

# Modified Meal Replacement Plan

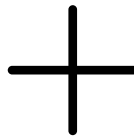
Everyday you will have 5 meal replacements plus protein, vegetables, and a green salad.



## 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
- 3/4 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.

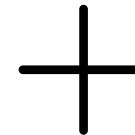


## Vegetables

Choose 1/2 cup cooked or 1 cup raw:

- |                           |                      |
|---------------------------|----------------------|
| • Artichoke               | • Leeks              |
| • Asparagus               | • Mung bean sprouts  |
| • Bamboo shoots           | • Mushrooms          |
| • Beans (wax, green)      | • Okra               |
| • Beets                   | • Onions             |
| • Bell pepper, all colors | • Pea Pods           |
| • Broccoli*               | • Peppers, all kinds |
| • Brussels Sprouts*       | • Radishes           |
| • Cabbage*                | • Seaweed, cooked    |
| • Cauliflower*            | • Spinach            |
| • Carrot                  | • Summer squash      |
| • Celery                  | • Zucchini           |
| • Cucumber                | • Yellow squash      |
| • Eggplant                | • Tomatoes           |
| • Iceberg lettuce         | • Turnips            |
| • Jicama                  | • Water chestnuts    |
| • Kohlrabi                |                      |

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



## 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

1 Tbsp of a dressing: lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or other vinegars, mixed with olive oil, mustard, salsa, pico de gallo, etc. If you buy salad dressing, choose one with few ingredients.

# 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.



## Breakfast

7:30 a.m.

1 meal replacement



## Snack

10:30 a.m.

1 meal replacement



## Lunch

12:30 p.m.

Green salad with vegetables  
1 meal replacement



## Snack

3:30 p.m.

1 meal replacement



## Dinner

6:30 p.m.

Meal replacement soup with protein  
and cooked vegetables added



## Breakfast

7:00 a.m.

1 meal replacement



## Snack

9:30 a.m.

1 meal replacement



## Lunch

12:00 p.m.

Green salad with vegetables  
1 meal replacement



## Snack

2:00 p.m.

1 meal replacement



## Dinner

5:00 p.m.

Protein with vegetables



## Snack

6:30 p.m.

1 meal replacement



## Breakfast

8:00 a.m.

1 meal replacement



## Snack

11:00 a.m.

1 meal replacement



## Lunch

1:00 p.m.

Green salad, protein, and vegetables  
1 meal replacement soup



## Snack

4:00 p.m.

1 meal replacement



## Dinner

7:00 p.m.

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.