



## SAMPLE MEAL PLANS

Talk to your Health Coach about more meal-planning tools.

### DAY 1

- ▶ **Meal #1: Breakfast**  
Scrambled Eggs meal replacement
- ▶ **Meal #2: Mid-morning**  
Dutch Chocolate Shake meal replacement
- ▶ **Meal #3: Lunch**  
Cream of Tomato Soup meal replacement sprinkled with parsley
- ▶ **Meal #4: Afternoon**  
Beef Vegetable Stew meal replacement
- ▶ **Meat & Vegetable Meal: Dinner**  
6 oz grilled chicken breast, 1-½ cups cooked asparagus, one tsp olive oil
- ▶ **Meal #5: Evening**  
French Vanilla Shake meal replacement

### DAY 2

- ▶ **Meal #1: Breakfast**  
Apple Cinnamon Oatmeal meal replacement
- ▶ **Meal #2: Mid-morning**  
Hot Cocoa meal replacement, mixed with  
1 Tbsp sugar-free hazelnut syrup
- ▶ **Meat & Vegetable Meal: Lunch**  
7 oz grilled tilapia coated with canola oil, 2 cups mixed salad greens, ½ cup total diced tomatoes, cucumbers, and celery, 2 Tbsp low-carb salad dressing
- ▶ **Meal #3: Afternoon**  
Caramel Crunch Bar meal replacement
- ▶ **Meal #4: Dinner**  
Chicken Noodle Soup meal replacement
- ▶ **Meal #5: Evening**  
Strawberry Creme Shake meal replacement

Simply eat one meal every two to three hours and drink at least 64 ounces of water each day.

Since our meal replacements are interchangeable, you can substitute any meal replacement for the suggested meals.



## SUPPORT FOR YOUR SUCCESS – WHENEVER YOU NEED IT!

We offer a vibrant online community of real people just like you who are losing weight and finding a healthier lifestyle.

You'll find tools to track your progress, online journaling, and discussion boards and chat rooms to give you the support and encouragement you need to succeed.



# One simple plan, every day

## 5

### MEAL REPLACEMENTS

Choose five Meals from over 70 different, delicious choices, including shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars, puddings, pretzel sticks, cheese puffs, and brownies.

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## 1

### MEAT & VEGETABLE MEAL

Choose lean protein and vegetables once a day, at any time that works best with your schedule. You can prepare the Meat & Vegetable Meal yourself, grab it on the go, or enjoy it in a restaurant—as long as you follow the Meal & Vegetable Meal guidelines.

## THE “LEAN”




Choose options that are grilled, baked, broiled, or poached—not fried.

 <b>LEANEST:</b> Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.	 <b>LEANER:</b> Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.	 <b>LEAN:</b> Choose a 5-oz portion (cooked weight) – no Healthy Fat added
<ul style="list-style-type: none"><li>• <b>Fish:</b> cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellow fin, steak, or canned in water), wild catfish</li><li>• <b>Shellfish:</b> crab, scallop, shrimp, lobster</li><li>• <b>Game meat:</b> deer, buffalo, elk</li><li>• <b>Ground turkey or other meat:</b> ≥ 98% lean</li><li>• <b>Meatless options:</b><ul style="list-style-type: none"><li>• 14 egg whites</li><li>• 2 cups of EggBeaters®</li><li>• 2 Boca Burger®, Morningstar Farms®, or Garden Burger® patties, or other varieties with less than 6 grams of carbohydrate per patty.</li></ul></li></ul>	<ul style="list-style-type: none"><li>• <b>Fish:</b> swordfish, trout, halibut</li><li>• <b>Chicken:</b> breast or white meat, without skin</li><li>• <b>Ground turkey or other meat:</b> 95 – 97% lean</li><li>• <b>Turkey:</b> light meat</li><li>• <b>Meatless options:</b> 15 oz extra-firm tofu or 2 whole eggs plus 4 egg whites.</li></ul>	<ul style="list-style-type: none"><li>• <b>Fish:</b> Salmon, tuna, (blue fin steak), farmed catfish, mackerel, herring</li><li>• <b>Lean beef:</b> steak, roast, ground</li><li>• <b>Lamb</b></li><li>• <b>Pork chop or pork tenderloin</b></li><li>• <b>Ground turkey or other meat:</b> 85 – 94% lean</li><li>• <b>Chicken or turkey:</b> dark meat</li><li>• <b>Meatless options:</b> 3 whole eggs (limit to once a week) or 15 oz firm or soft tofu</li></ul>

For additional meat and meatless options, talk to your Health Coach.

## THE “GREEN”

Select any three servings from the list below. Servings are ½ cup unless otherwise noted.

 <b>LOWER CARBOHYDRATE</b>	 <b>MODERATE CARBOHYDRATE</b>	 <b>HIGHER CARBOHYDRATE</b>
1 cup: collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress.  ½ cup: celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens.	Asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini).	Broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash.

## CONDIMENTS AND SEASONINGS

For a complete list of recommendations, talk to your Health Coach.

## HEALTHY FAT SERVINGS

One serving equals 1 teaspoon of canola, flaxseed, walnut, or olive oil; 5 black olives; 2 tablespoons of low-carbohydrate salad dressing; or 1 teaspoon of trans fat-free margarine.