

REMOTE MEAL REPLACEMENT PROGRAM GUIDE

Full and Modified Meal Replacement Programs

This guide will help you get started on your journey toward lifestyle changes that will support your physical health and well-being.

Contact us:

Remote Program Line: 858-616-5035

Medical Team: 858-616-5789

www.positivechoice.org

View program
materials and
links here



TABLE OF CONTENTS



Program Fees And Classes	06
Your Program Details	11
Modified Eating Plan	12
Program Resources	13
Before Your First Class	14
Weekly Requirements	15
MyHealthy Journey App	16
Your Scale Details	17
Placing Your Orders	21
Program Agreements	23
Medical Information	28
Daily Behavior Records	34
Transitioning Off Meal Replacements	42
Maintenance Program	46
Weight Tracker	47
Program Tracker	48

REMOTE MEAL REPLACEMENT PROGRAM PILOT PHASE

Thank you for participating in this program as we test and fine-tune a remote option for people using meal replacements.

Pilot Program

This fully remote meal replacement program is the first of its kind to be offered by Positive Choice. While we have spent the past two years working on this process and feel confident that we have created the best possible program, you will be helping us test the process. As part of this phase, we will rely heavily on your feedback and patience. As a pilot program participant, we ask that you:

- Complete feedback surveys
- Communicate any issues you might experience
- Remain understanding of any adjustments we make along the way

What's new with this remote program?

- Fully remote medical monitoring using virtual visits and your local clinic for bi-weekly labs
- A user-friendly mobile app for tracking your progress
- Bluetooth scale and blood pressure cuff
- New meal replacement flavors
- A simplified meal replacement product plan
- New module class system to make it easier to get started and create more choice in your program education
- Assigned patient liaison to help you feel connected
- New communication tools
- Auto-payments
- Simplified fee structure
- New e-Store to make ordering easier

Share your
feedback with us



MEDICALLY-SUPERVISED MEAL REPLACEMENT PROGRAM CONVENIENTLY FROM HOME

We're piloting a new approach.
You can help!



"Everybody deserves a healthy life."

Bluetooth Body Composition Scale

Body composition is tied to your health and changes over time. Monitoring this on a weekly basis tracks your progress and helps us better assess your needs.

My Healthy Journey App

You'll use a special app to upload your data each week and track your progress. App integrates with Fitbit®, Google Fit®, Apple HealthKit®, a Bluetooth Bioimpedance Scale, and a Blood Pressure Cuff

Your program also includes:

- 5 meal replacements daily
- Product delivery to your home
- Average 2-6 pounds weight loss per week
- Additional 10-session Nutrition Program
- Lifelong education and support program
- Access to highly-skilled, experienced staff

Bluetooth Blood Pressure Cuff

Some of you may be asked to log your weekly blood pressure. This helps us make adjustments to your program.

Weekly Support and Supervision

Each week, you'll share your progress with our medical team and participate in a group session with others on the same journey. We'll monitor your health along the way through regular labs and virtual medical visits.

*Initial enrollment fees apply
Week-to-week program; no contract*

\$225 per week; all inclusive

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER | thrive
San Diego, CA



MEDICALLY-SUPERVISED MEAL REPLACEMENT PROGRAM

GETTING STARTED

Complete your labs, EKG, and nurse clinic visit
You'll receive a message via kp.org with detailed instructions. Complete the instructions within 2 weeks.

Place your sample pack order
Order and try Numetra products before you start. Order at positivechoice.org/remote and download the instructions for use.

Download the MyHealthyJourney App
Although you won't receive your clinic code until you enroll, download the app before your enrollment visit. Download in your app store.

Complete a Personal History Questionnaire
You can find this form at positivechoice.org/remote. Please complete this prior to your Medical Clearance Appointment.

Schedule your first appointments
Once we receive your lab and EKG and nurse clinic results, we'll call you to schedule your virtual medical clearance and enrollment visits. \$140 due at booking.

Attend your virtual Medical Clearance Visit
You'll meet with our medical team to discuss your detailed medical history, program goals and program preferences.

Attend your Enrollment Visit
You'll schedule your classes, order your meal replacements and program supplies, and set up your app. \$300 due at your enrollment visit.

Keep a food diary
To prepare to start meal replacements, keep at least 1-week of daily food records. Use your app for easy tracking.

Attend your Getting Started session
In this introductory session, you'll learn how to use meal replacements, your scale, and set yourself up for success. Next, you'll also place a 2-week supply order of meal replacements. Then, you'll begin your weekly program the following week. \$225 weekly fees begin.



PROGRAM FEES AND REQUIREMENTS

Program Fees

	KP Members
Pre-program Medical Fees	<ul style="list-style-type: none"> • EKG (co-pay) • Labs (co-pay) • Medical Clearance Visit (co-pay)
Enrollment Fee Program enrollment, materials, blood pressure cuff, scale, app, shipping fees, initial meal replacement order	\$440 \$140 due at appointment booking \$300 due on appointment day
Weekly Fee Meal replacements, shipping fees, classes, medical supervision, labs, Maintenance Program, Lifelong Booster Program	\$225 Auto-paid weekly *Fees reduce as you transition off meal replacements
Maintenance Sessions and Lifelong Boosters	Included

This is a medically supervised, very low-calorie diet program. In order to participate, you must meet medical supervision and class attendance requirements. If you are unable to meet these expectations, you must contact us. Inability to attend appointments or make on-time payments will result in removal from the program. If you miss class sessions or appointments, you are still responsible for your full weekly program fees. Labs are required every 2 weeks to stay in the program. All in country travel must be cleared by the medical team. Out of country travel is prohibited while using meal replacements.

Weekly classes start on time. To avoid disruptions, please log in to your classes a few minutes before class time.

Receipts and Health Care Spending and Tax Deductions

You must save your weekly receipts if you need them for future tax or reimbursement purposes. We cannot re-print receipts. Tax deductions and reimbursement of weight loss program expenses through an employer's healthcare savings account may be possible, including:

- Medical Clearance appointments and Enrollment Consultation
- Program fees (it is possible that meal replacements will not be reimbursed, please check your employer's healthcare savings account manager).

LETTER OF MEDICAL NECESSITY - If needed, please request this from our patient liaison no earlier than session #2 and please allow for a 2 week turn around. The letter will be mailed USPS to your home address on file.

ABOUT THIS PROGRAM

You are beginning our comprehensive, remote weight management program using meal replacements. You will be using meal replacements every day and participate in weekly class sessions and ongoing medical appointments until you reach your goal. This booklet will serve as your reference guide for program information, how to use meal replacements, and to answer frequently asked questions.



PROGRAM OVERVIEW

We take your long-term success seriously and have designed a program that not only assists in your current efforts but focuses on supporting long-term behavior change and weight maintenance.

Getting Started



- Lab work
- Medical assessment and clearance
- Enrollment Consultation
- Getting Started Session

Meal Replacement Phase



- Weekly sessions
- Weekly data upload
- Bi-weekly lab draws
- Regular medical e-visits
- Transitioning off meal replacements

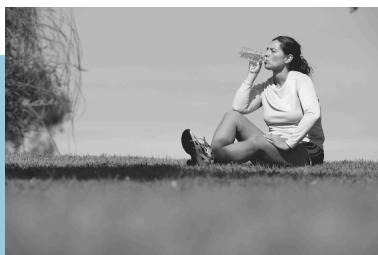
Maintenance and Long-term Support



- 10 Maintenance Nutrition and Fitness Courses
- Booster educational sessions
- Optional Healthy Balance Program
- Other nutrition and exercise programs

WEEKLY CLASSES AND MODULE OPTIONS

Completing the program with a strong set of skills and tools is the focus of our program. Each participant has different goals and your time in the program is unique to you. We've designed a module system to guide you along the way. For each module, you will focus on a specific topic, practicing your skills between classes.



Power of Change

In this 8-session module, you will focus on unlocking your potential for habit change. Making changes long term is challenging. Understanding how stress management, emotion regulation, and improved overall well-being can support you makes all the difference.



Power of Self

This 8-session module focuses on recognizing your personal strengths and how to use them to make lasting change. You'll explore topics like core self, self-talk, and self-confidence and how they impact your overall health and well-being.

Once you've complete these, you can choose:

Solutions: Support for Emotional and Binge Eating

This 12-session program covers a variety of topics regarding compulsive overeating.



Mindful Living

This 12-session program introduces mindfulness skills, practices, and applications for weight management and everyday life.

Transitioning Off Meal Replacements

We will support you in your transition from using meal replacements to eating whole foods during your weekly classes. Once you complete this 4-week transition process, you'll advance to the Maintenance Program for continued nutrition and fitness support. Inform your instructor when you are ready to stop using meal replacements.



Cost: Modules are included in your \$225 weekly fees

LONG-TERM SUPPORT

Once you complete your meal replacement program, we offer long-term support for maintaining your results or reaching your next goal.



Maintenance and Nutrition Program

Once you have reached your goals, you will transition off of meal replacements and then begin the 10-session maintenance program to learn nutrition, fitness, and long-term maintenance strategies.

Cost: Included in your program fees



Booster Sessions

Want to learn more about trending topics or dive into more detail on nutrition, fitness, and wellness education? Choose from our ongoing sessions offered online throughout the month or attend Booster support groups.

Cost: Lifelong access is included in your program fees



Solutions: Support for emotional and binge eating

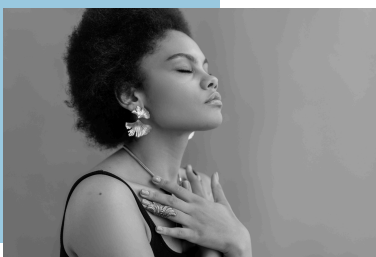
12-session program covering all topics regarding compulsive overeating. You can begin attending this program as part of your weekly class session requirement after 16 weeks in the program.

Cost: Part of your weekly fees and class options while using meal replacements or \$540 after program completion.

Mindful Living Course

12-session online program introducing mindfulness skills, practices, and applications for weight management and everyday life. You can begin attending this program as part of your weekly class session requirement after 16 weeks in the program.

Cost: Part of your weekly fees and class options while using meal replacements or \$540 after program completion.



YOUR INITIAL APPOINTMENTS

To ensure your safety, you will complete medical screenings and e-visits with our skilled team. Once you are cleared to begin the program, our Enrollment Consultants will work with you to get started.

Part One: Labs and EKG

These results will be evaluated by our medical team then we will call you to schedule a Medical Clearance appointment. It takes 3-4 days for all your lab values to come in. If you don't hear back from us after one week, call our medical team at [858-616-5789](tel:858-616-5789).

Your next two appointments are scheduled one right after the other. You will receive a message with instructions on how to connect to your appointments through KP.org.

Part Two: Medical Clearance Appointment e-Visit

Meet with our medical team to go over your medical results and complete your medical clearance. Our medical team will discuss your medical history and program goals and answer your questions.

Enrollment Consult

Once cleared, you'll meet with your program liaison to get you prepared to start your program. You will download your program app, order your first set of meal replacements, register for your online classes, and prepare your program materials and equipment shipment.

Cost:

Labs and EKG and Medical Clearance: your co-pay for these services

Enrollment Consult: \$440 (\$140 due at appointment booking

\$300 due on appointment day)



YOUR PROGRAM DETAILS

You will fill in this section during your Enrollment Consultation. Please be sure to have this with you during that appointment and have it available at your Getting Started session.

Getting Started Session

Date:

Time:

Log in via your kp.org appointment center

Before starting meal replacements, you will attend a **Getting Started Session** where you learn about the program and how to use meal replacements. You will order your first 2 weeks of meal replacements. You will start using meal replacements once you start the first weekly session of your class module.

Cost: \$225; auto-pay (includes your first 2 weeks of meal replacements)

Your Weekly Sessions

Start Date:

Class Day: Wednesdays

Class Time: 4–5:30 p.m.

Instructor Name: Shannon Ratliff

Once you start your weekly sessions, you will attend class at the same day, time, and with the same instructor and group participants. *There are no make-up sessions or refunds available for missed classes.*

Throughout the program, you will also log your weight and/or blood pressure weekly, have regular labs drawn at your local clinic, complete e-visits with the medical team, and order your meal replacements in the e-store.

Cost: \$225 per week; auto-charged weekly

Your Meal Replacement Program Details (check those that apply):

- | | |
|---|--|
| <input type="checkbox"/> Numetra 800 calories/day | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Full
(meal replacements only) | <input type="checkbox"/> Modified
(meal replacements plus protein and vegetables) |
| <input type="checkbox"/> Chicken Bouillon (+\$7) | <input type="checkbox"/> Optional <input type="checkbox"/> Required |

MODIFIED MEAL REPLACEMENT PLAN

Every day 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
- 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

If you have uncomfortable gas, try limiting or avoiding vegetables with an *. 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 SCHEDULE

 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, and 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.

PROGRAM RESOURCES

Your program materials will include:

- Meal Replacement Program Guide
- Course Workbook
- Maximize Your Body Potential Book
- Medical Instruction Letter
- Body composition scale
- Tape measure
- My Healthy Journey App

View program
materials and
links here



Online resources available at positivechoice.org:

- Course materials
- Classroom Link
- Tech Support
- Eating plans
- Contact us

BEFORE YOUR FIRST CLASS

There are a few things you will need to have available before you start taking your meal replacements and begin your first weekly session.

- Review your medical instruction letter (available on kp.org)
- Prepare your meal replacement order combination preference
- Decide on your fiber preference
- Pick up your potassium prescription
- Purchase a blender bottle, blender, frother, or whisk
- Make sure you have a water bottle with measurements listed
- Consider using a 1 gallon water jug to measure your fluids
- Complete 7 days of Daily Behavior Records
- Have your Maximize Your Body Potential, a pen, and paper ready for classes.



WEEKLY REQUIREMENTS

Complete your weekly requirements by 12:00 on your class day.



Place your meal replacement order

- Visit positivechoice.org/remoteprogram to order
- If they aren't submitted, you won't receive meal replacements but you will still pay for them
- You will be auto-billed \$225 per week
- And consider extra box for your 1st week (\$22 each)
- Option to purchase bouillon (\$7)



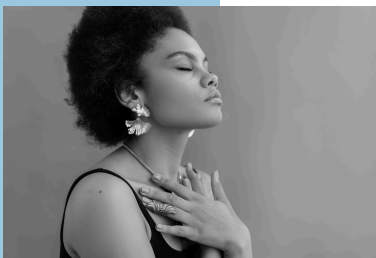
Upload your data on the morning of your class

- **Upload data on class day only**
- Connect your scale and upload your weight
- Input your blood pressure reading (if required)
- Upload your glucose data (if required)
- If you are more than 1 week overdue, we will not be able to process your meal replacement order



Lab draws every 2 weeks

- Labs need to be completed every other week on the day prior or day of your weekly class
- Set phone reminders
- If you are more than 1 week overdue, we will not be able to process your meal replacement order



Weekly class

- Log in a few minutes before class starts
- You will receive your class link via text and email or in kp.org in the Appointment Center

Notify the medical team with any symptoms of fatigue, dizziness, lightheadedness or falls, nausea, vomiting, diarrhea or loose stools, constipation, headaches, any illness, surgeries, medical procedures, or if you will be traveling out of the country.



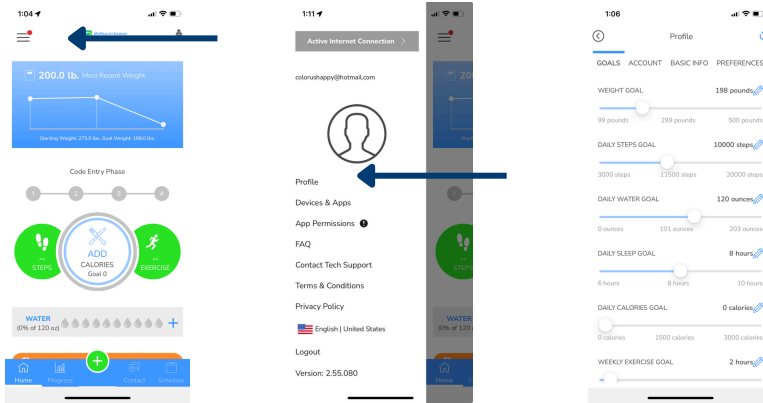
MY HEALTHY JOURNEY APP

About the My Healthy Journey App:

- Track your progress and stay on top of your daily requirements for fluids, meal replacements, and supplements
- Upload your required data

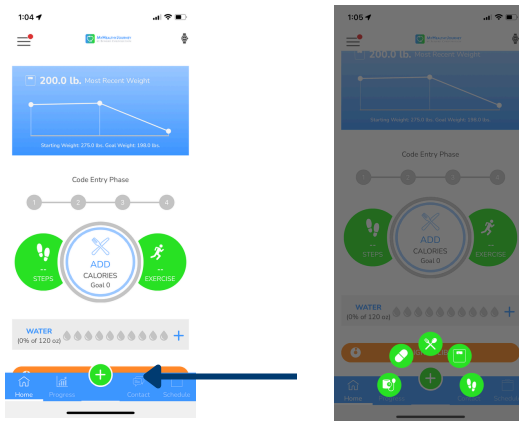
Set your goals:

- From the home screen, select the menu button in the upper corner
- Select Profile
- Set your personal goals. Start with small, easy to meet goals.



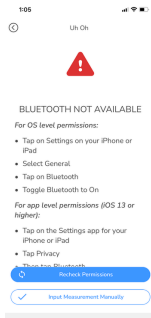
Track your progress:

- From the home screen, select the + sign to add data
- Set your personal goals



Options:

- Blood pressure
- Supplements
- Food
- Weight
- Activity



Bluetooth not available?

Select Recheck Permissions to establish a new connection
Or choose to manually enter your data

ABOUT YOUR SCALE

Balance Body Composition Scale

- The scale works right out of the box and data is delivered to your My Healthy Journey Mobile App and your Care Team once connected via Bluetooth
- The maximum scale weight is 397 pounds
- It comes with everything you need to use it. Batteries are included.
- The scale works using the cellular (GSM) network to transmit your weight to the app. We use these measurements to create weight progress charts. By combining your information with additional data that we collect (from the food tracker and waist and hip measurements for example) we can evaluate your progress and give you feedback on how to reach your goals.

Instructions for Scale Use

- Open My Healthy Journey App
- Check your profile information and follow the prompts
- Step on the scale. It automatically turns on.
- Wait for the data to download
- Save data
- Step off the scale. It automatically turns off.

While you may weigh yourself more often, we ask that you only connect to Bluetooth once per week.

Scale Limitations

- The scale measures body fat in the lower body via two points, your feet.
- Hydration status can affect accuracy. When dehydrated, body fat can be overestimated. When over-hydrated, body fat can be underestimated.
- Water weight, like swelling in the legs, can impact readings

Scale Use Recommendations

- Instead of worrying over particular readings, use the scale to track your body composition **trends** over time. If your body fat percentage increases from month to month, reach out to your care team.
- Use the scale under the same circumstances (time of day, hydration level, amount of clothing worn, etc.)
- Use the scale when you're well hydrated
- Avoid using the scale after drinking caffeine (or alcohol, which is not permitted while using meal replacements)
- Avoid using the scale after exercise

UNDERSTANDING SCALE RESULTS

Percentage Body Fat

For most people, subcutaneous fat (the fat that is right below the skin) makes up about 90% of their body fat. The remaining 10% makes up visceral fat (the fat stored in and around your major organs). Fat mass is vital to your health and provides a reserve source of calories. Excess fat accumulation can become a source of inflammation that can greatly increase risk for diabetes, cardiovascular disease and cancer.

VISCERAL FAT/ADIPOSE TISSUE (VAT)

Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs. Some levels of visceral fat are healthy and help protect your organs. However, too much visceral fat can be dangerous for your health. Your scale will give you a rating:

Visceral Fat Rating Healthy amount: 1-12 Excess amount: 13-60

Lean body mass (LBM) or fat free mass (FFM) is a part of a body composition that is defined as the difference between total body weight (including bones, muscles, blood, skin and everything else) and body fat weight. During weight loss it is natural to lose some muscle mass as you lose body fat. If your LBM is below normal, focus on strengthening your muscles as you lose weight to stimulate a healthy metabolic rate. **Even if you have a good amount of muscle mass, you will want to work on minimizing muscle loss. Strengthening muscle mass will also greatly help you with balance and agility.** Heavy weightlifting to build muscle mass is not allowed on a meal replacement program. Instead, we recommend working out with light weights, bands, or body resistance training.

WATER %

If you see your lean mass decreasing you may see decreases in water. You are also more dehydrated during ketosis. Water weight changes in the first few weeks. This number isn't very informative during your time in the program.

CALCULATING AND UNDERSTANDING YOUR MEASUREMENTS

Body composition scale. Your body composition scale sends mild electro-magnetic waves through your body and measures how different cells in your body resist against the current. Muscle, fat, and water resist the current differently and this allows the scale to measure body composition. The strength of an at-home scale can reasonably assess your body mass for the lower part of your body and becomes less reliable the further the current must travel. Your upper body results may not be accurate. Please note that you should measure yourself at the same time and with the same hydration level each time (example: when you wake in the morning).

Waist-to-hip ratio. Measuring your waist and hip changes can alert you to changes in your body size as you progress on your program. There may be times when you don't notice changes in your body weight but changes are occurring in your other measurements. Lowering your waist circumference can improve your health and reduce your risk for type 2 diabetes and heart disease.

Body mass index (BMI) is a calculation based on your height and weight that may be an indicator of health but does not account for individual differences and doesn't account for age, sex, ethnicity, and above or below average muscle mass or bone density, nor does it inform on percentage of body fat. It is an indicator only, not an exact measurement.

It is possible to be healthy and be in a larger body.

Importance of exercise while using meal replacements

Very low calorie diets are effective at reducing body weight and body fat, however you also risk losing valuable muscle mass. Muscle mass is important for healthy aging, reducing your risk of certain diseases, reducing injuries, having energy, and regulating your body weight.

To preserve muscle mass, we encourage exercise, including walking and resistance or light strength training throughout your time in the program. For best results, make a commitment to complete two strength workouts a week. You can find fitness videos on positivechoice.org/exercise-videos or scan this code.



Learn about our additional fitness services



YOUR MEASUREMENTS

Your week-to-week measurements will be tracked and monitored in your My Healthy Journey App. Use this sheet to note your starting and ending values.

	PRE	POST
DATE		
TOTAL BODY WEIGHT		
BODY MASS INDEX (BMI)		
BODY FAT		
LEAN MASS		
VISCERAL FAT		

BMI Calculator*



*see note about BMI in above section

	PRE	POST
UPPER ARM		
CHEST		
WAIST		
HIP		

Measure in inches:

- Upper arm (armpit)
- Chest (bust)
- Waist (narrowest part or 1" above navel)
- Hips (widest part or 7 to 9" below waist)

How to measure yourself:

- Using this diagram, measure your body at these points.
- Different body types than what is shown can make measurements confusing. Use this video to help you measure your waist:



Waist to Hip Ratio

Because of scale accuracy limitations, we use the waist to hip ratio changes.

$$\text{Ratio} = \text{Waist} \div \text{Hip}$$

Enter your starting waist to hip ratio:

Health Risk	Women	Men
Low	.80 or lower	.95 or lower
Moderate	.81-.85	.96-1
High	.86 or higher	1 or higher

PREPARING YOUR BI-WEEKLY ORDERS

Every two weeks you will place an online order for your meal replacements and weekly you will pay your program fees.

Your orders will consist of 10 boxes of meal replacements in the combination of your choice, including shakes, soups or pasta, and bars. **You must have a minimum of 3 shakes every day** and the other two meal replacements can be shakes, soups, pasta, or bars. This means you must order a minimum of 6 shake boxes each time. You must place your order on the e-store.

Numetra flavors (800 calorie; 160 calories per packet or bar):

Shakes: Chocolate, Vanilla, Strawberry, Mocha, Cookies and Cream, Caramel Coffee Frappe, Orange Mango (Due to higher sodium content, limit Orange Mango shakes to 3 or less per day)

Soups/Pastas: Tortilla Soup, Creamy Chicken Soup, Chicken Alfredo Pasta

Bars: Caramel Cocoa, Fudge Graham, Cinnamon, Dark Chocolate S'more, Peppermint Cocoa Crunch, Shortbread Cookie

Soup, Pasta, and Bouillon:

You may have no more than 2 packets per day of these "salty" items due to strict sodium guidelines. This means you can have 2 soups (then no bouillon), 1 soup (option for 1 bouillon), or no soups (option for 2 bouillons). Check your program prescription to see if soup is required on your program. You must purchase bouillon with your weekly order (\$7) if you want to use it.

Tip:

Purchase an extra box of meal replacements to use if you are hungry, if you spill one, to keep at the office or in your purse. Your medical information card will have alternatives if you find yourself without a meal replacement.

Fiber: Constipation is typical when using meal replacements. Many people find added fiber useful. We recommend alternating fiber sources often, including:

- Bran, Flax, Chia Seeds: Add 1 tablespoon to a meal replacement twice a day.
- Sugar-free Psyllium husks (Metamucil™, Citrucel™, or plain psyllium husks). Mix 1-2 teaspoons in water and drink twice a day.
- Fiber tablets (Fibercon™ or Fiber Tabs™). Take 1-2 tablets twice a day.
- If you experience constipation, refer to recommendations in the Medical Section of this guide.

Important: Separate fiber and potassium pills by 2 hours or more.

PLACING YOUR BI-WEEKLY ORDER

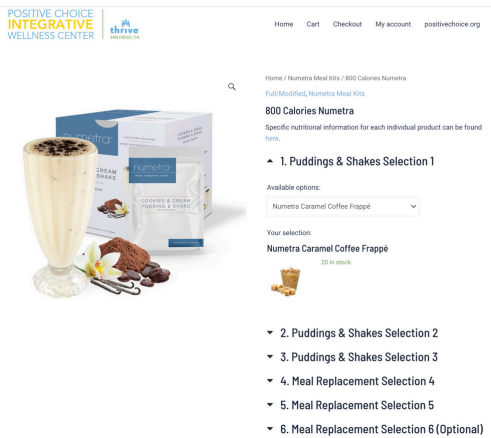
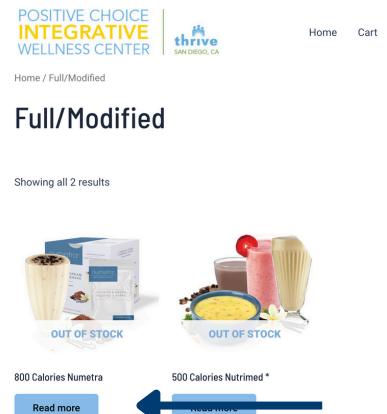
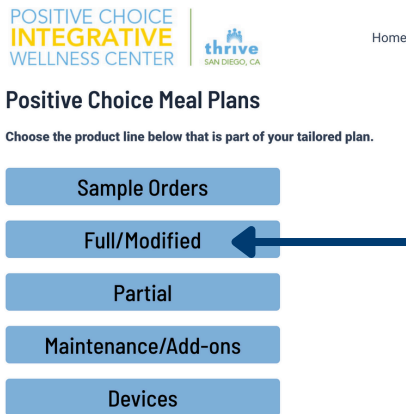
About your meal replacement orders:

- Your weekly program fee includes 5 boxes of meal replacements.
- You must visit the e-store every 2 weeks to select your flavor preferences. They must be placed before your weekly class.
- If you do not place your order, you will not receive meal replacements in the mail, however you will still be charged for them. Set a reminder to order meal replacements by 12:00 p.m. on your class day.
- Orders take 7-10 days to arrive. If you do not place an order by the deadline, it will not be processed until the following week.



How to order:

Visit positivechoice.org/remoteprogram and select the option to place your order.



- Select 5 products each week
- 3 must be puddings/shakes
- Bouillon is optional (\$7)
- Additional boxes (\$22)

- When your order is complete, go to Checkout
- Your ordered will be reviewed and processed by our staff
- You do not pay for your order through the e-store
- Expect 7-10 days delivery time
- A receipt will be emailed to you once it has been processed

PREPARING MEAL REPLACEMENTS

Shakes

You will mix powdered meal replacements with water, coffee, or calorie-free, carbonated drinks. You can mix with any amount of fluid you prefer, generally 8-20 ounces. You can mix with cold water, blend with ice, or make a hot drink. To make warm drinks, slowly add warm water to the powder and create a paste, slowly adding more water while stirring carefully. Shakes can be made up to a day in advance if kept cold. You can add sodium-free and calorie-free spices (like cinnamon, pumpkin pie spice, peppermint extract, sugar free syrups).

Shakes can be prepared as pudding. Mix with 6 ounces of water and store in the fridge until cold. You can also put it in the freezer for a bit.

Tip: Purchase a milk frother to use to blend your shakes and make them creamy. Blender bottles are also great options for mixing shakes. Rinse and wash after use since protein drinks can quickly start to smell!

Soups

Add your powder to a bowl or mug and slowly add hot water to make a paste. Then gradually add more water, slowly stirring. Let it sit for a few minutes for best results. You can add sodium free and calorie free seasonings (like herbs, spices, lime, and a little hot sauce). You can slowly reheat soups.

120-150 ounces of fluids daily

You must stay between 120-150 ounces of fluids every day, no more or less than this. This includes what you use to prepare your meal replacements and anything else you drink during the day. You may have up to two cups of coffee or caffeinated drinks daily and you can mix your shakes into your coffee.

Tip: Purchase a gallon water jug (128 ounces) from the grocery store and pour all of your fluids from this. Or use measured bottles or cups to drink from to ensure you stay within fluid requirements.

Artificial sweeteners and 'diet' beverages:

You may use them but keep in mind that they may cause sweet cravings, stimulate appetite, and possibly disrupt the balance of healthy bacteria in your gut making weight maintenance more difficult. If you choose to use artificial sweeteners, use as little as possible.

You may use breath mints and gum, however limit to no more than 4 daily to avoid stomach upset often caused by artificial sweeteners.

Have a meal replacement every 3-4 hours.

A regular and consistent schedule will maximize results and minimize hunger, cravings, and low energy. Avoid drinking too much before bed to reduce trips to the bathroom at night.

Tip: Set timers on your phone so you stay on schedule. Try setting everything you need for the day out on the counter or in your bag.

MEDICAL PROGRAM AGREEMENT

Medical Agreements for Program Participation

As a medically supervised weight management program participant using meal replacements:

- I understand that, for my safety, any of the following conditions will disqualify me from participating in the program:
 - Age 18 and older
 - Type 1 diabetes
 - Pregnancy or breastfeeding
 - Active eating disorder
 - Active substance use disorder.
 - Mental illnesses such as depression with suicidal ideation
 - Surgery within the last 3-6 months (including soft tissue, bones, or joints)
 - Active diabetic foot ulcers
 - Cancer requiring radiation treatment.
 - Myocardial infarctions within the last 3 months
 - Renal insufficiency
 - Advanced liver disease
 - Long-term corticosteroid therapy Weight over 396 lbs.

- I understand that I need to have had a physical exam performed within the last year.
- I understand that while every effort will be made to accommodate my preferred program and/or meal replacement choice, the Positive Choice medical staff will make the final decision based upon review of my medical history.
- I agree to follow the Medical Instruction Letter I will receive from the Positive Choice medical team.
- I understand that the My Healthy Journey App will be used for medical supervision while in the program and I am responsible for downloading the app to my smartphone. I am aware that any information in the app is available to the Positive Choice team.
- I agree to weigh myself and take my blood pressure by request every week and upload it to My Healthy Journey App on the same day i am scheduled for my class.
- I agree to complete lab work every 2 weeks or as ordered by the Positive Choice medical staff at a San Diego Kaiser Permanente location.
- I understand if I am unable to complete the first required lab work or do not complete a lab within a week of the due date, I need to call the medical team at 858-616-5789 in advance. If I fail to complete the labs I may be withdrawn from the program.
- I agree to join a video call with a medical provider every 4 weeks (or more often if requested) starting at the second week in the program, to discuss ongoing success and safety in the program.

Continued on next page.

MEDICAL PROGRAM AGREEMENT

Medical Agreements for Program Participation (continued)

As a medically supervised weight management program participant using meal replacements:

- I agree to notify the Positive Choice medical team of changes in medical status, medications, and any medical or surgical procedures. Including any symptoms of fatigue, dizziness, lightheadedness or falls, nausea, vomiting, diarrhea or loose stools, constipation, headaches, or any illness, surgeries, or medical procedures. Or if you will be traveling out of the country.
- I am aware that if I am placed on a Medical Leave of Absence (MLOA) from the program, I will need medical clearance if/when I choose to return.
- I understand that I will be encouraged to increase my physical activity.
- I agree to abstain from alcohol and non-prescription drugs while on meal replacements. Use of these substances can result in automatic withdrawal from the program (Note: Please notify Positive Choice medical team if you are using medicinal cannabis).
- I am aware that common conditions associated with this program, although temporary in nature, include sensitivity to cold, dry skin, lightheadedness, hair loss, fatigue, increased urination, constipation, and muscle cramps. Although infrequent, there is a risk for gout and gallbladder attacks. Whether I am on a weight loss program or not, obesity increases my risk for morbidity and mortality.
- I am aware that significant psychological, emotional, and social problems sometimes surface in response to major weight loss.
- I agree to consider additional support options which may be beneficial as I deal with my weight and overeating issues, including psychological support. Although we will discuss many personal and emotional life issues, this is not group therapy.

PROGRAM GROUP AGREEMENT

Group Agreements for Program Participation

As a group member:

- I agree to participate! It is always up to me how much and what I share about myself. I will be a considerate contributor and sensitive to the needs of others in my group.
- I will respect the group's confidentiality. This is a virtual group, so I understand I must be in a room or area by myself and use headphones if needed to ensure group member voices are not heard and/or faces are not seen by non-group members.
- I acknowledge that I am required to have my camera and microphone on during class time. It is a requirement of a virtual program to have a working microphone and camera on my device.
- I understand I should be in a safe place to attend class, driving while in class is not allowed.
- I am aware that family members, friends, or coworkers must enroll in a separate full/modified meal replacement group.
- I agree to communicate with my counselor any needs or concerns I have about my group. My input and feedback are important.
- I agree to leave my counselor a message if I will be absent or if I decide to withdraw from the program.
- I understand that missed classes cannot be made up as all groups are closed and confidential. I acknowledge that my weekly class fee will still be charged even if I do not attend class.
- I agree to notify a Positive Choice service representative of any telephone, email, or address changes.
- I understand that the first session "Getting Started" is mandatory to being in the program. If you miss this session, it must be completed before continuing in the meal replacement program.

FINANCIAL PROGRAM AGREEMENT

Financial Agreements for Program Participation

As a medical weight management program participant:

- I understand this program is not covered by my Kaiser Permanente Health Plan or Medicare and I understand that I am personally responsible for all program fees.
- I agree to have a card on file and be auto charged my weekly fees. I understand that if my card is cancelled, it is my responsibility to update my card with Positive Choice.
- I understand that if a payment is not complete, I will not receive my meal replacements and if it is not resolved within a week of the payment being due, I may be withdrawn from the program.
- I agree that it is my responsibility to place my meal replacement order every other week. If I do not submit my order preferences through the e-store, I am still charged the full fee.
- I may withdraw from this program at any time but must give two weeks' notice.
- I may be withdrawn from the program for non-compliance with program policies. I understand upon withdrawing, I will not be refunded any pre-paid fees.
- I understand that I can re-enroll in a program at any time. I understand that my medical clearance is valid for 12 months. If I choose to re-enroll after 12 months, I will need to complete all pre-program assessment appointments and pay associated fees:
 - \$150 re-entry fee if medical clearance was completed within 12 months.
 - Full program start-up fees if medical clearance has expired (greater than 12 months).
- I understand that all fees are subject to change.

MEDICAL INFORMATION

Before starting the program, you will receive a medical instruction letter with your specific program details and medication instructions. You can also view this in kp.org in the Letters section.

For medical questions:

- The medical team may be reached at: **858-616-5789**
- Contact the medical team anytime you experience symptoms that might be related to your meal replacement program or if there are any changes in your medical status.
- If your symptoms are not related to the meal replacement program, contact your personal doctor.
- If you have medical questions that need to be addressed privately, schedule an individual appointment with the medical team or contact them using the number above.

Lab Work

You are required to complete lab work every two weeks (or more if the medical team feels it is necessary) while you are on the meal replacement program. If you miss a third consecutive week of labs or miss your Week #3 lab appointment without making prior arrangements with the medical staff, you will be automatically withdrawn from the program and will incur a \$150 rebooking fee to be re-enrolled.

On the occasion you have a schedule conflict and cannot complete your Medical Check-in, please contact us right away.

Important:

Notify the medical team with any symptoms of fatigue, dizziness, lightheadedness or falls, nausea, vomiting, diarrhea or loose stools, constipation, headaches, or any illness, surgeries, medical procedures, or if you will be traveling out of the country.

MEDICAL INFORMATION

Potassium Supplement

Take your prescribed potassium with one of your meal replacements. Potassium on an empty stomach can cause nausea.

Do not take potassium supplement with fiber, as it may prevent absorption. Separate them by 2-3 hours.

Swallow the tablet, do not chew it. Potassium is bitter and the capsule has a coating to make sure it is released in the small intestine for better absorption.

Do not be alarmed if you see your potassium tablet in your stools. The coating of your potassium supplement is designed to release the potassium from the tablet and then the tablet is passed in your stool.

Failure to take the potassium supplement or taking a diuretic may cause low blood potassium levels or deficiencies in other key nutrients which can result in serious heart irregularities.

Nausea/Vomiting

Contact the medical staff at Positive Choice, your own medical provider, the Urgent Care clinic, or the Emergency Room. You may try the medications listed under Indigestion, but this is a symptom that should be further evaluated.

Constipation and Urination

You will pass fewer stools and your stools will probably be smaller and darker than normal while on meal replacements. Black, shiny, tar like stools should be reported to the medical staff.

It is very important to supplement your meal replacements daily with fiber to avoid constipation. You can use Calm™ Magnesium powder daily as well.

If you do experience constipation, meaning you do not have a bowel movement every 3 days, use a laxative (Ex-Lax™, Milk of Magnesia™, Correctol™). Do not wait to use these options if you are constipated.

If you need a laxative more than twice a month talk with our medical team.

Because we ask you to drink 120-150 ounces of fluid a day and the meal replacements have a high protein content relative to carbohydrate content, you will have to urinate more often. If you struggle with nighttime waking to go to the bathroom, we suggest:

- Finish your meal replacements 2.5 hours before bedtime or make your evening meal replacement with less water (pudding is a good option).
- Drink most of your fluid before 4 p.m.
- Do not consume less than 120 ounces of fluids per day, it puts your health at risk and will affect your results on this program.
- If you are struggling and these suggestions aren't working for you, talk with our medical team.

MEDICAL INFORMATION

Bad Breath and Dental Health

Losing weight means you are using your fat stores as energy. When stored fat is metabolized for energy it travels in your blood in the form of ketones. Sometimes you can breathe out ketones through your lungs. You have experienced this when you have had “morning breath.”

While losing weight you can minimize “morning breath” by frequent and adequate water intake.

Other suggestions to minimize morning breath include:

- Frequent brushing of teeth, tongue, and gums.
- Consuming a glass of water after each meal replacement.
- Use mouthwash or breath spray
- Have 1-4 pieces of sugar-free gum or 1 to 4 sugar-free breath mints daily, being careful not to use the gum or mints as a food substitute.

Note: too many artificially sweetened products in a day can cause stomach upset, gas, and diarrhea.

Colds and Sore Throats

Treat symptoms with pain medications listed in under “Headaches and Pain”, over-the-counter cold preparations, antihistamines, or decongestants, as your medical history allows.

Saltwater gargles and sugar-free cough drops are often helpful.

Avoid syrups (e.g., Nyquil™) as they often have significant amounts of alcohol and sugar and will take you out of ketosis.

Dizziness & Fatigue

The first weeks on meal replacements often cause the release of stored water from your body. You will maintain a mild state of dehydration as you lose weight. This can cause occasional dizziness, a lightheaded feeling, or fatigue because of salt and fluid loss.

To minimize the dehydration, get 120-150 ounces of fluid daily, avoid whirlpools, saunas, steam baths, hot yoga, and prolonged baths or showers while on meal replacements.

The occasional lightheadedness makes certain activities dangerous. Swimming alone, piloting a plane (flying in a plane is fine), motorcycle or bicycle riding, regular or scuba diving, and hang-gliding should be restricted.

Severe symptoms (if you fall or faint) require medical evaluation. Kaiser Permanente members should seek immediate medical attention from their medical provider, the Urgent Care clinic, or the Emergency Room by calling 1(800) 290-5000, 24-hours a day, seven days a week.

Non-members should contact their medical provider or an Emergency Room.

Dry Skin

The low-fat content of the meal replacements may cause some people to experience dry skin.

We suggest:

- Avoid prolonged showers or baths.
- Apply lotion to affected areas once or twice a day; doing this while still damp from your shower or bath is best.
- Use perfume and dye free laundry detergent and fabric softeners,
- Use mild body soaps
- Keep a humidifier running in your home and/or bedroom.

MEDICAL INFORMATION

Indigestion/Heartburn

Try liquid antacids including Maalox™, Mylanta™, other brand names, or generic versions: two tablespoons up to four times a day.

You may also add over-the-counter products such as Tagamet™, or Pepcid AC™, taken according to the instructions on the package.

Hair Loss

Some people (about 10%) experience temporary, mild to moderate hair loss as their body adjusts to the new, lower calorie intake and burning stored fat as a main fuel.

This phenomenon is called telogen effluvium and usually peaks around the third month after beginning meal replacements. If you experience hair loss during your weight loss phase, ask the medical team about adding another meal replacement to your daily routine. The added protein may stop the hair loss.

A healthy, well rounded diet during the maintenance phase and beyond will help ensure regrowth of any hair lost during the weight loss phase.

Headaches and Pain

You may use aspirin or non-steroidal anti-inflammatories (Ibuprofen, Motrin™, Naprosyn™, Advil™, Nuprin™, etc.), or acetaminophen (Tylenol™),

If you are prescribed pain killers, headache, and migraine medicine, use as directed.

Hunger

Most people will feel some hunger and fatigue the first several days on meal replacements. Some will feel mild fatigue and hunger for a week or two. As you start burning predominately fat as your energy source you have a higher concentration of ketones in your blood stream which acts like a natural appetite suppressant.

Speak with our medical team if hunger, fatigue continue. Tips for minimizing hunger:

- Consume all 5 of your meal replacements every day. If you miss one, double the next one.
- Space them out evenly. Have your first meal replacement within 1-2 hours upon waking and then every 3-4 hours. Do not go longer than 4 hours without one unless you are sleeping.
- Skipping meal replacements will slow weight loss and risk causing your body to metabolize muscle mass for fuel (which can damage your heart muscle and jeopardize your health).
- Eating foods that are not a part of your program can make you feel hungrier and affect ketosis (a metabolic process where the body burns fat for fuel and that keeps you from feeling hungry). It can then take several days to return to this state after eating.
- Too many artificial sweeteners, flavorings or caffeine can make you feel hungrier.

If you are following these recommendations and continue to feel hungry, please speak with your counselor or the medical team.

MEDICAL INFORMATION

Exercise

Physical activity will help increase energy level, improve sleep, and maintain muscle mass while you lose weight. Mild to moderate aerobic exercise and muscle strengthening with light weights are recommended. Helpful tips include:

- Go easy your first week and then gradually increase the intensity and/or duration of your exercise routine for the first several days on meal replacements as you may feel light-headed or tired.
- Warm-up and cool-down periods that include stretching help avoid muscle cramping.
- A meal replacement taken 30 minutes prior to exercise helps avoid fatigue.
- If you are doing moderate to high amounts of exercise you may take a 6th shake.
- If you want to increase your exercise level but feel tired or light-headed, please talk with our medical staff so we can adjust your program.
- Try the online exercise videos at PositiveChoice.org/exercise-videos or for an even greater selection of workouts visit the Positive Choice Integrative Wellness Center YOUTUBE channel. There are videos on cardio, yoga, simple yoga, strength training you can do at home, exercise for seniors, etc. Videos are 5 minutes, 10-15 minutes, or up to 45 minutes. There is something there for every fitness level.



Weight Changes

You may experience a large weight loss the first week on meal replacements. Some of this weight is water loss (diuresis). This will normalize within the first month and you will notice patterns in your weight loss. Weight loss varies day to day and depending on hydration it can vary by the hour. Choose one day/time of the week to weigh yourself or just weigh-in at clinic visits. Avoid weighing often.

Skipping meal replacements, significant changes to your exercise, consuming less than recommended fluids, or eating foods that are not part of the program will slow or stop weight loss.

Sugar-free drinks and sweeteners

You may use artificial sweeteners, but keep in mind that artificial sweeteners may cause sweet cravings, stimulate appetite, and possibly disrupt the balance of healthy bacteria in your gut making weight maintenance more difficult. If you choose to use artificial sweeteners, use as little as possible.



Risks of Negative Long-Term Physical, Psychological, and Behavioral Effects from Restrictive Dieting/Very Low Calorie Diets (VLCD)

Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. Restrictive dieting, such as a very low calorie diet (VLCD) program, has been shown to be a potential contributor in the development of binge eating problems in individuals who have a tendency to binge eat (Marcus, 1993). Normal-weight individuals with Bulimia Nervosa (BN) nearly always report that dieting preceded the onset of binge eating.

While many people with binge eating behaviors will achieve significant weight loss during a medically supervised comprehensive VLCD program, they also appear to be at risk for early major regain of lost weight, as well as for poor outcome one year following weight-loss treatment (Yanovski, et al. 1994).

Repeated dietary restraint has been linked to:

- Impaired senses of hunger and satiety, increasing likelihood of future overeating episodes (Craighead and Allen 1995, Lowe 1993).
- Restrictive eating requires the mind to follow strict dietary guidelines, which overrides listening to the body's natural controls over food intake. This eventually leads to physical and psychological deprivation that often results in a greater sense of a lack of control with food and eating behaviors and therefore an increase in overeating episodes (Herman & Polivy, 1984; Polivy, 1996).
- Becoming especially prone to overeating in response to negative emotions (such as disappointment) or low arousal (such as boredom) and thereby make it more difficult to ignore the urge to eat (Craighead & Allen, 1995).
- Long-term negative impact on body image, body attitudes, mood, self-esteem, and weight (due to weight regain after resuming a normal diet). These negative impacts have been shown to lead to psychological, social, and emotional problems (Varma & Pawar, 2015).
- An increase in mortality with dieting for obese individuals without comorbid conditions (Bosomworth, 2012).

Negative Effects of Compensatory Behaviors

The following behaviors, when used repeatedly to prevent weight gain or control weight, are risk factors for eating disorders:

- Self-induced vomiting
- Misuse of laxatives and diuretics
- Reducing insulin for weight loss
- Excessive exercising
- Prolonged fasting or skipping meals

Use of these behaviors can result in serious health consequences of the endocrine, cardiovascular, gastrointestinal, and neurological systems, including death.

For these reasons, we would highly discourage a VLCD program for people with previous or current Binge Eating Disorder (BED), Bulimia Nervosa, Anorexia Nervosa, binge eating behaviors, and more than two previous enrollments in our VLCD program, even if they are overweight.

DAILY BEHAVIOR RECORDS

Keeping a record of your behaviors will help you learn the best time to have your meal replacements, prepare you for possible challenges in the program, and guide you when you return to eating food.

Here are a few tips:

- Be specific— include details about thoughts, feelings, people, things, or events.
- Be prompt— record eating behavior immediately after eating or, better yet, just before eating.
- Be honest— this exercise is only for your benefit and no one will see it.
- Be complete— record all information. Though there may not be many emotions associated with meals, the thoughts and feelings that occur before, during, or after unplanned or impulsive snacking are often part of a pattern contributing to eating challenges. There are no right or wrong answers—only information.

Watch out for the resistance traps...

You may find it difficult to develop the habit of regular record keeping. It takes time, but the information gathered will be worth it. Recording on challenging days is especially important because that is when you can begin to discover the patterns that contribute to weight gain.

Sometimes people are reluctant to write everything down because they fear judgement. Everyone in your group is going through similar struggles and your counselor knows how tough it is to not use food as a coping mechanism. Making the effort to record eating in response to stressors in your life provides a great opportunity for you and your group to work through and develop new skills to respond to stress in healthier ways.

Reflection:

As you record what you eat, how much, when, where, what is happening around you, and how you are feeling, take time to consider habits that you may want to focus on during your time in the program. We will not collect these sheets, these are for your personal use. Many people find this information helpful at the end of the program when you are transitioning back to food.

Daily Behavior Record

Day Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Daily physical activity:

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Time						
Meal or Snack?						
What did you eat or drink?						
Amount						
Hunger Rating (1-3)						
Time it took to eat						
Describe the situation (what you were doing)						
How were you feeling?						
What did you learn about why you eat?						

Daily Behavior Record

Day Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Daily physical activity:

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Time						
Meal or Snack?						
What did you eat or drink?						
Amount						
Hunger Rating (1-3)						
Time it took to eat						
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Amount						
Hunger Rating (1-3)						
Time it took to eat						
Describe the situation (what you were doing)						
How were you feeling?						
What did you learn about why you eat?						

TRANSITIONING OFF MEAL REPLACEMENTS

NUMETRA

Once you are ready to transition off of meal replacements, you will work with your instructor to transitioning off meal replacements. Although you may choose to extend this transition, we do not recommend that you shorten it. Following this plan reduces digestive upset, gradually improves your metabolic rate, minimizes hunger, and makes your transition easier. **Inform your instructor when you are ready to enter this phase.**

This is not your lifelong eating plan. You will create your long-term eating plan for weight maintenance during your 10-session Maintenance Program. To learn more about the program, visit the following section called "Maintenance Program."

Food Group	Phase 1	Phase 2	Phase 3	Ready for Maintenance
Meal Replacements	3	2	1	0
Protein	2	2	3	4
Vegetable	2	4	5	5+
Leafy Salad	2 cups leafy greens + ½ cup raw veggies (non-starchy) + 25 calories of dressing (optional)			
Bean/Grain/ Starchy Veggie	0	1	1	2-3
Fruit	1	2	2	2-3
Fat	2	2	3	4
Milk/Plant-Milk/Yogurt (Optional)	0	0	1	1-2
Fluids	120-150 ounces	64 ounces plus what is in your meal replacements		
Multivitamin and Fiber			Recommended	
Potassium	Yes			No
Calories	980	1030	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.

*Plant Based version of this plan is available

Additional resources and support group



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



FOOD OPTIONS

Proteins

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.

Fruits

One serving approximately 60 calories

- Apple 1 small (tennis ball)
- Apricots 3
- Banana 1 small (4-6 in)
- Berries 1 c.
- Grapefruit $\frac{1}{2}$
- 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 calorie

Vegetables

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.

FOOD OPTIONS

Grain/Legume/Starchy Vegetable

1 serving approximately 100 calories

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

Milk/ Plant-Milk/ Yogurt

1 Serving approximately 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.
- 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.)

Healthy Fat

1 Serving approximately 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)



10-SESSION MAINTENANCE PROGRAM

Once you have completed your meal replacement program, you will transition back to eating food and then start the maintenance phase of your program.

The maintenance phase of your meal replacement program is an essential part of long-term success. This is where you practice the skills you've learned and receive additional support and information on lifelong nutrition and fitness. You have pre-paid for these sessions and no longer have weekly fees or clinic visits. Follow these steps to get started:

Step One:

Schedule and Attend Maintenance Orientation

Once you begin transitioning off meal replacements and back to food, you will need to schedule and attend a Maintenance Orientation. This session lays the foundation for your 10-session program and helps ease the transition from meal replacements to food. This is a 90-minute, online session and you can attend it while you are still transitioning off meal replacements.

Step Two:

Attend Orientation and Schedule Maintenance Sessions

At Orientation, you will schedule your 10-session Maintenance series. There are online and in-person options.

Step Three:

Begin Your Maintenance Sessions

Your weekly Maintenance sessions will be at the same time and with the same instructor each week. Enrollment in these sessions is rolling, so you will be joining participants at different stages in the program. Since everyone attends an Orientation session, you will have everything you need to comfortably enter into this group. You should attend all 10 sessions for best results.

Register for your
Maintenance
Orientation and
Maintenance
Sessions



Maintenance Session
Links and Materials



PROGRAM TRACKER

WEEK # _____		Supplement #1	Supplement #2	Supplement #3	Supplement #4	Supplement #5
Day _____	When?					
Date _____	Where?					
Fiber						
Day _____	When?					
Date _____	Where?					
Fiber						
Day _____	When?					
Date _____	Where?					
Fiber						
Day _____	When?					
Date _____	Where?					
Fiber						
Day _____	When?					
Date _____	Where?					
Fiber						
Day _____	When?					
Date _____	Where?					
Fiber						

(Total Daily Fluids must equal 120-150 oz.)															Potassium as prescribed		
10 oz. Fluid Servings															AM	PM	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	AM	PM
Day 1																	
Day 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	AM	PM
Day 3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	AM	PM
Day 4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	AM	PM
Day 5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	AM	PM
Day 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	AM	PM
Day 7	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	AM	PM

Notes: