

Quick Start Guide - Full Meal Replacement Weight Loss Program



START

Choose (up to) [5 meal replacement items](#) for each day:

NEXT →

You will make 1 "Selfie" or Self Made meal a day for the meal of your choice - most people choose the selfie meal for dinner

Step 3 All meal products are interchangeable and can be used as any meal or snack of your choice

Step 4 Due to meal products being low calorie and small portion it is ok to snack on meal replacement items between breakfast, lunch, and dinner and even after dinner as long as the last snack is not within 3 hours of bedtime

Step 5 Snacks are recommended 2-3 hours after meals but are not required

Step 6 Follow the recommendations for the selfie meal (included in the Meal Replacement Guide) to maximize weight loss results

Step 7 Avoid (or limit) alcohol

Example Full Meal Replacement Day:

8:00 am

Breakfast



[Golden Protein Pancake](#)

10 am



[Oatmeal Protein Bar](#)

Snack #1

[Maple n Brown Sugar Protein Oatmeal](#)

12 pm

Lunch



[Protein Soup](#)



[BBQ Crisps](#)

2-3 pm

Snack #2

5-6 pm

Dinner



Selfie Meal
Salmon + Veggies

7 pm

Snack #3



[Ready to Drink Chocolate Shake](#)