

Modified Meal Replacement Plan

Weight Loss Phase:

- Consume five meal replacements per day.
- Consume one meal per day which includes:
 - 3 oz. of lean protein
 - ½ cup of cooked, non-starchy vegetables.
 - 2½ cups of leafy green salad with a salad dressing that is approximately 16 calories or less per tbsp.

MODIFIED MEAL REPLACEMENT FOOD OPTIONS

Very Lean Meat and Lean Meat* Servings		Vegetables Servings	
Cooked Portion		All servings sizes are approximately ½ c. cooked.	
3 oz. chicken breast 3 oz. turkey breast (unprocessed, no skin) 3 oz. fish (fresh/ frozen fillets or steaks) 3 oz. shellfish: clams, crab, lobster, scallops, shrimp ¾ c. tuna (water packed, well rinsed) ¾ c. cottage cheese (non-fat) 3 oz. diet cheese (less than 3 g. of fat per ounce) 6 tbsp. fat-free cream cheese 9 egg whites or ¾ c. egg substitute 3 oz. sandwich meats (less than 3 g. of fat per ounce) * 3 oz. lean beef: sirloin, flank or round * 3 oz. low-fat cheese (3 g. of fat per ounce) * 3 oz. lean pork: tenderloin, Canadian bacon, ham		Eat all vegetables without added fats or salt. Green beans Baked/ stewed tomatoes* Snow peas All peppers* Eggplant Broccoli* Zucchini Cauliflower* Spaghetti squash Asparagus* Summer squash *These vegetables may cause excess gas and indigestion. If you have a problem, switch to the other vegetable choices until your body adjusts.	
Salad—Free Servings			
Serving size for salad is approx. 2 c.	Serving size for free vegetables is approximately ½ c.	Lettuce Romaine Butterhead Spinach Iceberg	Free Vegetable Green onion Sprouts Cucumber Bell pepper Radishes Celery Red cabbage Mushrooms
Use salad dressings that are fat-free and approximately 16 calories or less per tbsp., lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar or other vinegars.			