

plexus®

14 Day

CHALLENGE

MEAL PLAN



*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.

Your Holiday Weight Loss[^] and Maintenance Meal Plan^{*}

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

Plexus Lean™ is a supercharged meal replacement shake that delivers weight loss[^] benefits, and energy -- all with a smooth, creamy texture. Lean Whey is available in two delicious flavors, Milk Chocolate and Creamy Vanilla. Substituting two meals per day with a delicious Lean shake can help you lose weight[^], and subbing one shake per day can help maintain a healthy weight[^].

To further support you throughout the day, these meal plans incorporate Plexus Slim® Hunger Control*, Plexus Block™, and Plexus Edge®.

Plexus Slim Hunger Control - A refreshing, blood orange, lemon and lime drink that promotes overall health. Also known as "the pink drink"!*

Plexus Block - This helpful addition blocks the absorption of up to 48% of carbs and sugars - without blocking the absorption of beneficial nutrients.*

Plexus Edge - Give your morning an oomph! Edge provides healthy, sustained energy and mental focus.*

Kickstart your healthy, protein-rich diet with these easy-to-follow shopping lists and meal plans.

Your meal plan for success is broken down into two phases:

During Phase One you will follow the weight loss[^] meal plan for weeks 1 & 2. Once Phase One is complete, you will start Phase Two. During Phase Two you will follow the maintenance meal plan for weeks 3 & 4.

Weight Loss[^]

Weeks 1 and 2



Support healthy weight loss[^] with nutritious meal and snack options, designed to help you lose weight[^] by replacing 2 meals a day with a Plexus Lean shake.

Maintenance

Weeks 3 and 4



Get more protein in your diet and maintain a healthy weight by replacing 1 meal daily with a Plexus Lean shake. This high protein phase includes delicious recipes designed to keep you feeling full and satisfied.

[^]When combined with a reduced calorie weight loss diet plan.

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Stock Up!

Phase 1: Weight Loss[^]

This shopping list outlines a week's worth of groceries for the Lean weight loss[^] phase.

Shopping List

Produce

- Apple – 2 medium
- Asparagus – 1 bundle (15 spears)
- Blueberries – 1 cup
- Broccoli – 1 bundle
- Carrots – 3 large
- Cauliflower – 1 head
- Celery – 1 bundle
- Cucumbers – 3 medium
- Green Beans – ½ cup
- Mushrooms – 3 ounces
- Spinach – 1 small bag or bundle

Dairy and Eggs

- 1% Cottage Cheese – 12 ounce container
- Cheese Stick – 1 stick
- Large Eggs – ½ dozen
- Milk – Nonfat, 1 gallon
- Plain Greek Yogurt – 8 ounce container

Bread and Grains

- Whole Wheat Bread – 1 loaf
- Whole Wheat Pasta – 1 small box
- Pita Chips – 1 bag

Meat and Poultry

- Chicken Breast – 3, 6 ounce breasts
- Halibut – 6 ounce filet
- Ham – 2 ounces
- Pork Tenderloin – 3 ounces

Sauces and Misc.

- Natural Peanut Butter – 1 small jar
- Balsamic Vinegar - 1 bottle
- Guacamole – 3 ounces
- Olive Oil – 1 small jar



Day 1 Phase 1: Weight Loss^{^*}

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule with breakfast.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Celery Sticks and Peanut Butter

Total Calories: 110

Protein: 5 g

Carbohydrates: 4 g

Fats: 8 g

What you'll need:

2 celery sticks

1 tablespoon natural peanut butter

Instructions:

Spread peanut butter on celery sticks and enjoy.

Lunch

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Daily Total: 1,170 calories

Dinner

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Chicken and Veggies

Total Calories: 400

Protein: 52 g

Carbohydrates: 26 g

Fats: 13 g

What you'll need:

6 ounces chicken breast, broiled

1 cup broccoli

5 large asparagus spears

1/2 tablespoon olive oil

Instructions:

Warm olive oil on a skillet and lightly saute veggies. Serve with the broiled chicken and enjoy!

Evening Snack

Cucumbers and Pita Chips

Total Calories: 160

Protein: 5 g

Carbohydrates: 33 g

Fats: 1 g

What you'll need:

1 cup cucumber slices

1 serving pita chips

Instructions:

Enjoy your crunchy snack!

Day 2 Phase 1: Weight Loss^{^*}

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule with breakfast.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Cheese Stick

Total Calories: 80

Protein: 6 g

Carbohydrates: 1 g

Fats: 6 g

What you'll need:

1 nonfat string cheese

Instructions:

Peel and enjoy!

Lunch

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Dinner

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Grilled Halibut Pasta Dish

Total Calories: 420

Protein: 45 g

Carbohydrates: 34 g

Fats: 11 g

What you'll need:

6 ounces halibut fish

½ cup cauliflower, steamed

1 cup whole wheat pasta, cooked

1 tablespoon olive oil

¼ cup tomato sauce

Instructions:

Warm the olive oil on a skillet and lightly grill each side of halibut while the fresh cauliflower steams. Toss the pasta in tomato sauce, and enjoy on the side.

Evening Snack

Apple with Greek Yogurt

Total Calories: 130

Protein: 12 g

Carbohydrates: 21 g

Fats: <0.5 g

What you'll need:

1 medium apple

4 ounces Greek yogurt, plain

Instructions:

Dunk, dip, or dab your apple slices in yogurt or enjoy them separately.

Daily Total: 1,080 calories

[^]When combined with a reduced calorie weight loss diet plan.

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Day 3 Phase 1: Weight Loss^{^*}

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule with breakfast.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Celery Sticks and Peanut Butter

Total Calories: 120

Protein: 5 g

Carbohydrates: 6 g

Fats: 8 g

What you'll need:

2 celery sticks

1 tablespoon natural peanut butter

Instructions:

Spread peanut butter on celery sticks and enjoy.

Lunch

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Lunch

Plexus Block™

Instructions:

Take 2 capsules before your meal.

2 Egg Veggie Omelet

Total Calories: 350

Protein: 23 g

Carbohydrates: 38 g

Fats: 13 g

What you'll need:

2 eggs

2 ounces mushrooms

¼ cup fresh spinach

2 slices whole wheat bread

Instructions:

Scramble both eggs and place in skillet to cook. Slice mushroom and spinach into bite-sized slices. Flip the egg so the cooked portion is face-up. Place the veggies on the eggs and fold in half. Enjoy with a side of toast.

Dinner

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Evening Snack

Carrots Sticks and Pita Chips

Total Calories: 190

Protein: 5 g

Carbohydrates: 39 g

Fats: 1 g

What you'll need:

1 large carrot

1 serving pita chips

Instructions:

Pop and crunch your carrots and chips however you'd like!

Daily Total: 1,160 calories



[^]When combined with a reduced calorie weight loss diet plan.

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Day 4 Phase 1: Weight Loss[^]*

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule with breakfast.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Cottage Cheese and Blueberries

Total Calories: 160

Protein: 21 g

Carbohydrates: 15 g

Fats: 2 g

What you'll need:

6 ounces 1% cottage cheese

½ cup blueberries

Instructions:

Enjoy them separately or mix them together!

Lunch

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Dinner

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Pork Tenderloin, Cauliflower, and Pasta

Total Calories: 360

Protein: 32 g

Carbohydrates: 43 g

Fats: 8 g

What you'll need:

3 ounces pork tenderloin

½ cup green beans

½ cup cauliflower, mashed

1 cup whole wheat pasta, cooked

¼ cup tomato sauce

Instructions:

Prepare pork tenderloin on a skillet or in oven. While cooking, steam green beans. Place pork tenderloin and green beans on top of cauliflower mash. Enjoy with a side of pasta tossed in tomato sauce.

Evening Snack

Guacamole with Pita Chips

Total Calories: 170

Protein: 4 g

Carbohydrates: 21 g

Fats: 8 g

What you'll need:

1 ounce guacamole

1 serving pita chips

Instructions:

Dip pita chips in the guac for a healthy treat.

Daily Total: 1,190 calories

[^]When combined with a reduced calorie weight loss diet plan.

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Day 5 Phase 1: Weight Loss^{^*}

Breakfast

1 Packet Plexus Slim® Hunger Control*

Instructions:

Use 30-60 minutes before Breakfast. Tear the Slim packet and pour into 12-20 ounces of water and shake immediately.

Plexus Edge®

Instructions:

Take 1 capsule in the morning

Power Breakfast Skillet

Total Calories: 250

Protein: 24 g

Carbohydrates: 15 g

Fats: 12 g

What you'll need:

2 eggs

2 ounces ham

5 asparagus spears

1 ounce mushrooms

Instructions:

Dice ham, asparagus, and mushrooms. Toss in a warm skillet and allow to cook until tender. Scramble eggs and pour them over the items in skillet. Transfer to a bowl and enjoy!

Morning Snack

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Guacamole and Dippers

Total Calories: 200

Protein: 2 g

Carbohydrates: 42 g

Fats: 3 g

What you'll need:

1 carrot

2 celery sticks

1 ounce guacamole

1 serving pita chips

Instructions:

Dip carrots, celery, and pita chips into your favorite guacamole.

Lunch

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Dinner

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Evening Snack

Apple, Yogurt, and Toast

Total Calories: 210

Protein: 16 g

Carbohydrates: 33 g

Fats: 1 g

What you'll need:

1 medium apple

4 ounces Greek yogurt

1 slice whole wheat bread

Instructions:

Dunk, dip, or dab your apple slices in yogurt with a side of toast.

Daily Total: 1,160 calories

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Day 6 Phase 1: Weight Loss^{^*}

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Cucumber and Pita Chips

Total Calories: 160

Protein: 5 g

Carbohydrates: 33 g

Fats: 1 g

What you'll need:

1 cup cucumber slices

1 serving pita chips

Instructions:

Enjoy each ingredient separately.

Lunch

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Lunch

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Chicken Sandwich

Total Calories: 420

Protein: 59 g

Carbohydrates: 31 g

Fats: 8 g

What you'll need:

6 ounces chicken breast, cooked

2 slices whole wheat bread

Instructions:

Place sliced or shredded cooked chicken between two slices of bread or toast.

Dinner

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Evening Snack

Celery and Peanut Butter

Total Calories: 110

Protein: 5 g

Carbohydrates: 20 g

Fats: 8 g

What you'll need:

2 celery sticks

1 tablespoon natural peanut butter

Instructions:

Dip celery in peanut butter or enjoy them separately.



Daily Total: 1,190 calories

[^]When combined with a reduced calorie weight loss diet plan.

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Day 7 Phase 1: Weight Loss^{^*}

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Cottage Cheese and Blueberries

Total Calories: 160

Protein: 21 g

Carbohydrates: 15 g

Fats: 2 g

What you'll need:

6 ounces 1% cottage cheese

½ cup blueberries

Instructions:

Enjoy them separately or mix them together!

Lunch

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Dinner

1 Packet Plexus Slim® Hunger Control*

Instructions:

Use 30-60 minutes before Dinner.

Tear the Slim packet and pour into 12-20 ounces of water and shake immediately.

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Chicken and Veggies

Total Calories: 400

Protein: 52 g

Carbohydrates: 22 g

Fats: 13 g

What you'll need:

6 ounces chicken breast, broiled

1 cup broccoli

5 asparagus spears

1/2 tablespoon olive oil

Instructions:

Warm the olive oil in the skillet and prepare the veggies by sauteing broccoli and asparagus. Serve with broiled chicken and enjoy!

Evening Snack

Guacamole and Dippers

Total Calories: 100

Protein: 3 g

Carbohydrates: 30 g

Fats: 3 g

What you'll need:

1 cup cucumber slices

1 carrot

1 ounce guacamole

Instructions:

Slice the cucumbers and carrots to dip in hummus for a healthy, crunchy snack.

Daily Total: 1,190 calories

[^]When combined with a reduced calorie weight loss diet plan.

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Stock Up!

Phase 2: Maintenance

This shopping list outlines a week's worth of groceries for the Lean Maintenance phase.

Shopping List

Produce

- Apples – 3 medium
- Asparagus – 1 bundle (26 spears)
- Blueberries – 3 cups
- Broccoli – 1 bundle
- Carrots – 4 large
- Cauliflower – 1 large head
- Celery – 1 bundle
- Cucumbers – 3 medium
- Green Beans – ½ cup
- Mushrooms – 4 ounce
- Romaine Lettuce – 1 head
- Spinach – 1 small bag or ½ cup

Dairy and Eggs

- 1% Cottage Cheese – 16 ounce container
- Cheese Sticks - 2
- Eggs- 1 dozen
- Milk – nonfat, 1 gallon
- Plain Greek Yogurt – 32 ounce container

Bread and Grains

- Brown Rice – 1 small box, long grain
- Pita Chips – 1 bag
- Whole Wheat Bread – 1 loaf
- Whole Wheat Pasta – 1 large box
- Whole Wheat Tortilla – 1, 8" tortilla

Meat and Poultry

- Chicken Breast – 4, 6 ounce breasts & 1, 3 ounce breast
- Halibut- 2, 6 ounce filets
- Ham – 4 ounces
- Pork Chop- 1, 3 ounce (lean, bone in)
- Pork Tenderloin- 1, 3 ounce
- Tuna – 12 ounce can

Sauces and Misc.

- Natural Peanut Butter – 1 small jar
- Balsamic Vinegar - 1 bottle
- Guacamole – 5 ounces
- Olive Oil – 1 small container



Day 1 Phase 2: Maintenance

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule with breakfast.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Celery Sticks and Peanut Butter

Total Calories: 110

Protein: 5 g

Carbohydrates: 4 g

Fats: 8 g

What you'll need:

2 celery sticks

1 tablespoon natural peanut butter

Instructions:

Spread peanut butter on celery sticks and enjoy.

Lunch

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Chicken Wrap

Total Calories: 300

Protein: 31 g

Carbohydrates: 33 g

Fats: 6 g

What you'll need:

3 ounces chicken breast, grilled

2 wedges romaine lettuce

1 8" tortilla

Instructions:

Warm tortilla on skillet. Place lettuce and cooked chicken in the center of the tortilla, roll up, and enjoy!

Midday Snack

Cottage Cheese and Blueberries

Total Calories: 160

Protein: 21 g

Carbohydrates: 15 g

Fats: 2 g

What you'll need:

6 ounces 1% cottage cheese

½ cup blueberries

Instructions:

Enjoy them separately or mix them together!

Dinner

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Chicken and Veggie Pasta

Total Calories: 510

Protein: 58 g

Carbohydrates: 37 g

Fats: 14 g

What you'll need:

6 ounces chicken breast, broiled

1 cup broccoli

5 large asparagus spears

½ tablespoon olive oil

¾ cup whole wheat pasta, cooked

¼ cup tomato sauce

Instructions:

Heat olive oil on skillet and saute veggies. Enjoy with the broiled chicken and a side of pasta tossed in tomato sauce.

Evening Snack

Cucumbers and Pita Chips

Total Calories: 160

Protein: 5 g

Carbohydrates: 33 g

Fats: 1 g

What you'll need:

1 cup cucumber slices

1 serving pita chips

Instructions:

Enjoy your crunchy snack!

Daily Total: 1,490 calories

Day 2 Phase 2: Maintenance

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Cheese Sticks

Total Calories: 160

Protein: 12 g

Carbohydrates: 2 g

Fats: 12 g

What you'll need:

2 nonfat string cheese sticks

Instructions:

Peel and enjoy!

Lunch

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Tuna Salad Sandwich

Total Calories: 340

Protein: 51 g

Carbohydrates: 34 g

Fats: 1 g

What you'll need:

6 ounces light tuna in water, drained

2 leaves romaine lettuce

2 slices whole wheat bread

Instructions:

Mix tuna with lettuce in bowl. Place between two slices of bread or toast. Yum!

Midday Snack

Greek Yogurt and Blueberries

Total Calories: 130

Protein: 18 g

Carbohydrates: 11 g

Fats: 1 g

What you'll need:

6 ounces Greek yogurt

¼ cup blueberries

Instructions:

Enjoy them separately or mix together!

Dinner

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Grilled Halibut Pasta Dish

Total Calories: 420

Protein: 45 g

Carbohydrates: 34 g

Fats: 11 g

What you'll need:

6 ounces halibut fish

½ cup cauliflower, steamed

1 cup whole wheat pasta, cooked

1 tablespoon olive oil

¼ cup tomato sauce

Instructions:

Warm the olive oil on a skillet and lightly grill each side of halibut while the fresh cauliflower steams. Toss the pasta in tomato sauce, and enjoy on the side.

Evening Snack

Cottage Cheese and Blueberries

Total Calories: 160

Protein: 21 g

Carbohydrates: 15 g

Fats: 2 g

What you'll need:

6 ounces 1% cottage cheese

½ cup blueberries

Instructions:

Enjoy them separately or mix them together!



Daily Total: 1,460 calories

^When combined with a reduced calorie weight loss diet plan.

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Day 3 Phase 2: Maintenance

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Celery Sticks and Peanut Butter

Total Calories: 110

Protein: 5 g

Carbohydrates: 4 g

Fats: 8 g

What you'll need:

2 celery sticks

1 tablespoon natural peanut butter

Instructions:

Spread peanut butter on celery sticks and enjoy.

Lunch

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

2 Egg Veggie Omelet

Total Calories: 350

Protein: 23 g

Carbohydrates: 38 g

Fats: 13 g

What you'll need:

2 eggs

2 ounces mushrooms

¼ cup spinach

2 slices whole wheat bread

Instructions:

Scramble both eggs and place in skillet to cook. Slice mushrooms and spinach into bite-sized slices. Flip the egg so the cooked portion is face-up. Place the veggies on the eggs and fold in half. Enjoy with a side of toast.

Midday Snack

Apple with Greek Yogurt

Total Calories: 130

Protein: 12 g

Carbohydrates: 29 g

Fats: <0.5 g

What you'll need:

1 medium apple

4 ounces Greek yogurt, plain

Instructions:

Dunk, dip, or dab your apple slices in yogurt or enjoy them separately.

Dinner

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Pork Chop, Veggies, and Rice

Total Calories: 420

Protein: 28 g

Carbohydrates: 47 g

Fats: 13 g

What you'll need:

3 ounces pork chop, lean, bone-in

6 asparagus spears

1 cup brown rice, long grain

Instructions:

Sear each side of pork chop to your liking, then saute asparagus. Place pork chops and asparagus on top of a bed of rice.

Evening Snack

Carrots Sticks and Pita Chips

Total Calories: 190

Protein: 5 g

Carbohydrates: 39 g

Fats: 1 g

What you'll need:

1 large carrot

1 serving pita chips

Instructions:

Pop and crunch your carrots and chips however you'd like!

Daily Total: 1,450 calories

^When combined with a reduced calorie weight loss diet plan.

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Day 4 Phase 2: Maintenance

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Cottage Cheese and Blueberries

Total Calories: 160

Protein: 21 g

Carbohydrates: 15 g

Fats: 2 g

What you'll need:

¾ cup 1% cottage cheese

½ cup blueberries

Instructions:

Enjoy them separately or mix them together!

Lunch

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Chicken Salad and Yogurt

Total Calories: 350

Protein: 64 g

Carbohydrates: 32 g

Fats: 6 g

What you'll need:

6 ounces chicken breast

1 cup romaine lettuce

½ cup cucumber

3 tablespoons balsamic vinegar

4 oz Greek yogurt, plain

Instructions:

Prepare chicken on warm skillet. Chop lettuce, cucumber, cooked chicken and toss with balsamic in a bowl. Enjoy with a side of yogurt.

Midday Snack

Celery Sticks and Peanut Butter

Total Calories: 210

Protein: 8 g

Carbohydrates: 8 g

Fats: 16 g

What you'll need:

2 celery sticks

2 tablespoons natural peanut butter

Instructions:

Enjoy them separately or mix them together!

Dinner

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Pork, Veggie, and Pasta Dinner

Total Calories: 340

Protein: 32 g

Carbohydrates: 35 g

Fats: 8 g

What you'll need:

3 ounce pork tenderloin

½ cup green beans

½ cup cauliflower mash

1 cup whole wheat pasta

¼ cup tomato sauce

Instructions:

Prepare pork tenderloin on a skillet or in oven. While cooking, steam green beans. Place pork tenderloin and green beans on top of cauliflower mash. Toss the pasta in tomato sauce and enjoy on the side.

Evening Snack

Guacamole with Cucumbers

Total Calories: 90

Protein: 4 g

Carbohydrates: 8 g

Fats: 5 g

What you'll need:

1 cup cucumber slices

2 ounces guacamole

Instructions:

Dip cucumber slices in the guac for a fresh, healthy snack.

Daily Total: 1,400 calories

^When combined with a reduced calorie weight loss diet plan.

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Day 5 Phase 2: Maintenance

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Power Breakfast Skillet

Total Calories: 230

Protein: 24 g

Carbohydrates: 7 g

Fats: 12 g

What you'll need:

2 eggs

2 ounces ham

5 asparagus spears

1 ounce mushrooms

Instructions:

Dice ham, asparagus, and mushrooms. Add to a warm skillet and allow to cook until tender. Scramble eggs and pour them over the items in skillet. Transfer to a bowl and enjoy!

Morning Snack

Guacamole and Dippers

Total Calories: 200

Protein: 2 g

Carbohydrates: 42 g

Fats: 3 g

What you'll need:

1 carrot

2 celery sticks

1 ounce guacamole

1 serving pita chips

Instructions:

Dip carrots, celery, and pita chips into your favorite guac.

Lunch

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Midday Snack

Cottage Cheese and Blueberries

Total Calories: 120

Protein: 14 g

Midday Snack

Carbohydrates: 14 g

Fats: 1 g

What you'll need:

4 ounces 1% cottage cheese

½ cup blueberries

Instructions:

Enjoy them separately or mix them together!

Dinner

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Chicken and Veggies

Total Calories: 500

Protein: 58 g

Carbohydrates: 45 g

Fats: 11 g

What you'll need:

6 ounces chicken breast, broiled

1 cup broccoli

5 asparagus spears

½ tablespoon olive oil

¾ cup whole grain pasta, cooked

¼ cup tomato sauce

Instructions:

Warm olive oil in skillet and briefly saute veggies. Place cooked chicken and veggies on the bed of cooked pasta. Toss in tomato sauce and enjoy!

Evening Snack

Healthy Mix

Total Calories: 210

Protein: 16 g

Carbohydrates: 33 g

Fats: 1 g

What you'll need:

1 medium apple

4 ounces Greek yogurt, plain

1 slice whole wheat bread

Instructions:

Dunk, dip, or dab you apple slices in yogurt with a side of toast.

Daily Total: 1,510 calories



^When combined with a reduced calorie weight loss diet plan.

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Day 6 Phase 2: Maintenance

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Morning Snack

Cucumber and Pita Chips

Total Calories: 160

Protein: 5 g

Carbohydrates: 33 g

Fats: 1 g

What you'll need:

1 cup cucumber slices

1 serving pita chips

Instructions:

Enjoy this crunchy snack!

Lunch

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Chicken Roll-Up With Rice

Total Calories: 380

Protein: 55 g

Carbohydrates: 23 g

Fats: 7 g

What you'll need:

6 ounces chicken breast, broiled

3 leaves romaine lettuce

½ cup brown rice, long grain, cooked

Instructions:

Slice the chicken breast and place in the center of a long leaf of romaine lettuce. Roll up, cut in half, and enjoy with a side of rice!

Daily Total: 1,490 calories

Midday Snack

Apple and Greek Yogurt

Total Calories: 130

Protein: 12 g

Carbohydrates: 21 g

Fats: <0.5 g

What you'll need:

1 medium apple

4 ounces Greek yogurt, plain

Instructions:

Dip apple in the yogurt or enjoy each separately.

Dinner

1 Packet Plexus Slim® Hunger Control*

Instructions:

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

Egg Frittata and Toast

Total Calories: 370

Protein: 23 g

Carbohydrates: 34 g

Fats: 17 g

What you'll need:

2 eggs

¼ cup spinach

2 slices whole wheat bread, toasted

Instructions:

Chop the spinach into bite-sized slices. Scramble both eggs and place in skillet to cook. Add the spinach to the egg skillet before the eggs finish cooking and transfer to a plate. Enjoy with a side of toast.

Evening Snack

Guacamole and Dippers

Total Calories: 200

Protein: 2 g

Carbohydrates: 42 g

Fats: 3 g

What you'll need:

1 carrot

2 celery sticks

1 ounce guacamole

1 serving pita chips

Instructions:

Dip carrot, celery, and pita chips in the guac or enjoy them each separately.



Day 7 Phase 2: Maintenance

Breakfast

Plexus Edge®

Instructions:

Take 1 capsule in the morning.

Power Breakfast Skillet

Total Calories: 230

Protein: 24 g

Carbohydrates: 7 g

Fats: 12 g

What you'll need:

2 eggs

2 ounces ham

5 asparagus spears

1 ounce mushrooms

Instructions:

Dice ham, asparagus, and mushrooms. Toss in a warm skillet and allow to cook until tender. Scramble eggs and pour them over the items in skillet. Transfer to a bowl and enjoy!

Morning Snack

Cottage Cheese and Blueberries

Total Calories: 160

Protein: 21 g

Carbohydrates: 15 g

Fats: 2 g

What you'll need:

6 ounces 1% cottage cheese

½ cup blueberries

Instructions:

Enjoy separately or mix them together!

Lunch

Plexus Lean™ Shake with Milk

Total Calories: 250

Protein: 24 g

Carbohydrates: 25 g

Fats: 7 g

What you'll need:

2 scoops Plexus Lean shake mix

8 ounces nonfat milk

Instructions:

Combine Plexus Lean shake mix with 8 ounces milk and blend together.

Midday Snack

1 Packet Plexus Slim® Hunger Control*

Instructions:

Use 30-60 minutes before your snack. Tear the Slim packet and pour into 12-20 ounces of water and shake immediately.

Midday Snack

Tuna Salad Sandwich

Total Calories: 340

Protein: 51 g

Carbohydrates: 34 g

Fats: 1 g

What you'll need:

6 ounces light tuna in water, drained

2 leaves romaine lettuce

2 slices whole wheat bread

Instructions:

Mix tuna with lettuce in bowl. Place between two slices of bread or toast. Yum!

Dinner

Plexus Block™

Instructions:

Take 2 capsules before your meal.

Grilled Halibut Pasta Dish

Total Calories: 420

Protein: 45 g

Carbohydrates: 34 g

Fats: 11 g

What you'll need:

6 ounces halibut fish

½ cup cauliflower, steamed

1 cup whole wheat pasta, cooked

½ tablespoon olive oil

¼ cup tomato sauce

Instructions:

Warm the olive oil on a skillet and lightly grill each side of halibut while the fresh cauliflower steams. Toss the pasta in tomato sauce, and enjoy on the side.

Evening Snack

Guacamole and Dippers

Total Calories: 100

Protein: 3 g

Carbohydrates: 14 g

Fats: 3 g

What you'll need:

1 carrot

1 cup cucumber slices

1 ounce guacamole

Instructions:

Dip cucumbers and carrots in guacamole and enjoy!

Daily Total: 1,500 calories

^When combined with a reduced calorie weight loss diet plan.

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