

# TRANSITIONING OFF MEAL REPLACEMENTS NUMETRA (REMOTE PROGRAM)

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. Your fees will reduce to \$130/week and does not include any meal replacements. If you choose to order meal replacements, the cost is \$22 per box plus \$10 shipping.**

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 our website to view your resources and your options.

\*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

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# 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

