

1000-Calorie Meal Plan

Quick Start
3 Pudding/Shakes or Soups or Fruit Drink; 1 Bar; 2 Meals

Breakfast	Health Management and Nutrition Pudding/Shake
Morning Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
Lunch	2 oz. lean meat; 2 vegetables; 1 fruit; 1 optional
Afternoon Snack	Health Management and Nutrition Nutritional Bar
Dinner	1 starch; 5 oz. very lean meat; 2 vegetables; 1 optional
Evening Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Pudding/Shakes Fruit Drink Soups	Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha Wildberry Creamy Chicken, Creamy Tomato
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan with Caramel, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.

1000-Calorie Meal Plan

Quick Start

4 Pudding/Shakes or Soups or Fruit Drink; 2 Bars; 1 Meal

Breakfast	Health Management and Nutrition Pudding/Shake
Morning Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
Lunch	Health Management and Nutrition Pudding/Shake or Soup And Nutrition Bar
Dinner	1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 optional
Evening Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink and Nutrition Bar
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Pudding/Shakes Fruit Drink Soups	Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha Wildberry Creamy Chicken, Creamy Tomato
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan with Caramel, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.

1000-Calorie Meal Plan

Quick Start 5 Pudding/Shakes or Soups or Fruit Drink; 1 Bar; 1 Meal

Breakfast	Health Management and Nutrition Weight Loss Pudding/Shake
Morning Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
Lunch	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink And Nutrition Bar
Afternoon Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
Dinner	1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 fruit; 1 optional
Evening Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Pudding/Shakes Fruit Drink Soups	Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha Wildberry Creamy Chicken, Creamy Tomato
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan with Caramel, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.

1000-Calorie Meal Plan

Quick Start
5 Pudding/Shakes or Soups or Fruit Drink; 2 Bars; 1 Meal

Breakfast	Health Management and Nutrition Pudding/Shake Supplement
Morning Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
Lunch	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink and Nutrition Bar
Afternoon Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
Dinner	4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 1 optional
Evening Snack	Health Management and Nutrition Pudding/Shake Supplement or Nutrition Bar
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Pudding/Shakes Fruit Drink Soups	Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha Wildberry Creamy Chicken, Creamy Tomato
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan with Caramel, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch
Fulfill	Orange Gelatin, cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to curb hunger.
4. Eat meals at regular intervals.
1. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.

1 Supplement; 2 Bars; 3 Meals

1000-Calorie Meal Plan

Breakfast	Health Management and Nutrition Supplement 1 fruit; 1 optional
Lunch	1 starch; 2 oz. very lean meat OR 1 oz. lean meat; 1 vegetable; 1 fruit; 1 optional
Afternoon Snack	Health Management and Nutrition Nutrition Bar
Dinner	1 starch; 4 oz. very lean meat OR 3 oz. lean meat; 1 vegetable; 1 fat; 1 optional
Evening Snack	Health Management and Nutrition Nutrition Bar
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan with Caramel, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: Pastas may substitute for 2 starches and 1 oz. of meat.

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to help curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.

1000-Calorie Meal Plan

2 Supplements; 1 Bar; 3 Meals

Breakfast	1 fruit; 1 milk; 1 optional
Morning Snack	Health Management and Nutrition Supplement
Lunch	1 starch; 2 oz. very lean meat OR 1 oz. lean meat; 1 vegetable; 1 fruit; 1 optional
Afternoon Snack	Health Management and Nutrition Nutrition Bar
Dinner	1 starch; 4 oz. very lean OR 3 oz. lean meat; 1 vegetable; 1 fat; 1 optional
Evening Snack	Health Management and Nutrition Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan with Caramel, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: Pastas may substitute for 2 starches and 1 oz. of meat.

Cereals may substitute for 1 starch and ½ milk.

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to help curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.

1000-Calorie Meal Plan

3 Supplements; 1 Bar; 3 Meals

Breakfast	Health Management and Nutrition Supplement 1 fruit; 1 optional
Lunch	Health Management and Nutrition Supplement 1 starch; 2 oz. very lean OR 1 oz. lean meat; 1 vegetable; 1 fruit; 1 optional
Afternoon Snack	Health Management and Nutrition Nutrition Bar
Dinner	1 starch; 4 oz. very lean OR 3 oz. lean meat; 1 vegetable; 1 fat; 1 optional
Evening Snack	Health Management and Nutrition Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan with Caramel, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch
Weight Loss Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: Health Management and Nutrition Pastas may substitute for 2 starches and 1 oz. of meat.

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to help curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.

1000-Calorie Meal Plan

2 or 5 Supplements; 1 Crisp ‘n Crunch Bar; 1 or 2 Meals

	2 Supplements, 1 Bar, 2 Meals	5 Supplements, 1 Bar, 1 Meal
Breakfast	1 Crisp ‘n Crunch Bar and 1 fruit	Pudding Shake Supplement Fulfill Supplement
Morning Snack	Supplement	Pudding Shake Supplement
Lunch	½ starch; 3 oz. lean meat; 1 vegetable; 1 optional	Pudding Shake or Soup Supplement Crisp ‘n Crunch Bar
Afternoon Snack	Fruit Drink Supplement	Pudding Shake or Soup Supplement
Dinner	1 starch; 5 oz. very lean; 2 vegetable; 1 fat; 1 optional	1 starch; 4 oz. lean meat; 1 vegetables; 1 optional
Evening Snack	ShapeWise™ Chews (optional)	Pudding Shake or Soup Supplement
At least 8 cups of water or non-caloric beverages daily.		

Supplements	Flavors
Supplements	Fruit Drinks, Hot Drinks, Puddings, Shakes, Soups
Pudding/Shakes Fruit Drink Soups	Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha Wildberry Creamy Chicken, Creamy Tomato
Crisp ‘n Crunch Bars	Cinnamon, Peanut
Fulfill	Beverage: Iced Tea, Mixed Fruit Gelatin: Cherry, Orange
ShapeWise™ Chews	Chocolate, Lemon

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a fruit or vegetable serving as a snack).
2. Use **Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to help curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily.
6. Including 2-4 ShapeWise™ chews per day will provide body-shaping CLA and satisfy sweet cravings.