

Quick Start

3 Pudding/Shakes or Soups or Fruit Drink; 1 Bar; 2 Meals

Breakfast	Pudding/Shake 1 fruit
Morning Snack	Pudding/Shake or Soup or Fruit Drink
Lunch	1 starch; 4 oz. lean meat; 2 vegetables; 1 optional
Afternoon Snack	Nutrition Bar
Dinner	1 starch; 6 oz. very lean meat; 2 vegetables; 1 optional
Evening Snack	Pudding/Shake or Soup or Fruit Drink
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Pudding/Shakes	Chocolate Cream, Vanilla Cream, Strawberry Cream, ChocoMint Cream, Mocha Cream
Fruit Drink	Berry Blast
Smoothies	Berry Yogurt, Strawberry Yogurt
Soups	Chicken, Tomato
Nutrition Bars	Caramel Brownie Nut, Caramel Butter Pecan, Cookie Dough, ChocoMint, Chocolate Coconut, Creamy Cookie, Chocolate, Tangy Lemon Crisp, Cinnamon Oatmeal Raisin, Chocolate Peanut Butter, Peanut Butter Crisp, Butter Toffee, Crispy Cinnamon, Crispy Peanut, Crispy Fudge & Graham, Crispy Berry Yogurt, Crispy Coffee Chocolate

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
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.

1 Supplement; 2 Bars; 3 Meals

Breakfast	Supplement 1 starch; 1 fruit; 1 optional
Lunch	1 starch; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 1 fruit; 1 fat; 1 optional
Afternoon Snack	Nutrition Bar
Dinner	1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 fat; 1 optional
Evening Snack	Nutrition Bar
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings, Snacks (Lite Bites)
Nutrition Bars	Caramel Brownie Nut, Caramel Butter Pecan, Cookie Dough, ChocoMint, Chocolate Coconut, Creamy Cookie, Chocolate, Tangy Lemon Crisp, Cinnamon Oatmeal Raisin, Chocolate Peanut Butter, Peanut Butter Crisp, Butter Toffee, Crispy Cinnamon, Crispy Peanut, Crispy Fudge & Graham, Crispy Berry Yogurt, Crispy Coffee Chocolate

Note: Pastas may substitute for 2 starches and 1 oz. of meat.

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2 Supplements; 1 Bar; 3 Meals

Breakfast	1 starch; 1 fruit; 1 milk; 1 optional
Morning Snack	Supplement
Lunch	1 starch; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 1 fruit; 1 fat; 1 optional
Afternoon Snack	Nutrition Bar
Dinner	1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 fat; 1 optional
Evening Snack	Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings, Snacks (Lite Bites)
Nutrition Bars	Caramel Brownie Nut, Caramel Butter Pecan, Cookie Dough, ChocoMint, Chocolate Coconut, Creamy Cookie, Chocolate, Tangy Lemon Crisp, Cinnamon Oatmeal Raisin, Chocolate Peanut Butter, Peanut Butter Crisp, Butter Toffee, Crispy Cinnamon, Crispy Peanut, Crispy Fudge & Graham, Crispy Berry Yogurt, Crispy Coffee Chocolate

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Cereals may substitute for 1 starch and ½ milk.

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2 Supplements; 1 Bar; 3 Meals
with 1 Breakfast Cereal

Breakfast	Breakfast Cereal 1 fruit; 1 dairy/milk; 1 optional
Morning Snack	Supplement
Lunch	1 starch; 1 oz lean meat; 2 vegetable; 1 fruit; 1 fat; 1 optional
Afternoon Snack	Nutrition Bar
Dinner	1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 fat; 2 optional
Evening Snack	Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Breakfast Cereal	Berries n' Chocolate Crunch, Cinnamon Crunch, Apple n' Cinnamon Oatmeal
Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
Nutrition Bars	Caramel Brownie Nut, Caramel Butter Pecan, Cookie Dough, ChocoMint, Chocolate Coconut, Creamy Cookie, Chocolate, Tangy Lemon Crisp, Cinnamon Oatmeal Raisin, Chocolate Peanut Butter, Peanut Butter Crisp, Butter Toffee, Crispy Cinnamon, Crispy Peanut, Crispy Fudge & Graham, Crispy Berry Yogurt, Crispy Coffee Chocolate

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Afternoon Snack	Nutrition Bar
Dinner	1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 fat; 1 optional
Evening Snack	Supplement
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Supplements	Flavors
Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings, Snacks (Lite Bites)
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