

READ ME FIRST



HEALTHY SOLUTIONS[®]
DIET PROGRAM

Quick Start Guide



HMR at Home[®]

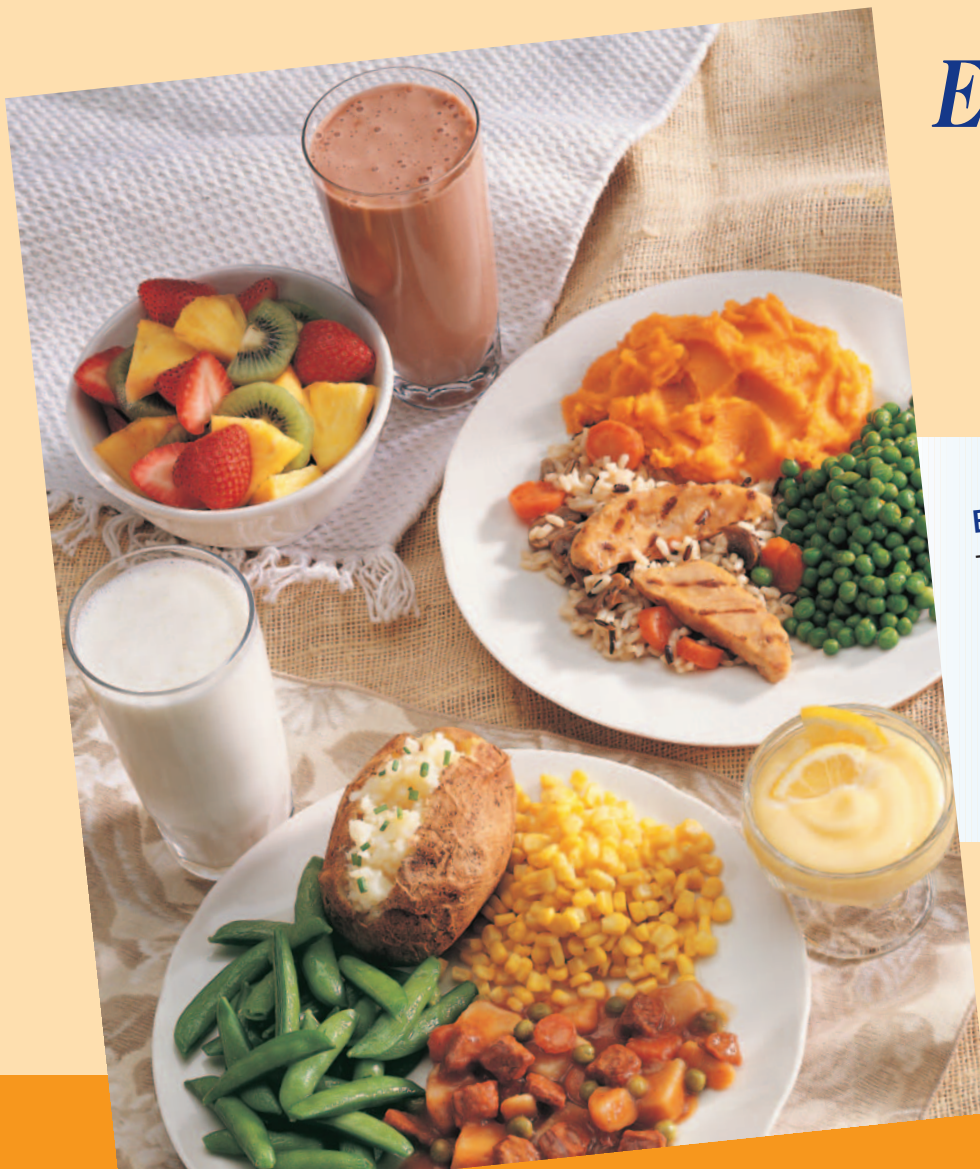


Your Daily Diet Plan

The Healthy Solutions diet provides a simple structure that makes it easy to plan your day and quickly lose weight. Just follow this **3+2+5** plan every day:



Plus **8** eight-ounce glasses of water or other noncaloric beverages



*Eat all this
and still
lose weight!*

ENJOY A PUDDING!

The HMR 70 Plus shake mix can be made into a delicious and creamy instant pudding.

Note: If you are using only the HMR 70 Plus Shakes, you will also need to take 2 HMR vitamins per day (included in the shake mix box).

Consult your physician before starting any diet, especially if you have diabetes, hypertension, or any other medical condition or medications that would be affected by diet, exercise or weight loss.

How to Lose the Most Weight

1 Eat 3+2+5 Every Day

Have at least **3** HMR Shakes or puddings, **2** HMR Entrees and **5** fruits and vegetables every day. You'll have no decisions or anxiety about "what to eat today." And you'll stay on your diet and keep losing weight!

2 Practice "More Is Better"[™]

Fill up on extra HMR foods, fruits, and vegetables—even if you exceed your daily **3+2+5** plan. This will:

- keep you full and satisfied
- keep you from breaking the diet
- get you through the tough times
- keep you on the diet longer, losing more weight!

Eat frequently throughout the day and stay full!

Your 3-week Quick Start kit includes extra shake servings and two extra entrees for practicing "More Is Better."

3 Stay "In the Box"

Staying "in the box" is just another way of saying staying on your diet.

When you eat your minimum **3+2+5** every day and then practice "more is better" when you're hungry, it makes it easier to stay away from foods that are not on the diet.

The more days "in the box," the more weight you'll lose.

Variety makes staying "in the box" easier!

See pages 10–13 of your Support Guide for lots of ideas.

Eat More and Lose More?

YES! Your HMR diet foods, fruits and vegetables are so low-calorie, you can eat a lot of them and still lose weight.

"I couldn't believe that I could eat more and still lose weight. This is the first program I've been on where I can honestly say that I feel satisfied. I literally eat all day long, and I'm still losing weight."

*Lois C., Lost 87 lbs.**

IN A STUDY of 600 HMR dieters, those who had one or two extra HMR foods per day lost 70% more weight.

**Average weight loss for Healthy Solutions dieters in the clinic program Lois participated in is 30-35 lbs.*



GET A QUICK START: YOUR FIRST 3 DAYS ARE KEY!

Stay "in the box" for the first three days and the rest of the week will be easier. You'll lose more weight immediately and long-term. "More Is Better" will help keep you full and away from weight-gain foods!

STEP ONE Begin Your Diet

Plan your first day on the Healthy Solutions Diet

Use the simple **3+2+5** diet plan below. Mix and match the foods any way you want!

Don't be afraid to have MORE than your daily plan. Eating extra HMR Shakes, HMR Entrees, and fruits and vegetables (F/V) will keep you away from higher-calorie foods, so you'll lose more weight.

Eat frequently throughout the day (yes, really!) and stay full. After your first day, use the simple **3+2+5** structure to plan all of your days on the diet.

(For more tips, see the "Begin Your Diet" section of your Support Guide.)



MAKE A PRACTICE SHAKE FIRST!
The HMR Recipe Book shows you how!

A Sample 3 + 2 + 5 Day (3 Shakes, 2 Entrees, 5 F/V)

Breakfast: Strawberry Banana Supreme Smoothie

Snack: Orange, apple, or any piece of fruit

Lunch: HMR Turkey Chili over a baked potato

Snack: Chocolate Raspberry Delight Shake

Dinner: Chicken Italiano

Snack: Chocolate Mandarin Orange Pudding

Plus 8 eight-ounce glasses of water or other noncaloric beverages. After your first day, use this simple 3+2+5 structure to plan all your days on the diet.

See your HMR Recipe Book for these and other great recipes!

Like to eat a big breakfast?

Have a double shake with extra fruit; you'll stay full and satisfied until lunch.

Hungry for lunch?

Add two or more vegetables to your entree for a more filling meal without a lot of extra calories.

Hungrier at night?

Have two entrees with vegetables for a filling, low-calorie meal. Or mix two different entrees together for a tasty new recipe.

Want an extra snack?

Use HMR Shakes or Puddings, with or without fruit, any time of the day. You'll keep your energy up and your diet on track!

STEP TWO Add Physical Activity

Plan at least 10 minutes of exercise such as walking on your first day. Your goal is to work up to 30–60 minutes per day or more. The Physical Activity section of your Support Guide has lots of easy suggestions.



TWO SHORT WALKS A DAY ADD UP!

Exercise can be easier than you think! Just two 20-minute walks a day will translate into an extra 28 pounds* lost in a year! And you'll get great health benefits, too.

(*Based on a 200-pound person)

STEP THREE Track Your Progress

Keep daily records to track your progress

Reinforce your great results. Just one minute of record-keeping a day will help you stay on track and lose more weight. Use the simple Weekly Progress Chart provided.

HEALTHY SOLUTIONS™
HMR
 Health Management Resources

Weekly Progress Chart

It takes **just one minute** to check off your successes throughout the day. At the end of the week, add up your weekly totals. Transfer your totals to the Progress Summary on p. 33 of your Support Guide to see your progress.

Beginning of Week Weight: _____

	Shakes/Puddings	Entrees	Benefit Bars	Fruits & Vegetables	Met 3+2+5	"In the Box"	Physical Activity (PA) Calories
Day 1 Date: _____	<input type="checkbox"/> Shakes	<input type="checkbox"/> Entrees	<input type="checkbox"/> Bars	<input type="checkbox"/> Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	Total PA Cals: _____
Day 2 Date: _____	<input type="checkbox"/> Shakes	<input type="checkbox"/> Entrees	<input type="checkbox"/> Bars	<input type="checkbox"/> Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	Total PA Cals: _____
Day 3 Date: _____	<input type="checkbox"/> Shakes	<input type="checkbox"/> Entrees	<input type="checkbox"/> Bars	<input type="checkbox"/> Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	Total PA Cals: _____
3-Day Subtotal	Shakes	Entrees	Bars	Fruit/Veg	Days	Days	PA Cals
Day 4 Date: _____	<input type="checkbox"/> Shakes	<input type="checkbox"/> Entrees	<input type="checkbox"/> Bars	<input type="checkbox"/> Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	Total PA Cals: _____
Day 5 Date: _____	<input type="checkbox"/> Shakes	<input type="checkbox"/> Entrees	<input type="checkbox"/> Bars	<input type="checkbox"/> Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	Total PA Cals: _____
Day 6 Date: _____	<input type="checkbox"/> Shakes	<input type="checkbox"/> Entrees	<input type="checkbox"/> Bars	<input type="checkbox"/> Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	Total PA Cals: _____
Day 7 Date: _____	<input type="checkbox"/> Shakes	<input type="checkbox"/> Entrees	<input type="checkbox"/> Bars	<input type="checkbox"/> Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	Total PA Cals: _____
TOTALS FOR THE WEEK							
Goal:	At least 21 Shakes	At least 14 Entrees	Bars	At least 35 Fruit/Veg	7 Days	7 Days	At least 2,000 PA calories
Actual:	_____	_____	_____	_____	_____ Days	_____ Days	Total PA Cals: _____

End of Week Weight: _____

For phone program only: Assignment Midweek Call

See chart on back to outline physical activity guidelines

Here's what's included in your Healthy Solutions Kit:

- ◆ 72 servings of HMR Shake/pudding mix
- ◆ 44 HMR Entrees
- ◆ Quick Start Guide
- ◆ Support Guide
- ◆ HMR Weight Loss Recipe Book
Gives you lots of ideas to prepare your shakes, puddings and entrees!
- ◆ Weekly Progress Charts
- ◆ Planning for More Weeks of Weight Loss
Reorder Guidelines

Don't Run Out of Food! Don't Stop Your Weight Loss.

Once you start losing weight with HMR, you won't want to stop. To continue your diet beyond its initial three weeks, order more HMR foods before your first week ends. The "Planning for More Weeks of Weight Loss" checklist outlines what to order. If you've been practicing More Is Better, make sure to order extra.



“I've lost weight myself. We all use HMR products. Please give us a call. We want to help.”

Sandi Braithwaite HMR Weight Loss Consultant

Need help or advice? We're here!

Call us to speak with a trained HMR Weight Loss Consultant.

(You'll find the number on your Order Summary.)



www.hmrprogram.com

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