

1-Week Weight-Loss Meal Plan

Day	Morning	Mid Morning	Lunch	Late Afternoon	Dinner	Snack
1	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit and Banana Energy Charge Health Flavor Vi-Slim[®] Metabolism Booster Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	NEURO[™] In Water 10 Almonds 1 Apple	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit with Chocolate Cardia Care Health Flavor Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	4 Celery Sticks 1 tbsp Peanut Butter	3 oz. Chicken (no skin) 1 c. Broccoli or Carrots Side Salad with 2 tbsp Fat Free Salad Dressing	½ c. Cottage Cheese ½ c. Blueberries
2	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit and Chocolate Cardia Care Health Flavor Vi-Slim[®] Metabolism Booster Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	NEURO[™] In Water ½ c. or 8 Baby Carrots 1 tbsp Low Fat Ranch Dressing	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit with Strawberry Phyto-Power Health Flavor Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	5 Walnut Halves 1 Orange	3 oz. Grilled Ahi with Nicoise Salad 1 c. Green Beans	¾ c. Low Sugar Cereal ½ c. Non Fat Milk
3	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit and Banana Energy Charge Health Flavor Vi-Slim[®] Metabolism Booster Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	NEURO[™] In Water 10 Almonds 1 Pear	Vi-Shape[®] Shake with Non-Fat Milk and Frozen Fruit Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	4 Pita Chips 2 tbsp Hummus	3 Egg White Omelet with Mushrooms, Onions and 1 oz Low Fat Mozzarella Side Salad with 2 tbsp Fat Free Salad Dressing	½ c. Cottage Cheese ½ c. Strawberries
4	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit and Strawberry Phyto-Power Health Flavor Vi-Slim[®] Metabolism Booster Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	NEURO[™] In Water 1 c. Unsweetened Apple Sauce	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit with Chocolate Cardia Care Health Flavor Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	½ c. Cottage Cheese ½ c. Blueberries	3 oz. Chicken (no skin) 1 Medium Baked Sweet Potato Side Salad with 2 tbsp Fat Free Salad Dressing	String Cheese 1 Apple
5	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit and Banana Energy Charge Health Flavor Vi-Slim[®] Metabolism Booster Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	NEURO[™] In Water ½ c. Cottage Cheese 1 Apple	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit with Strawberry Phyto-Power Health Flavor Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	4 Pita Chips 2 tbsp Hummus	3 oz. Pork Tenderloin 1 c. Green Beans Side Salad with 2 tbsp Fat Free Salad Dressing	1 Apple 1 tbsp Peanut Butter
6	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit and Strawberry Phyto-Power Health Flavor Vi-Slim[®] Metabolism Booster Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	NEURO[™] In Water ½ c. Cottage Cheese ½ c. Grapes	Vi-Shape[®] Shake with Non-Fat Milk and Frozen Fruit Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	4 Celery Sticks 1 tbsp Peanut Butter	3 oz. Salmon Asparagus Side Salad with 2 tbsp Fat Free Salad Dressing	¾ c. Low Sugar Cereal ½ c. Non Fat Milk
7	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit and Banana Energy Charge Health Flavor Vi-Slim[®] Metabolism Booster Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	NEURO[™] In Water 1½ c. Edamame (In the shell)	Vi-Shape[®] Shake with Non-Fat Milk, Frozen Fruit with Chocolate Cardia Care Health Flavor Vi-Trim[®] Hunger Control Powder (In your shake, or In NEURO [™])	10 Almonds 1 Pear	Medium Baked Potato 1 c. Salsa ¼ c. Cheddar Cheese Side Salad with 2 tbsp Fat Free Salad Dressing	½ c. Cottage Cheese ½ c. Raspberries

Drink a large glass of water with each meal and snack. Drink NEURO[™] with water as one of your snacks or 30 minutes prior to working out.

Please visit www.visalus.com for more meal ideas, recipes, snacks and nutritional information.