

PARTIAL MEAL REPLACEMENT PROGRAM GUIDE

This guide will help you get started on your journey to healthy changes-- physically, behaviorally, and emotionally.

Contact us:

Main Program Line: 858-616-5600

Medical Team: 858-616-5789

Your Instructor Name:

Phone number:

View program materials and links here



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ABOUT THIS PROGRAM

You are beginning our comprehensive weight loss program using meal replacements. We offer an in-clinic program option and a remote program option. Program details for both are provided in this Program Guide. You will be using meal replacements every day and participate in weekly class sessions and weekly medical check ins until you reach your goal. Use this guide as a reference for how to use meal replacements, for your specific program information, 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 weight loss efforts but focuses on supporting you with long-term behavior change and weight maintenance. There are several stages to the program:

Program Registration



- Lab work
- Medical assessment and clearance
- SECA Body Analysis (in clinic participants)
- Enrollment Consultation

Week One Eating Plan and Records



- Review your Program Overview Video
- Start the "Full Food" Eating Plan
- Complete Daily Behavior Records
- Get ready to start meal replacements

Partial Meal Replacement Program



- Weekly nutrition, mindfulness and exercise-focused sessions
- Weekly clinic visits
- Bi weekly lab draws
- Continue these until you reach your goal
- Then, gradually transition back to food following assisted eating plans (over 3 phases)

Long term Support



- Repeat SECA Body Composition (in clinic participants)
- Attend Boosters
- Attend Support Programs: Solutions, Healthy Balance, Exercise Classes, Personal Training, Exercise/Nutrition Consultations

YOUR INITIAL APPOINTMENTS

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

Part One:

Labs and EKG (+SECA Body Composition for non-remote patients)

The screenings you have completed 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.

In-clinic participants will complete a SECA body composition analysis. Remote program participants receive a body composition scale and tape measure with instructions for evaluating data.

Part Two:

Your next two appointments are scheduled one right after the other. If you are doing video appointments and are a Kaiser member, you will receive a message with instructions on how to connect to your appointments through KP.org. Non-members will receive this information through your personal email. If you are doing an in-person appointment, your appointment will be at the Positive Choice clinic in the Garfield Specialty Center, please check in on the 4th floor.

Medical Clearance Appointment

Meet with our medical team to go over your medical results and complete your medical clearance. Our medical team will work with you to select the right program for you and answer your questions.

Enrollment Consult

Our enrollment team will work with you to select the best class day and time and location for your weekly visits. Remote participants will receive instructions on how to use Bluetooth devices and order your meal replacements through our e-store.



YOUR PROGRAM DETAILS

You will fill in this section during your Enrollment Consult, please be sure to have this with you during that appointment and have it available at your first class.

Your Weekly Sessions

Start Date:

Class Day:

Class Time:

Important: Week One log in 15 minutes early for your Getting Started Review

Instructor Name:

Clinic Location (*In-Clinic Participants*):

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. You start meal replacements on your second session.

Partial Meal Replacement is an open enrollment program, so you will join an existing group session with other program participants who have been on meal replacements.

Because you are entering a group where others have already started their program, please arrive 15 minutes early to your first session to review how to start your program.

In-clinic program participants: On the same day as your class, you will also do a clinic visit where you will pay for your program, order and pick up your meal replacements, weigh in, and meet with our medical staff. Every other week, labs will be completed during your visit.

Remote program participants: Follow instructions in this booklet for uploading your weekly information, program payments, and ordering your meal replacements.

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

Numetra 4 servings per day plus additional foods that you purchase and prepare

Extra Numetra: Optional Required

Number of extra servings:

Important program overview video



PROGRAM RESOURCES

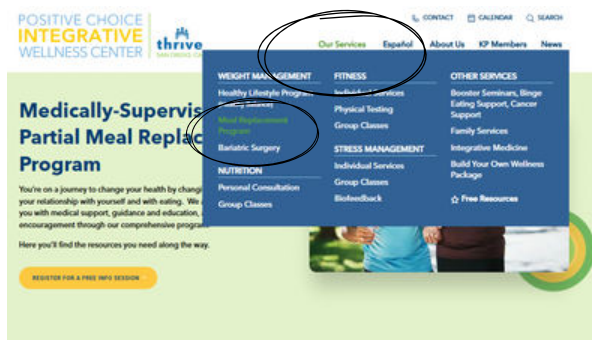
Your program materials will include:

- Partial Meal Replacement Program Guide
- Partial Meal Replacement Workbook
- Maximize Your Body Potential Book
- Medical Instruction Letter
- In clinic participants receive:* Reusable Bag
- Remote participants receive:* Bluetooth body composition scale and blood pressure cuff, a tape measure, My Healthy Journey App

Online resources available:

- Workbook
- Eating plans
- Tech Support
- Clinic locations & hours

Find your online materials here: positivechoice.org/partialprogram



We offer a comprehensive program to help you achieve your short- and long-term goals

Using meal replacements will help you lose weight and manage many health conditions. Our focus is to offer a program that considers your personal goals when it comes to health and well-being. While focusing on your safety and success on the program, we provide the tools for you to focus on maintaining your results.

Each phase of our program is carefully designed to help you experience long term success.



Before your first session, watch this program overview video on how to begin your program. View our website if you prefer a plant-based version of this overview.



WEEKLY REQUIREMENTS

Complete your ongoing requirements on time. Additional details for each program step are provided in this booklet.



Complete a medical check in

- In-clinic participants: You must come into a Positive Choice clinic each week on your class day to weigh in and meet with the medical team.
- Remote participants: You must upload your required data weekly and complete regular virtual appointment with the medical team.



Receive your meal replacements

- In clinic participants: You will order and pick up meal replacements as part of your weekly visits.
- Remote participants: You will order through our e-store every other week by end of day Monday.



Pay your program fee

- In clinic participants: You will pay when you attend your weekly clinic visits.
- Remote participants: Payments are auto billed every Tuesday morning. You can change your card on file in kp.org



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



Attend your 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.

LONG-TERM SUPPORT



Booster Sessions (including Support Group)

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 support group.

We offer new classes each month and offer new session throughout the year! This is an important part of supporting you with long term, practical skill building and opportunities to stay connected with our team and your program peers.



Additional Programs

Once you have reached your goals, you will transition off of meal replacements while still attending your weekly group sessions. Then you could transfer to:

- Solutions: Emotional and Binge Eating
- Healthy Balance
- Exercise Classes
- Personal Training
- Exercise/Nutrition Consultations



You can find more information and program costs at positivechoice.org



MEDICAL INFORMATION

During your enrollment process, 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 at the number above. If it is not urgent, you can ask the service representative to schedule a walk-in appointment to speak with our medical team when you come for your Medical Check-in (in-clinic participants) or self-book a virtual visit through our website positivechoice.org/partialprogram (remote program participants).

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.

For in-clinic participants, if you have a schedule conflict and cannot complete your Medical Check-in & Product Pick-up on your designated day, call the medical team.

KP members can pre-schedule your lab appointments within the week of your class. Note: you must mention that your labs are for Positive Choice under a Venture Account.

If you are not a Kaiser member you must have lab work done at a Positive Choice Clinic during business hours. Locations are Garfield, Vista, Otay Mesa, or Bostonia. See website for current days/times PositiveChoice.org/clinic-hours-and-locations.



MEDICAL INFORMATION

Constipation and Urination

While on the meal replacement program, you may see changes in your bowel habits. You may pass less or more stools. Although rare, black, shiny, tar like stools should be reported to the medical staff.

It is very important to eat the prescribed foods on your meal plan. They contain needed fiber to help you avoid constipation and improve the balance of healthy bacteria in your gut.

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 72-104 ounces of fluid a day, you may 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 72 ounces of fluids per day, unless prescribed otherwise by your medical team.
- If you are struggling and these suggestions are not working for you, talk with our medical team.

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 Section, but this is a symptom that should be further evaluated.

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.

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.

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 72-104 ounces of fluid daily.

If lightheaded avoid whirlpools, saunas, steam baths, hot yoga, prolonged baths or showers. Also avoid certain activities that could be dangerous; swimming alone, piloting a plane (flying in a plane is fine), motorcycle or bicycle riding, diving or scuba diving, and hang-gliding.

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 Partial Meal Replacement program 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™, Axiid™, 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.

The prescribed healthy, well rounded meal plan after the Partial Meal Replacement program 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.

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

- Consume prescribed food and all 4 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 eating 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.
- 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

Be prepared to exercise in class. Physical activity will help increase energy level, improve sleep, and maintain muscle mass while you lose weight. Therefore, it is part of every class session. Mild to moderate aerobic exercise and muscle strengthening with light weights outside of class are encouraged and 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 if you 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 an extra meal replacement.
- Try the online exercise videos at [PositiveChoice.org/exercise-videos](https://www.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.
- 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.

Weight Changes

You may experience a larger than normal 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 may 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.



Visit our
YouTube
Channel



PREPARING FOR YOUR WEEKLY CHECK IN

We have two program options--remote and in-clinic. Follow instructors for your enrolled program. For each program, you must complete weekly medical check-ins, order your meal replacements, and to pay your weekly program fee. Each week you also have online group classes.

Numetra flavors (640 calorie; 160 calories per packet or bar):

Shakes: Vanilla, Chocolate, Mocha, Strawberry, Caramel Coffee Frappe, Cookies & Cream

Soup: Tortilla, Creamy Chicken

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

Soup and Bouillon:

You may have a max of 2 packets per day of these "salty" items due to strict sodium guidelines. This means you can have 1 soup (then no bouillon), or 2 bouillons (no soups). 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 your first week on the program to use if you are hungry, if you spill one, to keep at the office or in your purse. You may also purchase an extra box during your check-in.

Fiber:

You will receive fiber through your food. If you come into our clinics, you have an option to purchase NutriSource fiber with your orders (\$13), if your medical provider recommends it. For remote participants, you can purchase any of the fibers listed in the medical section of this guide.

IN-CLINIC WEEKLY CHECK IN

If you have opted into our in-clinic pick up option, you must come into one of our clinic locations each week of your program.

In-person Weekly Clinic Visit Details

When you arrive your chosen clinic location (details on next page), you will

- Check in with our service representatives
- Place your preferred weekly meal replacement order
- Pay your weekly payment
- Weigh in and print your result
- Meet with our medical assistants for your medical check in
- Pick up your meal replacements (be sure to bring your bag!)

Preparing for your first meal replacement order

You will select 4 boxes of meal replacements, as a combination of your choice, including shakes, soups, and/or bars. You must have a minimum of 3 shakes every day and the other meal replacement can be a shake, soup, or bar.

Bi-weekly lab draws

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. See page 9 for details.

CLINIC LOCATIONS

GARFIELD SPECIALTY CENTER 5893 Copley Drive, San Diego, CA 92111

Monday through Thursday 7:30 am - 4:30 pm. No Friday Check-in or product pick up. Lab open until noon.

- Enter building and go to the 4th floor Positive Choice reception area to make payment.
- Go to 6th floor, weigh in on scales. To find scales, head towards the windows once you are off the elevators and make a right. Scales are halfway down the hall on your right. Just step on and wait. The scales will balance and then print out your weight on a slip of paper.
- Head back to waiting area, ring the doorbell, and have a seat. One of the medical team will come and get you to complete your medical check-in.
- To get to the Product room, go past the scales make your first right turn, look for sign (about midway down hall) and ring doorbell to alert staff you need product.
- Check you received the correct product and correct number of boxes, bouillon, fiber etc.

BOSTONIA First Floor 1630 E Main St, El Cajon, CA 92021

Thursday 9:00 am - 4:30 pm (closed 12:30 - 1:30 pm)

- Check in at Positive Choice Reception desk on first floor. Walk past the elevators on the left and look for small office that will be on your left across from the bathrooms (vending machine room.)
- When lab work is required, please go to the Bostonia Laboratory (non-KP members must take your receipt of payment with you) and complete lab work.
- Ask the Service Representative where to go for medical check-in/product pick-up (location may vary.)
- Check you received the correct product and number of boxes.

OTAY MESA Building 4, First Floor 4650 Palm Ave, San Diego, CA 92154

Wednesday 9:00 am - 4:30 pm (closed 12:30 - 1:30 pm)

- Check in at Positive Choice Reception desk on first floor. Make payment.
- Service Representative will direct you around corner to the scales for weigh-in.
- Right next to the scales is the lab station to complete lab work (when labs are required).
- Lab assistant will direct you to product room for product pick-up.
- Check you received the correct product and number of boxes.

VISTA 780 Shadowridge Dr, Vista, CA 92083

Monday and Tuesday 7:30 am - 4:30 pm (closed 12:30 - 1:30 pm)

- Walk in the main front entrance and head through the hallway on the first floor.
- Check in is on your right side where you will purchase and pick up product with the representative. The representative will bring you your product.
- After making payment and picking up product please have a seat at the reception area and a medical assistant will call you back.

PROGRAM FEES AND REQUIREMENTS IN-CLINIC PICK UP PROGRAM

In-clinic Program Fees

Partial Meal Replacement Program

	KP Members	Non-members
Pre-program Medical Fees	<ul style="list-style-type: none"> • Lab work (co-pay) • EKG Visit (co-pay) • Medical Clearance Visit (co-pay) 	<ul style="list-style-type: none"> • Lab work • EKG Visit • Medical Clearance Visit
		\$342
Pre-program Enrollment Fees	\$325	
Program Fees Includes Meal Replacements, Classes, Medical Supervision, Labs	\$100- Week One \$175- Weeks Two – End of PMR program	
Long Term Support	Lifelong Booster Program \$150 (\$75 due weeks 3 and 5)	

Program Expectations

This is a medically supervised, low-calorie diet program. In order to participate, you must attend class sessions and clinic visits weekly. If you are unable to attend or need any exceptions to this expectation, you must contact us. For missed medical appointments, contact the medical team, for missed classes, contact your instructor, and for missed payments contact our main program line. 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.

Weekly classes start on time, to avoid disruptions, please log in 5 minutes before class starts. **Please arrive 15 minutes early to your week 1 class. Your instructor will orient you to your meal plan and the program.**

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).
- Booster Program fee

LETTER OF MEDICAL NECESSITY - Positive Choice can provide this letter for you if required. Please request this from our reception staff 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.

REMOTE PROGRAM WEEKLY CHECK IN

If you have opted into our remote program option, you must complete online tasks each week of your program.

Place Your Meal Replacement Order

You must place your meal replacement order every 2 weeks. Orders must be placed by the end of the day on Mondays. To order you will:

- Visit our e-store at positivechoice.org/estore
- Select at least 8 boxes of meal replacements. Six of the boxes must be shakes, the other 2 can be either shakes, soups, or bars.
- You have an option to order an extra box of meal replacements or bouillon. If you order more than 8 items, you will be responsible for the added fees. These will be added to your weekly payment.

E-store log-in

When you placed your first enrollment order for meal replacements, you created a log in. *This is separate from your kp.org log in.* You will log in each time you order and can also track your orders through this account. You can reset your password under My Account. Note: Account will lock after 3 failed log in attempts. Reset your password after 2 failed attempts.

Username:

Password:

Auto-payment for Program Fees

Each week on Tuesday we will charge the primary card you have on file through **kp.org**. If you'd like to change the card on file, you can do this through your kp.org account settings. Your weekly fee is \$195. If you order additional products, these will be added to your auto-pay fee.

Upload your weight data (and blood pressure data if required)

Every week, prior to noon, on your class day you must upload your required data from your Bluetooth scale. You may be required to also upload blood pressure data. This will be done using your provided Bluetooth scale and cuff connected to the MyHealthy Journey app you downloaded to your device. *If you have been requested to upload your blood glucose readings, you will do this through your KP provided device as usual.*

Username:

Password:

Bi-weekly lab draws

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. See page 9 for details.

PLACING YOUR E-STORE ORDER

About your meal replacement orders:

- Your weekly program fee includes 4 boxes of meal replacements (8 boxes per bi-weekly order).
- You must visit the e-store every 2 weeks to select your flavor preferences. They must be placed every other Monday.
- 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 by the end of the day Mondays.
- 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:

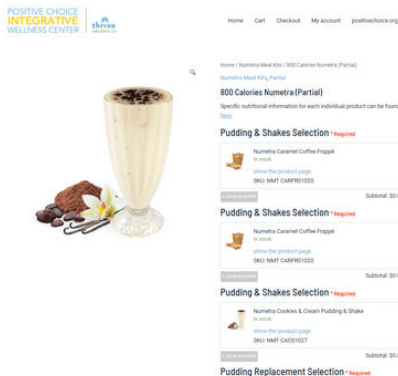
Visit positivechoice.org/estore and select the Partial option to place your order.



Scan to order



- Select Numetra



- Select 8 products each order
- At least 6 must be puddings/shakes
- Bouillon is optional (\$7)
- Additional boxes (\$22)

- When your order is complete, go to Checkout
- Your order 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 each Tuesday. You can change your card on file through kp.org.



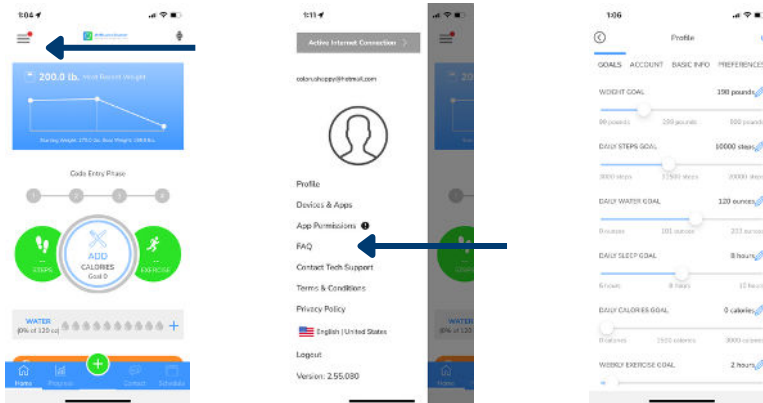
MY HEALTHY JOURNEY APP

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
- Waist circumference
- Supplements
- Food
- Weight
- Activity



Bluetooth not available?

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

PROGRAM FEES AND REQUIREMENTS REMOTE PROGRAM

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	\$195 Auto-paid weekly *Fees reduce as you transition off meal replacements
Lifelong Boosters	Included

This is a medically supervised, calorie-controlled 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 15 minutes before class time. Please arrive 15 minutes early to your week 1 class. Your instructor will orient you to your meal plan and the program.

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.

PREPARING MEAL REPLACEMENTS

Shakes

You will mix powdered meal replacements with water, coffee, or carbonated drinks (like sparkling water or diet soda). You can mix with any amount of water 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).

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.

Meal Replacement Products

Numetra

640 calories daily

Shakes: Chocolate, Vanilla, Strawberry, Mocha, Cookies and Cream, Caramel Coffee Frappe

Soups: Tortilla Soup, Creamy Chicken Soup

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



Requirements: 4 shakes (can replace 1 shake with a soup or bar)

Excess soup or bars can lead to sodium imbalance.

Lactose or gluten intolerant? Contact our medical staff to review your specific needs.

Eat 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.

SECA BODY COMPOSITION RESULTS FOR IN-CLINIC PARTICIPANTS

We encourage exercise, including 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.



The SECA Body Composition Analyzer sends light electro-magnetic waves through your body and measures how different cells in your body resist the current. Muscle, fat, and water resist the current differently and allows the SECA to accurately measure body composition including muscle mass, fat mass, skeletal density, and water mass. A comprehensive SECA test can tell you how much muscle you have and where it is distributed throughout your body, the amount of fat in your body, an estimation of hydration and daily caloric needs, and measures cell health. If desired, ask your Enrollment Consultant about how you can receive a comprehensive SECA (additional fee applies).

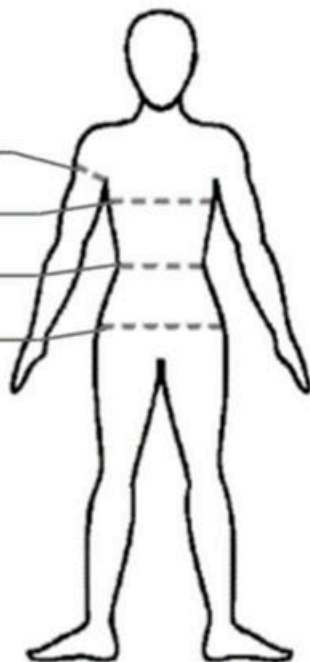
In the test you received today we will be focusing on three measurements: Fat Mass (FM), Fat Free Mass (FFM) and Visceral Adipose Tissue (VAT).

Body mass index (BMI) is a calculation that can be an indicator of health. BMI (your weight in kilograms divided by the square of your height in meters) doesn't account for above or below normal muscle mass or bone density, nor does it indicate percentage of body fat. It is an indicator but not an exact measurement.

	PRE	POST
UPPER ARM		
CHEST		
WAIST		
HIP		

Measure at the widest point, in inches:

1. Upper arm (armpit)
2. Chest (bust)
3. Waist (navel)
4. Hips (widest part or 7 to 9" below waist)

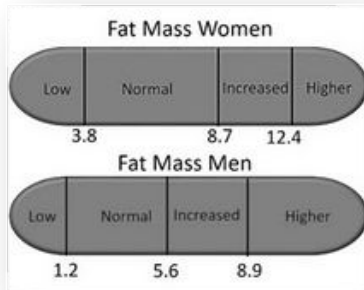


AGE	HEIGHT
WAIST TO HIP RATIO	GOAL WEIGHT RANGE

	PRE	POST
TOTAL BODY WEIGHT		
BODY MASS INDEX (BMI)		
SECA BODY FAT %		
SECA VISCERAL FAT		

YOUR SECA RESULTS

IN-PERSON PARTICIPANTS

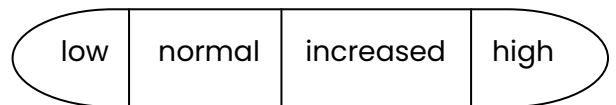


Fat Mass (FM)

FM is the total number of pounds of fat that makes up your body weight.

Your FM is: _____ lbs. or _____ %

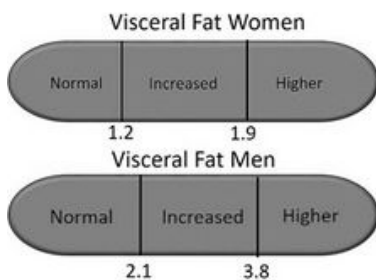
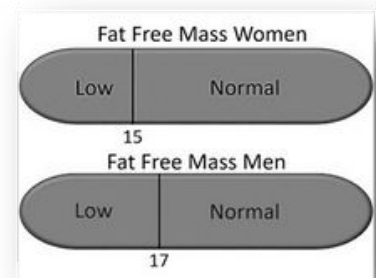
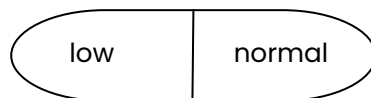
This value is:



FAT FREE MASS (FFM)

Your FFM is: _____ lbs. or _____ %

This value is:

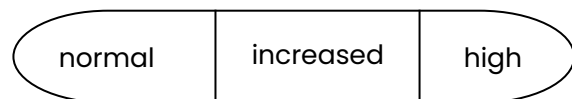


Visceral Adipose Tissue (VAT)

Recommended < 2 lbs. for women or < 4 lbs. for men

Your VAT value is: _____ liters or _____ lbs.

This value is:



Percentage Body Fat

Recommended percentages are as follows:

- 25-35% body fat for women
- 11-22% body fat for men

Your weight at _____ % Body fat = _____ lbs.

Your weight at _____ % Body fat = _____ lbs.

ABOUT THESE RESULTS

IN-CLINIC PARTICIPANTS

FAT MASS (FM)

Fat is metabolically active tissue which aids different metabolic pathways (including pathways that regulate weight and appetite), promotes the development of cells and provides your body with many vital functions. Subcutaneous Fat (the fat that is right below your skin) covers your muscles and acts as insulation helping your body maintain its internal temperature. It also is a reserve source of calories.

VISCERAL ADIPOSE TISSUE (VAT)

Visceral fat is the fat that is stored in and around your major organs. This type of fat provides protection and structure for your major organs. Although this fat is vital to your health, if you have a poor diet with too many nutritionally void calories (think refined and processed foods, sugars, etc.) this type of fat can accumulate in excess around the major organs and become a source of inflammation that can greatly increase risk for diabetes, cardiovascular disease, and cancer.

FAT FREE MASS (FFM)

During weight loss it is natural to lose some muscle mass as you lose body fat. If your FFM is below normal you will want to 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. We recommend working out with weights, bands, or body resistance training.

Learn about our
additional
fitness services



BODY COMPOSITION SCALE FOR REMOTE PROGRAM PARTICIPANTS

Balance Bluetooth 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

REMOTE PROGRAM PARTICIPANTS

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. 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

REMOTE PROGRAM PARTICIPANTS

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:

1. Upper arm (armpit)
2. Chest (bust)
3. Waist (narrowest part or 1" above navel)
4. 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

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. If I am in an online group, I understand I must be in a room or area by myself to ensure group member voices are not heard and/or faces are not seen by non-group members.
- If I am in an online group, I understand that camera and microphones should be available and used.
- I agree to mute myself, so I do not distract others with background sounds if I am in a virtual group. If I am in an in-person group, I will not use my phone or tablet while in 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 agree to notify a Positive Choice service representative of any telephone, email, or address changes.
- If I am in the online meal replacement program, I agree to attend all sessions. If I miss a session for any reason, I will contact my counselor. If I miss three consecutive sessions, I will be withdrawn and need to be re-enrolled into a new group. Re-enrollment requires a \$150 fee.

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 and I agree to pay all program fees.
- I understand I am financially responsible to pay all weekly fees. If I miss my scheduled weekly payment and meal replacement pick-up, I can go to a Positive Choice location during business hours. NOTE: Fees are still required for missed weekly classes and meal replacements.
- I agree to check that the meal replacements I ordered are what I received. The meal replacements are prescriptions. Once the meal replacements leave the clinic, they cannot be returned or exchanged.
- If I am enrolled in the in-clinic program, I agree to pay my \$150 Booster Program fee in four (2) \$75 payments at sessions #3 and #5 of the weight loss-phase. This non-refundable fee must be paid in full by session #5.
- I agree to take responsibility to initiate contact so I can avoid being withdrawn from the program and/or incurring added fees. Contact as directed below:
 - If I miss two consecutive sessions, I will contact my counselor.
 - If I miss two consecutive weeks of payment, I will call 858-616-5600 to make my payment over the phone.
 - If I miss session #3 lab work or two consecutive lab appointments, I will call the medical team at 858-616-5789 within 48 hours of the missed lab appointment.
- I may withdraw from this program anytime or I may be withdrawn from the program for non-compliance with program policies.
- I understand in 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 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.

Remote program participants:

- 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 in order to process auto-billing changes.

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.

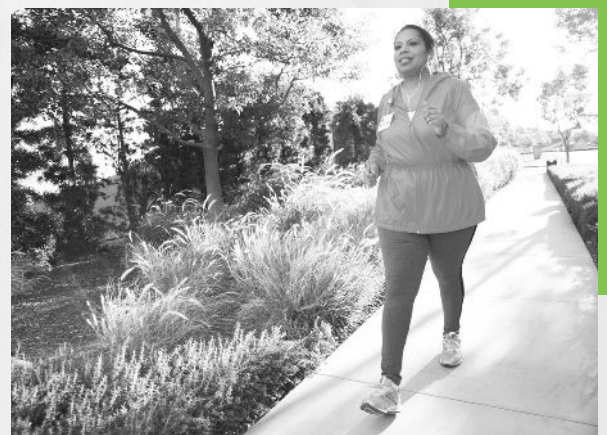
GETTING STARTED CHECKLIST

There are a few things you will need to have available before you start taking your meal replacements and starting your weekly education sessions.

- Review your medical instruction letter (available on kp.org)
 - Plan your first meal replacement order combination preference
 - Purchase a blender bottle, blender, frother, or whisk
 - Make sure you have a water bottle with measurements listed
 - Complete 7 days of Daily Behavior Records
 - Acquire proper clothing for workouts during class sessions
 - Watch your Program Overview Video on our webpage
 - If you are prescribed the pea protein (plant-based) meal replacements, print your supplemental meal plan prior to class and watch the overview video on our webpage
- In our remote program, your materials are mailed to you.
 - If you enrolled in our in-clinic pick up option, you'll receive materials when you check in for your first class. Bring your reusable bag each week for product pick up.



Find your online videos and materials here



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 the same 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. Your counselor may ask you to bring your DBRs to group. We will not collect these sheets, these are for your personal use during the program. Many people find this information helpful when 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?						
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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?						

STARTING YOUR PROGRAM

Before you start using meal replacements, we recommend that you prepare using this weekly eating plan. It will provide a strong start toward your goals.

Instructions:

- We are providing an 18-week workout plan to help you maintain muscle mass and optimize your results (see next page)
- Use the guides on the following pages for how many servings of each food group you should have each day
- If you prefer plant-based eating, follow your appropriate plan
- The following pages include options for foods within each food group
- For best results, we do not recommend eating foods that are not on the list
- The following is a sample schedule for evenly spacing your meals throughout the day. This reduces hunger and supports healthy energy levels.

Meal Plan Sample Schedule Week One: Before Starting Meal Replacements

Full Food

Total Daily Intake

- 4 plant-based or 12 oz proteins
 - 4 vegetables
 - 2 ½ c green salad (25 calorie dressing)
 - 4 healthy fats
 - 2 grain, bean, or starchy vegetables
 - 2-3 fruits
 - 1-2 milk/ milk alternatives
- Use the food lists to select your foods



Drink 72-104 oz water a day

Sample Eating Plan Eat every 4-5 hours

- 1 healthy fat
- 1 plant-based or 2 oz. proteins
- 1 fruit
- 1 grain/bean/ starchy vegetable
- 1 milk/ milk alternative



Nuts, .25 oz
Quinoa, ½ cup
Cottage cheese, 1/2 cup
Blueberries and bananas, 1 cup
Milk (soy or cow), 1 cup

- 2 plant-based protein or 4 oz proteins
- 1 grain/bean/ starchy vegetable
- 1 ½ c. cooked vegetables
- 1 healthy fat



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Sesame Seeds, 2 Tbsp

- 1 milk
- 1 fruit
- 1 healthy fat



Yogurt, 1 cup
Berries, 1 cup
Nuts, 2 Tbsp

- 2 plant-based or 4 oz proteins
- 2 c. salad greens, 1/2 c. raw vegetables, 25 calorie dressing
- 1 ½ c. cooked vegetables
- 1 healthy fat



Chicken, 4 oz.
Vegetables, 1 cup
Salad, 2.5 c
Dressing, 1 Tbsp

18 Week Workout
Goal = 2.5-5 Hours (150-300 Minutes) each week

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time	Done
1	ST 20 MINS	CVM 30 MINS	CVL 50 MINS	AR	CVM 30 MINS	ST 20 MINS	AR	150 MINS	
2	ST 20 MINS	CVM 30 MINS	CVL 50 MINS	AR	CVM 30 MINS	ST 20 MINS	AR	150 MINS	
3	ST 20 MINS	CVM 45 MINS	CVL 50 MINS	AR	CVM 35 MINS	ST 20 MINS	AR	170 MINS	
4	ST 20 MINS	CVM 45 MINS	CVL 50 MINS	AR	CVM 35 MINS	ST 20 MINS	AR	170 MINS	
5	ST 20 MINS	CVM 50 MINS	CVL 60 MINS	AR	CVM 40 MINS	ST 20 MINS	AR	190 MINS	
6	ST 20 MINS	CVM 50 MINS	CVL 60 MINS	AR	CVM 40 MINS	ST 20 MINS	AR	190 MINS	
7	ST 20 MINS	CVM 50 MINS	CVL 60 MINS	AR	CVM 45 MINS	ST 20 MINS CVM 25 MINS	AR	220 MINS	
8	ST 20 MINS	CVM 50 MINS	CVL 60 MINS	AR	CVM 45 MINS	ST 20 MINS CVM 25 MINS	AR	220 MINS	
9	ST 20 MINS	CVM 50 MINS	CVL 60 MINS	CVH 20 MINS	CVM 45 MINS	ST 20 MINS CVM 25 MINS	AR	240 MINS	
10	ST 20 MINS	CVM 50 MINS	CVL 60 MINS	CVH 20 MINS	CVM 45 MINS	ST 20 MINS CVM 25 MINS	AR	240 MINS	
11	ST 20 MINS	CVM 55 MINS	CVL 60 MINS	CVH 40 MINS	CVM 45 MINS	ST 20 MINS CVM 25 MINS	AR	270 MINS	
12	ST 20 MINS	CVM 55 MINS	CVL 60 MINS	CVH 40 MINS	CVM 45 MINS	ST 20 MINS CVM 30 MINS	AR	270 MINS	
13	ST 20 MINS	CVM 55 MINS	CVL 65 MINS	CVH 40 MINS	CVM 45 MINS	ST 20 MINS CVM 35 MINS	AR	280 MINS	
14	ST 20 MINS	CVM 55 MINS	CVL 65 MINS	CVH 40 MINS	CVM 45 MINS	ST 20 MINS CVM 35 MINS	AR	280 MINS	
15	ST 20 MINS	CVM 55 MINS	CVL 70 MINS	CVH 40 MINS	CVM 45 MINS	ST 20 MINS CVM 40 MINS	AR	290 MINS	
16	ST 20 MINS	CVM 55 MINS	CVL 70 MINS	CVH 40 MINS	CVM 45 MINS	ST 20 MINS CVM 40 MINS	AR	290 MINS	
17	ST 20 MINS	CVM 55 MINS	CVL 70 MINS	CVH 50 MINS	CVM 45 MINS	ST 20 MINS CVM 40 MINS	AR	300 MINS	
18	ST 20 MINS	CVM 55 MINS	CVL 70 MINS	CVH 50 MINS	CVM 45 MINS	ST 20 MINS CVM 40 MINS	AR	300 MINS	

Cardiovascular Exercise – Do activities that elevate your heart rate for the duration of the workout. Try brisk walking, jogging, cycling, swimming, hiking, elliptical and/or playing sports.

CVL (Cardiovascular Long Easy) – Keep your intensity in the conversational zone throughout the workout, or about a 5-6 on a scale of 1-10. You should not be able to sing.

CVM (Cardiovascular Moderate) – Your intensity should be at about a 6-7 on a scale of 1-10. You're pushing it a bit but can still sustain the effort for a prolonged period.

CVH (Cardiovascular Hard) – After an easy 5 min warm up, push the intensity beyond your comfort zone, or an 8-9 on a scale of 1-10. You can still talk, but with pauses between sentences. The duration will be shorter to account for the higher effort.

ST (Strength Training) – Use free weights, resistance bands, machines or body weight exercises. Be sure to overload the muscles so you are slightly sore the next day.

AR (Active Recovery) – Continue to move more and sit less but take a break from working out.

YOUR PROGRAM OVERVIEW

Each phase of your program includes recommendations for which foods you should eat, how many meal replacements to take, and your daily fluid, calorie, and vitamin and mineral recommendations. We offer guidance for anyone wishing to follow a plant-based program. Weekly meal plans and trackers are provided in this booklet.

Meal Replacement & Food Group	Meal Replacements	Phase 1	Phase 2	Phase 3	Full Food
Meal Replacement (MR)	4	3	2	1	0
Protein	4 oz	8 oz	8 oz	10 oz	12 oz
Vegetables	1-2+	2	4+	4+	4+
Leafy Green Salad	2 c. leafy greens + ½ c raw veggies (non-starchy) with 25 calorie dressing				
Grains, Beans, Starchy Vegetables	1	1	2	2	2
Fruits	1	2	2	2	2-3
Healthy Fats	1	2	3	4	4
Milk/Milk Alternative	0	0	0	1	1-2
Vitamin/Mineral		Recommended	Recommended	Recommended	Recommended
Calories	1205	1280	1295	1360	1290-1440

Drink 72-104 total oz of fluid a day counting the fluid you use in your MR

Plant-Based Program Overview

Food Group	Meal replacements	Phase 1	Phase 2	Phase 3	Full Food
Meal Replacements (MR)	4	3	2	1	0
Plant-based Protein	2	3	4	4	4
Vegetables	1-2+	3+	4+	4+	4+
Leafy Green Salad	2 cups leafy greens + ½ cup raw vegetables + optional 25 calorie dressing				
Grains, Beans, Starchy Vegetables	1	1	1	2	2
Fruits	1	2	2	2	2-3
Healthy Fats	1	2	4	4	6
Milk/ Milk Alternative	0	0	1	1	1-2
Vitamin/Mineral		Recommended	Recommended	Recommended	Recommended
Calories	1120	1225	1330	1250	1180-1330

Drink 72-104 total oz of fluid a day counting the fluid you use in your MR

FOOD OPTIONS

Protein

**1 oz = 1 serving = 45 calories
(unless otherwise noted);
2-4 ounces is a typical serving**

- Beef (sirloin, flank, round; trimmed)
- Chicken breast, skinless
- Cottage cheese (1/4 c = 1 oz)
- Egg (1 = 1 oz)
- Egg whites (3 = 1 oz)
- Fish, wild (all types)
- Pork loin
- Turkey breast, skinless

Plant-based Protein

**1 serving = 85 calories
Foods are listed from lowest to
highest in complex
carbohydrates**

- Tofu, 1/2 cup
- Seitan, 1/4 cup
- Tempeh, 1/4 cup
- Soybeans, 1/3 cup
- Nutritional Yeast, 3 Tbsp.
- Lentils, 1/3 cup
- Quinoa, 1/3 cup
- Beans, 1/3 cup (black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans)
- Split Peas, 1/3 cup



The palm of an average size hand is about 3 ounces (size of a deck of cards)



A clenched fist is about the size of 1 cup

FOOD OPTIONS

Vegetables

**1 serving, ½ cup lightly cooked or
1 cup raw = 25 calories**

- Artichoke
- Asparagus
- Beans (wax, green)
- Beets
- Bell Pepper, all colors
- Broccoli
- Brussels Sprouts
- Carrot
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mushrooms
- Onions
- Spinach
- Summer Squash (zucchini, yellow)
- Tomatoes
- Turnips

Green Leafy Salad

**2 cups greens plus 1/2 cup of raw
veggies = 100 calories**

- 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

Salad 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.

Fruits (3/4-1 cup)

1 serving = 60 calories

- Apple, 1 small (tennis ball size)
- Apricots, 3
- Banana, 1 small (4-6 in)
- Berries, 1 c.
- Grapefruit, ½
- Grapes, 15
- Kiwi, 3
- Melon, 1 c., (watermelon, cantaloupe, etc.)
- Orange, 1 medium
- Nectarine, 1 medium
- Peach, 1 medium
- Pear, 1 medium
- Pineapple, 1 c.
- Plums, 2

FOOD OPTIONS

Grains/Beans/Starchy Vegetables

1 serving = 80 calories

- Barley, ½ c. cooked
- Beans, ½ c. cooked
- Cereal (Fiber >5 g. per serving), ½ c.
- Corn, ½ c. cooked
- **Couscous, 1/3 c. cooked
- Lentils, ½ c. cooked
- **Oats, ½ c. cooked
- **Pasta, ½ c. cooked
- **Pita, ½ of 6-inch round
- Polenta, ½ c. cooked
- Potato, ½ c. cooked
- Quinoa, ½ c. cooked
- **Rice, brown ½ c. cooked
- **Rye bread, 1 slice
- Split Peas, ½ c. cooked
- Squash, winter (acorn, butternut), ½ c. cooked
- **Tortillas, 1, 6-inch round
- **Whole wheat bread, 1 slice
- Yam, ½ c. cooked

** Choose whole wheat or whole grain. Strive to get around 80 calories and 5 g fiber per serving.

Healthy Fats

1 Serving = 45 calories

- Avocado, ¼ whole
- Nut butters, 1/2 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 Tbsp. (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)

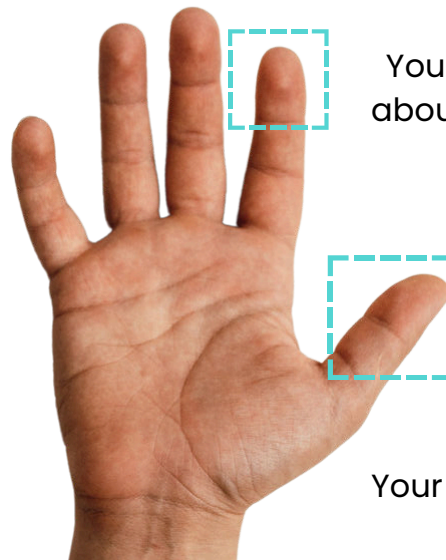
Milk and Milk Alternatives

1 serving = 90 calories

- Hemp Milk, 1 c.
- Nut Milks (almond milk, cashew milk, walnut milk), 1 c.
- Milk, 1 c.
- Oat Milk, 1 c.
- Soymilk, 1 c.
- Yogurt/ Plant-based Yogurt, 6 oz. (oat milk, nut milk, flax milk) (less than 120 calories per serving and no added sugars)



The front of your closed fist is approximately 1/2 cup



Your fingertip is about 1 teaspoon

Your thumb is about 2 tablespoons

COMBINED FOOD OPTIONS LIST

Combined Food List

<p>Plant-Based Proteins 1 serving is approx. 85 calories</p>	<p>Tofu, ½ cup Seitan, ¼ cup Tempeh, ¼ cup Soybeans, 1/3 cup Nutritional Yeast, 3 Tbsp. Lentils, 1/3 cup Quinoa, 1/3 cup Beans, 1/3 cup (black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans) Split Peas, 1/3 cup</p>	<p>Green Leafy Salad 2 cup greens plus ½ cup of raw veggies approx. 100 calories</p> <table border="1"> <tr> <td data-bbox="411 1377 566 1568"> Arugula Beet greens Bibb Bok Choy </td> <td data-bbox="411 1176 566 1377"> Boston Leaf Butter head Cabbage Collard Greens </td> <td data-bbox="411 918 566 1176"> Kale Loose Leaf Mixed spring greens Mixed power greens </td> <td data-bbox="411 645 566 918"> Romaine Spinach Watercress </td> </tr> </table>	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	<p>Vegetables 1 serving, ½ cup lightly cooked or 1 cup raw = approx. 25 calories</p> <p>Artichoke Asparagus Beans (wax, green) Beets Bell Pepper, all colors Broccoli Brussels Sprouts Carrot Cauliflower Celery Cucumber Eggplant Mushrooms Onions Spinach Summer Squash (zucchini, yellow) Tomatoes Turnips</p>
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				
<p>Proteins 1 oz. serving is approx. 45 calories</p>	<p>Beef - Sirloin, Flank or Round, Trimmed Chicken Breast Cottage Cheese, ¼ c = 1 oz. Egg, 1 = 1 oz. Egg Whites, 3 = 1 oz. Fish, Wild - all kinds Pork Loin Turkey Breast</p>	<p>Grains/Beans/Starchy Vegetables 1 serving = approx. 80 calories</p> <p>Barley, ½ c. cooked Beans, ½ c. cooked Cereal (Fiber >5 g. per serving), ½ c. Corn, ½ c. cooked *Couscous, cooked, ⅓ Lentils, 1/3 c. cooked *Oats, cooked, ½ c. *Pasta, ½ c. cooked *Pita, ½ of 6-inch round Polenta, ½ c. cooked Potato, ½ c. cooked Quinoa, ⅓ c. cooked *Rice, ⅓ c. cooked</p>	<p>Fruits 1 Serving (4-6 oz.) = approx. 60 calories</p> <p>Apple, 1 small (tennis ball size) Apricots, 3 Banana, 1 small (4-6 in) Berries, 1 c. Grapefruit, ½ Grapes, 15 Kiwi, 3</p>				
<p>Milk and Milk Alternatives 1 Serving = approx. 90 calories</p> <p>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)</p>	<p>*Rye bread, 1 slice Split Peas, ⅓ c. cooked Squash, winter (acorn, butternut), ½ c. cooked *Tortillas, 1, 6-inch round *Whole wheat bread, 1 slice Yam, ½ c. cooked</p> <p>* Choose whole wheat or whole grain. Strive to get around 80 calories and 5 g fiber per serving.</p>	<p>Healthy Fats 1 Serving = approx. 45 calories and 5 g fat</p> <p>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)</p>					

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



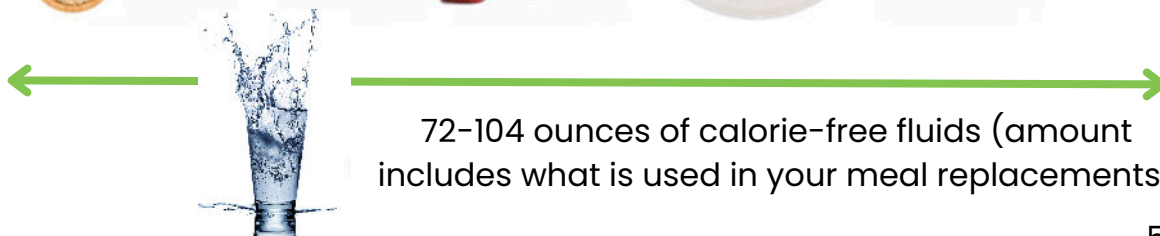
1 meal replacement
1 fruit



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)

DAILY MEAL GUIDE

Full food

Space Meals and Snacks Every 4 Hours				
Meal Time Example	7:30 a.m.	11:30 a.m.	4:30 p.m.	7:30 p.m.
1290-1440 Calories	<ul style="list-style-type: none"> • 2 oz protein • 1 fruit • 1 grain/ starchy vegetable • 1 healthy fat • 1 milk alternative 	<ul style="list-style-type: none"> • 4 oz protein • 2.5 cups salad • 1 vegetable • 1 grain • 2 healthy fats 	<ul style="list-style-type: none"> • 4 oz protein • 4+ cups vegetables • 2 healthy fats 	<ul style="list-style-type: none"> • 2 oz protein • 1 milk alternative • 1 healthy fat

Meal replacement phase

Space Meals and Snacks Every 3 Hours					
Meal Time Example	7:30 a.m.	10:30 a.m.	1:30 p.m.	4:30 p.m.	7:30
Meal replacement phase 1205 Calories	<ul style="list-style-type: none"> • MEAL REPLACEMENT • 1 grain/ starchy vegetable • 1 healthy fat 	MEAL REPLACEMENT	<ul style="list-style-type: none"> • MEAL REPLACEMENT • 1 fruit 	<ul style="list-style-type: none"> • 4 oz protein • 2.5 cups salad • 1-2+cups vegetables 	MEAL REPLACEMENT

Transitioning off meal replacements phases

Space Meals and Snacks Every 3 Hours					
Meal Time Example	7:30 a.m.	10:30 a.m.	1:30 p.m.	4:30 p.m.	7:30
Phase 1 1280 Calories	<ul style="list-style-type: none"> • MEAL REPLACEMENT • 2 oz protein • 1 fruit • 1 grain/ starchy vegetable • 1 healthy fat 	MEAL REPLACEMENT	<ul style="list-style-type: none"> • 3 oz protein • 2.5 cups salad • 1 healthy fat • 1 fruit 	<ul style="list-style-type: none"> • 3 oz protein • 2.5 cups salad • 1 fruit • 1 healthy fat 	MEAL REPLACEMENT
Phase 2 1295 Calories	<ul style="list-style-type: none"> • 2 oz protein • 1 fruit • 1 grain/ starchy vegetable • 1 healthy fat 	MEAL REPLACEMENT	<ul style="list-style-type: none"> • 3 oz protein • 2.5 cups salad • 1 grain/ starchy vegetable • 1 fruit • 1 healthy fat 	<ul style="list-style-type: none"> • 3 oz protein • 1 grain/bean/starchy vegetable • 4+ cups vegetables • 1 healthy fat 	MEAL REPLACEMENT

Space Meals and Snacks Every 4 Hours				
Meal Time Example	7:30 a.m.	11:30 a.m.	4:30 p.m.	7:30 p.m.
Phase 3 1360 Calories	<ul style="list-style-type: none"> • 2 oz protein • 1 fruit • 1 grain/ starchy vegetable • 1 healthy fat • 1 milk/milk alternative 	<ul style="list-style-type: none"> • 4 oz protein • 1 fruit • 2.5 cups salad • 1 vegetable • 1 grain/starchy vegetable • 2 healthy fats 	<ul style="list-style-type: none"> • 4 oz protein • 4+ cups vegetables • 1 grain/starchy vegetable • 1 healthy fat 	<ul style="list-style-type: none"> • MEAL REPLACEMENT

PLANT-BASED DAILY MEAL GUIDE

Full food

Space Meals and Snacks Every 4 Hours				
Meal Time Example	7:30 a.m.	11:30 a.m.	4:30 p.m.	7:30 p.m.
1180-1330 Calories	<ul style="list-style-type: none"> • 2 proteins • 1 fruit • 1 grain/ starchy vegetable • 1 healthy fat • 1 milk alternative 	<ul style="list-style-type: none"> • 1 protein • 2 cups salad • 1 vegetable • 1 grain • 2 healthy fats 	<ul style="list-style-type: none"> • 1 protein • 1-2 cups vegetables • 2 healthy fats 	<ul style="list-style-type: none"> • 1 milk alternative • 1 healthy fat

Meal replacement phase

Space Meals and Snacks Every 3 Hours					
Meal Time Example	7:30 a.m.	10:30 a.m.	1:30 p.m.	4:30 p.m.	7:30
1120 Calories	<ul style="list-style-type: none"> • MEAL REPLACEMENT • 1 grain/ starchy vegetable • 1 healthy fat 	MEAL REPLACEMENT	<ul style="list-style-type: none"> • MEAL REPLACEMENT • 1 fruit 	<ul style="list-style-type: none"> • 2 proteins • 2.5 cups salad • 1-2+cups vegetables 	MEAL REPLACEMENT

Transitioning off meal replacement phase

Space Meals and Snacks Every 3 Hours					
Meal Time Example	7:30 a.m.	10:30 a.m.	1:30 p.m.	4:30 p.m.	7:30
Phase 1 1225 Calories	<ul style="list-style-type: none"> • MEAL REPLACEMENT • 1 protein • 1 grain/bean/ starchy vegetable • 1 healthy fat 	MEAL REPLACEMENT	<ul style="list-style-type: none"> • 1 protein • 1 grain/bean/starchy vegetable • 2 cups cooked vegetables • 1 fruit 	<ul style="list-style-type: none"> • 1 protein • 2.5 cups salad • 1 fruit • 1 healthy fat 	MEAL REPLACEMENT
Phase 2 1330 Calories	<ul style="list-style-type: none"> • 1 protein • 1 fruit • 1 grain/bean/ starchy vegetable • 1 healthy fat • 1 milk alternative 	MEAL REPLACEMENT	<ul style="list-style-type: none"> • 1 protein • 2.5 cups salad • 1 healthy fat 	<ul style="list-style-type: none"> • 2 protein • 1 grain/bean/healthy fat • 4+ cups vegetables • 2 healthy fats 	MEAL REPLACEMENT

Space Meals and Snacks Every 4 Hours				
Meal Time Example	7:30 a.m.	11:30 a.m.	3:30 p.m.	7:30 p.m.
Phase 3 1250 Calories	<ul style="list-style-type: none"> • 1 proteins • 1 grain/bean/starchy vegetable • 1 fruit • 1 healthy fat • 1 milk alternative 	<ul style="list-style-type: none"> • 1 protein • 1 grain/bean/starchy vegetable • 1 fruit • 2.5 cups salad • 2 healthy fats 	<ul style="list-style-type: none"> • 2 protein • 4+ cups vegetables • 1 healthy fat 	<ul style="list-style-type: none"> • MEAL REPLACEMENT

Transitioning Off Meal Replacements

Phase 1

Plant-Based Transitioning Off Meal Replacements

Total Daily Intake

- 3 plant-based or 8 oz proteins
- 3 vegetables
- 2 ½ c green salad (25 calorie dressing)
- 2 healthy fats
- 1 grain, bean, or starchy vegetables
- 2 fruits

Use the food lists to select your foods

3 Meal Replacements



Drink 72-104 oz water
includes water used in the shakes

Sample Eating Plan Eat every 3-4 hours

- **1 Meal Replacement**
- 1 plant-based or 2 oz proteins
- 1 grain/bean/starchy vegetable
- 1 healthy fat



Egg, 2 whole or 4 whites
Whole wheat bread, 1 slice
Avocado, 1/8
Meal Replacement, 1

1 Meal Replacement



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Pear, 1

- 1 plant-based or 3 oz proteins
- 1 grain/bean/starchy vegetable
- 1 ½ c. cooked vegetables
- 1 fruit

- 1 fruit
- 2 c. salad greens, 1/2 c. raw vegetables, 25 calorie dressing
- 1 plant-based or 3 oz proteins
- 1 healthy fat



Tuna, 4 oz.
Salad, 2.5 c
Apple, 1
Salad dressing, 1 Tbsp

1 Meal Replacement



Phase 2

Plant-Based Transitioning Off Meal Replacements

Total Daily Intake

- 4 plant-based or 8 oz proteins
- 4 vegetables
- 2 ½ c green salad (25 calorie dressing)
- 4 healthy fats
- 2 grain, bean, or starchy vegetables
- 2 fruits
- 1 milk/milk alternative

Use the food lists to select your foods

2 Meal Replacements



Drink 72-104 oz water
includes water used in the shakes

Sample Eating Plan Eat every 3-4 hours

- 1 plant-based or 2 oz proteins
- 1 healthy fat
- 1 fruit
- 1 grain/bean/starchy vegetable
- 1 milk/ milk alternative



Beans, ½ c
Avocado, 1/8
Tortilla (corn), 1
Berries, 1 cup
Milk (soy or cow), 1 cup

1 Meal Replacement



Tuna, 3 oz.
Salad, 2.5 c
Mango, 1/2
Salad dressing, 1 Tbsp

- 1 plant-based or 3 oz proteins
- 2 c salad greens, ½ c raw vegetables, 25 calorie dressing
- 1 fruit
- 1 healthy fat

- 2 plant-based or 3 oz proteins
- 1 grain/bean/starchy vegetables
- 1 ½ c. cooked vegetables
- 1 healthy fat



Lentils, 2/3 c
Sweet potatoes, ½ c
Vegetables, 1 ½ c
Olive oil, 1 Tbsp

1 Meal Replacement



Transitioning Off Meal Replacements

Phase 3

Plant-Based Transitioning Off Meal Replacements

Total Daily Intake

- 4 plant-based or 10 oz proteins
- 4 vegetables
- 2 ½ c green salad (25 calorie dressing)
- 4 healthy fats
- 2 grain, bean, or starchy vegetables
- 2 fruits
- 1 milk/milk alternative

Use the food lists to select your foods

1 Meal Replacement



Drink 72-104 oz water
includes water used in the shakes

Sample Eating Plan Eat every 4-5 hours

- 1 plant-based or 2 oz proteins
- 1 fruit
- 1 grain/bean/starchy vegetable
- 1 milk/ milk alternative
- 1 healthy fat

- 1 plant-based or 4 oz proteins
- 2 c salad greens, ½ c raw vegetables, 25 calorie dressing
- 1 fruit
- 2 healthy fats

- 2 plant-based or 4 oz proteins
- 1 grain/bean/starchy vegetables
- 2 c. cooked vegetables
- 1 healthy fat



Nuts, .25 oz
Steel cut oats, ½ cup
Cottage cheese, ¼ cup
Blueberries and bananas, 1 cup
Milk (soy or cow), 1 cup



Tuna, 4 oz.
Salad, 2.5 c
Mango, 1/2
Avocado, 1/8
Salad dressing, 1 Tbsp



Beans, 2/3 c
Sweet potatoes, ½ c
Vegetables, 2 c
Olive oil, 1 tsp

1 Meal Replacement



Full Food

Total Daily Intake

- 4 plant-based or 12 oz proteins
- 4 vegetables
- 2 ½ c green salad (25 calorie dressing)
- 4 healthy fats
- 2 grain, bean, or starchy vegetables
- 2 - 3 fruits
- 1 - 2 milk/ milk alternatives

Use the food lists to select your foods



Drink 72-104 oz water a day

Sample Eating Plan Eat every 4-5 hours

- 1 healthy fat
- 1 plant-based or 2 oz. proteins
- 1 fruit
- 1 grain/bean/starchy vegetable
- 1 milk/ milk alternative

- 2 plant-based protein or 4 oz proteins
- 1 grain/bean/starchy vegetable
- 1 ½ c. cooked vegetables
- 1 healthy fat

- 1 milk
- 1 fruit
- 1 healthy fat

- 2 plant-based or 4 oz proteins
- 2 c. salad greens, 1/2 c. raw vegetables, 25 calorie dressing
- 1 ½ c. cooked vegetables
- 1 healthy fat



Nuts, .25 oz
Quinoa, ½ cup
Cottage cheese, 1/2 cup
Blueberries and bananas, 1 cup
Milk (soy or cow), 1 cup



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Sesame Seeds, 2 Tbsp



Yogurt, 1 cup
Berries, 1 cup
Nuts, 2 Tbsp



Chicken, 4 oz.
Vegetables, 1 cup
Salad, 2.5 c
Dressing, 1 Tbsp

TRANSITIONING OFF MEAL REPLACEMENTS

NUMETRA PLAN

Once you are ready to transition off of meal replacements, you will follow this 3-week plan. 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.

Food Group	Phase 1	Phase 2	Phase 3	Ready for Maintenance
Meal Replacements	3	2	1	0
Protein	8 oz	8 oz	10 oz	12 oz
Vegetable	2	4	4	4+
Leafy Salad	2 c. leafy greens ½ c raw veggies (non-starchy) +1 Tbsp. dressing			
Bean/Grain/ Starchy Veggie	1	2	2	2
Fruit	2	2	2	2-3
Fat	2	3	4	4
Milk/Plant-Milk/Yogurt (Optional)	0	0	1	1-2
Fluids	72-104 ounces			
Vitamin/Mineral	Recommended			
Calories	1280	1295	1360	1290-1440

Nutrition Support

We offer an online nutrition support and information group weekly to help you through this transition process. Visit the Bookshelf under Transitioning Off Meal Replacements.

View Support Group Information here



TRANSITIONING OFF MEAL REPLACEMENTS

NUMETRA PLANT-BASED PLAN

Once you are ready to transition off of meal replacements, you will follow this 3-week plan. 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.

Food Group	Phase 1	Phase 2	Phase 3	Ready for Maintenance
Meal Replacements	3	2	1	0
Plant Proteins	3	4	4	4
Vegetable	3+	4+	4+	4+
Leafy Salad	2 c. leafy greens + ½ c raw veggies (non-starchy) +1 Tbsp. dressing			
Bean/Grain/ Starchy Veggie	1	1	2	2
Fruit	2	2	2	2-3
Fat	2	4	4	6
Milk/Plant-Milk/Yogurt (Optional)	0	1	1	1-2
Fluids	72-104 ounces			
Vitamin/Mineral	Recommended			
Calories	1225	1330	1250	1180-1330

Nutrition Support

We offer an online nutrition support and information group weekly to help you through this transition process. Visit the Bookshelf under Transitioning Off Meal Replacements.

View Support Group Information here



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	Phase 1	Phase 2	Phase 3	Ready for Maintenance
Meal Replacements	3	2	1	0
Protein	8 oz	8 oz	10 oz	12 oz
Vegetable	2	4	4	4+
Leafy Salad	2 c. leafy greens ½ c raw veggies (non-starchy) + 25 calories dressing (optional)			
Bean/Grain/ Starchy Veggie	1	2	2	2
Fruit	2	2	2	2-3
Fat	2	3	4	4
Milk/Plant-Milk/Yogurt (Optional)	0	0	1	1-2
Fluids	72-104 ounces			
Vitamin/Mineral	Recommended			
Calories	1280	1295	1360	1290-1440

Nutrition Support

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View Support Group
Information here



FOOD PLAN TRACKER

Week 1 and Week 18 (before and after using meal replacements)

Space Meals and Snacks Every 4 Hours (1240 calories per day)				
Meal Time				
Sunday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 milk alternative ■ 1 healthy fat
Monday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 milk alternative ■ 1 healthy fat
Tuesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 milk alternative ■ 1 healthy fat
Wednesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 milk alternative ■ 1 healthy fat
Thursday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 milk alternative ■ 1 healthy fat
Friday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 milk alternative ■ 1 healthy fat
Saturday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 milk alternative ■ 1 healthy fat

FOOD PLAN TRACKER

Weeks 2-14

Space Meals and Snacks Every 4 Hours (1105 calories per day)					
Meal Time					
Sunday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1-2+ cups vegetables 	■ MEAL REPLACEMENT
Monday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1-2+ cups vegetables 	■ MEAL REPLACEMENT
Tuesday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1-2+ cups vegetables 	■ MEAL REPLACEMENT
Wednesday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1-2+ cups vegetables 	■ MEAL REPLACEMENT
Thursday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1-2+ cups vegetables 	■ MEAL REPLACEMENT
Friday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1-2+ cups vegetables 	■ MEAL REPLACEMENT
Saturday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1-2+ cups vegetables 	■ MEAL REPLACEMENT

FOOD PLAN TRACKER

Week 15: Phase 1

Space Meals and Snacks Every 4 Hours (1230 calories per day)					
Meal Time					
Sunday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 3 oz protein ■ 2.5 cups salad ■ 1 healthy fat ■ 1 fruit 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 3 oz protein ■ 3+ cups vegetables 	■ MEAL REPLACEMENT
Monday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 3 oz protein ■ 2.5 cups salad ■ 1 healthy fat ■ 1 fruit 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 3 oz protein ■ 3+ cups vegetables 	■ MEAL REPLACEMENT
Tuesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 3 oz protein ■ 2.5 cups salad ■ 1 healthy fat ■ 1 fruit 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 3 oz protein ■ 3+ cups vegetables 	■ MEAL REPLACEMENT
Wednesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 3 oz protein ■ 2.5 cups salad ■ 1 healthy fat ■ 1 fruit 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 3 oz protein ■ 3+ cups vegetables 	■ MEAL REPLACEMENT
Thursday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 3 oz protein ■ 2.5 cups salad ■ 1 healthy fat ■ 1 fruit 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 3 oz protein ■ 3+ cups vegetables 	■ MEAL REPLACEMENT
Friday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 3 oz protein ■ 2.5 cups salad ■ 1 healthy fat ■ 1 fruit 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 3 oz protein ■ 3+ cups vegetables 	■ MEAL REPLACEMENT
Saturday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 3 oz protein ■ 2.5 cups salad ■ 1 healthy fat ■ 1 fruit 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 3 oz protein ■ 3+ cups vegetables 	■ MEAL REPLACEMENT

FOOD PLAN TRACKER

Week 16: Phase 2

Space Meals and Snacks Every 4 Hours (1285 calories per day)					
Meal Time					
Sunday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 grain/ starchy vegetable 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Monday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 grain/ starchy vegetable 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Tuesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 grain/ starchy vegetable 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Wednesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 grain/ starchy vegetable 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Thursday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 grain/ starchy vegetable 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Friday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 grain/ starchy vegetable 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Saturday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 grain/ starchy vegetable 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT

FOOD PLAN TRACKER

Week 17: Phase 3

Space Meals and Snacks Every 4 Hours (1250 calories per day)				
Meal Time				
Sunday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk/alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain/starchy vegetable ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 1 grain/starchy vegetable ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 2 oz protein ■ 1 fruit
Monday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk/alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain/starchy vegetable ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 1 grain/starchy vegetable ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 2 oz protein ■ 1 fruit
Tuesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk/alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain/starchy vegetable ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 1 grain/starchy vegetable ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 2 oz protein ■ 1 fruit
Wednesday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk/alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain/starchy vegetable ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 1 grain/starchy vegetable ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 2 oz protein ■ 1 fruit
Thursday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk/alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain/starchy vegetable ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 1 grain/starchy vegetable ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 2 oz protein ■ 1 fruit
Friday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk/alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain/starchy vegetable ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 1 grain/starchy vegetable ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 2 oz protein ■ 1 fruit
Saturday	<ul style="list-style-type: none"> ■ 2 oz protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk/alternative 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain/starchy vegetable ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 4 oz protein ■ 4+ cups vegetables ■ 1 grain/starchy vegetable ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 2 oz protein ■ 1 fruit

FOOD PLAN TRACKER PLANT-BASED PLAN

Week 1 and Week 18 (before and after using meal replacements)

Space Meals and Snacks Every 4 Hours (1205 calories per day)				
Meal Time				
Sunday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 protein ■ 1-2 cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 milk alternative ■ 1 healthy fat
Monday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 protein ■ 1-2 cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 milk alternative ■ 1 healthy fat
Tuesday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 protein ■ 1-2 cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 milk alternative ■ 1 healthy fat
Wednesday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 protein ■ 1-2 cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 milk alternative ■ 1 healthy fat
Thursday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 protein ■ 1-2 cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 milk alternative ■ 1 healthy fat
Friday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 protein ■ 1-2 cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 milk alternative ■ 1 healthy fat
Saturday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 vegetable ■ 1 grain ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 protein ■ 1-2 cups vegetables ■ 2 healthy fats 	<ul style="list-style-type: none"> ■ 1 milk alternative ■ 1 healthy fat

FOOD PLAN TRACKER PLANT-BASED PLAN

Weeks 2-14

Space Meals and Snacks Every 4 Hours (1190 calories per day)					
Meal Time					
Sunday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 2 proteins ■ 2.5 cups salad ■ 1-2+ cups vegetables ■ 1 milk alternative 	■ MEAL REPLACEMENT
Monday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 2 proteins ■ 2.5 cups salad ■ 1-2+ cups vegetables ■ 1 milk alternative 	■ MEAL REPLACEMENT
Tuesday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 2 proteins ■ 2.5 cups salad ■ 1-2+ cups vegetables ■ 1 milk alternative 	■ MEAL REPLACEMENT
Wednesday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 2 proteins ■ 2.5 cups salad ■ 1-2+ cups vegetables ■ 1 milk alternative 	■ MEAL REPLACEMENT
Thursday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 2 proteins ■ 2.5 cups salad ■ 1-2+ cups vegetables ■ 1 milk alternative 	■ MEAL REPLACEMENT
Friday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 2 proteins ■ 2.5 cups salad ■ 1-2+ cups vegetables ■ 1 milk alternative 	■ MEAL REPLACEMENT
Saturday	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 grain/starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit 	<ul style="list-style-type: none"> ■ 2 proteins ■ 2.5 cups salad ■ 1-2+ cups vegetables ■ 1 milk alternative 	■ MEAL REPLACEMENT

FOOD PLAN TRACKER PLANT-BASED PLAN

Week 15

Space Meals and Snacks Every 4 Hours (1150 calories per day)					
Meal Time					
Sunday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1-2 cups vegetables ■ 1 fruit 	■ MEAL REPLACEMENT
Monday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1-2 cups vegetables ■ 1 fruit 	■ MEAL REPLACEMENT
Tuesday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1-2 cups vegetables ■ 1 fruit 	■ MEAL REPLACEMENT
Wednesday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1-2 cups vegetables ■ 1 fruit 	■ MEAL REPLACEMENT
Thursday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1-2 cups vegetables ■ 1 fruit 	■ MEAL REPLACEMENT
Friday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1-2 cups vegetables ■ 1 fruit 	■ MEAL REPLACEMENT
Saturday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1-2 cups vegetables ■ 1 fruit 	■ MEAL REPLACEMENT

FOOD PLAN TRACKER PLANT-BASED PLAN

Week 16: Phase 2

Space Meals and Snacks Every 4 Hours (1250 calories per day)					
Meal Time					
Sunday	<ul style="list-style-type: none"> ■ 1 protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Monday	<ul style="list-style-type: none"> ■ 1 protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Tuesday	<ul style="list-style-type: none"> ■ 1 protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Wednesday	<ul style="list-style-type: none"> ■ 1 protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Thursday	<ul style="list-style-type: none"> ■ 1 protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Friday	<ul style="list-style-type: none"> ■ 1 protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT
Saturday	<ul style="list-style-type: none"> ■ 1 protein ■ 1 fruit ■ 1 grain/ starchy vegetable ■ 1 healthy fat ■ 1 milk alternative 	■ MEAL REPLACEMENT	<ul style="list-style-type: none"> ■ 1 protein ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats 	■ MEAL REPLACEMENT

FOOD PLAN TRACKER

PLANT-BASED PLAN

Week 17: Phase 3

Space Meals and Snacks Every 4 Hours (1190 calories per day)

Meal Time				
Sunday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 1 grain/ starchy vegetable ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit
Monday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 1 grain/ starchy vegetable ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit
Tuesday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 1 grain/ starchy vegetable ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit
Wednesday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 1 grain/ starchy vegetable ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit
Thursday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 1 grain/ starchy vegetable ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit
Friday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 1 grain/ starchy vegetable ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit
Saturday	<ul style="list-style-type: none"> ■ 2 proteins ■ 1 fruit ■ 1 healthy fat ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ 1 protein ■ 1 grain/ starchy vegetable ■ 2.5 cups salad ■ 1 healthy fat 	<ul style="list-style-type: none"> ■ 1 protein ■ 4+ cups vegetables ■ 2 healthy fats ■ 1 milk alternative 	<ul style="list-style-type: none"> ■ MEAL REPLACEMENT ■ 1 fruit