

WOMEN'S **BASIC ESSENTIALS PLAN**

MEALS MENU ITEMS

BREAKFAST	1 WonderSlim Meal Replacement 1/2 Dairy serving
MORNING SNACK	1 WonderSlim Meal Replacement 1 Fruit serving
LUNCH	1 Protein serving; 1 Vegetable serving; 1 Optional serving
AFTERNOON SNACK	1 WonderSlim Bar OR 1 WonderSlim Snack
DINNER	1 Protein serving; 1 Vegetable serving; 1 Starch serving; 1 Optional serving
DESSERT	1 WonderSlim Meal Replacement

	Calories	Protein (39-42%)	Carbohydrates (35-41%)	Fat (20-23%)
TYPICAL DAILY TOTALS*	1000-1200	108g-118g	89g-123g	27g

* For a 1200 calorie plan add 2 vegetables, 1 1/2 dairy and 1 optional serving.
 Take 3 WonderSlim Glucose Support capsules daily (with your breakfast)
 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 CHOCOLATE PUDDING/SHAKE WITH 2 OZ. UNSWEETENED ALMOND MILK	Breakfast
1 WONDERSLIM VANILLA PUDDING/SHAKE WITH 1 C. STRAWBERRIES	Snack
5 OZ. CHICKEN BREAST, 1/2 C. RAW CUCUMBER, 1/2 C. RAW TOMATOES WITH 2 TBSP FAT-FREE, LOW SUGAR ITALIAN DRESSING	Lunch
1 WONDERSLIM FLUFFY NUTTER BAR	Snack
3 OZ. SIRLOIN TIPS, 1/2 C. COOKED ASPARAGUS, 3 OZ. MASHED SWEET POTATO WITH 1 TBSP NONFAT SOUR CREAM	Dinner
1 WONDERSLIM STRAWBERRY YOGURT SMOOTHIE	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.

MEN'S BASIC ESSENTIALS PLAN

MEALS MENU ITEMS

BREAKFAST	1 WonderSlim Meal Replacement 1 Dairy serving; 1 Fruit serving; 1 Optional serving
MORNING SNACK	1 WonderSlim Meal Replacement 1 Fruit serving
LUNCH	1 Protein serving; 3 Vegetable servings; 1 Starch serving; 1 Optional serving
AFTERNOON SNACK	1 WonderSlim Bar OR 1 WonderSlim Snack 1 Dairy serving
DINNER	2 Protein servings; 3 Vegetable servings; 1 Starch serving; 1 Optional serving
DESSERT	1 WonderSlim Meal Replacement

	Calories	Protein (37-38%)	Carbohydrates (40-42%)	Fat (21-22%)
TYPICAL DAILY TOTALS*	1500-1700	146g-149g	153g-168g	37g-38g

* For a 1700 calorie plan add 1 starch serving.
 Take 3 WonderSlim Glucose Support capsules daily (with your breakfast)
 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

1 WONDERSLIM CHOCOLATE PUDDING/SHAKE WITH 1/4 OZ NONFAT SOYMILK, 1 SMALL BANANA, 2 TBSP SUGAR FREE SYRUP	Breakfast
1 WONDERSLIM VANILLA PUDDING/SHAKE WITH 3/4 C. BLUEBERRIES	Snack
1/2 OZ. TURKEY BREAST ON 2 SLICES WHOLE WHEAT DIET BREAD, 1 C. COOKED BROCCOLI, 1/2 C. COOKED CARROTS SAUTEED IN 1/2 TBSP NONFAT MARGARINE	Lunch
1 WONDERSLIM CHOCOLATE CRISP BAR + 1/2 OZ. NONFAT YOGURT	Snack
6 OZ. FLANK STEAK, 1 C. COOKED ONIONS, 1/2 C. COOKED PEPPERS SAUTEED IN 1/2 TBSP NONFAT MARGARINE, 1 WHOLE WHEAT ROLL	Dinner
1 WONDERSLIM BERRY SMOOTHIE	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.