

# Daily Weight-Loss Guide

Better Taste. Better Science. Better Results.

## Breakfast



**NanoMeal<sup>G</sup>**  
Mix 1 packet with  
12 oz. cold water

*(You may also use  
unsweetened rice milk or  
unsweetened almond milk)*

**\*NOTE\***  
NanoMeal<sup>G</sup> can be substituted by  
using: 1 scoop NanoGreens<sup>10</sup>  
1 scoop NanoPro<sup>PRP</sup>  
1 scoop NanoOmega<sup>3</sup>



**Drink Plenty of Water**

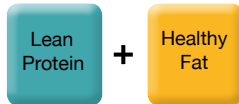
## Mid-Morning Snack



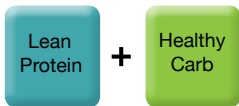
**NanoLean**  
Mix 1 packet with  
16 oz. cold water

*(Helps you stay full, reduce  
body fat, boost metabolism,  
control stress, increase  
energy, control cravings)*

And also have either:



-- OR --



**Stay Hydrated!**

## Lunch



**NanoMeal<sup>G</sup>**  
Mix 1 packet with  
12 oz. cold water

OR

**Veggies and Lean Protein:**  
Spinach, Tomatoes, Celery,  
Cucumber, Carrots, Asparagus,  
Zucchini, Mushrooms,  
Broccoli, Cauliflower

6-8 oz. Chicken or  
8 oz. Fish

**Salad Dressing:**  
3-4 tbsp. Light Dressings or  
Olive Oil-Rice Wine Vinegar  
or Balsamic Wine Vinegar

**Healthy Carbs:**  
1 cup quinoa, or black beans  
or garbanzo beans



**Drink Plenty of Water**

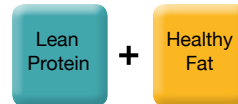
## Afternoon Snack



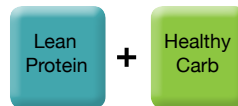
**NanoLean**  
Mix 1 packet with  
16 oz. cold water

*(Helps you stay full, reduce  
body fat, boost metabolism,  
control stress, increase  
energy, control cravings)*

And also have either:



-- OR --



**Stay Hydrated!**

## Dinner

### Veggies & Lean Protein:

Spinach, Tomatoes, Celery,  
Cucumber, Carrots,  
Asparagus, Zucchini,  
Mushrooms, Broccoli,  
Cauliflower

6-8 oz. Chicken or  
8 oz. Fish

### Salad Dressing:

3-4 tbsp. Light dressing or  
Olive Oil-Rice Wine Vinegar  
or Balsamic Wine Vinegar



**Drink Plenty of Water**

## Late Night Healthy Treat



Mix  
1-2 scoops NanoPro<sup>PRP</sup>  
1 tbsp. NanoEPA<sup>DHA</sup>  
16 oz. cold water or  
unsweetened almond milk  
Shake, Enjoy (Yum!)

## Snack Options

### Healthy Carbs

Options:

- Bowl of fresh veggies
- 1 serving NanoGreens<sup>10</sup>
- 1 serving NanoReds<sup>10</sup>
- 1 apple
- Bowl of strawberries,  
blueberries, blackberries
- 1 cup oatmeal w/cinnamon
- 1 cup quinoa, or garbanzo  
beans, or black beans

### Healthy Fat

Options:

- 1/4 avocado
- 20 walnuts or almonds
- 1 serving NanoOmega<sup>3</sup>
- 1 serving NanoEPA<sup>DHA</sup>

### Lean Protein

Options:

- 2 hard boiled eggs
- 5 scrambled egg whites
- 1 serving NanoPro<sup>PRP</sup>
- 1 plain chicken breast



Have you tried the entire line of products?  
They make great low-calorie snacks!