

## PROTEIN Serving Each option = 1 Protein Serving

**VERY LEAN** (Approx 140 cal/serving <4 grams of fat)

- Turkey Breast - 4 oz (white meat, no skin)
- Chicken Breast - 4 oz (white meat, no skin)
- Fish - 4 oz (cod, flounder, trout, halibut, mahi, tuna)
- Shellfish - 4 oz (clams, scallops, crab, lobster, shrimp)
- Cheese, Fat Free - 4 oz
- Cottage Cheese, Fat Free or Low Fat - 8 oz
- Egg Substitute, Egg Beaters - 8 oz
- Egg Whites, Liquid - 8 oz/16 Tbsp
- Black Bean Burger - 1 (Boca, Morningstar)
- Edamame Soybeans Cooked - 4 oz

**LEAN** (Approx 170 cal/serving <9 grams of fat)

- Beef - 3 oz (sirloin tip, flank steak, tenderloin, roast round)
- Seafood - 3 oz (atlantic salmon, catfish)
- Pork - 3 oz (center chop, tenderloin, lean ham)
- Veal - 3 oz (chop, roast)
- Cheese, Low Fat - 3 oz (< 3 grams of fat per oz)
- Deli Meat, Low Fat - 3 oz (< 3 grams of fat per oz)
- Eggs, Medium - 3 (limit 3 eggs/week)
- Tofu - 10 oz (soybean curd-regular)

## VEGETABLE Serving

1 cup raw **OR** 1/2 cup cooked (Approx. 25 calories or less)

- |   |  |
|---|--|
| <input type="checkbox"/> Asparagus            | <input type="checkbox"/> Mushrooms           |
| <input type="checkbox"/> Avocado (1/2 cup)    | <input type="checkbox"/> Okra                |
| <input type="checkbox"/> Beans (green/yellow) | <input type="checkbox"/> Onions              |
| <input type="checkbox"/> Beets                | <input type="checkbox"/> Pea Pods            |
| <input type="checkbox"/> Broccoli             | <input type="checkbox"/> Peppers (green/red) |
| <input type="checkbox"/> Brussel Sprouts      | <input type="checkbox"/> Radishes            |
| <input type="checkbox"/> Cabbage              | <input type="checkbox"/> Scallions           |
| <input type="checkbox"/> Carrots              | <input type="checkbox"/> Spinach             |
| <input type="checkbox"/> Cauliflower          | <input type="checkbox"/> Sprouts             |
| <input type="checkbox"/> Celery               | <input type="checkbox"/> Spaghetti Squash    |
| <input type="checkbox"/> Cucumber             | <input type="checkbox"/> Tomato              |
| <input type="checkbox"/> Eggplant             | <input type="checkbox"/> Turnips             |
| <input type="checkbox"/> Kale                 | <input type="checkbox"/> Watercress          |
| <input type="checkbox"/> Lettuce & Greens     | <input type="checkbox"/> Zucchini            |

## FRUIT Serving

Each option = 1 Fruit (Approx. 60 calories or less)

- |   |   |
|---|---|
| <input type="checkbox"/> Apple, small (4 oz)        | <input type="checkbox"/> Orange, small (6 oz)   |
| <input type="checkbox"/> Apricots, dried (8 halves) | <input type="checkbox"/> Peach, med. (6 oz)     |
| <input type="checkbox"/> Apricots (4 apricots)      | <input type="checkbox"/> Pear, small (4 oz)     |
| <input type="checkbox"/> Banana, small (4 oz)       | <input type="checkbox"/> Pineapple (3/4 cup)    |
| <input type="checkbox"/> Blackberries (3/4 cup)     | <input type="checkbox"/> Plum, small (4 oz)     |
| <input type="checkbox"/> Blueberries (3/4 cup)      | <input type="checkbox"/> Prunes, dried (3)      |
| <input type="checkbox"/> Cherries (3 oz)            | <input type="checkbox"/> Raspberries (1 cup)    |
| <input type="checkbox"/> Grapefruit (1/2)           | <input type="checkbox"/> Strawberries (1 cup)   |
| <input type="checkbox"/> Grapes (3 oz)              | <input type="checkbox"/> Tangerine, 2 (8 oz)    |
| <input type="checkbox"/> Melon (1 cup)              | <input type="checkbox"/> Watermelon (1 1/4 cup) |

## OPTIONAL

Each option = 1 Optional Serving (Approx. 20 calories or less)

- |   |   |
|---|---|
| <input type="checkbox"/> Catsup (1 Tbsp)              | <input type="checkbox"/> Reduced Fat Margarine (1 tsp)  |
| <input type="checkbox"/> Low-Sugar Jelly (2 tsp)      | <input type="checkbox"/> Salsa (1/4 cup)                |
| <input type="checkbox"/> Nonfat Cream Cheese (1 Tbsp) | <input type="checkbox"/> Sugar Free Syrup (2 Tbsp)      |
| <input type="checkbox"/> Nonfat Margarine (4 Tbsp)    | <input type="checkbox"/> Taco Sauce (1 Tbsp)            |
| <input type="checkbox"/> Nonfat Sour Cream (1 tsp)    | <input type="checkbox"/> Nonfat Salad Dressing (2 Tbsp) |

## DAIRY Serving

Each option = 1 Dairy (Approx. 50 calories or less)

- |  |  |
|--|--|
| <input type="checkbox"/> Yogurt, Nonfat (4 oz)       | <input type="checkbox"/> Skim Milk, Nonfat (4 oz)        |
| <input type="checkbox"/> Plain Yogurt, Nonfat (4 oz) | <input type="checkbox"/> Almond Milk, Unsweetened (4 oz) |

## BEVERAGES

Unlimited/Non-Caloric

- |   |   |
|---|---|
| <input type="checkbox"/> Black Coffee or Tea    | <input type="checkbox"/> Spring Water           |
| <input type="checkbox"/> Bouillon (low sodium)  | <input type="checkbox"/> Sugar Free Drink Mixes |
| <input type="checkbox"/> Diet Soda or Club Soda | <input type="checkbox"/> Herbal Teas            |

## STARCH Serving

Each option = 1 Starch

(Approx. 80 calories or less)

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Whole Grain Cereal (1/2 cup)      | <input type="checkbox"/> 1/2 Pita Bread 6", Whole Grain | <input type="checkbox"/> Pasta Cooked (1/3 cup)                            |
| <input type="checkbox"/> Diet Bread, Whole Wheat (2 Slice) | <input type="checkbox"/> Roll, Whole Wheat              | <input type="checkbox"/> Brown Rice, cooked (1/2 cup)                      |
| <input type="checkbox"/> Whole Wheat Bread (1 Slice)       | <input type="checkbox"/> Low Fat Crackers               | <input type="checkbox"/> Butternut Squash (1 cup)                          |
| <input type="checkbox"/> 1/2 Bagel, Whole Grain (1 oz)     | <input type="checkbox"/> Pretzels (3/4 oz)              | <input type="checkbox"/> Corn or Peas, frozen (1/2 cup)                    |
| <input type="checkbox"/> 1/2 English Muffin, Whole Grain   | <input type="checkbox"/> Popcorn, Air-Popped (3 cups)   | <input type="checkbox"/> Potato, Sweet Potato, Yam (baked or mashed) (3oz) |
| <input type="checkbox"/> 1 Low Fat Waffle, Whole Grain     | <input type="checkbox"/> Rice Cakes (2-4 in diameter)   |  |
| <input type="checkbox"/> Couscous, Whole Grain (1/3 cup)   | <input type="checkbox"/> Oatmeal, Cooked (1/2 cup)      |  |

# WONDERSLIM SELECTION LIST



## WONDERSLIM Meal Replacements

### MEAL SHAKES

Chocolate Salted Caramel  
Chocolate Cream  
Cocomint Cream  
Dark Cocoa Cream  
Lemon Raspberry  
Mocha Cream  
Orange Creamsicle

### MEAL SHAKES (Cont.)

Strawberry Cream  
Strawberry Banana  
Vanilla Cream  
Variety Pack

### SMOOTHIES

Berry Yogurt  
Strawberry Yogurt

### FRUIT DRINK

Berry Blast

### SOUP

Tomato

## WONDERSLIM Breakfasts

### OATMEAL

Apple & Cinnamon  
Maple Brown Sugar

### CEREALS

Cinnamon Crunch  
Chocolate Peanut Butter

### PANCAKES

Blueberry  
Chocolate Chip

### PANCAKES (Cont.)

Original  
Variety Pack

### GRANOLA + TRAIL MIX

Apple Cinnamon  
Blueberry Mango  
Chocolate Caramel  
Pineapple Coconut  
Variety Pack

### FRUIT DRINKS

Berry Blend  
Berry Blast  
Cran-Grape  
Tangy Orange  
Variety Pack

## WONDERSLIM Lunches

### ENTREES

Cheese Steak Macaroni  
Chili with Beans  
Sloppy Joe  
Spicy Cheese 'n Pasta

### SOUPS

Chicken and Vegetable Cream  
Chicken Noodle  
Tomato  
Minestrone  
Variety Pack

### MASHED POTATOES

Garlic  
Sour Cream & Chives

### DIPS

Cheese

## WONDERSLIM Bars & Snacks

### SNACK BARS

Caramel Brownie  
Caramel Butter Pecan  
Chocolate Mint  
Oatmeal Cinnamon Raisin  
Peanut Butter Crunch  
Sample Pack

### GOURMET BARS

Peanut Butter Mousse  
Marshmallow Brownie Cookie  
Sweet & Salty Peanut  
Lemon Meringue  
Variety Pack

### CRUNCHERS & SAVORY CRISPS

Cheddar  
Honey Mustard  
Party Mix  
Pizza

### PROTEIN & FIBER BARS

Chocolate Crisp  
Fluffy Nutter  
Strawberry Shortcake  
Fluffy Salted Toffee Pretzel  
Fluffy Vanilla Crisp  
Zesty Lemon Crisp

### NUTRITION BARS

Caramel Cocoa  
Chocolate Almond  
Cinnamon  
Dark Chocolate S'Mores  
Double Berry  
Fudge Graham  
Peanut  
Peppermint Cocoa Crunch  
Shortbread Cookie  
Vanilla Caramel Crunch  
Variety Pack

### PEA PROTEIN CHIPS

Cool Ranch  
Salt & Vinegar  
Sweet Hickory  
Variety Pack

### GRANOLA + TRAIL MIX

Apple Cinnamon  
Blueberry Mango  
Chocolate Caramel  
Pineapple Coconut  
Variety Pack

### SWEET POPPERS

Chocolate  
Caramel Peanut

### PRETZELS

Original

## WONDERSLIM Desserts

### HOT DRINKS

Cappuccino  
Creamy Hot Chocolate  
Mint Hot Chocolate  
Raspberry Hot Chocolate  
Creamy Hot Chocolate w/ Marshmallows

### PUDDINGS

Dark Chocolate  
Lemon  
Caramel  
Toffee Crème  
Chocolate Chip with Marshmallows  
Banana Delight  
Variety Pack

### COOKIES & SWEETS

Crunchy Chocolate Minis

### CAKES

Double Chocolate Cake  
Creamy Cheesecake  
Blueberry Mug Cake  
Chocolate Mug Cake  
Chocolate Caramel Mug Cake