

## The IdealPlan *solves all the problems* of weight loss:

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**Unbelievably simple.** The biggest secret to fat loss is eating the right foods, in the right calorie amounts, with the right ratio of proteins, carbs and fats. Don't panic: we've done all of this for you in the IdealPlan.

**Tastes delicious.** Losing weight doesn't require torturing your taste buds. The IdealPlan is five flavorful meals and snacks every day, including two smooth and yummy IdealShakes to satisfy your sweet tooth.

**Keeps you full for hours.** Hunger is the enemy of weight loss (and ironically, most diets leave you that way). But with frequent meals and the powerful craving-crusher Slendesta<sup>®</sup>, you'll never go hungry on the IdealPlan.

**Gives you energy.** Balanced nutrition spread across five meals a day lets you trade those energy dips (that make you want to reach for a soda and a candy bar) for sustained energy all day long.

**More convenient than fast food.** It doesn't get quicker than unwrapping an IdealBar or blending up a smoothie with IdealShake! And your other meals and snacks on the Plan can be prepped together just once a week.

## Five-Meal Plan

### Breakfast Smoothie

- 1 scoop IdealShake®
- 1 large serving fruit (see fruit list)
- 1 Protein A Serving
- 1 c. any milk (see milk list)
- Or: choose from the recipes in the IdealPlan

### Mid-Morning Snack

- 1 IdealBar®
- Or:
- 1 Protein A List Option
- 1 Carb B List Option

### Lunch Smoothie

- 1 scoop IdealShake®
- 1 Carb D serving
- 1 Fat A serving
- 1 c. any milk
- Or: choose from the recipes in the IdealPlan

### Mid-Afternoon Snack

- 1 Protein A List Option
- 1 Carb B List Option
- Or: choose from the recipes in the IdealPlan
- Optional: 1 IdealBoost™ stick pack

### Dinner

- 1 serving any lean meat - (3-4 oz - approx size of your palm)
- 1 Fat B List
- 1 Carb C List Serving
- Unlimited vegetables\*
- Or: choose from the recipes in the IdealPlan

## Food Lists

### Milk Options:

- Almond Milk
- Soy Milk
- Skim Milk
- Low fat Milk
- Unsweetened Coconut Milk
- Coconut Water
- Rice Milk

### Fruit Servings:

- 1 banana
- 1 apple
- 1 orange
- 1 peach
- 1 pear
- 1 mango
- 2 tangerines
- 2 apricots
- 2 kiwis
- 1 c. berries/cherries/pineapple
- 1 ½ c. any melon (watermelon, cantaloupe, honeydew, etc)
- 1 ½ c. grapes
- 1 c. any fruit juice/veggie juice
- Or: Any fruit for approx 100 calories

### Carb B List (Small Snacks):

- 1 flavored rice cake
- ½ c. low sugar cereal (Plain cheerios, Rice Chex, Wheaties, etc)
- 1 low fat graham cracker
- ½ serving whole wheat crackers
- ½ serving pop chips/baked chips
- ½ serving fruit (see fruit list)
- Or: Any low fat carb for approx 50 calories

Approximate daily calories: 1500

40% carbs

30% proteins

30% fats

## Carb C List (Dinner Options):

- ½ c. brown/white rice
- ½ c. couscous
- ½ c. quinoa
- ½ c. whole wheat pasta
- 1 small sweet/red/white potato
- 1 small whole wheat tortilla
- 2 corn tortillas
- 1 slice whole wheat bread
- 1 serving fruit
- Or: Any low fat carb for approx 100 calories

## Carb D Options (Shake Add Ins):

- ½ c. oats
- 2 T. chia seeds
- 1 fruit serving (see fruit list)
- 4 T. PB2 peanut butter powder
- 2 T. Honey/Agave/Real Maple Syrup
- ½ c. Plain cheerios (stirred in)
- 1 light yogurt
- 2 low fat graham cracker
- Or: Any low fat carb for approx 75 calories

## Protein A Servings (Shake Add Ins/Snack Options):

- ½ c. low fat cottage cheese
- ¾ c. fat free plain Greek yogurt
- ½ scoop whey protein
- 1 80-100 calorie flavored Greek yogurt (e.g., Dannon Light n Fit Greek)
- ¾ c. liquid egg whites (can be added to shakes to make it smooth and creamy)
- 1 egg (hard boiled is easily transportable)
- 1 oz beef jerky
- 3 oz turkey slices
- 1 low fat string cheese
- 1 serving tuna
- Or: Any protein for approx 100 calories

## Fat A Serving (Shake Add Ins):

- 1 T. peanut butter
- ⅓ avocado
- 2 T. flax seed
- 1 T. coconut oil
- 3 T. Coconut flakes
- ½ oz dark chocolate
- Or: Any low sugar fat for approx 100 calories

## Fat B List (Dinner Options):

- 1 oz cheese
- 1 T. any nuts/seeds/nut butter
- ¼ c. feta cheese
- 1 T. any oil (coconut, extra virgin olive oil, grapeseed oil, etc)
- 1 T. any salad dressing
- ⅓ avocado
- Or: Any low sugar fat for approx 100 calories

## Freebie Shake Add Ins:

- 2 T. Sugar free fat free pudding powder
- 1 T. Cocoa Powder
- Any Extracts - vanilla, coconut, almond, maple, orange, etc
- Sugar Free Syrups (e.g.,: Torani and DaVinci)
- ¼ t. Crystal Light mix)
- Any Vegetables (e.g., cucumber, spinach, kale, peppers, tomatoes, carrots, etc)

## \*Vegetable Cheat Sheet

*Fibrous veggies are allowed with any meal in any amount (e.g., asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, celery, okra, cucumber, eggplant, collard greens, tomato, leek, lettuce, any mushroom, green onion, onion, bell pepper, radish, snow peas, spinach, zucchini, fennel, green beans, pickles).*

*Carrots, peas and squash are not "free" veggies but can be enjoyed occasionally.*

*Corn and potatoes are counted as grains/carbs in the meal plan.*

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• For the complete plan, including recipes and weight  
• loss nutrition tips, refer to the full **IdealPlan** guide.  
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