

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

<b>Breakfast</b>	<b>1 Weight Loss Systems Pudding/Shake or Smoothie (MR)</b> <b>1 Weight Loss Systems Hot Cakes or Cereal or Oatmeal (PS)</b> <b>1 Optional or 1 Dairy</b>			
<b>Morning Snack</b>	<b>1 Weight Loss Systems Pudding/Shake or Smoothie (MR)</b> <b>1 Fruit</b>			
<b>Lunch</b>	<b>1 Weight Loss Systems Lite Entrée or Soup (PS)</b> <b>1 Weight Loss Systems Protein Bar (PB)</b>			
<b>Afternoon Snack</b>	<b>1 Weight Loss Systems Pudding/Shake or Smoothie (MR)</b>			
<b>Dinner</b>	<b>1 Protein</b> (4oz Very Lean or 3oz Lean) (HM) <b>2 Vegetables, 1 Starch and 1 Optional (HM)</b>			
<b>Evening Snack</b>	<b>1 Weight Loss Systems Double Chocolate Cake or Cheesecake or Pudding or Hot Drink or Fruit Drink (PS)</b>			
<b>Approximate Daily Totals</b>	Calories 1000-1200	Protein 120g-140g	Carbohydrates 110g-140g	Fat 15-30g
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
<b>Pudding/Shakes</b>	Chocolate Cream, Vanilla Cream, Strawberry Cream, ChocoMint Cream, Mocha Cream
<b>Smoothies</b>	Berry Yogurt, Strawberry Yogurt
<b>Fruit Drinks</b>	Berry Blast
<b>Soups</b>	Tomato

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

Protein Bars	Flavors
<b>Crispy Bars</b>	Crispy Cinnamon, Crispy Peanut, Crispy Fudge & Graham, Crispy Berry Yogurt, Crispy Coffee Chocolate
<b>Nutrition Bars</b>	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