



Welcome to the BEST you!

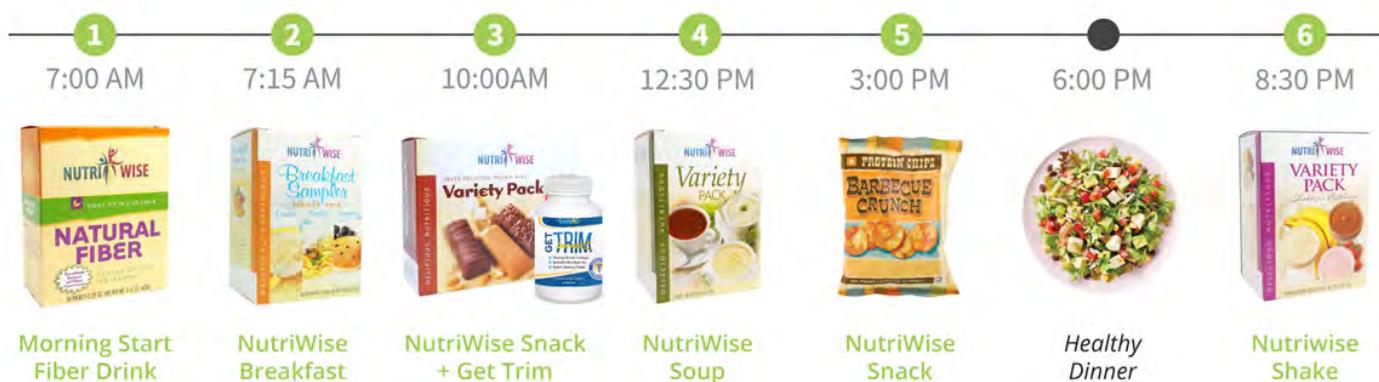
Use this guide to maximize the NutriWise diet plan programs effectiveness. Whether you are just starting your weight loss journey, or almost at the finish line, you have the power to make your dreams a reality!

# CORE High Protein Meal Plan

# Your Intro Plan Diet Guide

Congratulations! You've taken the first step to a healthier, happier life. You've already taken the biggest step: committing to losing weight and learning to live a life of strength, energy and optimal health. This NutriWise diet plan will get you there, and this guide will show you the way. The goal of the NutriWise program is to help you lose weight, build a strong and fit body, and learn to live a life of optimal health without hunger or deprivation. Consider this handbook your personal instruction manual. The Intro plan is a great way to ease into a weight loss program without giving up much of your normal diet.

## Typical Daily Intake on the **Core** Plan



\*This is only one option for a daily meal plan - there are other combinations possible with your kit.

Each day you will eat five NutriWise high protein supplement meals and one meal you prepare yourself. It is important to make sure the meals you prepare are healthy and nutritious. This guide will be able to help you determine what meals to prepare and how to shop for ingredients to make sure you optimize your diet on this meal plan.



# CORE

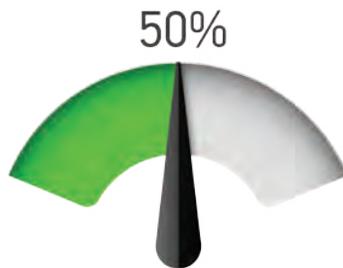
# Each day you will...

**EAT** up to six times—a NutriWise breakfast and lunch, 3 NutriWise snacks, and a healthy meal from our list of approved lean proteins, healthy fats and non-starchy vegetables. NutriWise high-protein meals are delicious and filling; you won't go hungry!

**DRINK** at least 64 ounces (8 cups) of water. Drinking water fills you up and (believe it or not) helps reduce water retention.

**MOVE** your body for at least 30 minutes. You can walk, ride a bike, take a step or yoga class, swim, lift weights or do body weight exercises like jumping jacks. It doesn't matter. In this guide, you'll find various interval-training plans for any fitness level designed for use at home.

**TRACK** your progress in the planning section in the back of this guide, Using your planner will help you lose weight quicker and become a more mindful eater!



This diet will replace about 50% of your diet. You don't have to count calories on this diet if you are eating healthy meals - but if you would rather have a calorie limitation aim for 1,200 calories per day for women and 1,500 per day for men. This is an extremely low calorie diet, if you have existing health problems consult your doctor before starting this diet.



**CORE**

# Daily Guide

Your meal plan includes NutriWise Fiber Drinks, NutriWise Breakfast Entrees, NutriWise Protein Bars, NutriWise Soups, NutriWise Shakes, NutriWise Chips & 1 LuzIt! Get Trim Supplement.

With these products you have two daily menu options, it is recommended to switch off every other day to give your diet variety and keep it interesting.

## Option 1

Breakfast	1 NutriWise Fiber Drink + 1 NutriWise Breakfast
Morning Snack	1 NutriWise Pudding/Shake + Get Trim
Lunch	1 NutriWise Soup + 1 Vegetable
Afternoon Snack	1 NutriWise Protein Bar
Dinner	1 Lean Meat + 1 Vegetable + 1 Starch
Evening Snack	1 NutriWise Pudding/Shake

## Option 2

Breakfast	1 NutriWise Fiber Drink + 1 NutriWise Breakfast
Morning Snack	1 NutriWise Pudding/Shake + Get Trim
Lunch	1 NutriWise Soup + 1 Vegetable
Afternoon Snack	1 NutriWise Chip Pack
Dinner	1 Lean Meat + 1 Vegetable + 1 Starch
Evening Snack	1 NutriWise Pudding/Shake

\*Black coffee is optional on this plan.



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