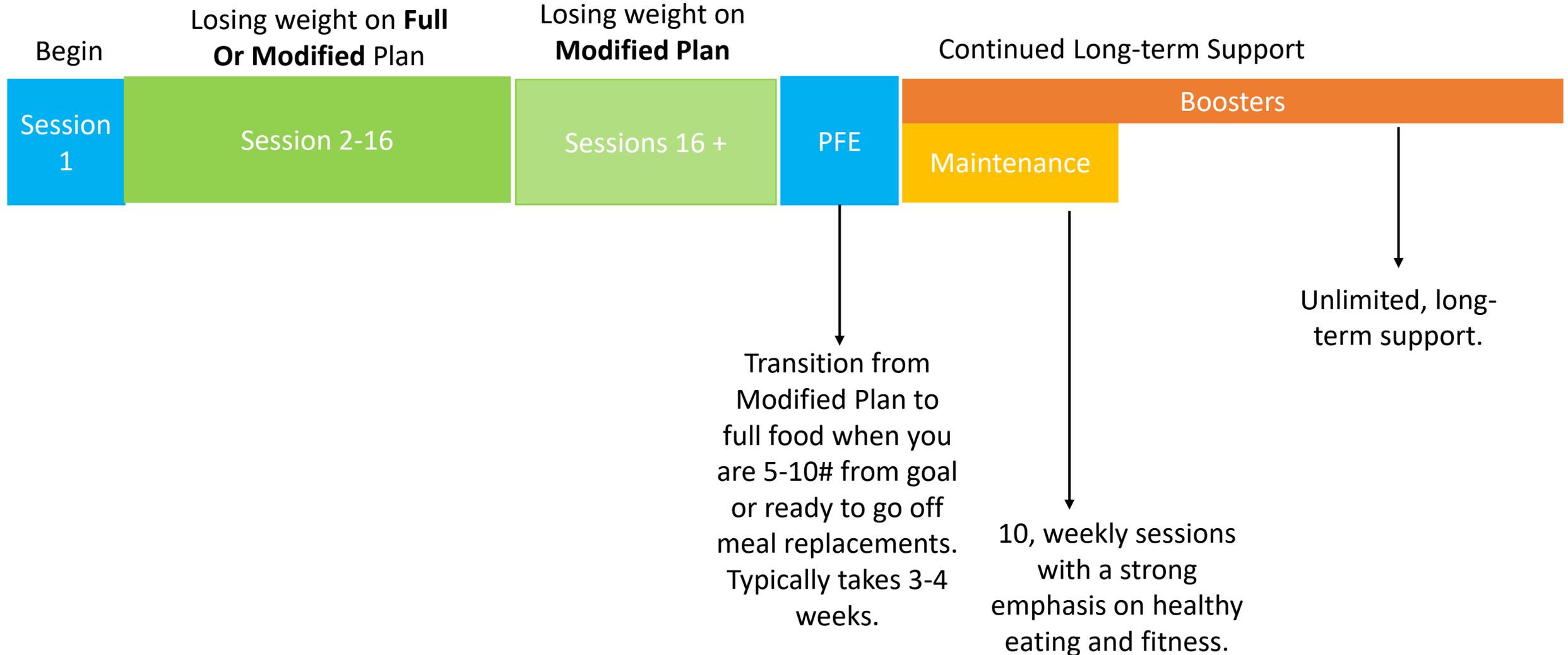


Modified

Meal Replacement Food Plan

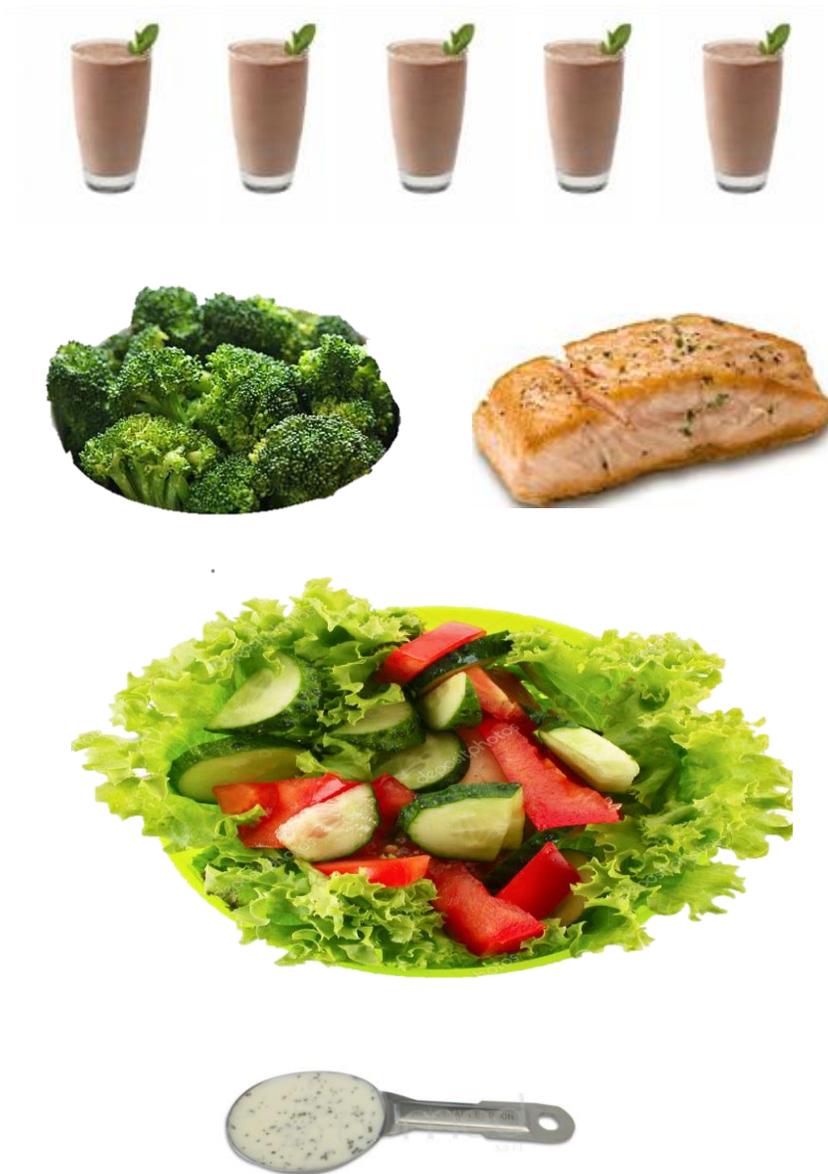
If following a Full MR plan you transition to the Modified Plan at Session 16.

Program Overview

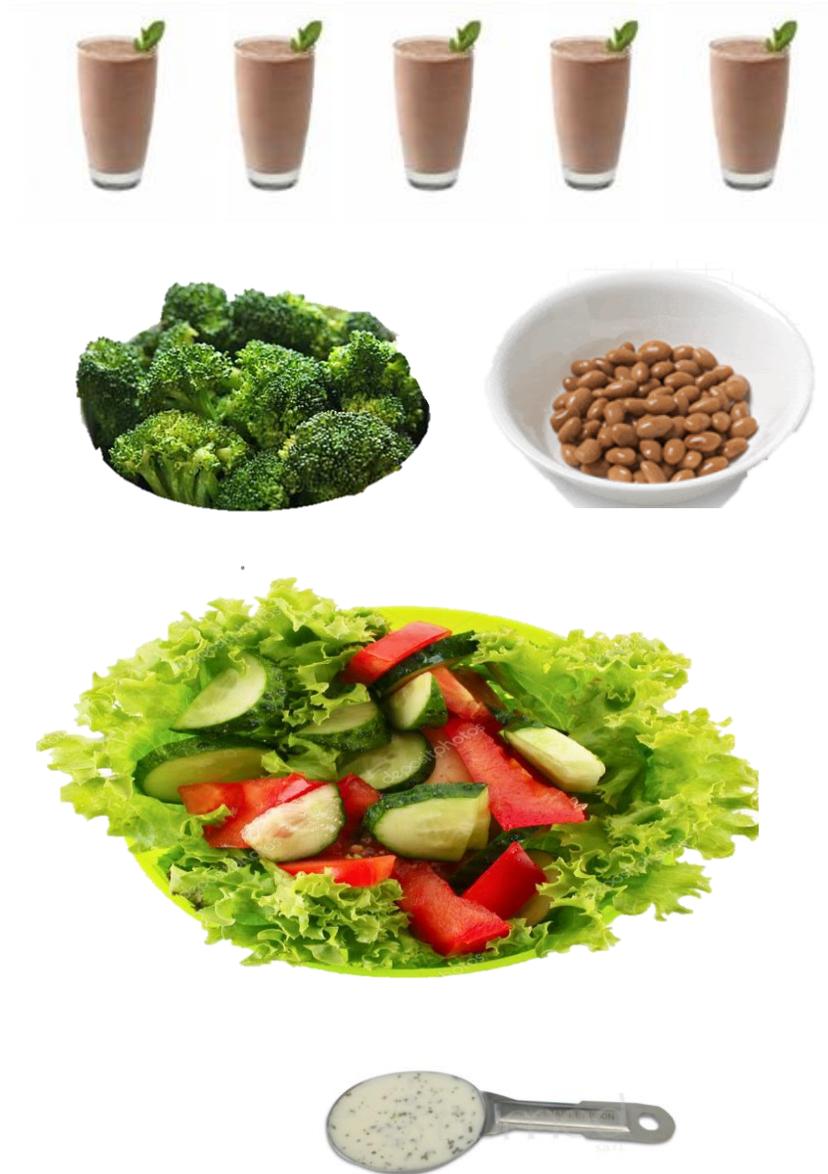


Modified Plan

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



Plant-Based



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.

7:30 am



10:30 am



1:30 pm



4:30 pm



7:30 pm



or



- 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.

Drink a total of 120-150 oz of fluid a day including the fluid you use in your meal replacements.

Food Groups and Serving Sizes

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 $\frac{3}{4}$ c.
Yogurt, Nonfat, plain, Greek, 8 oz.
Eggs 2, 6 whites, or $\frac{3}{4}$ c. egg substitute
Beans $\frac{1}{2}$ c. cooked: black, garbanzo, kidney, lima, navy, pinto, soy, white, lentils, etc.
Quinoa $\frac{1}{2}$ c. cooked
Seitan (plain) 4 oz.
Tofu (lite, firm or extra firm) 9 oz.
Tempeh 2 oz. or $\frac{1}{3}$ c. cooked
Vegan alternatives: 3 oz. veggie burger, soy protein, etc.

Vegetable

1 serving is $\frac{1}{2}$ cup cooked or 1 cup raw

Artichoke	Onions
Asparagus	Pea Pods
Bamboo shoots	Peppers, all kinds
Beans (wax, green)	Radishes
Beets	Seaweed, cooked
Bell Pepper, all colors	Spinach
Broccoli*	Summer Squash (zucchini, yellow)
Brussels Sprouts*	Tomatoes
Cabbage*	
Cauliflower*	
Carrot	
Celery	
Cucumber	
Eggplant	
Jicama	
Kohlrabi	
Leeks	
Turnips	
Water chestnuts	
Mung bean sprouts	
Mushrooms	
Okra	

*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 $\frac{1}{2}$ 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

LEAFY GREENS



- ✓ 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.

Caesar Flavor

2 tbsp lemon juice
1 tbsp mustard
¾ tsp salt or to taste
½ tsp garlic powder
¼ tsp onion powder
1 tsp capers, jarred in brine
2 tsp caper brine
⅛ tsp vegan Worcestershire
⅛ tsp pepper

Ranch Flavor

1½ tbsp white vinegar
½ tsp salt or to taste
½ tsp garlic powder
¼ tsp onion powder
1 tsp dried parsley
Pepper to taste
Pinch of dill (optional)

THREE, TWO, ONE DRESSING

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