

Quick Start

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

Breakfast	1 starch; 1 milk; 1 fruit; 1 optional
Morning Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink
Lunch	1 starch; 4 oz. lean meat; 2 vegetables; 1 optional
Afternoon Snack	Health Management and Nutrition Pudding/Shake or Soup or Fruit Drink and 1 fruit
Dinner	2 starches; 5 oz. very lean meat; 3 vegetables; 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
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.

1 Supplement; 2 Bars; 3 Meals

Breakfast	Health Management and Nutrition Supplement 1 starch; 1 fruit; 1 optional
Lunch	2 starches; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 2 fruits; 1 fat; 1 optional
Afternoon Snack	Health Management and Nutrition Nutrition Bar
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 2 vegetables; 2 fats; 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.

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2 Supplements; 1 Bar; 3 Meals

Breakfast	1 starch; 1 fruit; 1 milk; 1 optional
Morning Snack	Health Management and Nutrition Supplement
Lunch	2 starches; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 2 fruits; 1 fat; 1 optional
Afternoon Snack	Health Management and Nutrition Nutrition Bar
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 2 vegetables; 2 fats; 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.

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3 Supplements; 1 Bar; 3 Meals

Breakfast	Health Management and Nutrition Supplement 1 starch; 1 fruit; 1 optional
Morning Snack	Health Management and Nutrition Supplement
Lunch	2 starches; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 2 fruits; 1 fat; 1 optional
Afternoon Snack	Health Management and Nutrition Nutrition Bar
Dinner	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 2 vegetables; 2 fats; 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: Anne Penman Weight Loss Pastas may substitute for 2 starches and 1 oz. of meat.

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