

WOMEN'S **BASIC ESSENTIALS PLAN**

MEALS	MENU ITEMS								
BREAKFAST	1 WonderSlim Meal Replacement								
MORNING SNACK	1 WonderSlim Meal Replacement 1 Fruit Serving								
LUNCH	1 Protein; 2 Vegetable servings; 1 Optional serving								
AFTERNOON SNACK	1 WonderSlim Bar OR 1 WonderSlim Snack								
DINNER	1 Protein; 2 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 (45%)</th> <th>Carbohydrates (40%)</th> <th>Fat (15%)</th> </tr> </thead> <tbody> <tr> <td>1000-1200</td> <td>110g-120g</td> <td>100g-120g</td> <td>15g-25g</td> </tr> </tbody> </table>	Calories	Protein (45%)	Carbohydrates (40%)	Fat (15%)	1000-1200	110g-120g	100g-120g	15g-25g
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* 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	Breakfast
1 WONDERSLIM CHOCOLATE MEAL SHAKE & 4-OZ. BANANA	Snack
4-OZ. CHICKEN BREAST, 2 CUPS RAW CARROTS, 2TBS. FF RANCH	Lunch
1 WONDERSLIM CHOCOLATE MINT SNACK BAR	Snack
4-OZ. TUNA W/ 4 TBS. FF ITALIAN, 1/2 CUP STEAMED BRUSSEL SPROUTS, 1/2 CUP SUMMER SQUASH, 1/3 CUP BROWN RICE	Dinner
1 WONDERSLIM STRAWBERRY 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.