

MEN'S PREMIUM COMPLETE PLAN



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*	<table border="1"> <thead> <tr> <th>Calories</th> <th>Protein (36-38%)</th> <th>Carbohydrates (41-47%)</th> <th>Fat (17-21%)</th> </tr> </thead> <tbody> <tr> <td>1500-1700</td> <td>137g-165g</td> <td>178g</td> <td>29g-41g</td> </tr> </tbody> </table>	Calories	Protein (36-38%)	Carbohydrates (41-47%)	Fat (17-21%)	1500-1700	137g-165g	178g	29g-41g
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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 STRAWBERRY SMOOTHIE, 1 WONDERSLIM ORIGINAL PANCAKES, 1/2 WHOLE GRAIN BAGEL W/ 1 TBSP FF CREAM CHEESE, 4.OZ. 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.