

# Modified Meal Replacement Plan

Everyday you will have 5 meal replacements plus protein, vegetables, and a green salad.

## Protein

Choose one:

- 3 ounces of cooked meat: skinless poultry, fish, shellfish, sirloin, flank or round beef or pork tenderloin
- 3/4 cup of non-fat cottage cheese
- 8 ounces of non-fat, plain Greek yogurt
- 2 eggs plus 3 egg whites
- 6 egg whites
- 3/4 cup egg substitute
- 1/2 cup of cooked beans: black, garbanzo, kidney, lima, navy, pinto, soy, white, lentils, etc.
- 3/4 cup edamame
- 4 ounces plain seitan
- 9 ounces tofu
- 3 ounces (3/4 cup) cooked tempeh
- 3 ounces vegan alternatives: veggie burger, soy protein, etc.



## Vegetables

Choose 1/2 cup cooked or 1 cup raw:

- Artichoke
- Asparagus
- Bamboo shoots
- Beans (wax, green)
- Beets
- Bell pepper, all colors
- Broccoli\*
- Brussels Sprouts\*
- Cabbage\*
- Cauliflower\*
- Carrot
- Celery
- Cucumber
- Eggplant
- Iceberg lettuce
- Jicama
- Kohlrabi
- Leeks
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Pea Pods
- Peppers, all kinds
- Radishes
- Seaweed, cooked
- Spinach
- Summer squash
- Zucchini
- Yellow squash
- Tomatoes
- Turnips
- Water chestnuts



## Green Salad

Choose 2 cups of greens  
plus 1/2 cup of raw vegetables:

- Arugula
- Beet greens
- Bibb
- Bok choy
- Boston leaf
- Butter head
- Cabbage
- Collard greens
- Kale
- Loose leaf
- Mixed spring greens
- Mixed power greens
- Romaine
- Spinach
- Watercress

Iceberg lettuce is a vegetable, not a leafy green

## Modified+ Plan

If medically advised, add 1 additional protein serving and choose 1 fat:

## Healthy Fats

- Almond or other nut milk (6 oz.)
- Avocado (1/4 medium)
- Flaxseed, olive, avocado oil (1 tsp.)
- Nuts (almonds, walnuts, etc.; 6 -10 nuts)
- Nut Butters (peanut, almond, etc.; 1 Tbsp.)
- Seeds (chia, flax, sunflower, etc.; 1/8 cup)
- Olives (8 olives)

**Optional:** 1 Tbsp of a dressing: lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or other vinegars, mixed with olive oil, mustard, salsa, pico de gallo, etc. If you buy salad dressing, choose one with few ingredients.

\*Cooking vegetables can reduce gas.

# Modified Sample Schedules

Everyday you will have 5 meal replacements plus protein, vegetables, and a green salad.  
You can choose the schedule that works best for you. Never skip a meal replacement.



## Breakfast

7:30 a.m.

1 meal replacement



## Snack

10:30 a.m.

1 meal replacement



## Lunch

12:30 p.m.

Green salad with vegetables  
1 meal replacement



## Snack

3:30 p.m.

1 meal replacement



## Dinner

6:30 p.m.

Meal replacement soup with  
protein and cooked vegetables  
added



## Breakfast

7:00 a.m.

1 meal replacement



## Snack

9:30 a.m.

1 meal  
replacement



## Lunch

12:00 p.m.

Green salad with vegetables  
1 meal replacement



## Snack

2:00 p.m.

1 meal replacement



## Dinner

5:00 p.m.

Protein with vegetables



## Snack

6:30 p.m.

1 meal replacement



## Breakfast

8:00 a.m.

1 meal replacement



## Snack

11:00 a.m.

1 meal replacement



## Lunch

1:00 p.m.

Green salad, protein, and vegetables  
1 meal replacement soup



## Snack

4:00 p.m.

1 meal replacement



## Dinner

7:00 p.m.

Meal replacement

### Important:

Fruit, grains, or starchy vegetables, that are not listed, are not recommended on the Modified Plan.

Avoid oil, butter, or fat when cooking. Try cooking sprays.

Be sure to drink 120-150 ounces of fluid every single day. This fluid amount includes what is used to make your meal replacements.

# Modified+ Sample Schedules

Every day you will have 5 meal replacements plus protein, vegetables, healthy fat, and a green salad.  
You can choose the schedule that works best for you.



## Breakfast

## Snack

## Lunch

## Snack

## Dinner

## Snack

7:00 a.m.  
1 meal replacement

9:30 a.m.  
1 meal replacement

12:00 p.m.  
Green salad with  
vegetables and protein  
1 meal replacement

2:00 p.m.  
1 meal replacement  
6-10 nuts

5:00 p.m.  
Protein with  
vegetables

6:30 p.m.  
1 meal replacement



## Breakfast

## Snack

## Lunch

## Snack

## Dinner

7:00 a.m.  
1 meal replacement

9:30 a.m.  
1 meal replacement

12:00 p.m.  
Green salad with vegetables,  
protein, and a healthy fat  
1 meal replacement

2:00 p.m.  
1 meal replacement

5:00 p.m.  
Meal replacement soup with  
protein and cooked  
vegetables added

### Important:

Fruit, grains, or starchy vegetables, that are not listed, are not recommended on the Modified+ Plan.  
Use minimal oil, butter, or fat when cooking unless you are counting it for your fat serving. Try cooking sprays.  
Unless otherwise recommended, be sure to drink 120-150 ounces of fluid every single day.  
This fluid amount includes what is used to make your meal replacements.