

# 1000-Calorie Meal Plan

MiniMeals

2 Meal Replacements; 1 Fruit Drink; 1 Bar; 1 SnackWise

**INCLUDE:** 1-3 Fulfill Supplements as desired.

<b>Morning</b>	Meal Replacement Supplement
<b>Mid-Morning</b>	Fruit Drink
<b>Noon</b>	SnackWise Crunchy Cheddar Mix; 2 oz. Very Lean Meat; 1 Vegetable; 1 Fat; 1 Optional
<b>Mid-Afternoon</b>	1 Fruit
<b>Late Afternoon</b>	Nutritional Bar
<b>Evening</b>	1 Starch; 3 oz. Very Lean Meat; 2 Vegetables; 1 Fat; 1 Optional
<b>Mid -Evening</b>	Meal Replacement Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Meal Replacements	<b>Pudding Shakes:</b> Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha <b>Soups:</b> Creamy Chicken, Creamy Tomato <b>Fruit Drinks:</b> Wildberry
Protein Supplements	<b>Bars:</b> Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Crisp ‘n Crunch Peanut, Crisp ‘n Crunch Cinnamon. <b>Fruit Drinks:</b> Cranberry Grape, Mixed Berry, Lemonade, Orange, Pineapple Apricot, Strawberry Kiwi, Tropical Peach
Diet Enhancers	<b>Fulfill Beverage:</b> Iced Tea with Lemon, Mixed Fruit <b>Fulfill Gelatin:</b> Cherry, Orange <b>SnackWise:</b> Crunchy Cheddar Mix

Typical Meal Plan Totals	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Avail. Carbs.
Based on ADA exchanges; will vary depending on food choices.	1000	100	95	25	80

## Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences.
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume supplements as directed to maintain optimum nutritional intake for support of lean muscle and to curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 Fulfill supplements to provide fiber and nutrients that can be low on a reduced calorie diet. Many dieters, especially those limiting their starch intake, will benefit from added soluble fiber and important nutrients like potassium, magnesium and folic acid, which are found in Fulfill. Soluble fiber supports healthy blood glucose and weight loss.

# 1000-Calorie Meal Plan

Snack Craver

2 Meal Replacements; 1 Fruit Drink; 1 Bar; 1 SnackWise

**INCLUDE:** 2-4 ShapeWise Chews and 1-3 Fulfill Supplements, as desired.

<b>Morning</b>	Meal Replacement Supplement
<b>Mid-Morning</b>	Fruit Drink
<b>Noon</b>	SnackWise Crunchy Cheddar Mix; 2 oz. Very Lean Meat; 1 Vegetable; 1 Fat; ShapeWise Chew
<b>Mid-Afternoon</b>	1 Fruit
<b>Late Afternoon</b>	Nutritional Bar
<b>Evening</b>	1 Starch; 3 oz. Very Lean Meat; 2 Vegetables; 1 Fat; ShapeWise Chew
<b>Mid -Evening</b>	Meal Replacement Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Meal Replacements	<b>Pudding Shake:</b> Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha <b>Soup:</b> Creamy Chicken, Creamy Tomato <b>Fruit Drink:</b> Wildberry
Protein Supplements	<b>Bars:</b> Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Crisp 'n Crunch Peanut, Crisp 'n Crunch Cinnamon. <b>Fruit Drinks:</b> Cranberry Grape, Mixed Berry, Lemonade, Orange, Pineapple Apricot, Strawberry Kiwi, Tropical Peach
Diet Enhancers	<b>Fulfill Beverage:</b> Iced Tea with Lemon, Mixed Fruit <b>Fulfill Gelatin:</b> Cherry, Orange <b>ShapeWise Chews:</b> Chocolate, Lemon <b>SnackWise:</b> Crunchy Cheddar Mix

Typical Meal Plan Totals	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Avail. Carbs.
Based on ADA exchanges; will vary depending on food choices.	1000	100	100	25	80

## Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences.
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume supplements as directed to maintain optimum nutritional intake for support of lean muscle. Include 2-4 ShapeWise Chews per day, as desired, to curb hunger and cravings.
4. Eat meals at regular intervals.
5. Include 1-3 Fulfill supplements to provide fiber and nutrients that can be low on a reduced calorie diet. Many dieters, especially those limiting their starch intake, will benefit from added soluble fiber and important nutrients like potassium, magnesium and folic acid, which are found in Fulfill. Soluble fiber supports healthy blood glucose and weight loss.

# 1000-Calorie Meal Plan

With Lunch Express

3 Meal Replacements; 1 Bar; 1 Soup/Lite Entrée; 1 SnackWise

**INCLUDE:** 2-4 ShapeWise Chews and 1-3 Fulfill Supplements, as desired.

<b>Breakfast</b>	Meal Replacement Supplement and 1 Fruit
<b>Morning Snack</b>	Meal Replacement Supplement
<b>Lunch Express</b>	SnackWise Cheddar Mix and Soup or Lite Entree
<b>Afternoon Snack</b>	Nutrition Bar
<b>Dinner</b>	1 Starch; 4 oz. Very Lean Meat OR 3 oz. Lean Meat; 2 Vegetables; 1 Fat; 1 Optional
<b>Evening Snack</b>	Meal Replacement Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Meal Replacements	<b>Pudding Shakes:</b> Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha <b>Soups:</b> Creamy Chicken, Creamy Tomato <b>Fruit Drinks:</b> Wildberry
Protein Supplements	<b>Bars:</b> Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Crisp 'n Crunch Peanut, Crisp 'n Crunch Cinnamon. <b>Fruit Drinks:</b> Cranberry Grape, Mixed Berry, Lemonade, Orange, Pineapple Apricot, Strawberry Kiwi, Tropical Peach <b>Soup:</b> Chicken Noodle, Cream of Chicken, Savory Beef, Cream of Mushroom <b>Lite Entrée:</b> Minestrone, Sloppy Joe, Hearty Beef Stew
Diet Enhancers	<b>Fulfill Beverage:</b> Iced Tea with Lemon, Mixed Fruit <b>Fulfill Gelatin:</b> Cherry, Orange <b>ShapeWise Chews:</b> Chocolate, Lemon <b>SnackWise:</b> Crunchy Cheddar Mix

Typical Meal Plan Totals	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Avail. Carbs.
Based on ADA exchanges; will vary depending on food choices.	1000	105	100	25	90

## Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences.
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume supplements as directed to maintain optimum nutritional intake for support of lean muscle. Include 2-4 ShapeWise Chews per day, as desired, to curb hunger and cravings.
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5. Include 1-3 Fulfill supplements to provide fiber and nutrients that can be low on a reduced calorie diet. Many dieters, especially those limiting their starch intake, will benefit from added soluble fiber and important nutrients like potassium, magnesium and folic acid, which are found in Fulfill. Soluble fiber supports healthy blood glucose and weight loss.