

YOUR PERSONAL MEAL PLANNER (FEMALE)

Weight Program	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
(2) 8:00 Breakfast	¼ Cup Dry Oatmeal ¼ Cup Lite Fruit 2 TSP Almond Slices 2 Slices of Bacon	¼ Cup Dry Oatmeal ¼ Cup Lite Fruit 2 TSP Almond Slices 2 Slices of Bacon	¼ Cup Dry Oatmeal ¼ Cup Lite Fruit 2 TSP Almond Slices 2 Slices of Bacon	¼ Cup Dry Oatmeal ¼ Cup Lite Fruit 2 TSP Almond Slices 2 Slices of Bacon	¼ Cup Dry Oatmeal ¼ Cup Lite Fruit 2 TSP Almond Slices 2 Slices of Bacon	¼ Cup Dry Oatmeal ¼ Cup Lite Fruit 2 TSP Almond Slices 2 Slices of Bacon	¼ Cup Dry Oatmeal ¼ Cup Lite Fruit 2 TSP Almond Slices 2 Slices of Bacon
10:00 am 2 Thermo. with water							
30-60 min. before lunch chew (1) Maintain One wafer with water							
12:00 noon Lunch	3 Units Red Menus						
2:00 PM 2 Thermo. with water							
30-60 min. before Snack chew (1) Maintain One wafer with water							
3:00 pm Snack	1 Unit Snack Menus						
30-60 min. before Snack chew (1) Maintain One wafer with water							
6:30 pm Dinner	4 Units Blue Menus						
(1) 10:30 pm Snack	¼ nonfat Cottage Cheese ½ cup light fruit 1 tsp Almond slices	¼ nonfat Cottage Cheese ½ cup light fruit 1 tsp Almond slices	¼ nonfat Cottage Cheese ½ cup light fruit 1 tsp Almond slices	¼ nonfat Cottage Cheese ½ cup light fruit 1 tsp Almond slices	¼ nonfat Cottage Cheese ½ cup light fruit 1 tsp Almond slices	¼ nonfat Cottage Cheese ½ cup light fruit 1 tsp Almond slices	¼ nonfat Cottage Cheese ½ cup light fruit 1 tsp Almond slices

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.