



# Lose Weight with HMR Foods

## Fewer Calories. Lower Cost. Better Nutrition.

Compare the calories of these typical restaurant foods with HMR's delicious weight-loss recipes. No other diet foods work like ours!

Trade This...	For This, Just Once a Week...	And Lose This...
<p>Eggs, Bacon with Homefries and Regular Coffee</p>  <p><b>945</b> calories</p>	<p>vs HMR Shake, Fresh Fruit Salad and Coffee with Skim Milk</p>  <p><b>224</b> calories</p>	<p><b>11 lbs. a year</b></p> <p>(721 fewer calories per meal)</p>
<p>Baked Cheese Lasagna</p>  <p><b>1100</b> calories</p>	<p>vs HMR Spinach Mushroom Lasagna Recipe</p>  <p><b>350</b> calories</p>	<p><b>11 lbs. a year</b></p> <p>(750 fewer calories per meal)</p>
<p>Chinese Lo Mein with Beef</p>  <p><b>1300</b> calories</p>	<p>vs HMR Luau Ginger Chicken Recipe</p>  <p><b>330</b> calories</p>	<p><b>14.4 lbs. a year</b></p> <p>(970 fewer calories per meal)</p>
<p>Chocolate Cake</p>  <p><b>540</b> calories</p>	<p>vs HMR Chocolate Pudding</p>  <p><b>110</b> calories</p>	<p><b>6.3 lbs. a year</b></p> <p>(430 fewer calories per meal)</p>

*Make these simple substitutions and you could lose 42.7 pounds in a year, without changing anything else!*