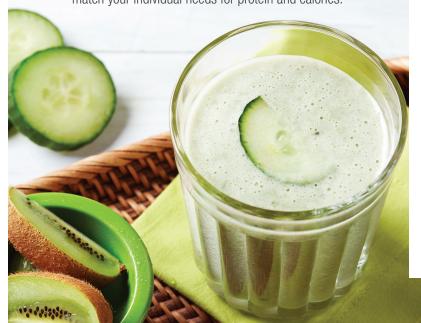
## CUSTOMIZED NUTRITION MADE FASY

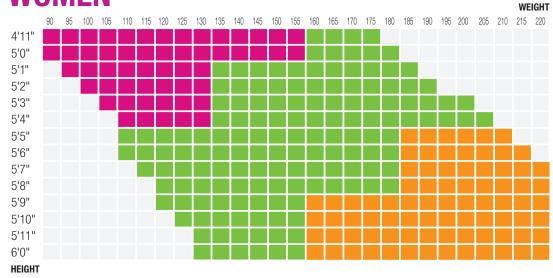
So you want to **maintain a healthy weight**, but where do you start? Since everyone's protein and calorie counts vary, it's important to seek a **customized approach**. The Meal Plan Selection Tools for Women and Men shown on the right provide a great foundation. They will help you quickly determine the suggested meal plan for you, and will match your individual needs for protein and calories.



**STEP 1.** Based on your current height and weight, determine whether you should follow Plan A, B, C or D.



WOMEN



**MEN** 

