Men's Daily Meal Plan

3 WS Meal Replacements; **4 WS Meal Supplements**;
1 Dairy; 2 Optional; 2 Starch; 1 Fruit; 1 Lean & Green Meal

MEALS	MENU ITEMS			
BREAKFAST	**1 WonderSlim Meal Replacement** **1 WonderSlim Breakfast** 1 Dairy serving AND 1 Optional serving AND 1 Starch serving			
MORNING SNACK	**1 WonderSlim Meal Replacement** 1 Fruit Serving			
LUNCH	**1 WonderSlim Meal Replacement** **1 WonderSlim Lite Entrée** OR **WonderSlim Soup** 1 Starch serving AND 1 Optional serving			
AFTERNOON SNACK	**1 WonderSlim Bar** OR **WonderSlim Snack**			
LEAN & GREEN MEAL	2 Protein servings; 2 Vegetable servings; 2 Starch Servings; 1 Optional serving			
DESSERT	**1 WonderSlim Dessert**			
DAILY PLAN TOTALS	**CALORIES**	**PROTEIN**	**CARBOHYDRATES**	**FAT**
	1500-1700 Calories	**139g-173g**	**163g-201g**	**19g-40g**

- You may also use spices, artificial sweeteners, vinegar, lemon juice, mustard, horseradish, sugar free gelatin as desired.
- Take 1 WonderSlim multivitamin tablet and 2 to 4 EFA softgels daily (with your breakfast).

WonderSlim Meals:
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, Cheese Steak Macaroni, Chili w/Beans.
Soups: Chicken Noodle, Chicken & Vegetable Cream, Tomato.
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.

Grocery Foods:
For Protein, **Vegetable**, **Fruit**, **Optional**, **Dairy** and **Starch** servings, refer to the *Food Selection List*.

Meal Plan Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences.
2. Use the *Food Selection List* to plan your Lean/Green Meal, Fruit and Starch selections, and to create your grocery shopping list. Choose a variety from the *Food Selection List* to consume a better nutritional intake.
3. Drink at least 8 cups of water daily.
4. Do not skip meals! Consume ALL WonderSlim Meals and Grocery Foods as directed for optimum nutritional intake, support of lean muscle and to curb hunger.
5. Prepare foods in your Lean/Green Meal by Baking, Boiling, Broiling, Grilling, Roasting or Steaming. **NO Frying!**
6. For better results, we suggest using 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.