



## Men's CORE Plan

MEALS	MENU ITEMS			
<b>BREAKFAST</b>	<b>1 WonderSlim Meal Replacement</b> 1 Dairy serving; 1 Optional serving; 1 Starch serving; 1 Fruit serving			
<b>MORNING SNACK</b>	<b>1 WonderSlim Meal Replacement</b> 1 Fruit Serving			
<b>LUNCH</b>	<b>1 WonderSlim Lite Entrée <u>OR</u> 1 WonderSlim Soup</b> 1 Starch serving; 2 Optional servings; 3 Vegetable servings			
<b>AFTERNOON SNACK</b>	<b>1 WonderSlim Bar <u>OR</u> 1 WonderSlim Snack</b>			
<b>DINNER</b>	2 Protein servings; 3 Vegetable servings; 1 Starch Serving; 2 Optional servings			
<b>DESSERT</b>	<b>1 WonderSlim Meal Replacement</b>			
<b>TYPICAL DAILY TOTALS</b> (Varies based on food choices)	<b>CALORIES</b>	<b>PROTEIN (40%)</b>	<b>CARBOHYDRATES (45%)</b>	<b>FAT (15%)</b>
	<b>1500 Calories</b>	<b>150g</b>	<b>170g</b>	<b>25g</b>

\* For a **1700 calorie** plan add 1 starch serving and 1 vegetable 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.

**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.

### 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.**