

## YOUR CUSTOMIZED MEAL CHART

<b>Weight Program</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>8:00</b> <i>Breakfast</i>							
<b>10:00 am</b> 2 Thermo. with water							
10:30 am <i>Snack</i>							
30-60 min. before lunch chew (1) Maintain One wafer with water							
<b>12:00 noon</b> <i>Lunch</i>							
<b>2:00 PM</b> 2 Thermo. with water							
30-60 min. before snack chew (1) Maintain One wafer with water							
<b>3:00 pm</b> <i>Snack</i>							
<b>6:30 pm</b> <i>Dinner</i> 30-60 min. before dinner chew (1) Maintain One wafer With water							
<b>10:30 pm</b> <i>Snack</i>							

**Note: As with any responsible weight management program, especially if you have any type of medical condition or have an exceptional amount of weight to lose (over 25 pounds), consult you physician prior to starting.**