

Easy Weigh

THE EASY WAY TO SIGNIFICANT WEIGHT LOSS

1. **Water is critical to your weight loss.** In addition to water provided by your HealthWise Meal Replacement Drinks, you should drink eight 8 ounces of water each day while on this plan.
2. Although HealthWise Meal Replacements contain supplemental vitamins and minerals, while on this program please **continue to take all vitamins and minerals** provided by your program.
3. While following the Easy Weigh Program your physician may recommend that you take HealthWise Nature's EFA capsules each day **to ensure adequate dietary intake of Essential Fatty Acid.** Consult your physician for a specific recommendation.
4. **Eliminate intake of salt and sugar.** Use only salad dressings provided by your program. Commercial salad dressings may be too high in sugar and salt content for this program.



FOOD CONSUMPTION UNDER THIS PLAN FOLLOWS:

BREAKFAST | HealthWise Meal Replacement Drink, Chocolate or Vanilla.

LUNCH | HealthWise Meal Replacement Drink in your choice of flavors. You may also have a green salad. Select from among Lettuce, Cucumbers, Broccoli, Cauliflower, Cabbage, Celery, Mushrooms, Green Peppers, and Radishes to prepare your salad.

DINNER | You may again have a green salad as above. You may also have 1 lowfat protein portion, 1-2 vegetables portions and your choice of a fruit in accordance with the instructions provided by your counselor.

PROTEIN *Selections*

4oz. tuna 4oz. lobster
4oz. chicken breast 4oz. shrimp
4oz. turkey breast 4oz. red snapper
4oz. fresh crabmeat 4oz. flounder

VEGETABLE *Selections*

1 cup raw or cooked vegetables
or for salad: use 4oz. of lettuce
plus 1/2 cup raw vegetables:
alfalfa sprouts, green peppers,
asparagus, mushrooms,
bean sprouts, leeks, broccoli,
lettuce (*leafy*), cabbage, radishes,
cauliflower, raw tomato, celery,
romaine, collards, scallions,
cucumber, spinach, eggplant,
summer squash, green beans,
turnips, green onions, zucchini

FRUIT *Selections*

apple (*1 sm*), honeydew (*1/8 med*)
apricots (*2 med*), kiwi fruit (*1 med*)
blueberries (*1/2 c.*), orange (*1 sm*)
blackberries (*1/2 c.*), peach (*1 med*)
cantaloupe (*1/4 sm*), plum (*1 med*)
raspberries (*1/2 c.*), grapefruit (*1/2 c.*)
tangerine (*1 med*), grapefruit (*1/2 c.*)

Big Taste. Small Waist.™

H E A L T H  W I S E