



Fresh Steps Meal System

FULL PLAN



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Welcome

The decision to begin the Full Plan may be the start of your journey or simply the next step. Regardless, Fresh Steps welcomes you.

The Fresh Steps Meal System not only has proven weight loss results but fosters healthy lifestyle habits while building confidence in the kitchen! Our flexible program prevents boredom, adapts to your schedule and builds a framework for long term success! We're thrilled to take these steps with you and walk down the path to success!

Our Approach

The Fresh Steps Meal System Full Plan is anything but your typical weight loss plan. We tap into your desire to gain control over your eating choices without feeling isolated from your friends and family. This empowering philosophy taps into the nutritional benefits of fresh foods, while considering the traditional barriers to healthy eating: lack of time, cost, cooking skills and taste. This journey, however, is not a single stop. Instead, it is one of a lifetime marked by powerful behavioral changes and successful strategies for a lifetime influence. Today, we begin your step in the right direction!

Congratulations!

You have made the decision to begin **Phase 1 Fresh Steps Meal Starter Full Plan**

1 How Many Calories Per Day Can I Eat?

800 calories composed of minimal carbohydrates, moderate protein, and higher levels of fat.

2 But How Will I Lose Weight?

On this plan, you will be a fat burning machine! You will begin ketosis, a state where your body relies on fat as its primary source of fuel instead of sugar.

3 How Many Times a Day Will I Eat?

Throughout the day, you will consume 4 combined Meal Starters and Convenience Packs and 1 snack.



Meal Starters provide the foundation for a balanced meal with high quality protein and are fortified with vitamins and minerals especially potassium and sodium!

Choose a Convenience Pack to provide endless variety packed with flavor for a meal that is anything but boring!

Enjoy and track your meal with the HealthTrac mobile app! Your meal will be 160 calories, 20g of protein, with low net carbohydrates.

4 What Will I Be Eating?

Your day will be filled with delicious filling meals of eggs, soups, smoothies, pasta and VLC bars!

5 What Will I Need to be Successful?

A shaker bottle, Meal Starters, Convenience Packs, HealthTrac App, an open mind, and a positive attitude!

This plan typically provides the best weight loss results because of consistent portion sizes and the added convenience for those with busy schedules!

fresh
steps
MEAL SYSTEM

Meal Starters

Smoothies, Soups, Pastas and More!

Why Meal Starters?



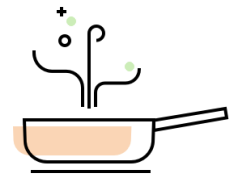
Versatility

YOU have the choice to pair a Meal Starter with either fresh grocery ingredients or a Convenience Pack, a powdered flavor pack designed for when time is limited.



Nutritionally Balanced

Our Meal Starter packs contain the essential vitamins, minerals and appropriate balance of protein, carbohydrates and fats to form the foundation of a meal.



Convenience

Create a healthy, portion controlled meal in minutes so that you feel full and satisfied, not hungry and deprived.



Smoothie Meal Starter

to create refreshing smoothies

- All-natural ingredients; gluten-free
- 20 grams of protein per serving
- 20% vitamin fortification per serving
- Blueberry, Strawberry-Banana, Pina Colada, Vanilla, Chocolate, and Orange Creamsicle.



Hot Meal Starter

to create warm and comforting soups

- Fiber and healthy fats to serve as your base for creating great tasting hot meals
- 20% vitamin fortification per serving
- All-natural ingredients; gluten-free
- Soup Convenience Pack options: Cheddar & Broccoli, Chicken & Vegetable, Creamy Mushroom, Creamy Tomato.



Egg Meal Starter

to create fun and fulfilling egg dishes

- No mess, no measuring of ingredients - meal starter and convenience pack come already combined in one-160 calorie packet
- 20g of protein with the inclusion of 1 fresh egg (equivalent to 3 large eggs!)
- "Egg" cellent high protein, low carb breakfast option
- Cheese & Chive.
- Southwest
- Cheddar & Bacon



Pasta Meal Starter

to create satisfying and guilt-free pasta dishes

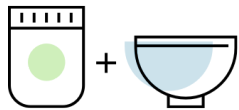
- 18 grams of protein per serving
- 3 grams of net carbohydrate per serving
- Pasta Convenience Pack options: Tex Mex, Tomato Parmesan, Garlic & Herb, Lemon & Herb.

Convenience Packs

Don't have time to prepare a fresh meal? We've got you covered!

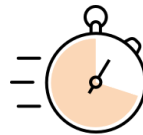
What are Convenience Packs?

Powdered flavor packs designed to enhance the taste of our Meal Starters.



Simplicity

Preparing a meal is as simple as 1, 2, 3 with our Convenience Packs! Here's the formula:



Convenience

Designed for when time is limited and meal prep is not an option, add a Convenience Pack to the appropriate Meal Starter and you'll have a nutritionally balanced and delicious meal in minutes!



Taste

We live by the philosophy - taste is king and our Convenience Packs are no exception!



Smoothie Meal Starter

- Blueberry
- Pina Colada
- Vanilla Bean
- Chocolate Indulgence
- California Dreaming Strawberry
- Orange Creamsicle



Hot Meal Starter

- Creamy Tomato
- Creamy Mushroom Farmhouse
- Cheddar & Broccoli Country
- Chicken & Vegetable



Egg Meal Starter

The egg meal starter is a standalone product. The meal starter and convenience pack come already combined in one-160 calorie packet.

- Cheese & Chive
- Southwest
- Cheddar & Bacon



Pasta Meal Starter

- Tex Mex
- Tomato Parmesan
- Lemon & Herb
- Garlic & Herb

Preparation Instructions



Smoothie Meal Starter

- 1 Add 8 fl. oz of cold water to a shaker bottle or blender.
- 2 Add contents of the Meal Starter packet to cold water.
- 3 Add your choice of Convenience Packet or fresh ingredients.
- 4 Shake or blend until smooth.



Hot Meal Starter

- 1 Combine the contents of the Hot Meal Starter Packet with a Soup Convenience Pack packet in a bowl or mug. Mix well.
- 2 Slowly add 7oz of boiling water and stir until smooth.

Preparation Tips

- To increase flavor of final product, replace 7oz of water for 7oz of any variety low-sodium broth.
- Use the back of your spoon against the side of the bowl to break up any undissolved powder.



Egg Meal Starter

Stovetop Instructions: Empty the contents of the pouch into a bowl. Add 1 egg and $\frac{1}{4}$ cup of water and stir well until combined. Pour mixture onto a hot, greased, non-stick medium sized pan and scramble until fully cooked.

Microwave Instructions: Empty the contents of the pouch into a bowl. Add 1 egg and $\frac{1}{4}$ cup of water and stir until well combined. Cook for 1 minute and then scramble with a fork. Return to the microwave for another 1-2 minutes until fully cooked.

Preparation Tips

- Make sure to stir the Egg Meal Starter, large egg and water together until completely smooth for the best final product.

Preparation Instructions



Pasta Meal Starters

Stovetop Instructions

- 1 Bring to boil 1L (4 cups) of slightly salted water.
- 2 Dip the pasta easy cook pouch in the water. Leave the pasta in the pouch.
- 3 Cook for 9 minutes or more, according to your taste preference.
- 4 Remove from pan and drain the high-protein pasta.
- 5 Open the pouch and serve on a plate.

Microwave instructions

- 1 Remove pasta from pouch and empty into a microwave safe bowl filled with 2 cups of water.
- 2 Heat on high for 8-10 minutes.
- 3 Drain pasta from water and serve.

Preparation Tips:

- Microwave times vary-check the texture of your pasta at the 8-minute mark. If it needs more time, put back in the microwave for 1-minute intervals, checking each minute.
- Be patient! Make sure to cook pasta for at least 9 minutes on the stovetop and 8 minutes in the microwave to avoid a crunchy/tough final product.



Tips and Tricks

“ I love omelets, so when using the egg meal starter, I pour the prepared egg into the pan and let it sit for a few minutes to firm up. When the edges start to brown, I can flip it easily to brown the other side. And when sautéing vegetables for my omelet, I find it best to sauté the vegetables separately and arrange on top of the omelet when done. Please see the next page for meal appropriate vegetables! ”

“ I enjoy having a bigger breakfast each morning. So, when using the Egg Meal Starters, I like to add some non-starchy vegetables to increase bulk. I can have a larger portion size while still staying on plan! ”

“ When preparing a smoothie, I really enjoy experimenting with different flavored extracts. I've found that adding a sprinkle of nutmeg to the vanilla smoothie makes it taste like custard without the extra calories. ”

“ When using the Hot Meal Starter, I add 10oz of water instead of 8oz. This helps make a soup with a thinner consistency which I prefer! ”

“ I can't start my day without my morning coffee. So, I use 8oz of lukewarm coffee in place of the 8 oz of water that is called for to prepare the Smoothie Meal Starter. I add a flavor pack, the chocolate or vanilla, go best with coffee! I top off my smoothie with some and now I have an energizing coffee smoothie! ”

“ I like a thicker smoothie, so I add both ice and water to my smoothies daily! ”

What Will My Day Look Like?

4 Meal Starters & 4 Convenience Packs

1



2



3



4




Snack

1



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This is just an example! With our numerous options, you can build a menu filled with taste and variety! You have the option to mix and match your meals and their times to fit your busy schedule!



The Fresh Steps Meal System was developed to fit into your lifestyle seamlessly. The program and products are flexible and adaptable to fit your busy life! You made the decision to begin this journey because you are strong, determined and value your health.

We believe in you and cannot wait for you to begin!

Keys to Success

1 Immerse Yourself in a Positive and Supportive Environment!

Daily we are surrounded by temptation when it comes to food, portions, and calories. Be proactive and set yourself up for success! Eliminate those tasty temptations at both home and work. Don't forget to surround yourself with positive and encouraging people; it makes a world of difference!

2 Track Your Progress Every Day.

The nitty gritty of tracking your meals, exercise, sleep or motivation levels may not be your ideal daily task but it gets results 1! When you begin tracking all the amazing things you are doing, you will begin identifying the progress you are making towards your goals!

3 Roll with the Punches!

We all know that every day is not perfect. It is how we handle these days and bounce back from them which determines our path! Just remember each day is a new day and we all have the ability to make positive change!



Fresh Feels **Fantastic!**

www.freshstepsmeals.com

