



Women's Meal Plan

1000-1200 Calories

3 Meal Replacements; 3 Protein Supplements; 1 Snack Bar; 1 Lean/Green Meal

MEALS	MENU ITEMS			
BREAKFAST (7am-9am)	1 WonderSlim® Pudding/Shake <u>OR</u> Smoothie 1 WonderSlim® Hot Cakes <u>OR</u> Crunch Cereal <u>OR</u> Hot Oatmeal 1 Optional <u>OR</u> 1 Dairy			
MORNING SNACK (9am-11am)	1 WonderSlim® Pudding/Shake <u>OR</u> Smoothie 1 Fruit			
LUNCH (11am-1pm)	1 WonderSlim® Lite Entrée <u>OR</u> Soup 1 WonderSlim® Snack Bar			
AFTERNOON SNACK (1pm-3pm)	1 WonderSlim® Pudding/Shake <u>OR</u> Smoothie			
DINNER (5pm-7pm)	LEAN/GREEN MEAL 1 Protein (4oz Very Lean <u>OR</u> 3oz Lean) 2 Vegetables, 1 Starch <u>AND</u> 1 Optional			
EVENING SNACK (7pm-8pm)	1 WonderSlim® Double Chocolate Cake <u>OR</u> Cheesecake <u>OR</u> Pudding <u>OR</u> Hot Drink <u>OR</u> Fruit Drink			
DAILY PLAN TOTALS	CALORIES	PROTEIN	CARBOHYDRATES	FAT
	1000-1200	126g-129g	112g-137g	15-28g

INSTRUCTIONS:

1. You may also use spices, seasonings, vinegar, lemon juice, mustard, horseradish, sugar free gelatin, and listed beverages as desired.
2. Take 1 multivitamin and drink at least 8 cups of water or non-caloric beverage daily.
3. Foods may be rearranged within one day to meet your schedule or personal preferences.
4. Use the **Food Selection List** on the back to plan your Lean/Green Meal, Fruit selection, and to create a shopping list.
5. Prepare food in Lean/Green Meal by Baking, Boiling, Broiling, Grilling, Roasting or Steaming. **NO Frying!**
6. Consume ALL Meal Replacements and Supplements as directed for optimum nutritional intake, support of lean muscle and to curb hunger.
7. To ensure your success, use the **Food & Activity Diary** to document everything you eat and drink, as well as your daily physical activity.

The WonderSlim® Meal Plan: 3 Meal Replacements; 3 Protein Supplements; 1 Snack Bar; 1 Lean/Green Meal

Products found below may be purchased individually and/or are included within our **WonderSlim® Starter Kits**.

3 WonderSlim® Meal Replacements (100-120 Calories, 15 Grams of Protein, 23 Vitamins & Minerals)

Pudding/Shakes (WS101) Flavors: Chocolate Cream, Vanilla Cream, Mocha Cream, Strawberry Cream, Coco Mint. **Smoothies** (WS103) Flavors: Berry Yogurt, Strawberry Yogurt); **Soup** (WS108) Flavor: Tomato; **Fruit Drink** (WS102) Flavor: Berry Blast.

3 WonderSlim® Protein Supplements (60-130 Calories, 10-12 Grams of Protein)

Apple 'n Cinnamon Oatmeal (WS111); **Crunch Cereal** (WS121) Flavors: Cinnamon Crunch, Berries 'n Chocolate Crunch; **Hot Cakes** (WS136); **Vegetable Cheese Omelet** (WS131); **Vegetarian Sloppy Joe** (WS116); **Zesty Chili** (WS123); **Spicy Cheese 'n Pasta** (WS122); **Cheese Steak Macaroni** (WS132); **Soups** (WS108) Flavors: Chicken with Noodles, Chicken & Vegetable Cream; **Double Chocolate Cake** (WS137); **Cheesecake** (WS119); **Puddings** (WS107) Flavors: Dark Chocolate, Lemon, Chocolate Chip with Marshmallows, Toffee Creme, Caramel; **Hot Drinks** (WS106) Flavors: Hot Chocolate, Mint Hot Chocolate, Raspberry Hot Chocolate, Cappuccino; **Fruit Drinks** (WS102) Flavors: Berry Blend, Cran-Grape, Kiwi & Berry, Tangy Orange, Tangy Lemon; **Snack Bites** (WS128) Flavors: BBQ, Sour Cream & Onion; **Chips** (WS120) Flavors: Cheddar, Golden Dijon; **Milk Chocolate Crunchies** (WS115).

1 WonderSlim® Bar (150-160 Calories, 10-15 Grams of Protein)

Snack Bars (WS109) Flavors: Peanut Butter Crisp, ChocoMint, Chocolate, Chocolate Peanut Butter, Caramel Butter Pecan, Creamy Cookie, Tangy Lemon Crisp, Cookie Dough, Cinnamon Oatmeal Raisin, Caramel Brownie Nut, Butter Toffee, Chocolate Coconut, Sample Pack; **Crispy Bars** (WS114) Flavors: Cinnamon, Peanut, Fudge & Graham, Coffee Chocolate, Berry Yogurt.

1 Lean/Green Meal

See Food Selection List for meal suggestions.

Consult a doctor before beginning a diet or exercise program.

www.WonderSlim.com

1-800-882-4830