

# 1-Week Weight-Loss Meal Plan

Day	Morning	Mid Morning	Lunch	Late Afternoon	Dinner	Snack
1	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b> <b>Vi-Slim®</b> Metabolism Booster <b>Vi-Trim®</b> Hunger Control Powder (as needed)	<b>NEURO™</b> in Water <b>Nutra-Cookie™</b>	<b>Vi-Shape®</b> Shake with Non-Fat Milk, and Frozen Fruit	4 Celery Sticks 1 tbsp Peanut Butter	4-6 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	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b> <b>Vi-Slim®</b> Metabolism Booster <b>Vi-Trim®</b> Hunger Control Powder (as needed)	<b>NEURO™</b> in Water <b>Nutra-Cookie™</b>	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b>	½ c. or 8 Baby Carrots 1 tbsp Low-Fat Dressing	4-6 oz. Fish with Salad 1 c. Green Beans	¾ c. Low Sugar Cereal ½ c. Non Fat Milk
3	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b> <b>Vi-Slim®</b> Metabolism Booster <b>Vi-Trim®</b> Hunger Control Powder (as needed)	<b>NEURO™</b> in Water 10 Almonds 1 Pear	<b>Vi-Shape®</b> Shake with Non-Fat Milk, and Frozen Fruit	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	<b>Nutra-Cookie™</b>
4	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b> <b>Vi-Slim®</b> Metabolism Booster <b>Vi-Trim®</b> Hunger Control Powder (as needed)	<b>NEURO™</b> in Water <b>Nutra-Cookie™</b>	<b>Vi-Shape®</b> Shake with Non-Fat Milk, and Frozen Fruit	½ c. Cottage Cheese ½ c. Blueberries	4-6 oz. Chicken (no skin) 1 Medium Baked Sweet Potato Side Salad with 2 tbsp Fat Free Salad Dressing	String Cheese 1 Apple
5	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b> <b>Vi-Slim®</b> Metabolism Booster <b>Vi-Trim®</b> Hunger Control Powder (as needed)	<b>NEURO™</b> in Water ½ c. Cottage Cheese 1 Apple	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b>	<b>Nutra-Cookie™</b>	4-6 oz. Pork Tenderloin 1 c. Green Beans Side Salad with 2 tbsp Fat Free Salad Dressing	1 Apple 1 tbsp Peanut Butter
6	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b> <b>Vi-Slim®</b> Metabolism Booster <b>Vi-Trim®</b> Hunger Control Powder (as needed)	<b>NEURO™</b> in Water 1 c. Unsweetened Applesauce	<b>Vi-Shape®</b> Shake with Non-Fat Milk, and Frozen Fruit	4 Celery Sticks 1 tbsp Peanut Butter	4-6 oz. Fish with Asparagus Side Salad with 2 tbsp Fat Free Salad Dressing	<b>Nutra-Cookie™</b>
7	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b> <b>Vi-Slim®</b> Metabolism Booster <b>Vi-Trim®</b> Hunger Control Powder (as needed)	<b>NEURO™</b> in Water <b>Nutra-Cookie™</b>	<b>Vi-Shape®</b> Shake with Non-Fat Milk, Frozen Fruit and <b>Health Flavor</b>	10 Walnut Halves 1 Orange	Medium Baked Potato with 1 c. Salsa and ¼ c. 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](http://www.visalus.com) for more meal ideas, recipes, snacks and nutritional information.