Modified Meal Replacement Plan

Everyday you will have 5 meal replacements plus protein, vegetables, and a green salad.

Protein
Choose one:
- 3 ounces of cooked meat: skinless poultry, fish, shellfish, sirloin, flank or round beef or pork tenderloin
- 3/4 cup of non-fat cottage cheese
- 8 ounces of non-fat, plain Greek yogurt
- 2 eggs
- 6 egg whites
- 1/4 cup egg substitute
- 1/2 cup of cooked beans: black, garbanzo, kidney, lima, navy, pinto, soy, white, lentils, etc.
- 1/2 cup cooked quinoa
- 4 ounces plain seitan
- 9 ounces tofu
- 2 ounces (1/3 cup) cooked tempeh
- 3 ounces vegan alternatives: veggie burger, soy protein, etc.

Vegetables
Choose 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
- Iceberg lettuce
- Jicama
- Kohlrabi
- Leeks
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Pea Pods
- Peppers, all kinds
- Radishes
- Seaweed, cooked
- Spinach
- Summer squash
- Zucchini
- Yellow squash
- Tomatoes
- Turnips
- Water chestnuts

Green Salad
Choose 2 cups of greens plus 1/2 cup of raw vegetables:
- Arugula
- Beet greens
- Bibb
- Bok choy
- Boston leaf
- Butter head
- Cabbage
- Collard greens
- Kale
- Loose leaf
- Mixed spring greens
- Mixed power greens
- Romaine
- Spinach
- Watercress

Iceberg lettuce is a vegetable, not a leafy green

If you have uncomfortable gas, try limiting or avoiding vegetables with an *. Cooked vegetables may cause less gas than raw vegetables.
Sample Schedules

Everyday you will have 5 meal replacements plus protein, vegetables, and a green salad. You can choose the schedule that works best for you. Never skip a meal replacement.

Important:
Fruit, grains, or starchy vegetables, that are not listed, are not recommended on the Modified Plan.
Avoid oil, butter, or fat when cooking. Try cooking sprays.
Be sure to drink 120-150 ounces of fluid every single day. This fluid amount includes what is used to make your meal replacements.