

BREAKFAST

Food	Amount
Advocare® meal replacement shake Add water and ice (+/- ¼ cup berries) Mix in blender or shaker cup	1 package

Sample Weight Loss Meal Plan

To gain better control of your appetite and metabolism, you can use [Advocare's MNS® Max 3](#) before and with meals.

SNACK (Chose 1) Eat them between meals (ie 2/day)

Food	Amount
fruit	1
• <i>berries</i>	¼ cup
• <i>cherries</i>	10
• <i>grapes</i>	10
• <i>apple(medium)</i>	1
almonds	10-12
walnuts	10
Protein bar	1/2
low fat dairy: 1 of these options	
• <i>cheese</i>	3 oz
• <i>Greek yogurt</i>	1/2 cup
• <i>cottage cheese</i>	4 oz
• <i>skim milk</i>	1 cup

LUNCH

Food	Amount
Same as breakfast	1 package

SNACK (as above)

DINNER	*“Free foods”	Chose 1 meal item from each column
Meat (4 oz)	Vegetable (1 cup)	Starch
Chicken breast	broccoli	sweet potato (small)
Salmon	string beans	cooked brown rice or basmati rice (1/2 cup)
Turkey Breast	spinach	black beans (1/2 cup)
Tofu	Lettuce*	peas (1/2 cup)
8 Shrimp	Celery*	
Flounder	Cucumber*	
Veggie omelet with 2 eggs or 3 egg whites & 1 yolk	asparagus	
	Kale	
	tomato	
	cabbage	
	collards	
	cauliflower	
	green leafy*	
	salad with olive oil/vinegar dressing (2 tbl)	

You should be eating every 3-4 hours. Schedule eating into your daily routine. Eating less frequently can slow down your metabolism and make it more difficult to lose weight. It will also help with cravings and hunger.

Please consult your physician before starting any weight loss regimen.

Fluids	*Drink 16 ounces before each meal	Avoid
Water Crystal light® Flavored Water	Diet Tea Herbal Tea	Alcohol Sodas Juices