



Weight Loss Systems *Women's* 1000-1200 Calorie Diet Plan

3 Meal Replacements (MR); 3 Protein Supplements (PS); 1 Protein Bar (PB); 1 Healthy Meal (HM)

Breakfast	1 Weight Loss Systems Pudding/Shake or Smoothie or MR Hot Drink or MR Soup (MR) 1 Weight Loss Systems Pancakes or Oatmeal (PS) 1 Optional or 1 Dairy			
Morning Snack	1 Weight Loss Systems Pudding/Shake or Smoothie or MR Hot Drink or MR Soup (MR) 1 Fruit			
Lunch	1 Weight Loss Systems Entrée or PS Soup (PS) 1 Weight Loss Systems Protein Bar (PB)			
Afternoon Snack	1 Weight Loss Systems Pudding/Shake or Smoothie or MR Hot Drink or MR Soup (MR)			
Dinner	1 Protein (4oz Very Lean or 3oz Lean) (HM) 2 Vegetables, 1 Starch and 1 Optional (HM)			
Evening Snack	1 Weight Loss Systems Pudding or PS Hot Drink (PS)			
Approximate Daily Totals	Calories 1000-1200	Protein 120g-140g	Carbohydrates 110g-140g	Fat 15-30g
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily.				

Instructions:

1. You may use spices, seasonings, vinegar, lemon juice, mustard, horseradish, sugar free gelatin, and listed beverages as desired.
2. Take 1 multivitamin and drink at least 8 cups of water or non-caloric beverage daily.
3. Foods may be rearranged within one day to meet your schedule or personal preferences
4. Use the **Food Selection List & Shopping Guide** to plan your Health Meal, Fruit selection, and to create a shopping list.
5. Prepare food in the Healthy Meal by Baking, Boiling, Broiling, Grilling, Roasting or Steaming. NO Frying.
6. Consume ALL Meal Replacements and Supplements as directed for optimum nutritional intake, support of lean muscle and to curb hunger.
7. Eat meals at regular intervals.

*** Consult with your doctor before starting any diet, exercise, or supplementation program. ***



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Meal Replacements	Flavors
Pudding/Shakes	Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha
Smoothies	Berry Crème
MR Hot Drink	Hot Chocolate
MR Soups	Creamy Tomato

Protein Supplements	Flavors
Oatmeal	Apples & Cinnamon
Pancakes	Plain, Chocolate Chip
PS Hot Drinks	Creamy Hot Chocolate, Cappuccino
PS Soups	Homestyle Chicken With Noodles, Cream of Chicken With Vegetables
Entrees	Vegetarian Sloppy Joe, Nacho Cheese Pasta
Puddings	Cheesecake, Double Chocolate

Protein Bars	Flavors
Crispy Bars	Cinnamon, Fudge Graham
Nutrition Bars	Brownie Bar With Caramel, Peanut Butter Crunch