

Transitioning Off Meal Replacements

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

Transitioning off Meal Replacements

Tips for success

- Make food and portion 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 may 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 Calories/Day) – Transitioning Off Meal Replacements

Food Group	Phase 1	Phase 2	Phase 3	Full Food and Ready for Maintenance
Meal Replacements	3	2	1	0
Protein	2	2	3	4
Vegetable	2	4	5	5+
Leafy Salad	2 cup leafy greens with ½ cup 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
Fluids	120-150 ounces total daily	64 ounces + what you use for meal replacements		
Fiber	Yes		Optional	
Vitamin/Mineral	No	No	Recommended	Recommended
Potassium and Labs	Yes			No
Calories	795	950	1145	1230-1460

Numetra (800 Calories/Day) – Transitioning Off Meal Replacements

Food Group	Phase 1	Phase 2	Phase 3	Full Food and Ready for Maintenance
Meal Replacements	3	2	1	0
Protein	2	2	3	4
Vegetable	2	4	5	5+
Leafy Salad	2 cup leafy greens with ½ cup raw veggies (non-starchy) + 1 Tbsp. dressing			
Bean/Grain/ Starchy Veggie	0	1	1	2-3
Fruit	1	2	2	2-3
Fat	2	2	3	4
Milk/Plant- Milk/Yogurt	0	0	1	1-2
Fluids	120-150 ounces total daily	64 ounces + what you use for meal replacements		
Fiber	Yes		Optional	
Vitamin/Mineral	No	No	Recommended	Recommended
Potassium and Labs	Yes			No
Calories	980	1030	1165	1230-1460

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 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.
Tempeh 2 oz. or 1/3 c. cooked
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

Grain/Legume/Starchy Vegetable 1 serving approximately 100 calories	Fruit: One serving approximately 60 calories	Milk/ Plant-Milk/ Yogurt 1 Serving = approx. 100 calories This food group is optional: If you choose to eliminate milk/soymilk or yogurt, consume: 1 additional serving of Bean/Grains/Starchy Veg. instead.
Barley ½ c. cooked Beans ½ c. cooked: black, garbanzo, kidney, lentil, lima, navy, pinto, great white, soy, etc. Bread, whole-grain 1 slice Cereal (Fiber >5 g. per serving), ½ c. Corn ½ c. raw or cooked Couscous ⅓ c. cooked Grits ⅓ c. cooked Millet ½ cooked Oats ½ c. cooked Pasta ½ c. cooked Split peas, ½ c. cooked peas, ½ c. cooked Pita ½ of 6-inch round Polenta ½ c. cooked Popcorn air popped, 3 c. Potato ½ c. cooked (Russet, golden, sweet, ...) Quinoa, ½ c. cooked Rice ⅓ c. cooked Rice cakes, multi-grain, 2 Squash winter (acorn, butternut), ½ c. cooked Tempeh 4 oz. or ⅔ c. cooked Tortilla corn or whole grain 1, 6-inch round Wild rice ⅓ c. cooked Yam ½ c. cooked	Apple 1 small (tennis ball) Apricots 3 Banana 1 small (4-6 in) Berries 1 c. Grapefruit ½ Grapes 15 Melon 1 c., (watermelon, cantaloupe, etc.) Orange 1 medium Nectarine 1 medium Peach 1 medium Pear 1 medium Pineapple 1 c. Plums 2 Fruits not on this list use portion equaling approximately 60 calories	Milk, non-fat 1 c. Plant-Milk, 1 c. (hemp, oat, or soy milk) Yogurt/Plant-Based, 6oz. (oat milk, nut milk, flax milk) (less than 10 g. sugar per serving.)
		Fat 1 Serving = approx. 45 calories and 5 g fat
		Avocado, ⅛ whole 1/4 oz. Nuts (6 almonds, 2 Brazil nuts, 8 cashews, hazelnuts, macadamia nuts, 8 peanuts, 6 pecans, 1 tbsp pine nuts, 9 pistachios, 4 walnut halves) Oil, 1 tsp., (avocado oil, olive oil) Olives, 8 to 10 small 1 Tbsp. Seeds (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)
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Phase 1

NUTRIMED

FOOD	SERVINGS
Meal Replacements	3
Protein	2
Vegetable	2
Leafy Salad	1
Beans/Grains/Starchy Vegetables	1
Fruit	0
Fat	1
Milk/Plant-Milk/Yogurt	0
Vitamin/Mineral	
Calories	795



7:30 AM

10:30 AM

1:30 PM

4:30 PM

7:30 PM



NUMETRA

SERVINGS	FOOD
3	Meal Replacements
2	Protein
2	Vegetable
1	Leafy Salad
1	Beans/Grains/Starchy Vegetables
1	Fruit
1	Fat
0	Milk/Plant-Milk/Yogurt
	Vitamin/Mineral
980	Calories

Phase 2 NUTRIMED

NUMETRA

Food	SERVINGS
Meal Replacements	2
Protein	2
Vegetable	4
Leafy Salad	1
Beans/Grains/Starchy Vegetables	2
Fruit	1
Fat	2
Milk/Plant-Milk/Yogurt	0
Vitamin/Mineral	
Calories	950

	7:30 AM	
	10:30 AM	
	1:30 PM	
	4:30 PM	
	7:30 PM	

SERVINGS	Food
2	Meal Replacements
2	Protein
4+	Vegetable
1	Leafy Salad
1	Beans/Grains/Starchy Vegetables
2	Fruit
2	Fat
0	Milk/Plant-Milk/Yogurt
	Vitamin/Mineral
1030	Calories

Phase 3

NUTRIMED

NUMETRA

FOOD	SERVINGS
Meal Replacements	1
Protein	3
Vegetable	5
Leafy Salad	1
Beans/Grains/ Starchy Vegetables	2
Fruit	2
Fat	3
Milk/Plant-Milk/ Yogurt	1
Vitamin/Mineral	Recommended
Calories	1145



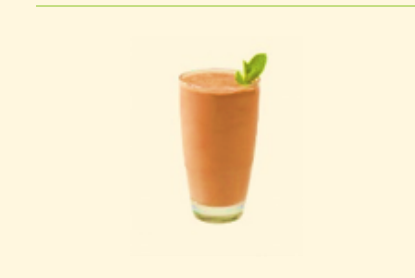
7:30 AM



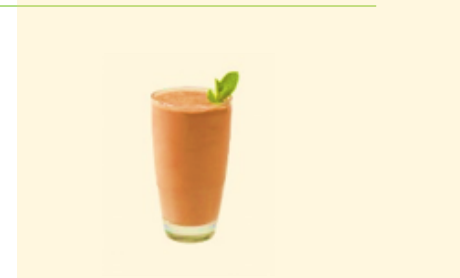
11:30 AM



4:30 PM



7:30 PM







SERVINGS	Food
1	Meal Replacements
3	Protein
5	Vegetable
1	Leafy Salad
1	Beans/Grain/ Starchy Vegetables
2	Fruit
3	Fat
1	Milk/Plant-Milk/ Yogurt
Recommended	Vitamin/Mineral
1165	Calories






FULL FOOD (Ready to Transfer to Maintenance)

FOOD	SERVINGS
Meal Replacements	0
Protein	4
Vegetable	5+
Leafy Salad	1
Beans/Grain/Starchy Vegetables	2-3
Fruit	2-3
Healthy Fat	4
Milk/Plant-Milk/Yogurt	1
Vitamin/Mineral	Recommended
Calories	1230-1460





7:30 AM






11:30 AM



4:30 PM



7:30 PM



SERVINGS	FOOD
0	Meal Replacements
4	Protein
5+	Vegetable
1	Leafy Salad
2-3	Beans/Grains/Starchy Vegetables
2-3	Fruit
4	Healthy Fat
1	Milk/Plant-Milk/Yogurt
Recommended	Vitamin/Mineral
1230-1460	Calories

PLANT-BASED

Transition Off Meal Replacements

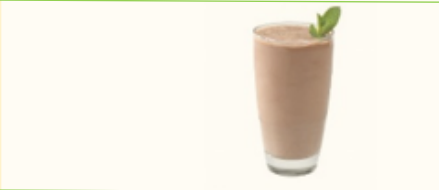


Plant-Based Shakes – Transitioning Off Meal Replacements

Food Group	Phase 1	Phase 2	Phase 3	Full Food and Ready for Maintenance
Meal Replacements	3	2	1	0
Protein	2	3	4	4
Vegetable	4	4	4	5+
Leafy Salad	2 cup leafy greens with ½ cup raw veggies (non-starchy) + 1 Tbsp. dressing			
Bean/Grain/ Starchy Veggie	0	0	1	2
Fruit	0	1	2	2-3
Fat	2	2	4	6
Plant-Milk/Yogurt	0	0	1	1-2
Fluids	120-150 ounces total daily	64 ounces + what you use for meal replacements		
Fiber	Yes		Optional	
Vitamin/Mineral	No	No	Recommended	Recommended
Potassium and Labs	Yes			No
Calories	790	900	1130	1205-1355

Phase 1 Plant-Based Shakes

FOOD	SERVINGS			
Meal Replacements	3	7:30 AM		Scrambled Tofu, Avocado
Plant-Based Protein	2	10:30 AM		Meal Replacement
Vegetable	4			
Leafy Salad	1	1:30 PM		Leafy Greens, Raw Veggies (non-starchy) + Dressing
Grains, Starchy Vegetable	0			
Fruit	0	4:30 PM		Meal Replacement, Cooked Green Beans
Healthy Fat	2			
Plant Milk/Yogurt	0	7:30 PM		Meal Replacement
Vitamin/Mineral	-			
Calories	790			





Phase 2 Plant-Based Shakes

FOOD	SERVINGS			
Meal Replacements	2	7:30 AM		Scrambled Tofu, Avocado, Strawberries
Plant-Based Protein	3	10:30 AM		Meal Replacement
Vegetable	4			
Leafy Salad	1	1:30 PM		Leafy Greens, Raw Veggies (non-starchy) + Dressing
Grains/ Starchy Vegetables	0			
Fruit	1	4:30 PM		Lentils and Vegetables
Fat	2			
Plant Milk/ Yogurt	0			
Vitamin/Mineral		7:30 PM		Meal Replacement
Calories	900			

Phase 3 Plant-Based Shakes

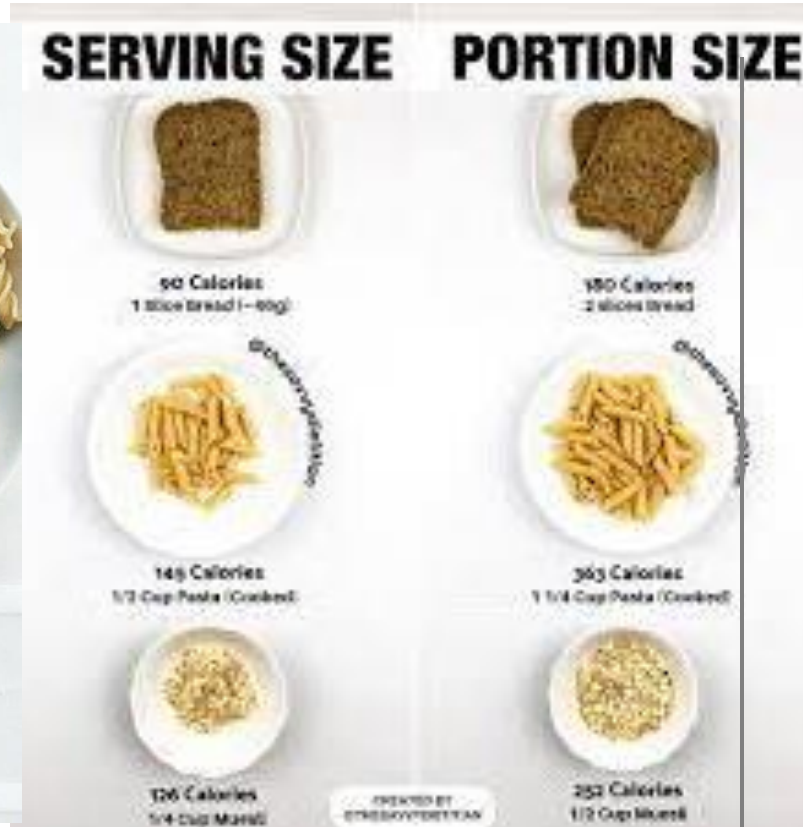
FOOD	SERVINGS			
Meal Replacements	1	7:30 AM		Oatmeal, Berries, Nuts and Milk Alternative
Plant-Based Protein	4			
Vegetable	4			
Leafy Salad	1	11:30 AM		Lentils and Vegetables, Apple and Avocado
Grains/ Starchy Vegetables	1			
Fruit	2	4:30 PM		Leafy Greens, Raw Veggies (non-starchy) + Dressing, Beans and Vegetables
Fat	4			
Plant Milk/Yogurt	1			
Vitamin/Mineral	Recommended	7:30 PM		Meal Replacement, Nuts
Calories	1130			

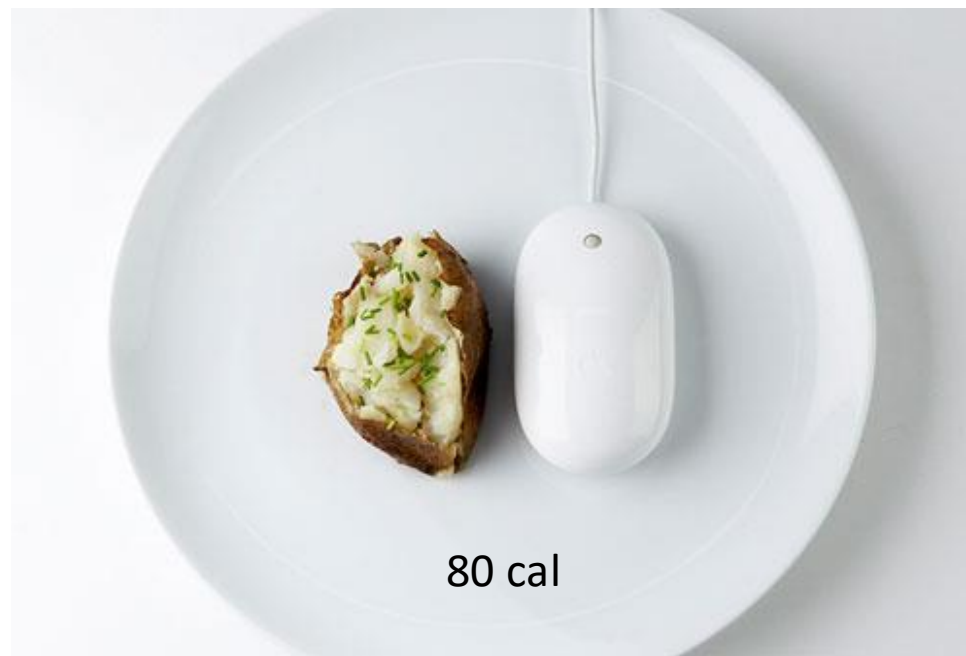
Plant-Based Full Food

FOOD	SERVINGS	7:30 AM		Oatmeal, Fruit, Nuts and Milk Alternative
Meal Replacements	0			
Plant-Based Proteins	4	11:30 AM		Lentils and Vegetables, Apple and Avocado
Vegetable	5			
Leafy Salad	1			
Grains/Starchy Vegetables	2	4:30 PM		Leafy Greens, Raw Veggies (non-starchy) + Dressing Seitan, Olives, Vegetables and Seeds
Fruit	2-3			
Fat	6			
Plant-milk /Yogurt	1-2			
Vitamin/Mineral	Recommended	7:30 PM		Pear with Milk Alternative
Calories	1205-1355			

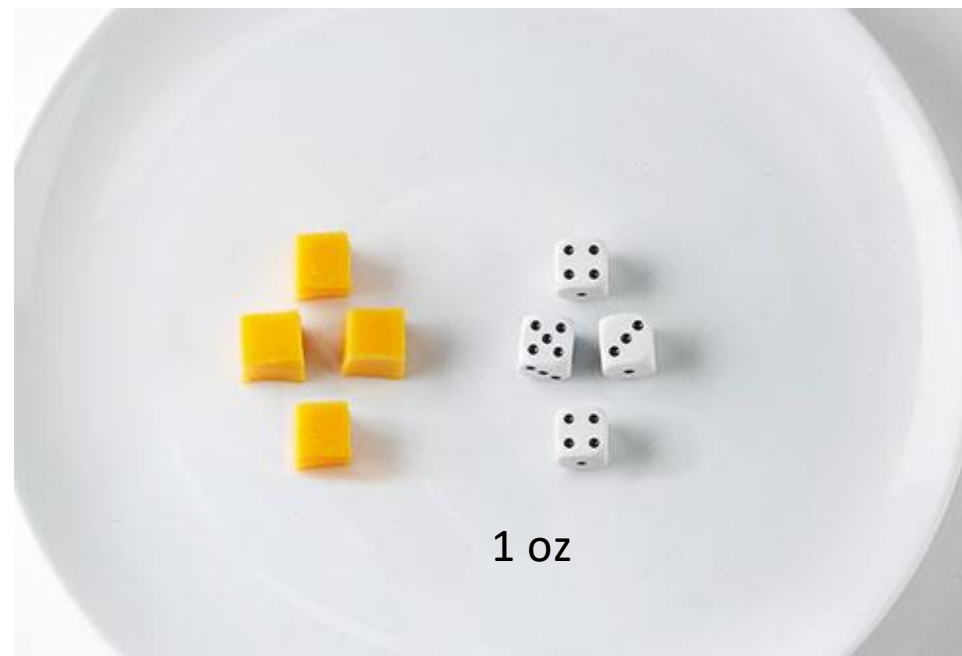
Estimating Serving Sizes

PORTION SIZE MATTERS





80 cal



1 oz



½ cup



3 oz

1 Use smaller dinnerware

Using smaller dishes can lower the amount of food you consume while making you feel just as satisfied



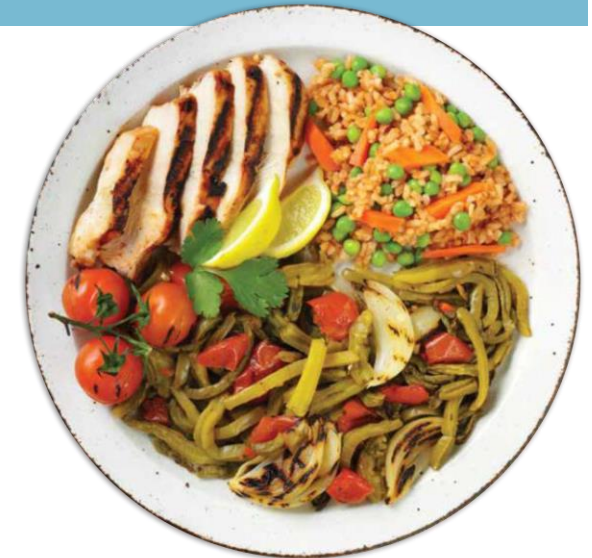
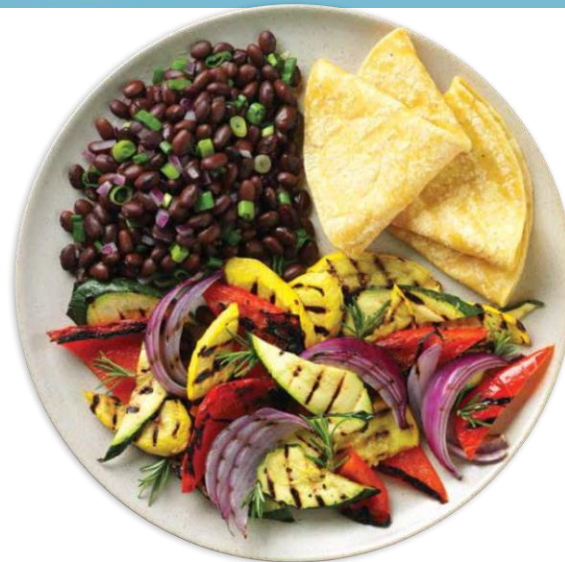
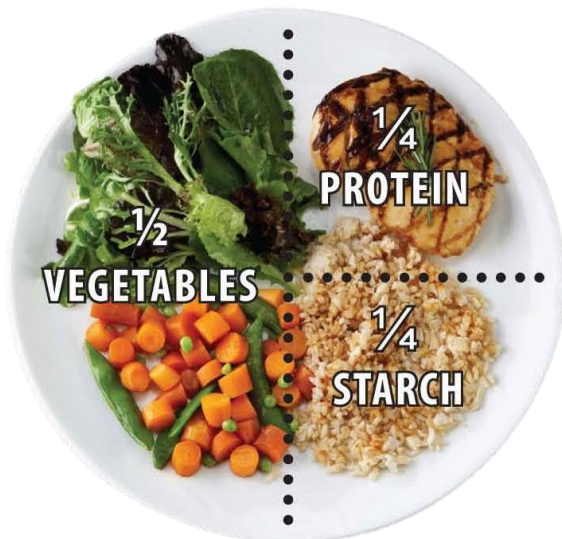
2 Use your plate as a portion guide

Protein, 1/4 of a plate

Vegetables or Salad 1/2 a plate

High-fat foods
1/2 a tbsp

Complex carbs
1/4 of a plate



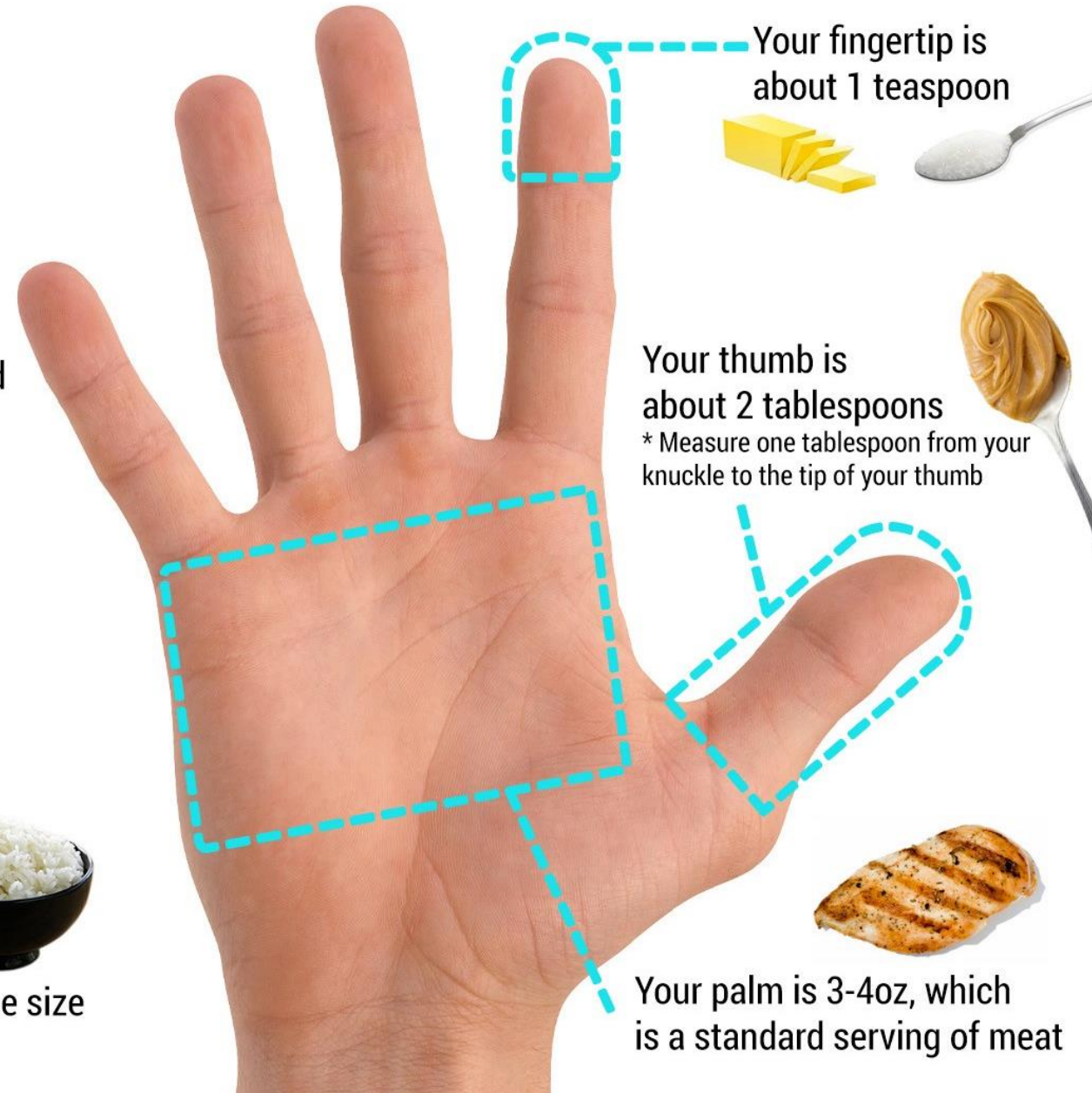
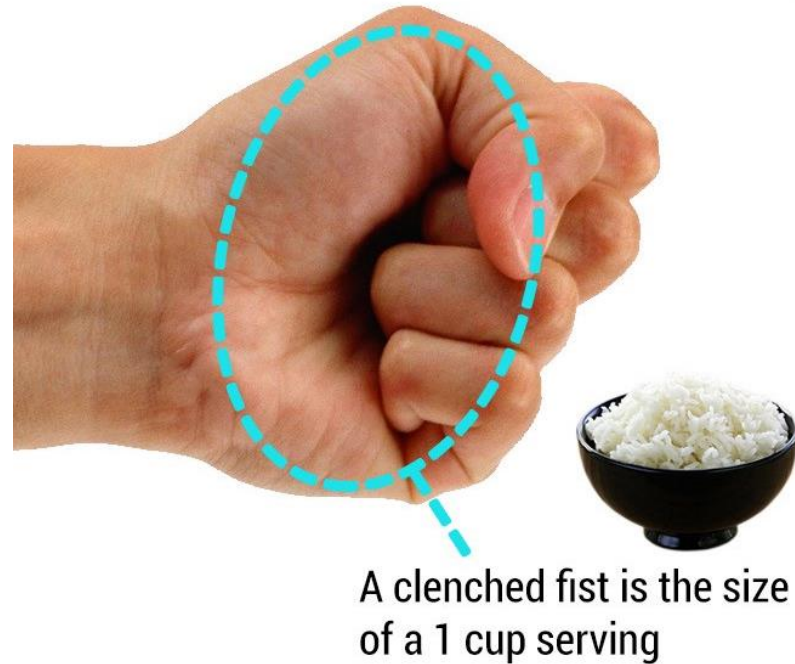
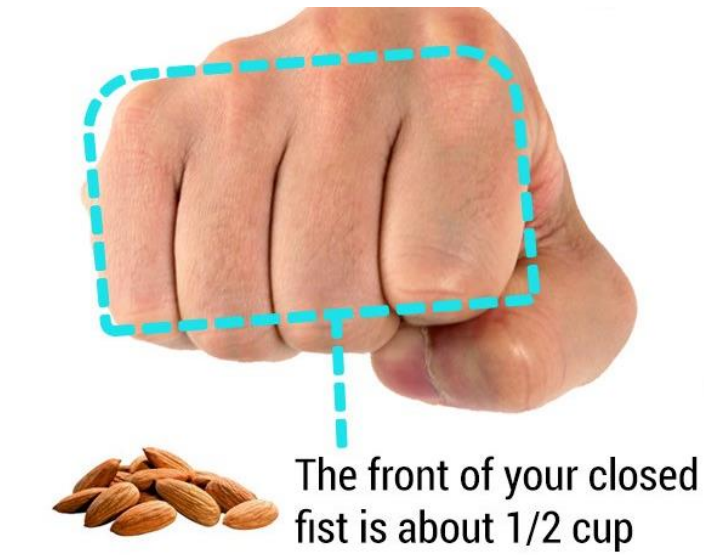


Tools for measuring portion size



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.



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.



Modified Plan



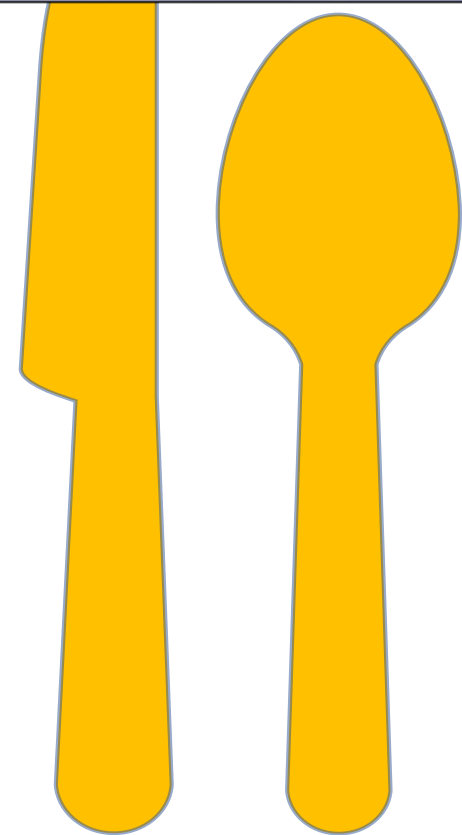
Continue to drink 120-150
total oz of fluid a day
counting the fluid you use in
your meal replacements



$\frac{1}{2}$ cup cooked
or 1 cup raw
non-starchy
vegetables

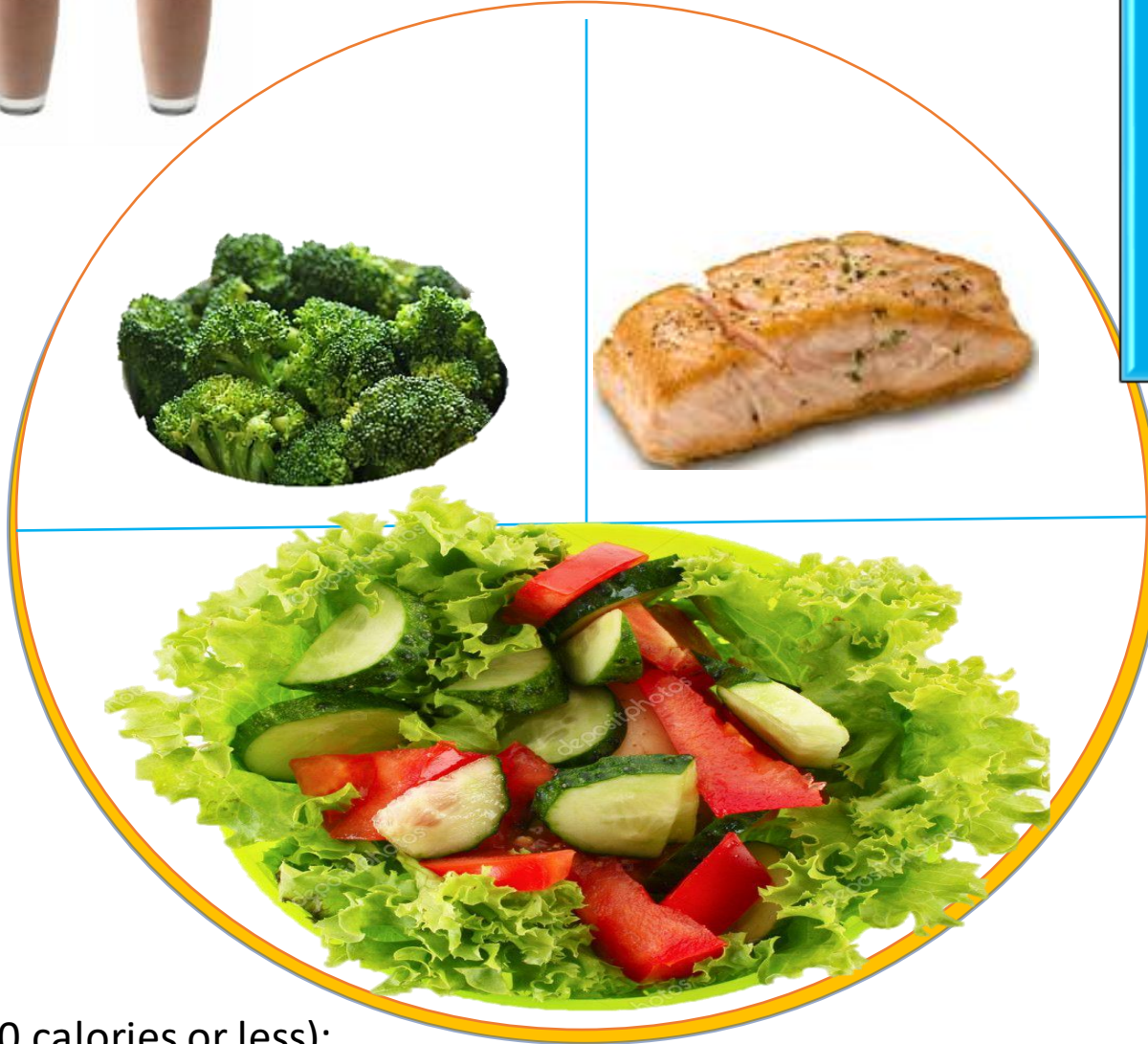
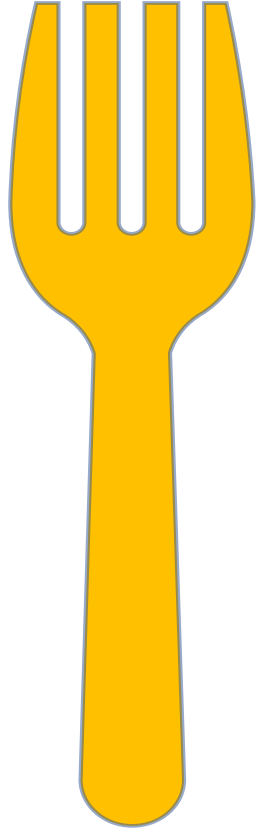
1 protein
See Food Groups and
Serving Sizes in
Workbook

2 cups of leafy greens with
 $\frac{1}{2}$ cup raw non-starchy vegetables
1 Tbsp of salad dressing



Continue taking 5 MR a
day and follow the same
timing you have for
eating meal
replacements
(every 3-4 hours)

Modified Plan

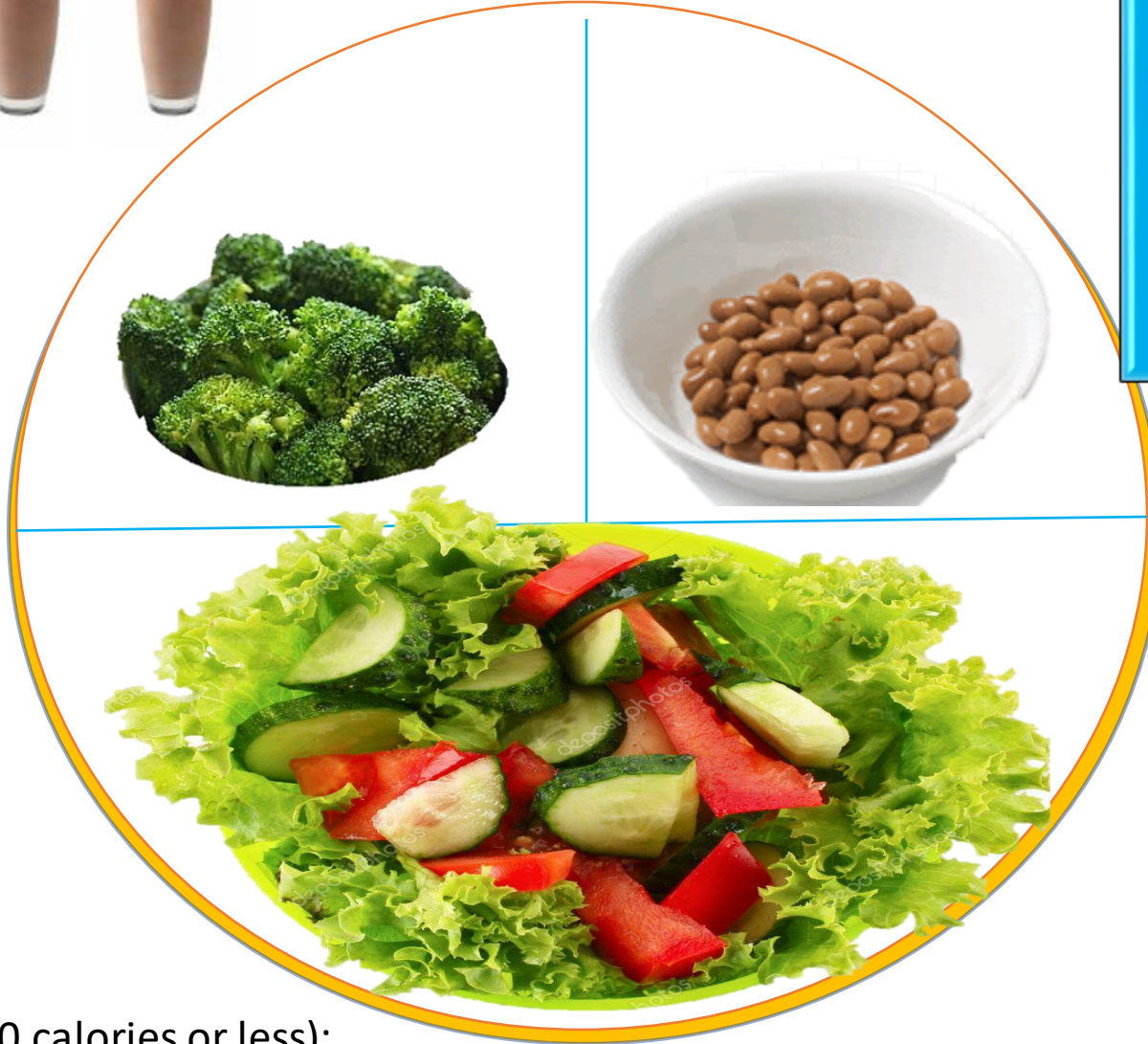
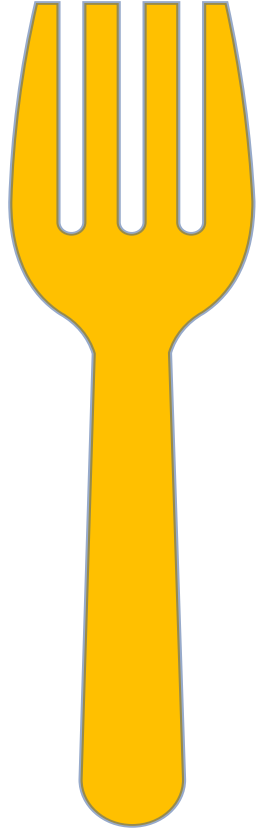


1 Tbsp of Salad Dressing (20 calories or less):
(lemon juice, lime juice, balsamic vinegar,
unseasoned rice vinegar or any vinegar.)

- 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.

Make food selections
from Food Group and
Serving Size list in your
workbook

Plant-Based Modified Plan



1 Tbsp of Salad Dressing (20 calories or less):
(dressing, lemon juice, lime juice, balsamic vinegar,
unseasoned rice vinegar or any vinegar.)

- Bake, barbecue, broil, or microwave to reduce fat intake (no frying).
- You can use small amount of non-stick vegetable sprays when cooking.

Make food selections
from Food Group and
Serving Size PFE list in
your workbook