

MEN'S CORE CLASSIC PLAN

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
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, 4-OZ. SKIM MILK, W/ 1/4 OZ. 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/ 1/4 TBS FF ITALIAN	Lunch
1 WONDERSLIM CARAMEL BUTTER PECAN BAR	Snack
6 OZ. BEEF TENDERLOIN W/ 2 TBS 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.