



Physicians
WEIGHT LOSS
Centers®

FastStart Program

Phase 1

ACTIVE WEIGHT LOSS | DAYS 1-4

GET READY TO START YOUR WEIGHT LOSS JOURNEY!

What to Expect in *Phase 1*

Days 1–4 are the most structured days of the FastStart Program. Your food choices are focused, your portions are set, and the plan tells you exactly what to eat at every meal.

This is where the foundation gets built. A simple daily pattern, daily protein support, and clear meal guidelines remove the guesswork so you can start losing weight from day one.



Approximately 650–700 Daily Calories

Active weight loss starts here. Portions are set and food choices are focused.



Focused Food Choices

A carefully selected starting list of proteins and vegetables at every meal.



Structured Guidance

A clear daily framework with no guesswork on portions or meals.



Protein Support

Minimum two PWLC FastStart Nutritional Products daily to support you as you lose weight.



What's Included

Food Choice Guide: Approved proteins, salad vegetables, cooked vegetables, and fruit for this phase, along with required protein products.

Daily Menu Plan: Structured meal options for breakfast, lunch, and dinner.

Daily Guidelines: Hydration, portion standards, and daily habits that keep the plan working.

With You Every Day, Every Pound of the Way®

You'll receive regular emails throughout your program. Each one is specific to your current phase and covers exactly what you need to know at that point.

**You will not have to wonder what comes next.
We will tell you.**



What to Eat for *Breakfast*

Build your meal by selecting your options from each category below.

Protein

Select 1



- ☐ 1 egg (poached, soft boiled, hard boiled or microwaved)
- ☐ ¼ cup egg substitute
- ☐ ½ cup low-fat cottage cheese

Drink

Select 1



- ☐ Coffee, tea or approved calorie-free beverage

PWLC

Select 1



1 PWLC FastStart Nutritional Product



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What to Eat for *Lunch*

Build your meal by selecting your options from each category below.

Salad Veggies

2 Cups Select any below, or mix and match



- | | | | |
|--|-----------------------------------|--|-----------------------------------|
| ☐ Celery | ☐ Chicory | ☐ Cucumbers | ☐ Escarole |
| ☐ Green Peppers | ☐ Radishes | ☐ Lettuce (Romaine, Leaf or Endive) | |

Dressing

Choose 1 Tablespoon



- ☐ Vinegar
- ☐ Lemon Juice
- ☐ Low Calorie Dressing

Herbs & Seasonings

Season Freely



- ☐ Fresh or dried herbs
- ☐ Pepper
- ☐ Garlic
- ☐ Onion powder
- ☐ Other calorie-free seasoning

PWLC

Select 1



1 PWLC FastStart
Nutritional Product



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What to Eat for *Dinner*

Build your meal by selecting your options from each category below.

Protein

Option 1 6 Oz Lean Protein



Select 1

- ☐ Chicken breast (skinless)
- ☐ Fish (all varieties)
- ☐ Tuna
- ☐ Turkey Breast (skinless)

Option 2

1 PWLC FastStart
Nutritional Product



Salad Veggies

2 Cups Select any below, or mix and match



- ☐ Celery
- ☐ Chicory
- ☐ Cucumbers
- ☐ Escarole
- ☐ Green Peppers
- ☐ Lettuce (Romaine, Leaf or Endive)
- ☐ Radishes

Cooked Veggies

1 Cup Select any below, or mix and match



- | | |
|---|---|
| ☐ Asparagus | ☐ Beans (Green/String) |
| ☐ Broccoli | ☐ Brussels Sprouts |
| ☐ Cabbage | ☐ Cauliflower |
| ☐ Celery | ☐ Chicory |
| ☐ Collard Greens | ☐ Eggplant |
| ☐ Escarole | ☐ Green Peppers |
| ☐ Mushrooms | ☐ Spinach |
| ☐ Summer Squash | ☐ Turnips |
| ☐ Watercress | |

Dressing

Choose 1 Tablespoon



- ☐ Vinegar
- ☐ Lemon Juice
- ☐ Low Calorie Dressing

Herbs & Seasonings

Season Freely



- ☐ Fresh or dried herbs
- ☐ Pepper
- ☐ Garlic
- ☐ Onion powder
- ☐ Other calorie-free seasoning

Need Help Managing Hunger?

Optional Additional Product

If you need help managing hunger, you may have **up to two additional PWLC FastStart Nutritional Products** during the day. This is in addition to the two required daily.

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FastStart Program

Shopping List

Vegetables



- ☐ Asparagus
- ☐ Beans (green/string)
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Chicory
- ☐ Cucumbers
- ☐ Collard greens
- ☐ Eggplant
- ☐ Escarole
- ☐ Green peppers
- ☐ Mushrooms
- ☐ Spinach
- ☐ Summer squash
- ☐ Turnips
- ☐ Watercress

Dairy



- ☐ Eggs
- ☐ Egg substitute
- ☐ Low-fat cottage cheese

Dressing



- ☐ Vinegar
- ☐ Lemon juice
- ☐ Low calorie dressing

Proteins



- ☐ Chicken breast (skinless)
- ☐ Fish (all varieties)
- ☐ Tuna (canned in water)
- ☐ Turkey breast (skinless)

Herbs & Seasonings



- ☐ Fresh or dried herbs
- ☐ Pepper
- ☐ Garlic
- ☐ Onion powder
- ☐ Other calorie-free seasonings

PWLC Protein Support

Minimum two PWLC FastStart
Nutritional Products daily

- | | | |
|-----------|--------------------------|---|
| Breakfast | ☐ | 1 product required |
| Lunch | ☐ | 1 product required |
| Dinner | ☐ | 1 product required (if choosing protein option 2) |
| Optional | ☐ | up to 2 additional products per day to help manage hunger |



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How to Prepare *Food*

- Trim all visible fat from protein **before** cooking. All poultry should be skinless.
- Weigh protein servings **before** cooking. Measure all other foods with measuring cups and spoons.
- Bake, broil, roast, grill or microwave your protein.
- Vegetables should be fresh or fresh-frozen.

Daily Guidelines



Things To Do

- Consume a minimum of two PWLC FastStart Nutritional Products daily.
- Drink at least eight 8-ounce glasses of water daily.
- Eat all meals. Don't save food from one meal to the next.
- Follow the approved portion sizes for this phase.
- Use only the approved foods listed for Days 1–4.

Limitations



Three (3) cups of caffeinated beverages maximum per day, no sugar or cream.



Drink no more than two (2) sugar-free diet beverages per day. They must be low in sodium and caffeine-free.



Alcoholic beverages are not allowed.



Use no more than five (5) packages (or equivalent) of sugar substitutes daily.

Additional Beverages Permitted

- Coffee
- Tea
- Calorie-free beverages