

## 1 Supplement; 2 Bars; 3 Meals

<b>Breakfast</b>	Health Management and Nutrition Weight Loss Supplement 2 starches; 2 fruits; 1 optional
<b>Lunch</b>	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 2 fats; 1 optional
<b>Afternoon Snack</b>	Health Management and Nutrition Weight Loss Nutrition Bar
<b>Dinner</b>	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
<b>Evening Snack</b>	Health Management and Nutrition Weight Loss Nutrition Bar
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

<b>Supplements</b>	<b>Flavors</b>
HM&N Weight Loss Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
HM&N Weight Loss 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
HM&N Weight Loss Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: Health Management and Nutrition Weight Loss 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 HM&N Weight Loss 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 HM&N Weight Loss Fulfill can be consumed, when desired.

## 2 Supplements; 1 Bar; 3 Meals

<b>Breakfast</b>	2 starch; 2 fruits; 1 milk; 1 optional
<b>Morning Snack</b>	Health Management and Nutrition Weight Loss Supplement
<b>Lunch</b>	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 2 fats; 1 optional
<b>Afternoon Snack</b>	Health Management and Nutrition Weight Loss Nutrition Bar
<b>Dinner</b>	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
<b>Evening Snack</b>	Health Management and Nutrition Weight Loss Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

<b>Supplements</b>	<b>Flavors</b>
HM&N Weight Loss Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
HM&N Weight Loss 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
HM&N Weight Loss Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: HM&N Weight Loss Pastas may substitute for 2 starches and 1 oz. of meat.

HM&N Weight Loss Cereals may substitute for 1 starch and ½ milk.

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## 3 Supplements; 1 Bar; 3 Meals

<b>Breakfast</b>	Health Management and Nutrition Weight Loss Supplement 2 starches; 2 fruits; 1 optional
<b>Morning Snack</b>	Health Management and Nutrition Weight Loss Supplement
<b>Lunch</b>	2 starches; 4 oz. very lean meat OR 3 oz. lean meat; 2 vegetables; 2 fruits; 2 fats; 1 optional
<b>Afternoon Snack</b>	Health Management and Nutrition Weight Loss Nutrition Bar
<b>Dinner</b>	2 starches; 6 oz. very lean meat OR 4 oz. lean meat; 3 vegetables; 2 fats; 1 optional
<b>Evening Snack</b>	Health Management and Nutrition Weight Loss Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.	

<b>Supplements</b>	<b>Flavors</b>
HM&N Weight Loss Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
HM&N Weight Loss 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
HM&N Weight Loss Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: HM&N Weight Loss 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).
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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 HM&N Weight Loss 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 HM&N Weight Loss Fulfill can be consumed, when desired.