

MEAL PLANS*

In this section, you will find four meal plans: a weight management plan and a weight maintenance plan for both men and women. Choose the meal plan that will best meet your personal goals.

1600 calorie plan for women (weight management plan)	Pgs. 8-11
1800 calorie plan for women (weight maintenance plan)	Pgs. 12-15
2200 calorie plan for men (weight management plan)	Pgs. 16-19
2600 calorie plan for men (weight maintenance plan)	Pg. 20-23

1600 CALORIE PLAN FOR WOMEN (WEIGHT MANAGEMENT PLAN)

DAY 1	
BREAKFAST	281 CAL
Kashi Go Lean Cereal	1 cup
Skim Milk	1/2 cup
Grapefruit	1
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	1 tablet
SNACK	190 CAL
Maximum Force Protein Bar	1 bar
Water	8 fl oz
LUNCH	360 CAL
ProThin Meal Replacement (Strawberry Cream Protein Shake)	(p. 45)
Water	16 fl oz
Thermogenic Blend	2 tablets
D-Zyme	1 tablet
SNACK	183 CAL
Snow Peas or Soy Beans	1 cup
Soy Crisps	1 serving
Water	8 fl oz
DINNER	653 CAL
Sweet and Sour Chicken	1/2 cup (p. 34)
Long-Grain Brown Rice	1 cup
Asparagus	1 cup
Whole-Wheat Flax Seed Bread	1 slice (p. 36)
Brummel and Brown Butter	1 tsp
Water	16 fl oz
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	1 tablet
DAILY TOTAL	
Total Calories	1667 calories
Fats	
- Total	32.95g (82%)
- Saturated	7.24g (40%)
Carbohydrates	
- Total	253.67g (115%)
- Fiber	47.50g (158%)
- Sugars	89.48g (112%)
Protein	110.55g (123%)
Cholesterol	82mg (27%)
Sodium	2797mg (117%)
Vitamin A	73% RDA
Vitamin C	436% RDA
Calcium	93% RDA

*Consult your physician prior to beginning an exercise or weight management program if pregnant, nursing, taking medication, under a physician's care, or experiencing any medical condition

DAY 2**BREAKFAST 458 CAL**

Kashi Go Lean Cereal	1 cup
Skim Milk	1/2 cup
Sliced Cantaloupe	1 cup
Crunchy Granola	1/4 cup
Light Yogurt	1
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	1 tablet

SNACK 252 CAL

Maximum Force Protein Bar	1 bar
Orange	1
Water	8 fl oz

LUNCH 231 CAL

ProThin Meal Replacement (Luscious Lime Smoothie)	(p. 44)
Baby Carrots	1 cup
Water	16 fl oz
Thermogenic Blend	2 tablets
D-Zyme	1 tablet

SNACK 147 CAL

Mozzarella String Cheese	1
Snow Peas or Soy Beans	1 cup
Water	8 fl oz

DINNER 497 CAL

Teriyaki Chicken with Pineapple	3 oz	(p. 35)
Pineapple Salsa	1/4 cup	(p. 43)
Black Beans (cooked)	1/2 cup	
Corn	1/2 cup	
Feta Cheese	1 Tbsp	
Craisin Apple Spinach Salad	2 cups	(p. 26)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	

DAILY TOTAL

Total Calories	1585 calories
Fats	
- Total	25.27g (63%)
- Saturated	8.56g (48%)
Carbohydrates	
- Total	271.91g (124%)
- Fiber	43.52g (145%)
- Sugars	107.18g (134%)
Protein	105.13g (117%)
Cholesterol	32mg (11%)
Sodium	2656mg (111%)
Vitamin A	51% RDA
Vitamin C	279% RDA
Calcium	80% RDA

DAY 3**BREAKFAST 317 CAL**

Kashi Crunch	1 cup
Skim Milk	1/2 cup
Orange	1
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	1 tablet

SNACK 190 CAL

Maximum Force Protein Bar	1 bar
Water	8 fl oz

LUNCH 375 CAL

ProThin Meal Replacement (Raspberry Cream Protein Shake)	(p. 45)
Water	16 fl oz
Thermogenic Blend	2 tablets
D-Zyme	1 tablet

SNACK 168 CAL

Low-Fat Cottage Cheese	1/2 cup
Pineapple (canned)	1/2 cup
Baby Carrots	1 cup
Water	8 fl oz

DINNER 565 CAL

Chicken Taco Soup	1 cup	(p. 26)
Mozzarella Cheese (Skim Milk)	2 Tbsp	
Baked Tostitos	1 serving	
Steamed Cauliflower	1 cup	
Steamed Broccoli	1 cup	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	

DAILY TOTAL

Total Calories	1615 calories
Fats	
- Total	24.74g (62%)
- Saturated	6.36g (35%)
Carbohydrates	
- Total	261.26g (119%)
- Fiber	56.33g (188%)
- Sugars	110.30g (138%)
Protein	108.01g (120%)
Cholesterol	14mg (5%)
Sodium	3261mg (136%)
Vitamin A	86% RDA
Vitamin C	584% RDA
Calcium	114% RDA

1600 CALORIE PLAN FOR WOMEN CONT. (WEIGHT MANAGEMENT PLAN)

DAY 4		
BREAKFAST 406 CAL		
Egg White Omelet	1 serving	(p. 41)
Skim Milk	1 cup	
Sliced Cantaloupe	1 cup	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	
SNACK 208 CAL		
Maximum Force Protein Bar	1 bar	
Apple	1	
Water	8 fl oz	
LUNCH 513 CAL		
ProThin Meal Replacement (Strawberry Cream Protein Shake)		(p. 45)
Soy Beans or Snow Peas	2 cups	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	1 tablet	
SNACK 200 CAL		
Low-Fat Cottage Cheese	1/2 cup	
Soy Crisps	1 serving	
Water	8 fl oz	
DINNER 318 CAL		
Oriental Chicken Salad	1 cup	(p. 27)
Soy Beans or Snow Peas	2 cups	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	
DAILY TOTAL		
Total Calories	1645 calories	
Fats		
- Total	42.76g	(107%)
- Saturated	10.22g	(57%)
Carbohydrates		
- Total	189.77g	(86%)
- Fiber	44.10g	(147%)
- Sugars	93.41g	(117%)
Protein	136.88g	(152%)
Cholesterol	257mg	(86%)
Sodium	4530mg	(189%)
Vitamin A	80% RDA	
Vitamin C	375% RDA	
Calcium	114% RDA	

DAY 5		
BREAKFAST 350 CAL		
Egg White Omelet	1 serving	(p. 41)
Orange	1	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	
SNACK 271 CAL		
Maximum Force Protein Bar	1 bar	
Apple	1	
Water	8 fl oz	
LUNCH 455 CAL		
ProThin Meal Replacement (Cranberry Craze Protein Shake)		(p. 44)
Baby Carrots	1 cup	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	1 tablet	
SNACK 150 CAL		
Light Yogurt	1	
Fiber One Cereal	1/2 cup	
Water	8 fl oz	
DINNER 397 CAL		
Tender Halibut in Lemon Dill	4 oz	(p. 35)
Roasted Vegetables	1 cup	(p. 27)
Herbed Couscous and Vegetables	1/2 cup	(p. 42)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	
DAILY TOTAL		
Total Calories	1623 calories	
Fats		
- Total	32.41g	(81%)
- Saturated	10.66g	(59%)
Carbohydrates		
- Total	232.42g	(106%)
- Fiber	43.42g	(145%)
- Sugars	111.41g	(139%)
Protein	119.67g	(133%)
Cholesterol	282mg	(94%)
Sodium	3155mg	(131%)
Vitamin A	59% RDA	
Vitamin C	354% RDA	
Calcium	123% RDA	

DAY 6**BREAKFAST 313 CAL**

Kashi Crunch	1 cup
Skim Milk	1/2 cup
Grapes	1 cup
Water	16 fl oz
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	1 tablet

SNACK 193 CAL

Maximum Force Protein Bar	1 bar
Baby Carrots	1 cup
Water	8 fl oz

LUNCH 535 CAL

ProThin Meal Replacement (Cranberry Craze Protein Shake) (p. 44)		
Almonds	2 Tbsp	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	1 tablet	

SNACK 165 CAL

Low-Fat Cottage Cheese	1/2 cup
Pineapple (canned)	1/2 cup
Water	8 fl oz

DINNER 426 CAL

Citrus Orange Basil Chicken	3 oz	(p. 32)
Couscous (cooked)	1/2 cup	
Steamed Broccoli	1 cup	
Wheat Dinner Roll	1	
Brummel and Brown Butter	1 tsp	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	

DAILY TOTAL

Total Calories	1632 calories	
Fats		
- Total	30.50g	(76%)
- Saturated	6.67g	(37%)
Carbohydrates		
- Total	254.09g	(115%)
- Fiber	34.90g	(116%)
- Sugars	134.03g	(168%)
Protein	100.76g	(112%)
Cholesterol	9mg	(3%)
Sodium	3043mg	(127%)
Vitamin A	78% RDA	
Vitamin C	410% RDA	
Calcium	105% RDA	

DAY 7**BREAKFAST 192 CAL**

Oatmeal	1/2 cup
Skim Milk	1 cup
Water	16 fl oz
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	1 tablet

SNACK 190 CAL

Maximum Force Protein Bar	1 bar
Water	8 fl oz

LUNCH 632 CAL

ProThin Meal Replacement (Chocolate Peanut Butter Protein Shake) (p. 44)		
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	1 tablet	

SNACK 84 CAL

Apple	1
Baby Carrots	1 cup
Water	8 fl oz

DINNER 421 CAL

Creamy Chicken Enchiladas	2 servings	(p. 32)
Steamed Broccoli	1 cup	
Corn	1/2 cup	
Homemade Fresh Salsa	1/4 cup	(p. 42)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	1 tablet	

DAILY TOTAL

Total Calories	1519 calories	
Fats		
- Total	33.28g	(83%)
- Saturated	7.36g	(41%)
Carbohydrates		
- Total	209.33g	(95%)
- Fiber	30.23g	(101%)
- Sugars	110.50g	(138%)
Protein	113.98g	(127%)
Cholesterol	29mg	(10%)
Sodium	3845mg	(160%)
Vitamin A	105% RDA	
Vitamin C	335% RDA	
Calcium	165% RDA	