Physicians WEIGHT LOSS Centers

Low Carb – VLCD.700 Mainstay

Name:
Date:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Thermogenics Drink 1 hour before meals (optional)	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime	❑Before breakfast ❑Before lunch ❑Before dinner ❑Before bedtime
Other Thermogenic Product(s) (optional)	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes	❑Carb Blocker 3 ___# of capsules ❑Thermo. Gum ❑Choco-Lettes
PWLC Nutritional Supplements (2 required, 2 optional)	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____	❑_____ ❑_____ ❑ (opt)_____ ❑ (opt)_____
Breakfast	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:
	Starch:	Starch:	Starch:	Starch:	Starch:	Starch:	Starch:
Lunch	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:
	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:	Fruit:
Dinner	Starch:	Starch:	Starch:	Starch:	Starch:	Starch:	Starch:
	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:
	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:	Vegetable:
Vitamins/ Liquid	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC	❑MVI & EMC
	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____	❑Other: _____
	Decaf Coffee/Tea:	Decaf Coffee/Tea:	Decaf Coffee/Tea:	Decaf Coffee/Tea:	Decaf Coffee/Tea:	Decaf Coffee/Tea:	Decaf Coffee/Tea:
	Water:	Water:	Water:	Water:	Water:	Water:	Water:
PWLC Meal Replacement	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____	Thermogenic Bar: _____ Premium Plus 35: _____
Snack (opt)	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar	❑Nutritional Bar