

# PARTIAL MEAL REPLACEMENT PLAN

Your plan includes four meal replacements a day with healthy food.

Selecting from the attached list, eat:



- ✓ 1 grain, bean, or starchy vegetable
- ✓ 1 fruit
- ✓ 2 ½ cups greens
- ✓ 2 vegetables
- ✓ 2 healthy fats
- ✓ 4 ounces protein or 2 plant-based proteins

Each day on the partial meal replacement plan, you should:

- Have 4 meal replacements (never skip these)
- Have a meal replacement and/or food every 3-4 hours
- Include all of the recommended healthy food servings
- Drink 72-104 ounces of calorie free drinks (this amount includes what is used in your meal replacements)
- Miss a meal replacement? Double your next serving.



## Healthy foods are important.

They are:

- A great source of fiber and antioxidants
- Anti-inflammatory and help control blood sugar
- Greens contain a substance called thylakoids which act as a natural appetite suppressant

### Sample Eating Plan

Eat every 3-4 hours

1 meal replacement  
1 healthy fat  
1 grain



1 meal replacement



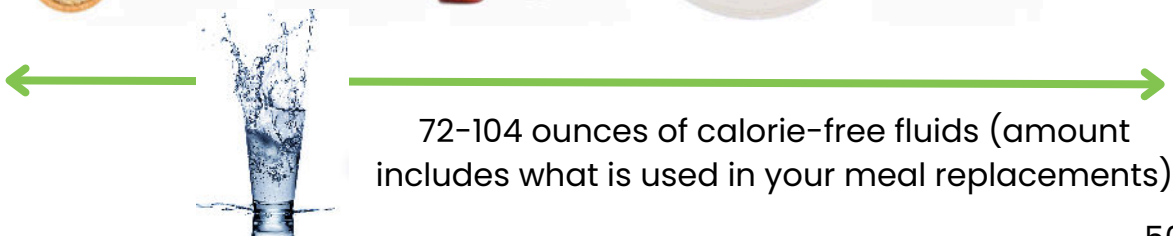
1 meal replacement  
1 fruit



2 cups salad  
½ cup raw vegetables  
1-2 cups cooked or raw vegetables  
4 ounces protein



1 meal replacement



72-104 ounces of calorie-free fluids (amount includes what is used in your meal replacements)

# COMBINED FOOD OPTIONS LIST

## Combined Food List

Plant-Based Proteins 1 serving is approx. 85 calories		Green Leafy Salad 2 cup greens plus ½ cup of raw veggies approx. 100 calories			Vegetables 1 serving, ½ cup lightly cooked or 1 cup raw = approx. 25 calories	
Tofu, ½ cup	Boston Leaf	Kale	Loose Leaf	Romaine	Artichoke	Cucumber
Seitan, ¼ cup	Butter head	Loose Leaf	Mixed spring greens	Spinach	Asparagus	Eggplant
Tempeh, ¼ cup	Cabbage	Mixed spring greens	Mixed power greens	Watercress	Beans (wax, green)	Mushrooms
Soybeans, 1/3 cup	Collard Greens	Salad Dressing: For dressing, use ½ Tbsp. omega-rich oil: avocado, cod liver, flaxseed, hempseed, olive and/or walnut oil mixed with ½ Tbsp. apple cider vinegar, lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or mustard. One serving is approximately 25 calories. If you use a commercial salad dressing, choose one with minimal ingredients.				Onions
Nutritional Yeast, 3 Tbsp.						Spinach
Lentils, 1/3 cup					Beets	Spinach
Quinoa, 1/3 cup					Bell Pepper, all colors	Summer Squash
Beans, 1/3 cup (black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans)					Broccoli	(zucchini, yellow)
Split Peas, 1/3 cup					Brussels Sprouts	Tomatoes
					Carrot	Turnips
					Cauliflower	
					Celery	
Proteins 1 oz. serving is approx. 45 calories		Grains/Beans/Starchy Vegetables 1 serving = approx. 80 calories			Fruits 1 Serving (4-6 oz.) = approx. 60 calories	
Beef - Sirloin, Flank or Round, Trimmed	Barley, ½ c. cooked	*Rye bread, 1 slice	Split Peas, ½ c. cooked	Apple, 1 small (tennis ball size)	Melon, 1 c., (watermelon, cantaloupe, etc.)	
Chicken Breast	Beans, ½ c. cooked	Cereal (Fiber >5 g. per serving), ½ c.	Squash, winter (acorn, butternut), ½ c. cooked	Apricots, 3	Orange, 1 medium	
Cottage Cheese, ¼ c = 1 oz.	Corn, ½ c. cooked	*Couscous, cooked, ½ c.	*Tortillas, 1, 6-inch round	Banana, 1 small (4-6 in)	Nectarine, 1 medium	
Egg, 1 = 1 oz.	Lentils, 1/3 c. cooked	*Oats, cooked, ½ c.	*Whole wheat bread, 1 slice	Berries, 1 c.	Peach, 1 medium	
Egg Whites, 3 = 1 oz.	*Pasta, ½ c. cooked	*Pita, ½ of 6-inch round	Yam, ½ c. cooked	Grapefruit, ½	Pear, 1 medium	
Fish, Wild - all kinds	Potato, ½ c. cooked	Quinoa, ½ c. cooked		Grapes, 15	Pineapple, 1 c.	
Pork Loin	Quinoa, ½ c. cooked	*Rice, ½ c. cooked		Kiwi, 3	Plums, 2	
Turkey Breast						
Milk and Milk Alternatives 1 Serving = approx. 90 calories		<b>Healthy Fats</b> <b>1 Serving = approx. 45 calories and 5 g fat</b> Avocado, ⅓ whole Nut Butter, ½ Tbsp Nuts, ½ oz. (almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts) Oil, 1 tsp., (avocado oil, olive oil) Olives, 8 to 10 small Seeds 1.5 tsp. (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)				
Hemp Milk, 1 c.						
Nut Milks (almond, cashew, walnut), 1 c.						
Milk, 1 c.						
Oat Milk, 1 c.						
Soy milk, 1 c.						
Yogurt/ Plant-based Yogurt, 6 oz. (oat milk, nut milk, flax milk) (less than 120 calories and less than 10 g. sugar per serving)						