



EXPLORE DIET

Flexible and Customizable Diet Plan
As Part of The PGX Program™



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Introduction

Is the PGX Explore Diet Right for Me?

The PGX Explore Diet is part of the PGX Program.

This diet lets you decide what food and delicious dishes you want to prepare for your meals and snacks by providing you healthy meal and snack check-lists and guidelines to help you along the way.

The PGX Explore Diet is similar to the PGX Roadmap Diet in that both are portion controlled meal plans, however the PGX Explore Diet has been designed for more culinary flexibility.

The PGX Explore Diet Plan is Perfect For:

- People who like to have more flexibility in their meal plans
- People who like to cook
- People who prefer more diverse types of food
- People who like ethnic foods

Other reasons you may want to choose the Explore Diet Plan:

- You have certain food restrictions, food allergies or food intolerances
- You would like to take PGX in addition to another meal plan weight management program or other sensible diet

If you feel like you may need more structure or guidance in your weight loss venture, check out the PGX Roadmap Diet instead.



Quick Start Guide:

1. Start the PGX Program™ by signing up at PGX.com
2. Follow along with the lesson booklets each week
3. Track each meal as you go along
4. For best results take 2½-5 grams of PGX with every meal



The PGX Explore Diet in a nutshell.

In its simplest form, the PGX Explore Diet consists of:

1. Two PGX Meal Replacement Shakes per Day

Take a full serving of the PGX Meal Replacement Shake twice per day, in place of two meals such as breakfast and dinner, or breakfast and lunch. Alternatively, you can take PGX Granules, Capsules or SatisFast shakes with a meal in place of the PGX Meal Replacement Shakes, but be sure to slowly increase your PGX intake from 2½ up to 5 g per meal.

2. Two or Three 100-150 Calorie Snacks

Have two small snacks with a source of protein and fiber between meals. To make it easier and to stave off hunger, mix up a PGX SatisFast shake as a snack. Only have an after dinner snack if absolutely necessary.

3. A Healthy, Balanced Meal with 2½ - 5 grams of PGX

A portion-controlled, healthy and balanced meal for lunch or dinner with 2½ - 5 grams of PGX. The easiest way to get this additional PGX is with the PGX Granules or Capsules.

Try to include as many whole foods in their most natural state and really limit processed or manufactured industry foods. If you don't know how to cook, or your cooking skills are poor, or just don't have time to cook refer to The PGX Program™ Booklet 10 Lazy Person's Guide to Food Planning and Preparation.

Paying Attention to Your Habits

During the PGX Explore Diet Plan and as you work through program booklets, start to explore and look closely at your own eating habits. If you pay attention, you'll begin to recognize:

- How your environment, family, friends and work influence your food choices and portions
- What triggers your unhealthy habits and makes change difficult
- How your mental health (stress/anxiety, mood/emotions and sleep) affect your energy, food cravings and eating episodes
- What causes your inner appetite monster to wake up

This awareness allows you to better understand and explore the possible ways to improve your health and weight. In the end, the Explore Diet will help you better identify the triggers of your unhealthy habits and perhaps shed some light on what unhealthy habits you want to positively change.



The PGX Program™

An Overview

The PGX Explore Diet is part of The PGX Program,™ which consists of 3 phases. The first two phases focus on **weight loss** and establishing healthy habits while the third phase concentrates on **keeping the weight off**. If you'd like to continue losing weight after you complete Phase 3, just restart the program.



Basics
Weeks 1-6

In the first 6 weeks, you'll learn how to start the Explore Diet and how to control your appetite and manage your blood sugar. You'll also practice portion control and learn how to get and stay active for the rest of your life.



Advanced
Weeks 7-12

In the next 6 weeks you'll learn why so many diets don't work and why your metabolism is so important. You'll reprogram your thinking on meal planning, food preparation and motivation so you can achieve your goals. You'll learn about mood, stress and sleep and how they all can affect your weight loss goals.



Maintenance
Beyond Week 12

The Graduate phase of the PGX Program™ is specialized to make sure you maintain the weight loss you have earned. There will be additional lessons about defying yo-yo diets, some roadblocks you may hit along your way as well some long-term tips for keeping the weight off.

A note about help:

Get help or take charge if you are not the one cooking and grocery shopping. You may need to involve whoever handles those chores with your weight loss goals or you may need to take charge of your own meals for some time.



The PGX Program™

Details

PHASE 1

Basics Weeks 1-6

- Before You Begin:**
Make sure you have read all of the PGX Roadmap Diet information (this booklet).
- Week 1**
Start the Explore Diet
Read Booklet 1: The 4 Guiding Principles
- Week 2**
Continue with the Explore Diet
Read Booklet 2: Tame Your Inner Appetite Monster
- Week 3**
Continue with the Explore Diet
Read Booklet 3: Stop Riding the Blood Sugar Rollercoaster
- Week 4**
Continue with the Explore Diet
Read Booklet 4: Don't be a Victim of Portion Distortion
- Week 5**
Continue with the Explore Diet
Read Booklet 5: Get Active for Life
- Week 6**
Continue with the Explore Diet
Read Booklet 6: Review of The 4 Guiding Principles



Week 1: Basics

- Read the PGX Explore Diet information plan (this booklet)
- Read the PGX Essentials Guide

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
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Week 2: Basics

- Review the PGX Explore Diet information plan (this booklet)
- Review the PGX Essentials Guide

Week of: _____

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Week 3: Basics

Read PGX Program Booklet 1: Tame Your Inner Appetite Monster

Week of: _____

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Week 4: Basics

Read PGX Program Booklet 2: Stop Riding the Blood Sugar Roller Coaster

Week of: _____

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w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
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Week 5: Basics

Read PGX Program Booklet 3: Don't Be a Victim of Portion Distortion

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
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Basics: Week 6

Read PGX Program Booklet 4: Get Active for Life

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
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f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
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PHASE
2

Advanced
Weeks 7-12

- Week 7**
Continue with the Explore Diet
Read Booklet 7: Finally, a Diet that Really Works!
- Week 8**
Continue with the Explore Diet
Read Booklet 8: The Mythbusters Guide to Weight Loss
- Week 9**
Continue with the Explore Diet
Read Booklet 9: Metabolism Really Matters
- Week 10**
Continue with the Explore Diet
Read Booklet 10: Reprogram Your Thinking and Achieve your Goals
- Week 11**
Continue with the Explore Diet
Read Booklet 11: Mood, Stress and Sleep
- Week 12**
Continue with the Explore Diet
Read Book 12: The Lazy Person's Guide to Food Planning and Preparation

Week 7: Advanced

Read PGX Program Booklet 5: Finally, A Diet that Really Works

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
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Week 8: Advanced

Read PGX Program Booklet 6: The Mythbusters Guide to Weight Loss

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume

Week 9: Advanced

Read PGX Program Booklet 7: Metabolism Really Matters

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	

Week 10: Advanced

Read PGX Program Booklet 8: Reprogram Your Thinking and Achieve Your Goals

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> Healthy Fat _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	<input type="checkbox"/> Veggies <input type="checkbox"/> High fiber grain/legume

Week 11: Advanced

Read PGX Program Booklet 9: Mood, Stress and Sleep

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
w	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
f	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
s	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	

Week 12: Advanced

Read PGX Program Booklet 10: The Lazy Person's Guide to Food Planning and Preparation

Week of: _____

	Balanced Breakfast: Up to 300 calories	Morning Snack: Up to 150 calories	Balanced Lunch: Up to 300 calories	Afternoon Snack: Up to 150 calories	Balanced Dinner: Up to 500 calories	Evening Snack: Only if needed. 100 calories
m	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
t	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> PGX Meal Replacement Drink (2 Scoops) <input type="checkbox"/> Additional 8-16 oz. (250-500 ml) of water within the hour	<input type="checkbox"/> PGX Satisfast Shake _____ OR _____ <input type="checkbox"/> Lean protein <input type="checkbox"/> High fiber (fruit, veggies or whole grains)	<input type="checkbox"/> Lean protein <input type="checkbox"/> Veggies <input type="checkbox"/> 2½-5 g PGX <input type="checkbox"/> High fiber grain/legume <input type="checkbox"/> Healthy Fat _____ _____ OR _____ <input type="checkbox"/> Frozen Meal with 2½-5 g PGX Up to 380 calories plus extra veggies	
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PHASE
3

Maintenance
Beyond Week 12

**After completing the weight loss phases
you now have two options:**

a

Continue to Lose More Weight

You may want to continue your weight loss efforts and aim to lose the next 5-10% of your body weight by following / restarting the Roadmap or Explore Diet Plans with 1 or 2 PGX Meal Replacements + 2.5 to 5 g PGX granules per day for the next 6 weeks, then transition to weight maintenance, your best diet.

b

Maintain your Weight Loss

You may want to focus on maintaining the weight you have lost by continuing to use 1 PGX Meal Replacement per day or adding the PGX granules to your meals and / or snacks for long-term weight management, your best diet.

Over the next 8-12 weeks of maintenance, please continue to read these booklets to help you along your path. If you feel like more weight loss is needed after you've completed the maintenance phase, simply go back to Phase 1: Basics and re-start the program.

- Read Booklet 13: Roadblocks on the Road to Success
- Read Booklet 14: Know Your Triggers for Weight Gain – And Tackle Them All
- Read Booklet 15: You Don't have to Gain Weight When Eating Out
- Read Booklet 16: No More Yo-yo Diets!
- Read Booklet 17: You Can Maintain Your Weight Loss For Life



Staying on Track

Some advice about keeping the weight off.

The Maintenance phase provides the knowledge, skills and positive motivation to help you maintain your weight. By helping you become more aware of unhealthy behavior triggers you can figure out your barriers to life-long weight management, and help you prevent relapse.

This is the new you. Keep it this way.

Maintaining the weight you've lost can be challenging because it's less reinforcing. The compliments and excitement of losing weight will eventually fade, yet the need to control your food intake and activity daily is a never-ending commitment. There is no end date.

Keep following the guiding principles.

Keep an eye on proper portions

Keep getting your protein.

Keep getting exercise.

Keep eating fiber.

Keep it up!

The destination is the rest of your life.

Refocus. Restart.

If you need to refocus or get back on track, you can always go back to the Basics phase and re-read the first four Booklets. They're pretty motivating.

If after 8 to 12 weeks of maintaining the weight you've lost, you're ready to make some more healthy behavior changes and lose more weight, start The PGX Explore or Roadmap Diets from the beginning.



Healthy Meal Guidelines

The pages that follow give shape to how you can craft your meals while using the PGX Explore Diet. You'll find advice on portion sizes, how to get enough fiber, tips on finding genuinely healthy frozen entrées and more.



Healthy Meal Guidelines

6 Simple Tips for Creating Healthy Meals

1. Aim for Balance:

When creating a balanced meal, include a source of lean protein, a high fiber grain or legume, vegetables and a source of healthy fat.

2. Think Protein First:

Choose leaner meats and alternatives more often such as fish, poultry, lean meats, legumes, low-fat cheeses, eggs, tofu or other vegetarian proteins, as good sources of protein.

Make your protein serving about a quarter of your plate or meal, about 3 ounces (90 grams) or the size of a deck of cards for meat, poultry, and fish, or 2 eggs or ¾ cup for legumes and tofu.

3. Fiber it Up:

When it comes to adding fiber remember - volume, color and be mindful of the glycemic index.

Add Volume & Color:

To volumize your meal, help you feel full, give you lots of nutrients and little calories, fill up half your plate with vegetables, the equivalent of two handfuls.

Choose Low to Medium Glycemic Index Foods:

At each meal, choose either fruits, legumes or whole grain products that are high in fiber and have a lower glycemic index. The glycemic index measures how fast and how high a consumed food raises blood sugar levels. High glycemic index foods are quickly turned into 'sugar' and low glycemic index foods are converted more slowly. Lower glycemic index foods give your body better blood sugar control and provide sustained energy.

How much? Your high fiber carbohydrate serving should make up a quarter of your plate or meal so about ½-¾ cup of a whole grain or legumes or fruit.

4. Use Natural Sweeteners:

If you need sweetness, try and use natural sweeteners as much as possible like fruit, or juice straight from the fruit, raw, honey, maple syrup, black strap molasses, or stevia

5. Chose Healthy Fats:

Use healthy fats more often when cooking such as grape seed, hemp seed oil, coconut oil, canola, sesame and olive (not extra virgin) oils.

Occasional use of butter is OK! Though, consider trying natural nut and seed butters, bean dips, mustards or pesto as a spread instead.

Nuts, seeds, and avocado are a great way to add a source of healthy fat to your meal.

Skip the gravy and rich sauces. Enhance the flavor of foods by cooking with broth, lemon juice, mustards, onions and seasonings like garlic, ginger, cumin, curry, spice blends and herbs.

Reduce fat used in cooking. Try baking, broiling, grilling, poaching, roasting, sautéing with a bit of oil, steaming, or stir-frying as lower fat methods than regular or deep frying.

Avoid any processed foods or anything with hydrogenated oil (half, full or partial) because these are the worse fats for our health and often found in processed foods, so look at labels carefully

6. Watch the Salt:

Limit or avoid salt (table salt or sea salt) in your cooking or adding salt to your food after cooking.

Instead of salt or other season salt (onion salt, celery salt or garlic salt), use fresh or dried herbs and spices or a premixed blend like "Spike Salt Free".

Choose 'low-sodium', 'sodium-free' or 'salt-free' food products more often.

Drain the liquid from all canned products (vegetables, beans/lentils, tuna/salmon) and rinse them under running tap water to help reduce the sodium.

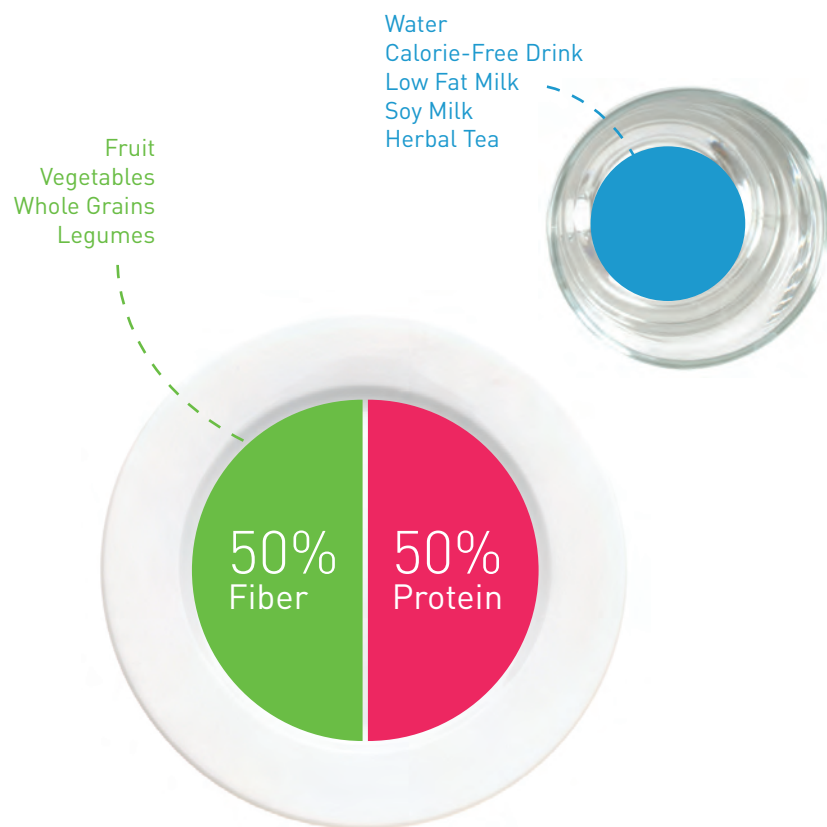
Healthy Meal Guidelines

Creating a Healthy Breakfast

For breakfast, we want you to eat a healthy balanced meal. This meal should contain 20-30 grams of protein, be high in fiber, be voluminous, and contain low/medium glycemic index foods.

Healthy Breakfast Checklist:

- An appropriate amount of calories (up to 300 calories)
- A source of protein (20-30 grams)
- A source of fiber
- Fruits and/or vegetables



Healthy Breakfast Ideas

All Breakfast Ideas are about 300 calories (kcal) and contain a minimum of 20 grams of protein, unless otherwise stated.

egg white vegetable omelet (½ cup egg whites liquid, 1 cup vegetables), 1 slice sprouted grain bread

egg white vegetable omelet (½ cup egg whites liquid, 1 cup vegetables), 1 cup fruit salad, 1 TBSP almonds

1 cup cottage cheese 1%, ½ cup strawberries sliced, 2 TBSP slivered almonds, sprinkled with cinnamon or nutmeg (optional)

1 cup cottage cheese 1%, ½ cup berries, 1/3 cup Bran Buds or Bran Cereal, sprinkled with cinnamon or nutmeg (optional)

0.75 cup Greek yogurt 2%, ½ cup fresh fruit, 2 TBSP slivered almonds, 2 tsp chia seeds, 1 tsp maple syrup, sprinkled with cinnamon or nutmeg (optional)

0.75 cup Greek yogurt 2%, ½ cup fresh fruit, 1/3 cup Bran Buds or Bran cereal, 2 tsp chia seeds, 1 tsp maple syrup, sprinkled with cinnamon or nutmeg (optional)

2 eggs scrambled, tomato salsa, 1 cup cut melon, small tortilla wrap whole grain (100 kcal)

1 egg poached, 1 slice sprouted grain bread, 1 small orange, ½ cup Greek yogurt 2%

1 slice sprouted grain bread, 2 tsp peanut butter, 1 fresh apple, 1 hard boiled yet (~320 kcal, 14 g protein)

1 cup baked beans, ¼ cup grilled vegetables, 2 tbsp low fat cheese shredded (~296 kcal, ~16 g protein)

1 hard boiled egg, 2 crisp breads (Ryvita or Wasa), 1 ounce cheese, ½ cup of grapes, 1 TBSP walnuts (~306 kcal, 16 g protein)

2 slices sprouted grain bread, 2 tbsp hummus dip, topped with slices of tomatoes and cucumber, and sprinkled 1 TBSP low fat feta cheese (~300 kcal, ~17 g protein)

2 hard-boiled eggs, 2 slices of lean cooked ham, 2 crisp bread, ½ cup fresh fruit

½ cup measured dry regular / large flake rolled oats then cooked, ½ cup Greek yogurt (0%), 1 TBSP hulled hemp seeds, ½ cup fresh or defrosted frozen fruit

1 whole wheat English muffin, 1 egg (poached or hard boil), 1 slice of cheese (1 oz, 28 g), slices of tomato, 1 small fruit (~302 kcal, 17 g protein)

Healthy Meal Guidelines

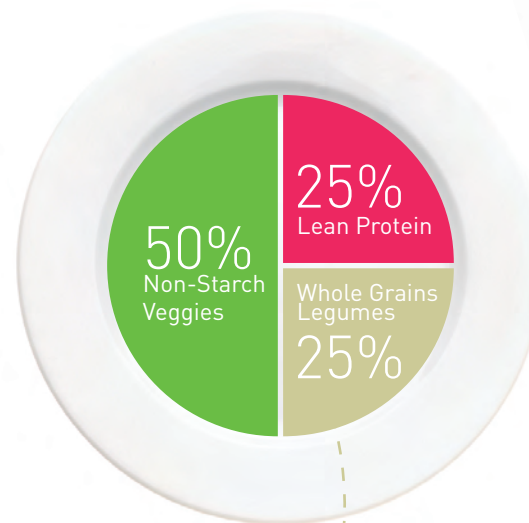
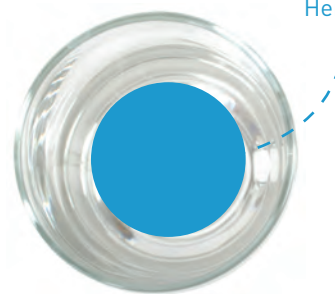
Creating a Healthy Lunch or Dinner

For the lunch or dinner meal, we want you to eat a healthy balanced meal. This meal should contain 20-35 grams of protein, be high in fiber, be voluminous, and contain low/medium glycemic index foods. If needed, we recommend you add PGX at dinner time to control overeating at night. Please see the reverse to see what portions are recommended.

Healthy Lunch/Dinner Checklist:

- An appropriate amount of calories (up to 500 calories)
- A source of protein (20-35 grams)
- A source of fiber
- A considerable amount of vegetables and some fruit

Water
Calorie-Free Drink
Low Fat Milk
Soy Milk
Herbal Tea



May also include a Starch Vegetable

Healthy Meal Guidelines

Creating a Healthy Snack

To make healthy snacking easier, plan ahead. Add healthy snacks to your shopping list. Prepare and pack up healthy snacks the night before so they are easy to grab in the morning. Have nutritious snacks available at home, at work, and in a cooler in the car to avoid snacking on junk food or overeating at meal times.

A great snack usually includes a protein (egg or nuts) and a fiber source (PGX, veggie or fruit). The fiber source and protein both contribute to longer lasting energy and fullness. The combination also helps balance blood sugar, preventing the blood sugar rollercoaster.

When it comes to snacking, always think:

“What are my sources of protein and fiber?”



150 Calorie Snack Options

Below are listed lots of snack options within the 150 calories range. The servings are approximate, so read the nutrition labels and adjust the serving size accordingly.

- ½ cup Greek yogurt (0-2%) and 1 cup frozen berries with 1 teaspoon (tsp) of honey / maple syrup if desired
- ½ cup yogurt (plain, 0-2%) with 1 tablespoon (Tbsp) ground mixed nuts/seeds and ½ cup berries
- ½ cup of cottage cheese and ½ cup of pineapple chunks or other fruit
- 2 pieces of whole wheat crisp bread, ¼ cup cottage cheese and ½ apple
- 1 inch-square or 28 grams of cheese with a serving of crackers (100 calories about 4-6 multi-grain crackers)
- 1 cheese string and 1 apple or pear
- 1 ounce (28 grams) of cheese and 1 apple
- ¼ cup hummus and 2 cups of vegetables (such as carrots, broccoli, celery, cauliflower, peppers, etc.)
- ½ whole wheat pita with 3 Tbsp hummus and some cucumber slices
- 1 Tbsp of peanut butter and 1 slice whole grain sprouted bread or whole wheat tortilla
- 1 Tbsp peanut butter (or other nut butter) and 1 apple or some celery
- 12 cashews or almonds and a fruit (e.g. apple or pear)
- 1 small can of tuna drained or ½ a regular can of tuna with 2-3 olives and lemon juice on some whole grain crackers (100 calories about 4-6 multi-grain crackers)
- ¾ cup edamame
- 150 calories worth of tortilla chips (about 15 chips) and ½ cup salsa
- 10 tortilla Chips (Baked) with either ½ cup of salsa and 1 ounce of low-fat cheese OR 2 Tbsp of guacamole
- ¾ cup of unsweetened applesauce and 10 pecan halves
- 2 eggs scrambled and ½ cup of salsa
- 1 small fruit and 1 boiled egg
- fruit & nut bar that is around 150 calories
- half a protein bar equaling 150 calories
- ¼ cup trail mix (made with whole grain cereal, dried fruits and nuts/-seeds) and 1 orange
- 1 cup soy / rice milk and 1 cantaloupe wedge
- ¾ cup high-fiber cereal with ½ cup skim milk
- 1 fig bar and ½ cup skim milk
- yogurt treat: combine 100 calories serving of yogurt, with ¼ cup blueberries, and 2 tsp sliced almonds or pumpkin seeds
- tortilla wrap: tortilla (about 100 calories), a couple slices of turkey deli meat, veggies, and mustard
- half sandwich (mustard, tomato, cucumber slices, lettuce and a slice of roasted deli meat)
- 24 cashews or almonds or 14 walnut halves

Healthy Meal Guidelines

Appropriate Portions



Low Glycemic Index Fruit Choices
Whole fruit or 1 cup (3-6 g fiber)
100 to 150 calories per meal

Apple
Apricots
Blueberries
Cherries
Dates
Grapefruit*
Grapes
Mango
Nectarines
Oranges (mandarin or tangerines)
Peaches or peaches canned in water/light or natural juices
Pears or pears canned in light/natural juice
Plums
Raspberries
Strawberries

*** A note about grapefruit:**

Be careful with grapefruit if you are taking cholesterol lowering medications. Consult your physician to make sure grapefruit is safe for you.



Non-Starch Vegetable Choices
Be mindful of added fats.
About 2 cups per meal

Asparagus	Hearts of Palm
Bean sprouts	Kale
Bok Choy	Kohlrabi
Beet greens	Leeks
Broccoli	Lettuce
Brussels sprouts	Mushroom
Cabbage	Okra
Cabbage (Chinese)	Onions
Cauliflower	Peppers
Celery	Radishes
Collards	Spinach
Cucumber	Tomatoes
Eggplant	Turnips
Green onions	Watercress
Green beans	Zucchini

Quick Tips:

To add flavor try some lemon or lime juice, fresh herbs (cilantro, basil, parsley, etc.) or spices & seasoning such as garlic powder, dill, basil, rosemary, oregano, turmeric, curry, etc.

Strapped for time? Use bagged or prepackaged salads, frozen vegetables, or canned vegetables.



Whole Grain, Starch Vegetables & Legume Choices Low and Medium Glycemic Index:
100 to 150 calories per meal

Barley (pearled).....	½ - ¾ cup
Beans	½ - ¾ cup
Brown rice.....	½ - ¾ cup
Cereals	*
Chickpeas	½ - ¾ cup
Corn, kernels.....	¾ - 1 cup
Crispbread	3-4 slices
Farro.....	¾ cup
Lentils	½ - ¾ cup
Oats, steel cut, dry.....	¾ cup
Oats, regular, dry.....	⅓ - ½ cup
Parboiled rice	½ - ¾ cup
Pita, 100% whole grain.....	½ - 1 pita
Potato	½ - 1 small
Pumpnickel bread.....	1 - 1 ½ slice
Quinoa	½ - ¾ cup
Rye bread	1 - 1 ½ slice
Sprouted bread.....	1 - 1 ½ slice
Squashes	1 - 1 ½ cup
Sweet potato.....	⅔ - 1 cup
Tortilla (100% Whole Grain).....	1 tortilla
Vermicelli / Rice noodles	½ - ¾ cup
Wheat berries (dry)	¾ cup
Whole wheat pasta.....	½ - ¾ cup
Yams	⅔ - 1 cup

*** A note about cereals:**

Make sure your cereals are high in fiber (5 g or more per serving). Check the label and serving size to adjust for 100-150 calories.

Healthy Meal Guidelines

Appropriate Portions: Continued



Protein Choices

Between 2½ - 4 oz (75-120 grams) in weight.

20-35 grams of protein per meal

Chicken (skinless)	20-35 g protein
Beef (lean)	20-35 g protein
Egg	7 g protein
Fish	18-30 g protein
Lamb	18-30 g protein
Pork (lean)	18-35 g protein
Turkey (skinless)	20-35 g protein
Tuna (½-1 can in water, drained).....	15-30 g protein
Salmon (1 can drained).....	24 g protein
Shrimp	18-27 g protein

A note about beans:

If you are having beans or legumes, balance your meals as follows:

½ cup legumes + ½ cup low glycemic index starch

½ cup legumes + ½ cup low glycemic index starch and 50 grams (2 oz.) of meat



Vegetarian Protein Choices

20-35 grams of protein per meal

Beans	1 cup, 15 grams protein
Cheese	1 oz. (28 g), 7 g protein
Chickpeas	1 cup, 15 g protein
Egg	7 g protein
Lentils	1 cup, 18 g protein
Nuts	1 oz. (28 g) or 2 tbsp., 6-8 g protein
Nut butters	1 oz. (28 g) or 2 tbsp., 6-8 g protein
Tempeh	4 oz. (120 g), 20 g protein
Tofu	4 oz. (120 gram), 9 g protein
Seeds.....	1 oz. (28 g) or 2 tbsp., 6-8 g protein
Yogurt plain 0-2%	¾ cup (175 g), 2-6 g protein
Yogurt Greek 0-2%	¾ cup (175 g), 15-18 g protein
Protein powder	15-21 g / serving



Healthy Fat Choices

100 to 150 calories per meal (optional)

Avocado (½)	150 kcal
Avocado oil.....	1 tbsp. approx. 100-120 kcal
Canola oil	1 tbsp. approx. 100-120 kcal
Coconut oil.....	1 tbsp. approx. 100-120 kcal
Grape seed oil.....	1 tbsp. approx. 100-120 kcal
Hemp seed oil.....	1 tbsp. approx. 100-120 kcal
Nuts	1 oz., 28 g, 175-200 kcal
Nut butters	1 tbsp. approx. 100-120 kcal
Olive oil	1 tbsp. approx. 100-120 kcal
Seeds.....	1 oz., 28 g, 175-200 kcal
Seed butters	1 tbsp. approx. 100-120 kcal
Sesame oil	1 tbsp. approx. 100-120 kcal

Healthy Meal Guidelines

The Perks of Frozen Meals in Weight Management

We all have busy lives and ever-changing schedules and cooking healthy meals daily for ourselves or our family can be a real challenge. But for days when time is short and energy is low, frozen meals can help pick up the slack and keep your weight on track. Simply put, frozen meals are quick, easy and convenient. They also have built-in portion control making it harder to overeat.

They are a great weight management tool to help you learn or remind the proper size portions we should eat. Plus, frozen meals are often less expensive than eating out and ready in just a few minutes.

What to Look for in a Frozen Meal

The challenge however is to find frozen meals that are healthy and satisfying. Fortunately, frozen meals have come a long way from what they use to be. When selecting a frozen meal, you'll need to read the "Nutrition Facts" panel on the package to make sure your choice truly is a healthy one. Look for frozen entrées that have:

1. Fewer than 380 calories
2. Between 18-25 grams of protein
3. Fewer than 10 grams of fat
4. Fewer than 800 mg of sodium
5. Some fiber – such as 4 grams or more per serving would be a nice bonus

Add a garden salad, vegetables, and fruit, to your healthy frozen meal for a more nutritious and balanced meal.

Even though frozen meals make a good weight management tool, the best and healthier long-term strategy is to learn how to freeze cook or bulk cook your own frozen meals, so that you always have something portion controlled, nutritious and delicious ready to eat.

① 230-250 Calories, 16-19 g protein

Turkey Medallions	Smart Ones
Chicken with Roasted Sweet Potatoes	PC Blue Menu
Chicken Bangkok	PC Blue Menu

② 260-280 calories, 16-18 g protein

Lemon Garlic Chicken & Shrimp	Healthy Choice Steamers
Mango Curry Chicken	Lean Cuisine
Chicken Teriyaki Stir-fry	Lean Cuisine
Salmon with Basil	Lean Cuisine
Thai Curry Chicken	Healthy Choice Steamers
Salisbury Steak (9.5 oz) with Macaroni	Smart Ones
Chicken Teriyaki	VH Steamers

③ 260-280 calories, 19-22 g protein

Thai Chicken	Lean Cuisine
Creamy Rigatoni with Broccoli and Chicken	Smart Ones
Thai Chicken & Shrimp	VH Steamers
Creamy Chicken Alfredo	Lean Cuisine
Swedish Meatballs	Smart Ones
Mediterranean Grilled Chicken	Healthy Choice Steamers
Roast Turkey with Vegetables	PC Blue Menu
Chicken Carbonara	Smart Ones
Grilled Chicken Marinara	Healthy Choice Steamers
Grilled Chicken Red Pepper Alfredo	Healthy Choice Steamers

④ 290-310 calories, 16-18 g protein

Spaghetti with Meat Sauce	Smart Ones
Beef Teriyaki	Healthy Choice Steamers
General Tau's Spicy Chicken	Healthy Choice Steamers
Barley Risotto with Herbed Chicken	PC Blue Menu
Ginger-Glazed Salmon	PC Blue Menu
Traditional Lasagna with Meat Sauce	Smart Ones
Kung Pao Chicken	VH Steamers
Zesty Orange Chicken	VH Steamers
Chicken Bruschetta Grilled Flatbread	Smart Ones
SW Style Chicken Fiesta Grilled Flatbread	Smart Ones
Shanghai Ginger Beef	VH Steamers
Chicken Marinara with Mozz. Cheese Grilled Flatbread	Smart Ones
Chicken Caesar Primavera	Lean Cuisine
Savory Steak & Ranch Grilled Flatbread	Smart Ones

⑤ 290-310 calories, 19-22 g protein

Chicken Tikka Masala	PC Blue Menu
Chicken Fettuccini	Smart Ones
Grilled Basil Chicken	Healthy Choice Steamers
Italian Lasagna	PC Blue Menu
Panini Chicken, Spinach & Mushrooms	Lean Cuisine

⑥ 330-350 calories, 17-18 g protein

Sweet Sesame Chicken	Healthy Choice Steamers
Pineapple Chicken	Healthy Choice Steamers
Thai Sweet Chili Lemon Grass Chicken	PC Blue Menu
Panini Grilled Vegetables & Goat Cheese	Lean Cuisine

⑦ 330-350 calories, 21-24 g protein

Panini Steak & Mushroom	Lean Cuisine
Chinese Sweet and Sour Chicken	PC Blue Menu
Panini Grilled Chicken Club	Lean Cuisine

⑧ 360-380 calories, 21-24 g protein

Indian Butter Chicken Reduced Fat	PC Blue Menu
Fajita Chicken Pizza	Smart Ones
Reduced Fat Chicken Lasagna	PC Blue Menu
Rotini with Chicken Pesto	PC Blue Menu
Indian Chicken Korma	PC Blue Menu



EXPLORE DIET

Flexible and Customizable Diet Plan
As Part of The PGX Program™