



Physicians
WEIGHT LOSS
Centers®

FastStart Program

Phase 3

EXPANDED FOOD CHOICES | DAYS 10-14

MORE VARIETY. SAME STRUCTURE.

What's New in *Phase 3*

During Days 10–14, your food choices expand again while you keep the structured, protein-centered pattern that has carried you this far.

You'll have more lean proteins, more fruit, and more vegetables to choose from. Your dinner protein moves to a full 6 ounces, and you can now swap one PWLC FastStart Nutritional Product for a Nutritional Bar. More food, more flexibility, same simple plan.



Approximately 850–950 Daily Calories

Active weight loss continues as your food choices grow. Portions stay controlled.



Bar Substitution Now Available

Swap one product for a PWLC FastStart Nutritional Bar. Omit your fruit that day.



More Food Choices

Expanded proteins, fruits and vegetables join the plan.



Protein Support

Minimum two PWLC FastStart Nutritional Products daily, with a Nutritional Bar option now available.

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

Optional Add

- ☐ 1 oz diet cheese (less than 55 calories per ounce)

Fruits

Select 1



- ☐ ½ orange
- ☐ ½ grapefruit
- ☐ ½ small apple
- ☐ ½ cup strawberries
- ☐ ½ cup raspberries
- ☐ ½ cup blackberries

Drink

Select 1



- ☐ Coffee, tea or approved calorie-free beverage

PWLC

Select 1



1 PWLC FastStart Nutritional Product



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New in Phase 3: The Bar Substitution Rule

You may swap one PWLC FastStart Nutritional Product for one PWLC FastStart Nutritional Bar per day.

When a Nutritional Bar is substituted, omit the approved fruit serving that day.



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



- | | | | |
|---------------------------------------|--|--|-----------------------------------|
| ☐ Leaf lettuce | ☐ Romaine lettuce | ☐ Iceberg lettuce | ☐ Spinach |
| ☐ Cabbage | ☐ Celery | ☐ Cucumbers | ☐ Radishes |
| ☐ Mushrooms | ☐ Green peppers | ☐ Tomatoes | |

Cheese



- ☐ ½ Cup Low-Fat Cottage Cheese

Herbs & Seasonings



Season Freely

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

Dressing

Choose 1 Tablespoon



- ☐ Vinegar
☐ Lemon Juice
☐ Low Calorie Dressing

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 | ☐ Turkey breast |
| ☐ White fish | ☐ Tuna |
| ☐ Lean beef | ☐ Lean ham |
| ☐ Pork tenderloin | ☐ Shrimp |
| ☐ Shellfish | |

Option 2

1 PWLC FastStart
Nutritional Product



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 | |

Herbs & Seasonings



Season Freely

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

Dressing



Choose 1 Tablespoon

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

Salad Veggies



2 Cups

Select any below, or mix and match

- | | |
|--|--|
| ☐ Leaf lettuce | ☐ Romaine lettuce |
| ☐ Iceberg lettuce | ☐ Spinach |
| ☐ Cabbage | ☐ Celery |
| ☐ Cucumbers | ☐ Radishes |
| ☐ Mushrooms | ☐ Green peppers |
| ☐ Tomatoes | |

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

Dressings



- ☐ Vinegar
- ☐ Lemon juice
- ☐ Low Calorie Dressing

Proteins



- ☐ Chicken breast, skinless
- ☐ Fish (all varieties)
- ☐ Tuna, canned in water
- ☐ Turkey breast, skinless
- ☐ Lean beef
- ☐ Lean ham
- ☐ Pork tenderloin
- ☐ Shrimp
- ☐ Shellfish

Dairy



- ☐ Eggs
- ☐ Egg substitute
- ☐ Low-fat cottage cheese
- ☐ Diet cheese
(less than 55 calories per ounce)

Herbs & Seasonings



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

Fruits



- ☐ Apple
- ☐ Blackberries
- ☐ Grapefruit
- ☐ Orange
- ☐ Raspberries
- ☐ Strawberries

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
- Optional ☐ 1 PWLC FastStart Nutritional Bar per day



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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 10–14.

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