



Women's CORE Plan

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

* For a **1200 calorie** plan add ½ protein serving and 1 fruit serving.

CALORIES	PROTEIN (40%)	CARBOHYDRATES (45%)	FAT (15%)
1200 Calories	122g	153g	24g

- 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:

Foods may be rearranged within one day to meet your schedule or personal preferences.

1. 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.
2. Drink at least 8 cups of water daily.
3. 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.
4. You may prepare Grocery Foods by Baking, Boiling, Broiling, Grilling, Roasting or Steaming. **NO Frying!**
5. 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.