



Men's Meal Plan

1500-1700 Calories per day

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

MEALS	MENU ITEMS			
BREAKFAST (6am-9am)	1 WonderSlim® Meal Replacement 1 WonderSlim® Breakfast 1 Dairy serving AND 1 Optional serving AND 1 Starch serving 1 WonderSlim® Multivitamin AND 2-4 WonderSlim® EFA softgels			
MORNING SNACK (9am-11am)	1 WonderSlim® Meal Replacement 1 Fruit			
LUNCH (11am-1pm)	1 WonderSlim® Meal Replacement 1 WonderSlim® Lite Entrée OR WonderSlim® Soup 1 Starch serving AND 1 Optional serving			
AFTERNOON SNACK (1pm-3pm)	1 WonderSlim® Bar OR WonderSlim® Snack			
LEAN & GREEN MEAL (5pm-7pm)	2 Protein servings 2 Vegetable servings 2 Starch servings AND 2 Optional servings			
DESSERT (7pm-8pm)	1 WonderSlim® Dessert			
DAILY PLAN TOTALS	CALORIES	PROTEIN	CARBOHYDRATES	FAT
	1500-1700 Calories	139g-173g	163g-201g	19g-40g

WonderSlim® Menu Options:

Meal Replacements: Pudding/Shakes, Smoothies, Tomato Soup, Berry Blast Fruit Drink.

Breakfasts: Crunch Cereal, Apple 'n Cinnamon Oatmeal, Hot Cakes, Vegetable Cheese Omelet.

Lite Entrees: Vegetarian Sloppy Joe, Spicy Cheese 'n Pasta, Zesty Vegetable Chili w/Beans.

Soups: Chicken Noodle, Vegetable Cream.

Bars: Snack Bars, Gourmet Bars.

Snacks: Pretzel Snacks, Cheddar Crunchers, Snack O's, Milk Chocolate Crunchies.

Desserts: Double Chocolate Cake, Creamy Cheesecake, Puddings, Cookies, Hot Drinks, Fruit Drinks.

Protein, Vegetable, Fruit, Optional, Dairy and Starch Servings: See your *Food Selection List*.

Important Instructions:

1. You may also use spices, seasonings, vinegar, lemon juice, mustard, horseradish, sugar free gelatin, and non-caloric beverages listed on the *Food Selection List* as desired.
2. Take 1 multivitamin tablet, 2 to 4 EFA softgels, and drink at least 8 cups of water daily.
3. Foods may be rearranged within one day to meet your schedule or personal preferences.
4. Use the *Food Selection List* to plan your Lean/Green Meal, Fruit selection, and to create a shopping list. Choose a variety from the *Food Selection List* to consume a better nutritional intake.
5. Prepare foods in Lean/Green Meal by Baking, Boiling, Broiling, Grilling, Roasting or Steaming. **NO Frying!**
6. Consume ALL Meal Replacements and Supplements as directed for optimum nutritional intake, support of lean muscle and to curb hunger.
7. To ensure your success, use the *Food & Activity Diary* to document everything you eat and drink, as well as your daily physical activity.

Consult your physician before beginning any diet or exercise program.