132g	19g-28g

** 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 w/ 1 cup Strawberries	Breakfast
1 Wonderslim Strawberry Meal Shake w/ 3/4 cup Pineapple	Snack
1 Wonderslim Chicken Noodle Soup, 1 cup steamed broccoli, 3oz. Baked sweet potato	Lunch
1 bag of Wonderslim Cheddar Crunchers	Snack
4 oz. Chicken breast, 1/2 cup cooked onions, 1/2 cup cooked mushrooms, 1 tbsp reduced fat margarine	Dinner
1 Wonderslim Cocomint 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.

MEN'S **CORE CLASSIC PLAN**

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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*	**Calories**	**Protein** (33-35%)	**Carbohydrates** (47-51%)	**Fat** (16-17%)
	1500-1700	136g-144g	183g-223g	30g-32g

** 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.

WOMEN'S **BASIC ESSENTIALS PLAN**

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MEALS	MENU ITEMS
BREAKFAST	**1 Wonderslim Meal Replacement**
MORNING SNACK	**1 Wonderslim Meal Replacement** 1 Fruit Serving
LUNCH	1 Protein; 2 Vegetable servings; 1 Optional serving
AFTERNOON SNACK	**1 Wonderslim Bar** OR **1 Wonderslim Snack**
DINNER	1 Protein; 2 Vegetable servings; 1 Starch serving; 2 Optional servings
DESSERT	**1 Wonderslim Meal Replacement**

TYPICAL DAILY TOTALS*	**Calories**	**Protein** (45%)	**Carbohydrates** (40%)	**Fat** (15%)
	1000-1200	110g-120g	100g-120g	15g-25g

** 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	Breakfast
1 Wonderslim Chocolate MEAL Shake & 4oz. Banana	Snack
4oz. Chicken breast, 2 cups raw carrots, 2tbsp. FF Ranch	Lunch
1 Wonderslim CHOCOLATE MINT snack bar	Snack
4oz. Tuna w/ 4 tbsp FF Italian, 1/2 cup steamed Brussel Sprouts, 1/2 cup Summer Squash, 1/3 cup Brown rice	Dinner
1 Wonderslim Strawberry 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.

MEN'S **BASIC ESSENTIALS PLAN**

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MEALS	MENU ITEMS
BREAKFAST	**1 Wonderslim Meal Replacement** 1 Dairy Serving; 1 Optional serving; 1 Fruit Serving
MORNING SNACK	**1 Wonderslim Meal Replacement** 1 Fruit serving
LUNCH	1 Protein serving; 1 Starch serving; 2 Optional servings; 2 Vegetable servings
AFTERNOON SNACK	**1 Wonderslim Bar OR 1 Wonderslim Snack**
DINNER	2 Protein servings; 4 Vegetable servings; 1 Starch serving; 2 Optional servings
DESSERT	**1 Wonderslim Meal Replacement**

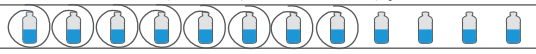
TYPICAL DAILY TOTALS*	**Calories**	**Protein** (45%)	**Carbohydrates** (40%)	**Fat** (15%)
	1500-1700	165g-170g	150g-190g	25g-28g

** 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

Wonderslim Chocolate Cream MEAL Shake, 4oz nonfat strawberry yogurt, 1 tbsp nonfat cream cheese, 1 small apple	Breakfast
Wonderslim Strawberry Cream MEAL shake, small orange	Snack
3 oz grilled beef, 2 cups romaine lettuce, 6 low fat crackers and 2 tbsp nonfat ranch dressing, 2 tbsp low-sugar jelly	Lunch
Wonderslim peanut butter CRUNCH snack bar	Snack
8 oz chicken breast, 1/2 cup cooked green peppers, 1/2 cup cooked red peppers, 1 cup cooked spinach 1/2 pita bread, 2 tbsp reduced fat margarine	Dinner
Wonderslim Chocolate Cream 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.

GROCERY FOOD **SELECTION LIST**

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PROTEIN Serving Each option = 1 Protein Serving

VERY LEAN (Approx 140 cal/serving <4 grams of fat)

- ☐ Turkey Breast - *4 oz* (white meat, no skin)
- ☐ Chicken Breast - *4 oz* (white meat, no skin)
- ☐ Fish - *4 oz* (cod, flounder, trout, halibut, mahi, tuna)
- ☐ Shellfish - *4 oz* (clams, scallops, crab, lobster, shrimp)
- ☐ Cheese, Fat Free - *4 oz*
- ☐ Cottage Cheese, Fat Free or Low Fat - *8 oz*
- ☐ Egg Substitute, Egg Beaters - *8 oz*
- ☐ Egg Whites, Liquid - *8 oz/16 Tbsp*
- ☐ Black Bean Burger - *1* (Boca, Morningstar)
- ☐ Edamame Soybeans Cooked - *4 oz*

LEAN (Approx 170 cal/serving <9 grams of fat)

- ☐ Beef - *3 oz* (sirloin tip, flank steak, tenderloin, roast round)
- ☐ Seafood - *3 oz* (atlantic salmon, catfish)
- ☐ Pork - *3 oz* (center chop, tenderloin, lean ham)
- ☐ Veal - *3 oz* (chop, roast)
- ☐ Cheese, Low Fat - *3 oz* (< 3 grams of fat per oz)
- ☐ Deli Meat, Low Fat - *3 oz* (< 3 grams of fat per oz)
- ☐ Eggs, Medium - *3* (limit 3 eggs/week)
- ☐ Tofu - *10 oz* (soybean curd-regular)

VEGETABLE Serving

1 cup raw **OR** 1/2 cup cooked (Approx. 25 calories or less)

- ☐ Asparagus
- ☐ Avocado *(1/2 cup)*
- ☐ Beans *(green/yellow)*
- ☐ Beets
- ☐ Broccoli
- ☐ Brussel Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant
- ☐ Kale
- ☐ Lettuce & Greens
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions
- ☐ Pea Pods
- ☐ Peppers *(green/red)*
- ☐ Radishes
- ☐ Scallions
- ☐ Spinach
- ☐ Sprouts
- ☐ Spaghetti Squash
- ☐ Tomato
- ☐ Turnips
- ☐ Watercress
- ☐ Zucchini

FRUIT Serving

Each option = 1 Fruit (Approx. 60 calories or less)

- ☐ Apple, small *(4 oz)*
- ☐ Apricots, dried *(8 halves)*
- ☐ Apricots *(4 apricots)*
- ☐ Banana, small *(4 oz)*
- ☐ Blackberries *(3/4 cup)*
- ☐ Blueberries *(3/4 cup)*
- ☐ Cherries *(3 oz)*
- ☐ Grapefruit *(1/2)*
- ☐ Grapes *(3 oz)*
- ☐ Melon *(1 cup)*
- ☐ Orange, small *(6 oz)*
- ☐ Peach, med. *(6 oz)*
- ☐ Pear, small *(4 oz)*
- ☐ Pineapple *(3/4 cup)*
- ☐ Plum, small *(4 oz)*
- ☐ Prunes, dried *(3)*
- ☐ Raspberries *(1 cup)*
- ☐ Strawberries *(1 cup)*
- ☐ Tangerine, 2 *(8 oz)*
- ☐ Watermelon *(1 1/4 cup)*

DAIRY Serving

Each option = 1 Dairy (Approx. 50 calories or less)

- ☐ Yogurt, Nonfat *(4 oz)*
- ☐ Plain Yogurt, Nonfat *(4 oz)*
- ☐ Skim Milk, Nonfat *(4 oz)*
- ☐ Almond Milk, Unsweetened *(4 oz)*

OPTIONAL

Each option = 1 Optional Serving (Approx.20 calories or less)

- ☐ Catsup *(1 Tbsp)*
- ☐ Low-Sugar Jelly *(2 tsp)*
- ☐ Nonfat Cream Cheese *(1 Tbsp)*
- ☐ Nonfat Margarine *(4 Tbsp)*
- ☐ Nonfat Sour Cream *(1 tsp)*
- ☐ Reduced Fat Margarine *(1 tsp)*
- ☐ Salsa *(1/4 cup)*
- ☐ Sugar Free Syrup *(2 Tbsp)*
- ☐ Taco Sauce *(1 Tbsp)*
- ☐ Nonfat Salad Dressing *(2 Tbsp)*

BEVERAGES

Unlimited/Non-Caloric

- ☐ Black Coffee or Tea
- ☐ Bouillon *(low sodium)*
- ☐ Diet Soda or Club Soda
- ☐ Spring Water
- ☐ Sugar Free Drink Mixes
- ☐ Herbal Teas

STARCH Serving

Each option = 1 Starch (Approx. 80 calories or less)

- ☐ Whole Grain Cereal *(1/2 cup)*
- ☐ Diet Bread, Whole Wheat *(2 Slice)*
- ☐ Whole Wheat Bread *(1 Slice)*
- ☐ 1/2 Bagel, Whole Grain *(1 oz)*
- ☐ 1/2 English Muffin, Whole Grain
- ☐ 1 Low Fat Waffle, Whole Grain
- ☐ Couscous, Whole Grain *(1/3 cup)*
- ☐ 1/2 Pita Bread 6", Whole Grain
- ☐ Roll, Whole Wheat
- ☐ Low Fat Crackers
- ☐ Pretzels *(3/4 oz)*
- ☐ Popcorn, Air-Popped *(3 cups)*
- ☐ Rice Cakes *(2-4 in diameter)*
- ☐ Oatmeal, Cooked *(1/2 cup)*
- ☐ Pasta Cooked *(1/3 cup)*
- ☐ Brown Rice, cooked *(1/2 cup)*
- ☐ Butternut Squash *(1 cup)*
- ☐ Corn or Peas, frozen *(1/2 cup)*
- ☐ Potato, Sweet Potato, Yam *(baked or mashed) (3oz)*

Wonderslim **SELECTION LIST**

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Wonderslim Meal Replacements

MEAL SHAKES
Chocolate Salted Caramel
Chocolate Cream
Cocomint Cream
Dark Cocoa Cream
Mocha Cream

MEAL SHAKES (Cont.)
Orange Creamsicle
Strawberry Cream
Vanilla Cream
Variety Pack

SMOOTHIES
Berry Yogurt

Wonderslim Breakfasts

CEREALS
Cinnamon
Chocolate Peanut Butter
Honey Nut
Cocoa
Fruity
Variety Pack

OATMEAL
Apple & Cinnamon
Maple Brown Sugar

PANCAKES
Blueberry
Chocolate Chip
Original
Variety Pack

FRUIT DRINKS
Berry Blend
Cran-Grape
Tangy Orange
Variety Pack

Wonderslim Lunches

ENTREES
Cheese Steak Macaroni
Chili with Beans
Sloppy Joe
Spicy Cheese 'n Pasta

SOUPS
Chicken and Vegetable Cream
Chicken Noodle
Minestrone
Variety Pack

Wonderslim Bars & Snacks

SNACK BARS
Peanut Butter Crunch
Peanut Butter Mousse
Marshmallow Brownie Crisp
Sweet & Salty Peanut
Lemon Meringue
Chocolate Chip
Variety Pack

CRUNCHERS & SAVORY CRISPS
Cheddar
Honey Mustard
Party Mix
Pizza

PROTEIN & FIBER BARS
Fluffy Nutter
Fluffy Salted Toffee Pretzel
Fluffy Vanilla Crisp
Fluffy Lemon Crisp

PEA PROTEIN CHIPS
Ranch
Salt & Vinegar
BBQ

SWEET POPPERS
Chocolate
Peanut

PRETZELS
Original

Wonderslim Desserts

HOT DRINKS
Cappuccino
Creamy Hot Chocolate
Creamy Hot Chocolate w/ Marshmallows

PUDDINGS
Dark Chocolate
Lemon
Toffee Crème
Banana Delight
Variety Pack

CAKES
Double Chocolate Cake
Creamy Cheesecake
Blueberry Mug Cake
Chocolate Caramel Mug Cake

FOOD & ACTIVITY **DIARY**

Keep track of everything you eat, drink and do every day.

wonderslim.

Day 1

Breakfast
Snack
Lunch
Snack
Dinner
Dessert
Water*
Exercise

Day 2

Breakfast
Snack
Lunch
Snack
Dinner
Dessert
Water*
Exercise

Day 3

Breakfast
Snack
Lunch
Snack
Dinner
Dessert
Water*
Exercise

Day 4

Breakfast
Snack
Lunch
Snack
Dinner
Dessert
Water*
Exercise

When recording your food intake, be specific regarding portion size.
*Minimum of 8 cups per day.

FOOD & ACTIVITY **DIARY**

Keep track of everything you eat, drink and do every day.

wonderslim®

Day 5

Breakfast
Snack
Lunch
Snack
Dinner
Dessert
Water*
Exercise

Day 6

Breakfast
Snack
Lunch
Snack
Dinner
Dessert
Water*
Exercise

Day 7

Breakfast
Snack
Lunch
Snack
Dinner
Dessert
Water*
Exercise

When recording your food intake, be specific regarding portion size.
*Minimum of 8 cups per day.

Recipes

Try these tasty recipes and preparation variations for Wonderslim products and expand your food and drink choices!

Shake Makin' Tips:

- Add 1/2 tbsp of coconut, almond, maple or other favorite flavor extract
- Use hot or cold black coffee instead of water for a boost
- Substitute diet soda for water to make a "float"

My Favorite Fruit Smoothie
(great for those on the run)

INGREDIENTS	QTY
Wonderslim Vanilla Pudding/Shake Mix	1 or 2 pkts
Cold Water	6 oz
Fat-Free Frozen Yogurt	1/2 cup
Ice Cubes	4 cubes
Favorite Fruit, Frozen	See Food Selection List for Servings

DIRECTIONS

Combine all ingredients in a blender for 30 seconds or until blended - Enjoy!

My Favorite Chicken Salad

INGREDIENTS	QTY
Wonderslim Vanilla Cream Pudding/Shake Mix	1 pkt
Grilled Chicken, Chopped	3 oz
Flat Leaf Parsley, Chopped	1 tbsp
Lemon Zest	1/4 tsp
Green Apple (Cut in cubes)	1/4 cup
Golden Raisins	1 tbsp
Lettuce Greens	3-4 pieces

DIRECTIONS

In a large bowl, first mix the pudding/shake using 4 oz of cold water. Stir in parsley and lemon zest. Add chicken, apple, celery and raisins to bowl and toss in dressing. Serve over lettuce.

Chocolate Covered Pretzel Surprise

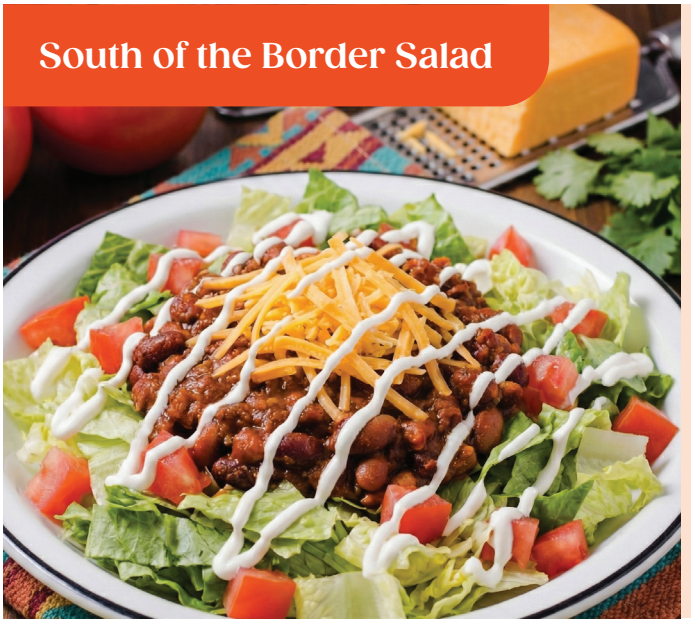
INGREDIENTS	QTY
Wonderslim Dark Chocolate Pudding Mix	1 pkt
Wonderslim Pretzels	1 pkt

DIRECTIONS

Prepare the pudding according to package directions. Dip the pretzels in the prepared pudding and place on wax paper.

Freeze for 40 min.

South of the Border Salad



INGREDIENTS	QTY
Wonderslim Vegetarian Sloppy Joe OR Chili with Beans	1 pkt
Chili Powder, optional	1 tsp
Tomato, diced	1 small
Shredded Lettuce	2 cups
Sour Cream, fat-free	1 tbsp
Taco Cheese, fat-free	1 tbsp
Ranch Dressing, fat-free	1 tbsp

DIRECTIONS

Prepare the Vegetarian Sloppy Joe or Chili according to package instructions. Stir in chili powder. Wash the lettuce leaves and tomato and arrange on a plate. Spoon the Veg Joe or Chili mix on top of the lettuce. Layer on taco cheese and sour cream then drizzle with ranch dressing.

Devine Pancakes

INGREDIENTS	QTY
Wonderslim Protein Pancake & Waffle Mix	1 pkt
Wonderslim Toffee Pudding	1 pkt
Baking Powder	1 tsp
Nutmeg (optional)	to taste
Water	6 oz
Fat Free Cooking Spray	as needed

DIRECTIONS

Prepare both Protein Pancake & Waffle Mix and Pudding mix according to package instructions. Combine both mixtures with baking powder and nutmeg in a medium bowl. Mix until smooth. Coat skillet with cooking spray and cook over medium heat. Spoon 1/4 of the batter at a time onto the heated pan and cook until slightly brown. Flip to cook the other side. If a thinner batter is desired, add more water. Yield 4 pancakes.

Apple Cinnamon Oat Muffins

INGREDIENTS	QTY
Wonderslim Protein Pancake & Waffle Mix	1 pkt
Wonderslim Apple ‘n Cinnamon Oatmeal	1 pkt
Water	1/4 cup

DIRECTIONS

Preheat toaster oven to 400 degrees. Coat 2 foil muffin cups with fat-free cooking spray. Combine dry mixes and water and stir until all powder is incorporated into batter. Divide batter between two foil muffin cups and place on a toaster size baking sheet or piece of aluminum foil. Bake for 8-10 minutes. Makes two servings (2 muffins).

Profee (Protein Iced Coffee)

INGREDIENTS	QTY
Any Wonderslim Meal Shake or Hot Cocoa Flavor	1 pkt
Water	8 oz
Chilled Brewed Coffee (or Cold Brew)	4-6 oz
Ice Cubes	fill glass
Almond Milk (optional)	to taste
Cinnamon (optional)	to taste

DIRECTIONS

In a shaker bottle or blender, combine shake with 8 oz cold water. Shake or blend until smooth. Pour 4-6 oz chilled coffee over ice in a tall glass. Slowly pour the prepared shake over the coffee and stir gently or mix with your Wonderslim frother. Add almond milk or cinnamon if desired.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