



Believe Plan for BMI Less than 29

1150 calories

Meal/Snack	Product/Food Items	Avg Cal
Breakfast	<ul style="list-style-type: none"> • 1 Shake/Pudding or Hot Drink • 1 Bar or Breakfast item • 1 Appetite Crusher & 1 Binge Buster 	250
Morning Snack	<ul style="list-style-type: none"> • 1 Lite Bite Snack 	130
Lunch	<ul style="list-style-type: none"> • 1 Shake/Pudding or Soup • 1 Bar or Lite Entrée • 1 Appetite Crusher & 1 Binge Buster 	250
Afternoon Snack	<ul style="list-style-type: none"> • 1 Shake/Pudding 	100
Dinner	<ul style="list-style-type: none"> • 4 oz Lean Meat • 4 Cups of Raw Vegetables or 2 Cups of Cooked Vegetables • 1 Appetite Crusher & 1 Binge Buster 	320
Evening Snack	<ul style="list-style-type: none"> • 1 Shake/Pudding or Hot Drink 	100
Total Calories		1150



Plan Instructions

1. Make sure you eat every 2-3 hours. Eat on a schedule. Do not skip meals or snacks.
2. Drink at least 8 cups of water or other non-caloric beverage per day. This does not include water used to mix your meal replacements.
3. You should take supplemental fiber daily. Any supplemental fiber will work.
4. Remember routine exercise is an extremely important part of your weight loss program.
5. Take 1 Appetite Crusher and 1 Binge Buster half an hour before breakfast, lunch and dinner with 8 ounces of water. If you miss a pill just go ahead and skip that one. If you are currently taking blood thinners or other medications please consult your doctor before taking these pills.
6. Go to weight loss tools to view our shopping and cooking guides. You will find many other great resources under weight loss tools. Sign up for our newsletter to receive behavior lessons, recipes and other good information to help you lose weight and keep it off.