

## Five-Meal Plan

### Breakfast Smoothie

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

### Mid-Morning Snack

- 1 IdealBar®
- 10 almonds OR 1 string cheese
- Or:
- 1 Protein B List Option
- 1 Carb B List Option
- 10 almonds OR 1 string cheese

### Lunch Smoothie

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

### Mid-Afternoon Snack

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

### Dinner

- 1 serving any lean meat - 3-4 oz (approx size of palm of hand)
- 1 Fat B List Serving
- 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: 1800

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 List (Shake Add-In's):**

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 (or other low sugar cereal)  
1 flavored yogurt  
2 low fat graham crackers  
Or: Any low fat carb for approx 150 calories

## **Protein B Servings (Shake Add-Ins/Snack Options):**

¾ c. low fat cottage cheese  
1 c. plain fat free Greek yogurt  
1 scoop whey protein  
150 calorie flavored Greek yogurt (e.g., Chobani)  
1 c. liquid egg whites (can be added to shakes to make them smooth and creamy)  
2 eggs (hard boiled are easily transportable)  
2 oz beef jerky  
5 oz Turkey slices  
2 low fat string cheese  
1 ½ servings tuna  
Or: Any protein for approx 150 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

## **Fat C List (Shake Add-Ins):**

2 T. peanut butter  
¾ avocado  
4 T. flax seed  
1 ½ T. coconut oil  
6 T. coconut flakes  
1 ½ oz dark chocolate  
Or: Any low sugar fat for approx 200 calories

## **Freebie Shake Add-In's:**

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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## 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.