

WOMEN'S CORE CLASSIC PLAN

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


	Calories	Protein (39%)	Carbohydrates (42-45%)	Fat (16-20%)
TYPICAL DAILY TOTALS*	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
¼ OZ. CHICKEN BREAST, ½ CUP COOKED ONIONS, ½ 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.