Modified Meal Replacement Food Plan
If following a Full MR plan you transition to the Modified Plan at Session 16.
Program Overview

Session 1

Losing weight on **Full Or Modified Plan**

Session 2-16

Losing weight on **Modified Plan**

Sessions 16 +

PFE

Maintenance

Transition from Modified Plan to full food when you are 5-10# from goal or ready to go off meal replacements. Typically takes 3-4 weeks.

Boosters

Continued Long-term Support

Unlimited, long-term support.

10, weekly sessions with a strong emphasis on healthy eating and fitness.
## Modified Plan

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Modified Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Replacements</td>
<td>5</td>
</tr>
<tr>
<td>Protein</td>
<td>1</td>
</tr>
<tr>
<td>Vegetable</td>
<td>1</td>
</tr>
<tr>
<td>Leafy Salad</td>
<td>2 c. leafy greens + ½ c raw veggies (non-starchy) + 1 Tbsp. dressing</td>
</tr>
<tr>
<td>Bean/Grain/Starchy Veggie</td>
<td>0</td>
</tr>
<tr>
<td>Fruit</td>
<td>0</td>
</tr>
<tr>
<td>Fat</td>
<td>0</td>
</tr>
<tr>
<td>Milk/Plant-Milk/Yogurt</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin/Mineral</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>660</td>
</tr>
</tbody>
</table>

### Plant-Based

- Smoothies
- Leafy greens
- Raw veggies (non-starchy) + 1 Tbsp dressing
- Salmon
- Broccoli
- Pinto beans
- Green salad
- Poppy seed dressing

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*Note: The images depict various food items listed in the table.*
• Bake, barbecue, broil, or microwave to reduce fat intake (no frying).
• Trim visible fat from meats, eat poultry without skin.
• When cooking you can use a small amount of non-stick vegetable sprays.

Continue taking 5 MR a daily, following the same timing you have used for your meal replacements (every 3-4 hours). You don’t need to eat all your daily food in one meal.

See examples below.

Drink a total of 120-150 oz of fluid a day including the fluid you use in your meal replacements.
Protein
1 serving is approx. 150 calories
Meat 3 oz. cooked: poultry (skinless), fish, shellfish, lean beef (sirloin, flank or round) or pork tenderloin
Cottage cheese non-fat ¾ c.
Yogurt, Nonfat, plain, Greek, 8 oz.
Eggs 2, 6 whites, or ¾ c. egg substitute
Beans ½ c. cooked: black, garbanzo, kidney, lima, navy, pinto, soy, white, lentils, etc.
Quinoa ½ c. cooked
Seitan (plain) 4 oz.
Tofu (lite, firm or extra firm) 9 oz.
Vegan alternatives: 3 oz. veggie burger, soy protein, etc.

Vegetable
1 serving is ½ cup cooked or 1 cup raw
Artichoke
Asparagus
Bamboo shoots
Beans (wax, green)
Beets
Bell Pepper, all colors
Broccoli*
Brussels Sprouts*
Cabbage*
Cauliflower*
Carrot
Celery
Cucumber
Eggplant
Jicama
Kohlrabi
Leeks
Turnips
Water chestnuts
Mung bean sprouts
Mushrooms
Okra
Onions
Pea Pods
Peppers, all kinds
Radishes
Seaweed, cooked
Spinach
Summer Squash (zucchini, yellow)
Tomatoes
*Adding in new types of fibers can cause excess flatulence until the GI tract adapts. If you have uncomfortable gas, try limiting or avoiding these vegetables. Switch to the other vegetable choices until your body adjusts. Also, cooked vegetables may be better tolerated than raw vegetables.

Leafy Salad: 1 serving = 2 cups leafy greens plus ½ cup raw vegetable

Salad Dressing: 1 Tbsp of a dressing with natural ingredients is recommended: i.e. lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or other vinegars, mixed with olive oil, mustard, salsa, pico de gallo, etc. If you use a commercial salad dressing, choose one with minimal ingredients.

Leafy Greens: arugula, beet greens, bibb, Bok choy, Boston leaf, butter head, cabbage, collard greens, kale, loose leaf, romaine, spinach, watercress, etc. *iceberg not recommended for leafy greens, but okay to count as a vegetable
Within minutes of eating, greens cause a release of nitric oxide into blood stream.

- Nitric oxide widens blood vessels and relaxes arteries increasing blood flow, oxygen flow, lowering blood pressure, and preventing blockages
- This leads to improved stamina, memory, brain function, increased energy levels, strengthening of your immune system, and increased stamina during exercise

- Increases restorative (REM) sleep
- Great source of vitamins/minerals
- Anti-inflammatory
- Greens contain a substance called thylakoids which inhibit the activity of hunger hormones like ghrelin, which are often elevated after weight loss.
If you use commercially made salad dressings, do so sparingly. They are full of additives, coloring agents, etc.

Choose dressings with natural ingredients and few additives. Best to make your own. Here’s a few simple, lower calorie ideas...

**EASY PLANT-BASED DRESSINGS**

Try some of these easy oil-free dressings. Start with...

½ cup plain cashews + 1 cup plant-based milk

Add below listed flavorings for type of dressing you want and blend in a blender.

<table>
<thead>
<tr>
<th>Caeser Flavor</th>
<th>Ranch Flavor</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp lemon juice</td>
<td>1½ tbsp white vinegar</td>
</tr>
<tr>
<td>1 tbsp mustard</td>
<td>½ tsp salt or to taste</td>
</tr>
<tr>
<td>¾ tsp salt or to taste</td>
<td>½ tsp garlic powder</td>
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<tr>
<td>½ tsp garlic powder</td>
<td>¼ tsp onion powder</td>
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<tr>
<td>¼ tsp onion powder</td>
<td>1 tsp dried parsley</td>
</tr>
<tr>
<td>1 tsp capers, jarred in brine</td>
<td>Pepper to taste</td>
</tr>
<tr>
<td>2 tsp caper brine</td>
<td>Pinch of dill (optional)</td>
</tr>
<tr>
<td>½ tsp vegan Worcestershire</td>
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</tr>
<tr>
<td>¼ tsp pepper</td>
<td></td>
</tr>
</tbody>
</table>

**THREE, TWO, ONE DRESSING**

3 tbsp any type vinegar  
+ 2 tbsp mustard  
+ 1 tbsp maple syrup  
Mix and enjoy!