MEN'S **BASIC ESSENTIALS PLAN**

WonderSlim®

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, 4 OZ 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.