



Women's BASIC Plan

MEALS	MENU ITEMS			
BREAKFAST	1 WonderSlim Meal Replacement			
MORNING SNACK	1 WonderSlim Meal Replacement 1 Fruit Serving			
LUNCH	1 Protein serving; 2 Vegetable servings; 1 Optional serving			
AFTERNOON SNACK	1 WonderSlim Bar <u>OR</u> 1 WonderSlim Snack			
DINNER	1 Protein serving; 2 Vegetable servings; 1 Starch serving; 2 Optional servings			
DESSERT	1 WonderSlim Meal Replacement			
TYPICAL DAILY TOTALS (Varies based on food choices)	CALORIES	PROTEIN (45%)	CARBOHYDRATES (40%)	FAT (15%)
	1000 Calories	110g	100g	15g

* For a **1200 calorie** plan add 1 dairy serving, 1 fruit serving, and 1 optional serving.

CALORIES	PROTEIN (40%)	CARBOHYDRATES (40%)	FAT (20%)
1200 Calories	120g	120g	25g

- 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.