

# WOMEN'S PREMIUM COMPLETE PLAN



## MEALS MENU ITEMS

BREAKFAST	<b>1 WonderSlim Meal Replacement</b> <b>1 WonderSlim Breakfast</b> 1 Dairy serving OR 1 Optional serving OR 1 Starch serving
MORNING SNACK	<b>1 WonderSlim Meal Replacement</b> 1 Fruit serving
LUNCH	<b>1 WonderSlim Meal Replacement</b> <b>1 WonderSlim Lite Entree OR 1 WonderSlim Soup</b>
AFTERNOON SNACK	<b>1 WonderSlim Bar OR 1 WonderSlim Snack</b>
DINNER	1 Protein serving; 2 Vegetable servings; 1 Optional serving
DESSERT	<b>1 WonderSlim Dessert</b>


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, 1/2 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.