

TRANSITIONING OFF MEAL REPLACEMENTS

Reaching the end of your program

Once you are ready to end your medically-supervised program, you'll inform your instructor. They will help you decide the best path forward. You'll use this guide to support your transition.

Program Adjustments

You have two options for your next stage:

1. If you want to continue to purchase meal replacements and receive meal planning and fitness support, enter our Meal Replacement Program that uses 3 meal replacements daily and offers meal and fitness planning support. You'll no longer receive medical supervision during this program.
 - \$360 per month, paid on the 3rd Tuesdays of each month. Attend for as many months as you'd like. You can call 858-616-5600 to cancel anytime.
 - Each month, 13 boxes of meal replacements are auto-shipped to your home
 - Select the class of your choice or stay in your current class
 - Next step: You will meet with our enrollment team to help you transfer programs
2. If you no longer wish to purchase meal replacements and wish to end your program, you will use this guide to reduce meal replacements and can continue to attend weekly classes for \$45 each week and no longer receive medical supervision. If you require medical supervision and labs during your transition off of meal replacements, your fee will be \$100.
 - You can stay in your current class or select another class of your choice
 - Next step: Inform your instructor that you'd like to use this option.

Maintenance Program Services

- Getting Started Class to learn your new plan AND
- Your first month of our monthly, 3/day program (includes classes of your choice and 13 boxes of MRs) OR
- 8 weeks of the classes of your choice (Power of Lifestyle, BLAST, Solutions; no meal replacements provided)

Power of Lifestyle Module

If you have not yet completed this module, we recommend enrolling as it is part of our new Maintenance program. This 8-session module (and Getting Started class) provides detailed nutrition and fitness support along with set time weekly to complete meal and fitness plans with the support of your instructor and other program participants.

Booster Program

Sessions on nutrition, fitness, healthy habits, and mental wellness are offered throughout each month. You can participate in as many as you'd like for long-term support. No additional charge as they are included in your program.

TRANSITIONING OFF MEAL REPLACEMENTS

PLANNING FOR SUCCESS

Your plan toward life long balance

As you near your goals, it's time to begin eating more food and rely less on meal replacements. Meal replacements may continue to be a helpful strategy to stay on track, maintain a consistent eating schedule, or support the achievement of your daily nutrient goals. However, we also want you to focus on getting more nutrition from each of the food groups. In this packet you will find options for food plans that include up to three meal replacements daily along with plans for meeting your nutrition goals. A regular fitness routine also supports maintaining your progress.

Meal Replacements

Start by reducing to 3 per day

Initially you'll move from five meal replacements daily to three per day. This will increase the energy and nutrition you have each day and eliminate the need for medical supervision.

When you consume your meal replacements during your day will depend on your personal preference. We recommend evenly spacing meals throughout the day to help manage hunger and energy.

Gradually reduce meal replacements

You can safely stay on the three meal replacement plan as long as you need. It provides adequate nutrition during a weight loss phase.

If you would like to have less than three meal replacements daily or discontinue using meal replacements all together, you can gradually reduce them week to week to your desired amount each day.

Whether or not you include meal replacements in your long term plan will be a personal preference. We offer options to reduce yourself down to two, one, and then none. Stay on each plan for at least one week to allow your body and schedule to adjust.

Meal Plans

Options to customize your plan

For your initial transition phase, we offer a plan intended to help you reduce your meal replacements using a gradual approach to increasing your daily energy and nutrient intake. Long term, you have options to choose the best daily intake level for your body size and activity level. You can decide between lower, moderate, or higher needs plan for your lifelong meal plan. We offer Booster sessions for ongoing nutrition education.

Fitness Plans

Maintain your results

We've included an 8-week fitness plan. Moving your body daily will be important for maintaining your progress. Consider attending Booster sessions for ongoing fitness support.



Once you reduce your meal replacements to 3 per day or less using the following plans, you will no longer need to continue medical supervision, labs, or taking your potassium. Refer to the letter sent from our medical team through kp.org for details.

EATING HEALTHFULLY TIPS FOR DRINKING WATER

Once you start eating more, your fluid requirements will change. You will focus on getting at least 64 ounces of water each day, including what is used for meal replacements.

Drinking water is one of the simplest and most important things you can do for your health. Water helps your body digest food, carry nutrients, and get rid of waste. It also keeps your joints moving, your skin healthy, and your brain working well. When you're not getting enough water, you might feel tired, dizzy, or even think you're hungry when you're really just thirsty. Staying hydrated helps you feel better and supports your weight management goals.

- Drink plenty of water each day.
- Try caffeine-free unsweetened tea.
- Keep a water bottle or cup at work for easy refills.
- Choose sparkling, calorie-free options.
- Add a splash of fruit juice to add flavor.
- Infuse water overnight in the refrigerator by adding fruit, vegetables, and herbs or extracts for flavor.



FOOD GROUPS AND SERVING SIZES

The meal plans provided in this guide use these serving sizes for your daily recommended intake.

Healthy Protein

- » 1 oz (about 7 g protein) is 1 serving of healthy proteins like tofu/soy, fish, chicken/turkey, low-fat dairy, beans, lentils, eggs, and seitan.



Nonstarchy Vegetables

- » ½ cup cooked or 1 cup raw is one serving of fresh, frozen, or canned vegetables. These are high-fiber, lower-carbohydrate vegetables like greens, peppers, eggplant, carrots, etc.



Whole Grains/Beans/Starchy Vegetables

- » ½ cup (or 1 slice) is 1 serving of high fiber carbohydrates like sweet potatoes, peas, corn, whole-wheat bread, oatmeal, brown rice, beans, lentils, corn tortillas.



Healthy Fats

- » Aim for small amounts of healthy fats like avocado, olive oil, nuts, and seeds.

- Avocado, ¼ whole
- Hemp milk, 1 cup
- Nut butter, 1½ tsp
- Nuts, 2 tbsp
- Nut milk, 1 cup
- Oil, 1 tsp
- Olives, 8-10 small
- Seeds, 1 tbsp



Fruits

- » 1 cup is one serving of fresh, frozen, or canned (not in syrup) fruits of all colors.



Meal Replacements

- » Meal replacement shakes, soups, or bars.



Meal replacements may be replaced with:

- 1 protein or healthy fat
- AND
- 1 nonstarchy vegetable or fruit

DAILY LOG: 3 MEAL REPLACEMENTS

Your first step is to transition from having five meal replacements daily to three and add additional food to your plan. Use the above serving sizes to make sure you are eating enough and focus on maintaining your previous schedule of eating regularly throughout the day. Each week you can continue to reduce your meal replacements using the plans on the following pages or you can continue to use three daily.

DAILY GOALS

Meal Replacements

☐ ☐ ☐

Nonstarchy Vegetables

☐ ☐ ☐ ☐ ☐

Healthy Protein

☐ ☐ ☐ ☐

Whole Grains/Beans/Starchy Vegetables

☐

Fruits

☐ ☐

Healthy Fats

☐ ☐

DAILY PLAN EXAMPLE

Meal 1

- ☐ Meal replacement
- ☐ 1 grain/bean/starchy veggie
- ☐ 1 fruit
- ☐ 1 healthy fat



1 meal replacement
½ cup oatmeal
1 apple
1 cup almond milk

Meal 2

- ☐ Meal replacement



1 meal replacement

Meal 3

- ☐ 2 proteins
- ☐ 2 vegetables
- ☐ 1 fruit
- ☐ 1 healthy fat



2 oz salmon
2 cups mixed greens
1 serving oranges
1 tbsp oil-based dressing

Meal 4

- ☐ 2 proteins
- ☐ 3 vegetables



2 oz chicken breast
3 cups green beans

Meal 5

- ☐ Meal replacement



1 meal replacement

DAILY LOG: 2 MEAL REPLACEMENTS

Meal Replacements ☐☐	Whole Grains/Beans/Starchy Vegetables ☐☐
Nonstarchy Vegetables ☐☐☐☐☐	Fruits ☐☐
Healthy Protein ☐☐☐☐☐☐☐	Healthy Fats ☐☐

DAILY LOG: 1 MEAL REPLACEMENT

Meal Replacements ☐	Whole Grains/Beans/Starchy Vegetables ☐☐
Nonstarchy Vegetables ☐☐☐☐☐	Fruits ☐☐
Healthy Protein ☐☐☐☐☐☐☐☐☐	Healthy Fats ☐☐

DAILY LOG: NO MEAL REPLACEMENTS

Healthy Protein ☐☐☐☐☐☐☐☐☐☐☐	
Nonstarchy Vegetables ☐☐☐☐☐	Fruits ☐☐☐
Whole Grains/Beans/Starchy Vegetables ☐☐	Healthy Fats ☐☐

UNDERSTANDING CHANGES IN HUNGER

As you work on refining your eating and fitness patterns, you may notice changes in your hunger, cravings, or fullness. This is a normal part of the process. When you eat fewer calories or change your usual eating patterns, your body may respond by making hunger feel stronger or more noticeable.

Hunger is a signal from your body. The goal is to learn how to respond to hunger in a way that supports your health and weight-loss goals.

Why Does Hunger Feel Different?

- **Your Stomach & Digestion Are Adjusting -**
When you change your portions, meal timing, or food choices, your body may need time to adjust. Hunger may feel different than it did before.
- **Hunger Signals May Feel Stronger -**
During weight loss, your body may try to protect its current weight by increasing hunger signals. This can make cravings or urges to eat feel more intense.
- **Emotional & Habitual Eating -**
It is common to eat out of habit, stress, boredom, or routine. Sometimes the urge to eat is not physical hunger.
- **Food Variety & Satisfaction -**
Meals with different amounts of protein, fiber, and fat can affect how full you feel. If meals are not balanced, you may feel hungry more often.

How to Manage Hunger in a Healthy Way

Instead of feeling frustrated by hunger, think of it as a signal guiding you toward what your body needs. Here are some strategies to help you stay satisfied and in control.

- **Recognize True Hunger -** Try using the "3 D's" coping tool to delay and distract yourself before making the decision on whether or what to eat.
- **Eat Balanced Meals -** Include protein and fiber in each meal to increase satisfaction and stay full longer.
- **Stick to a Consistent Eating Schedule -** Regular meals and snacks can help regulate your hunger and minimize overeating.
- **Stay Hydrated -** Thirst is often mistaken for hunger. Drinking enough water can help control cravings.
- **Eat Mindfully -** Slow down, chew thoroughly, and enjoy your food so your brain has time to recognize and satisfaction.
- **Be Patient With Yourself -** Your body and brain are adjusting to new habits. This takes time and practice.



REMINDER: If you notice that you're experiencing persistent hunger, that may be a sign that you need a higher calorie meal plan to start. Visit the food logs at the end of this guide for options.

MEAL PLANS AND FITNESS GOALS

MEAL PLANNING

Setting Yourself Up for Success

Planning your meals doesn't have to be hard. In fact, it can help you feel less stressed, save money, and support your goals with food.

Why Plan Meals?

- Helps you stay on track with your eating goals
- Saves time and money
- Makes healthy choices easier
- Reduces last-minute decisions (and takeout!)

Tips to Get Started

1. Start Small

Begin by planning just a few meals or snacks ahead of time, maybe breakfast for the week or dinners for 3 nights.

2. Create a Healthy Plate

For your meal, aim to fill your plate with:

- Healthy vegetables and fruits
- Lean protein

And depending on your eating plan:

- Whole grains or starchy vegetables
- A healthy fat

3. Repeat What Works

It's okay to eat the same meals a few times a week. This makes shopping and cooking easier.

4. Prep What You Can

Cut vegetables, cook a batch of grains or protein, or portion out snacks when you have time.

5. Make a Shopping List

Planning meals first helps you write a grocery list that's faster and less expensive.

Remember:

Meal planning isn't about being perfect. It's about having a plan so that your week feels a little easier. Give yourself grace as you learn what works for you and your lifestyle.



EXAMPLE SHOPPING LISTS

Choose a shopping list based on how many meal replacements you consume per day.

3 MEAL REPLACEMENTS

SHOPPING LIST

5 servings nonstarchy
vegetables

2 servings fruits

4-8 servings healthy
proteins

1-3 servings whole
grains/beans/starches

2-4 servings healthy fats

2 MEAL REPLACEMENTS

SHOPPING LIST

5 servings nonstarchy
vegetables

2 servings fruits

7-12 servings healthy
proteins

2-3 servings whole
grains/beans/starches

2-4 servings healthy fats

1 MEAL REPLACEMENT

SHOPPING LIST

5 servings nonstarchy
vegetables

2 servings fruits

8-12 servings healthy
proteins

2-3 servings whole
grains/beans/starches

2-4 servings healthy fats

NO MEAL REPLACEMENTS

SHOPPING LIST

5 servings nonstarchy
vegetables

3 servings fruits

10-14 servings healthy
proteins

2-3 servings whole
grains/beans/starches

2-4 servings healthy fats

MAKE YOUR OWN SHOPPING LISTS

GROCERY LIST

Nonstarchy Vegetables

Proteins

Fruits

Whole Grains/Beans/
Starchy Vegetables

Healthy Fats

Other

GROCERY LIST

Nonstarchy Vegetables

Proteins

Fruits

Whole Grains/Beans/
Starchy Vegetables

Healthy Fats

Other

GROCERY LIST

Nonstarchy Vegetables

Proteins

Fruits

Whole Grains/Beans/
Starchy Vegetables

Healthy Fats

Other

GROCERY LIST

Nonstarchy Vegetables

Proteins

Fruits

Whole Grains/Beans/
Starchy Vegetables

Healthy Fats

Other

WEEKLY FITNESS GOALS

Use this 8-week plan as a guide to build a routine that fits your current fitness level. Each week adds one small focus area to help you improve strength, cardio, balance, flexibility, and daily movement over time.

WEEK 1: STRENGTH FREQUENCY

Focus on getting strength training consistently:

- New to strength? Start with 1-2 days
- Already doing 1-2 days? Add 1 more day
- Doing 3+ days? Keep it consistent this week

WEEK 2: BALANCE

Improve stability and injury prevention:

- Balance on one foot (use support as needed)
- Stand up from a chair without using your hands
- Include yoga or tai chi

WEEK 3: CARDIO ENDURANCE

Build endurance by adding time each week:

- New to cardio? Start with 5 minutes
- Walking 30 minutes? Add 5 more minutes
- At 120 minutes/week? Add 15-20 minutes

WEEK 4: STRETCHING FOR MOBILITY

Add stretching after workouts or on rest days:

- New to stretching? Start with 1 day (5 minutes)
- Stretching sometimes? Add 1 more day or a few minutes
- Stretching regularly? Aim for 2-3 days per week

WEEK 5: CARDIO INTENSITY

Increase stamina and cardiovascular capacity:

- Add short bursts of faster pace
- Choose routes with hills or increase resistance
- Include intervals 1-2 days per week

WEEK 6: CARDIO FREQUENCY

Find ways to increase current cardio frequency:

- Add 1 more day of cardio
- Try a different type of cardio
- Combine different activities in the same week

WEEK 7: DAILY ACTIVITY

Find ways to increase daily movement:

- Park farther away or take the stairs
- Get up and move every hour
- Add short walks during the day

WEEK 8: STRENGTH INTENSITY

Build strength by increasing intensity:

- Increase weight or resistance
- Increase repetitions
- Progress to more challenging exercises

FITNESS GOAL LOGS

WEEK #		
What you did this week?		
What will you add next week?		

WEEK #		
What you did this week?		
What will you add next week?		

WEEK #		
What you did this week?		
What will you add next week?		

A spiral-bound notebook with a red cover is open to a blank white page. A black pen with a silver tip and clip is resting on the bottom right corner of the page. The background is a solid light gray.

LONG TERM MEAL PLANS

LONG TERM MAINTENANCE

CHOOSING YOUR MEAL PLAN

These meal plans are guidelines for continuing your wellness journey. Each plan gives you a daily structure based on your height and activity level.

Choose the plan that best matches your body size and typical day. If you are between plans, start with the one that feels most realistic and sustainable.

LOWER NEEDS PLAN

The Lower Needs Plan may be a good starting point if you:

- Are under 5'2"
- Have a lower activity level most days
- Sit for much of the day
- Get fewer than 5,000 steps per day
- Do light activity less than 3 days per week

Examples of activity may include:

- Easy walking
- Chair yoga
- Gentle stretching
- Short, low-effort movement breaks

These are general guidelines that allow up to two meal replacements daily. Your plan may change over time based on your hunger, energy, activity level, progress, and goals. The goal is to find a plan that supports you while still helping you feel steady, satisfied, and able to keep going.

MODERATE NEEDS PLAN

The Moderate Needs Plan may be a good starting point if you:

- Are between 5'3" and 5'7"
- Have a moderate activity level most days
- Get about 5,500-7,000 steps per day
- Exercise 2-4 days per week for 30 minutes or more

Examples of activity may include:

- Weight lifting
- Hiking
- Fast walking
- Swimming
- Group fitness classes
- Longer walks

HIGHER NEEDS PLAN

The Higher Needs Plan may be a good starting point if you:

- Are 5'8" or taller
- Have a moderate to high activity level most days
- Have a job that keeps you on your feet
- Do manual labor
- Get more than 7,500 steps per day
- Exercise 4-6 days per week for 30 minutes or more

Examples of activity may include:

- Weight lifting
- Hiking
- Running
- Aerobics
- Power walking
- High intensity interval training (HIIT)
- Swimming
- Physical work or active jobs

Disclaimer: These are general guidelines to get you started. We'll work together to adjust as needed. You will determine which plan works best for you. Booster sessions and Nutrition Support Groups are available.

DAILY LOG: 1 MEAL REPLACEMENT

LOWER NEEDS

Meal Replacements

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Nonstarchy Vegetables

☐☐☐☐☐

Healthy Protein

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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MODERATE NEEDS

Meal Replacements

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Nonstarchy Vegetables

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Healthy Protein

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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HIGHER NEEDS

Meal Replacements

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Nonstarchy Vegetables

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Healthy Protein

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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DAILY LOG: 2 MEAL REPLACEMENTS

LOWER NEEDS

Meal Replacements

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Nonstarchy Vegetables

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Healthy Protein

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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MODERATE NEEDS

Meal Replacements

☐☐

Nonstarchy Vegetables

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Healthy Protein

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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HIGHER NEEDS

Meal Replacements

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Nonstarchy Vegetables

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Healthy Protein

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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DAILY LOG: NO MEAL REPLACEMENTS

LOWER NEEDS

Healthy Protein

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Nonstarchy Vegetables

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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MODERATE NEEDS

Healthy Protein

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Nonstarchy Vegetables

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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HIGHER NEEDS

Healthy Protein

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Nonstarchy Vegetables

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Whole Grains/Beans/Starchy Vegetables

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Fruits

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Healthy Fats

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HELPFUL RESOURCES TO KEEP YOU GOING

RESOURCES

Booster Seminar Program

After finishing the Meal Replacement Program, we encourage you to sign up for the Booster Seminar Program. This follow-up program offers continued guidance, tips, and motivation, both in-person and online. Staying connected can make all the difference as you transition back to everyday eating.

No fee to attend. Included as a part of your program fees.

To enroll in the Booster Seminar Program, scan the QR code on the right, or visit: positivechoice.org/enroll-boosters

For more information about the Booster Seminar Program, scan the QR code on the right, or visit: positivechoice.org/booster-info



Enroll in Booster Seminars



Booster Information

SECA Body Composition Testing

Learn about your body composition with this medical-grade body composition test. This scan helps you see changes in muscle, fat, metabolism, and can guide your next steps. Available in San Diego only.

To schedule your SECA Body Composition Test, call (858) 616-5514, scan the QR code on the right, or visit: positivechoice.org/seca



SECA Test

Nutrition & Fitness Support Group

Join our support group designed for people wanting additional nutrition support. It's a space to share challenges, ask questions, and get encouragement from others on the same journey.

To learn more about the Support Group, scan the QR code on the right, or visit: positivechoice.org/enroll-support



Support Group

Enroll in Healthy Balance

Continue your health and wellness goals by attending weekly sessions that include education on creating healthier habits through nutrition, fitness, stress management and mindfulness. This program can help you get started on a diet of whole, unprocessed, nutrient-dense foods, that aid in weight loss and disease prevention.

To learn more about Healthy Balance, scan the QR code on the right, or visit: positivechoice.org/healthybalance



Healthy Balance