

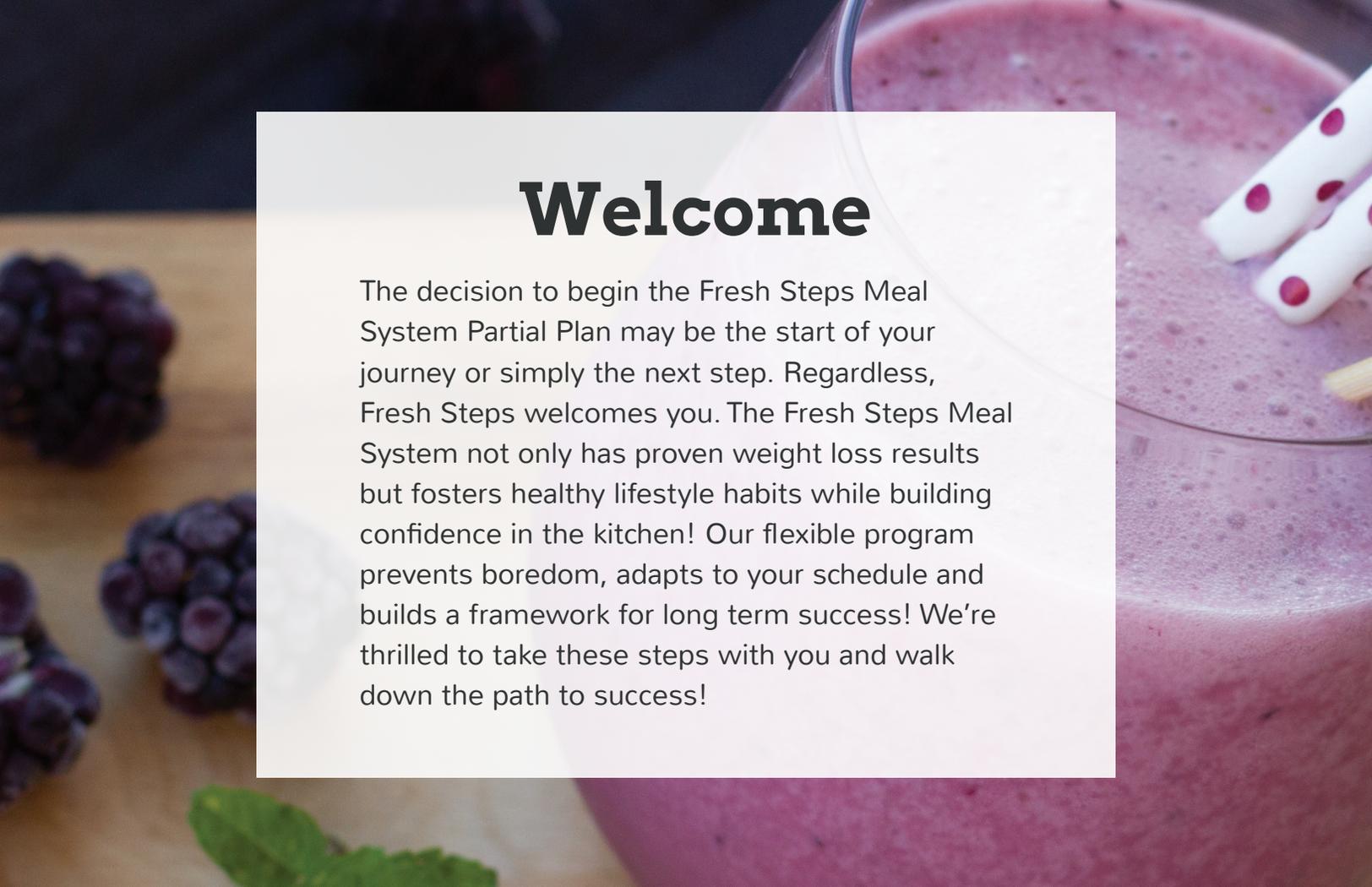


# Fresh Steps Meal System

PARTIAL PLAN

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# Welcome

The decision to begin the Fresh Steps Meal System Partial 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 Partial 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 2 Fresh Steps Meal Starter Partial Plan**

## 1 How Many Calories Per Day Can I Eat?

Approximately 1,000 calories, 100 grams of protein, 50 grams of carbohydrate, and 50 grams of fat each day.

## 2 But How Will I Lose Weight?

On this plan, you will continue to be a fat burning machine! Your body will still be in ketosis relying on fat as its primary source of fuel just like on the Full Plan. Now, we are focusing on confidence in the kitchen with the addition of grocery ingredients. We like to call the Partial Plan the training wheels of kitchen success.

## 3 How Many Times a Day Will I Eat?

Throughout the day, you will eat 4 times. You will have breakfast, lunch, dinner and one snack. Two of these events will include a meal starter!



**Enjoy and track your meal  
Sample 1,000 calorie day**

- 160 calorie Smoothie Meal Replacement
- 160 calorie Snack
- 200 calorie Grocery Recipe
- 440 calorie Hot Meal Starter recipe

## 4 But How Will I Know How to Use the Meal Starter?

We will provide you with a cookbook that includes all the recipes that incorporate Meal Starters, as well as recipes that are entirely grocery based to build your kitchen confidence!

## 5 Can I Still Use Convenience Packs?

Of course! We all have days with limited time and that is the perfect time to incorporate a Convenience Pack! The partial plan not only offers delicious food but amazing flexibility!

## 6 What Will I Need to be Successful?

A shaker bottle, Fresh Steps cookbook, Meal Starters, HealthTrac App, an open mind, and a positive attitude!

# Meal Starters

Smoothies, Soups, Pastas and More!

## Why Meal Starters?



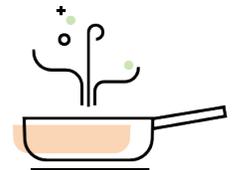
### Versatility

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, Mushroom, 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.



### 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, Asian Inspired, 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

- Thai Tomato
- Hungarian 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
- Bacon Cheddar



### Pasta Meal Starter

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

# 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.
- Follow recipes within your Fresh Steps Meal System Cookbook to learn how to combine the Egg Meal Starter into grocery-based recipes! Learn more about the cookbook on pg. 10.

# 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 don't always have time to cook every night, so I like to meal prep for the week. To do this I will double recipes to ensure that I have two meals ready for the week! ”
- “ I like a thicker smoothie, so I add both ice and water to my smoothies daily! ”
- “ Nightly, I cook for my spouse and myself. So, I always double the recipes allowing both of us to have a healthy and delicious meal! ”
- “ When smoothie recipes call for fruit, I prefer to use frozen fruit in place of the ice. Frozen fruit is also typically cheaper than fresh but has the same nutritional benefits! ”
- “ I keep the recipe cards housed within each daily kit box in my personal recipe box to refer to later. ”
- “ Keep notes on the recipes you did or did not enjoy! This way going forward you know how to alter the seasoning blends within your program to your taste! ”

# What Will My Day Look Like?

The entire Fresh Steps Meal System was created to be mixed and matched to fit not only your own eating plan's needs, but your own tastes! The choices are entirely up to you, as long as they fit into the plan provided to you by your program. On your plan, you will eat four times throughout the day in the following format.



- Meal Starter + Convenience Pack
- Meal Starter + Fresh Ingredients
- Bar/Snack
- Grocery Food Meal

You will have two 160 calorie meals, one 200 calorie meal and one 440 calorie meal. Think of each meal period as a dining token. In other words, you will be able to shape your day and meals around a pattern which works for you! One day you could consume 440 calorie meal for breakfast and the next day a 200kcal! You have the option to mix and match you dining tokens to fit your busy schedule!



# Cookbook

Throughout your program and even beyond, your Fresh Steps Cookbook will be your secret weapon! Within you will not only find recipes but tips, tricks, and strategies to stay on track.



## The cookbook is divided into sections

- 1 Smoothie Meal Starter
- 2 Egg Meal Starter
- 3 Hot Meal Starter
- 4 Pasta Meal Starter
- 5 Grocery Recipes

Each section will provide you with delicious recipes to meet your nutritional needs while learning how to stand on your own in the kitchen. Use this cookbook as your guide and we will always be here to help!



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<sup>1</sup>! 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!

### 4 **Now is the Time to Experiment and Explore!**

Throughout the Partial Plan, you will be exposed to new recipes with different flavor profiles. Keep a food log of the recipes that you loved and others that you may have not liked so much! Bring these with you to your provider appointments and use them as a discussion tool for recipe alterations.

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<sup>1</sup> Burke, Lora E et al. "Self-monitoring in weight loss: a systematic review of the literature" Journal of the American Dietetic Association vol. 111,1 (2011): 92-102.



# **Fresh Feels** **Fantastic!**

[www.freshstepsmeals.com](http://www.freshstepsmeals.com)

