



Quick Start

2 Pudding/Shakes or Soups or Fruit Drink; 1 Bars; 3 Meals

Breakfast	1 Starch; 1 milk; 1 fruit; 1 optional
Morning Snack	NNWL Pudding/Shake or Soup or Fruit Drink
Lunch	1 starch; 4 oz. lean meat; 2 vegetables; 1 optional
Afternoon Snack	NNWL Pudding/Shake or Soup or Fruit Drink 1 fruit
Dinner	2 starches; 5 oz. very lean meat; 3 vegetables; 1 fat; 1 optional
Evening Snack	NNWL Nutrition Bar
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily	

Supplements	Flavors
Pudding/Shakes Fruit Drink Soups	Chocolate, Vanilla, Strawberry, Chocolate Mint, Mocha, Wildberry Creamy Chicken, Creamy Tomato
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan, Chocolate Raspberry, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch, Caramel Brownie, Caramel Crunch, Chocolate Peanut Dream, Chocolate Mushroom, Peanut Butter Mousse, Double Peanut Butter, Lemon Meringue, Oatmeal, Peanut Butter & Jelly, Peanut Caramel Delight, Rockie Road, Strawberry Cheesecake, Marshmallow Brownie Crisp
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruits as a snack).
2. Use **Food Selection Guide** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to curb hunger.
4. Eat meals at regular intervals.
5. Include 1-3 servings of Fulfill to provide the benefits of soluble fiber. Many people, especially those trying to lose weight, will benefit from at least one serving per day to help reach a daily intake of 25 grams of fiber daily. Additional 2 servings of Fulfill can be consumed, when desired.



1 Supplement; 2 Bars; 3 Meals

Breakfast	NNWL Supplement 1 Starch, 1 Fruit; 1 optional
Lunch	2 Starches; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables ; 2 fruits; 1 fat; 1 optional
Afternoon Snack	NNWL Nutrition Bar
Dinner	2 Starches; 6 oz. very lean meat OR 4 oz. lean meat; 2 vegetables; 2 fats; 1 optional
Evening Snack	NNWL Nutrition Bar
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily	

Supplements	Flavors
NNWL Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan, Chocolate Raspberry, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch, Caramel Brownie, Caramel Crunch, Chocolate Peanut Dream, Chocolate Mushroom, Peanut Butter Mousse, Double Peanut Butter, Lemon Meringue, Oatmeal, Peanut Butter & Jelly, Peanut Caramel Delight, Rockie Road, Strawberry Cheesecake, Marshmallow Brownie Crisp
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: NNWL Pastas may substitute for 2 starches and 1 oz. of meat

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2 Supplement; 1 Bars; 3 Meals

Breakfast	1 Starch; 1 Fruit; 1 milk; 1 optional
Morning Snack	NNWL Supplement
Lunch	2 Starches; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 2 fruits; 1 fat; 1 optional
Afternoon Snack	NNWL Nutrition Bar
Dinner	2 Starches; 6 oz. very lean meat OR 4 oz. lean meat; 2 vegetables; 2 fats; 1 optional
Evening Snack	NNWL Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily	

Supplements	Flavors
NNWL Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan, Chocolate Raspberry, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch, Caramel Brownie, Caramel Crunch, Chocolate Peanut Dream, Chocolate Mushroom, Peanut Butter Mousse ,Double Peanut Butter, Lemon Merinque, Oatmeal, Peanut Butter & Jelly, Peanut Caramel Delight, Rockie Road, Strawberry Cheesecake, Marshmallow Brownie Crisp
Fulfill	Orange Gelatin, Cherry Gelatin, Iced Tea Drink, Mixed Fruit Drink

Note: NNWL Pastas may substitute for 2 starches and 1 oz. of meat
 NNWL Cereals may substitute for 1 starch and 1/2 milk

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3 Supplement; 1 Bars; 3 Meals

Breakfast	NNWL Supplement 1 Starch; 1 Fruit; 1 optional
Morning Snack	NNWL Supplement
Lunch	2 Starches; 2 oz. very lean meat OR 1 oz. lean meat; 2 vegetables; 2 fruits; 1 fat; 1 optional
Afternoon Snack	NNWL Nutrition Bar
Dinner	2 Starches; 6 oz. very lean meat OR 4 oz. lean meat; 2 vegetables; 2 fats; 1 optional
Evening Snack	NNWL Supplement
1 Multivitamin and at least 8 cups of water or non-caloric beverages daily	

Supplements	Flavors
NNWL Supplements	Fruit Drinks, Hot Beverages, Soups, Shakes, Puddings
Nutrition Bars	Toffee, Cookies & Cream, Butter Pecan, Chocolate Raspberry, Brownie with Caramel, Peanut Butter, Double Chocolate, Chocolate Mint, Oatmeal Cinnamon Raisin, Chocolate Chip Cookie Dough, Peanut Butter Crunch, Lemon Crunch, Caramel Brownie, Caramel Crunch, Chocolate Peanut Dream, Chocolate Mushroom, Peanut Butter Mousse, Double Peanut Butter, Lemon Merinque, Oatmeal, Peanut Butter & Jelly, Peanut Caramel Delight, Rockie Road, Strawberry Cheesecake, Marshmallow Brownie Crisp
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