

# 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

# 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