

ELM Weight Loss Program – Medical Foods Plan (SAMPLE 1)

1200 Calories

	<u>Calories</u> 1200	<u>Protein</u> Approx. 75g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	220	20g	1g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake
Snack	70	6g	0g		1 hard boiled egg
Lunch	411	30g	15g	Herbulk (15 mins before Lunch)	Salad: 2 cups lettuce, 3 oz chicken breast, ½ cup cherry tomato, ½ cup cauliflower, ½ cup pepper, ½ cup cucumber, 2 tbsp sesame seeds with 2 tbsp mustard vinaigrette
Snack	130	11g	1g		½ cup greek yogurt with 15 grapes
Dinner	436	27g	12g	Herbulk (15 mins before Dinner) Omega 3	1 grilled very lean beef patty with veggies: ½ cup chopped red/green peppers, ½ cup Chopped zucchini, saute in 2 tsp olive oil, Toss in 2 cups baby spinach and saute until Spinach is wilted, garnish with ⅛ avocado
Snack	220	20g	1g		Metagenics Keto Shake
<u>TOTALS</u>	1487	114g	30g		

Supplements: Omega 3 (EPA-DHA 720), Herbulk (Fibre), Ultraflora Balance, PhytoMulti without Iron

ELM Weight Loss Program – Medical Foods Plan (SAMPLE 2)

1200 Calories

	<u>Calories</u> 1200	<u>Protein</u> Approx. 75g	<u>Fibre</u> 30g	<u>Supplements</u>	<u>Description of Food Choice</u>
Breakfast	220	20g	1g	PhytoMulti Ultraflora Balance	Metagenics Keto Shake
Snack	220	20g	1g		Metagenics Keto Shake
Lunch	279	24g	14g	Herbulk (15 mins Before Lunch)	3 oz salmon with salad: 2 cup lettuce, 1/8 avocado, 1/2 cup bean sprouts, 1/2 cup cherry tomato, 1/2 cup celery with 1 1/2 tbsp sesame dressing
Snack	228	7g	7g		1/2 cup raspberries 16 almonds
Dinner	337	24g	11g	Herbulk (15 mins before Dinner) Omega 3	4 oz baked halibut with 2 cups of broccoli, 2 cups of chopped Swiss chard cooked with 1 tsp olive oil with low heat until wilted, add 1 tbsp balsamic vinegar
Snack	202	17g	2g		2 tbsp pistachio nuts with 1/2 cup cottage cheese
<u>TOTALS</u>	1486	112g	36g		

Supplements: Omega 3 (EPA-DHA 720), Herbulk (Fibre), Ultraflora Balance, PhytoMulti without Iron