

# NURSING MOTHERS **BASIC ESSENTIALS PLAN**

MEALS	MENU ITEMS								
BREAKFAST	<b>1 Wonderslim Meal Replacement</b> 1 Starch serving; 1 Dairy serving; 1 Fruit serving; 1 Fat serving								
MORNING SNACK	<b>1 Wonderslim Meal Replacement</b> 1 Fruit serving								
LUNCH	1 Protein serving; 2 Starch servings; 2 Vegetable servings 2 Fruit servings; 2 Fat servings; 1 Optional serving								
AFTERNOON SNACK	<b>1 WonderSlim Bar OR 1 WonderSlim Snack</b>								
DINNER	1 Protein serving 2 Starch servings; 3 Vegetable servings; 2 Fat servings; 1 Optional serving								
DESSERT	<b>1 WonderSlim Meal Replacement</b>								
<b>TYPICAL DAILY TOTALS*</b>	<table border="1"> <thead> <tr> <th>Calories</th> <th>Protein (26-28%)</th> <th>Carbohydrates (46-49%)</th> <th>Fat (25-27%)</th> </tr> </thead> <tbody> <tr> <td>1800-2000</td> <td>128g-133g</td> <td>212g-247g</td> <td>56g-57g</td> </tr> </tbody> </table>	Calories	Protein (26-28%)	Carbohydrates (46-49%)	Fat (25-27%)	1800-2000	128g-133g	212g-247g	56g-57g
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\* For a 2000 calorie plan, add 2 fruit servings, 2 vegetable servings, 1 fat serving and 1 optional serving.  
 Take 1 WonderSlim multivitamin tablet and 1 WonderSlim DHA softgel daily (with your breakfast).  
 You may also use spices, artificial sweeteners, stevia extract, vinegar, lemon juice, mustard, horseradish, sugar free gelatin as desired.

## Meal Plan Instructions:

- Do not skip meals! Be sure to eat ALL of the WonderSlim Meals and Grocery Foods listed on your plan. This ensures that you get a robust nutritional intake to support lean muscle mass and curb your hunger.
- Use the WonderSlim Selection List to organize and plan your WonderSlim meals.
- Use the Grocery Selection List as a guide for all other meals on your plan. Bring it with you on shopping trips!
- Hydrate! Drink at least 8 cups of water a day.
- Bake, poach, grill, roast or broil. No Frying!
- Expect to NOT be perfect. Unplanned eating, lapses, real life - it happens to everyone.

## Example Day - Women's

WONDERSLIM VANILLA CREAM PUDDING SHAKE W/ 1 CUP STRAWBERRIES, 1 SLICE WHOLE WHEAT TOAST W/ 1/2 TBSP. PEANUT BUTTER, 4-OZ. NON FAT YOGURT	Breakfast
WONDERSLIM BERRY YOGURT SMOOTHIE, 3/4 CUP BLUEBERRIES	Snack
4-OZ. CHICKEN BREAST SANDWICH ON WHOLE WHEAT BREAD W/ FF MAYO, 2 CUPS CUCUMBER/TOMATO W/ 2 TBSP. FF ITALIAN DRESSING, 6 OZ. GRAPES	Lunch
WONDERSLIM CHOCOLATE NUTTY ALMOND NUTRITION BAR	Snack
4-OZ. GRILLED MAHI W/ 1/4 CUP SALSA, 6OZ. SWEET POTATO W/ 1 TBSP. BUTTER, 1 1/2 CUPS STEAMED BROCCOLI/CAULIFLOWER/CARROTS	Dinner
WONDERSLIM CHOCOLATE SALTED CARAMEL PUDDING SHAKE	Dessert
	Water*
	Exercise

Consult with your physician before you begin and maintain contact throughout your progress.  
 Use the Food & Activity Diary to keep track of everything you eat, drink & do each day.