

TRANSITIONING OFF MEAL REPLACEMENTS ACCELERATED VERSION

Occasionally someone will need to transition off meal replacements faster than usual. This can happen prior to a vacation, a scheduled surgery, out of country or lengthy travel etc. Follow this 14-day, accelerated plan in those instances.

| Food Group | Days 1-5 | Days 6-10 | Days 11-14 | Ready for Maintenance |
|-----------------------------------|--|--|------------|-----------------------|
| Meal Replacements | 3 | 2 | 1 | 0 |
| Protein | 2 | 2 | 3 | 4 |
| Vegetable | 2 | 4 | 4 | 4+ |
| Leafy Salad | 2 cups leafy greens + ½ cup raw veggies (non-starchy) + 25 calories of dressing (optional) | | | |
| Bean/Grain/ Starchy Veggie | 1 | 1 | 2 | 2-3 |
| Fruit | 0 | 1 | 1 | 2-3 |
| Fat | 0 | 1 | 2 | 4 |
| Milk/Plant-Milk/Yogurt (Optional) | 0 | 0 | 1 | 1-2 |
| Fluids | 120-150 ounces | 64 ounces plus what is in your meal replacements | | |
| Vitamin/Mineral | | Recommended | | |
| Potassium | Yes | | | No |
| Calories | 980 | 1020 | 1165 | 1290-1440 |

Nutrition Support

We offer an online nutrition support and information group weekly to help you through this transition process. Visit the Bookshelf Full/Modified page under the Transitioning Back to Food section to log in. Groups are from 6-6:30 p.m. on Thursdays.

Additional resources and support group

