



WellnessPro® Weight-Loss Program

** To lose weight, we need to create a deficit in calories; that is, burn more than we eat. To lose about a pound a week, we need to create a 3500 calorie deficit that week. When we replace 2 meals a day with a WPro Balanced Nutrition Shake we create a 700 calorie deficit every day.*

Cut

«bad» carbohydrates (fruits, bread, rice, pasta, potatoes, sugar...) from your diet, especially, for the first 14 days.

Eat

3-5 small meals a day. Replace 2 of them with WellnessPro meal replacement shake for Men or Women.

Feeling hungry between meals?

Have a healthy snack or an extra WellnessPro® shake.

Drink

Proper hydration improves metabolism and supports kidney and liver function by flushing out the weight-loss by-products. The more water you drink, the easier it is to lose weight and keep it off!

Exercise

If you don't have time for a gym, walk at least 1 mile a day. You have more energy now – use it!

Track your progress

Weigh and measure yourself once a week, take "before" and "after" pictures, keep a weight-loss diary to track and celebrate your results.

Breakfast Make it. Shake it. Take it!

WellnessPro®
Balanced Nutrition
Chocolate or Vanilla



+



Blend 2 scoops of our delicious meal replacement shake with 8 fl oz of cold water, nonfat milk, soy or almond milk, or your favorite low-carbohydrate drink.

Enjoy!

Dfense™
Whole body cleanse with probiotics. Take 1-2 tablets with a glass of water.

Launch Light. Balanced.



+



Block n Burn™
Carbohydrate blocker
Take 1 tablet 30 mins
-1 hr before a meal.

Make healthy choices! Keep our **Recommended food lists** handy for healthy, low carb meal ideas.

Dinner Make it. Shake it. Take it!

WellnessPro®
Balanced Nutrition
Chocolate or Vanilla



Mix 2 scoops of WellnessPro® shake with 8 fl oz of cold water, nonfat milk, soy or almond milk, or your favorite low-carbohydrate drink.

Enjoy!

Before Bed



Take 1-2 tablets of Dfense™ with a glass of water.

Want to get your WellnessPro autoship **FREE**?
Ask your Consultant about Get 3, Yours is Free Program details.

© 2015-2016 WellnessPro®, Inc. All Rights reserved.



Recommended Foods

☐ Recommended for the duration of your weight-loss program.

■ May be added after the first 14 days on the program

Fish and Seafood

Calamari	Oysters	Sole
Crab	Salmon	Talapia
Halibut	Shrimp	Trout
Lobster	Snapper	Tuna

Poultry*

Chicken
Cornish hen
Duck
Goose
Turkey

Meat*

Beef
Ham
Pork
Veal
Venison

Egg*

Hard-boiled Eggs
Fried Eggs
Omelets
Poached Eggs
Scrambled Eggs

* "Free range, grass fed" meats, fish, and eggs are preferred.

Salad / Vegetables

Artichoke	Chicory	Garbanzo Beans
Asparagus	Celery	Green Beans
Bamboo Shoots	Cucumbers	Kale
Beets	Dandelion Greens	Mushrooms
Broccoli	Endive	Onion
Brussel sprouts	Eggplants	Peppers
Cabbage	Garlic	Radishes

Fresh Fruits and Berries

Apple	Lemon	Plum
Blackberries	Mandarins	Pomegranate
Blueberries	Oranges	Raspberries
Cranberries	Papaya	Sour cherries
Grapefruit	Peach	Strawberries
	Pear	

Drinks

Herbal Teas
Mineral Water
Spring Water
Water

Extras for Your Salad

Avocado	Black Eyed Peas
Bacon	Cayenne Pepper
Eggs	Greek Yogurt
Grated Cheese	Lemon
Mushrooms	Red pepper Flakes

Sugar Substitutes

Stevia, Raw Honey or Coconut sugar are the best choices. Avoid saccharine, Aspartame, Sorbitol and Mannitol.

Cheese

Blue Cheese	Jarlsberg
Cheddar	Mozzarella
Feta	Swiss
Goat Cheese	

Grains, Beans and Legumes

Barley	Black Beans
Quinoa	Kidney Beans
Steel Cut Oats	Lima Beans
Wheat Germ	Peas
	Pinto Beans

Nuts and Seeds

Almonds
Brazil Nuts
Macadamia
Pecans
Pumpkin Seeds
Sunflower Seeds
Walnuts

Oil

Avocado
Coconut Oil
Grapeseed Oil
Olive
Sunflower
Sesame
Walnut

Herbs

Basil
Cilantro
Dill
Mint Leaves
Oregano
Parsley
Rosemary
Thyme

Salad Dressings*

Balsamic Vinegar
Lemon Juice with Spices
Olive Oil with Vinegar

* Best choices are cold pressed oils. Avoid margarine. Make sure there's no sugar added!

Try to stay away from processed foods as much as possible.