Plexus Lean™ and Slim Hunger Control*
7-Day Meal Plan
7 Days of high-protein vegetarian recipes

Sticking to a healthy diet isn’t always easy. When you’re constantly on the go, having a healthy and convenient meal replacement option can help keep you on track and avoid eating something you shouldn’t.

Plexus Lean™ is a supercharged, 100% vegetarian shake that delivers nutrition, weight loss benefits®, and energy—all with a smooth, creamy texture and delicious chocolate mocha flavor.

With 20 grams of ultra-pure, plant-based protein and 24 essential vitamins and minerals, substituting 1-2 meals with a delicious Lean shake can help you manage your weight® and achieve your goals of health and fitness. In addition, Plexus Slim® Hunger Control is a refreshing, blood orange, lemon and lime drink that promotes overall health. Adding 1 to 2 packets to your daily nutrition can help support weight loss, control hunger and support healthy glucose metabolism.* Whether you want to shed pounds® or simply maintain, kickstart your healthy, protein-rich diet with these easy-to-follow shopping lists and meal plans.

Choose your meal plan:

**Weight Loss®**
Support healthy weight loss® with 7 days of nutritious meal and snack options, designed to help you lose weight® by replacing 2 meals with a Plexus Lean shake and adding 1 Slim Hunger Control packet 30-60 minutes before 1 meal daily. This high protein meal plan includes a week’s worth of delicious recipes and is designed to keep you feeling full and satisfied while supporting your weight loss goals.*

**Maintenance**
Get more protein in your diet and maintain a healthy weight® by replacing 1 meal with a Plexus Lean shake and adding 1 Slim Hunger Control packet 30-60 minutes before 1 or 2 meals daily. This high protein meal plan includes a week’s worth of delicious recipes and is designed to keep you feeling full and satisfied.*

*When combined with a weight loss diet plan and exercise.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
The shopping lists below outline a week’s worth of groceries for the Lean and Slim Hunger Control weight loss and maintenance meal plans.*

### Produces
- **Lean and Slim Hunger Control Weight Loss Meal Plan**
  - Romaine Lettuce – 1 bundle
  - Cucumber – 1 large
  - Broccoli – 1 head or 2 bags of frozen florets
  - Red Peppers – 3
  - Red Onion – 2
  - Sweet Potato – 1 large
  - Asparagus – 1 bundle
  - Avocados – 5 medium
  - Fresh Spinach – 1 bag or 2 bundles
  - Baby Carrots – 1 large bag
  - Baby Portabella Mushrooms – 1 container
  - Cherry Tomatoes – 2 containers
  - Lemon – 1 medium
  - Red Apple – 1 medium
  - Sweet Corn – 1 bag frozen
  - Strawberries – 1 container
  - Raspberries – 2 containers
  - Bananas – 1 bundle
  - Cilantro – 1 bundle

### Dairy and Eggs
- **Lean and Slim Hunger Control Weight Loss Meal Plan**
  - Organic Eggs – 1 dozen
  - Egg Whites – 1 small carton

### Bread and Grains
- **Lean and Slim Hunger Control Weight Loss Meal Plan**
  - Ezekiel (Sprouted Grain) Bread – 1 loaf
  - Whole Wheat Tortillas Large – 1 package
  - Whole Wheat Pitas – 1 package
  - Quinoa – 1 large bag uncooked or 3 bags of precooked/frozen
  - Protein Pasta – 1 box (your choice of style)
  - Museli – 1 bag

### Beans Legumes and Misc. Protein
- **Lean and Slim Hunger Control Weight Loss Meal Plan**
  - Green Lentils Dry – 1 bag or 3 cans cooked
  - Black Beans – 1 can
  - Kidney Beans – 1 can
  - Tofu Extra Firm – 1 container

### Sauces and Misc.
- **Lean and Slim Hunger Control Weight Loss Meal Plan**
  - Red Pepper Hummus – 2 small or 1 large container
  - Natural Almond Butter – 1 jar
  - Kalamata Olives – Pitted – 1 jar
  - Spaghetti Marinara Sauce – 1 jar
  - Soy Sauce – 1 small bottle
  - Raw Honey – 1 small jar
  - Chia Seeds – 1 small bag
  - Salsa – 1 jar

### Lean and Slim Hunger Control Maintenance Meal Plan
- Organic Eggs – One dozen
- Egg Whites – 1 small carton
- Nonfat Greek Yogurt (plain) – 1 large tub or two 4-pack individual serving cups
- Nonfat Cottage Cheese – 1 large container
- Fat Free Feta Cheese – 2 small containers
- Low Fat Mozzarella Cheese (shredded) – 1 bag
- Low Fat Mexican Blend Cheese (shredded) – 1 bag
- Organic Non-Fat Milk – 1 gallon

### Bread and Grains
- Ezekiel (Sprouted Grain) Bread – 1 loaf
- Whole Wheat Tortillas Large – 1 package
- Quinoa – 1 large bag uncooked or 3 bags of precooked/frozen
- Protein Pasta – 1 box (your choice of style)

### Beans Legumes and Misc. Protein
- Green Lentils Dry – 1 bag or 2 cans cooked
- Black Beans – 1 can
- Kidney Beans – 1 can
- Tofu Extra Firm – 1 container

### Sauces and Misc.
- Red Pepper Hummus – 1 container
- Natural Almond Butter – 1 jar
- Kalamata Olives – Pitted – 1 jar
- Spaghetti Marinara Sauce – 1 jar
- Soy Sauce – 1 small bottle
- Raw Honey – 1 small jar
- Chia Seeds – 1 small bag
- Salsa – 1 jar
Monday Breakfast

WEIGHT LOSS

**Plexus Lean™ Shake**
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

**What you’ll need:**
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1:**
**Fruit, Almond Butter and Cheese**
Total Calories: 241
Protein: 11.9 g
Carbohydrates: 24 g
Fats: 13.7 g

**What you’ll need:**
1 medium red apple with peel
1 ounce low-fat string cheese
1 tablespoon almond butter

**Instructions:**
Spread almond butter on sliced apple. Enjoy with a side of low-fat string cheese.

*When combined with a weight loss diet plan.

MAINTENANCE

**Plexus Lean Shake**
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

**What you’ll need:**
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1:**
**Fruit, Almond Butter and Cheese**
Total Calories: 241
Protein: 11.9 g
Carbohydrates: 24 g
Fats: 13.7 g

**What you’ll need:**
1 medium red apple with peel
1 ounce low-fat string cheese
1 tablespoon almond butter

**Instructions:**
Spread almond butter on sliced apple. Enjoy with a side of low-fat string cheese.
Monday Lunch

WEIGHT LOSS

1 Packet Plexus Slim® Hunger Control

Instructions:
Use 30-60 minutes before Lunch. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Black Bean Quesadilla
Total Calories: 577
Protein: 28.1 g
Carbohydrates: 69.9 g
Fats: 21.3 g

What you’ll need:
1 whole wheat tortilla
½ cup red peppers (lightly cooked)
¼ cup red onion (lightly cooked)
¼ cup black beans
½ cup low-fat Mexican shredded cheese
2 tablespoons salsa
½ medium avocado
5 medium carrots (baby, raw)

Instructions:
Warm tortilla in a skillet and top with cheese and all fillings (except for carrots). Wait until everything is warm and gooey. Enjoy with a side of carrots.

MAINTENANCE

1 Packet Plexus Slim Hunger Control

Instructions:
Use 30-60 minutes before Lunch. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Black Bean Quesadilla
Total Calories: 460
Protein: 26.6 g
Carbohydrates: 63.9 g
Fats: 11.3 g

What you’ll need:
1 whole wheat tortilla
½ cup red peppers (lightly cooked)
¼ cup red onion (lightly cooked)
¼ cup black beans
½ cup low-fat Mexican shredded cheese
2 tablespoons salsa
5 medium carrots (baby, raw)

Instructions:
Warm tortilla in a skillet and top with cheese and all fillings (except for carrots). Wait until everything is warm and gooey. Enjoy with a side of carrots.

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Monday

WEIGHT LOSS

**Plexus Lean™ Shake**
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

What you’ll need:
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 2:**
**Muesli and Yogurt**
Total Calories: 322
Protein: 21.5 g
Carbohydrates: 72.8 g
Fats: 25.0 g

What you’ll need:
½ cup muesli
½ cup raspberries, raw
½ cup non-fat Greek yogurt

Instructions:
Scoop yogurt into a bowl. Top with raspberries and muesli.

Greek Protein Bowl
Total Calories: 589
Protein: 21.5 g
Carbohydrates: 72.8 g
Fats: 25.0 g

What you’ll need:
1 cup cooked quinoa
½ cup cucumber (raw, with peel)
¼ cup red onion (chopped)
3-5 medium kalamata olives (pitted)
¼ cup fat-free feta cheese
½ cup red pepper hummus

Instructions:
Slice cucumber into quarters. In a large bowl, combine all ingredients and stir together.

**Snack 2:**
**Muesli and Yogurt**
Total Calories: 322
Protein: 21.5 g
Carbohydrates: 72.8 g
Fats: 25.0 g

What you’ll need:
½ cup muesli
½ cup raspberries, raw
½ cup non-fat Greek yogurt

Instructions:
Scoop yogurt into a bowl. Top with raspberries and muesli.

MAINTENANCE

Snack 2:
**Muesli and Yogurt**
Total Calories: 322
Protein: 21.5 g
Carbohydrates: 72.8 g
Fats: 25.0 g

What you’ll need:
½ cup muesli
½ cup raspberries, raw
½ cup non-fat Greek yogurt

Instructions:
Scoop yogurt into a bowl. Top with raspberries and muesli.

Daily Totals/Percentages:

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*When combined with a weight loss diet plan.
Tuesday Breakfast and Morning Snack

**WEIGHT LOSS**

**Plexus Lean™ Shake**
- Total Calories: 230
- Protein: 20 g
- Carbohydrates: 17 g
- Fats: 7 g

**What you'll need:**
- 2 scoops Plexus Lean shake mix
- 10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1:**
**Toast and Almond Butter**
- Total Calories: 370
- Protein: 20 g
- Carbohydrates: 36 g
- Fats: 19 g

**What you'll need:**
- 2 pieces Ezekiel bread (toasted)
- 2 tablespoons almond butter

**Instructions:**
Toast bread and spread almond butter on top.

*When combined with a weight loss diet plan.

**MAINTENANCE**

**Plexus Lean Shake**
- Total Calories: 230
- Protein: 20 g
- Carbohydrates: 17 g
- Fats: 7 g

**What you'll need:**
- 2 scoops Plexus Lean shake mix
- 10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1:**
**Toast and Almond Butter**
- Total Calories: 370
- Protein: 20 g
- Carbohydrates: 36 g
- Fats: 19 g

**What you'll need:**
- 2 pieces Ezekiel bread (toasted)
- 2 tablespoons almond butter

**Instructions:**
Toast bread and spread almond butter on top.
Tuesday

Tuesday Lunch

WEIGHT LOSS*

Plexus Lean™ Shake
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

What you’ll need:
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with
10-12 ounces of cool drinking water and blend together.

MAINTENANCE

Veggie Wrap
Total Calories: 374
Protein: 35.5 g
Carbohydrates: 47.6 g
Fats: 8.5 g

What you’ll need:
1 whole wheat tortilla
3 romaine lettuce leaves
½ cup cucumber, raw with peel (chopped)
4 medium cherry tomatoes (raw, chopped)
½ cup fat-free feta cheese
¼ avocado (medium)
5.3 ounces nonfat Greek yogurt (plain)
11 medium baby carrots (raw)

Instructions:
Warm tortilla on skillet. When warm, spread yogurt on tortilla. Top tortilla with all ingredients (except for carrots). Enjoy wrapped tortilla with a side of baby carrots.

1 Packet Slim Hunger Control

Instructions:
Use 30-60 minutes before Lunch. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

*When combined with a weight loss diet plan.
Tuesday

Tuesday Dinner and Evening Snack

**WEIGHT LOSS***

1 Packet Slim Hunger Control®

**Instructions:**
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

**Tofu Quinoa Stir Fry Bowl**
Total Calories: 630
Protein: 35.1 g
Carbohydrates: 74.1 g
Fats: 23.4 g

**What you’ll need:**
1 cup cooked quinoa
½ cup broccoli (steamed)
½ cup red peppers
1 cup baby portobello mushrooms (measured raw)
¼ cup red onion
4 ounces tofu (water drained, pressed)
1 tablespoon Extra Virgin Olive Oil

**Instructions:**
Sauté peppers, onions, mushrooms, and tofu. Add all ingredients to one bowl, top with soy sauce.

**Snack 2:**
**Cottage Cheese and Fruit**
Total Calories: 189
Protein: 18.6 g
Carbohydrates: 31.8 g
Fats: .2 g

**What you’ll need:**
¾ cup nonfat cottage cheese
½ cup strawberries (raw)
1 tablespoon raw honey

**Instructions:**
Drizzle strawberries with honey. Enjoy with a side of nonfat cottage cheese.

**MAINTENANCE**

**Tofu Quinoa Stir Fry Bowl**
Total Calories: 630
Protein: 35.1 g
Carbohydrates: 74.1 g
Fats: 23.4 g

**What you’ll need:**
1 tablespoon light soy sauce
8.6 ounces organic fat-free milk

**Instructions:**
Sauté peppers, onions, mushrooms, and tofu. Add all ingredients to one bowl, top with soy sauce.

**Snack 2:**
**Cottage Cheese and Fruit**
Total Calories: 189
Protein: 18.6 g
Carbohydrates: 31.8 g
Fats: .2 g

**What you’ll need:**
¼ cup nonfat cottage cheese
½ cup strawberries (raw)
1 tablespoon raw honey

**Instructions:**
Drizzle strawberries with honey. Enjoy with a side of nonfat cottage cheese.

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Wednesday Breakfast

WEIGHT LOSS

**Plexus Lean™ Shake**
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

**What you’ll need:**
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

Snack 1:
**Fruit and Yogurt**
Total Calories: 172
Protein: 15.8 g
Carbohydrates: 30.3 g
Fats: 18.4 g

**What you’ll need:**
5.3 ounces nonfat Greek yogurt
½ cup raspberries (raw)
2 tablespoons almond butter
1 tablespoon raw honey

**Instructions:**
Scoop yogurt into a bowl. Top with raspberries, almond butter and honey.

MAINTENANCE

**Avocado Toast & Eggs**
Total Calories: 510
Protein: 30.9 g
Carbohydrates: 48.4 g
Fats: 21.6 g

**What you’ll need:**
2 slices Ezekiel bread (toasted)
½ medium avocado
½ cup spinach (raw)
2 large organic eggs
8.6 ounces organic fat-free milk

**Instructions:**
Scramble eggs on skillet. Toast bread and spread avocado on bread. Top bread with eggs and spinach. Enjoy with a glass of milk on the side.

**Snack 1:**
**Fruit and Yogurt**
Total Calories: 172
Protein: 15.8 g
Carbohydrates: 30.3 g
Fats: 18.4 g

**What you’ll need:**
5.3 ounces nonfat Greek yogurt
½ cup raspberries (raw)
1 tablespoon raw honey

**Instructions:**
Scoop yogurt into a bowl. Top with raspberries and honey.

*When combined with a weight loss diet plan.*
Wednesday

Wednesday Lunch

WEIGHT LOSS

Plexus Lean™ Shake
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

What you’ll need:
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

MAINTENANCE

Plexus Lean Shake
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

What you’ll need:
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

*When combined with a weight loss diet plan.
Wednesday Dinner

**WEIGHT LOSS**

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**1 Packet Slim Hunger Control**

**Instructions:**
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

**Protein Pasta Tofu**
Total Calories: 644
Protein: 43.4 g
Carbohydrates: 99.6 g
Fats: 10.3 g

**What you’ll need:**
2 ounces protein pasta
4 ounces tofu (pressed & baked)
3 ounces baby portabella mushrooms (cooked)
½ cup spinach (raw)
8 ounces spaghetti marinara sauce
8.6 ounces organic fat-free milk

**Instructions:**
Sauté mushrooms, spinach, and tofu. Once soft, stir in marinara sauce and increase heat to medium. Let simmer, stirring often for 5-6 minutes. Meanwhile, boil water in a large pot and add pasta. Follow the cooking time on package. Once pasta is properly cooked, drain pasta and return to pan. When sauce is heated, pour over pasta and enjoy with a glass of milk on the side.

**Snack 2:**
**Egg, Carrot & Hummus Plate**
Total Calories: 303
Protein: 16.4 g
Carbohydrates: 20.1 g
Fats: 17.5 g

**What you’ll need:**
2 large eggs (hard boiled)
11 medium baby carrots
¼ cup red pepper hummus

**Instructions:**
Dip carrots in hummus. Enjoy with a side of hardboiled eggs.

---

**MAINTENANCE**

**1 Packet Slim Hunger Control**

**Instructions:**
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

**Protein Pasta Tofu**
Total Calories: 644
Protein: 43.4 g
Carbohydrates: 99.6 g
Fats: 10.3 g

**What you’ll need:**
2 ounces protein pasta
4 ounces tofu (pressed & baked)
3 ounces baby portabella mushrooms (cooked)
½ cup spinach (raw)
8 ounces spaghetti marinara sauce
8.6 ounces organic fat-free milk

**Instructions:**
Sauté mushrooms, spinach, and tofu. Once soft, stir in marinara sauce and increase heat to medium. Let simmer, stirring often for 5-6 minutes. Meanwhile, boil water in a large pot and add pasta. Follow the cooking time on package. Once pasta is properly cooked, drain pasta and return to pan. When sauce is heated, pour over pasta and enjoy with a glass of milk on the side.

**Snack 2:**
**Egg, Carrot & Hummus Plate**
Total Calories: 303
Protein: 16 g
Carbohydrates: 20.1 g
Fats: 17.5 g

**What you’ll need:**
2 large eggs (hard boiled)
11 medium baby carrots
¼ cup red pepper hummus

**Instructions:**
Dip carrots in hummus. Enjoy with a side of hardboiled eggs.

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**Daily Totals/Percentages:**

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**Daily Totals/Percentages:**

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Thursday Breakfast

WEIGHT LOSS

**Plexus Lean™ Shake**
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

**What you’ll need:**
- 2 scoops Plexus Lean shake mix
- 10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1:**
**Avocado & Feta Toast**
Total Calories: 198
Protein: 18.7 g
Carbohydrates: 20.0 g
Fats: 5.5 g

**What you’ll need:**
- 1 slice Ezekiel bread (toasted)
- ½ avocado (medium)
- ½ cup fat-free feta cheese

**Instructions:**
Toast bread. Spread avocado on top of toast and sprinkle with feta cheese.

**MAINTENANCE**

**Banana Muesli**
Total Calories: 445
Protein: 30.1 g
Carbohydrates: 74.5 g
Fats: 6.0 g

**What you’ll need:**
- 1 medium banana
- 8 ounces nonfat Greek yogurt
- ½ cup muesli
- 1 tablespoon raw honey

**Instructions:**
Slice banana. Scoop yogurt into a bowl and top with banana, muesli, and honey.

**Snack 1:**
**Avocado & Feta Toast**
Total Calories: 257
Protein: 19.5 g
Carbohydrates: 23.0 g
Fats: 11.0 g

**What you’ll need:**
- 1 slice Ezekiel bread (toasted)
- ½ avocado (medium)
- ½ cup fat-free feta cheese

**Instructions:**
Toast bread. Spread avocado on top of toast and sprinkle with feta cheese.

*When combined with a weight loss diet plan.*
**Thursday Lunch**

**WEIGHT LOSS**

**Plexus Lean Shake**
Total Calories: 230  
Protein: 20 g  
Carbohydrates: 17 g  
Fats: 7 g

**What you’ll need:**
2 scoops Plexus Lean shake mix  
10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with  
10-12 ounces of cool drinking water and blend together.

*When combined with a weight loss diet plan.*

**MAINTENANCE**

**Plexus Lean Shake**
Total Calories: 230  
Protein: 20 g  
Carbohydrates: 17 g  
Fats: 7 g

**What you’ll need:**
2 scoops Plexus Lean shake mix  
10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with  
10-12 ounces of cool drinking water and blend together.
Thursday

WEIGHT LOSS *

1 Packet Slim Hunger Control

Instructions:
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Lentil + Egg Protein Bowl
Total Calories: 661
Protein: 45.6 g
Carbohydrates: 70.8 g
Fats: 21.6 g

What you’ll need:
1 ½ cups cooked lentils
2 large organic eggs (fried or poached)
½ avocado (medium)
1 tablespoon cilantro (chopped)
2 tablespoons salsa
8.6 ounces organic fat-free milk

Instructions:
Cook lentils on stovetop. Once lentils are properly cooked, drain. Meanwhile, fry or poach eggs. Combine lentils, eggs, avocado, cilantro, salsa, and lentils into bowl and stir together. Enjoy with a glass of milk on the side.

Snack 2: Peppers and Hummus
Total Calories: 135
Protein: 3.1 g
Carbohydrates: 15.5 g
Fats: 7.1 g

What you’ll need:
½ cup red peppers (sweet)
¼ cup red pepper hummus

Instructions:
Dip red peppers into hummus and enjoy.

MAINTENANCE

1 Packet Slim Hunger Control

Instructions:
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Lentil + Egg Protein Bowl
Total Calories: 780
Protein: 47 g
Carbohydrates: 76.8 g
Fats: 32.6 g

What you’ll need:
1 ½ cups cooked lentils
2 large organic eggs (fried or poached)
1 avocado (medium)
1 tablespoon cilantro (chopped)
2 tablespoons salsa
8.6 ounces organic fat-free milk

Instructions:
Cook lentils on stovetop. Once lentils are properly cooked, drain. Meanwhile, fry or poach eggs. Combine lentils, eggs, avocado, cilantro, salsa, and lentils into bowl and stir together. Enjoy with a glass of milk on the side.

Snack 2: Peppers and Hummus
Total Calories: 135
Protein: 3.1 g
Carbohydrates: 15.5 g
Fats: 7.1 g

What you’ll need:
½ cup red peppers (sweet)
¼ cup red pepper hummus

Instructions:
Dip red peppers into hummus and enjoy.

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**Friday**

**Friday Breakfast and Morning Snack**

### WEIGHT LOSS

**Plexus Lean™ Shake**
- Total Calories: 230
- Protein: 20 g
- Carbohydrates: 17 g
- Fats: 7 g

What you’ll need:
- 2 scoops Plexus Lean shake mix
- 10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1: Cottage Cheese & Fruit**
- Total Calories: 232
- Protein: 20 g
- Carbohydrates: 24.3 g
- Fats: 4.9 g

What you’ll need:
- 1 cup nonfat cottage cheese
- ½ cup raspberries (raw)
- 1 tablespoon chia seeds

Instructions:
Scoop cottage cheese into a bowl. Stir in raspberries and chia seeds.

*When combined with a weight loss diet plan.*

### MAINTENANCE

**Plexus Lean Shake**
- Total Calories: 230
- Protein: 20 g
- Carbohydrates: 17 g
- Fats: 7 g

What you’ll need:
- 2 scoops Plexus Lean shake mix
- 10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1: Cottage Cheese & Fruit**
- Total Calories: 292
- Protein: 30.7 g
- Carbohydrates: 29.3 g
- Fats: 9.4 g

What you’ll need:
- 1 cup nonfat cottage cheese
- ½ cup raspberries (raw)
- 2 tablespoons chia seeds

Instructions:
Scoop cottage cheese into a bowl. Stir in raspberries and chia seeds.
Friday

Friday Lunch

WEIGHT LOSS*

1 Packet Slim Hunger Control

Instructions:
Use 30-60 minutes before Lunch. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Fresco Bean Salsa Salad
Total Calories: 560
Protein: 36.4 g
Carbohydrates: 69.0 g
Fats: 17.5 g

What you’ll need:
1 cup kidney beans
4 medium cherry tomatoes (raw, chopped)
¼ cup sweet corn
¼ cup red onion
⅓ cup quinoa (cooked)
½ cup fat-free feta cheese
1 tablespoon Extra Virgin Olive Oil
4 tablespoons cilantro (chopped)
1 tablespoon fresh-squeezed lemon juice
8.6 ounces organic fat-free milk

Instructions:
Drain kidney beans. In a large bowl, combine all ingredients, except for milk, and stir together. Enjoy with a glass of milk on the side.

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MAINTENANCE

1 Packet Slim Hunger Control

Instructions:
Use 30-60 minutes before Lunch. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Fresco Bean Salsa Salad
Total Calories: 615
Protein: 38.4 g
Carbohydrates: 78.9 g
Fats: 17.5 g

What you’ll need:
1 cup kidney beans
4 medium cherry tomatoes (raw, chopped)
½ cup sweet corn
¼ cup red onion
¼ cup quinoa (cooked)
½ cup fat-free feta cheese
1 tablespoon Extra Virgin Olive Oil
4 tablespoons cilantro (chopped)
1 tablespoon fresh-squeezed lemon juice
8.6 ounces organic fat-free milk

Instructions:
Drain kidney beans. In a large bowl, combine all ingredients, except for milk, and stir together. Enjoy with a glass of milk on the side.
Friday

**Friday Dinner**

**WEIGHT LOSS**

**Plexus Lean**® Shake  
Total Calories: 230  
Protein: 20 g  
Carbohydrates: 17 g  
Fats: 7 g

*What you’ll need:*
2 scoops Plexus Lean shake mix  
10-12 ounces cool drinking water

*Instructions:*
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 2:**  
**Cheese, Avocado, and Tomato Plate**  
Total Calories: 195  
Protein: 10.1 g  
Carbohydrates: 11.0 g  
Fats: 14.5 g

*What you’ll need:*
1 ounce low-fat string cheese  
8 medium cherry tomatoes  
½ avocado (medium)

*Instructions:*
Enjoy all ingredients separately.

**MAINTENANCE**

**Pita Pizza**  
Total Calories: 494  
Protein: 30.3 g  
Carbohydrates: 64.3 g  
Fats: 15.0 g

*What you’ll need:*
1 whole wheat pita  
½ cup spaghetti marinara sauce  
½ cup red pepper  
3 ounces baby portabella mushrooms (raw)  
6 spears asparagus (chopped)  
¼ cup red onion  
½ cup low-fat mozzarella cheese

*Instructions:*
Dice red pepper, mushrooms and onion. Shred mozzarella cheese. Spread spaghetti marinara sauce on pita and top with cheese, pepper, mushrooms, asparagus and onion. Place on baking sheet and back for 5-7 minutes at 400 degrees, or until cheese is melted. Enjoy with a glass of milk on the side.

**Snack 2:**  
**Cheese, Avocado, and Tomato Plate**  
Total Calories: 195  
Protein: 10.1 g  
Carbohydrates: 11.0 g  
Fats: 14.5 g

*What you’ll need:*
1 ounce low-fat string cheese  
8 medium cherry tomatoes  
½ avocado (medium)

*Instructions:*
Enjoy all ingredients separately.

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*When combined with a weight loss diet plan.*
WEIGHT LOSS

Plexus Lean™ Shake
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

What you’ll need:
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with
10-12 ounces of cool drinking water
and blend together.

Snack 1:
Cinnamon Banana Yogurt
Total Calories: 196
Protein: 16.5 g
Carbohydrates: 37.5 g
Fats: 0.0 g

What you’ll need:
5.3 ounces nonfat Greek yogurt
1 medium banana
1 tablespoon raw honey
3-4 dashes cinnamon

Instructions:
Slice banana. Scoop yogurt into bowl. Top
yogurt with banana, honey, and cinnamon.

MAINTENANCE

Egg & Veggie Pita
Total Calories: 451
Protein: 33.6 g
Carbohydrates: 45.4 g
Fats: 14.3 g

What you’ll need:
1 whole wheat pita
1 large egg (scrambled)
½ cup spinach (raw)
6 spears asparagus (cooked)
¼ cup low-fat Mexican shredded cheese
8.6 ounces organic fat-free milk

Instructions:
Stuff pita with egg, spinach, asparagus,
and cheese. Enjoy with a glass of milk
on the side.

Snack 1:
Cinnamon Banana Yogurt
Total Calories: 196
Protein: 16.5 g
Carbohydrates: 37.5 g
Fats: 0.0 g

What you’ll need:
5.3 ounces nonfat Greek yogurt
1 medium banana
1 tablespoon raw honey
3-4 dashes cinnamon

Instructions:
Slice banana. Scoop yogurt into bowl. Top
yogurt with banana, honey, and cinnamon.

*When combined with a weight loss diet plan.
Saturday Lunch

**WEIGHT LOSS**

**Plexus Lean™ Shake**
- Total Calories: 230
- Protein: 20 g
- Carbohydrates: 17 g
- Fats: 7 g

**What you’ll need:**
- 2 scoops Plexus Lean shake mix
- 10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

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**MAINTENANCE**

**Plexus Lean Shake**
- Total Calories: 230
- Protein: 20 g
- Carbohydrates: 17 g
- Fats: 7 g

**What you’ll need:**
- 2 scoops Plexus Lean shake mix
- 10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

*When combined with a weight loss diet plan.*
Saturday

Saturday Dinner and Evening Snack

WEIGHT LOSS*

1 Packet Slim Hunger Control
Instructions:
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Black Bean Sweet Potato Bowl
Total Calories: 816
Protein: 37.3 g
Carbohydrates: 98.8 g
Fats: 36.4 g

What you’ll need:
5 ounces sweet potato (roasted, cubed)
½ cup black beans
1 cup quinoa (cooked)
½ cup low-fat Mexican blend cheese
¼ avocado (medium)
8.6 ounces organic fat-free milk

Instructions:
Sauté red peppers. Add in liquid egg whites and scramble. Transfer to plate, and top feta cheese. Enjoy with a side of sliced cucumber.

Snack 2: Egg White Plate
Total Calories: 165
Protein: 17.4 g
Carbohydrates: 10.8 g
Fats: 5.5 g

What you’ll need:
9 tablespoons liquid egg whites
½ cup red peppers (sweet)
¼ cup fat-free feta cheese
¼ cup cucumber with peel
¼ avocado (medium)

Instructions:
Combine all ingredients, except milk, into a bowl. Enjoy with a glass of milk on the side.

MAINTENANCE

1 Packet Slim Hunger Control
Instructions:
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

Black Bean Sweet Potato Bowl
Total Calories: 816
Protein: 36.5 g
Carbohydrates: 95.8 g
Fats: 31.1 g

What you’ll need:
5 ounces sweet potato (roasted, cubed)
½ cup black beans
1 cup quinoa (cooked)
½ cup low-fat Mexican blend cheese
¼ avocado (medium)
8.6 ounces organic fat-free milk

Instructions:
Sauté red peppers. Add in liquid egg whites and scramble. Transfer to plate, and top feta cheese. Enjoy with a side of sliced cucumber.

Snack 2: Egg White Plate
Total Calories: 107
Protein: 16.7 g
Carbohydrates: 7.8 g
Fats: 0.3 g

What you’ll need:
9 tablespoons liquid egg whites
½ cup red peppers (sweet)
¼ cup fat-free feta cheese
¼ cup cucumber with peel

Instructions:
Combine all ingredients, except milk, into a bowl. Enjoy with a glass of milk on the side.

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**WEIGHT LOSS**

**Plexus Lean™ Shake**
Total Calories: 230  
Protein: 20 g  
Carbohydrates: 17 g  
Fats: 7 g

**What you'll need:**
2 scoops Plexus Lean shake mix  
10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1:**
**Egg & Pepper Plate**
Total Calories: 291  
Protein: 15.7 g  
Carbohydrates: 16.6 g  
Fats: 17.7 g

**What you'll need:**
2 large eggs (hard boiled)  
½ cup red peppers (sweet, raw)  
¼ cup roasted red pepper hummus

**Instructions:**
Hard boil 2 eggs. Enjoy with a side of baby carrots dipped in hummus.

**MAINTENANCE**

**Plexus Lean Shake**
Total Calories: 230  
Protein: 20 g  
Carbohydrates: 17 g  
Fats: 7 g

**What you'll need:**
2 scoops Plexus Lean shake mix  
10-12 ounces cool drinking water

**Instructions:**
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

**Snack 1:**
**Hard Boiled Eggs**
Total Calories: 156  
Protein: 12.6 g  
Carbohydrates: 1.1 g  
Fats: 10.6 g

**What you'll need:**
2 large eggs (hard boiled)

**Instructions:**
Hard boil 2 eggs.
Sunday Lunch

MAINTENANCE

Greek Pita Pizza & Baby Carrots
Total Calories: 452
Protein: 26.2 g
Carbohydrates: 69.3 g
Fats: 8.6 g

What you’ll need:
1 whole wheat pita
½ cup spaghetti marinara sauce
6 medium cherry tomatoes
¼ cup red onion
5-8 kalamata olives
½ cup fat-free feta cheese
11 medium baby carrots (side)

Instructions:
Dice tomatoes, onion, and olives. Spread spaghetti marinara sauce on pita and top with cheese, tomatoes, onion, and olives. Place on baking sheet and bake for 5-7 minutes at 400 degrees, or until cheese is melted. Enjoy with a side of baby carrots.

WEIGHT LOSS

Plexus Lean™ Shake
Total Calories: 230
Protein: 20 g
Carbohydrates: 17 g
Fats: 7 g

What you’ll need:
2 scoops Plexus Lean shake mix
10-12 ounces cool drinking water

Instructions:
Combine Plexus Lean shake mix with 10-12 ounces of cool drinking water and blend together.

1 Packet Slim Hunger Control
Instructions:
Use 30-60 minutes before Lunch. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

*When combined with a weight loss diet plan.
**Sunday Dinner**

**WEIGHT LOSS**

1 Packet Slim Hunger Control

**Instructions:**
Use 30-60 minutes before Dinner. Tear the Slim packet and pour into 12-20 ounce bottle of water and shake immediately.

**Pasta with Lentil Sauce**
Total Calories: 792
Protein: 51.3 g
Carbohydrates: 115.1 g
Fats: 17.4 g

**What you’ll need:**
1 cup protein pasta (cooked)
1 cup spaghetti marinara sauce
½ cup lentils (cooked)
½ cup spinach (raw)
½ cup low-fat mozzarella cheese
8.6 ounces organic low-fat milk

**Instructions:**
Cook lentils on stovetop. Once lentils are properly cooked, drain. Meanwhile, boil water in a large pot and add pasta. Follow the cooking time on package. Once pasta is properly cooked, drain pasta and return to pan and add lentils. Set aside. Sauté spinach in a pan and add marinara sauce and bring to a medium heat. Let simmer, stirring often for 5-6 minutes. When sauce is heated, pour over pasta and lentils, sprinkle mozzarella cheese on top.

**Snack 1: Cheese and Berries**
Total Calories: 92
Protein: 8.7 g
Carbohydrates: 8.3 g
Fats: 4.4 g

**What you’ll need:**
1 ounce low-fat string cheese (mozzarella)
½ cup raspberries

**Instructions:**
Enjoy each ingredient separately.

**MAINTENANCE**

**Pasta with Lentil Sauce**
Total Calories: 792
Protein: 51.3 g
Carbohydrates: 115.1 g
Fats: 17.4 g

**What you’ll need:**
1 cup protein pasta (cooked)
1 cup spaghetti marinara sauce
½ cup lentils (cooked)
½ cup spinach (raw)
½ cup low-fat mozzarella cheese

**Instructions:**
Cook lentils on stovetop. Once lentils are properly cooked, drain. Meanwhile, boil water in a large pot and add pasta. Follow the cooking time on package. Once pasta is properly cooked, drain pasta and return to pan and add lentils. Set aside. Sauté spinach in a pan and add marinara sauce and bring to a medium heat. Let simmer, stirring often for 5-6 minutes. When sauce is heated, pour over pasta and lentils, sprinkle mozzarella cheese on top.

**Snack 1: Cheese and Avocado**
Total Calories: 177
Protein: 9.5 g
Carbohydrates: 7.0 g
Fats: 14.5 g

**What you’ll need:**
1 ounce low-fat string cheese (mozzarella)
½ avocado (medium)

**Instructions:**
Enjoy each ingredient separately.

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