



The Silhouette Solution Starter Program contains everything you need to achieve your first two months' of fat loss. You just follow 3 Simple Steps to a Healthier, Slimmer, and Happier You.

Step 1: Pick your current Silhouette, then pick the one you want to become.

Step 2: Eat five calibrated Silhouette Staples meals per day.

Step 3: Eat one Silhouette Approved Meal per day. Eat one (1) 3 - 5 oz. serving of lean protein and two (2) cups of vegetables (or a salad if you prefer).

Eat your first meal within 30 minutes of rising. Then eat a meal every 2 - 3 hours after that (total 6). Eat your Silhouette Approved Meal any time. Drink one full glass of water (8 - 12 oz. between each meal). Walk briskly for 30 minutes 3 times / week.

The program is very easy, which is why you can succeed!

If it's not Carefully Calibrated, it's not your silhouette solution.™

The Silhouette Solution Starter Program contains:

- 4 boxes of Mediterranean Tomato Soup
- 4 boxes of Newbury Chicken Cream Soup
- 3 boxes of Cinnamon Apple Oatmeal
- 2 boxes of BBQ Puffs
- 2 boxes of Chili-Lime Puffs
- 2 boxes of Chocolate Puffs
- 2 boxes of Down East Hot Chocolates
- 4 boxes of Vanilla Creme Shakes
- 4 boxes of Chocolate Colossal Shakes
- 4 boxes of Strawberry Symphony Shakes
- 4 boxes Chocolate Delight Bars
- 4 boxes of Peanut Passion Bars
- 4 boxes of Blueberry Pomegranate Bars
- The QuickStart Guide: How to start your Silhouette Solution Now.

The Silhouette Solution
by David Macallan, N.M.D.

Break Thought Your Set Point
by George Blackburn, M.D., Ph.D.

1 Silhouette Solution Shake Blender

Suggested Retail Price: \$1,325.00