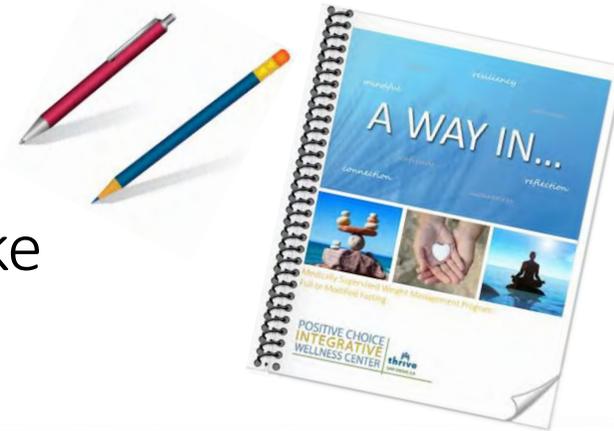


# Medical Weight Management Full/Modified Meal Replacement Program

We will begin promptly.  
What you'll need for class today...  
Something to record questions and take  
notes and your "A Way In" Guidebook.



Session #15:

Modified Meal Plan and

Transitioning Off Meal Replacements (when you're ready)

# Mindful Minute



# Check-In

- Successes/Wins?
- Challenges/Struggles?
- Questions for the teacher/group?



# Quotes for the Week

“Progress is not enhancing what is, but in advancing towards what will be.”

Khalil Gibran

“If there is no struggle, there is no progress.”

Frederick Douglass



## Session & Topic

1. Welcome
2. Meal Replacement “How To”
3. A New Approach
4. Coping Strategies
5. Exercise
6. Stress and Stress Management
7. Introduction to Mindfulness
8. Choices and Taking Responsibility
9. Thoughts and Changing Self-Talk
10. Emotions
11. Needs
12. Understanding Habits
13. Relationship with food
14. Family Rules and Messages
15. Modified Meal Plan
16. Changing Self-Identity
17. Body Image
18. Values
19. Reassessing Motivation
20. Goodbyes and New Beginnings

Introducing Food

We are at Session #15  
Our goals this session...

#1 Decide if you need more weight loss time and if you want to continue in this class losing weight or ready to try a new option.

#2 Talk about how we will be reintroducing food next session.

# Continuing with meal replacements or transitioning to food?

## **If you have more weight to lose and on full meal replacements...**

You will transition to the **modified meal replacement plan** and continue this until ready to transition to food (unless directed otherwise by medical staff.)

**If you have more weight to lose and are already on modified meal replacement plan...** You continue this plan until ready to transition to food.

## **If you are close to your goal weight (5-10 lbs.) and/or ready for food...**

You will begin the transition off meal replacement food plan. Once you complete the transition to full food, you are ready to transfer into the Maintenance Program.

# Modified Meal Replacement Plan- beginning next week!

## Modified Meal Replacement Plan

700 – 1000 Calories per day



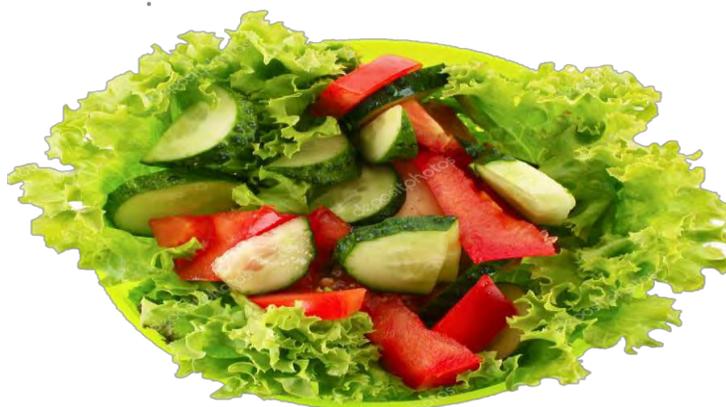
200 calorie meal per day = 1 protein serving + 1 vegetable serving and 2 cups leafy greens with ½ raw, non-starchy vegetables

A medically supervised meal replacement program is safe and effective, however continuing a restrictive eating plan that eliminates foods and choices for long periods of time can increase eating and weight related fears and disordered eating and thinking patterns.

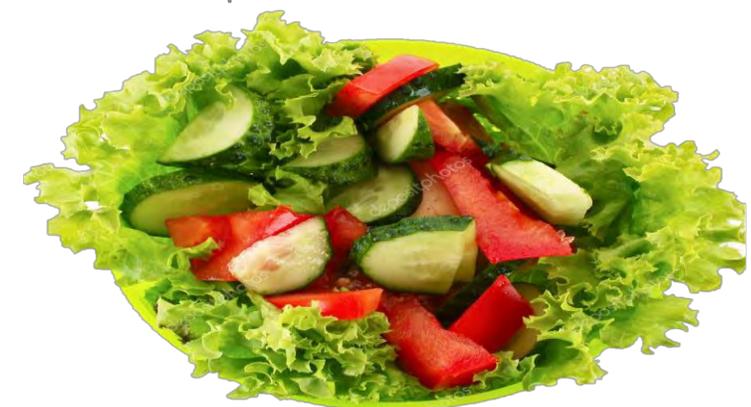
To that end, we believe and that adding food into your plan at or before week 16 benefits your health and allows us to support you in developing a healthy, balanced, and mindful relationship with food in a group setting with support from your peers and counselor.

# 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.

- 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.

7:30 am



10:30 am



1:30 pm



4:30 pm



7:30 pm



or



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

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  $\frac{1}{2}$  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. Keep serving to 20 calories or less per tbsp.

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!

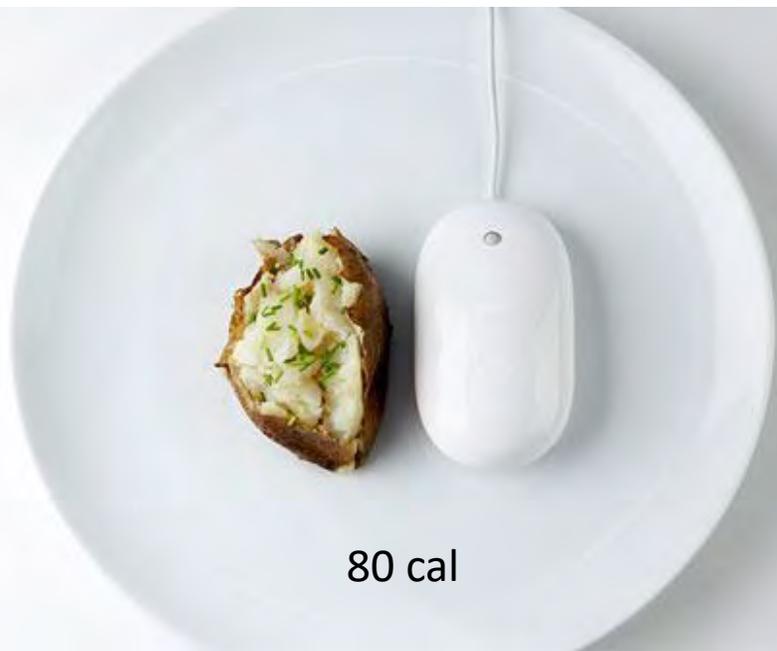
# Estimating Serving Sizes

# PORTION SIZE MATTERS

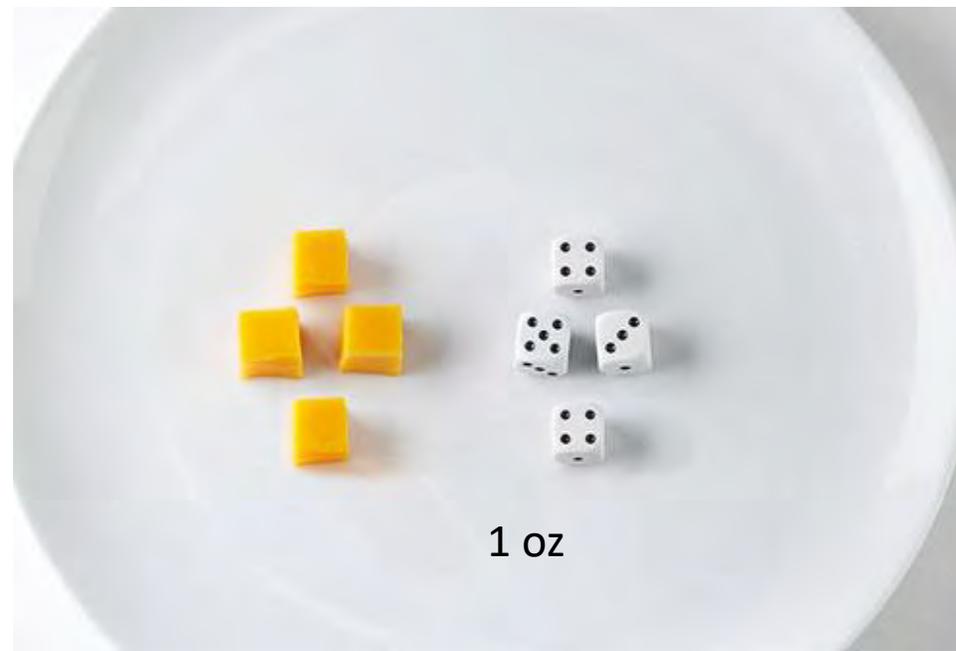




Tools for measuring  
portion size



80 cal



1 oz



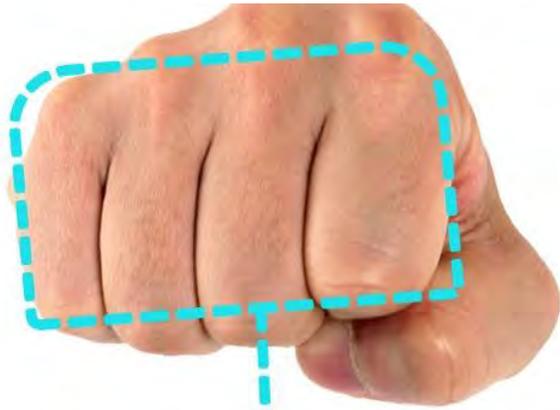
½ cup



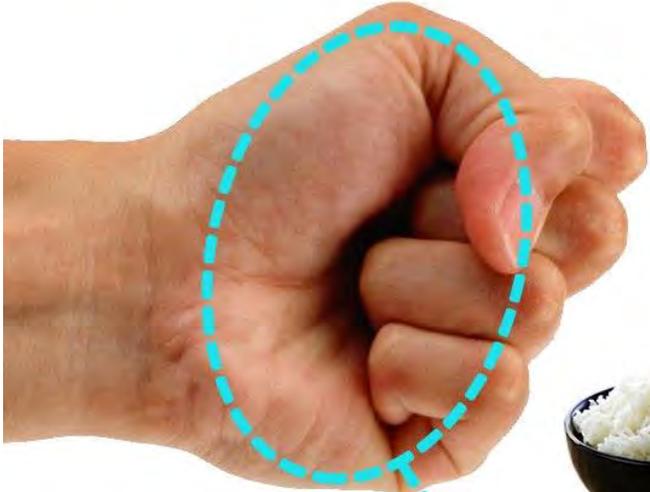
3 oz

Measuring and weighing food helps you learn portion control.

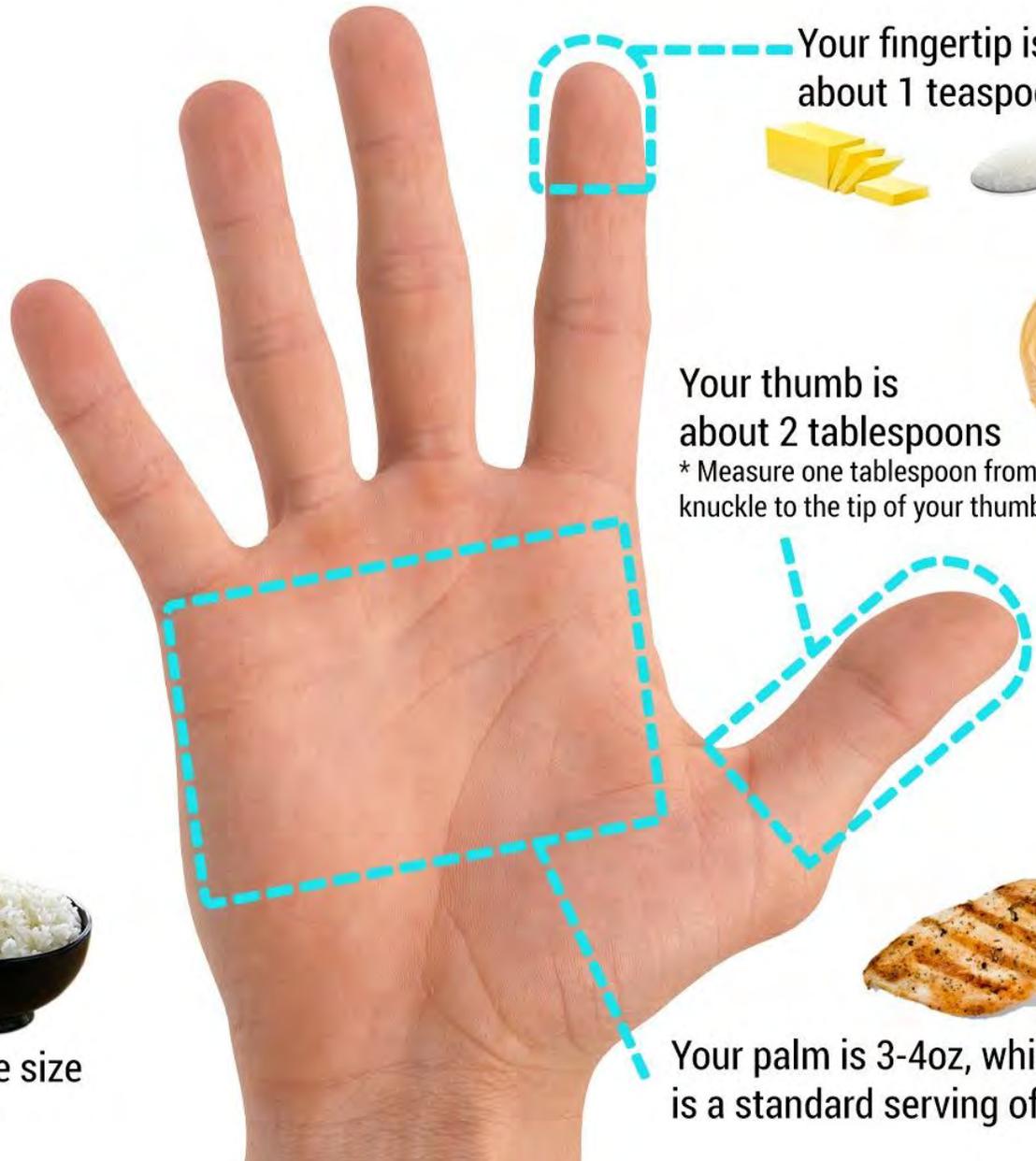
One way to estimate portion sizes of foods is by using your hands. Since you always have your hands with you, it's a very convenient measuring tool even if you're out at fancy restaurant. **However, everyone's hands are different, so practice measuring out portions first and compare them to your hands to get an idea of what they should look like.** Use these guidelines when trying to estimate a portion size.



The front of your closed fist is about 1/2 cup



A clenched fist is the size of a 1 cup serving



Your fingertip is about 1 teaspoon



Your thumb is about 2 tablespoons

\* Measure one tablespoon from your knuckle to the tip of your thumb



Your palm is 3-4oz, which is a standard serving of meat

Consider batch cooking and pre-measuring portions as a great way to stay on track.



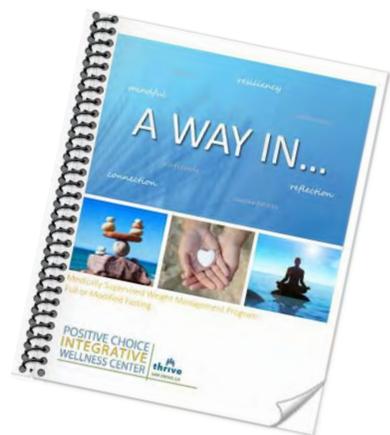
Helpful tips...

- Eat your meal in a designated eating place, undistracted.
- Mindfully enjoy your food.
- Have something enjoyable to do after you eat!
- Start tracking your food intake.

# Transitioning Off Meal Replacements

When you are 5-10 lbs. from goal or when you are finished using meal replacements.

# Transitioning Off Meal Replacements and Preparing For Eating



Transitioning off meal replacements is a four-phase plan that gradually reintroduces food groups, including their appropriate serving sizes and number of servings of each food group in each phase.

The different phases slowly increase calorie level, gently stimulating your metabolic rate to increase and provide your GI tract time to adjust to a wider variety of fibers.

Each phase typically takes one week to complete.

It's not uncommon to put on a small amount of weight the first week or two when reintroducing food. This happens as your muscles naturally rehydrate from the food you consume, and your metabolism slowly begins to increase. If this happens, **DON'T PANIC!**

As your metabolism increases, you will begin to lose again. You can minimize this by not using salt when cooking or on your prepared foods.

Once you complete the transition to full food you will be on approximately 1200 calories of food and no meal replacements. At this point inform your counselor that you are ready to transfer into the Maintenance Program.

## Transitioning off Meal Replacements

### Tips for success

- Make food selections from the Food Groups and Servings list (in your workbook.)
- Measuring and weighing portions are great tools for managing your daily nutrition intake.
- Beginning in Phase 3, we recommend taking a multivitamin/mineral supplement.
- Consider keeping food/activity records. Recommended APPS: My Fitness Plan, Lose It, Calorie King, etc.
- Purchasing measuring spoons, measuring cups, and a food scale is a good idea.
- Do food preparation ahead of time, to have your food ready and convenient.
- High fiber foods will help curb appetite.
- Eat your meals in a designated eating place and practice mindfulness while you eat.

### Things to know...

- You will continue to attend your weekly group until you have transitioned back to full food.
- Ask your counselor to let the Service Team know when you no longer need to purchase meal replacements because you have enough to finish transitioning off meal replacements.
- Once you are no longer required to purchase meal replacements, you may still purchase up to 8 boxes per month for as long as you are an active participant in a Positive Choice program (Healthy Balance, Maintenance, Boosters, etc.)
- When you have completed the transition to full food, notify your counselor. You are ready to transfer into the Maintenance Program!

# NUTRIMED (500 cal/day) –Transitioning off meal replacements

Food Group	Phase 1	Phase 2	Phase 3	Full Food ready for Maintenance
Meal Replacements	3	2	1	0
Protein	2	2	3	4
Vegetable	2	4	5	5+
Leafy Salad	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing
Bean/Grain/ Starchy Veggie	1	2	2	2-3
Fruit	0	1	2	2-3
Fat	1	2	3	4
Milk/Plant- Milk/Yogurt	0	0	1	1-2
Vitamin/Mineral		Recommended	Recommended	Recommended
Calories	745	880	1110	1230-1460

Phase 1:  
Continue to drink 120-150 total oz of fluid a day counting the fluid you use in your MR

Beginning Phase 2:  
Reduce fluids to 64 oz/day in addition to the fluids used in your MR

Beginning Phase 3: You may continue taking a fiber supplement; however, it is now optional.

STOP taking Potassium and doing bi-weekly lab work once you are on full food (or as directed by your physician)

# NUMETRA (800 cal/day) —Transitioning off meal replacements

Food Group	Phase 1	Phase 2	Phase 3	Full Food ready for Maintenance
Meal Replacements	4	2	1	0
Protein	1	3	3	4
Vegetable	2	4	5	5+
Leafy Salad	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing	2 c. leafy greens ½ c raw veggies (non-starchy) + 1 Tbsp. dressing
Beans/ Grain/ Starchy Vegetables	1	1	2	2-3
Fruit	1	2	2	2-3
Fat	1	2	3	4
Milk/Plant-Milk /Yogurt	0	0	1	1-2
Vitamin/Mineral		Recommended	Recommended	Recommended
Calories	1010	1085	1170	1230-1460

Phase 1:  
Continue to drink 120-150 total oz of fluid a day counting the fluid you use in your MR

Beginning Phase 2:  
Reduce fluids to 64 oz/day in addition to the fluids used in your MR

Beginning Phase 3: You may continue taking a fiber supplement; however, it is now optional.

STOP taking Potassium and doing bi-weekly lab work once you are on full food (or as directed by your physician)

# Preparing for Eating Support Group

Adding food back into your life after losing weight might spark fears of losing control or gaining weight.

Transition off Meal Replacements is a carefully designed food plan to add food back in a way that maximizes weight loss and minimizes hunger while limiting for a short time your food choices to help avoid over-stimulation.

**You can do this...and we are here to help!**

Simple click-in at 6 pm

**Virtual Preparing for Eating Support Group Tuesdays at 6-6:30 pm**

Katharine Klepin MS, RD answers questions and helps you through each phase. Simply click-in at 6 on any Tuesday (except holidays) using the below link (no scheduling need) you will find at...

[POSITIVECHOICE.ORG/PFE](https://www.positivechoice.org/pfe) © All Rights Reserved Kaiser Permanente 2022

The screenshot displays the website for Positive Choice Integrative Wellness Center. The main navigation bar includes links for Home, Weight Loss, Integrative Medicine, Nutrition & Fitness, Center 4 Healthy Living, Calendar, and Contact. The page title is "Transitioning Off Meal Replacements & Preparing for Eating".

**Clinic Hours**

- Garfield**  
Mon, thru Thurs. 7:30 - 12:00 pm & 1:00 - 4:30 pm  
**Closed 12 - 1 pm**  
Fri. 8:30 - 3:45 pm  
*No Meal Replacement program available on Fridays at Garfield.*
- San Marcos**  
Tues. 7:30 - 12:30 & 1:30 - 4:30 pm  
**closed 12:30 - 1:30 pm**
- Otay Mesa**  
Wed. 9-12:30 pm and 1:30-4:30 pm
- Bostonia**  
Thurs. 9-1:30 pm and 2:30 - 4:30 pm

**Transitioning Off Meal Replacements & Preparing for Eating**

- Transitioning Off Meal Replacements Food Plans
- Food Groups and Serving Sizes
- Accelerated Transition Off Meal Replacements

**Preparing for Eating Support Group**

Adding food back into your life after losing weight using meal replacements can be a bit scary. You've lost weight avoiding food or at least limiting it to just a few choices and the idea of adding food back can spark fears of losing control or gaining weight. The Transition Off Meal Replacement food plan is carefully designed to add food back in a way that maximizes weight loss and minimizes hunger while limiting for a short time your food choices to help avoid over-stimulation.

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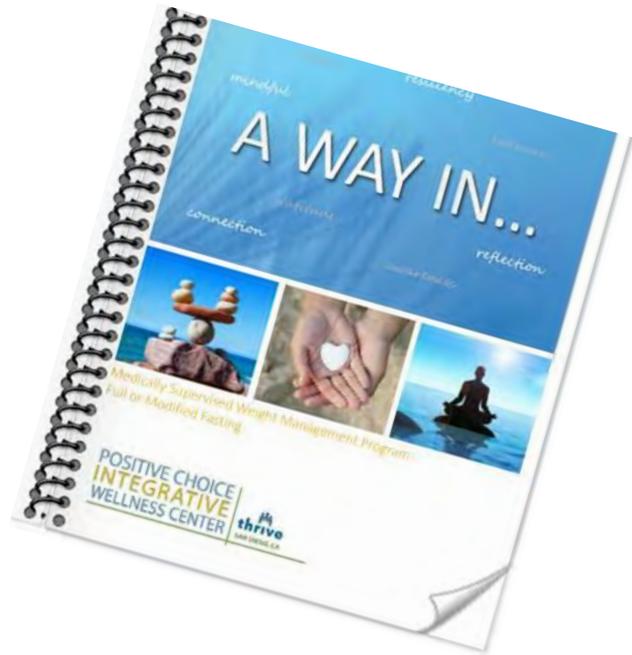
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**Preparing For Eating Support Group Tuesdays Click**

**Full/Modified Meal Replacement Program**

- Contact my Counselor or Medical team [Click here](#)
- Tech Support
- Program Materials
- Medical Instruction Video [Click here](#)
- Preparing for Eating [Click here](#)

You will find Food Groups and Serving Size PFE Lists in your *A Way In* Workbook and online on the bookshelf or [positivechoice.org/PFE](http://positivechoice.org/PFE)



### Transitioning Off Meal Replacements & Preparing for Eating

- Transitioning Off Meal Replacements Food Plans
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> quicklinks

- Home
- Virtual Wellness Tips & Blog
- Events Calendar



What do you feel confident about managing during this transition?

What do you not feel confident about managing during this transition?

What additional support will you need during the PFE phases?

What action items do you need to take to help yourself be successful?

# Your options when this 20-week class ends...

- You may continue weight loss in **THIS CLASS** (let us know how many sessions: <5, <10, 11+)
- You may continue weight loss in **SOLUTIONS — Help with Food Addiction**
- You may continue weight loss in **MINDFUL LIVING**
- On full food and ready for **MAINTENANCE**



## Meal Replacement Weight Program

Continue in this class and repeat weekly curriculum.



## Help with Food Addiction

Explore how food and eating fit into the addiction process and how to manage cravings and compulsive eating habits effectively.



## Mindful Living

Learn how to practice mindfulness and incorporate this practice into everyday living and eating.



## Maintenance Program

On full food and ready to learn nutrition and fitness strategies that will sustain weight maintenance.

# Something to think about...

What can you do this week to begin preparing for your transition to a modified plan?

Those of you who have been on the Modified Plan, what advice do you have for the group?



A wide, open field of tall green grass and yellow wildflowers stretches towards a horizon line. The sky is filled with large, white, fluffy clouds. In the distance, there are some trees and a low ridge. The overall scene is bright and natural.

Questions?