

READ ME FIRST

HMR® HEALTHY SHAKES  
DIET PROGRAM  
Quick Start Guide



*HMR at Home®*

# Your Daily Diet Plan

The HMR® Healthy Shakes Diet follows a simple structure to make it easy to plan your day and quickly lose weight. And it gives you the flexibility to include a healthy meal of your own choosing. To lose weight, follow this **3+5+1** plan every day:



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



**ENJOY A PUDDING!**  
The HMR 70 Plus shake mix can be made into a delicious and creamy instant pudding.

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



# How to Lose the Most Weight

## 1 Eat 3+5+1 Every Day

Have at least **3** HMR Shakes or Puddings, **5** fruits and vegetables, and one healthy meal of your choice every day. You'll have fewer decisions and less 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+5+1** 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 2-week kit includes extra shake servings for practicing More Is Better.)*

## 3 Use Variety to Stay on the Diet

More variety means no boredom on the diet! Use HMR Shakes for delicious and filling meals, snacks, or desserts.

Enjoy them as:

- fruit smoothies
- puddings
- hot cocoa
- mousse
- even "ice cream"

And add lots of vegetables to make your healthy meals more filling and nutritious. *(See your HMR Recipe Book for more ideas.)*



## Eat More and Lose More?

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

*“The HMR Shakes are great. They’re delicious and I can have as many as I need to stay full without slowing down my weight loss!”*

*Margaret G., Lost 37 lbs.\**

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

*\*In a survey of people using HMR Shakes and Entrees on their own, 92% reported losing weight. 65% lost over 25 lbs. And 25% lost over 40 lbs.*

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

Stick to the diet 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 HMR® Healthy Shakes Diet

Use the simple **3+5+1** diet plan below. Mix and match the foods any way you want!

Don't be afraid to have MORE than your daily plan of HMR Shakes, fruits and vegetables (F/V). Eating extra will keep you away from higher-calorie foods, so you will lose more weight. Eat frequently (yes, really!) and stay full on your healthy shakes!

After your first day, use the simple **3+5+1** structure to plan all of your days on the diet.

### A Sample 3+5+1 Day (3 Shakes, 5 F/V, 1 Healthy Meal)

**Breakfast:** Strawberry Banana Supreme Smoothie

**Snack:** Orange, apple, or any piece of fruit

**Lunch:** Creamy Eggnog Shake

**Snack:** 1 cup baby carrots with low-calorie salad dressing

**Dinner:** Make a healthy meal—try 6 oz. of baked chicken with 2–3 cups of vegetables and 1 cup rice

**Snack:** Butterscotch Mousse

Plus 8 eight-ounce glasses of water or other noncaloric beverage. After your first day, use this simple 3+5+1 structure to plan all your days on the diet.

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

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



#### Like to eat a big breakfast?

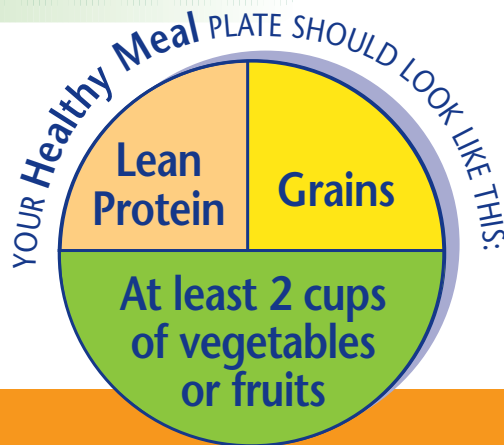
Have a double shake with extra fruit. By doubling the recipe you can almost fill the whole blender with a delicious low-calorie smoothie to keep you full and satisfied until lunch.

#### Still hungry after lunch?

Use shakes or HMR 70 Plus Puddings, with or without fruit, any time of the day. This will keep your energy up and most important, keep you on the diet and losing weight.

#### Eat a satisfying dinner

Add plenty of vegetables to your lean protein and grain. You can eat as many vegetables and fruits as you need to stay full and on the diet and still lose weight.



For more information on getting started and on how to create a healthy meal, see your Program Support Guide.

## 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 SHAKES®**  
**HMR**  
Health Management Resources

### Weekly Progress Chart

It takes just a 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 Program Support Guide to see your progress.

Beginning of Week Weight: \_\_\_\_\_

	HMR Shakes	HMR Entrees	Benefit Bars	Fruit and Vegetable Servings	Physical Activity (PA) Calories
Day 1 Date: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Bars	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Veg/Fruit	Total PA Cals: _____
Day 2 Date: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Bars	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Veg/Fruit	Total PA Cals: _____
Day 3 Date: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Bars	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Veg/Fruit	Total PA Cals: _____
Day 4 Date: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Bars	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Veg/Fruit	Total PA Cals: _____
Day 5 Date: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Bars	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Veg/Fruit	Total PA Cals: _____
Day 6 Date: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Bars	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Veg/Fruit	Total PA Cals: _____
Day 7 Date: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Bars	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Veg/Fruit	Total PA Cals: _____
<b>TOTALS FOR THE WEEK</b>					
Goal:	At least 21 ____ Shakes	____ Entrees	____ Bars	At least 35 ____ Fruit/Veg	At least 2,000 PA calories Total PA Cals: _____
Actual:					End of Week Weight: _____

See chart on back to calculate physical activity calories

## Here's what's included in your HMR® Healthy Shakes Kit:

- ◆ 54 servings of HMR Shake/Pudding mix
- ◆ Quick Start Guide
- ◆ Support Guide
- ◆ HMR Weight Loss Recipe Book  
*Gives you lots of ideas to prepare your shakes and puddings!*
- ◆ 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 the initial two 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](http://www.hmrprogram.com)

SHAKEQSG

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