



## Men's BASIC Plan

MEALS	MENU ITEMS
BREAKFAST	<b>1 WonderSlim Meal Replacement</b> 1 Dairy serving; 1 Optional serving; 1 Fruit serving
MORNING SNACK	<b>1 WonderSlim Meal Replacement</b> 1 Fruit Serving
LUNCH	1 Protein serving; 1 Starch serving; 2 Optional servings; 2 Vegetable servings
AFTERNOON SNACK	<b>1 WonderSlim Bar</b> <u>OR</u> <b>1 WonderSlim Snack</b>
DINNER	2 Protein servings; 4 Vegetable servings; 1 Starch Serving; 2 Optional servings
DESSERT	<b>1 WonderSlim Meal Replacement</b>
TYPICAL DAILY TOTALS (Varies based on food choices)	<b>CALORIES</b>
	<b>1500 Calories</b>
	<b>PROTEIN (45%)</b>
	<b>165g</b>
	<b>CARBOHYDRATES (40%)</b>
	<b>150g</b>
	<b>FAT (15%)</b>
	<b>25g</b>

\* For a **1700 calorie plan** add 2 starch servings, 1 vegetable serving, and 1 optional serving.

CALORIES	PROTEIN (40%)	CARBOHYDRATES (45%)	FAT (15%)
<b>1700 Calories</b>	<b>170g</b>	<b>190g</b>	<b>28g</b>

- 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.

**Bars:** Snack Bars, Gourmet Bars.

**Snacks:** Pretzel Snacks, Cheddar Crunchers, Snack O's, Milk Chocolate Crunchies.

### 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 Grocery Food servings, 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. You may prepare Grocery Foods 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.**