



## Men's Meal Plan

1500-1700 Calories

**3 Meal Replacements; 3 Protein Supplements; 1 Snack Bar; 1 Lean/Green Meal**

MEALS	MENU ITEMS			
<b>BREAKFAST</b> (7am-9am)	<b>1 WonderSlim® Pudding/Shake OR Smoothie</b> <b>1 WonderSlim® Hot Cakes OR Crunch Cereal OR Hot Oatmeal</b> <b>1 Optional OR 2 Dairy</b> <b>1 Starch</b>			
<b>MORNING SNACK</b> (9am-11am)	<b>1 WonderSlim® Pudding/Shake OR Smoothie</b> <b>1 Fruit</b>			
<b>LUNCH</b> (11am-1pm)	<b>1 WonderSlim® Lite Entrée OR Soup</b> <b>1 WonderSlim® Snack Bar</b> <b>1 Starch AND 1 Optional</b>			
<b>AFTERNOON SNACK</b> (1pm-3pm)	<b>1 WonderSlim® Pudding/Shake OR Smoothie</b>			
<b>DINNER</b> (5pm-7pm)	<b>LEAN/GREEN MEAL</b> <b>2 Protein (8oz Very Lean OR 6oz Lean)</b> <b>3 Vegetables, 1 Starch AND 2 Optional</b>			
<b>EVENING SNACK</b> (7pm-8pm)	<b>1 WonderSlim® Double Chocolate Cake OR Cheesecake OR Pudding</b> <b>OR Hot Drink OR Fruit Drink</b>			
<b>DAILY PLAN TOTALS</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBOHYDRATES</b>	<b>FAT</b>
	<b>1500-1700</b>	<b>148g-165g</b>	<b>177g-202g</b>	<b>21-39g</b>

### INSTRUCTIONS:

- You may also use spices, seasonings, vinegar, lemon juice, mustard, horseradish, sugar free gelatin, and listed beverages as desired.
- Take 1 multivitamin and drink at least 8 cups of water or non-caloric beverage daily.
- Foods may be rearranged within one day to meet your schedule or personal preferences.
- Use the **Food Selection List** on the back to plan your Lean/Green Meal, Fruit selection, and to create a shopping list.
- Prepare food in Lean/Green Meal by Baking, Boiling, Broiling, Grilling, Roasting or Steaming. **NO Frying!**
- Consume ALL Meal Replacements and Supplements as directed for optimum nutritional intake, support of lean muscle and to curb hunger.
- To ensure your success, use the **Food & Activity Diary** to document everything you eat and drink, as well as your daily physical activity.

**The WonderSlim® Meal Plan:** 3 Meal Replacements; 3 Protein Supplements; 1 Snack Bar; 1 Lean/Green Meal

Products found below may be purchased individually and/or are included within our **WonderSlim® Starter Kits**.

### **3 WonderSlim® Meal Replacements** (100-120 Calories, 15 Grams of Protein, 23 Vitamins & Minerals)

**Pudding/Shakes** (WS101) Flavors: Chocolate Cream, Vanilla Cream, Mocha Cream, Strawberry Cream, Coco Mint. **Smoothies** (WS103) Flavors: Berry Yogurt, Strawberry Yogurt); **Soup** (WS108) Flavor: Tomato; **Fruit Drink** (WS102) Flavor: Berry Blast.

### **3 WonderSlim® Protein Supplements** (60-130 Calories, 10-12 Grams of Protein)

**Apple 'n Cinnamon Oatmeal** (WS111); **Crunch Cereal** (WS121) Flavors: Cinnamon Crunch, Berries 'n Chocolate Crunch; **Hot Cakes** (WS136); **Vegetable Cheese Omelet** (WS131); **Vegetarian Sloppy Joe** (WS116); **Zesty Chili** (WS123); **Spicy Cheese 'n Pasta** (WS122); **Cheese Steak Macaroni** (WS132); **Soups** (WS108) Flavors: Chicken with Noodles, Chicken & Vegetable Cream; **Double Chocolate Cake** (WS137); **Cheesecake** (WS119); **Puddings** (WS107) Flavors: Dark Chocolate, Lemon, Chocolate Chip with Marshmallows, Toffee Creme, Caramel; **Hot Drinks** (WS106) Flavors: Hot Chocolate, Mint Hot Chocolate, Raspberry Hot Chocolate, Cappuccino; **Fruit Drinks** (WS102) Flavors: Berry Blend, Cran-Grape, Kiwi & Berry, Tangy Orange, Tangy Lemon; **Snack Bites** (WS128) Flavors: BBQ, Sour Cream & Onion; **Chips** (WS120) Flavors: Cheddar, Golden Dijon; **Milk Chocolate Crunchies** (WS115).

### **1 WonderSlim® Bar** (150-160 Calories, 10-15 Grams of Protein)

**Snack Bars** (WS109) Flavors: Peanut Butter Crisp, ChocoMint, Chocolate, Chocolate Peanut Butter, Caramel Butter Pecan, Creamy Cookie, Tangy Lemon Crisp, Cookie Dough, Cinnamon Oatmeal Raisin, Caramel Brownie Nut, Butter Toffee, Chocolate Coconut, Sample Pack; **Crispy Bars** (WS114) Flavors: Cinnamon, Peanut, Fudge & Graham, Coffee Chocolate, Berry Yogurt.

### **1 Lean/Green Meal**

See Food Selection List for meal suggestions.

Consult a doctor before beginning a diet or exercise program.

[www.WonderSlim.com](http://www.WonderSlim.com)

1-800-882-4830