

YOUR PERSONAL MEAL CHART (MALE)

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

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.