

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.