

# PREPARING MEAL REPLACEMENTS

Getting started with your sample pack.



- **Mix with 8 oz+, non-calorie beverages**  
Water, coffee, ice, soda waters, or diet sodas (use caution with artificial sweeteners)
- **Warm or cold preparations**  
Heat beverage before adding meal replacements. Consider using less water to make a pudding.
- **Use your samples as a snack**  
They are very low calorie and will not be a meal in your pre-program phase
- **Calorie-free flavorings are ok**  
Try enhancing the flavor with spices or sugar-free syrups
- **Blend well**  
Shaker bottles, frothers, and blenders are all good options. You can add a blender bottle to your order.