

3 Meal Replacements (MR); 3 Protein Supplements (PS); 1 Protein Bar (PB); 1 Healthy Meal (HM)

Breakfast	1 Weight Loss Systems Pudding/Shake or Smoothie (MR) 1 Weight Loss Systems Hot Cakes or Cereal or Oatmeal (PS) 1 Optional or 1 Dairy 1 Starch			
Morning Snack	1 Weight Loss Systems Pudding/Shake or Smoothie (MR) 1 Fruit			
Lunch	1 Weight Loss Systems Lite Entrée or Soup (PS) 1 Weight Loss Systems Protein Bar (PB) 1 Starch and 1 Optional			
Afternoon Snack	1 Weight Loss Systems Pudding/Shake or Smoothie (MR)			
Dinner	2 Protein (8oz Very Lean or 6oz Lean) (HM) 3 Vegetables, 1 Starch and 2 Optional (HM)			
Evening Snack	1 Weight Loss Systems Double Chocolate Cake or Cheesecake or Pudding or Hot Drink or Fruit Drink (PS)			
Approximate Daily Totals	Calories 1500-1700	Protein 145g-170g	Carbohydrates 175g-210g	Fat 20-40g
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.				

Instructions:

1. You may use spices, seasonings, vinegar, lemon juice, mustard, horseradish, sugar free gelatin, and listed beverages as desired.
2. Take 1 multivitamin and drink at least 8 cups of water or non-caloric beverage daily.
3. Foods may be rearranged within one day to meet your schedule or personal preferences.
4. Use the **Food Selection List & Shopping Guide** to plan your Healthy Meal, Fruit selection, and to create a shopping list.
5. Prepare food in the Healthy 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. Eat meals at regular intervals.

*** Consult with your doctor before starting any diet, exercise, or supplementation program. ***

Meal Replacements	Flavors
Pudding/Shakes	Chocolate Cream, Vanilla Cream, Strawberry Cream, ChocoMint Cream, Mocha Cream
Smoothies	Berry Yogurt, Strawberry Yogurt
Fruit Drinks	Berry Blast
Soups	Tomato

Protein Supplements	Flavors
Oatmeal	Apple 'n Cinnamon
Cereal	Cinnamon Crunch, Berries 'n Chocolate Crunch
Fruit Drinks	Berry Blend, Cran-Grape, Kiwi & Berry, Tangy Orange, Tangy Lemon
Hot Drinks	Hot Chocolate, Cappuccino
Soups	Chicken with Noodles, Chicken & Vegetable Cream
Lite Entrees	Vegetable Cheese Omelet, Vegetarian Sloppy Joe, Zesty Chili, Spicy Cheese 'n Pasta, Cheese Steak Macaroni
Puddings	Dark Chocolate, Lemon, Chocolate Chip with Marshmallows, Toffee Creme, Caramel, Butterscotch, Banana
Desserts	Double Chocolate Cake, Cheesecake

Protein Bars	Flavors
Crispy Bars	Crispy Cinnamon, Crispy Peanut, Crispy Fudge & Graham, Crispy Berry Yogurt, Crispy Coffee Chocolate
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, Sampler Pack