

HEALTHWISE *Power Fast*

☑ WATER IS CRITICAL TO YOUR PROGRAM.

1. In addition to water provided by your meal replacements you must drink 64 ounces of water. Water should be consumed in 8 eight ounce servings spread throughout the day. If you consume additional beverages, avoid caffeinated products.
2. Consume 3 HealthWise Meal Replacement Drinks. Meal Replacement Drinks may be consumed at any time that's convenient with your schedule.
3. HealthWise Meal Replacement Drinks contain vitamin and mineral supplements, but you should continue to take all vitamins and minerals provided by your program.
4. While following the Power Fast 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.
5. Visit your counselor in accordance with your instructions, if you have questions or problems speak to your counselor.
6. This program may be continued in accordance with instructions provided by your physician.



☑ FOUR ON-THREE OFF OPTION

In accordance with the instruction provided by your counselor, on days 5, 6, and 7 of this program, you may omit 1 HealthWise Meal Replacement Drink. If you elect to omit the Meal Replacement, you should replace it with a meal consisting of 1 low fat protein portion, 2 vegetable portions, and your choice of a fruit according to the schedules provided below.

☑ 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