

Men's Daily Meal Plan

WonderSlim *EasyStart*[™]

Breakfast	1 WonderSlim Meal Replacement Shake/Pudding 1 WonderSlim Breakfast 1 Dairy AND 1 Optional AND 1 Starch Serving 
Morning Snack	1 WonderSlim Meal Replacement Shake/Pudding 1 Fruit Serving 
Lunch	1 WonderSlim Meal Replacement Shake/Pudding 1 WonderSlim Lite Entrée OR WonderSlim Soup 1 Starch serving AND 1 Optional serving 
Afternoon Snack	1 WonderSlim Bar OR 1 WonderSlim Snack
Healthy Dinner	2 Protein Servings 2 Vegetable Servings 2 Starch Servings 1 Optional Serving 
Dessert	1 WonderSlim Dessert

*Drink at least eight 8 oz. glasses of water daily.

Indicates grocery foods 